Beyond Magazine February 2016

A new look.
A lasting commitment.

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Looking up.



of the 84 years that Alaska Airlines has been around, our people have managed to build an incredibly loyal following among our customers. One reason we've been able to do this is because we mean something to people. We stand for treating our

customers with warmth and kindness. We stand for performance— whether that means getting you to your destination on time, having the industry's best customer-service and loyalty programs, having the most modern and efficient aircraft, or having the best technology to help you check in for your flight or help our aircraft get to the airport when visibility is low. And along the way, we try to operate in a way that is constructive, positive and confident.

This is what our company stands for, and we believe we can do even more to tell this story through our brand. If you're anything like me, you might have a natural tendency to resist change when it comes to things that are near and dear to you—your family, home, community, and even the products and services that you rely on. So it is with more than a little bit of trepidation that we approach the subject of "refreshing" our brand at Alaska Airlines.

As we embarked on this journey, we knew one thing for sure. The Eskimo was staying. For more than 40 years, this unique and iconic symbol has been our connection to the people and communities of the state of Alaska. After a long day, a long week, or a long trip, I often look up to one of our airplanes, and there he is, warmly smiling, confidently looking forward. I see him and think to myself, "... keep pressing on; things are going to be just fine." Seeing him always makes me feel good. To me, he stands for strength, courage and optimism. We are deeply honored to have him on the tail of our aircraft, just as we are proud to have the name of the great state of Alaska on every airplane.

But we want to make sure that our brand communicates who we are and what we stand for to those who don't yet know us as well.

We have worked hard to put together an updated look that represents us well and visually expresses our values and personality more accurately. This is a significant change, and we really hope you like what you see. To explain more about our new look and feel, I'd like to introduce our very talented Vice President of Marketing, Sangita Woerner.

Brad Tilden Chief Executive Officer

s an Alaska employee, I find it a huge point of pride that so many of our customers say, "I love Alaska." So updating our brand, which has remained mostly unchanged for 25 years, required a delicate balance. We tried hard to focus on the elements of the brand that have made us strong, but also update it in a way that is fresh, modern and relevant to folks across the country. I want my brother in Detroit to say, "Wow. Alaska Airlines seems great; I wish they had a hub here!"

So where did we start? The Eskimo. Having a human face to represent our brand is a powerful thing, and we plan to showcase his image with great pride. When you look at him, you should still recognize his face, but now see more warmth, kindness and care in his expression. The new colorful energy in the hood of his parka reflects our positive outlook and the passion we have for brightening people's journeys. The Eskimo is a brand beacon, and we hope that as our airplanes travel across the country, our customers recognize the smiling Eskimo and smile back.

Our next big task was to evolve the wordmark, Alaska Airlines—the signature we've had for the last 25 years. With great care, we modernized the design to be more confident, precise and legible. We believe it now reflects the high performance

we strive to deliver every day.

Now, after 12 months of intense work building our new brand expression, we are proud and excited to share it with you. In

2016 and beyond, you will see newly painted planes, updated airports, a modernized look for our Mileage Plan program, an updated website and mobile apps, and much more.

It is an incredible honor to have had the opportunity to refresh such a beloved brand—a brand with a soul.

looking forward to another 84 years

Enjoy a look back at our history on the next few pages, and join us in of taking care of you. Thanks for flying with us.

Sangita Woerner Vice President, Marketing

Mirando hacia arriba.

n el transcurso de los 84 años 🔼 en los que Alaska Airlines ha existido, nuestro personal ha logrado ganarse la lealtad inquebrantable de nuestros clientes. Una de las razones gracias a las cuales lo hemos logrado es porque para la gente, nosotros tenemos un significado. Representamos el trato a nuestros clientes con calidez y amabilidad. Representamos el desempeño: independientemente de que signifique llevarlo a su destino a tiempo, tener los mejores programas de lealtad y el mejor servicio al cliente en la industria, tener los aviones más modernos y eficientes o tener la mejor tecnología para ayudarle a registrarse para su vuelo o ayudar a nuestros aviones a llegar al aeropuerto cuando hay poca visibilidad. Y mientras tanto, tratamos de trabajar de una forma que sea constructiva, positiva y segura.

Esto es lo que representa nuestra empresa, y creemos que podemos hacer aún más para contar esta historia a través de nuestra marca. Si usted es como yo, quizá tenga una tendencia natural a resistirse al cambio de las cosas que más aprecia: su familia, su hogar, su comunidad, incluso los productos y servicios en los que confía. Así que en Alaska Airlines, hemos abordado el tema de "refrescar" nuestra marca con un tanto de prudencia.

Una cosa que no cambió fue mantener el esquimal en nuestros

aviones. Durante más de cuarenta años, este símbolo único e icónico ha sido nuestra conexión con las personas y comunidades del estado de Alaska. Después de un largo día, una larga semana o un largo viaje, a menudo veo uno de nuestros aviones, y ahí está el—sonriendo cálidamente, mirando al futuro confiadamente. Lo veo y me digo a mí mismo "... continua hacia adelante—las cosas van a estar bien." Verlo siempre me hace sentir bien. Para mí, él representa fuerza, coraje y optimismo. Nos sentimos profundamente honrados de tenerlo en la cola de nuestro avión, al igual que nos sentimos orgullosos de llevar el nombre del gran estado de Alaska en cada avión.

Pero queremos asegurarnos de que nuestra marca comunica quiénes somos y lo que representamos a quienes todavía no nos conocen bien. Hemos trabajado arduamente para lograr una apariencia actualizada que nos represente bien y nos exprese visualmente. Este es un cambio importante, y realmente esperamos que le guste lo que ve. Para ayudar a explicar más sobre nuestra nueva apariencia, me gustaría presentarle a nuestra muy talentosa vicepresidenta de Marketing, Sangita Woerner.

Brad Tilden Jefe Ejecutivo

🕇 omo empleada de Alaska, es un gran motivo de orgullo que muchos de nuestros clientes digan: "Adoro a Alaska". Así que renovar nuestra marca, que ha permanecido casi sin cambios durante 25 años, ha requerido un delicado equilibrio. Nos esforzamos por respetar los elementos de la marca que nos han hecho fuertes, pero también la actualizamos de una forma fresca, moderna y relevante para la gente de todo el país. Quiero que mi hermano en Detroit diga: "¡Caray, Alaska luce genial, me gustaría que tuvieran un centro de conexiones aquí!"

¿Dónde empezamos? El esquimal. Tener un rostro humano para representar nuestra marca es algo poderoso y tenemos la intención de mostrar su imagen con gran orgullo. Cuando lo vea, todavía reconocerá su rostro, pero notara más calidez, amabilidad y atención en su expresión. La nueva energía colorida de la capucha de su abrigo refleja nuestra actitud positiva y la pasión que tenemos para alegrar los viajes de las personas. El esquimal es el faro de nuestra marca v esperamos que cuando nuestros aviones viajen por todo el país, nuestros clientes reconozcan el esquimal sonriente y le devuelvan la sonrisa.

Nuestra siguiente gran tarea fue evolucionar la marca nominativa, Alaska Airlines, la firma que hemos tenido durante los últimos 25 años. Con mucho cuidado, hemos modernizado el diseño para que sea más seguro, preciso y legible. Creemos que ahora refleja el alto desempeño que nos esforzamos por ofrecer cada día.

Ahora, después de 12 meses de trabajar intensamente para desarrollar la nueva expresión de muestra marca, estamos orgullosos y entusiasmados de poder compartirla con usted. En el 2016 y en lo sucesivo, usted verá aviones recién pintados, aeropuertos renovados, una apariencia modernizada del programa Mileage Plan, un sitio de internet y aplicaciones móviles actualizadas y mucho más.

Es un honor increíble haber tenido la oportunidad de renovar tan amada marca: una marca con alma. Disfrute de una mirada retrospectiva a nuestra historia en las próximas páginas, y únanse a nosotros en la búsqueda de otros 84 años de brindarle nuestra atención. Gracias por volar con nosotros.

Sangita Woerner Vicepresidenta de Marketing

ALASKAAIR.COM

7

Our heritage.

1932

MCGEE AIRWAYS

Linious "Mac" McGee launches a one-plane airline in the Alaska Territory, serving miners, trappers and adventurers.



1944

BECOMING ALASKA AIRLINES

After the merging of more than a dozen small air services operating in the state since McGee formed in 1932, the resulting company, Alaska Star Airlines, incorporates as Alaska Airlines.



1945

STARLINERS

Alaska Airlines transitions from bush flying to commercial air service with its growing fleet of "Starliners"— WWII surplus Douglas DC-3s, DC-4s and Curtiss-Wright C-46s. Flyers have relatively comfortable access to communities throughout the state.

1950s

GOLDEN FAGLE

Alaska's fleet is graced with the Golden Eagle tail emblem. Pilots and flight attendants to this day wear wing pins adorned with the Golden Eagle.



1951

SPREADING WINGS

Alaska flyers finally enjoy scheduled service south when Alaska is granted routes that incorporate Seattle and Portland.





SPIRIT OF ALASKA

A new paint scheme representing the spirit of The Last Frontier state emerges, honoring Alaska's Russian heritage, the gold rush era, Native traditions and the people of the far north. The blue Eskimo face debuts on the tails of some of the airline's 727s. Four years later, a new attitude toward customer service prompts the Eskimo to smile.

1990s

TECHNOLOGICAL FIRSTS

Alaska is the first airline to sell tickets via the Internet. Alaska continues to build a reputation for innovation, from cutting-edge GPS navigation systems to its award-winning mobile app; from self-check baggage service to recent experiments with using fingerprint ID for checking in.

2008

RATED TOPS

Alaska earns the first of eight consecutive J.D.

Power awards ranking it "Highest in Customer
Satisfaction Among Traditional Network
Carriers." Also, FlightStats Inc. recognized Alaska
recently as the No. 1 North American carrier for
on-time performance for the sixth year in a row.

2016

NEW LOOK

Growth, route expansion and a focus on caring service lead to a fresh new look for the airline that includes our aircraft, airports, uniforms, digital channels, Mileage Plan, credit card and much more.

Who is that smiling Eskimo? Look for "The Face on the Tail," an investigative film, at alaskaair.com/welcome.



1980s

ROUTE EXPANSION

With the Airline Deregulation Act of 1978, Alaska begins expanding its route system, first into San Francisco and Southern California. New aircraft and the purchase of Horizon Air help take flyers throughout the Pacific Northwest and into Western Canada, Arizona and Mexico.



From our past.

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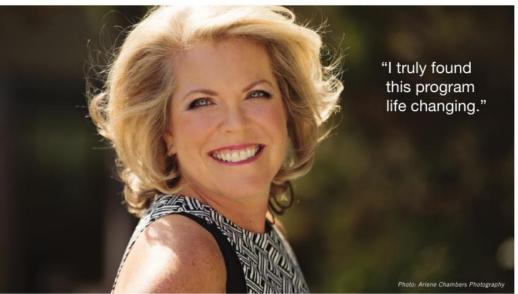
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RACHEL LOST 25 LBS & 10 YEARS IN 10 WEEKS



After I entered my 40s, I became increasingly dissatisfied with how I looked and felt. Although I stayed moderately active, my weight had crept up. But I couldn't seem to find a clear plan for correcting this change and looking and feeling the way I wanted to.

I'd read about the My Best 10 program and although the stories were compelling, I wasn't quite ready to explore that option. However, I found myself returning to the website and wondering if it could truly help me attain my goals. When we sold our house, it seemed like the perfect opportunity.

My goal was to lose about 25 lbs, as well as get off my high blood pressure medication. And I'm happy to say that I achieved those goals - and so much more!

Once I had made the commitment, I was fully on board. I loved having weekly nutritional meetings, which kept me motivated and answered my questions or concerns. I loved the way my trainer was educated enough to help me not only with the exercise, but also answered other dietary questions or concerns I had on a moment-to-moment basis. I felt extremely supported by the entire staff. I also loved the fact that the program doesn't just focus on diet and exercise, but allowed me to explore my skin, hair and the way I looked.

Having the facials and massages during times when I was feeling overwhelmed with everything helped considerably.

Focusing on all aspects of my body and physical health opened the door, giving me the freedom to explore my emotional health as well. I started looking through a different lens at myself, my life and my future.

I had so many "A-ha" moments! Oh, I shouldn't "save" my calories so I can eat a full dinner. They should be spread out throughout the day to keep everything balanced. Oh, the cardio is not only extremely important, but it feels good too. Oh, my skin looks amazing! Oh, I can wear more form-fitting clothes now because I'm proud of how I look. And, best of all, my blood pressure is normal to low for the first time in about 20 years.

These days, I refuse to give up my daily exercise routine. So I continue to feel great. I know how to get back on track if I have a couple of days of overeating, so getting back to my target weight doesn't feel like a struggle or burden. I rediscovered how much I enjoy eating vegetables and have reduced the amount of carbs I eat. Even several months after ending the program, I'm just a couple of pounds off my target weight - but I'll be back in just a few days!

I truly found this program life changing. I've recommended it to everyone I know. I loved, loved, loved the program and who I am as a result.



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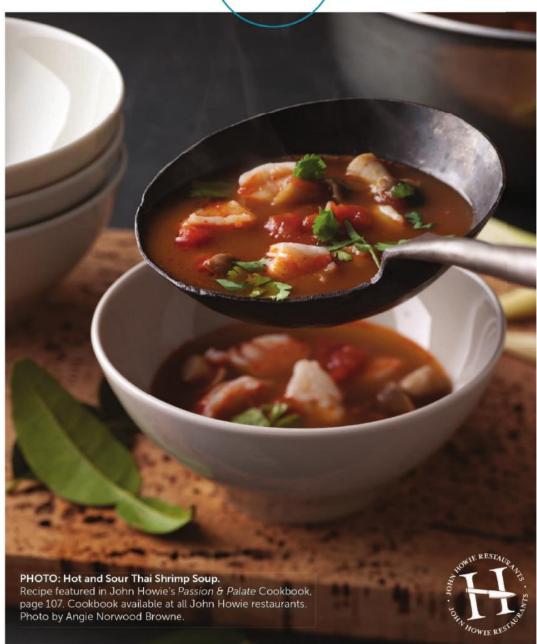
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The Art of Hair Restoration

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

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

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

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

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

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

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



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.

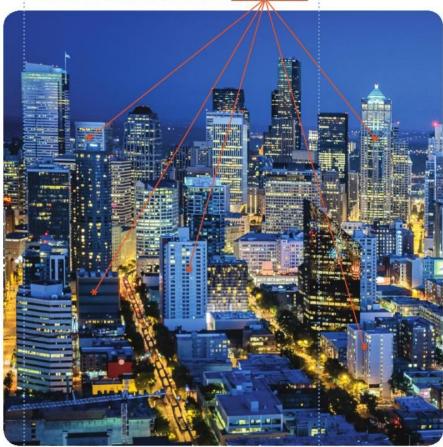
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We're proud

of our Chief Football Officer



As Seattle's hometown airline, we couldn't be more proud of Seattle football hero, Russell Wilson, for his record breaking season. We can't wait to see what the next one brings.





Lucky Sevens in Vegas and Vancouver

Rugby is being reintroduced to the Olympic Games in 2016, and it's currently among the fastest-growing sports in the United States.

In March, North American fans will have two opportunities to enjoy world-class competition in this action-packed sport: at the **USA Sevens International Tournament** in Las Vegas, March 4–6, and at the **Canada Sevens** in Vancouver, BC, March 12–13. The two events are part of the HSBC World Rugby Sevens Series, which includes 10 stops across the globe. Rugby sevens is a variation of the traditional 15-a-side game,

with seven players per side and shorter halves. Played on the same size field with not quite half the players, sevens games are fast-paced and involve plenty of scoring.

With excitement for the sport on the rise, enthusiasm is also building around the rapid ascent of the U.S. Sevens squad. Led by Carlin Isles, "the fastest man in rugby," the U.S. team, which is nicknamed the Eagles, placed sixth overall through last season's competitions—the team's best finish ever.

Learn more at usasevens.com and canadasevens.com. —Jeffrey Giuliani

Speedster Carlin Isles, of the U.S. Sevens team, advances the ball past an opponent in his team's opening game in the USA Sevens tournament in 2015. The U.S. team went on to win this game over Japan, 52–12.

COURTESY: UNITED WORLD SPORTS / JACK MEGAW

TOP,

NEW YORK, NY

Beautiful Designs

Highlighting aesthetic and provocative aspects of design, "Beauty—Cooper Hewitt Design Triennial," February 12–August 21, explores how beauty and functionality mix in a wide range of media. The exhibition will fill two floors of the Cooper Hewitt, Smithsonian Design Museum with more than 250 works from 63 international designers. Visitors can see pieces ranging from

tural designs, to interactive videogames. Featured works include collaborative pieces by the renowned Haas Brothers and female beadworkers at South Africa's Khayelitsha Informal Settlement. Also on display are wearable sculptures by awardwinning fashion artist Ana Rajcevic.

fashion ensembles to architec-

This exhibition is the fifth installment in the museum's popular contemporary-design series that launched in 2000. An accompanying series of workshops and programs for the public begins on February 13. For more information, call 212-849-8400 or visit cooperhewitt.org. —*Grace Qian*

Works from the Afreaks series (2015) by The Haas Brothers, with The Haas Sisters (of Cape Town, South Africa); glass beads, wire, wood, mixed-fiber stuffing and cast bronze.



HONOLULU, HI

Culture in an Island Capital

A weekend of festivities dedicated to people, arts and Pacific cultures takes place in Hawai'i's capital in the 22nd-annual **Honolulu Festival**, March 11–13.

The celebration will kick off Friday, March 11, with the Friendship Gala benefit event in which visitors can enjoy food from local premier restaurants, performances by various cultural groups and other live entertainment.

Saturday and Sunday will feature shows and cultural events such as traditional taiko drumming and dances. On Sunday, the festival's Grand Parade will proceed through the streets of Waikīkī; highlights will include the Akita Kanto show, in which acrobats balance lanterns on bamboo poles on their foreheads, backs and shoulders.

The festivities will go out with brilliant lights on Sunday night, as the Nagaoka Fireworks Show paints the sky.

To learn more, call 808-926-2424 or visit honolulufestival.com. —Anna Jacobson

"I turned 50 this year and I've never felt better!"

BETTER NOW THAN EVER BEFORE!

Through my mid-20s, I lead a very active life, which included being a varsity track athlete for the University of Alabama. After joining the corporate world, my onceactive lifestyle was slowly replaced with a more sedentary one. I began noticing physical issues, like knee and hip pain, which prevented me from biking or simply taking walks with my family. I felt lethargic, tired, unmotivated and overall unhappy with myself. I lacked energy and drive. While I still continued to exercise, my body simply didn't respond the way it used to. I never felt I had a serious weight issue, but I wasn't happy with what I saw in the mirror. Deep down, I knew I could be as good, if not better, than when I was an athlete in college.

Having this belief, I went to my primary care physician who advised me that while I wasn't above average, I was still in the "acceptable range' for someone my age and that I should just accept it and "act my age." Upon hearing this, I knew I needed to make some changes. The first thing I did was to look for another doctor. I wanted to find someone who would look at me as an individual and not a statistic.

After reading an article by Dr. Upton, I decided to attend the free Anti-Aging Seminar at PRO Sports Club. Within the first 10 minutes, I knew that the program was for me. As I sat with Dr. Upton, he listened when I told him that I wanted to be in the best shape of my life at 50. He was quick not to place a set of expectations which was too high, but told me that I could certainly improve my health and fitness considerably. Together we built a plan and my journey began.

The biggest area I was looking to improve was my overall energy. I knew that if it increased, I could push through my other issues. While it didn't happen overnight (it took about six months), I finally started seeing and feeling the benefits of the program.

PRO Sports Club is a very unique place. It has a whole eco-system to help you improve. For me, it starts the minute I check-in. I'm always greeted with a smile and some encouraging words. When I visit the Anti-Aging Center, I'm constantly encouraged and inspired by the entire staff. I also take advantage of other club programs such as personal training and meeting with a dietitian.

While signing up for the Anti-Aging program was the best thing I could have done, partnering with my trainer was the second best thing I did. She has embraced my personal mission, pushes me hard and holds me accountable. My dietitian worked with me to help jumpstart my nutrition. I always walk away feeling like I have an entire team that's dedicated to me and my goals.

I've been most pleased with my workout results. Dr. Upton had said the program would be a benefit, but I had no idea how well my body would respond. This has provided me with so much positive reinforcement and motivation to keep going. This spring, I'll be competing in both the Masters (50+) and Open Emerald Cup Bodybuilding competition.

I attribute my success to placing myself in a positive and supportive environment where I wasn't placed on some Bell Curve and told to simply conform. The program didn't try to force me to "just act my age." Rather, it challenged me to redefine my age.



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4455 148th Avenue NE, Bellevue, WA proclub.com



Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years, He became inspired by anti-aging through this extensive experience with preventative medicine.



NASHVILLE, TN

American Beauties in "Music City"

The 1955 White Penguin (at left) was one in a series of solid-bodied electric guitars with gleaming white finish, and golden binding and hardware, created in the 1950s as top-of-the-line instruments. This guitar is one of the 75 instruments featured in the exhibition "American Sound and Beauty: Guitars from the Bachman-Gretsch Collection," on display through July at the Country Music Hall of Fame and Museum in Nashville. The instruments range in age from the 1930s through the 1980s. Many are being displayed publicly for the first time.

Constituting the largest set of stringed instruments ever displayed by the museum, the exhibition showcases historic Gretsch guitars collected by guitarist-songwriter Randy Bachman, of the classic rock bands The Guess Who and Bachman-Turner Overdrive. Call 615-416-2001 or visit countrymusichalloffame.org to learn more. —Anna Jacobson



ALASKA

Riders on the Snow

Playing out over 2,031 miles of tough Alaska terrain, the **Iron Dog** cross-country snowmobile race pits riders against the elements as well as one another, February 20–27. The race starts in Anchorage (with a restart in Big Lake the next day), passes through Nome as a halfway point, and finishes in Fairbanks.

Spectators are encouraged to watch the start of the race in Anchorage, on Saturday, February 20, when Pro Class racers set off. Saturday's events also include winter festival activities with giveaways, games and an "Iron Pup" kids parade, as well as a vintage-snowmobile demonstration and the Flying Iron Show in which fans watch top aerial freestyle competitors display their snowmobile skills.

To learn more, call 907-563-4414 or visit irondog.org. —Anna Jacobson

Celebrating Shakespeare

As part of a national exhibition series, the Patricia & Phillip Frost Art Museum at Florida International University, in Miami, is hosting "First Folio! The Book That Gave Us Shake-speare," through February 28. The "First Folio" (printed in 1623) is the first-known published collection of William Shakespeare's plays.

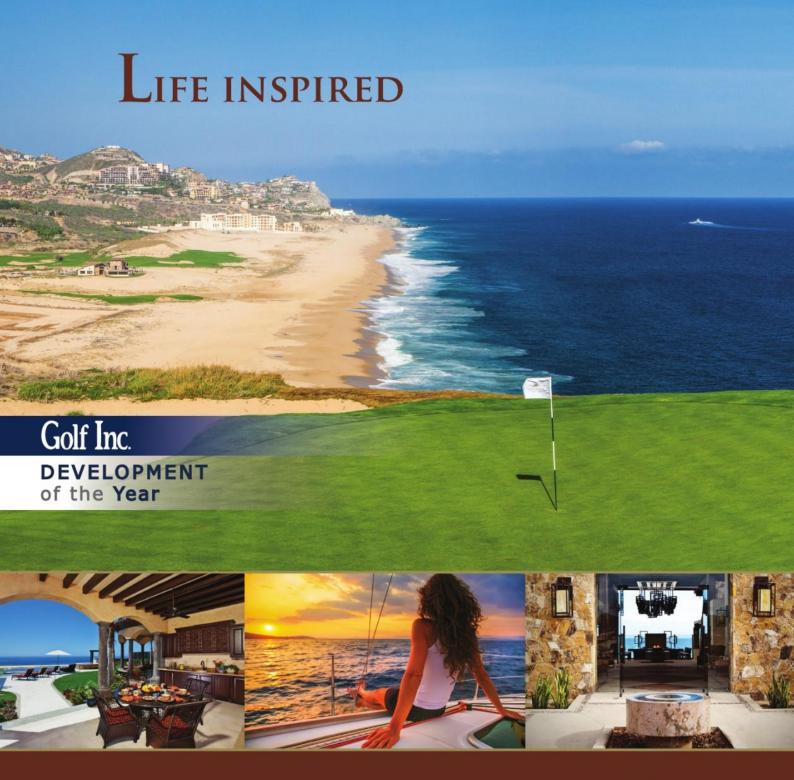


SHAKESPEARES

Copies of the original edition owned by the Folger Shakespeare Library will be displayed this year, in each of the 50 states, the District of Columbia and Puerto Rico. This 2016 exhibit series marks the 400th anniversary of The Bard's death.

In Miami, museumgoers will be able to see the folio itself, attend an open mic event and enjoy a movie night that will turn part of the museum's exterior into a screen for the film *The Tempest* (2010). Related events held elsewhere on the FIU campus will include a virtual-reality simulation of Shakespeare's London and an improv show. For details, call 305-348-2890 or visit folio.fiu.edu.

This month, a "First Folio" exhibition will also be held at the New Mexico Museum of Art, in Santa Fe, February 6–28. To find other exhibitions in the series, visit ala.org/programming/firstfolioitinerary. —*Grace Qian*



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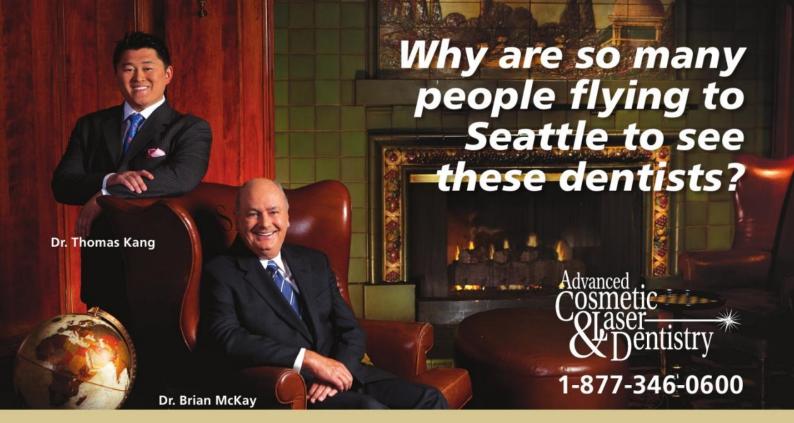
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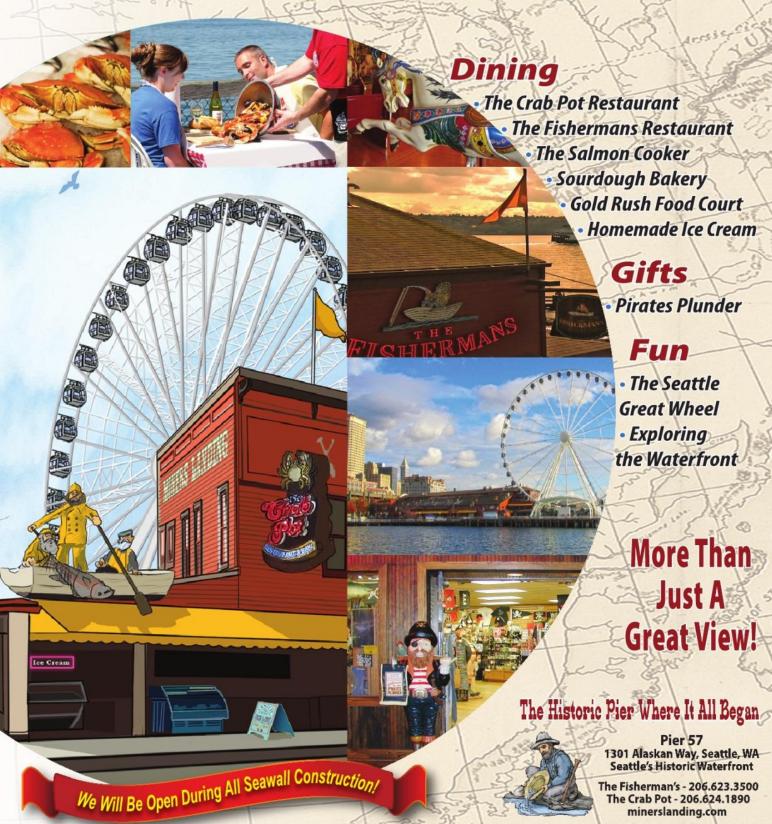






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SEATTLE, WA

Food, Wine and Washington

The Taste Washington festival, billed as the nation's largest single-region wine-and-food event, lets attendees channel their inner foodies and wine connoisseurs during a series of lively events, March 31–April 3.

Now in its 19th year, the festival kicks off with the formal Red & White Party, at the elegant waterfront restaurant Aqua by El Gaucho.

Other featured events include seminars, excursions to local farms and the Grand Tasting events held at the CenturyLink Field Event Center on Saturday and Sunday. Alaska Airlines Visa Signature Card is the premier sponsor of the tastings, at which visitors can sample from more than 225 wineries and 70 restaurants. Alaska Airlines is the festival's welcoming sponsor. The Alaska Airlines Chef's Stage at the Grand Tasting events will feature live cooking and wine-pairing demonstrations.

For more information, visit tastewashington.org. —Grace Qian



13

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> 40中 varietals produced.

14.8 MILLION CASES

estimated annual production.

Source: Washington State Wine Commission, April 2015 data



"Visiting Masterpieces" will pair Picasso works with related subject matter, such as Seated Woman (1938) and Woman in Green (1944), both modeled after longtime muse Dora Maar.



BOSTON, MA

From Cubist to Cutting-Edge

The works of an iconic 20th century artist will soon appear under the same roof as 21st century fashion, when the Museum of Fine Arts, Boston hosts the exhibitions "Visiting Masterpieces: Pairing Picasso" (February 13–June 26) and "#techstyle" (March 6–July 10).

Museumgoers can study juxta-

posed Picasso works, such as the 1938 **Seated Woman (Dora)** with the 1944 **Woman in Green (Dora)**, to explore how the Spanish master treated the same person or story using multiple techniques. The art includes on-loan and museum-owned pieces.

Technologies such as 3-D printing and integrated electronics are threaded through the "#techstyle" selection of fashion ensembles, videos and photographs. Featured designers include Alexander McQueen and Issey Miyake. Museumgoers can witness how clothes are becoming "smart" devices, with examples such as a leather cape that changes color in response to changes in the air around it.

Call 617-267-9300; visit mfa.org. —Grace Qian

The Bird cape from the 2014 AIR collection by THEUNSEEN contains color-changing dye.



CALENDAR

Feb. 20–June 12
"MashUp: The Birth of
Modern Culture," 315
works document the rise of
sampling and using found
content in new art;
Vancouver Art Gallery;
Vancouver, BC; 604-6624719; vanartgallery.bc.ca

Feb. 21—May 30
"Sculpted in Steel: Art
Deco Automobiles and
Motorcycles, 1929–1940,"
iconic cars and motorcycles;
Museum of Fine Arts,
Houston; Houston, TX;
713-639-7300; mfah.org

Feb. 24–May 15 "International Pop," Pop Art as a global movement; Philadelphi Museum of Art: Philadel

movement; Philadelphia Museum of Art; Philadelphia, PA; 215-763-8100; philamuseum.org

Feb. 25–28 Wanderlust Oahu, yoga, music, more; Turtle Bay Resort; Kahuku, HI; 808-293-6000; wanderlustfestival.com

March 2–6 Charleston Wine + Food Festival, a celebration of local culinary culture; multiple locations; Charleston, SC; 843-727-9998; charlestonwineandfood.com

March 12–20 Chicago Flower & Garden Show, 20+ gardens by major Midwest designers; Navy Pier; Chicago, IL; 312-241-1250; chicagoflower.com





It's rare to hear about a love story that starts on an airplane. When single, we all secretly wish that the romance of meeting someone while traveling just might happen to us.

ennie Bowen Steed's idea of finding love changed on a flight when she saw an ad for It's Just Lunch, a personalized matchmaking service for busy professionals. The ad read like a good friend who could introduce her to single, professional men she wouldn't have the opportunity to meet on her own. Today, Bowen Steed is married to her IJL match Greg Steed. We sat down with Greg and Jennie to learn about their dating experience, lifestyle, and why they chose to invest in their pursuit of relationship happiness.

Why did you join IJL?

G: I'd been divorced for about two years, and it was a hectic time career wise. My company was in a transitional phase, and it demanded a lot of my time and effort, so I didn't have time for much else.

Favorite first date memories?

G: I was attracted to her right away. On the second date there was a real chemistry. Then it evolved very, very quickly.

J: When Greg and I started talking, I discovered we had similar careers. I remember the conversation was so easy and comfortable. When I shared my date feedback with my IJL matchmaker, I let her know that Greg and I had made arrangements to attend a big award dinner at his country club. The minute I walked in, I knew he was a consummate gentleman. He was attentive and made sure I was introduced to everyone.

How did IJL compare to your online dating experience?

G: Online dating isn't easy, it's work. I've got a full-time career; I didn't need another job. With IJL they did everything for me. You're busy with your career and everything else going on — IJL was just easier. The caliber of matches was much higher.

Best part about dating thru IJL?

G: Besides choosing all my matches I would say the scheduling of my dates. They call you and ask what your schedule is like, so you don't have to worry about it. If I said I was available Wednesday or Thursday this week and Sunday next week they would find a way to fit dating into my schedule.

What would you tell a friend who was interested in IJL but was tentative about making the investment?

G: At the end of the day what is your end goal? Then I'd ask, what's the cost of being happy worth to you? The kinds of people who choose IJL aren't fooling around. It's not someone on the Internet just looking to meet a ton of people and date up a storm. It was definitely worth it for me.

It's Just Lunch has been matching busy singles since 1991. Find out what an It's Just Lunch matchmaker can do for you by calling 1.800.858.6526 or visiting ItsJustLunch.com.



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Of singles think a smile is the most attractive feature of the opposite sex.

48 HOURS

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40%

Of singles believe talking about your ex is the biggest "don't" on a first date.

4 OUT OF 5

Singles would be open to a kiss on a first date.

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AT LARGE

Words with Kids

Books help young readers connect to the world—and require care to create By Martha Brockenbrough

hen people find out I write books for children, they often express a desire to do the same. Some aspiring authors undoubtedly think that kids' books are easier to write because they're generally shorter. Other people probably remember with love the books they read as children, and they want to experience that magic from the other side—and to re-create it for others.

So what does it really take to do this?

It's not simply a matter of having an idea. For starters, there are many types of children's books out there. Picture books—the 32-page illustrated ones—are one type. Board books—even shorter—are another. There are also easy readers. Chapter books. Middlegrade novels. Young-adult novels. Graphic novels. Novels in verse. And all of the genres of adult books, addressed to younger readers—from romance to science fiction.

Each form has different demands and conventions. Even skilled, savvy writers misunderstand these—or try to position a work for the wrong audience. E.B. White first submitted *Charlotte's Web* to the publisher of Little Golden Books

(think *The Poky Little Puppy*). As brilliant as *Charlotte's Web* is, it's no better suited to be a Little Golden Book than Shaquille O'Neal is to be a member of an Olympic women's gymnastics team.

As a first step toward shaping your idea, you can figure out your format by considering the age of the reader with whom your story would most resonate. A 3-year-old, for example, won't want a teen romance. A 12-year-old is unlikely to be stirred by a missing teddy bear.

The next step is to ask, "Does this story teach kids a valuable and important lesson?" If the answer is yes, then your idea is terrible, and you should drop it immediately.

You don't read for moral lessons, and neither do kids. They read to be entertained—to experience adventures, emotions, new worlds, new lives. If you write a good story, it says something about what it means to be human. That's enough.

Kids are a tough audience. If they don't like a story, they'll walk (or crawl) away. As I read my early work to my daughter, who was then 1, I noticed she was often distracted by our grumpy, biting cat. Worse, she was looking at the cat's butt. The message? My story was less interesting than the backside of a disagreeable animal.

I kept at it, reading other books, studying the craft, and rewriting my own works dozens of times to under-



stand how best to captivate a reader. Through this process, I've come to believe this: Great books understand the emotional life of the reader and honor that with a story. It's empathy, expressed through character and action.

With any book, we read to know we're not alone. Writing that keeps this in mind, that helps young people connect to a broader human experience, takes effort, careful thought and practice. And when it works, it's pure magic.

Martha Brockenbrough is the Seattle-based author of The Game of Love and Death (Scholastic, 2015), an award-winning young-adult novel. She recommends that aspiring kids' book authors and artists join the Society of Children's Book Writers and Illustrators. Visit schwi.org for more information.

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Buying a Home Tips for a Smooth Transaction

By Rose Marie David

Buying a home is the single biggest purchase most people will ever make. For a first-time homebuyer, the process can be confusing or even intimidating. However, there are steps homebuyers can take before they start looking for their dream home to provide confidence and ensure a smooth process for the big purchase.

If you've made the decision to purchase a home, congrats! By following these tips to prepare—before you even start to look for your home—you should have a good experience and smooth process.

Tip #1: Meet with a Loan Officer

An important first step in buying a home is to talk to a knowledgeable Loan Officer who can explain financing options and help you establish your target and maximum purchase price. At HomeStreet, we have nearly 500 Loan Officers in the Western United States and Hawaii who can help you. Working with one you trust is important.

Tip #2: Check your credit report

Finding an inaccuracy on your credit report is one of the worst things that can happen during the loan approval process. Review your credit report for accuracy before applying. You are eligible for a free copy of your credit report every year from each of the three credit bureaus to help with your review. You can access these at www.annualcreditreport.com.

Check it to see if all the account information is current and accurate. If you identify any issues, your Loan Officer can inform you of steps to take to resolve them before you start the loan application. Going into the application process knowing that your credit history is accurate and you've taken the correct steps to resolve any issues will help expedite the process, resulting in a smoother transaction.

Also, avoid acquiring new debt 3-6 months before buying a home. This can impact your credit profile and your ability to qualify for the type of home you want.

Tip #3: Ask for real estate agent referrals

Rather than choosing an agent randomly, ask around for a recommendation of one familiar with your market and with experience working with firsttime buyers. The right fit—one you trust and with whom you enjoy working—is an important part of the purchase. When you meet with the real estate agent the first time, make sure he or she understands what type of house you're looking for, and "interview" him or her for the job. Starting off the process with the right real estate agent will save you time later because switching agents during your home search could result in complications and delays.

Tip #4: Educate yourself

Even if you think you know enough about the homebuying process to get started, more information could prove invaluable. For instance, you may learn of down-payment

assistance or other programs to help buyers like you. Ask your Loan Officer for recommendations of educational resources - a good Loan Officer will be happy to direct you. They'll also be able to give you an idea of what to expect from start to finish, so you won't encounter surprises along the way.

Tip #5: Have all your documents ready

For the loan application, we recommend that you have several common documents ready before the process starts, to save time. It's what we call the "2-2-2 Rule," meaning you will need to have two most recent pay stubs from all borrowers, the last two years of tax returns including attachments like W-2s, and two months of all the pages from your financial statements from your banking and investment accounts.

If you are working with an expert Loan Officer and following these tips, you are now in the best position possible to begin looking for your dream home. Happy house hunting!



Rose Marie David, HomeStreet Bank Executive Vice President, Single Family Mortgage Lending Director

HomeStreet Bank, based in Seattle, WA has Loan Officers throughout the Western United States available to assist homeowners with their mortgage needsTo learn more or find a Loan Officer, visit www.homestreet.com.







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FIELD GUIDE

Beer Art of the West

While there's no set recipe for a great beer label, here are eight signature looks for beers that are closely tied to the places they're brewed. —Don Ayres

Alaskan Amber

Marcy and Geoff Larson, who founded Juneau's Alaskan Brewing Company in 1986, unearthed and brewed a Gold Rush—era recipe that became the company's flagship alt-style ale, available on Alaska Airlines flights. The label shows a salmon-fishing trawler in Southeast Alaska waters.

Anchor Steam Beer

Anchor Brewing Company's signature brew and its logo have become symbols of San Francisco. The beer was named when 19th century observers saw condensation rise from hot lager fermenting in open vessels on the brewery roof. The original recipe for this "California Common" brew dates to 1896; the modern incarnation has been in production since 1971.

Black Butte Porter

The label of the beer that put craft favorite Deschutes Brewery on the map shows Black Butte, the stratovolcano that is a dominant landscape feature near the company's Bend, Oregon, headquarters.

Grunion Pale Ale

A visit to the Little Italy, San Diego, outpost of Ballast Point Brewing & Spirits Company allows guests to see sketches showing the evolution of longtime customer Paul Elder's label designs. This pale ale's bottle shows the distinctive Southern California grunion during its spring run, in which the fish mate and lay eggs in the sand.

Locale Skagit Valley Alba

Seattle's Pike Brewing
Company takes connection
to place seriously with its
Locale Skagit Valley Alba.
The label for this brew
makes clear that every
ingredient, including Skagit
Valley malt, is sourced in
Washington state.

Longboard Island Lager

Waikīkī Beach has a storied surfing history, and the art for Kona Brewing Company's Longboard Lager features surfers riding waves with Lē'ahi (Diamond Head) in the background. This beer is perfect for cooling off after a day in the surf, or unwinding on an Alaska Airlines flight to Hawai'i.

Lunch Break ISA

The label for Breakside Brewery's hoppy India Session Ale is a beautiful tribute to the Portland company's hometown. Local illustrator Camille Shumann's watercolor shows a view of the city from Council Crest Park, with Mount Hood in the background. Given the beer's popularity, it's easy to imagine Portlanders in this scene enjoying a pint during a midday respite.

Yeti Imperial Stout

This label is as robust as the bottle's contents, a rich stout well-suited to Rocky Mountain adventures near its brewery's Denver home. Within the bold lettering roams the beer's legendary namesake. One sip of this beer from Great Divide Brewing Company and you'll be a believer.

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CEAR

No Messing Around

The once-humble messenger bag is going places By Chaney Kwak

As the name suggests, messenger bags originated as the accoutrement of postal workers and parcel carriers. But these versatile satchels have come a long way, and they are now considered must-carry items by many Digital Age road warriors. Aside from holding laptops and valuables, these hardworking carryalls now boast diverse features that streamline travel—and look good, too.



Outdoor outfitter Cotopaxi's sturdy canvas-and-suede bag is smartly designed with an external-access laptop sleeve perfect for passing through TSA checkpoints. Some of the revenues from sales of this bag contribute to health, education and anti-poverty programs around the world (cotopaxi.com; \$89.95).



Tom's Messenger Bag

Waltzing Matilda USA

Handmade in the United States with rugged American boot leather, this retro-cool offering—named for the singer Tom Waits—is a long-term investment. Its whiskey-toned patina gets finer with age, and the stud closures upcycled from Swiss Army pouches lend an aura of history (waltzingmatildausa.com; \$450).



Everyday Messenger Bag

Peak Design

Taking a cue from compartmentalized camera bags,
Peak Design incorporated
origami-inspired dividers and
patent-pending magnetic
clasps to make its Everyday
Messenger a breeze to open
and reorganize internally. The
treated-nylon fabric shell
makes this camera-ready bag
weatherproof and photogenic in itself
(peakdesign.com; \$249.95).



The Satchel . Linus

There are plenty of minimalist-chic messenger bags with padded laptop and iPad enclosures. But the much-beloved bicycle-maker Linus has designed a satchel that stands out for its ability to latch directly onto a bike's rear rack (linusbike.com/products/the-satchel; \$95).



Carry-On Messenger Bag • Looptworks Portland-based Looptworks, which gives chic new life to used materials, collaborated with Alaska Airlines to turn 4,000 seat covers from Horizon Air planes into bags, laptop sleeves and wallets. These Carry-On Collection messenger bags are classically simple, environmentally friendly and socially conscious. They are made in factories that employ fair-labor practices (looptworks.com/collections/alaska-airlines; \$230).

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It's a backpack! It's a messenger bag! It's both! Wearers of the Ace can sling it over a shoulder or distribute weight on both shoulders. The bag features exterior webbing for a U-lock and has an

on-strap bottle opener for quenching your thirst on the go (timbuk2.com; \$119).





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SUN VALLEY, ID

Films in the Valley

Groundbreaking films, frequent celebrity sightings and exquisite ski-resort surroundings make Sun Valley an ideal place to celebrate the silver screen in early March.

This year's **Sun Valley Film Festival**, March 2–6, will feature 60 films, including world premieres, shorts, narratives and documentaries, with programming ranging from dramatic and cause-driven features to lighthearted comedies.



The festival is known for its intimate feel, exemplified by events such as its Coffee Talks, which are open to the public each morning. One of these Coffee Talks

Filmmaker Oliver Stone will be honored at the 2016 Sun Valley Film Festival.

sessions will be headlined by Academy Award–winning director Oliver Stone, the winner of the festival's 2016 Lifetime Vision Award.

In addition to the daily screenings and special events, the Sun Valley Film Festival provides convenient access to the area's world-class skiing, and enticing food and music events.

Alaska Airlines is a sponsor of the Sun Valley Film Festival. The airline is also sponsoring the **Reel Sweet Sweeps**—an opportunity to enter a drawing in which winners will receive round-trip airline tickets and accommodations at Sun Valley Resort in addition to festival passes.

For more information, visit sunvalleyfilmfestival.org.

—Anna Jacobson

POP ART POPS UP IN SACRAMENTO

Andy Warhol's impact on the art world is still felt through his pioneering work in the genre of Pop Art. Next month, more than 160 pieces by Warhol will be on display at Sacramento's Crocker Art Museum, in the expansive exhibition "Andy Warhol: Portraits" (March 13–June 19).

Works on display will include paintings of Sylvester Stallone, Gerald Ford and other famous figures. In addition to these portraits, some of Warhol's earliest sketches will be on view.

Museumgoers can also try making screen-test films in a style similar to Warhol's filmed works by using a 1960s-era motion-picture camera updated for digital output.

Call 916-808-7000 or visit crockerartmuseum.org to learn more. — *Jeffrey Giuliani*



Andy Warhol, Cow (1976), screen print on wallpaper.

MORE FILM FESTIVALS

Santa Barbara International Film

Festival, Feb. 3–13; 200+ films, free community events, educational programs; Alaska Airlines is a supporting sponsor; multiple venues, Santa Barbara, CA; 805-963-0023; sbiff.org.

Atlanta Film Festival,

April 1–10; 150+ screenings; the 40th anniversary of this major Southeast film festival; Atlanta, GA; atlantafilmfestival.com.

Ashland Independent Film Festival, April 7–11; 90+ documentary, feature and short films celebrating diverse human experiences; Ashland, OR; 541-488-3823; ashlandfilm.org.

Florida Film Festival,

April 8–17; 170+ current, international, independent films; Orlando, FL; 407-629-1088; floridafilmfestival.com.

WorldFest Houston,

April 8–17; one of the nation's oldest film festivals; Houston, TX; worldfest.org.

Seattle International Film Festival, May 19–June 12; 42nd-annual event; sponsored by Alaska Airlines; more than 450 films from 90 countries; multiple venues, Seattle,

WA; 206-464-5830; siff.net.

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Seattle Continues to Set Trends

A Glimpse Into the Workplace of the Future

Seattle has always been on the cutting-edge. From its music scene, coffee and micro-breweries to technology, ecommerce and digital marketing – the city has always been on the forefront.

Many of these trends have positioned
Seattle as one of the most thriving economies in the country. Seattle was

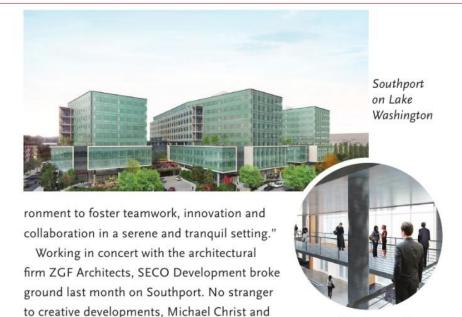
recently rated the #1 city for tech jobs by Forbes Magazine. Again, a good economic indicator is a competitive environment for recruiting top talent.

The tech sector is no stranger to creative work environments. Companies like Microsoft and Google are known for their innovative environments and perks. They've long understood what a recent study just confirmed: Culture is by far and away the biggest draw when it comes to recruiting top talent – far outweighing corporate brand and salary.

Enter the workplace of the future...

Award-winning Seattle developer Michael Christ, founder of SECO Development, appears to have taken workplace design to an entirely new level. Conceived to deliver an environment based on Live, Work, Play and Stay, Southport on Lake Washington is destined to raise the bar by which effective workplaces are measured.

According to Michael Christ, "Humans weren't designed to do their best work confined by four walls. We wanted to create an envi-



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As Kip Spencer, a frequently-quoted authority on commercial real estate, explains, "These guys have created something really special with Southport on Lake Washington. This truly is a blueprint that embraces the needs of today's tech workforce."

his team at SECO Development are well-known in the Seattle area for developments that create

and enhance communities.

Located on the shores of Seattle's Lake
Washington and adjacent to the 57-acre Gene
Coulon Memorial Beach Park, tenants on
Southport can collaborate about their next
product launch one minute and kayak the next.
Residents of Southport on Lake Washington
are within steps of kayaking, volleyball, tennis
and a regional bike trail system.

Designed with the demands of today's tech-sector tenants, Southport on Lake Washington will deliver redundant power and 100 GB data speeds. A next generation network infrastructure will accommodate burst speeds and heavy data transfer environments.

Expected to open in early 2018, when we asked Michael Christ about the project's tenant mix he simply said "We are blessed to be talking with some of the most progressive organizations in Seattle and beyond."

For more information on Southport call (425) 282-5453.



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JOURNAL

PROFILE

Ninja Moves

Isaac Caldiero, champion of TV's American Ninja Warrior, finds success in simplicity By Ben Raker

o be a ninja warrior, you have to travel light.
At least, that's the philosophy of Isaac
Caldiero, who made TV history last fall
when he scrambled up a 75-foot rope in 26.14
seconds and became the first champion in seven
seasons of the American Ninja Warrior competition.

Staying light and agile was important in the show as Caldiero negotiated obstacles on the course. It has also been important to him as a professional rock climber and traveler. For several years, he and his girlfriend, Laura Kisana (who has also competed on the show), have lived mostly out of a 1978 Dodge Jamboree RV. They've traveled the West, and sometimes other countries, seeking great rocks to climb. Along the way, Caldiero has had jobs as a busboy and in home construction to support a self-described nomadic lifestyle.

"I don't need to lug around a lot of stuff," says Caldiero, who grew up near Salt Lake City and is now based in Las Vegas. "It makes me happier to be flexible and frugal, and to move more quickly."

A simple, disciplined existence through months of "ninja training" paid off for Caldiero. He trained, in part, on obstacles he had built in his parents' yard. He also focused on mental preparation, drawing on meditation practices learned from his father. And he kept rock climbing. Caldiero says that maintaining the mental stability needed to climb is also helpful in ninja training.

"My mental strength is more important than my physical strength in competition," he says.

As a climber, Caldiero knew that keeping his weight down would also help, so he launched a strict "ninja diet" months before competition. At the weigh-in, he was 10 pounds lighter than usual.

Ultimately, staying nimble and focused was crucial for Caldiero on the free-hanging rope that marked the fourth and culminating stage of the finals course, known as Mount Midoriyama (a replica of the course in the original Japanese version of the show). Caldiero was one of two 2015 competitors who reached the rope. In most years, nobody makes it this far, giving the course an aura



Before advancing to a stage 4 showdown at the 2015 American Ninja Warrior finals, Isaac Caldiero made it past the challenging obstacles of prior stages.

of impossibility. Thousands of aspiring ninjas have fallen on the giant, elaborate obstacles that test competitors' speed, balance, agility and strength.

While Caldiero prepared for his final ascent, he watched his competitor, Geoff Britten, top the rope just before the 30-second cutoff. Caldiero knew that if he could beat Britten's time, he would be the champion. He also knew that, throughout his training, he had never climbed this length of rope in less than 36 seconds.

"A huge part of me said, 'There's no way I can do this,'" Caldiero recalls. "But something just kicked in. I went into overdrive and said, 'No, not now. You came this far. Don't give up.'"

Then he found himself standing at the top. "It was a dream come true," he says. "I just couldn't have been any more excited."

With his newfound fame and fortune, Caldiero will presumably no longer need to work odd jobs. The show's \$1 million-dollar prize will allow him and his girlfriend—who have not made more than \$10,000 annually in recent years—to travel to rock-climbing sites on their wish list. And, Caldiero has said, they'll be able to replace the motor in the RV.

Caldiero also plans to continue competing in ninja warrior programs, noting that the obstacles change each time a competition is held.

He aims to continue living simply. He plans to share some of the prize money with family, while investing most of his winnings. He will continue work that he's done through the years on conservation efforts to protect lands he's enjoyed while climbing, and he plans to do motivational work—inspiring others to "find their impossible" as he did in becoming the first ANW champion.

"I did the impossible," Caldiero says. "I'm living proof that it can happen."



NINJA QUICK FACTS

Age: 33

Height: 5'10"

Weight: 155 pounds (at
Las Vegas Season 7 finals)

Birthplace: Salt Lake City, UT

Current Hometown:
Las Vegas, NV

Past Jobs: Professional
rock climber, busboy,
construction worker

Typical "Ninja Diet" Dinner:
Salmon or chicken with
kale salad

Guilty Pleasure: Bacon
blue-cheese burger

Ship to Shore

Smaller boats offer unique adventures | By Erin Kirkland

had just ducked back indoors out of the Southeast Alaska mist when a cacophony of excited voices reached my ears.

"It's a bear, a black bear; standing right over there!"

Almost instantly, a platoon of footsteps clattered overhead as ship passengers lined fore and aft deck rails to indeed view a portly bruin scraping, then eating, barnacles from boulders along the shoreline. Barely glancing at the nearby humans cooing over his (or her) appearance, the bear sat down with a grunt on the nearest rock, close enough for us to hear the crunching noises as its alfresco dinner was consumed right in front of us.

"Well done," I thought, patting myself on the back for making the choice to show up here.

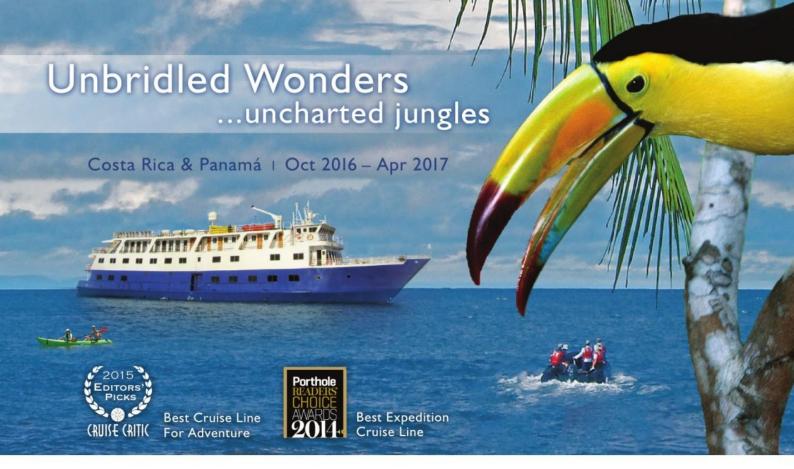
"Here" was aboard the MV Alaskan Dream, a 40-passenger catamaran owned by Alaskan Dream Cruises that weaves its way among the inlets, bays and islands of Southeast Alaska's Inside Passage. Outfitted with a cache of floating recreation toys and a nature-knowledgeable crew, this 104-foot ship not only brought us close to Alaska's wildlife and glaciers amid stunning scenery, it filled a delicious space between being a tourist and experiencing local life.

Ships like those operated by Alaskan Dream Cruises, a Sitka-based, family-owned company with five vessels billeting between 10 and 74 passengers each, are becoming ever more popular in waters up and down the West Coast and around Hawai'i. Offer-





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ing guests the opportunity to combine activities such as kayaking, paddleboarding, hiking and snorkeling in nature's quieter nooks and crannies, small-ship cruising translates into big returns for vacationers. Following routes made famous by 19th century cruising pioneers in Alaska, small-ship cruises are reviving an era of quiet reflection combined with low-key adventure.

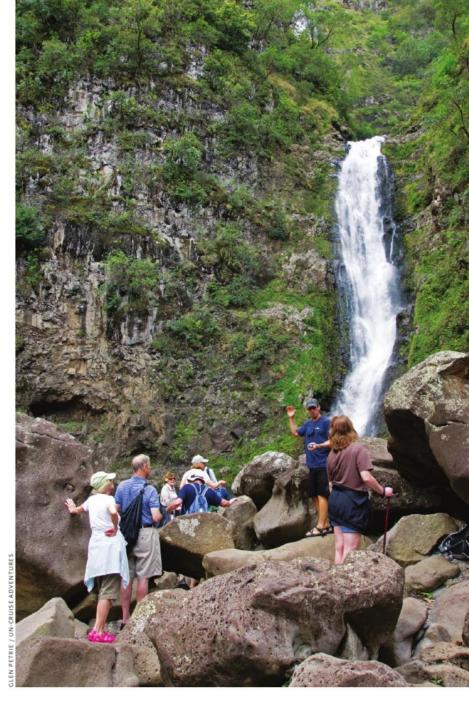
The Concept

In the mid-19th century, tourism was largely reserved for people wealthy enough to afford passage on railroad cars or aboard ocean-worthy ships sailing the Atlantic. The late-1800s gold rushes provided further inspiration for this worldly demographic as newspaper headlines touted the successes of miners and businessmen between California and the territory of Alaska. Writers such as Jack London and John Muir became famous for romantic prose dashed with a bit of danger. This, people thought, was the way to go, and smaller ships provided the answer to the essential question of "How do we get there?"

Propelled by engines that burned 10 tons of coal a day, steamships made their entrance into the West Coast tourism and transportation industry in the mid- to late 1800s, initially delivering supplies and mail up and down the coastline between San Francisco and the Alaska panhandle, where few roads existed and rail lines didn't connect the dots between communities.

Seizing an opportunity to make extra cash while transporting goods, the steamship companies began ferrying eager adventure-seekers along on trips, especially those heading up the Columbia River or into a still-mysterious Alaska wilderness. The Pacific Coast Steamship Company offered excursion trips to Alaska in 1884 for \$130 from San Francisco (\$3,250)





in today's dollars) or \$98 from Seattle, with passage fees, accommodations and meals included for the seven-day journey. The trip was hardly luxurious; lady passengers were advised to wear shorter skirts that wouldn't drag on wet decks, and all guests were encouraged to purchase spiked shoes in case they felt the need to "run across a glacier."

Steamers continued to sail until the gold ran out and world wars necessitated the use of ships and their fuel for other purposes. As late 20th-century tourism evolved, with stronger economies and even more options for vacation transportation, the "journey as destination" concept returned for busy working families looking for the trip of a lifetime. People sought intimate experiences to connect them with

Guides lead passengers on hikes to wilderness waterfalls during shore excursions on Un-Cruise Hawai'i itineraries.
Left: Alaskan Dream Cruises naturalists help kids understand and appreciate the wild environment they explore along the Inside Passage.







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their location, and unique opportunities to explore places they had only read about.

Russell Dick, CEO of Alaskan Dream Cruises, says those intimate experiences coupled with authentic cultural opportunities are what people seek in a



small-ship cruise vacation. Alaskan Dream Cruises offers eight-, nine- or 11-day sailings from Sitka or Juneau along the rugged coastlines of Southeast Alaska's rich rain forests, stopping in small communities along the way.

"The combination of wilderness adventures and unique destinations offers guests a comprehensive look at everything Southeast has to offer—abundant wildlife, pristine environment and cultural immersion," Dick explains. "We're actively connecting guests to sights and people in a very personal way."

Nimble, shallow-draft ships are able to nose into tidal bays and coves and drop anchor for several hours, or all day, allowing passengers to relax and get to know a place through activities both onshore and in the water. Remote and peaceful save for the sound of lapping waves against a kayak or occasional calls from eagles perched atop a tree, these stops balance daily doses of serenity with adventure.

For Lyn Schnug of Seattle, a health scare led her to sail the Inside Passage aboard an Un-Cruise Adventures ship with her wife, Robin, to satisfy a longtime dream to see the Last Frontier and take a chance to "live in the moment." Seattle-based Un-Cruise offers dozens of Inside Passage sailings aboard ships ranging in capacity from 22 to 84 passengers; the company also sails Hawaiian, Mexican, Northwest and Central American waters, but began its business with Southeast Alaska itineraries.

"Standing atop a glacier knowing that the snow fell a hundred years ago helped me realize that it would be OK, no matter what," Schnug recalls. "There would come a day that I could no longer kayak or hike, but today isn't that day."

The Ships

A distinguishing quality of smaller cruise ships is a communal style of travel purposefully designed to encourage interaction among guests and crew members. There isn't much private space onboard when a vessel is less than 200 feet in length. Cabins with queen or twin beds and private baths are designed

Top: Un-Cruise passengers depart their ship in a sightseeing skiff that allows them to tour very small inlets and bays rarely seen by Alaska visitors.
Left: Close encounters with humpback whales are frequent experiences on Alaskan Dream Cruises trips.



Alaskan Dream Cruises passengers savor local salmon at the remote Orca Point Lodge northwest of Juneau.

for a restful experience, to be sure, but it's the common areas that shine aboard a small ship, and are a big reason why many people choose a smaller vessel.

Open and inviting, these spaces invoke an atmosphere of comfort and conversation, particularly enjoyable after a long day exploring the outdoors.

Most evenings find passengers sipping wine and signature cocktails during happy hour in a cozy lounge before migrating to the equally intimate dining room for a dinner featuring local ingredients and tailored to special dietary concerns, a plus for many families.

Alaska passengers will experience the rich sockeye or king salmon for which the state is famous, grilled to perfection and served in a fresh spinach salad or atop creamy risotto. Guests aboard tropical itineraries in Hawai'i enjoy a bounty of traditional

Handcrafted Furniture

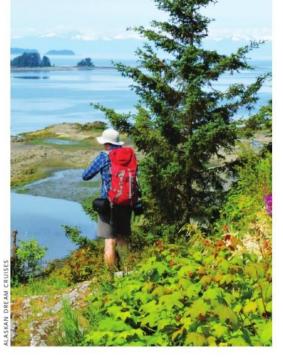
fruits, vegetables and seafood-including poi, colorful sweet potatoes, pineapple, and many varieties of poke (marinated ahi sashimi). Headed to Mexico? Savor a lunch of cilantro and lime-infused rice with grilled chicken, wrapped up in a warm tortilla and served with an icy mango margarita.



Onboard libraries and lounges are stocked with local guidebooks, maps and diaries of authors whose footsteps echo upon much of the land guests have walked that day. For Schnug, the concept of a vessel small enough to not get lost, but big enough to still find quiet places, was an important factor.

"For us, this completed the entire package with Un-Cruise," she said. Guests read, strum a guitar (many ships have crew members skilled with instruments), or share photos as golden sunsets send waves of light across the room. Gloomy weather? No problem; these ships offer cozy places to watch raindrops splatter against large windows with a hot chocolate or cup of espresso in hand.

Last spring I sampled this coziness in tropical fashion, sailing with Un-Cruise between the Big Island of Hawai'i and the smaller, rural island of Moloka'i. My pale skin turned several shades of brown as I floated the warm waters, clad in snorkel gear, at least once a day and sometimes twice, depending upon my mood. I saw manta rays, a



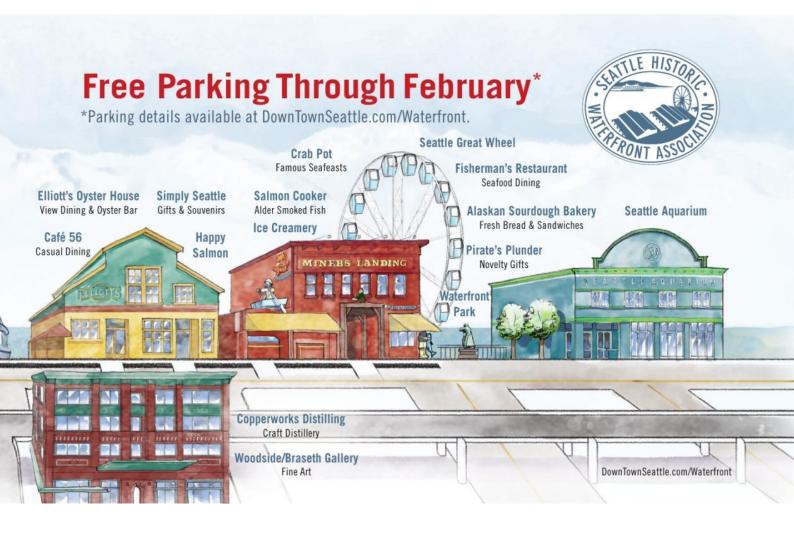
Hiking on remote islands is a popular excursion.

shark, and even a curious sea turtle while casually exploring the underwater world of this island chain. Un-Cruise Adventures offers seven-night Hawaiian itineraries during the winter months, and I welcomed the opportunity to infuse some sunshine into

IF YOU GO

Alaska Airlines serves most major cruise ports in North America, including those in Alaska, Hawai'i, Washington, Oregon, California and Mexico: and Gulf of Mexico and East Coast ports such as New Orleans, Houston, Charleston, New York and Boston. Alaska Inside Passage small-ship cruises generally sail from or to Juneau, Sitka or Ketchikan; Hawai'i ports include Kona and Moloka'i. It's best to arrive at an embarkation port at least a day prior to sailing.

For flight information, visit alaskaair.com or call 800-ALASKAAIR. For cruise information, visit un-cruise.com; alaskandreamcruises.com; or americancruiselines.com.





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my frozen core. My fellow passengers and I savored time for swimming, kayaking, even a bit of backcountry hiking through the tropical forests of Moloka'i's Hālawa Valley, and attended a pā'ina (feast) prepared by members of the island's historical society.

Un-Cruise and Alaskan Dream Cruises both like to operate with a spirit of spontaneity; Un-Cruise calls it "whim, weather and wildlife," meaning that if a group of whales happens to appear, water is smooth as glass a few miles away, or captains receive a hot tip on a secluded bay, the ships can go there.

This is the essence of such travel, no matter the destinations or routes of arrival, and small-ship cruising is hot right now, whether one chooses to bask in Hawaiian or Mexican sunshine or bushwhack through mossy Southeast Alaska bog. Since the goal of small-ship cruise companies is to emphasize local adventure, culture and cuisine, choosing both a destination and an itinerary to fit everyone's needs is key. Our family, year-round Alaskans, favors spring break getaways that don't involve snow or mittens. That, plus a desire to unplug from the bustle of everyday life and engage our son, 11, in unique activities and new people he isn't likely to meet at home.



Watching whales is one of the exceptional experiences available on Un-Cruise's winter trips in Baja California waters.

The Experiences

Our first warm-weather cruise sailed the pristine waters of Baja California Sur's Sea of Cortés on a seven-day trip that introduced us to a Mexico we had never seen. Evening anchorages in bays with names such as Ensenada Grande led to morning hikes among red, scaly rocks and cacti overlooking a turquoise ocean. Frigate birds swooped between us and the foaming waves, and dolphins frequently played near the bow of our ship. One day we drove two hours from Puerto Escondido in rented vans, bound for Magdalena Bay and the famous "nursery" area for gray whale cows and calves that spend the winter months in these sheltered waters before returning to sub-Arctic waters. For my son, an opportunity to close the migration loop with these gentle giants was a highlight; several times he reflected that the whale babies we admired here would soon be making the remarkable 6,000-mile journey north to their summer feeding grounds near where we live.



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ROLLIN' ON THE RIVER

The fastest-growing segment of the cruise industry the past few years has been river cruising. Long popular on Europe's Rhine and Danube rivers, it is picking up steam in the United States as well. "Several American river cruise companies are among our most popular searches," reports Heidi Allison-Shane, president of CruiseCompete, an industry trends tracker and cruise-finding service. CruiseCompete named river cruising its top trend in 2014 and again this year, and Allison-Shane says interest continues to grow. "For one thing, river cruises are mostly all-inclusive," she points out.

Several companies, including Un-Cruise and American Cruise Lines, offer sailings on the Columbia River; popular themes include wine and Northwest history. Mississippi River cruises include trips on the replica steamboat American Queen (above); popular themes include Southern culture and autumn color.

And in Alaska, harking back to the independent spirit of those first visitors of the 1800s, small-ship cruisers who make their way up, down and around Alaska's scenic Inside Passage come away fulfilled, and filled, with nature's bountiful presence. It's everywhere: in the dark, brooding forests of Sitka spruce and yellow-cedar, in the splash of a creek teeming with salmon, the occasional bear sighting on a remote beach. Un-Cruise Adventures CEO Captain Dan Blanchard reinforces the intrinsic value of Alaska itineraries as a chance to savor every moment in this wild, largely unsettled part of the United States.

"These are the types of trips where travelers make memories for a lifetime, based on these eye-opening, exhilarating moments," he says.

Our family's most memorable moment came during an Un-Cruise







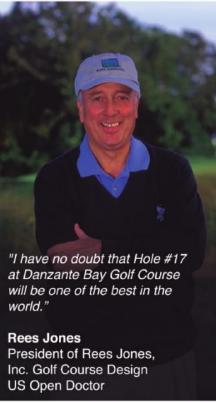


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My son's eyes met mine, large and luminous with the enormity of what he had just seen.

Adventures "Eastern Coves" itinerary, somewhere near Frederick Sound, a gathering spot for humpback whales that spend the summer months looking for krill and herring in these food-rich waters. Only 6 at the time, our independent son had spent hours on the bridge of the MV Wilderness Adventurer, binoculars at the ready as our captain, an expert on humpback research and habitat, explained the whales' eating habits.

Two, then three, then five whales swam and dove in arcs of grace that belied their 40-ton weight, closer and closer to each other.

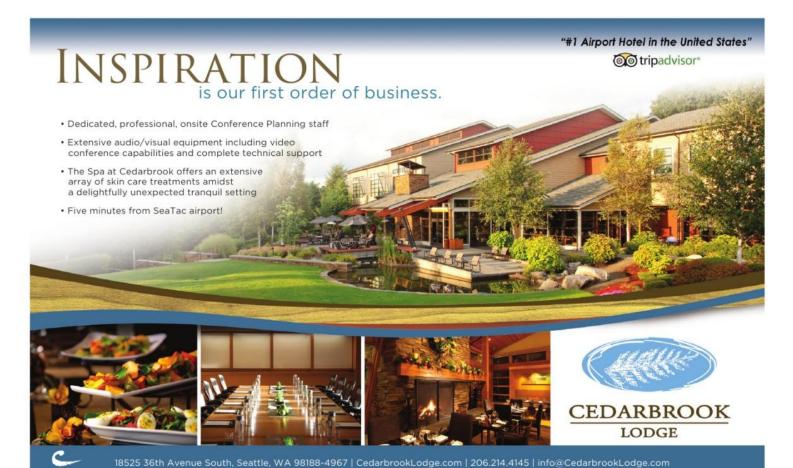
"Quick," the captain whispered to the kids clustered around him. "Climb up here." Soon, small bodies, all clasping binoculars, lined the bridge's dashboard as the multiple-whale circle tightened, then disappeared underwater.

"Watch," our captain said. "Right there." He pointed to the slightest hint of bubbles rising to the now-glassy surface.

With a rush of foamy green water, enormous gaping mouths stormed to the surface, tiny silver fish flipping and flopping to get out of the way, as sustenance and survival met in dramatic harmony. My son's eyes met mine, large and luminous with the enormity of what he had just seen—the legendary humpback bubble-net feeding—and would continue to see for hours as previous plans were scrapped in deference to this wild miracle of planet Earth.

This was why we had come.

Writer Erin Kirkland lives in Anchorage. Her freelance work has included occasional tours as a "kid wrangler" on Un-Cruise.









2-WHEEL TOURING

URBAN INTRIGUE AND ICONIC WILDERNESS ARE LINKED BY A NETWORK OF BIKE TRAILS IN SOUTHCENTRAL ALASKA

BY KEN MARSH



→ I was mountain biking Southcentral Alaska's Russian Lakes Trail after a day of fishing when I nearly crashed into the bear.

I knew bears were around, drawn by area salmon runs that provide summer-long bruin buffets. And hours earlier, while casting for trout near the inlet of Lower Russian Lake, I'd spotted what appeared to be a large black bear lumbering along a mountainside a half mile away.

So now, headed back to civilization at day's end, I pedaled along the rocky trail with bears in mind, shouting and singing loudly to prevent surprise encounters.

Apparently, the bear was hard of hearing.

With the wind whipping my face on a swift downhill, I turned a corner to find myself 20 yards from a dark-colored brown bear bounding onto the path ahead.

Synapses popped as I crushed the brakes, sending the tail of my bike into a quartering, gravel-spraying skid. For a flash, the world became a spinning blur of alders, trail and a big four-legged creature.

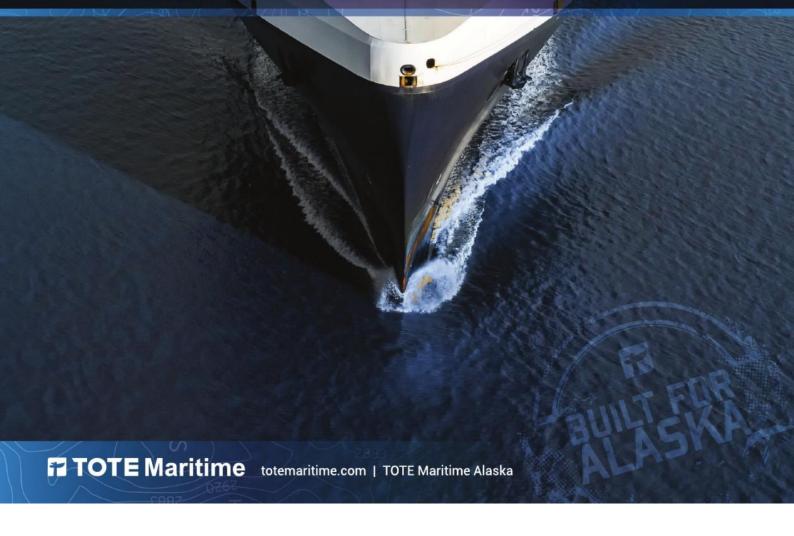
Fortunately, the bear was equally surprised. As I skidded to a halt in a cloud of dust, the animal turned and, glancing over its shoulder, bolted down the trail away from me. After 30 yards or so, it slowed to what I considered a disrespectful walk. So I hollered and clapped, which encouraged the bear to speed up and veer off the trail, allowing me—pepper spray handy—to remount my bike and pedal safely on.

Bicycle adventures in Southcentral Alaska don't always include



BUILT FOR ALASKA

TACOMA TO ANCHORAGE, TWICE-WEEKLY, ALL YEAR LONG.



hair-raising wildlife encounters. But there are few better ways to experience this popular region—to breathe it, feel it, see it from all angles—than by bike.

Comprising about 52,800 square miles, a landmass roughly the size of Alabama, Southcentral includes the Anchorage area (Alaska's metropolitan hub inhabited by some 300,000), the Matanuska and Susitna valleys, and the Kenai Peninsula. Cut into the countryside are a galaxy of trails ranging from paved paths to rough single-tracks, lending passage to wild lands and city sights alike.

Of course, bicycling in Alaska is hardly new. People have toured the Last Frontier on two-wheelers for more than 100 years. In an article featured on the Alaska Historical Society's Web page, author Terrence Cole writes, "In Alaska during the [1898] gold rush, the people who sold a special model called the 'Klondike Bicycle' claimed it was the answer to every miner's prayer."

The story sketches the account of Ed Jesson, a miner who purchased a bike in Dawson City, Yukon, in the winter of 1900. His plan was to pedal west across Alaska over dogsled trails on the frozen Yukon River and up the Bering Sea coast to Nome. The distance was more than 1,000 miles and Jesson endured temperatures of 48 degrees below zero to complete the trip in about a month.

"All the way down the Yukon people thought Ed was crazy for riding a wheel, especially since he owned a good dog team, but he said he didn't have to cook dog food for the bicycle at night, and on good days he could cover 100 miles," Cole recounts.

Jesson was tough, and obviously determined. But cyclists needn't be gold rush miners or marathon-fit to ride in Southcentral Alaska. In fact, few who visit will find they are too young, too old, or too out of shape to delight in touring the region for a day, a week or longer aboard a bike.



Clockwise from top:
Far North Bicentennial Park offers more than 80 miles of multiuse trails; Tony Knowles Coastal Trail stretches 11 easy miles along Cook Inlet; and fatbikes stretch the bikeriding season into a year-round sport.



SEEING THE CITY

 Verdant in summer, golden in the fall, Anchorage, Alaska's biggest city, is marbled with greenbelts and parks, many tied together by more than 120 miles of paved

bike trails. A local favorite is the II-mile-long Tony Knowles Coastal Trail that begins downtown and traces Cook Inlet's coastline past Westchester Lagoon (popular among birders) and



Earthquake Park (commemorating a neighborhood lost in Alaska's great 1964 earthquake), and on to the 1,400-acre forests and singletracks of Kincaid Park near Ted Stevens Anchorage International Airport.

The trail, named for Tony Knowles, a former Alaska governor and Anchorage mayor, was built in the 1980s and quickly became popular among cyclists for its easy access to scenic views and local wildlife.



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← ALYESKA RESORT OFFERS MOUNTAIN BIKERS A LIFT UP THE SLOPES IN ITS TRAM, AND A THRILLING RIDE DOWN THROUGH ITS BIKE PARK.

The trailhead is located downtown near the end of Second Avenue, close to hotels and several bike-rental businesses. Within a few minutes of easy riding, starting around Elderberry Park, cyclists have many opportunities to detour from the main trail to visit various parts of the city.

On the Coastal Trail proper, occasional stops are worthwhile to glance back and enjoy picturesque views of downtown Anchorage huddled between Cook Inlet and the Chugach Range. On clear days, Mount Susitna and, farther north, Denali, North America's tallest peak, can be seen rising beyond the inlet. Benches and viewing areas are spaced at intervals for those who wish to see the sights or have a picnic.

In summer, snow-white beluga whales appear in pods, traveling up the silty inlet waters that at high tide lap a stone's throw from the trail. Moose are commonly seen, particularly around heavily wooded Point Woronzof and Kincaid Park. Watched from a distance, these 500- to 900-pound members of the deer family are generally docile,



though they can become agitated if approached too closely; cows with young calves particularly tend to be protective and can lash out if they feel threatened. Keep your distance (no closer than 50 yards to be safe), and enjoy the show.

ROUGH RIDING: CITY SINGLETRACKS

 On the paved trails, when the weather is dry and temperatures are pleasant, it's possible to pedal along a flat or downhill stretch, wind in your ears, sun on your

A TOUR TOO FAR? TAKE A BUS

if a 22-mile Coastal Trail roundtrip sounds like too much, Downtown Bike Rental Inc., located in Anchorage on Fourth Avenue between C and D streets, suggests a solution to cut the distance considerably: Put your bike

on the front of the No. 7 People Mover bus from the Downtown Transit Center (Sixth and G) to Raspberry and Jewel Lake roads, as suggested on DBR's website, www.alaska-bike-rentals.com.

The front of each bus

features a rack that carries three standard bicycles.
Cyclists can exit the bus and take the paved bike trail west up Raspberry about 4 miles to the Coastal Trail in Kincaid Park. From there it's smooth riding back to downtown.

OTHER CITY TRAIL OPTIONS

→ No matter where in Anchorage you may be, a paved bike path isn't far away. Choices beyond the Coastal Trail include the 5-milelong Chester Creek Trail running east from Westchester Lagoon near downtown to the University of Alaska campus in midtown. From there, cyclists can link to the Campbell Creek Trail to south Anchorage on a course that generally traverses greenbelts along the creek to C Street and beyond. The bike path along C Street offers a straight shot back to downtownbut use caution, as this trail includes many street crossings.

For more information on these and many other city bike paths and multiuse trails, visit the city's Parks and Recreation Web page at www.muni.org/departments/parks/pages/trails.aspx.

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2 WHEELS

face, and feel as if you're soaring. Flying past flower gardens, forests, streams and neighborhoods, encountering others happily biking or walking, is a wonderful way to see the city and its outskirts.

But not everyone is born to ride on the pavement. Mountain bikers seeking a side of Southcentral Alaska available only off the beaten path will find adventure in Kincaid Park's singletracks. Forty-five miles of trails engineered for cyclists of most skill levels are available in the park's maze of hill climbs, hairpin turns and roller-coaster runs.

Mountain-biking reviews on the website trails.mtbr.com beam high praise for Kincaid: "This is one of the best trail systems in any urban area in America," writes one reviewer who ranks Kincaid with Cameron Park in Waco, Texas.

Another cyclist writes: "I am from California and had a week to ride in the park in mid-July. ... This was some of the finest riding I have ever done. The park is huge. We rode different trails every day."

Set among forests of mixed spruce, birch and cottonwood, these winding, well-packed, hilly trails offer challenges that are more likely to include roots than rocks, or getting turned around in the labyrinth of tracks. Signs with you-are-here maps are posted at many intersections and help cyclists new to the park keep their bearings. Maps of Kincaid's singletrack network are also available online, and can be printed out and kept in a pocket, just in case.

As on the Coastal Trail, wildlife is frequently encountered along Kincaid's singletracks. Stay alert for moose, porcupines and the occasional black bear—and be ready to hit the brakes if necessary.

OUTSIDE ANCHORAGE

• I'd climbed 1,000 feet over 6.2 miles, a gradual ascent by the standards of tougher, more experienced mountain bikers. Yet my trek over Crescent Creek Trail on the Kenai Peninsula, 100 highway



Johnson Pass Trail is a popular 21-mile singletrack on the Kenai Peninsula.

miles south of Anchorage, had seemed longer, more grueling under a July sun.

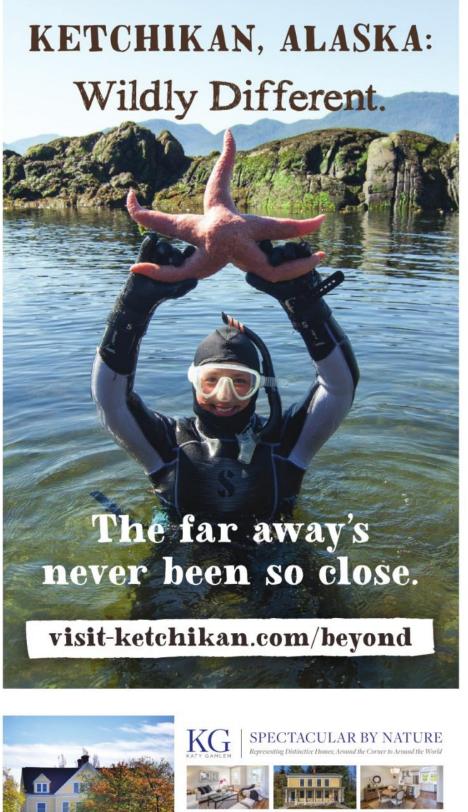
I recalled the many places the trail had shot straight up, and remembered the tight switchbacks dangerously broken by tire-jolting stones. All of that ceased to matter, though, when Crescent Lake appeared suddenly over my handlebars through a screen of stunted subalpine cottonwoods. Set among the 5,000-foot

CITY WILD: FAR NORTH BICENTENNIAL PARK

→ Kincaid Park's singletracks aren't the only game in town. Anchorage's east side delivers fantastic riding in 4,000-acre Far North Bicentennial Park. Popular for its more than 80 miles of singletracks and multiuse trails, the park boasts forests and mountain streams that abut the Chugach Mountains and Chugach State Park—a wilderness setting only minutes from downtown.

Trails here include brisk climbs, root-riddled runs and well-maintained stretches that satisfy any cyclist's need for speed. Of interest to many is the park's wildlife. In addition to the moose, black bears and even the occasional wolverine seen in Bicentennial, the park's upper Campbell Creek each summer hosts spawning salmon, which in turn attract hungry brown bears. For safety's sake, singletracks that parallel the creek are best avoided and left to the bears from July through September.

For a map visit www.trailsofanchorage.com/Maps&Links/ FNBPark.pdf.





2 WHEELS

Kenai Mountains and reflecting green hillsides, rocky peaks and vast bolts of sky, the lake that windless afternoon resembled an enormous ice-blue gem. I'd found a pristine wilderness nirvana, and had my bike and one of Southcentral Alaska's numerous backcountry trails to thank.

Many trails offer bike passage to

unspoiled wilderness on the Kenai Peninsula, in Chugach State Park backing Anchorage, and in the Matanuska and Susitna valleys to the north. Options range from tough singletrack treks to paved semiwilderness paths, and all promise stunning scenery. Here's a sampler of my personal favorites:



Mountain-stream crossings are both a chilly challenge and an exhilarating element of the Alaska trail-riding experience.

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Trails in the Chugach National Forest

KENAI PENINSULA

south of Anchorage are mostly singletracks best tackled aboard a mountain bike. Cyclists planning to travel any distance here should be wilderness savvy and come prepared for fickle weather and wildlife encounters, and carry first-aid kits and at least some food.

Crescent Creek Trail. Trailhead off Quartz Creek Road at Mile 45 Sterling Highway near Cooper Landing. Difficulty: moderate. Going in, this 6.2-mile, well-maintained wilderness trail gains elevation gently. The trip out goes fast.

Devil's Creek Trail. Trailhead Mile 39 Seward Highway. Difficulty: moderate to easy. This 10-mile-long trail into Kenai Mountains high country gets muddy and slick, so watch the weather.

For more information on Kenai Mountains bike trails, visit: www.fs. usda.gov/activity/chugach/recreation/ bicycling/?recid=4832&actid=24.

CHUGACH STATE PARK

Bird-to-Gird Trail. Trailheads are located roughly a 20-minute drive south of Anchorage on Seward Highway at Bird Creek Campground or parking area. Difficulty: easy. Touring bikes or mountain bikes are fine. Paved trail skirts the Chugach Mountains and scenic Turnagain Arm for 13 miles to the ski-resort town of Girdwood. Pedal up an appetite and enjoy lunch or dinner at a local restaurant before turning around and



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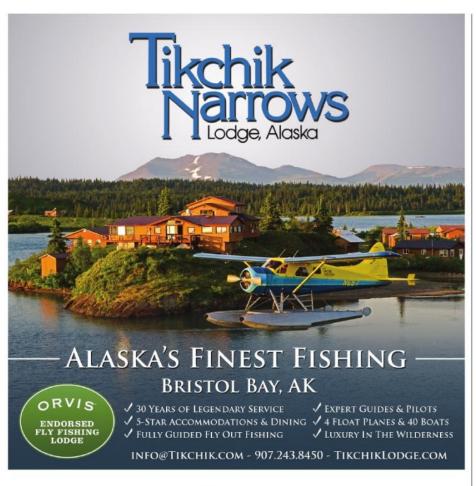
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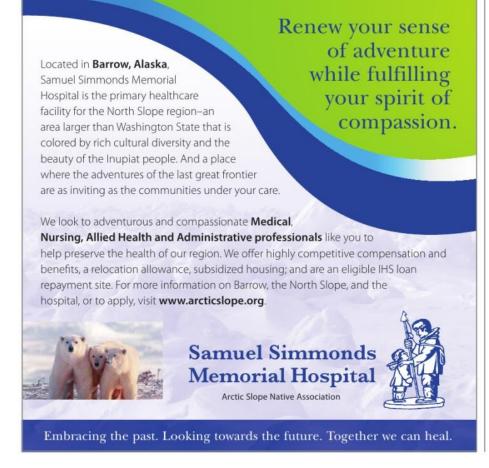
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2 WHEELS

pedaling back. Or, drive to Girdwood, rent a bike at Alyeska Resort's Daylodge Mountain Bike Hub, and bike the trail roundtrip from Gird to Bird.

Eklutna Lakeside Trail. Trailhead located off Eklutna Exit at Mile 26.5 Glenn Highway, about 20 minutes north of Anchorage. Difficulty: easy. Mountain bikes work best. This 12.7-mile unpaved trail borders Eklutna Lake for 7 miles, eventually ending near Eklutna Glacier.

For more Chugach State Park biking trails, visit: www.dnr.alaska.gov/parks/units/chugach/bikingchugach.htm.

MAT-SU VALLEYS

Matanuska Lakes State Recreation Area. Trailheads at Matanuska and Long lakes are located off the Glenn Highway at Mile 36.5, just west of Palmer. Difficulty: moderate to easy. Cyclists will need mountain bikes. More than 30 miles of singletracks alternate between forests and fields. Breathtaking views of the Chugach and Talkeetna mountains. Find a map at www.dnr.alaska.gov/parks/aspunits/matsu/matlakesrabike.htm.

Talkeetna. From Mile 98.7 Parks Highway north of Anchorage, take Talkeetna Spur to town. Bike rentals are available there. The trails around this rustic community south of Denali include easy touring and challenging mountain-bike options. Tour the 14-mile-long (one way) paved trail that parallels Talkeetna Spur from the Parks Highway to Talkeetna. Mountain-bike trails loop through the forests outside of town; for a map of the trails, see www.alaskavisit.com/includes/media/docs/talkeetnatrails.pdf.

WINTER RIDING, TOO

• Thanks to the development of "fatbikes"—mountain bikes specially engineered for snowy singletracks and cross-country treks—nearly any trail worth riding in summer can be traversed in winter. Fatbikes are defined by wheel widths ranging from 3 to 5 inches



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2 WHEELS

(normal mountain-bike rims are about 1.5 inches wide). These widths combined with low tire pressure create a snowshoe effect, allowing cyclists to essentially "float" over loosely compacted snow in situations where narrow-rimmed tires would dig in and sink.

Between snowfalls, standard mountain bikes fitted with studded tires work well in icy or hard-packed snow conditions. Several Anchorage bike shops rent winterized mountain bikes and fatbikes, and some even offer winter bike tours. Winter-bike rental rates range from \$60 to \$100 per day for adult bikes, with at least one shop offering "kiddie fatbikes" for \$55 per day.



Seaview Cafe in Hope, on the Kenai Peninsula, offers post-ride refreshment.

As with all cold-weather sports, quality equipment, proper outdoor clothing, and an intimate knowledge of the sport and conditions are critical to safe riding.

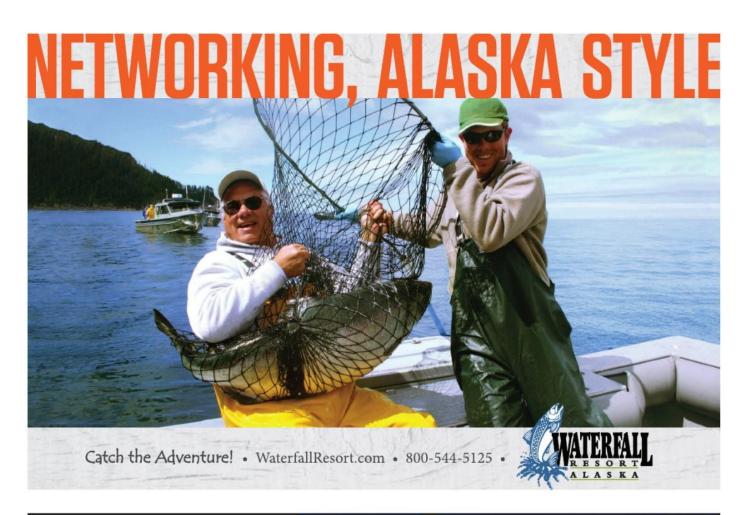
To learn more about winter biking, winter bike rentals and guided winter bike tours in Anchorage, visit Arctic Cycles at www.arcticcycles.com, and Chain Reaction Cycles at www.chainreactioncycles.us/bike-rentals.html.

For great winter biking FAQs, visit Paramount Cycles at www.paramountcyclesak.com/pages/winter_faq.html.

Summer or winter, it's a great time to get out and ride.

Author Ken Marsh lives in Anchorage.

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EXPLORING REMOTE ALASKA

WILDERNESS TRAVELS
REVEAL TREMENDOUS BEAUTY
BY ERIC LUCAS



Guides lead travelers on treks across Root Glacier in Wrangell–St. Elias National Park. The author (above right) eyes a blue pool on the glacier's surface.

→ Overhead a bluebird sky rises high past vaulted peaks. A warm breeze tumbles from above, and the pool at my feet glistens turquoise. Ravens call from the wooded ridge a half-mile away. The shore I'm standing on is as clean and white as snow.

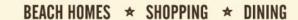
Actually, it is snow.

"Whenever you're ready, we're ready," announces our guide, Heidi, a quizzical smile playing across her face.

"I'll be fine," I reply, standing on the midriff of Root Glacier, 3 miles up the valley from the historic copper-mining town of Kennecott, Alaska, getting ready to plunge into what glacier guides call a "blue pool." Heidi and company are preparing to pull me out of the water once I've gone in, but I'm suffering a stubborn determination to jump in, immerse myself and haul out without help.

Call it the outback-Alaska syndrome, a devil-may-care swagger that pervades the state but is even more pronounced in the region we're currently visiting—remote Alaska. I've been on a half-dozen Alaska glaciers in the past, but only here, eight hours' travel time from Fairbanks, have the guides issued a double-dog-dare-you challenge involving glacial surface water. "I'll go in if you go in," Heidi had declared as we approached the pool, our lunch stop on a half-day hike.

The contrasts at hand amply illustrate the nature of these places. The blue pool's water is so beautiful—like faceted bottle glass—that only sheer intellect reminds me it is as blisteringly cold as it is enchantingly gemlike. It's a surprise to encounter pools and ponds and freshets and springs all over a solid river of ice. In the distance, on the face of 13,845-foot Regal Mountain, the glacier plunges down a 7,000-foot slope that Alaska mountaineers believe makes it the tallest ice floe in the world. But the balmy, 70-degree



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TRAILS * KAYAKING ON THE CANALS * DRIFTWOOD BEACHES * NATURE RESERVE





Once indigenous to Alaska, muskox were reintroduced around Nome in the late 20th century. Their famously ultrafine wool, qiviut, helps insulate them in winter. Arctic cotton (below) paints the tundra white in midsummer.

T MUSKOX ARE FOUND ON ALASKA'S SEWARD PENINSULA IN AND NEAR NOME.

late-June air of this day seems to defy the glacier's centuries of frozen extrusion from the Wrangell range heights 20 miles north.

The ice-water tarn occupies a fissure in the glacier, 20 feet long, 4 feet wide, 10 feet deep. The bottom looks as distant as the nearest galaxy. In I plunge. It's shocking, but wonderfully so. I surface from my feet-first dive, grasp the ice edge of the pool, heave myself out into the sun and grin at Heidi, wordlessly.

"Oh, my," she says. "Guess I have to go in now."

And so she does.

Despite the wild flavor of the place, and the moment, it's all firmly rooted in the 21st century. I'm accompanied by two expert guides and a half-dozen adventurous travelers, all of us using crampons that make a glacier hike fairly easy. We'd arisen that morning in the cozy confines of a lovely modern hotel, Kennicott Glacier Lodge, enjoyed a leisurely hot breakfast in the communal dining room, gathered on the porch looking out over the Kennicott

Glacier, which the Root Glacier joins just up the valley from the hotel.

Near the hotel, the lunch griddles were heating up at a local example of a wide-spread 21st century cosmopolitan phenomenon—a food cart. Widespread indeed, that there's one here in the middle of Wrangell—St. Elias National Park & Preserve, a 13.2 million-acre expanse of mountain, glacier, forest and valley that is America's largest national park.

Alaska's famous as a place where wild and crazy intersect with modern life. It's called the Last Frontier not so much because most of the state remains undeveloped, but because of a cultural ethos that mimics the untrammeled surroundings. For example, moose are a frequent sight in Anchorage, and residents delight in riding around (even commuting) in midwinter on fat-tire bicycles that vaguely resemble something one might use for lunar exploration. It's a sport at the very edge of reasonableness. Alaskans say they invented it, and off they go into subzero temperatures,

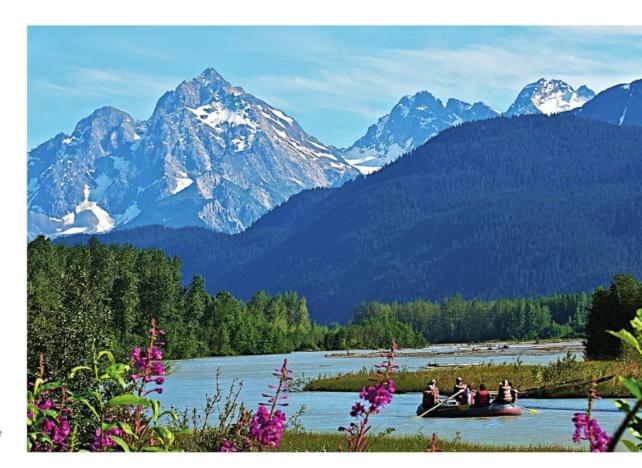




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Cottonwoods and fireweed line the Chilkat River, a scenic rafting waterway, near Haines. Eagles are abundant along the Chilkat year-round.

hands cozied into huge down mittens mounted on the handlebars.

The boundaries of ordinariness stretch even further when you travel into "the bush," an inexact phrase that covers almost everywhere outside the main visitor cities. There's no point debating which is best because it is all memorable.

• In Nome, the Bering Sea gateway to the Arctic, a thriving herd of muskox are—like moose or buffalo farther south—the indigenous livestock animals that go anywhere they want. That includes yards within the city, and residents consider their most famous wild bovines almost as much a nuisance as an attraction. One may be charmed the first time muskox tramp through your garden (yes, residents do have small gardens here), not so charmed after they've flattened the hot-box lettuce and carrots. Visitors, meanwhile, goggle at the sight of Nome's 300 muskox, which can be seen by simply driving around city streets.

But it's more adventurously appropriate to head north out of town into the heart of

the Seward Peninsula to see the countryside. Along the way we stop at a bridge over the Nome River to admire spawning salmon below, flashing crimson in the amber water. As we head north, a profusion of wildflowers paints the treeless tundra fuchsia fireweed, indigo monkshood, lavender-blue Jacob's ladder, butterscotch cinquefoil and ivory tufts of Arctic cotton. Hawks and falcons prowl the sky. It's midweek and we pass just two other cars.

Twenty miles north of Nome, dropping into the upper reaches of the Pilgrim River valley, we spy a small bunch of muskox on a little knoll 80 yards from the road. We pull over and carefully step off half the distance across the sand-and-gravel ground.

"That's about as close as you want to get," my guide, Nome mayor Richard Beneville, advises from behind when we've quietly crept within several dozen yards. I know wildlife-watching guidelines well, and I'm alert to any of the head-raised, impatient-snort indications that the animals are alarmed by our presence.

But they just peacefully graze—in fact, a



T BALD EAGLES ARE AN ALASKA ICON, ESTIMATED TO NUMBER UP TO 30,000 IN THE STATE IN SUMMER.





REMOTE ALASKA

stocky, broad-shouldered bull wanders a few yards from his harem, casting disdainful glances our way to announce that he's utterly unconcerned about us. And

experience these legendary creatures prompts me to stand still and pause for a few minutes. In the late morning sun the breeze lifts the animals' long strands of gossamer hair into the air, turning it the color of wheat straw. There is no human sound whatsoever-no engine or voicea silence more profound than almost any I've experienced in the Lower 48. For years I've hoped for this exact moment, and I'm bemused by how relatively easy it is to fly to Nome,



Southcentral Alaska's Tutka Bay Lodge occupies a wilderness cove on Kachemak Bay near Homer. Sea otters are a common sight in the area.

hire a guide, head out of town and find it.

• Outside Homer, in Kachemak Bay, I'm kayaking with a guide from the lovely Tutka Bay Lodge, reached only by boat or floatplane. We departed the lodge's dock on a still morning and paddled over to Herring Island, 2 miles distant. There, rounding a small headland, we come upon a sea otter. Marine mammal protection rules require us to approach no closer, but even at 10 yards, I'm reminded how impressively large these North Pacific creatures are. This one, likely a male, is 5 feet in length; it back-paddles placidly while the current





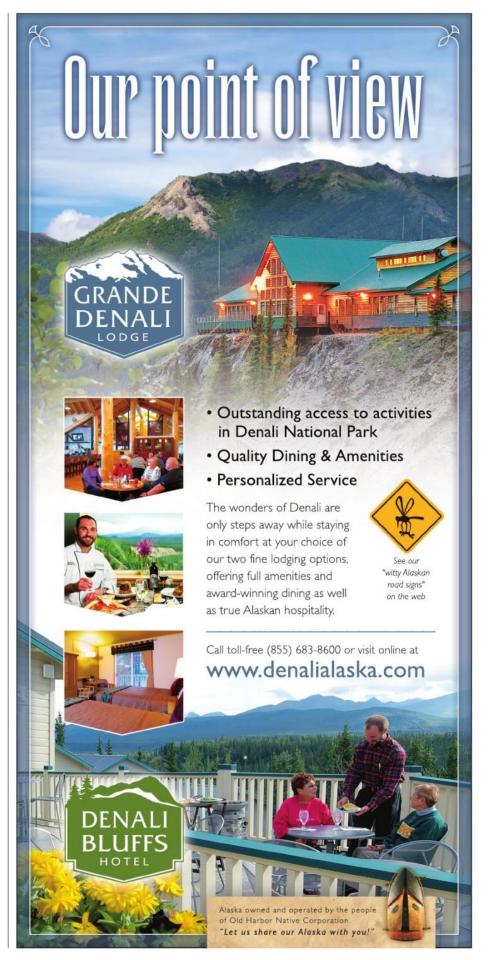
carries us past and around the point.

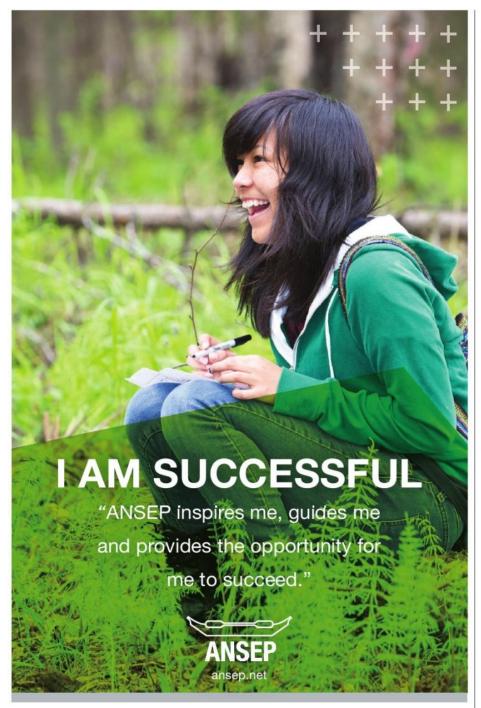
The sea beneath a restless sky is like patent leather, smooth swells rolling in from the Gulf of Alaska. The otter eyes us with an insouciant look common to its kind, cradling a sea urchin on its chest.

That night, in the lodge's elegant dining room, we savor a splendid menu of Alaska-grown, grass-fed beef tenderloin, atop seared Homer-grown cauliflower; or braised black cod with local chard. The lodge is co-owned by famed Alaska chef Kirsten Dixon, and managed by her daughter Carly. I comment on the food, and Carly fashions a pleased grin.

"This is a wilderness lodge. That doesn't mean primitive."

After dinner, easing my joints in the wood-fired sauna, I muse about the lodge's tradition of finishing with a plunge in the bay's 45-degree waters beside the dock. It's toasty inside the sauna; I pour more water on the heated rocks for steam and muse further about the cold plunge tradition. More steam, more musing. Steam, musing. ...







REMOTE ALASKA

• Upstream from Haines, a dandy small town in Southeast Alaska about 75 miles north of Juneau, I'm in a raft on the Chilkat River with legendary local guide Tom Lang, a renaissance man who is a wilderness guide, chapbook author, part-time Bali resident and full-time philosopher.

It's a marvelous day on the river, 78 degrees, eagles in the cottonwoods and bright sun sparkling on the snowpacked peaks of the 8,000-foot Saint Elias Mountains to the north. Lang is explaining that exploratory drilling beside the river has revealed that the actual bedrock lies more than 900 feet below us.

"That means," he tells me and a handful of other visitors, "that in between us and the bedrock is almost a thousand feet of sand and gravel—glacial till. Think of all the years of steady erosion that filled this valley with that. It reminds me of one of the key lessons I've learned in three decades in Alaska: 'When you first come here you're astounded by everything you see. After you've been here quite a while, you're overwhelmed by everything you don't see.'"

I think of the waters running beneath the boat, colored chalky by glacial silt; the centuries of compressed snowfall that make up the glaciers; the merely glimpsed bears and salmon and millions of other wild creatures that throng these lands; and I tuck Lang's idea in my brain as a prism for appreciating Alaska.

• In Barrow, northernmost U.S. city, an Iñupiat enclave of 4,400 residents 320 miles above the Arctic Circle on the shores of the Chukchi Sea, guide Mike Shults and I are roaming the grassy tundra to look for the avian wildlife that draws avid bird-watchers here in summer. Millions of songbirds and waterfowl make their way this far north to feast on the Arctic's brief midsummer explosion of insect life. Hawks and falcons follow to feast in turn on the smaller birds. In



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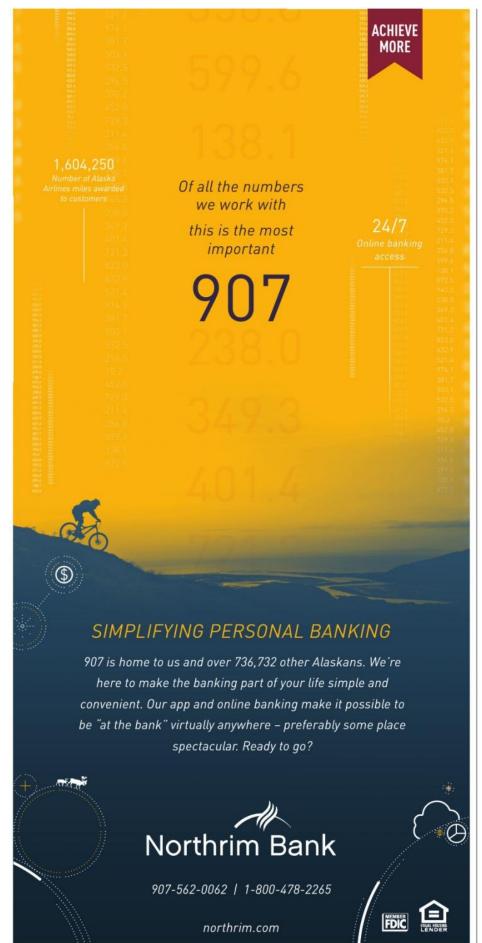
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REMOTE ALASKA

fact, one of the falcons is the most conspicuous sight I spy: a sleek, temperedsteel peregrine, perched imperiously on an electrical wire, as near as I've ever seen one of these famous raptors.

"Where did peregrines perch before people put up power lines?" I ask. Mike shrugs. "No trees, right?" None for hundreds of miles, in fact. He nods to that.

But a half-mile farther on, I call a halt to the drive, hop out of the van and head off across the boggy land beside the road. I've noticed a clump of distinctly nongrassy leaves, and when I arrive at the nonconforming plant, I discover a small willow. It's 2 feet wider than it is tall, but a "tree," nonetheless—though probably not suitable for peregrines.

I snap off a small twig and take it back to show Mike. "I found a tree!" I exclaim, jokingly. He laughs.

"You know, I've never noticed that before," he advises. "I've been here almost all my life, and that's just about the first tree I've seen."

In Barrow, I also go toe-to-toe with one of the area's signature adventures, one that draws travelers here from around the world—the chance to swim in the Arctic Ocean. This is a spot for experience-baggers who want to say they have swum all the world's oceans. If ever you'd call a place the edge of the world—the very definition of remote—it's here. The North Pole is closer than Seattle.

I doff my shoes and stroll down to the water's edge. The platinum sea stretches west toward Siberia beneath the hypotenuse light of the northern sun. I drag my toes through the water, and that's more than sufficient this afternoon on this distant shore.

Eric Lucas is associate editor.

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What Kind of Investor Are You?

How Six Different Investor Types Succeed—and Fail

BY CAROL TICE

ike most people in their 50s, Jane has some apprehension about having enough money saved to maintain her lifestyle in retirement. However, unlike many of her friends, she made sure to do something about it.

The Seattle-based technology consultant has been a diligent saver and investor for the past 15 years, rarely changing her investment portfolio. Jane's money is mostly invested in exchange-traded funds (ETFs) that track various market indexes—such as the Standard & Poor's 500—and mutual funds that hold shares in a variety of major, medium-sized, and startup U.S. and international companies across all industries.

This diversity means the funds don't tend to all go up or down in value at the same time.

Roughly 20 percent of her holdings are in cash and interest-earning investments such as tax-free municipal bonds—a lower percentage than what's generally recommended for her age, but she says she's

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5 TIPS

→ CHANGE YOUR INVESTING STYLE

Have you realized you're a more aggressive, or more conservative, investor than you'd really like to be? Whether you're looking to curb impulsive spending, or to stop day-trading and take a longer-term approach to investing, our experts have tips:

REBALANCE.

Once or twice a year, review how your investments have performed, and change the percentage of your portfolio you have invested in each area to reflect your updated positions. If one type of investment has done particularly well, realize that if you



don't take some profits and put them into other areas, your portfolio will become less diversified, and therefore more risky, says Randi Merel of Merrill Lynch.

PLAN, DON'T PANIC. Every investor says they want to buy low and sell high, but in reality, most do the opposite, says author Jay Mooreland. Many sell if an asset's value plummets, thereby locking in

losses. To avoid making emotional decisions in the moment, create a written investment plan now of what you'll do if stocks lose 20 percent, 30 percent or more of their value. If you find yourself tempted to sell, commit to waiting for awhile to take action, and the urge will usually pass.

FIGHT BIAS.

Author Victor Ricciardi says our desire to save for retirement is undermined by what behaviorists call self-control bias. This refers to our tendency to want instant gratification and to delay working on longer-range goals, such as having enough money to retire. Counter this bias by envisioning concrete things you want in your retirement lifestylethe ability to go on annual cruises, visit grandchildren or live in a nice part of town. Post pictures on the refrigerator, if need be. You're more likely to sacrifice and save for these specific items than for the vague idea of a far-off retirement.

CHOOSE WISELY

It's fine to listen to stock tips from various sources, but remember to evaluate risks carefully in the context of your investment goals. Don't get sucked into changing your long-term goals to fit today's market results. "Find an investment process and stick with it," Mooreland says.

GET UNBIASED

ADVICE. If you're switching investment modes and aren't sure how to do it, find a feebased certified financial planner to consult, says Laird Norton's Monica Padineant. Such a planner can help you sift through all the various options and make a sound decision, based on what makes the most sense for your current financial situation. -C.T.



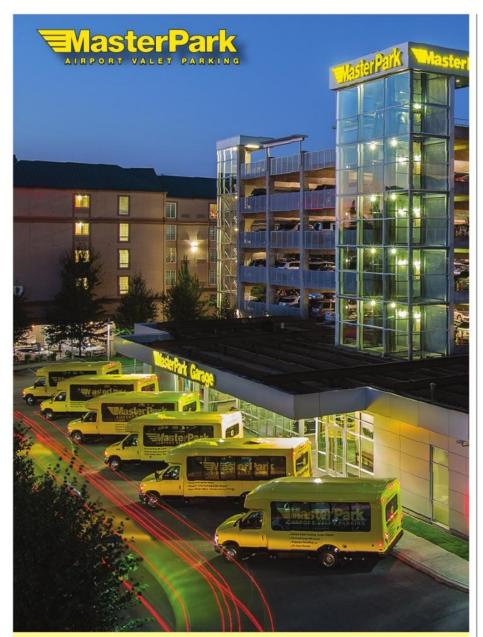
comfortable with being mostly in equities. About 5 percent of her money is invested in a real estate investment trust (REIT) that owns many properties. Jane also has a tiny stake in individual company stocks, including owning shares in her former employer, Microsoft. Once or twice a year, she reviews her progress with her financial adviser.

You might say that Jane is a classic hands-on conservative investor. This investment style has been prudent and fits Jane's investment personality. She's also reaped the benefits.

"I'm the only person I know in my circle of friends who feels confident they'll be able to retire," she says.

We all know that we should invest like Jane: save as much as we can, take a longrange view of our investments, and avoid making impulsive decisions. And yet, many of us fail to follow such simple rules and, instead, invest erratically or put our money into ventures that may not make the most sense for our long-term financial future.

The reasons why we make certain investment decisions may be tied to our emotions. Our financial decisions may be affected by our age and fears about our ability to earn additional income if we see losses. Our knowledge of the stock market, along with how we came by our savingswhether through work, inheritance or other



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means-can also play a part in the decisions we make.

Increasingly, financial advisers are focusing on the role our emotions play in our investment decisions, says Jay Mooreland, a St. Paul, Minnesota-based certified financial planner, speaker and author of The Emotional Investor: How Biases Influence Our Investment Decisions...and what you can do about it.

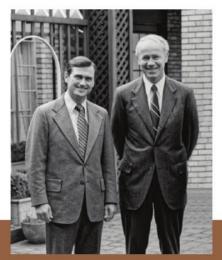
Behavioral finance is an emerging field that delves into why investors often make illogical decisions about money

> **Knowing what** type of emotional investor you are may help you better invest for retirement.

matters. Financial advisers are increasingly considering their clients' personality types in their recommendations when coaching them on how to make better choices, Mooreland says.

According to advisers such as Mooreland, it's important for you to learn what type of emotional investor you are, because it will help you better understand the decisions you make about money. For instance, your emotions help dictate the levels of financial risk you are comfortable with. By understanding this, you may be more successful in your efforts to save and invest for retirement.

Financial planners find that their clients' attitudes toward retirement investing tend to fall into a few basic personality profiles. We talked with several financial planners, as well as with experts in the emotional side of investing, and identified the following six archetypes. Each comes with its own strengths and weaknesses. See if you recognize your own investing style.





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Conservative and hands-off

The conservative investor's primary motivation is a desire to avoid or lessen risks, says Sharon Gueck, a portfolio manager at Becker Capital Management in Portland, Oregon. She calls these investors "preservers," as their top goal is to live off investment returns and not touch or "invade" their principal.

"Some have trust issues," Gueck says of this investor type. "They were there for the 2008–2009 financial downturn, and now they're fearful."

Hands-off investors are less likely to panic during a downturn.

Conservative investors may have a smaller percentage in stocks than other investor types, but this investor will often stick with underperforming asset classes because they understand the importance of diversification and don't want to miss the upswing, Gueck says.

- > Strengths: These investors are not likely to panic and sell during a downturn, thereby missing out on recovery gains. Their financial planners love them, because they leave all the details to the professionals.
- > Weaknesses: They can be too disinterested in how markets work. Too conservative an approach can mean they miss out on some solid investing opportunities.

2 Conservative and hands-on

These investors still want a classic, balanced portfolio of diversified stock funds and bonds, but they want to be more involved in the decision-making process,



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says Randi Merel, first vice president of The Kilborn Group at Bank of America's Merrill Lynch Wealth Management Division in Chicago. Conservative, hands-on investors read more, ask more questions, and may make more changes to their portfolio than the hands-off investors who have others manage their money.

For conservative investors looking to diversify beyond the classic mix of 55 percent stocks and 45 percent bonds, new opportunities in alternative investments have emerged for less-well-heeled investors, says Merel. Some of these

Hands-on investors tend to be diligent and involved.

alternatives have a \$10,000 investment minimum, where \$100,000 minimums were common in the past. For real estate investors, you can spread your risk by investing in a fund that owns many different REITs, such as a REIT index fund. Where in the past you might have had to wait until a REIT sold off property to cash out, some funds now offer monthly or quarterly liquidity.

"Alternative investments have really evolved," Merel says. "Accredited investors have access to distressed debt. futures and commercial real estate at smaller minimums, allowing a diversified portfolio of alternatives."

> Strengths: These investors are diligent, involved and informed about their investments. They tend to understand how markets work.

> Weaknesses: They may have difficulty being spontaneous or seizing emerging opportunities. Investors who worry too much and often change investments may end up paying more in fees with little positive result.



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Windfall recipients should not rush into decisions, but take the time to find qualifed professional guidance.

The Impact Investor Socially conscious investors are looking to make sure that their investments serve the public good or at least do no harm. Companies working in the environmental sector are the most common choices for such investors in the Northwest. says Monica Padineant, a client adviser at Laird Norton Wealth Management in Seattle. Other investors may look for ethical corporate management, or seek to avoid industries such as alcohol, tobacco and gambling. Investors of all income levels and investing styles can overlay a socialimpact goal on their retirement planning and then purchase environmentally

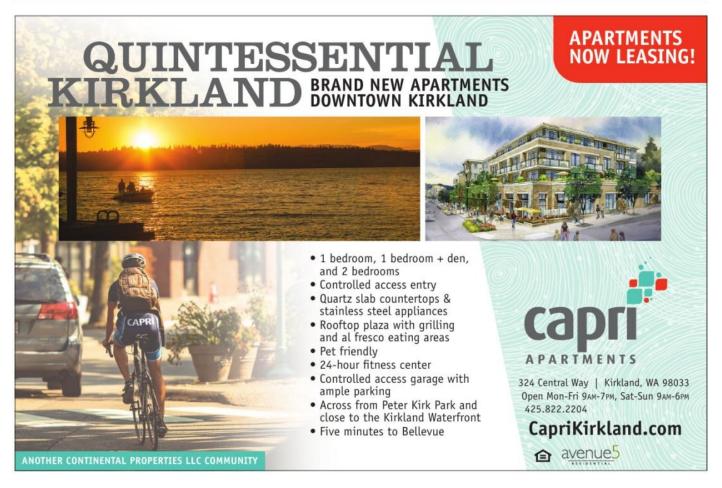
focused mutual funds that meet their criteria.

These funds put investors into scores of established "green" or environmentally friendly companies, spreading the risk far beyond buying the stock of one solarenergy or desalination startup whose technology may never make it to market.

> Strengths: Investors in this category tend to research thoroughly and know exactly where the money goes. They derive satisfaction from knowing their investing aligns with their personal values.

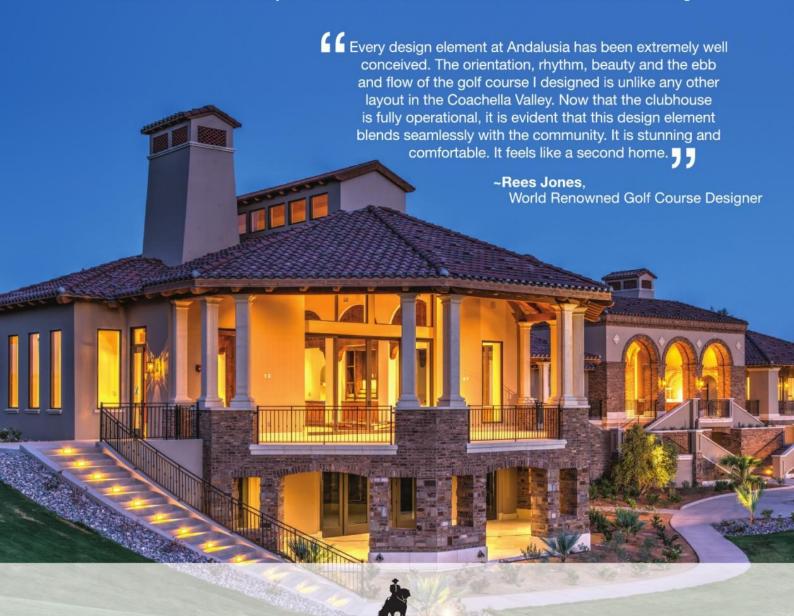
> Weaknesses: They may miss out on gains in stocks that are in industries that they tend to avoid.

The Suddenly Wealthy Whether it's an inheritance, a divorce settlement or a life-insurance payout from a relative's death, these investors have unique investing habits, says George Hosfield, chief investment officer at wealthmanagement firm Ferguson Wellman Capital Management in Portland, Oregon. Windfall recipients have a one-time lump sum of money that they often didn't anticipate, and they're likely going to need to make it last. But the recipients can be nervous about whom they can trust to help them make smart investing decisions. Experts say such investors should not be rushed into making decisions. Instead, they need to take the time to find qualified and professional guidance. They might ask friends, family and people they trust concerning financial matters for advice on choosing the right financial adviser.



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"These [clients] really have to make [their windfalls] count, and a lot of them are terrified," Hosfield says. "They tend to be conservative, and they want to preserve capital and learn how to lose less in a down market."

> Strengths: Newly wealthy investors often have a substantial sum to invest at one time, which can give them access to lucrative alternative-investment opportunities. They may have a willingness to learn about investing or previous investment experience.

> Weaknesses: Other members of this varied group of people may be in an opposite position and become confused or nervous due to a lack of investment experience. They can be vulnerable to investment scams

or costly missteps. They may even be disinterested in how the money is invested, because they didn't earn it.

The Follower
If you hear a stock tip at a party
and race home to buy some shares,
you're an agreeable, open-minded investor who loves to follow advice from others, says Victor Ricciardi, co-editor of
Investor Behavior: The Psychology of Financial Planning and Investing. The downside? Followers often don't research the

Followers are always learning about markets and have a strong interest in new ideas.

tips they get, and can end up losing money on risky investments.

"They're less likely to raise a red flag, or stick to the goals in their retirement plan," Ricciardi says.

Followers wish they were risk takers (see below), but don't have the business acumen to spot emerging companies or industries before others. They're hoping a risk taker can steer them to the hot trend, but by the time they receive a tip, it's often too late to reap big gains.

If you're a follower, how can you gain perspective and avoid bad choices? Gueck from Becker Capital recommends comparison-shopping. She advises comparing various aspects of a supposedly "hot stock," such as its price-to-earnings ratio, with its competitors in the same business sector. If the shares are out of line and more expensive than the shares of other public companies in the same industry, then that is a reason for concern and should require more research.



Finance

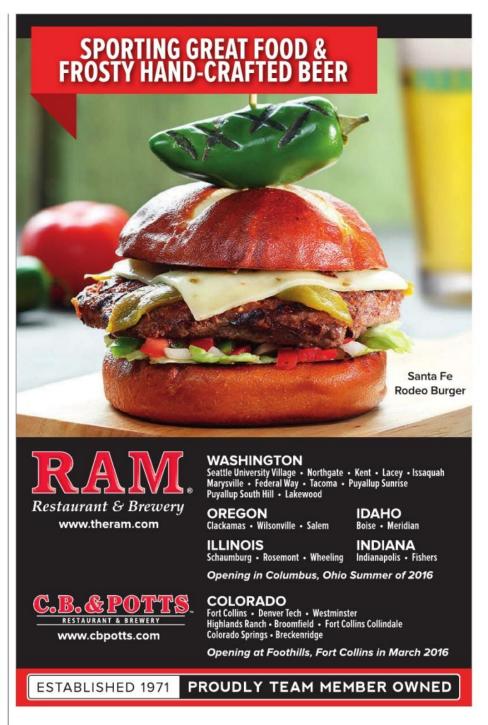
- > Strengths: These investors are always learning about markets and have a strong interest in new ideas.
- > Weaknesses: They may buy a speculative stock on impulse without doing the proper level of research. They also may not act on feelings of discomfort when investments become too risky.

Also known as aggressive investors or extroverts, risk takers tend to be entrepreneurial types who feel they understand the business world. Their goal is to spot the next trend or next big company and get in on the ground floor, before others catch on. Many risk-taking investors own a large portfolio of individual stocks, and may buy and sell them rapidly. Their interests in big financial windfalls in the market outweigh their needs for financial security, says *Emotional Investor* author Mooreland.

For instance, some aggressive investors have been buying shares in startups in the technology-security sector. What's wrong with that? These are speculative firms that may or may not become profitable enterprises. You have to be correct twice with such investments: first, when buying shares in the right business and at the right time, and second, when selling those shares at a higher stock price. "You're not really an investor, at that point," Mooreland says. "You're a market timer, or a speculator."

Such investors may also take part in other speculative moves, such as buying precious metals, speculating on currency exchange rates, shorting stocks (essentially betting that a stock's price will go down), or buying futures (betting on what a commodity or other investment will be worth at a future date)—or investing in hedge funds that pool investors' money to purchase these sorts of risky investments.

When it comes to real estate, risk takers tend to team up to buy an apart-



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ment building or office complex, rather than buying shares in a REIT, says Ricciardi. There's far more risk in buying a single property, but potentially more reward, if rents are strong and the property appreciates well, he says.

Angel investors, such as Seattle resident Michael Libes, are among the most aggressive investors. They usually have a diversified stock and bond portfolio, but set aside a portion of their assets to invest in carefully vetted startups, says Libes, who founded the socially conscious business accelerator Fledge. He says angel investing simply makes sense for him, because he understands the technology and startup area.

"It's the Peter Drucker idea of investing in what you know," Libes says of the famous author and management consultant. "I know what startups are like. News about the Standard & Poor's 500 and the Dow Jones Industrial Average seems much more random to me than the ups and downs of startups."

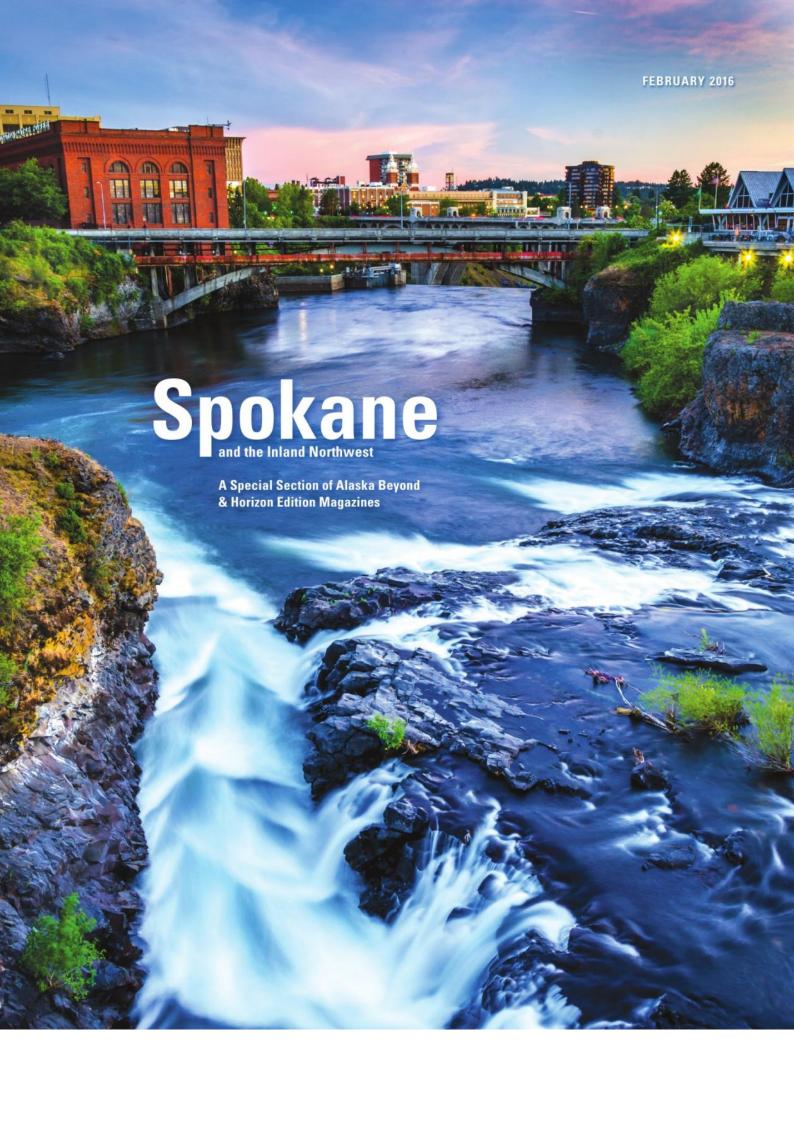
- > Strengths: These investors stay ahead of the curve on investment trends and can sometimes reap major financial rewards
- > Weaknesses: Investors who are risk takers may become impatient and ignore risks or problems in proposed investments. Taking too much risk can result in large financial losses.

The Sleep Test

If you are still wondering if your current investing style is a good fit for you, ask yourself whether you can sleep at night, knowing how your money is invested.

If you can, you are probably invested in the right areas to fit your inner emotional investor, says author Victor Ricciardi. "If you can't sleep at night because you are worrying about your investments," he says, "you shouldn't be in them."

Carol Tice is a Seattle-based financial writer.





Ken Groh (right) Supermarkets Director and Facilities Manager Rosauers Supermarkets, Inc.

Ann Carey (left) Commercial Account Executive Avista Utilities Selling bread and bananas may not seem complicated. But in the grocery industry, the profit margin is just pennies on the dollar and often there are competitors on every corner. Success requires insight into consumer trends as well as tight controls over store costs—one of the biggest being energy use. It's why Rosauers Supermarkets partners with Avista on energy efficiency.

Considered one of the most innovative grocery chains in the Northwest, Rosauers first opened in 1934 during the Great Depression, when Mert Rosauer purchased a small grocery store in Spokane. Despite the economy at the time, his store quickly became a success.

Eventually, the company added superstores with full-service pharmacies. It also established

Huckleberry's Natural Market, Spokane's first grocer to offer a full array of natural and organic foods. Today, Rosauers operates 22 stores in Washington, Oregon, Idaho and Montana. Successful growth, however, has only increased its need to save energy.

"Energy for heating, cooling and store lighting is one of a store's highest operating costs," says

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Rosauers Supermarkets Director and Facilities Manager Ken Groh. "But it's also one we can more easily control, especially with energy-saving rebates and incentives from Avista."



Rosauers fine tunes everything from lighting to refrigeration temps using a simple touch-screen computer.

Rosauers has been committed to energy efficiency for over 20 years and, through Avista, takes advantage of the Energy Smart Grocer Program. Avista helps all types of large energy users but adopted a specific grocer program because most stores have similar efficiency opportunities. In the program, Avista provides a facility assessment as well as rebates

of one of the company's stores). Because the changes were extensive and completed all at once, they also saw the immediate, total effect on their energy bill.

"The store reduced its electrical use by 14 percent," says Groh. "Over the last two years alone, it's saved us over \$50,000 in energy costs."

Rosauers' store strategy began with switching its lighting from 4-lamp fluorescents, high-bay HIDs and neon to higher efficiency, high-output 3-lamp fluorescents and low-watt LED track lighting. Now only a third of the floor lights stay on after hours, and all case lighting is turned off, leaving just enough light for night workers. The directional LED track lighting also requires less light to make products look appealing and generates less heat which preserves shelf life.

Rosauers upgraded refrigerated cases throughout the store, too, by installing fans with electronically commutated motors (ECMs). Unlike

"and the money you save in energy consumption offsets the cost."



Higher efficiency ECM fans are now used on cases that need a steady air curtain to keep cold air from escaping.

ECM fans were also installed in the freezer cases, as were more energyefficient doors. Unlike the older doors which were fully heated to keep from freezing shut, the new doors save electricity by using only a bit of heat along the frame.

To maximize energy efficiency store-wide, Rosauers also uses an automated energy management system to control everything from lighting schedules and comfort levels to refrigerated-case temperatures. The computerized system even sounds an alarm if a refrigeration case isn't running properly to help prevent product loss.

Along with the greater energy savings, Groh is very happy with the store upgrades, especially the lighting: "Everything looks a million times better," he says. "It was well worth the money."

(For more, visit avistautilities.com/bizrebates)



New LED track lighting lets Rosauers more precisely aim lamps, so less lighting is needed to make products look great.

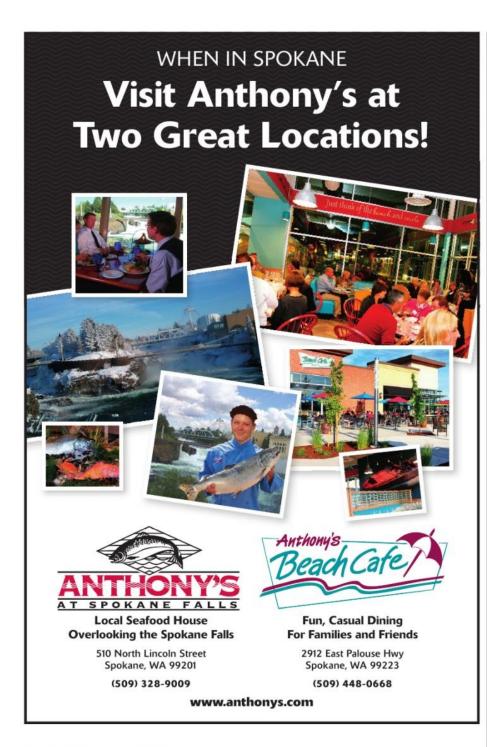
and incentives to offset the costs of making energy-efficient upgrades.

Rosauers recently received \$106,000 in Avista rebates and incentives to complete energy upgrades for one project alone (a recent remodel

shaded-pole-motor fans which have heavy metal blades, ECM fans are lightweight plastic so use less energy and create less unwanted heat.

"They're more expensive, but Avista rebates help offset that," says Groh,







Spokane

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Cover: The Spokane Falls in Spokane, Washington. Photo by **Jon Bilous / Shutterstock.com**



INSPIRING EXPLORATION

lan Richardson discovered a universe of possibilities at Washington State University.

Here the doctoral student in materials science and engineering was inspired to partner with NASA scientists on rocket fuel research, paving the way for new deep space travel. He also headed a team of WSU students that won an international design contest with a plan to create a low-cost hydrogen fueling station for cars.

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Special Places in Greater Spokane

TOURING THE AREA'S EXCEPTIONAL SITES By Michael Guilfoil

The Lilac City is the central location for many of the area's activities and sites. If you like the outdoors, there are nearby mountains, lakes and rivers to explore. Those who love the city will enjoy its many intriguing museums, historic neighborhoods and exciting parks. The following are a few of our favorite places in and around Spokane.

Downtown Spokane's 100-acre **Riverfront Park** is a legacy of Expo '74, the first environmental-themed world's fair. Known for its Clocktower—the remnant of the train station once located on the site—Riverfront Park remains a favorite spot for families to

PKG STUDIO PHOTOGRAPHY (SHUTTERSTOCK COM

skate in the Ice Palace rink in winter and picnic in the summer. Here you can ride the historic Looff Carrousel, walk the many paths, admire the Spokane River Falls and explore. It hosts many events throughout the year, such as the Pig Out in the Park food-and-music festival in early

September, and the Washington State Chinese Lantern Festival, a five-week celebration of Chinese culture that runs from late September to mid-November. The park is also in the midst of a \$64 million redevelopment project that is scheduled for completion in 2020, which will include creating a central plaza and promenade and building a new ice rink.

One of the city's most dramatic sites is the **Spokane River Falls**. Regulated by dams, the Upper and Lower Falls remain an awe-inspiring sight, particularly between March and June when mountain-snowmelt runoff raises the water level and creates an impressive show. Some of the best places to view the spectacle are from the various bridges that cross the Spokane River. You can also ride the Riverfront Park's **SkyRide Over**

Left: The Clocktower in Riverfront Park has been a Spokane landmark for more than 100 years.

Below: The Duncan Garden, with its symmetrical flowerbeds and granite fountain, is among numerous gardens found in Manito Park on Spokane's South Hill.



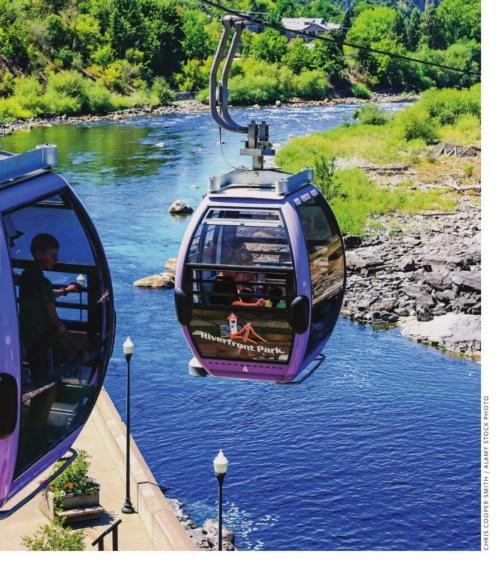


the Falls, which crosses the river just below the Lower Falls.

Huntington Park is another great location for getting up close to the Lower Falls. Tucked between City Hall and the Monroe Street Bridge, the park was developed by Avista Corporation and named for the company's third president. Visitors can enjoy views of the river, read interpretive signs and see public art.

Spokane is blessed with many excellent parks, including South Hill's Manito Park. The 90-acre green space offers a variety of botanical experiences, from the Nishinomiya Tsutakawa Japanese Garden's serene waterfall, koi pond and ancient stone statuary to Duncan Garden's symmetrical flowerbeds and granite fountain. There's also stately Gaiser Conservatory, bursting year-round with tropical delights.

Stop by the Park Bench Cafe



for a meal and to enjoy live music in the summer.

The Lilac City has also managed to preserve a number of historic buildings, including the award-winning Steam Plant Square. The plant originally opened in 1916 to heat nearby buildings, but was shuttered in 1986. A decade later, the site was resurrected as a unique commercial space that contains a restaurant, offices, stores and a brewery. Visitors are treated to brawny industrial architecture as they shop, sip a beer at the Steam Plant Brewing Company or enjoy a meal at Stacks restaurant.

A few blocks north of Steam Plant Square is **The Historic Davenport Hotel**, which opened in 1914 and was known for decades as one of the state's grandest hotels. Meticulously restored by Spokane developers Walt and Karen Worthy, the hotel

Above: The SkyRide Over the Falls features great views of the Spokane River. Right: The Cathedral of St. John the Evangelist is renowned for its stained glass.

is known for its architecture, European styling, marble interior, handpainted frescoes and gold leaf on the hearth.

Another Spokane architectural gem is the Cathedral of St. John the Evangelist, located in the Rockwood neighborhood overlooking the city. The Episcopal cathedral is an exceptional example of Gothic architecture with French influences. The church is renowned for its stained-glass windows, its more than 4,000-pipe organ and a 49-bell carillon that was cast in England.



One of the most breathtaking views in the area is found at the Royal Riblet Estate—also known as Cliff House—which sits on a basalt cliff 450 feet above the Spokane River. The estate's grounds offer panoramic views that stretch east to Liberty Lake and west to downtown Spokane. The three-story Florentine mansion was built in 1925 by local

Unique Spokane Neighborhoods

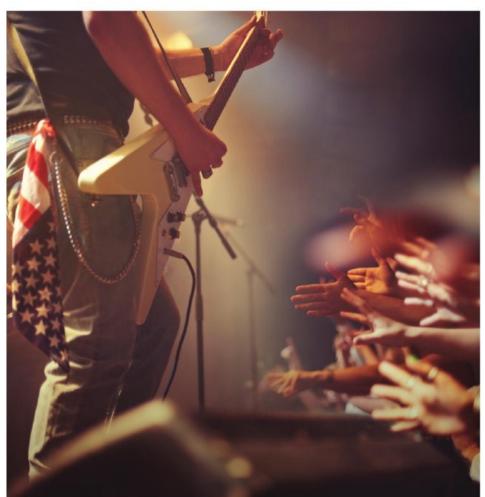
Whether your interests tend toward the historical or contemporary, Spokane has a neighborhood worth exploring. Here are two examples.



Northwest Museum of Arts & Culture.

Browne's Addition: Located just west of downtown Spokane, this neighborhood dates back to 1878, when developer J.J. Browne purchased the land. Later he added the city's first park and a horse-drawn streetcar connecting the neighborhood to downtown. Soon mansions began to spring up, including the Campbell House (now part of the Northwest Museum of Arts & Culture), Patsy Clark Mansion (now law offices) and Loewenberg-Roberts House (now a bedand-breakfast). Neighborhood highlights include the main building of the Northwest Museum of Arts & Culture, as well as the popular restaurants and pubs.

Two miles north of downtown Spokane is the century-old Garland District, anchored by the renovated Garland Theater, an Art Deco movie theater, and Mary Lou's Milk Bottle, a whimsical shakes-and-burger restaurant built in the shape of a milk bottle. The district also features Ferguson's Cafe, a popular breakfast spot frequented by film stars during the shooting of such motion pictures as Vision Quest, Benny & Joon and Why Would I Lie? — M.G.









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businessman Royal Riblet. Arbor Crest Wine Cellars purchased the estate in 1984, and it now serves as the winery's headquarters and tasting room. You have to be 21 or older to visit the estate, which features a vineyard and an orchard. Arbor Crest offers numerous events, including the annual Arbor Crest Music Festival and the Soiree on the Edge with the Spokane Symphony.

When it comes to enjoying the outdoors, Spokane residents have plenty of options. One of the most popular is the Spokane River Centennial Trail. Named in honor of the state's 100th anniversary in 1989 and completed in 1991, the paved trail begins in the town of Nine Mile Falls northwest of Spokane and generally follows the contours of the Spokane River for 37.5 miles, traversing downtown Spokane and continuing east to the state line. There it

Above: Dog walking is one of the many popular activities on the Spokane River Centennial Trail.

Center: Idaho's Lake Coeur d'Alene offers outstanding recreation throughout the year.

Below: Spring flowers adorn the grounds of Spokane's Arbor Crest Wine Cellars estate.





connects with the North Idaho Centennial Trail and travels another 24 miles to the town of Coeur d'Alene. When the weather is nice, cyclists, in-line skaters, runners and walkers—and even an occasional equestrian—can be found enjoying the trail.

About 20 miles southwest of Spokane is Turnbull National Wildlife Refuge. More than 130 marshes, wetlands and lakes dot the 18,000-acre ecosystem, making it one of Eastern Washington's premier wildlife habitats. The refuge features 5.5 miles of roadway and a network of trails.

In the community of Airway
Heights, 9 miles west of Spokane,
you'll find the Northern Quest
Resort & Casino. The facility
includes a 250-room hotel, 14
restaurants, a spa, slot machines
and a variety of gaming opportunities. Operated by the Kalispel
Tribe, the resort books internationally known entertainers. This
spring's lineup includes Thunder



Spokane residents have many options for enjoying the outdoors, from lakes to trails to city parks.

From Down Under (April 2) and ABBA: The Concert (April 20).

One of the Inland Northwest's most spectacular bodies of water is Lake Coeur d'Alene, located about 34 miles east of Spokane. The 25-mile-long lake has more than 100 miles of shoreline. The resort and college town of Coeur d'Alene (pop. 47,000) dominates activity at the lake's north end, while the Coeur d'Alene Tribe has jurisdiction over the lake's southern third. In colder weather, visitors congregate at Wolf Lodge Bay from November through February to count the scores of bald eagles feeding on spawning kokanee salmon. Winter guests

also gather at The Coeur d'Alene Resort for the Coeur d'Alene Blues Festival (March 18–20). In the warmer months, The Coeur d'Alene Resort Golf Course, with its famous floating green, is a top attraction for golfers from throughout the region. \$

Michael Guilfoil is a Spokane-based writer.

Alaska Airlines offers daily flights to Spokane. For information, call 800-ALASKAAIR or visit alaskaair.com. To learn more about the Inland Northwest, call Visit Spokane at 888-SPOKANE or go to visitspokane.com.





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Creating Community

THE LILAC CITY EMBRACES A LIVELY ARTS SCENE By Cheryl-Anne Millsap

The large downtown Spokane warehouse thrums with pop music as people cluster together admiring artwork on display throughout the space and chatting in groups, laughing and calling out to friends. The energy level in the large room is high, and the feeling is vibrant.

There is a sense that just by being here, we're all part of something special.

Welcome to **Terrain**, a one-night event that grew into an art festival. The exhibit began in 2008 as a way to bring together the best of the region's young talent and people with an interest in art and music for a night of viewing works and networking. However, it quickly blossomed into a full-fledged art happening.

In 2015, about 7,000 people gathered for the annual show on the first Friday of October. In addition to the art party, Terrain

now includes partnerships with the Northwest Museum of Arts & Culture and has collaborated with the Spokane Symphony, which last year resulted in a one-night Terrain fundraiser that saw the orchestra play with a variety of local bands. Last summer, Terrain launched Bazaar, a one-day art market that sold more than \$36,000 worth of fine art and crafts.

Terrain's success is an example of Spokane's burgeoning commitment to the arts. From monthly First Friday art openings to popular plays and touring Broadway shows, to a thriving music scene, there is

From top: Shows such as Disney's Beauty and the Beast are presented at Spokane's INB Performing Arts Center. People gather at the Spokane art festival Terrain. The steel sculpture The Joy of Running Together is a Riverfront Park

always something creative going on in the city. The following are some of the main artistic events and activities in Spokane.

The Lilac City boasts an astounding array of public art, and showing it off is one of my favorite ways of introducing the city to visiting friends and family.

The Spokane Sculpture Walk (my. spokanecity.org) encompasses 21 sculptures scattered throughout Riverfront Park and the downtown area. One of the most popular works is the distinctive



The Joy of Running Together installation of life-size steel figures running on the edge of Riverfront Park. It perfectly captures the spirit of the city's annual Bloomsday race. Also at the park is The Rotary Riverfront Fountain, created by Harold Balazs and Bob Perron, which has become a Spokane landmark.

Columns support a steel ring with jets that spray water down into the base of the fountain.

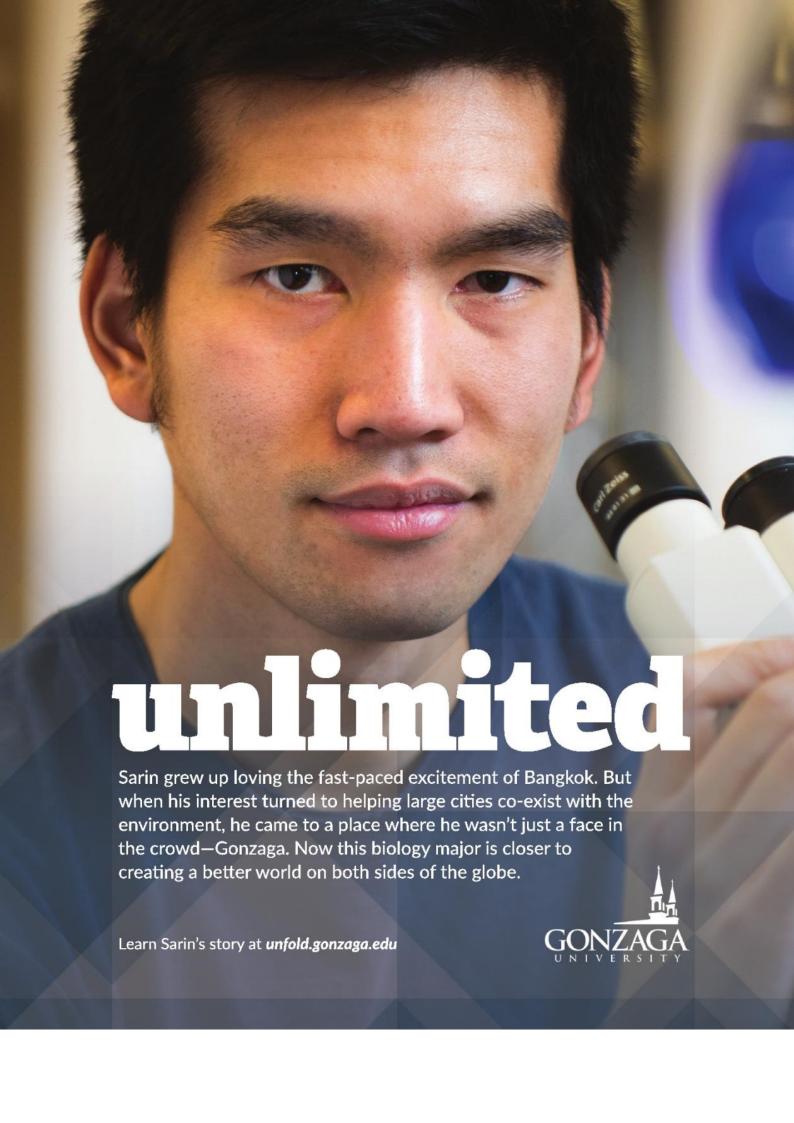
Children can often be found enjoying the falling water on warm summer days.

Other favorite Riverfront Park art includes Ken Spiering's sculpture *The Childhood Express*, which looks like a large Radio Flyer red wagon, and was built in honor of Washington state's 1989 centennial. The work is a place for children to play, with the wagon handle acting as a slide.

Another Ken Spiering piece

From monthly First Friday art openings to popular plays and touring Broadway shows, there is always something creative going on in Spokane.







Spokane artist Melissa Cole stands by her painting Wild Aurora, which is on display at Aurora Elementary School in Anchorage, Alaska.

can be found on the steep banks of the Spokane River, just down-river from the Howard Street Bridge. Those with keen eyes will see a steel sculpture titled *Mountain Sheep* that depicts the animal climbing the rocks on the bank.

bitions chronicle life in the Inland Northwest.

Upcoming exhibitions include "Animals in Art" (June 3–September 4). A display of etchings, engravings, lithographs, sculptures, oils and watercolors, the show will depict the animal kingdom through works from Pennsylvania's Reading Museum and works from the MAC's own collection.

The museum will also be displaying "Lost Egypt: Ancient Secrets, Modern Science"

When I have some leisure time, I like to wander for an hour or two in Spokane's Northwest Museum of Arts & Culture.

Among the area's extraordinary works is George Tsutakawa's tall abstract Aluminum Fountain near the INB Performing Arts Center.

When I have some leisure time, I like to wander for an hour or two in the Northwest Museum of Arts & Culture (northwestmuseum.org). One of five museums in Washington state that is affiliated with the Smithsonian Institution in Washington, D.C., the MAC is located just minutes from downtown Spokane and houses a regional history collection, a collection of Native American art, artifacts and photographs and a fine art collection. Rotating exhi-

(September 24–January 6, 2017), which will display a real mummy and focus on the importance of modern techniques and technology in solving ancient mysteries.

There are ample opportunities for spending a night at the theater in Spokane. WestCoast Entertainment's Best of Broadway series (wcebroadway.com) brings a season of in-demand productions to the stage at the INB Performing Arts Center (inbpac.com), including such hit shows as The Illusionists (February 13–14), Disney's Beauty and the Beast (April 5–6) and the National Geographic Live! speaker series.

Professional theater produc-

Melissa Cole Q&A

Spokane artist Melissa Cole has lived a fascinating life. The globe-trotting expert diver first took up painting as a hobby, but it soon developed into a passion. Today, her works are found in galleries from Alaska to Florida.

➤ You grew up in India and London among other places. What brought you to the Northwest?

My father was a pilot for Air India, which took our family to London, Hong Kong and Bombay. My mother grew up in Salem,

Oregon. When my father retired, we moved to Oregon. I served in the Peace Corps after I graduated from college and worked all over the world, ending up in Baja, Mexico, working as a bilingual naturalist guide. I met my husband, Brandon Cole, during one of his photography trips. After a wedding in the Seychelles I moved to Spokane a year later and I've been happily living here for 19 years!

▶ How has living in the Northwest impacted your art and creativity? I'm not sure if art would ever have become a full-time career if I had not moved to the Pacific Northwest. It was the first place where I actually settled down and became part of a community. What started with small images and cards gradually evolved into larger paintings and later public works of art. And soon my attempt to "pass time" snowballed and became my passion and career. Spokane has always offered me a caring and enthusiastic audience.

► You've collaborated on 30 children's natural-history books. How do you think that complements your art?

Although I have always enjoyed art and the creation of it, my background is in zoology and marine ecology. I worked in the Dominican Republic as a Peace Corps volunteer in forestry and environmental education, for the Department of Fish and Wildlife in Oregon, and as a dive guide and naturalist guide in the U.S. Virgin Islands and in Baja, Mexico. I continue to travel and work with my photographer husband, who specializes in the marine environment, and I was able to partner with him as an author. All of this finds its way into my work.

► How has your style evolved?

When I began painting, my work had very little texture. A trip to the Van Gogh Museum in Amsterdam changed that. In some of my works on wood I add stones I have gathered along the Oregon coast, or glass from Venice or coins from Palau, Indonesia or the Dominican Republic. My work is becoming more personal and more contemporary.

▶ You are an expert diver. How do you think this impacts your art?
I have been diving for more than 20 years, and it has become second nature to me. I incorporate this movement and love of water into many of my works of art. I have been face-to-face with anacondas in Brazil and baby gray whales in Mexico, snorkeled with salmon in British Columbia, dived with sea dragons in Tasmania and shared beaches in Indonesia with Komodo dragons. These experiences are indelibly etched in my mind.

▶ What's next?

I have shows planned for April, June and September of this year in Spokane, featuring new works, as well as a two-person show with my mother, Marilyn Singh (also a painter). I will also be working on a 20-foot tree sculpture destined for Riverfront Park. —C.A.M.

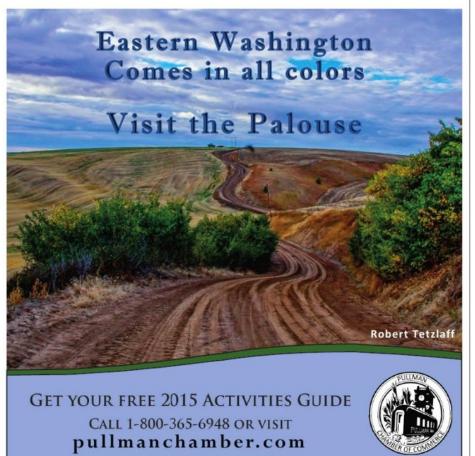


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tions at **The Modern Theater** downtown (themoderntheater.org) and award-winning community theater productions at **Spokane Civic Theatre** (spokanecivictheatre.com) present a steady stream of great entertainment.

Concerts, comedians and other performances draw big crowds to the glorious Art Nouveau Bing Crosby Theater (bingcrosbytheater.com) and the elegant Art Deco architecture of The Martin Woldson Theater at the Fox (foxtheaterspokane.com). The theater is also the home of the Spokane Symphony. Northern Quest Resort and Casino (northernquest.com) is a regular stop for top talent, including The Tenors (February 15) and Lyle Lovett and Robert Earl Keen (March 20).

To showcase the local literary scene, Eastern Washington University hosts the annual Get Lit! Festival, April 11–17 this year, which brings together readers and notable authors.

A MUCH-LOVED AUTUMN TRADITION is the Spokane Fall Folk Festival (spokanefolk-festival.org) which will be held November 12–13. Each time I attend this event I come away with a new appreciation for the old songs and the contemporary bands that play them. Marking its 21st anniversary this year, the free two-day long festival takes place at Spokane Community College and features bluegrass, blues, Celtic, African and other forms of world music on eight separate stages.

In 2015, a crowd of more than 5,000 people gathered to enjoy dance, music workshops and open jam sessions. Spokane Public Radio conducts a live broadcast from the festival each year.

The Inland Northwest has always nurtured an impressive number of gifted and successful authors. To showcase the local literary scene, Eastern Washington University hosts the annual **Get Lit! Festival** (getlit-



The Spokane Celtic band Broken Whistle has been among the performers at the Spokane Fall Folk Festival, an acclaimed musical event being held November 12–13 this year.

festival.org), which brings together writers, readers and notable authors from around the region and the country.

This year's event will be April 11–17. Get Lit includes readings, guest speakers and workshops. Among other local literary happenings, Sherman Alexie, a member of the Spokane Tribe and one of the country's most distinctive authors and Native American voices, and Spokane native and New York Times best-selling author Jess Walter are collaborating on the popular podcast A Tiny Sense of Accomplishment. The duo have produced 29 podcasts so far and plan to continue.

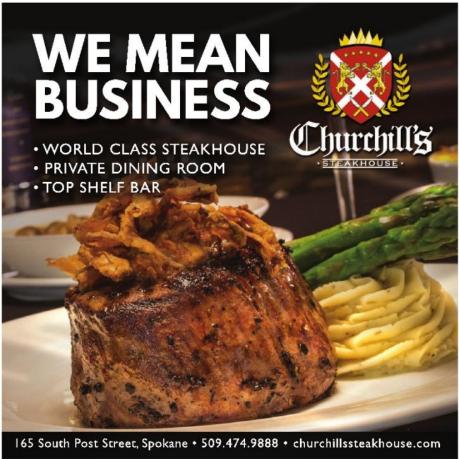
Spokesman-Review columnist and author Shawn Vestal is a winner of the PEN/Robert W. Bingham Award, and Gonzaga professor and author Shann Ray has been getting a considerable amount of national attention for his debut novel, American Copper.

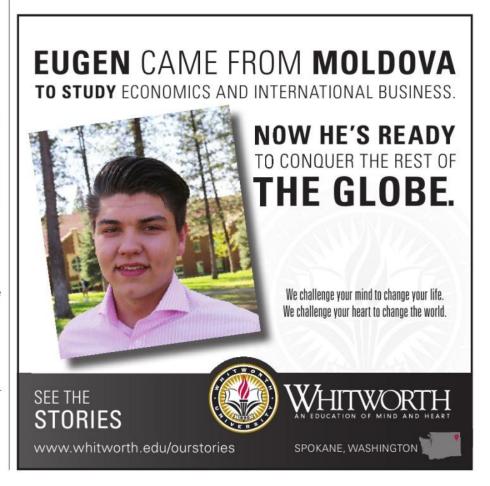
FROM INTELLECTUALLY STIMULATING

speakers and compelling theater to the wide variety of dynamic art displayed at venues around Spokane, the art and culture scene continues to expand and develop. **S**

Cheryl-Anne Millsap writes from Spokane.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. To learn more about arts and culture in the Inland Northwest, contact Visit Spokane, 888-SPOKANE; visitspokane.com.





Savoring the Inland Northwest

ENJOYING LOCAL CUISINE By Adriana Janovich

I was enamored with the restaurant Central Food before I even ordered. The view from its location was spectacular—and quintessentially Spokane. From my window seat, I can see a swath of the Spokane River and its steep banks, as well as the downtown skyline rising just beyond, where many of the city's architectural landmarks take center stage.

I can also see the twin spires of the Cathedral of Our Lady of Lourdes, the double stacks of the old Steam Plant, the turreted top of *The Spokesman-Review* newspaper building and the concrete arches of the Monroe Street Bridge.

The food was equally amazing. For lunch on that summer day I ordered the Korean pork sandwich with its shredded, slow-braised pork shoulder, onions seasoned with

turmeric and sriracha mayonnaise. It was superstuffed, a little drippy, and delicious. More than two years later, that sandwich remains one of my favorites.

Opened in 2012, **Central Food** (eatcentralfood.com) was the first restaurant to locate in Kendall Yards, a new development

just north of the Spokane River and downtown Spokane. The restaurant turned out to be a trendsetter for the up-and-coming neighborhood, which didn't exist when Central Food chef and owner David Blaine first looked at the property.

"It was just a raw piece of land. There was no road," Blaine remembers. But he knew the view would be a natural attraction. "Spokane never looked so good as it does from this angle," he says of the restaurant's location.

Today, Central Food is one of a half-dozen eating and drinking establishments perched atop the high bank of the Spokane River in the Kendall

Yards neighborhood. Many of these restaurants offer views of the city, as well as the Spokane River.

On a recent Saturday night, when three longtime friends from Seattle were visiting, I took them to Central Food, where we shared a bottle of prosecco and a luscious cheese plate, which included a double-cream French brie, a California blue and a buttery sheep's milk, surrounded by marcona almonds, house-made jam, sliced apple





and baguette rounds. Besides scrumptious appetizers, Central Food also offers breakfast, lunch, dinner, desserts and drinks in its well-lit and airy dining room.

In warmer months, I usually opt for the long, 50-seat patio overlooking the river and the Spokane River Centennial Trail, which runs right past many of the restaurants in this area.

Blaine designed the menu to spotlight the region's bounty: lentils, chickpeas, wheat, apples and potatoes. These staples are always on the menu. Blaine also sources herbs and vegetables from Central Food's own garden, on the grounds of the restaurant, as well as from local farmers at the Night Market at Kendall Yards (kendallnightmarket.org).

Launched in 2015, the farmers market is held right outside the restaurant's front door Wednesday evenings from mid-May to mid-October.

In addition to produce, look for intriguing alcoholic mead beverages from **Hierophant Meadery** (hierophantmeadery. com), all-natural popsicles from



Fannie's Ice Pops (fanniesicepops.com), and handmade tea featuring local and regional ingredients from Winterwoods Tea Co. (winterwoodsteacompany.com), all regular vendors at the market.

A couple of doors east of Central Food, thin-crust, wood-fired pizza is available by the pie or slice at Veraci (veracispokane. com). A local favorite is the Hot Coppa—salami, caramelized onions and Beecher's Flagship cheese from Seattle—all on a garlic and olive oil—covered crust. Veraci shares a river-view patio with the shop Nectar Wine and

Above: Hierophant
Meadery produces
beverages made with
fermented honey that
has the sweetness
of Riesling wine.
Right: Fannie's Ice
Pops are an all-natural
treat. The mead and
pops are sold at the
Kendall Yards night
market.

Beer (nectarkendallyards.com), which offers a wide selection of beverages, including locally made craft beers and wines. The store also has a cheese counter with several dozen offerings, and customers can order pizza from the adjacent restaurant.

"Whether you're looking for beautiful river views, or a more urban vista, Spokane has a wide variety of sights to see while enjoying your meal," notes Cheryl Kilday, president and CEO of Visit Spokane, the region's destination marketing organization.

Among the city's newest culinary attractions is **The Daven- port Grand Hotel** (davenporthotelcollection.com). Opened in June of last year across the street from Riverfront Park, the city's largest hotel has a variety of restaurants.

On the main floor you'll find the ultramodern **Grand Restaurant & Lounge**, which is known for its prime rib and views of Riverfront Park and the INB Performing Arts Center. The latest restaurant to open at the hotel is **Table 13**, which specializes in small-plate meals and has a whiskey bar tucked in the back that serves a variety of craft cocktails. On the second floor, above the Grand Restaurant & Lounge, is the outdoor **Grand**

Terrace Bar—fitted with fire features and low-slung couches. This drinks-only bar is the perfect place to enjoy the view on warm afternoons and evenings.

From this vantage point, it feels as if you could reach over the treetops of Riverfront Park and touch the park's 113-year-old Clocktower and the pavilion that was built for the 1974 World's Fair.

For another view of the city's lights, try Twigs Bistro and Martini Bar (twigsbistro.com), on the third floor of River Park Square, Spokane's downtown shopping center. Sit at a table on the new skybridge, completed in 2015 overlooking the mall's main entrance and atrium, and sip one of the restaurant's 24 signature martinis, such as a Huckleberry Lemon Drop.

The comprehensive menu has gluten-free selections as well as appetizers, entrees, salads, sandwiches, pizza and dessert.

Located on the north side of

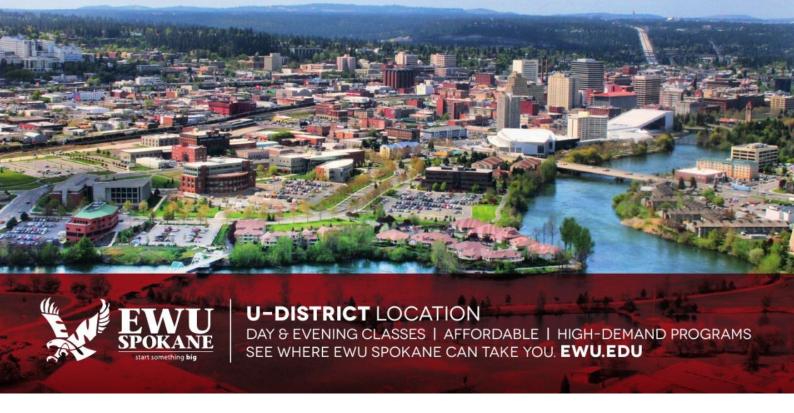


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Above: Churchill's Steakhouse in downtown Spokane offers an elegant dining experience.

Below: The Twigs Bistro and Martini Bar is located on the third floor of River Park Square. The restaurant provides both fine dining and excellent views of Spokane.

Spokane Falls, about a block from River Park Square, is Anthony's at Spokane Falls (anthonys.com), which overlooks the base of the Spokane River's Upper Falls, Canada Island and Riverfront Park. Anthony's is part of a regional, family-owned restaurant group best known for its seafood. Northwest Manila clams, Idaho rainbow trout and Alaskan halibut are among the favorite menu items

When the weather's warm. visit for happy hour on the back deck, where you can enjoy the cascading water as it rushes around Canada Island. Anthony's also has a casual location in Spokane—Anthony's Beach Cafe on the South Hill.

Located near the Upper Falls, Clinkerdagger (clinkerdagger. com) has been a Spokane dining institution for 40 years. It is famous for its view of the river as well as charbroiled rib-eye steak, surf-and-turf combos, iceberglettuce-wedge salads and a burntcream dessert.

The restaurant sits high above the river in the city's Old Flour Mill, built in 1895. The historic brick building was converted into a shopping center in time for

house (churchillssteakhouse. com), one of the region's fine dining experiences.

Named in honor of Sir Winston Churchill, the British war hero and former prime minister, the elegant restaurant is located in the shadow of the twin stacks of Steam Plant Square and boasts an atmosphere reminiscent of an old-school New York-style steak-



Expo '74.

Get there early on a warm, sunny day and enjoy happy hour on the veranda. The breeze from the river-and, if you're lucky, the mist-will cool you off as you enjoy calamari, a prawn cocktail or crab-and-artichoke dip.

About five blocks south of the Spokane River is the brick building that houses Churchill's Steak-

house, with white linens, hardwood and private dining.

Start with a shrimp cocktail before the 12-ounce filet mignon or bone-in tenderloin steak. Be sure to make a selection from the award-winning wine list, which includes a rare bottle of Penfolds Grange for \$1,000.

You might also want to visit the basement bar, which becomes

Spokane Wine Selections

Wine lovers with Alaska Airlines boarding passes can enjoy complimentary wine-tasting in Spokane's Cork District (visitspokane.com/cork-district), which includes more than 20 wineries located in downtown Spokane, near Mount Spokane and Spokane Valley. To enjoy the Alaska Airlines Wine Pass program, Spokane passengers should present their boarding passes within 48 hours of their arrival. For more information, go to visitspokane.com/corkdistrict/winepass.

At Patit Creek Cellars (patitcreekcellars.com) in the heart of downtown, there's live music every first and third Friday, and a 9-foot-long artisan cheese counter with brands from around the world. Ask the cheesemonger to recommend wine-and-cheese pairings.

Started by two lawyers, Barrister Winery (barristerwinery.com) offers two downtown locations: a small, new tasting room, which opened in 2015 in the historic Liberty Building (spokanelibertybuilding.com), across the street from The Davenport Grand Hotel, and the original venue and production facility, located in a century-old building with exposed brick and wood beams. During warmer months, opt for the courtyard seating area, cordoned off by a picturesque wall of wine barrels.

Family-owned Arbor Crest Wine Cellars (arborcrest.com) is one of the region's top wineries, offering a number of awardwinning wines, including Cabernet Sauvignon, Cabernet Franc and blends, at its spectacular headquarters and tasting room located in the historic Cliff House, which sits atop a ridge overlooking the Spokane Valley.



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Right: Wood-fired thin-crust gourmet pizzas are prepared for customers at Veraci, a popular Kendall Yards—area restaurant. Below: The Cedars Floating Restaurant has been a Coeur d'Alene institution since 1965.



The Coeur d'Alene area boasts restaurants with spectacular evergreen-lined lake views.

particularly lively on Wednesdays, when Churchill's offers a special on burgers.

Across the border in Idaho,
Fleur de Sel (fleur-de-sel.weebly.
com) provides an exquisite taste
of France from a hilltop in Post
Falls. The dinner fare ranges from
short ribs en croute to duck leg
confit with fennel and potatoes,
and cassis-glazed quail and pork.
The view is particularly Pacific
Northwest, with tall pines dotting
the wonderfully serene Highlands
Golf Course and development 25
miles east of Spokane.

For a more casual taste of France, here's an insider's tip:
Owners Laurent and Patricia
Zirotti opened a small creperie
on Spokane's Lower South Hill in late 2015. Fleur de Sel Artisan
Creperie (fleurdeselcreperie.
com) specializes in buckwheat
crepes with sweet (Nutella,
lemon curd, vanilla cream) as
well as savory (turkey and truf-

fles; bison and horseradish; salmon and capers) fillings.

About 10 miles east of Post Falls, the Coeur d'Alene area boasts restaurants with spectacular evergreen-lined lake views. A ribbon of roadway is all that separates Tony's on the Lake (tonysonthelake.com) from the water. Closed for the winter, Tony's will reopen April 1. It offers classic Italian fare, such as bruschetta, gnocchi in a Gorgonzola cream sauce, mushroom ravioli and tiramisu.

The Coeur d'Alene Resort (cdaresort.com/discover/dining) has several dining and drinking establishments with panoramic lake views. Favorites include the casual Dockside (docksidecda. com) with marina views and a menu that favors traditional American cuisine, such as steak, burgers and seafood.

For special occasions, or an especially nice meal, visit the

seventh floor of the resort and dine at **Beverly's** (beverlyscda. com). Its lunch and dinner menus feature modern Pacific Northwest fare with Mediterra-

The menu ranges from ahi tuna to wagyu fillet of sirloin. You can also tour the restaurant's floor-to-ceiling wine collection, valued at \$2 million.

nean and Asian influences.

Then there's **The Cedars Floating Restaurant** (cedarsfloatingrestaurant.com), literally located on the lake. An Inland Northwest institution since 1965, The Cedars is located at the confluence of Lake Coeur d'Alene

and the Spokane River, and specializes in prime rib and seafood. The best seats in the restaurant are on the all-weather deck, remodeled in 2015 with heating and enclosure options for cooler nights. **\$**

Adriana Janovich writes from Spokane.

Alaska Airlines offers daily flights to Spokane. For information, call 800-ALASKAAIR or go to alaskaair.com. To learn about dining in the Inland Northwest, you can contact Visit Spokane, 888-SPOKANE; visitspokane.com.



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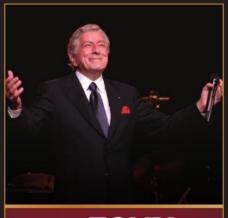




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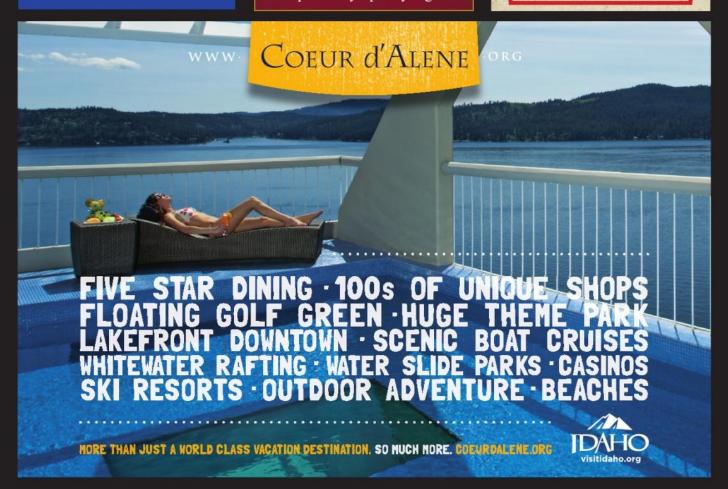
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A Bright Business Climate

THE INLAND NORTHWEST DEMONSTRATES
GREAT ECONOMIC VITALITY By Stacey Denny

As the center of the Inland Northwest, Spokane is a leader in a range of industries, including higher education, hospitality and medical services. The region has also proven to be a place where both large and small businesses can find success.

The 716-room Davenport Grand Hotel made an impressive debut last year. The \$135 million project, with its 17-story tower and modern interior design, sits in the heart of the city, across the street from Riverfront Park and connected to the adjacent Spokane Convention Center by a sky bridge. The hotel, along with a \$55 million expansion of the center, has created the region's top tourism and convention hub. The opening of The Davenport



Grand Hotel and the convention center upgrades are the latest examples of how Spokane continues to enhance its prominence in the Inland Northwest, a region that stretches from the eastern slopes of the Cascade Range to the Idaho Panhandle.

Spokane's growth is something that Stacey Cowles has watched closely for much of his life. The president of the Cowles Company and publisher of *The Spokesman-Review* newspaper since 1992, Cowles is a scion of one of the city's most prominent families. William H. Cowles,



son of Chicago Tribune newspaper manager Alfred Cowles, moved to Spokane in 1890 to manage The Spokesman. He later purchased and merged three newspapers to create The Spokesman-Review.

Today, the Cowles Company is a fourth-generation family-owned corporation that oversees a number of businesses that range from real estate development to newspapers, radio and television stations. During the Cowles' tenure in Spokane, the city has grown from a population of



Above and left: Spokane developers Walt and Karen Worthy opened the 716-room Davenport Grand Hotel in 2015.

Below: Spokane Mayor David Condon, who is beginning his second term, continues to focus on job creation and economic development.

20,000 to more than 200,000 and has become a regional leader in many industries, including farming, forestry, higher education, hospitality, medical care and mining.

Cowles says he expects even more expansion in the future. He points out that the city's great business climate is in part due to the many visionary leaders helping Spokane become an excellent place to live and raise a family.

"It's important to start with building a great place to live because that attracts new investors," Cowles says. "A big part of that is having a vibrant urban core that supports amazing cultural amenities, great food, shopping and lots of things to do. We already have fantastic outdoor activities, but we need ways to engage people intellectually, socially and culturally."

To strengthen the city's urban core, the Cowles family helped develop River Park Square, one of Spokane's premier locations for shopping, dining and entertainment. The development has been at the heart of the downtown's revitalization. Cowles says the city has developed a good balance of large and small businesses. It has also benefited from a strong collaboration between the business community, local government, higher education and the community.

Spokane Mayor David Condon echoes Cowles' sentiments. The mayor, a native son who is begin-

Spokane's strengths include its low cost of living and high quality of life.

ning his second term in office, praises the local environment and happily puts out the welcome mat for anyone interested in moving to the city.

He says the city's strengths include its low cost of living and high quality of life.

"We have what I like to call 'work/life integration,' " Condon says. The mayor has found that Spokane residents can easily combine their work life with a healthy family life.

Condon says he is focused on creating jobs in the Spokane area, with the goal of making Spokane the fastest-growing job market in

the Inland Northwest and the "city of choice" for businesses looking for new locations.

One of the ways he hopes to reach his goal is by helping to build the city's infrastructure, which will create high-wage jobs and attract more businesses and industries. The mayor points to the fact that his policies have helped increase median household income in Spokane by 11 percent in 2014.

The greater Spokane area is home to a number of large firms, including Avista Corporation, the electricity and natural gas utility that serves nearly 700,000



regional customers, and Itron
Inc., which develops equipment
for utilities, is located in nearby
Liberty Lake. Cisco Systems, F5
Networks Inc., Goodrich and
Kaiser Aluminum are just a few of
the large enterprises that have
branches in the area.

However, Condon says small businesses have historically been

Stacey Cowles, president of the Cowles Company, says Spokane provides a vibrant urban core that contributes to a strong Spokane-area economy.







"Spokane is ready for the influx of big business that we want, and the proliferation of small businesses that keep us eclectic and vibrant."

the backbone of the Spokane economy and he hopes to help both large and small businesses prosper here in the future.

One aspect of the local economy that has helped Spokane and all of the Inland Northwest is the growth in higher education.

Today, the region is home to more than 60,000 students, attending such institutions as Eastern Washington University, Gonzaga University, North Idaho

College, University of Washington Spokane Medical School, Washington State University Spokane and Whitworth University.

Just to the east of the city's downtown core, Gonzaga University and the Spokane campus of Washington State University are located across the Spokane River from one another.

WSU Spokane, with 1,482 students, was founded in 1989 and is the site of the Elson S. Floyd College of Medicine. The Spokane campus is the home of the university's colleges of medicine, nursing and pharmacy.

The University of Washington, through its regional medical program, educates medical students at the Riverpoint campus in Spokane.

Gonzaga, with about 7,400 students, has been a leading institution in the Spokane community since 1887. Gonzaga President Thayne McCulloh also talks about the need to nurture both large and small businesses in the Spokane area. He meets with

Clockwise from top left:
Gonzaga University, with
its beautiful urban campus,
was established in Spokane
in 1887. Gonzaga President
Thayne McCulloh says a
strong higher-education
sector is crucial to the city's
growth. Duane and Lola
Hagadone are known for
their successful ventures in
Coeur d'Alene, Idaho,
including The Coeur
d'Alene Resort.

established business leaders and startup entrepreneurs on a weekly basis, and he is excited about all of the opportunities that he sees developing in Spokane.

"Spokane is ready for the influx of big business that we want, and the proliferation of small businesses that keep us eclectic and vibrant," McCulloh says. "Spokane is a great community in which to live, raise a family, and, of course, pursue an education. It's affordable, which makes it a great college town and a great place to own a business."

McCulloh stresses that the region's support for higher education is helping to create a more prosperous economy.

"The variety of higher education here means not only great local options for residents but

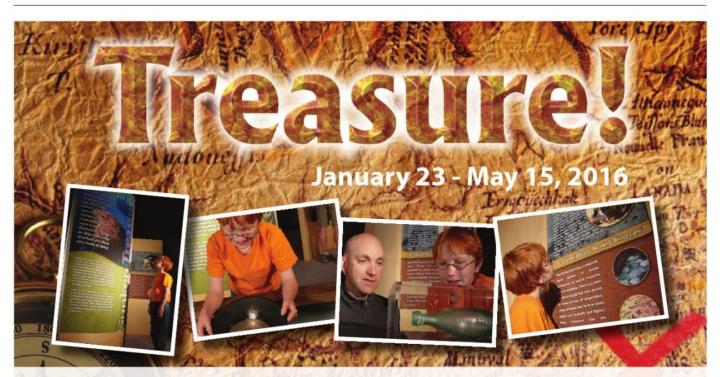




real economic vitality through the education sector," McCulloh says. "We know that education helps the economy grow."

Another community that has prospered by combining quality of life and a healthy economy is the lakeside town of Coeur d'Alene, Idaho, located 34 miles east of Spokane.

Home to the University of Idaho Coeur d'Alene, the town offers plenty of lake activities, is close to the Spokane International Airport and sits on the edge of the Coeur d'Alene National Forest. No wonder this burgeoning city of about 47,000 has become a recreation and resort center for much of the Idaho Panhandle. "It's a great time right now to be here," says Duane Hagadone, who runs the Hagadone Corpora-



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tion, one of Coeur d'Alene's leading businesses. "The community is very healthy and growing. There's a wonderful future in North Idaho."

Hagadone owns a variety of businesses, including The Coeur

in my ability to grow this company, and flourish," he says.

Smaller businesses in the Inland Northwest have also flourished in recent years, including Spokane's Rocket Bakery.

The husband-and-wife team

every time they came home to visit family, they had a desire to quit their restaurant jobs in Seattle and move back and start a bakery in Spokane. So they arrived with \$10,000 and lived with family members while they potential for small businesses to grow in Spokane, because there is plenty of community support and city programs available for startups and existing businesses.

"The community supports local businesses, and that makes it wonderful to work here," Julia Postlewait says. "It's as if people adopt you and your business, and they want to see you succeed. ... They accept you." **S**

Stacey Denny is a business writer living in Spokane.

Alaska Airlines offers daily flights to Spokane. For information, call 800-ALASKAAIR or visit alaskaair.com. To learn about business in the Spokane area, visit Greater Spokane Incorporated, 509-624-1393; greaterspokane.org.

"It's as if people adopt you and your business, and they want to see you succeed. ... They accept you."

d'Alene Resort. Business is so good at the famed resort, he says that his firm is planning to build a new tower to keep up with demand. Hagadone finds that whenever he brings new talent into Coeur d'Alene to work for him, they fall in love with the area and often want to stay.

"This has been a huge benefit

of Jeff and Julia Postlewait, both natives of Spokane, opened their combination of bakery and coffee-house in Spokane in 1992. Since then, the company has expanded to eight locations and become one of the city's beverage and bakery favorites.

Julia Postlewait says she and her husband realized that

launched their first location.

"Spokane was open and receptive to our business," says Julia Postlewait, who jokes that Spokane has everything that a bigger city has, except the gridlock on the roadways. "The community took us in, and it has ownership in our success."

She says she sees great



Spokane Area Adventures

THE REGION ABOUNDS WITH OUTDOOR FUN

By Derrick Knowles

Whenever my family has time to get out and enjoy our greater Spokane area, the question is always how to choose between so many amazing options. From mountain biking and world-class sports to urban walks and rafting, Spokane offers some of the best outdoor activities in the Inland Northwest. Here are a few local favorites—golf getaways, cycling tours, running and walking routes, and athletic events—that offer something for everyone.

Spokane is a place that is custom-made for runners and walkers. The city is known for hosting the Lilac Bloomsday Run—the 7.46-mile race will be held on May 1 this year and is expected to attract 50,000 runners, making it one of the largest road races in North America. However, Bloomsday is just the beginning. Here you'll find a runner- and cycling-friendly system of paved paths, including the 37.5-mile Spokane River Centennial Trail. The city also boasts a number of bridges that cross the Spokane River, connecting walking paths and roadways and offering spectacular views.

For a unique and scenic walk or run in downtown Spokane, a good place to start is along Spokane Falls Boulevard, at **Riverfront Park**, one of the city's great gathering places. The striking metal sculpture, titled *The Joy of Running Together* by artist David Govedare, is a popular place to set off on the Lilac Bloomsday Run route any time of the year. The course passes through historic neighborhoods and beautiful natural areas before circling back and finishing in downtown Spokane.

Another annual race that is gaining a strong following is the two-day

The Lilac Bloomsday Run, which attracts about 50,000 runners, is one of the largest road races in North America.





Spokane to Sandpoint Relay

(August 26–27, 2016). Teams of up to 12 runners from around the region and beyond gather to take part in this 200-mile team running relay race. It begins at Mt. Spokane State Park, travels southwest to Spokane, then east to Coeur d'Alene, Idaho, before turning north to finish at Sandpoint, Idaho.

"The leg of the race through Riverfront Park along the Lower and Upper Falls of the Spokane River is the absolute highlight of the entire 200 miles," says Scott Douglass, the race's executive director. "It's also fun for runners as they tend to dress up in costumes to run this section of the race, and it's quite the sight for those watching the race."

If you prefer strolling to running, introduce yourself to the city's urban outdoor scene by exploring Riverfront Park and its winding system of paved paths and river bridges that cross the Spokane River, including several that boast up-close views of the

Local Events



/ SPOKEFEST

About 2,000 cyclists rode in SpokeFest in 2015.

The Lilac City hosts several annual events that celebrate the outdoor and athletic heritage of the greater region's 500,000 residents. Here are a few local favorites for 2016.

U.S. Figure Skating Team Challenge Cup (April 22-24, 2016)

This is the inaugural year for the international Skating Union—sanctioned three-day event, which will feature 42 of the world's top figure skaters competing in continent-based team competitions (Team North America vs. Team Europe vs. Team Asia; spokanearena.com).

Spokane Hoopfest (June 25–26, 2016)

Spokane Hoopfest is the biggest 3-on-3 basketball tournament in the world, attracting around 7,000 teams and 225,000 fans and turning downtown Spokane into one giant, basketball-inspired outdoor festival, with food, shopping and entertainment (spokanehoopfest.net).

SpokeFest (September 11, 2016) Spokane's ninth-annual celebration of cycling will draw up to 2,000 bicycle enthusiasts to experience some of the city's most spectacular bike rides in a festival atmosphere staged out of Riverfront Park. There will be multiple route options that offer something for every level of rider, from beginner to expert (Spokefest.org). —D.K.

cascading Spokane Falls.

Among the most beautiful urban waterways in the nation, the Spokane River is its own center of recreation. Below the Spokane Falls in the downtown area, the river slows during the lower-flow summer months. However, beware that there are sections of the river that are Class II and III rapids. To experience the natural beauty of the river up close, but safely, contact an area outfitter. They offer a variety of tours, including fly fishing, kayaking, paddleboarding, rafting and tubing.

Hiking is another popular outdoor activity in the Spokane area. One of my favorite city hikes is along Spokane's High Drive Parkway, where you'll find a slice of urban wildland on the hills above the Latah Creek Valley.

From downtown Spokane, travel south on Maple Street up the South Hill where it turns into High Drive Parkway.

Here you'll find a 500-acre urban oasis, known locally as

Above: Rafters ride the rapids on the Spokane River.
Right: Spokane Hoopfest is the largest 3-on-3 basketball tournament in the world.



"The Bluff" or "High Drive," which is crisscrossed by more than 20 miles of hiking, biking and running trails along the bunchgrass-clad hillsides that burst into bloom with native wildflowers each spring.

A short walk along the bluff rewards hikers with excellent views of the pine-studded Spokane area. You can choose from easy out-and-back hikes along and down the hillside from several informal trailheads, or you can enjoy longer, multimile hikes that loop down near Latah Creek.

Golfers will also find the Latah Creek area to their liking. It is home to the public course **The Creek at Qualchan**, one of four





For a different kind of outdoor excitement, try taking the family to Silverwood Theme Park & Boulder Beach Water Park. Located about 47 miles northeast of Spokane, near the Idaho town of Athol, Silverwood boasts more than 70 rides, slides, shows and attractions, and is the largest theme and water park in the Northwest. The Boulder Beach Water Park offers a series of water rides for all ages, and Silverwood is known for its thrill rides, including the Aftershock, a roller coaster-style ride that reaches

highly rated Spokane municipal layouts. The course incorporates meandering Latah Creek, five different ponds, and plenty of ponderosa pines that attract many types of wildlife.

The Spokane region is home to more than 30 golf courses, many of which are within a short distance of the city's downtown core. These layouts are often surrounded by pristine mountains, lakes, rivers and forests.

Other acclaimed golf courses abound throughout the area. In Idaho. The Coeur d'Alene Resort Golf Course, with its famed floating green on the par-3 14th, and the Coeur d'Alene Casino Resort Hotel's Circling Raven Golf Club are two of the region's top courses. "The quality and abundance of great courses, with pricing that won't break the bank, is what makes the Inland Northwest such a unique golf destination," says Tom Stebbins, who runs the Spokane Golf Show (February 19-21) and oversees the regional golf resource website Golfinthenw.com.

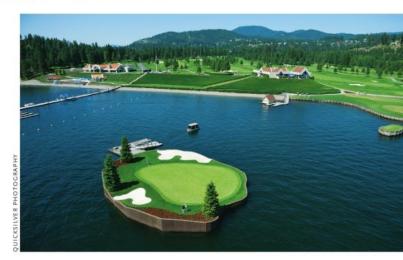
If you are seeking more of a wilderness experience, Spokane is a top off-road biking center, offering a variety of trails in and around the city. A popular desti-

Above: Rumble Falls is one of Boulder Beach Water Park's many slides. Right: The Coeur d'Alene Resort Golf Course is famous for the floating green on its 14th hole.

nation is Mt. Spokane State Park for people seeking a taste of backcountry adventure a short distance from the city. At an elevation of 5,883 feet, Mount Spokane is the highest peak in the area, providing a snowy oasis for skiers and snowboarders at Mt. Spokane Ski & Snowboard Park each winter with five chairlifts and a mix of beginner, intermediate and expert runs.

In warmer weather, mountain bikers can enjoy miles of winding singletrack trails. The lifts don't operate in the summer, so plan to do some pedaling or drive to the top and ride from there.

If you are interested in going farther afield for a unique biking experience, try touring part of the Trail of the Coeur d'Alenes. This 70-mile paved trail runs from the town of Plummer near the southwestern edge of Lake Coeur d'Alene to the town of Mullan,



not far from the Idaho-Montana border. A fun and scenic ride is the 15-mile section of the trail from Plummer to the small town of Harrison, on the eastern shores of Lake Coeur d'Alene.

The relatively flat trail runs by rolling hills and along the edge of the lake. One of the highlights of this section is crossing the elevated Chatcolet Bridge and admiring the views of the southern tip of the lake.

In Harrison, visit Pedal Pushers Bike Rental & Repair if you need advice or help with your equipment. You can also rent kayaks and boats in Harrison to spend some time exploring this pristine body of water.

speeds of 65 miles per hour.

Whether it's golfing in an urban wilderness, cycling along the shores of Lake Coeur d'Alene or enjoying a hike in downtown Spokane, this region offers an enticing collection of outdoor activities. **S**

Derrick Knowles is co-publisher and editor of Out There Monthly in Spokane.

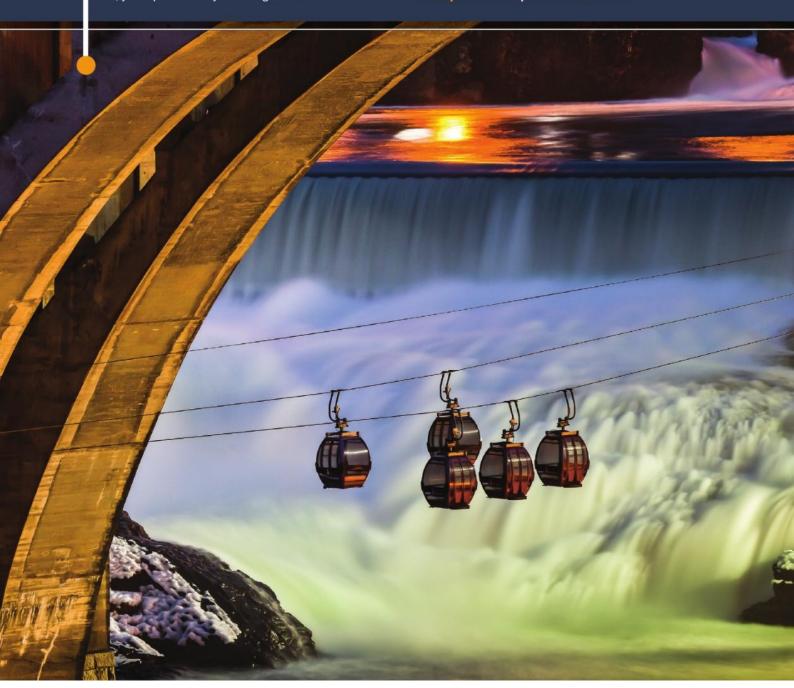
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heal and were expensive.

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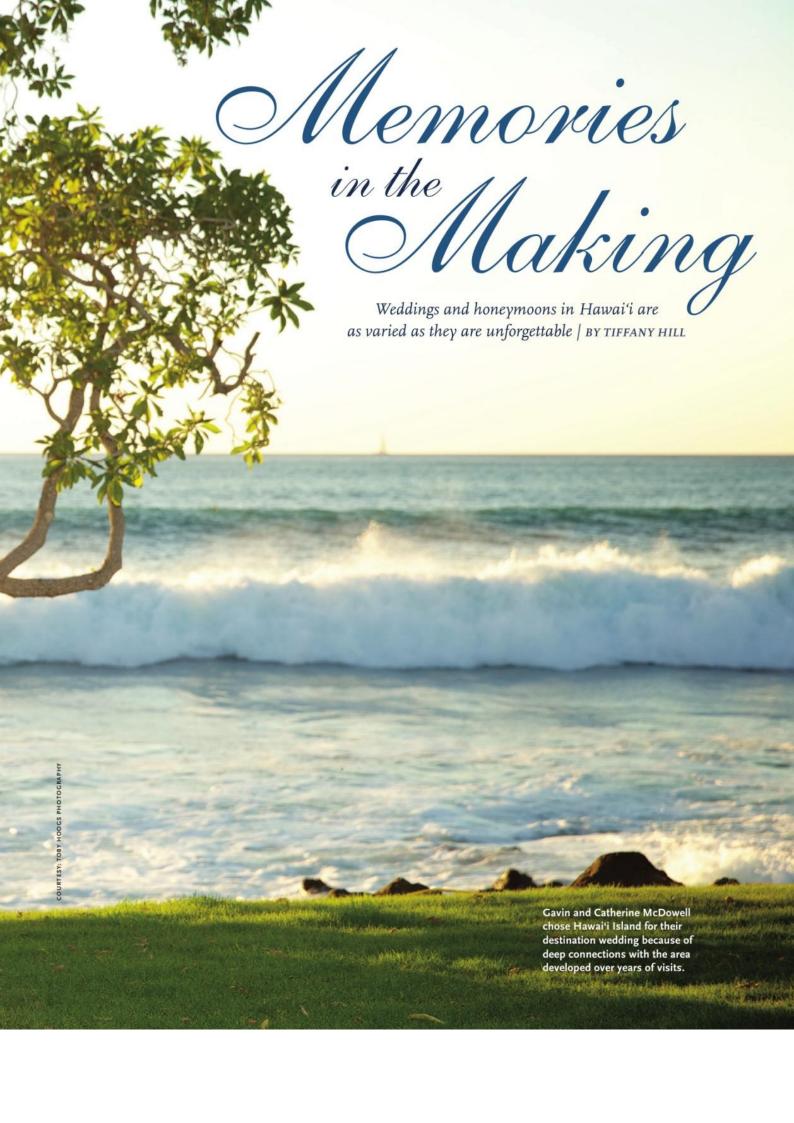
free and are as strong as they are beautiful. Jordan wanted to improve her entire smile and had cosmetic work done during

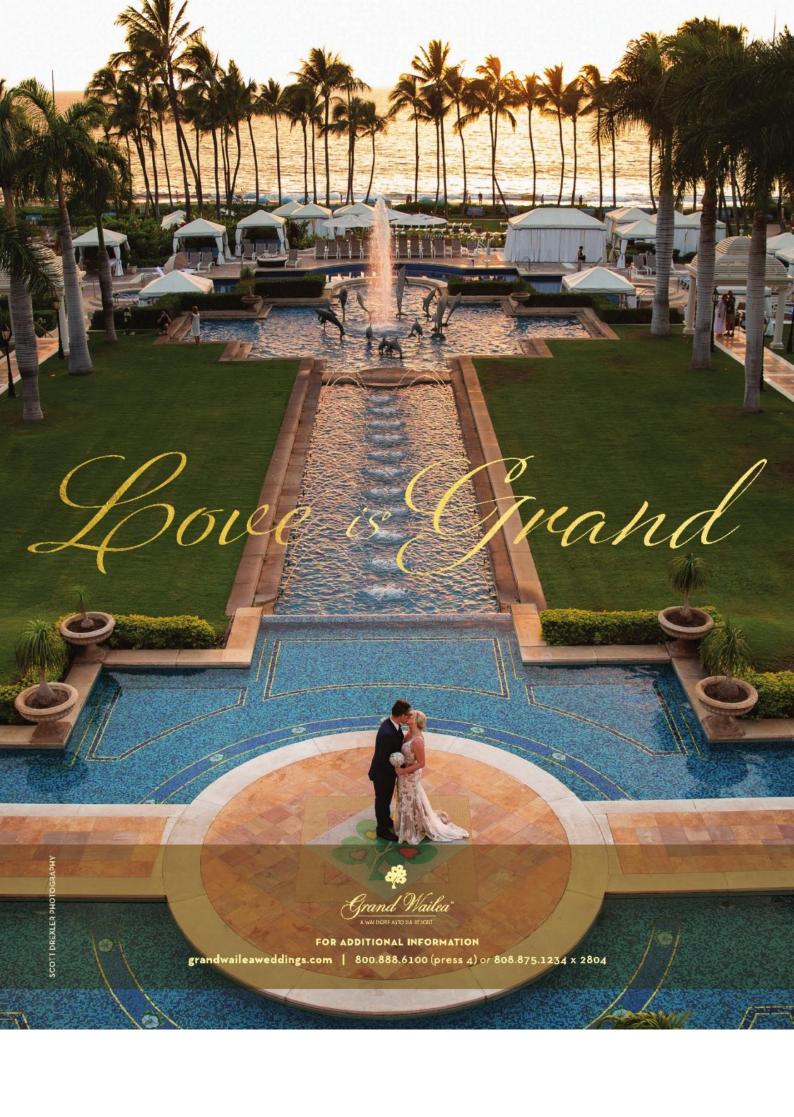


the same appointment, all while she slept comfortably. With the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day.

Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.









atherine and Gavin McDowell met as children on the white sandy beach of Mauna Kea, on Hawai'i Island's Kohala Coast. Later, as teens, they shared a tender first kiss on that same beach—toes in the sand, with the gentle waves of Kauna'oa Bay rolling in behind them.

Little did they know that about two decades after that kiss, they would get married beside this same bay.

"Our families would stay at the Mauna Kea Beach Hotel during their family vacations," says Catherine of their childhood meetings. "When we were thinking about places to get married, it was a no-brainer."

"We're both drawn to the Big Island," says Gavin, adding that the two had each visited the island almost every year since they were 5. They have continued to travel there as a couple, from their current home in San Francisco.

The secluded, crescent-shaped Mauna Kea Beach fronts the eponymous resort. The McDowells' January 2013 wedding took place on the hotel golf course's third tee, on a bluff overlooking the beach where they first met. Presiding was Daniel Akaka Jr., a cultural practitioner named after his father, a former longtime U.S.

Many estates offer ocean vistas and beach-access points that allow guests their own hidden slices of Hawai'i paradise. senator from Hawai'i. Akaka Jr. began the ceremony by blowing a $p\bar{u}$, or conch shell. Then Catherine met Gavin and their closest friends at the end of a grassy aisle scattered with tuberose flowers.

"Hawai'i is like our second home," says Catherine, whose parents also spent their 1972 honeymoon at the resort. "It was magical to get married there; it's a very special place to us."

The McDowells had their reception at the hotel's $l\bar{u}'au$ grounds, which feature an oceanside manicured lawn. More strands of fragrant tuberose hung from trees softly illuminated with string lights

and swaying gently in the light breeze.

"We've been to many lū'au there, and I could barely recognize it," says Gavin about the location. "It was transformed."

in the Islands in 2014 (the last full year for which data are available). From barefoot beach ceremonies with sunsets and lapis-hued waves in the background, to rustic receptions in a lofty barn on a North Shore O'ahu ranch, to an intimate gathering at a quaint Maui beach

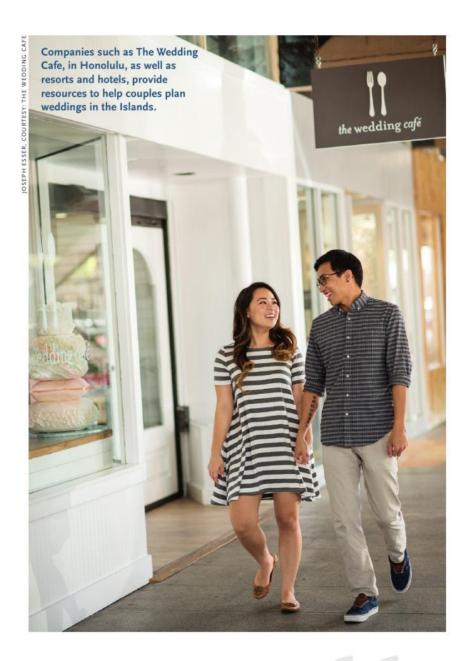


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cottage, weddings in the Hawaiian Islands range widely, with many idyllic locations to give marriages a memorable beginning. Many of the same locations are unforgettable settings for a honeymoon, as well—whether that comes directly on the heels of a nearby ceremony or as a separate getaway trip.

"The great thing about having a wedding in Hawai'i is that we can fulfill a lot," says Lauren Williams, the owner of The Wedding Cafe, a wedding-resource center in Honolulu. "We're a great foodie destination. And if you're outdoors people, we have many outdoor venues."

Williams also highlights the Islands' aloha spirit: "All the vendors we have at The Wedding Cafe, and in the wedding industry

Wedding parties often travel from afar to experience Hawai'i's beautiful settings and spirit.

ADDITIONAL CLASSIC WEDDING VENUES IN HAWAI'I

All across the Aloha State, there are seemingly endless options for spectacular Hawaiian weddings, plus a wide variety of accommodations for wedding guests. Below are some quintessentially stunning venues located at some of Hawai'i's signature resort and hotel properties.

- The Kā'anapali Beach Hotel, which fronts renowned Kā'anapali Beach in West Maui, bills itself as "Hawai'i's most Hawaiian Hotel" and features daily cultural lessons and free nightly hula shows. The 11-acre property has five oceanfront wedding sites, each mere steps from the beach.
- The Mauna Lani Bay Hotel & Bungalows, on Hawai'i Island's Kohala Coast, was renovated in 2014. Many couples choose to get married on the beach fronting the resort for an intimate ceremony or vow renewal. Larger reception events often take place at the hotel's Milo Tree Lawn, which offers a picturesque sunset location by the sea.
- Turtle Bay Resort is located on a peninsula on O'ahu's North Shore. There's plenty to do on the resort's private grounds and immediate surroundings, including horseback riding, hiking, mountain biking, surfing, and golfing on George Fazio— and Arnold Palmer—designed courses. Couples often get married on the 18th tee. This scenic spot is mere steps from the beach and a secluded tide pool that also provides a popular napping site for Hawaiian monk seals that come ashore.
- The Aston Kona by the Sea, on Hawai'i Island, offers a condominium-resort setting perched beside a sandy cove, with easy access to the varied attractions of the Kailua-Kona area. Guests enjoy full or partial views of the Pacific from every suite. The oceanfront lawn area is available for wedding ceremonies and vow renewals, and wedding coordination services are available upon request.





here as a whole, put their heart and soul into what they produce."

Wedding parties often travel from afar to experience Hawai'i's beautiful settings and spirit. In 2014, 63 percent of the couples married in the state were non-residents.

Carolee Higashino, the owner of White Orchid Wedding, based on Maui, says her company plans about 400 weddings across the state each year, predominantly for couples traveling from the U.S. mainland, Canada and Australia. "Couples want both a wedding and a family-reunion vacation experience," she says of destination weddings. "And weather has a lot to do with it!"

"Every sense was stimulated. ... The smells in the air, the sounds of the ocean, the flowers. It was so special."

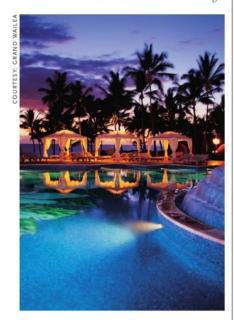
—TIM LOEFFEL

BEACH WEDDINGS ARE CLASSIC in Hawai'i, but sometimes an ocean view for the ceremony is sufficient. Many estates offer ocean vistas and beach-access points that allow guests their own hidden slices of Hawai'i paradise.

Privacy was important for Genevieve and Tim Loeffel, so the couple chose the White Orchid Beach House for their destination wedding. This bucolic setting is located in Mākena, in South Maui.

"We wanted something intimate," says Genevieve, who is originally from Montreal and now lives with Tim in New Jersey. "The beach house had a lot to offer; it was so charming. It had beautiful views, the beach, the palm trees. We had

Hawai'i Weddings



The luxurious Grand Wailea, in South Maui, is among the most scenic wedding venues in the Hawaiian Islands.

that 'wow' factor when our guests got to the venue."

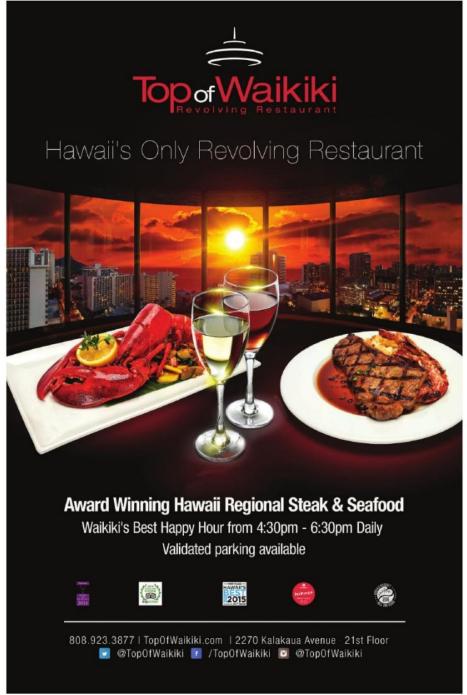
The couple agreed with the saying Maui nō ka 'oi, or "Maui is the best," when they first visited in 2014. At the time, Genevieve, an acrobat, was working in Waikīkī. She and Tim visited the Valley Isle during their days off and loved its Upcountry charm.

"We never really felt like we were on vacation our entire life until we were on Maui," says Tim. "It was an easy destination for us when we were deciding where to get married."

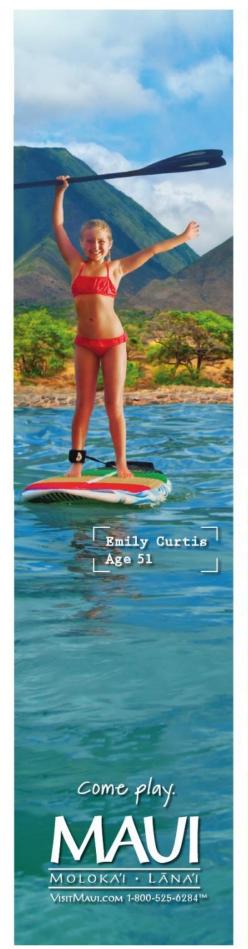
At the wedding, a string-instrument trio greeted the couple's 50 guests as they assembled on the estate's lawn overlooking the ocean. During a sunset ceremony, the couple exchanged personal vows.

"Every sense was stimulated," says Tim. "The smells in the air, the sounds of the ocean, the flowers. It was so special."

Just up the coast, Makena Beach & Golf Resort is adjacent to Maluaka Beach, a stretch of pristine white sands that is a renowned snorkeling spot. The resort has three oceanfront lawns for couples to gather guests in South Maui celebrations. The Pacific Lawn looks out over Maluaka







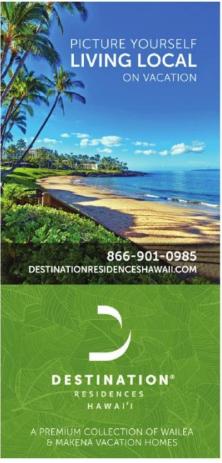


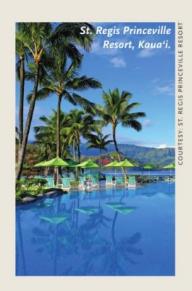
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HONEYMOONING IN HAWAI'I

From the lava beaches of Hawai'i Island to the verdant gardens of Kaua'i to Maui's lush valleys to O'ahu's diverse urban and rural landscapes, the Hawaiian Islands provide spectacular settings for couples to begin their marriages. So it's easy to see why so many people choose to honeymoon in the Aloha State. This number was 624,249 people in 2014 (the last



full year for which data are available). With a wide range of accommodations across the state, from smaller boutique hotels, such as The Modern Honolulu on O'ahu, to luxurious resorts, such as the St. Regis Princeville Resort on Kaua'i, or the Fairmont Orchid along Hawai'i Island's Kohala Coast, there are myriad options for every couple and budget. Some couples even choose to visit multiple islands during their trip. —T.H.

Beach; Mākena Point has views of the crescent-shaped Molokini crater and the islands of Lāna'i and Kaho'olawe; and the Maluaka Lawn is a good choice for large groups. Many couples also opt for the open-air Holokai Pavilion. And the 5,200-square-foot Ka'eo Ballroom, overlooking the resort's gardens and koi fishponds, accommodates large receptions.

Another hotel with stellar oceanfront venues is the posh Grand Wailea, also in South Maui. The 40-acre resort, which is surrounded by lush gardens, boasts beautiful views of Wailea Beach. The property's Grand Dining Room, which is ideal for hosting up to 100 guests, has exceptional

ocean views. For large, private lūʻau receptions, the Molokini Garden features tiki torches and an *imu*, or underground oven.

For a discreet seaside setting on O'ahu's North Shore, some couples choose the Loulu Palm, a plantation-style property that showcases secluded beaches while highlighting the emerald-



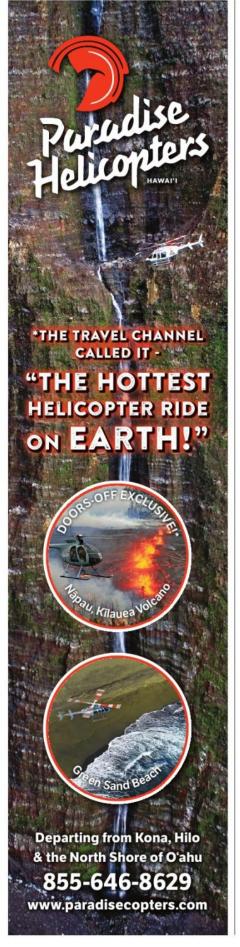
green Koʻolau mountains in the background.

HAWAI'I ISN'T JUST PRISTINE BEACHES and roaring waves. The Islands boast a

Hawaiian country-style weddings are available at locations such as Puakea Ranch on Hawai'i Island.









"The views were spectacular. ... We could see the whole valley, listen to the wind."

—JIM KEENER

number of ranches, many of which host working operations. The sprawling properties are perfect for romantic, rustic weddings.

Hawai'i Island's Puakea Ranch, in North Kohala, offers couples a picturesque country setting, with green-grass fields, rugged trees, pools and horses—couples love posing with the horses. In 2015, 26 weddings were held at the ranch; guests can stay overnight in the Hawaiian plantation—style bungalows.

Sometimes, couples have close connections to specific parts of the Hawaiian

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Hawai'i Weddings



Veronica and Jim Keener, who own and manage a farm on O'ahu, customized their wedding with a personally significant site and locally sourced foods.

landscape. Veronica and Jim Keener own and manage Hawaiian Fresh Farms on the Sunset Ranch property on O'ahu's North Shore. They wanted to get married on the land that had rewarded them with their blossoming produce business.

The estate ranch, which is nestled among coastal ridges in the Pūpūkea area, has breathtaking vistas. The couple chose for their venue Fern's Garden, which is named after Fern Pietsch, the grandmother of the ranch's owner. The garden features more than 13 types of native ferns and overlooks Waimea Valley. At 3 P.M. on a breezy August afternoon, the couple married under a natural arbor in front of 40 guests, most of whom had traveled to Hawai'i for the occasion.

"The views were spectacular," says Jim. "From there we could see the whole valley, listen to the wind."

The Keeners' custom dinner featured produce from their farm, fruits from the ranch's orchard, and locally caught and





sourced fish and beef. "Our goal was to use as much from the land as we could," says Jim. "It was a connection to the land for us and the guests."

Adds Veronica, "Getting married here tied everything together for us; [it enhanced] the sense of 'ohana (family)."

JAN MIYABARA AND ALAN KONISHI also focused on food and location as they planned their

wedding. They wanted a romantic North Shore location for their October nuptials. Jan and Alan, who live in Los Angeles, grew up on O'ahu; their families and many of their friends still live on the island. After looking at several other locations, the couple visited Dillingham Ranch-a historic, 2,700-acre property—and they knew it was the one. The expansive estate includes one of the state's largest coconut tree groves,



Jan Miyabara and Alan Konishi, who grew up on O'ahu, returned to the place that they were raised for a ranch wedding with a custom-designed food menu.

polo grounds and a lodge, restored to its circa-1917 condition.

"It feels like it's frozen in time," says Alan, "like how Hawai'i used to be many years ago."

Jan adds: "It's picture-perfect from every angle."

The ranch, 30 miles from Waikīkī, felt like home for the pair, and it was a destination for many of their 150 guests.

"Because it was in Waialua, which is pretty remote, a lot of our Hawai'i guests felt they were going to a destination," savs Alan.

The menu was also important to the pair, so Jan and Alan worked with awardwinning local Vietnamese restaurant The Pig and the Lady, located in Honolulu's Chinatown.

"We wanted to throw an awesome party with great food and good music for all our family and friends," says Alan.

The couple coordinated closely with executive chef Andrew Le to develop a custom menu. Le created dishes based on the couple's travels, including fish stew, inspired by a trip to Turkey, and



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Hawaiʻi Weddings

rigatoni alla carbonara, which is part of their love story: Alan made Jan the dish on one of their first dates.

"Making the menu was a cool experience," says Jan. "From what I've seen as far as weddings go, usually there's a preset meal you pick from. It was personal for us."

HOTEL OR RESORT WEDDINGS are convenient for many couples. On-site catering and planning at such venues make it

RESOURCES FOR GETTING MARRIED IN PARADISE

Hawai'i nuptials offer many couples their own piece of exotic, tropical paradise, and a wedding in the Aloha State is often easy to plan from a distance, because of the resources that are set up to streamline this process.

For couples that are not that familiar with the Islands, the Hawai'i Tourism Authority is a great starting point. Its website, gohawaii.com, offers information and advice on Hawai'i's six major islands.

Don't forget to get a marriage license before getting married. You can start the process by applying online.

On O'ahu, visit the Hawai'i Department of Health Vital Records office at 1250 Punchbowl Street. On Kaua'i, Maui and Hawai'i Island, there are marriage license agents certified to process the license.

For more information, visit health.hawaii.gov/vitalrecords/marriage-licenses.

Other helpful wedding resources include the O'ahu Wedding Association, an organization of wedding professionals. There are similar associations on the other most-visited islands: the Kaua'i Wedding Professionals Association, the Maui Wedding Association and the Hawaii Island Wedding Association. —T.H.







easier to plan from a distance, and larger properties are helpful for lodging big groups of out-of-town guests.

The Islands offer a wide range of accommodations, including luxury resorts such as the St. Regis Princeville Resort, overlooking Hanalei Bay on Kaua'i's North Shore. The resort hosts about 85 weddings a year, most of which are destination weddings. The resort's Kamani Cove—named after the area's umbrella kamani trees—provides an intimate oceanfront setting for a garden wedding. Kaua'i is, after all, the Garden Island.

On Oʻahu, the classic Royal Hawaiian in Waikīkī, also called the "Pink Palace of the Pacific," is known for its iconic sites for ceremonies, such as the Coconut Grove garden, as well as the popular Ocean Lawn, which has views of the Waikīkī shoreline and Lēʻahi (Diamond Head) in the distance.

Boutique hotels such as The Modern Honolulu can provide couples with chic wedding options in an urban setting. The hotel's Sunset Pool, with its floor made from cobalt-colored glass tiles, sits on a raised terrace overlooking the ocean and the nearby Ala Wai Harbor.

At their elegant, intimate resort-based wedding, Amy Chung and Christian Yap incorporated local cultural tradition by giving lei to guests.





Wedding planners at The Royal Hawaiian help couples personalize ceremonies at sites such as the Ocean Lawn and Monarch Terrace, which looks out at the Pacific and Waikīkī scenery.

Amy Chung and Christian Yap, who are both engineers living in Los Angeles, selected an intimate hotel wedding at the luxurious Halekulani Hotel in Waikīkī.

Chung and Yap chose the resort for its privacy, as well as its top-notch service.

"It's right on the beach, and even though it's in Waikīkī, we didn't feel like we had to go to the other side of the island to get an out-of-Waikīkī feeling," notes Amy.

The couple had a small ceremony with only II guests, at the hotel's Hau Terrace. The open, second-floor *lānai* provides unimpeded views of Diamond Head and the ocean, thanks to its three floor-to-ceiling windows.

"We were impressed with the property," says Christian. "There is beauty in its understatement."



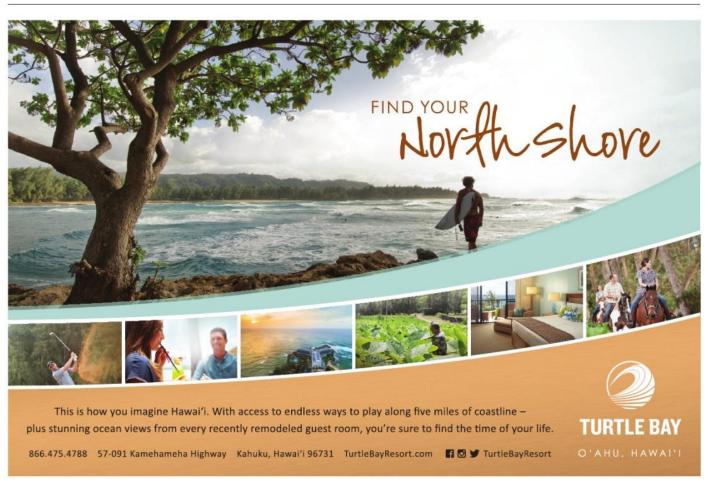


SOME COUPLES TAKE A LESS-CONVENTIONAL APPROACH and choose stately facilities run by nonprofit organizations. Event planners Williams and Higashino say that the courtyard of the historic YWCA Laniākea in downtown Honolulu is a popular wedding choice. The building, built in 1927 and listed on the National Historic Register in 1978, was designed by acclaimed architect Julia Morgan and features traditional Mediterranean-style arches, columns and tile floors.

On Maui, many couples say "I do" at the 25-acre Upcountry Kaluanui Estate, operated by the nonprofit Hui No'eau Visual Arts Center. The estate's Mediterranean-style manor has the majestic Haleakalā as its backdrop.

COUPLES OFTEN MAKE THEIR DESTINATION WEDDINGS more distinctive by honoring Hawaiian cultural traditions during their ceremonies or surrounding events. Small nods to simple, meaningful local traditions make a lasting impact, says Williams. For example, she says, some couples include an 'awa ceremony. The native 'awa plant's roots are used to make a ceremonial drink.

Rather than using a guest book, Genevieve and Tim Loeffel had their guests sign an 'ukulele made from koa wood by a local instrument maker.



Small nods to simple, meaningful local traditions make a lasting impact.

Dillingham Ranch on Oʻahu. The couple's family prepared traditional dishes for a potluck lūʻau.

"It was amazing, local food," recalls Jan.
"My uncle is a fisher, so he grilled all this fish."

Alan adds that friends brought instruments to *kani ka pila*, meaning to "make music" in Hawaiian.

For the Keeners, it was important to

share the ranch where the couple works. All of the couple's guests gathered in the ranch's 9,600-square-foot equestrian arena, which was illuminated with string lights.

"For the rehearsal dinner, we did a traditional lū'au with an 'awa ceremony," says Jim, adding that the menu featured traditional Hawaiian dishes such as kālua pig, poi and laulau. "We had a cultural practitioner share the history of the land and the tradi-

At the McDowells' wedding on Hawai'i Island, the couple incorporated a honi greeting. The bride and groom faced each other, pressed their noses together and simultaneously inhaled. Through this traditional custom, people welcome one another by sharing $h\bar{a}$, or "the breath of life."

More commonly, couples incorporate a lei exchange in which they present lei to each other, or their parents. Amy Chung and Christian Yap had a small wedding, and they gave each person a lei.

"It was a nice way to thank each of our guests for being there," says Amy.

Instead of a traditional guest book, the Loeffels asked their guests to sign an 'ukulele made from koa wood that Genevieve purchased from a local maker.

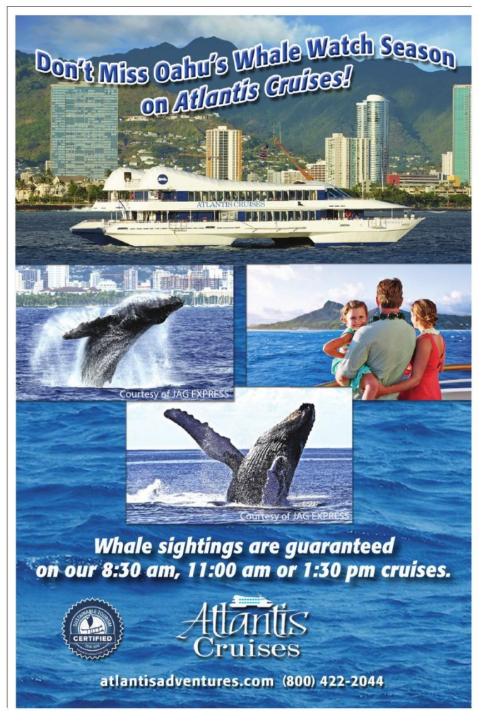
"We have it in our living room today," she says.

SOME COUPLES ADD PARTICIPATORY ACTIVITIES

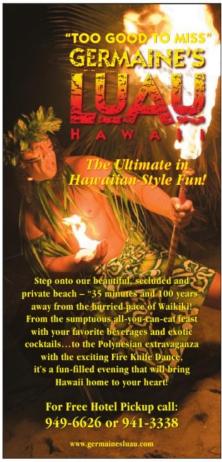
to provide memorable experiences for their guests before or after the ceremonies. Private lū'au, surfing lessons or even helicopter tours are great group activities that allow wedding parties to experience the Islands beyond the big day, says Higashino.

In some areas, agritours are also popular, such as a trip to the Ali'i Kula Lavender Farm in Kula or to Piiholo Ranch in Makawao, both on Maui.

The night before Jan Miyabara and Alan Konishi were married, they gathered with their guests at Owen's Retreat, a vacation rental just up the road from



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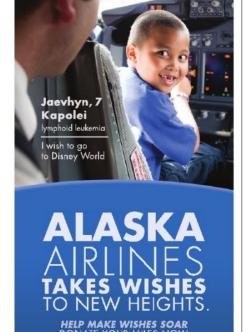
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MAKE (A.W

Hawaii

Special memories and the chance to create new and indelible experiences keep the McDowells coming back, year after year.

tional foods. We made sure to give our guests a full dose of Hawai'i; they traveled all the way out here."

After the Loeffels' October wedding, they spent about a week on Maui with their families, and—with day trips and special meals—showed them the island with which they fell in love.

"It was really nice to be able to have those moments with our families afterward," says Tim.

Special memories and the chance to create new and indelible experiences are what keep the McDowells coming back, year after year.

"You can just feel it when you step off the plane," says Catherine. "You can see the energy and happiness that Hawai'i encapsulates."

Tiffany Hill is a writer based in Honolulu who specializes in travel, culture and business writing. She was married in Hawai'i in May 2013.

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Speaking of Business

By Lora Shinn

Most people joining a language class learn how to say "door." But at Washington State University in Pullman, students learn how to say *puerta*—and how language is itself a door into future career and lifestyle opportunities. ■ "If you make your degree global, you can work for U.S. companies abroad or for foreign companies in the United States," says German professor Jolyon T. Hughes, WSU department chair

of Foreign Languages and Cultures.

Thus, a mechanical engineer might be interested in working at Porsche, Mercedes or another German automaker; while those with a medical interest might apply at Bayer; a chemist at BASF; or an electrical engineer at Siemens.

WSU's new major, Language for the Professions, enables students to apply Japanese, French, German or Spanish language skills, in addition to their primary disciplines such as engineering. To complete these majors, students must take third-year language classes and writing classes, complete an internship and pass a language proficiency test.

In Hughes' German for Business class, students browse monster.de for job postings. They create class presentations—in German—on a prospective company, including location, target market, employees, even benefit packages. Then they review specific listings and show how they're the perfect candidates for those jobs. By the end of the course, students come away with a great resume, cover letter and job prospects. "These classes have helped students get top-notch, good-paying jobs in the U.S. for foreign companies, as well as abroad at foreign companies, and they never would've encountered these positions without searching the international job boards," says Hughes.

At Spokane's Gonzaga University, Modern Languages & Literature programs prepare students for careers in politics, business, health care, journalism, law and everyday life. The lilting sounds of seven languages fill the halls, including Arabic, Chinese, German and Italian. Even in French 201, students are encountering culture in French texts, movies or music.

"It's about expanding the framework from which you can start to understand everything happening around you," explains Rebecca Stephanis, associate professor of modern languages at Gonzaga. Languages have unique ways of expressing emotions, approaching basic greetings or developing arguments, she notes—whether circular, analytical or logical. With an enhanced understanding of language and culture, students can more nimbly negotiate pan-Pacific deals or more deeply understand the nightly news in Naples.

Long ago, foreign language teachers put up posters that said "Learn a Language: Be a Diplomat, Flight Attendant," and so on, says Marty Abbott, executive director for the American Council on the Teaching of Foreign Languages. "Those days are over. It's difficult to name a career sector that doesn't have a huge need for language skills. In particular, in the health-care sector and in the judicial sector, we don't have enough interpreters and translators."

Hiring interpreters and translators is projected to grow 30 percent by 2024, according to the Bureau of Labor Statistics. The BLS notes that growth will be driven by U.S.—based non-English-speaking individuals, and by increasing globalization.

Which languages are hot? For government jobs, more than 60 languages are noted as "critical need," and important for national security. Top languages include Arabic, Chinese, Hindi, Indonesian, Korean, Russian and Turkish, among others. Critical areas that the government seeks experts in include Eastern Europe, Africa, Latin America and Southeast Asia.

Studying critical-demand languages may even lead to a reduction in tuition. For example, due to the need for Arabic speakers, numerous international scholarships, fellowships and Fulbright programs can cut costs for study here and abroad, up to

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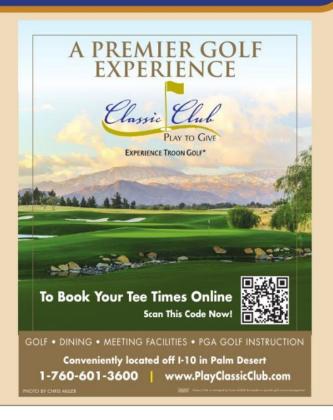
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EDUCATION

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At the University of Washington, Foster School of Business undergrad students in the Certificate of International Studies in Business (CISB) program take 24 credits of international business and business electives, achieve at least third-year proficiency in a second language, spend at least 10 weeks studying/working in a country where that language is spoken, and undertake a global business practicum. Students might also add courses such as History of Modern China, Economics of the European Union,

or Business and Technology in Japan.

CISB students develop skills to compete in the global marketplace, gaining realworld experience in international business networking, cross-cultural competency, international leadership and application of classroom knowledge to office situations.

"Our metaphor is that the business degree is the cake, and CISB is the icing on the cake," says Debra Glassman, CISB faculty director and senior lecturer in finance and business economics.

Who makes a good candidate for CISB? Students who want to add an "international layer" to their business degree at the Foster School of Business. "I feel like they're adaptable. Truthfully, they are unique—

curious, independent, broad-minded, capable of seeing the bigger picture, always learning more about the world. They're passionate," says Deanna Fryhle, the program manager at CISB.

More than 750 students have graduated with a CISB certificate since the program started in 1992. "Alumni bring their linguistic and cross-cultural skills to global companies around the world, such as Starbucks, Expedia and Boeing," Fryhle says. CISB graduates work in management consulting, logistics, international marketing, trade and finance, as well as public service in the United States and abroad. CISB students are part of a worldwide alumni network, and benefit from visits to

NEW LIFE FOR NATIVE TONGUES IN ALASKA

Yup'ik. Tlingit. Alutiiq. In Alaska, vital languages dangerously close to disappearing forever are being revived.

In the 19th and 20th centuries, Native children were removed from their homes, sent to boarding schools and discouraged from speaking their mother tongue, creating a generational gap in fluency. Now, young people from Alaska and beyond are studying the languages, creating language circles for conversation today and a surviving language for future generations.

Anchorage-based Kyle Worl has taken all the Native language courses available at University of Alaska Anchorage, in addition to an advanced online course in Tlingit offered by the University of Alaska Southeast, along with classes that have focused on Yup'ik dance and world music. He hopes to pursue a graduate

degree in linguistics.

"It's a slowly growing field," he says. Currently, there are only about 150 speakers of Tlingit, and most are 60 or older. Worl, who is of Tlingit heritage, hopes to help with interest in immersion schools and immersion camps.

At University of Alaska
Anchorage, students can now
obtain a minor in Alaska Native
Studies. In Southwest Alaska,
voter materials will soon be
bilingual—in English and
Yup'ik—and teachers and
health-care professionals
benefit from learning more
about Alaskan languages.
Native language immersion
schools are popping up around
the state as well, creating
opportunities for teachers.

Native and non-Native students alike are discovering a rich heritage within the language, from vocabulary to manners of deliberation.
"Yup'ik is a completely genderneutral language, with no he or she," points out Maria Williams, director of Alaska Native



Studies at UAA. "The way the grammar is structured, an object can have different endings depending upon the speaker's relationship to the object, or your spatial relationship. You learn a different way to look at the world."

"When you learn the indigenous language where you live, you connect to the land and culture of that area, and find greater appreciation for where you live and the people who lived there before," Worl adds.

For example, he explains, some native words for local plants also explain the plant's Lance (X'unei) A Twitchell, assistant professor of Native languages at University of Alaska Southeast, is helping new generations revive the Tlingit language.

medicinal or practical uses. Worldviews can also be thought-provoking; in Yup'ik one word expresses "weather," "awareness" and "universe," and this root word is also found within the concept of "Great Spirit." Instead of being discrete and separate entities, these are all considered interrelated facets of reality.

-Lora Shinn





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International experience "translates" to the business world, Fryhle points out. Studying abroad isn't just awesome—it indicates an ability to make decisions despite uncertainty, and communicate effectively where barriers might exist.

Experiences like these can be crucial to future success. When investigating programs, seek out options that offer immersive experiences, suggests Marty Abbott at the American Council on the Teaching of Foreign Languages. "Find ways to do a semester abroad or full year abroad, because to thrive in the 21st century you need to develop a global mindset," she says.

One can even actually be overseas and gain a language diploma: Oregon State University's World Languages and Cultures program offers fully online degrees in German and Spanish, and offers study abroad programs linked to those two languages.

At the University of Washington, students can select among a wide array for their second language—one student focused on Filipino Sign Language. UW students can choose from approximately 60 languages, including Khmer, Latvian, Kazakh and Portuguese.

Ben Omdal, 25, is enrolled at UW's School of Law and is also pursuing a master's degree in International Studies; he graduated from Gonzaga in 2013 with degrees in political science and international studies, and a Spanish minor.

Omdal volunteers for the law school's Center for Human Rights and Justice, helping asylum applicants fill out paperwork. He hopes to work at the State Department, fighting human trafficking.

"Even if you're not using language for your job, you have a better sense of people around the world," Omdal says. "In Seattle, we have communities of people from around the world, and I feel I have a better sense of these communities.

Not learning a language is one of Bill Gates' biggest regrets. In an online Reddit interview, he said he wishes he were fluent in a foreign language. The renowned businessman and philanthropist did study Latin and Greek, but wishes he'd focused on French, Arabic or Chinese.

Traveling gives perspective on what else is out there on our planet. Language studies help achieve the same thing."

Of course, even if you don't put the language to work, the knowledge still works for you. "Learning a language helps us develop sharper analysis and critical thinking skills and opens new perspectives that carry over into other fields of study or eventually into our careers," points out Kim Hernández, a Spanish professor at Whitworth University in Spokane. She works with Whitworth's Central America Study & Service Program, an interdisciplinary course that equips students to confront the multiple challenges faced by the people and nations of Central America.

"For example, one of my Spanish graduates recently wrote me after a month of law school to thank me for all the thinking skills she gained from studying Spanish and how much it is helping her reading and analysis coursework in law school," Hernández says.

Think you're "not good" at learning languages? Abbott likes to dispel this common perception, pointing out that elsewhere around the world, most individuals learn two languages from elementary school on.

"Everyone learned a first language, so they can learn a second. Jump in and learn any language," Abbott says—then ups the ante. "After you learn a second, the third and fourth are easier."

Lora Shinn graduated from Portland State University with two years of Arabic.

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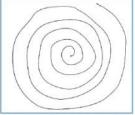
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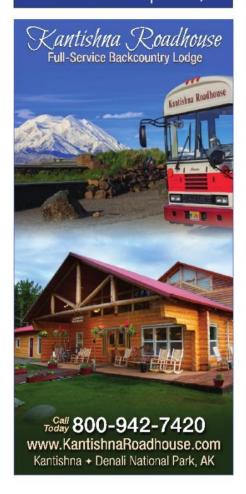
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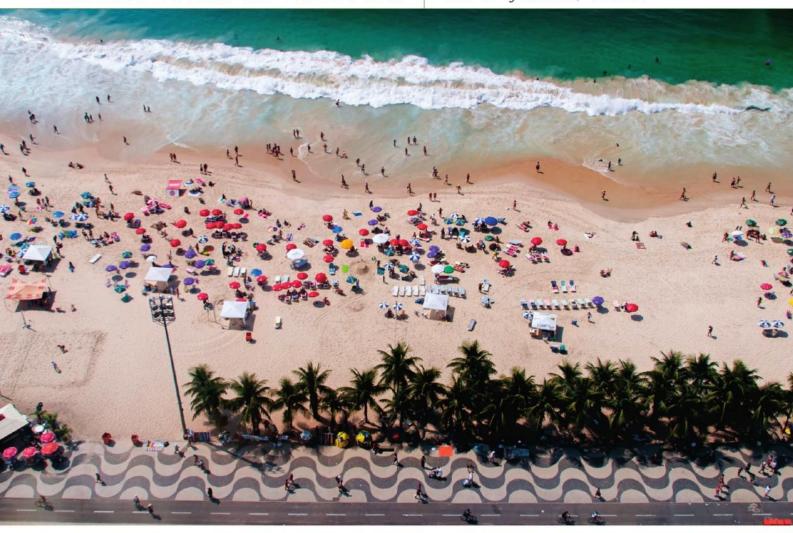
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Fun & Games

Rio welcomes the 2016 Summer Olympics

By Amy S. Eckert

In Rio de Janeiro, on one of the world's most famous tropical shores, local customs lend interesting flavor to a beach sojourn. For sure, there's all the sun and sand and glistening water one could ever wish. Sunbathe, swim, people watch—all on the vacation menu. But if you want to fit in like a local at Copacabana, complex beach traditions apply.

For example, Rio's golden strands of sand are sectioned into

a dozen *postos* that help like-minded people find one another: one is for moms with kids, one for sunsets, one for LGBT beachgoers, another for celebrities, and so on.

"Let me tell you about Rio's beaches,"

my Brazilian guide, Rodrigo, exclaimed as we walked along Copacabana's signature black-and-white tile promenade. "We go to the beach not to be alone. We go there to see people!" Copacabana's unique black-and-white promenade borders a beautiful beach popular with both residents and visitors to Rio.

Indeed, Copacabana was packed with beachgoers of all ages, young and old, fit and not-so-fit. It's where Cariocas (Rio residents) go to play and relax. It's hard to overstate the importance of the beach to Rio's civic life. These sandy shores constitute the city's backyard playground.

There wasn't a posto for writers, so after Rodrigo's initial guidance, I made my way to Posto 9, the section for artists and intellectuals on neighboring Ipanema beach. At a beachside cafe here, musicians Tom Jobim and Vinicius de Moraes wrote one of the world's most familiar songs, *The Girl from Ipanema*. Today, as in 1964, the beach is populated with many who are tall and tan and young and lovely, in the words of the English translation Norman Gimbel penned for the 1964 hit by saxophonist Stan Getz and singer Astrud Gilberto.

It's widely considered the second most recorded pop song ever, and it's almost certain to gain renewed fame this year as attention shifts to this South American metropolis of about 12 million people. The 2016 Olympic and Paralympic Games are coming in August and September. And while my aim on a recent visit was to check out Rio's travel highlights, the entire city is being transformed for the games. Construction cranes tower everywhere; signs in Portuguese announce each project, with the one common word "Olimpico." Yes, the Olympics will visit the beach: Copacabana is the venue for beach volleyball.

Though there are innumerable snackfood vendors along the beach, for lunch I decided to head nearby to sample something more substantial, another local tradition rooted in Brazil's centuries-old

WHAT'S TO EAT

Slow-cooked and savory feijoada (fay-ZH-WA-da) is as Brazilian as Copacabana and bossa nova; it's considered Brazil's national dish. A thick stew of black beans and pork, the hearty dish is served with white rice and a variety of garnishes: shredded kale, fried manioc cubes, finely ground manioc flour and orange slices.

Christ the Redeemer has been voted one of the modern seven wonders of the world.

ranching heritage.

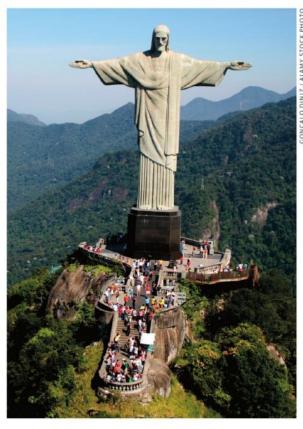
Just a block from the beach is one of Rio de Janeiro's dining mainstays, Churrascaria Palace, known for its first-rate Brazilian charcoal-grilled barbecue. White linen tablecloths and a noisy lunchtime crowd filled a dining room where black-clad waiters moved briskly between tables. "Would you like to try the prawns, madam?" a waiter asked as he brought by a long skewer of butter-basted, grilled shrimp. How could I refuse?

Over the course of my lunch a dozen waiters stopped by, each bearing a spit of grilled seafood or slow-roasted meat and poultry, each slicing paper-thin samplings of meat that I carefully received with my fork. With all-you-can-eat pricing, I could afford to try them all: melt-in-your-mouth beef tenderloin and lamb shank, savory prime rib and smoky pork loin. I even tried a grilled chicken heart (when in Rome, after all)

before finally raising my hands in surrender at the next waiter's approach.

After lunch I headed west a few miles to the lesser-known shoreline at Barra da Tijuca.

Referred to locally as Barra, this golden beach stretches an incredible 12 unbroken



miles. Umbrella-shaded beach kiosks dot the black-and-white promenade offering food, drink and a little respite from the sun. Up the sunny, wind-blown beach I walked, checking out kiosks that served everything from pizza to *chope* (draft beer), from burgers to fresh coconuts.

"Are you thirsty, madam?" asked a Brazilian vendor, tempting me with a chilled coconut hacked open just far

BRAZII

enough to accommodate a straw. I settled on something a little stronger:

Brazil's national cocktail, the *caipir-inha*, made with lime, sugar and *cachaça*, distilled from sugar cane.

Even on Barra's

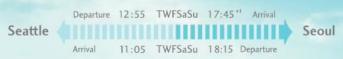
Even on Barra's
beach there were
numerous signs of
Olympic activity: road
improvements, new bus



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lanes and the addition of a multipurpose trail for runners and cyclists. When finished, the paved trail will stretch nearly 27 miles to the easternmost tip of Copacabana.

Farther inland, beyond the trees, I saw the tips of busy cranes, the construction site where most of 2016's Olympic activity will take place. Barra will host the athletes' Olympic Village and the two venues for the lion's share of the games, Barra Olympic Park and Riocentro. Already complete was the new Olympic Golf Course. It is Rio's first public course and will mark golf's return to the Olympics for the first time in 112 years.

But tempting as Rio's beaches are, I couldn't spend all my time with my toes in the sand. I wanted to see downtown, where the city was born.

Located northeast of its beaches, Rio's old city traces its roots to the port, from which shipping

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cotton, sugar cane and coffee to the motherland of Portugal made this city wealthy. An eclectic set of buildings lines the narrow streets of the Centro today, sandstone colonialThe cable car ride up to Sugarloaf is a thrilling journey—and the expansive view from the top takes in all of Rio.

era churches contrasting sharply with glass-and-steel office towers.

Midweek in Centro is busy, with travelers like me

dodging office workers in suits and heels—we with our gazes directed upward at soaring church steeples, they with briefcases in hand and schedules to keep. I picked my way across a makeshift plywood footbridge—in the works was a light rail line to link Centro with the Santos Dumont Airport and the subway system in time for the Olympics—to find my way into the city's most famous church.

The Old Cathedral of Rio de Janeiro marks the site where Portugal's Brazilian royalty were baptized, wed and buried. There were even two kings crowned at the

WHEN YOU GO

Whether you're headed to Rio for the sugar-sand beaches or the 2016 Olympic Games, a strong dollar and Olympic infrastructure improvements make the city more attractive than ever for American travelers. Brazil's tropical weather moderates in the fall, making April and May the best months to visit. The Olympic Games take place August 5–21, and the Paralympics September 7–18; rio2016.com. For general travel information, visit rcvb.com.br.

Stay

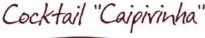
Rio's most famous hotel is the beachfront **Copacabana Palace**, a brilliant white 1920s landmark outfitted with period furniture, original artwork and impeccable service. The Palace's resemblance to French Riviera hotels brought it heightened attention during World War II, and it has been drawing celebrities and heads of state ever since; copacabanapalace.com.br.

More moderately priced is the **Copa Sul**, featuring 88 comfortable rooms just a block from Copacabana's beach. Room rates include breakfast, a refrigerator/minibar and Wi-Fi; copasul.com.br.

Dine

This year celebrating its 60th anniversary, **Churrascaria Palace** is open from noon to midnight every day. Though it's near the beach, the interior is semiformal, and the all-you-can-eat price is \$28; churrascariapalace.com.br.

Also by the beach, you can have a sandwich or a salad, sip an ice cold *chope* (draft beer) and sit at the very table where bossa nova artists Jobim and de Moraes penned **Garota de Ipanema** (*The Girl from Ipanema*), from which the restaurant borrowed its name. The street out front was renamed after the song's composer, Moraes; 55-21-2522-0340.









Dr. Namdarian is a member of the Frontier Institute (formerly California Center for Advanced Dental Studies) where he now serves as clinical instructor to Dentists attending their cosmetic courses. Dr. Namdarian achieved post-graduate certification from UCLA Dental School and is a member of numerous professional organizations including The Fresno Madera Dental Society, as well as:









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altar up front, Pedro I in 1822 and 20 years later his son, Pedro II, only 5 years old. I could sense the cathedral's royal pedigree in its sumptuous adornment: cream-colored walls embellished with gold rococo filigree. The royal balcony boxes are curtained with rich red velvet.

The Old Cathedral is a half-mile from Mauá Plaza, beside the waterway that bustled with traders in colonial days. Over the decades the port district had grown a bit musty with disuse. But there were many signs of a major overhaul: landscaping for the new light rail; the nearly complete shell of the Calatravadesigned Museum of Tomorrow; and a pop-up art project, 5-foot-tall block letters declaring #CIDADEOLIMPICA.

Nearby, Rio's Museum of Art has served as an icon for the port's revitalization. The modernist building, completed in 2013, brims with the artistic treasures of Brazil. I pored over delicate 16th century maps of Rio and became familiar with Brazilian artists I'd never heard of: Tarsila do Amaral, whose brilliantly colored paintings of rural Brazil evoke the tropics; and Eugênio Latour, whose soft, impressionistic paintings of family beach scenes filled me with warmth.

As dusk settled on Centro, the sounds of business commuters began to fade. In their place came the staccato sounds of drums and the energetic strumming of guitars. I had found my way to the birth-place of samba, a music invented by West African slaves centuries ago.

The music crescendoed as the sky darkened, begging me to look inside doors and windows that opened onto the street. A dozen tiny cafes echoed with the rhythms of samba and bossa nova—also invented in Rio—and competed with one another for my attention. More cafe doors were beginning to open, and funloving Cariocas had begun dancing in the street. I pulled up a chair at a patio table, ordered a cold beer and watched as the party took to the street.

I saved Rio's best for last: visits to the

city's mountaintop landmarks.

First was Pão de Açúcar, Sugarloaf, poking up 1,300 feet alongside Guanabara Bay, where the Olympic sailing events will take place. I climbed aboard a glass cable car to reach the mountaintop, a site that has drawn visitors and daydreamers since the late 1800s.

The smooth ascent put Rio into perspective, one of South America's great metropolises planted among jagged green peaks and embraced by the glistening sea. At the top, joined by an assortment of shutterbugs, I watched sailboats and container ships in the bay that will soon host Olympic sailors. To the southwest, steel-and-glass hotel towers clung to the shore. And to the west, *Cristo Redentor*, the towering statue of *Christ the Redeemer*, beckoned as my final stop.

An incline railway carried building supplies to the top of 2,300-foot Corcovado during construction in the 1920s; 13 stories of reinforced concrete and thousands of soapstone mosaics cover *Christ*'s frame. When finished in 1931, *Christ the Redeemer* was the world's largest Art Deco statue. It still is.

That same incline carried me to the base of the towering monument, from which concrete stairs led to the feet of the statue. I craned my neck to get a look at the Redeemer's face and his outspread arms, blessing the city.

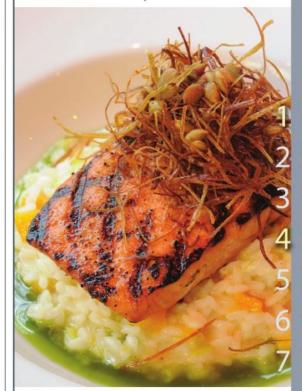
And then I turned around to gaze out on Rio: the mountains, the beaches in the distance, Sugarloaf. Here, this quint-essential Rio landmark is a symbol of the city's enduring appeal and a vantage point for all the facets that make it famous. The Olympics are sure to add to that—rightly so.

Amy S. Eckert is based in Michigan.

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Puzzles on page 188.

			DIFFI	CULTY	: EASY			
3	9	6	1	7	2	8	4	5
8	5	1	9	4	3	6	7	2
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9	3	7	2	8	5	4	6	1
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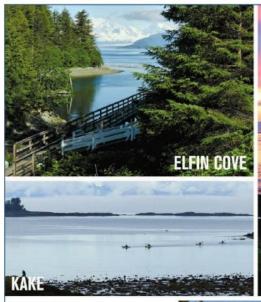
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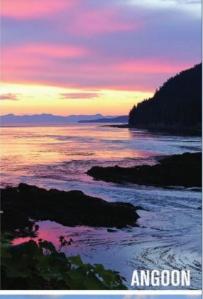
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4	5	9	7	6	8	2	3	1
6	9	4	5	1	2	3	7	8
7	3	5	4	8	9	6	1	2
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Seven Up

By Bengt Halvorson

If you like your vehicles tidy and maneuverable, stepping up to one with three rows of seating is usually a recipe for disappointment. Whether you're zigzagging along tightly curving mountain roads, making quick lane changes, parallel parking or just maneuvering through the parking lot of your local supermarket, most SUVs or vans that are long enough for that third row really put the kibosh on driving enjoyment.

The new, second-generation Audi Q7 is the rare exception to that rule. An eager powertrain, lighter-weight body structure and lowered center of mass go a long way toward helping this seven-seater feel more planted in corners and more maneuverable everywhere else.

The Q7's dynamic brilliance goes from outstanding to truly exceptional thanks to some engineering wizardry at the wheels—specifically, the one-two punch of an adaptive suspension and rear-wheel steering.

That's right. The 2017 Q7 steers not just with the front wheels, but with its rear ones, as well. The angle is small—limited to about 5 degrees at low speeds (and much less at higher speeds)—but it makes a real difference in a wide range of conditions.

At parking-lot speeds, the Q7's rear

wheels steer in the opposite direction of the front wheels, while during higher-speed maneuvers they steer in the same direction—albeit at smaller angles and in more subtle fashion. It's all controlled by sophisticated electronics and precise actuators so that you get not only that miraculous "shortening" of the vehicle in tight corners, and better maneuverability, but also better stability when you have to make a sudden lane change or swerve at highway speeds.

The Q7's available adaptive suspension is the willing partner to that all-wheel-steering system. It adapts the vehicle's ride and body control in response to a wide range of inputs—such as steering, acceleration and braking, and the road surface—adjusting firmness at each wheel. In addition, the system actually changes the ride height of

the Q7 depending on the driving demands.

On a series of twisty two-lane highways in California's Sonoma and Mendocino counties recently, I found the Q7's suspension completely up to the task, making the ride feel more settled and level without lessening the connection I felt with the road—actually keeping the body flat during some of the tightest corners to make the most of the all-wheel steering. It's as athletic and inspiring as you can get in this class of vehicle.

The only models that come close to offering this level of driving enjoyment, yet also three rows of seating, are the Acura MDX and Volvo XC90. Neither of them has rear-wheel steering on the menu, but the Volvo comes close in the ride and handling department, as it also offers a superb adaptive-suspension system.

Yet a price check and reality check are due: Audi estimates that less than 5 percent of American Q7 buyers will opt for the top Prestige level—which prices out upward of \$68,300 with the Adaptive Chassis package, including those ride-and-handling systems. The top-trim Q7 Prestige I spent the most time in added up to more than \$70,000. Yet despite the price, I can't help but think that the driving experience of this model will win over more luxury shoppers if they go for a test drive.

Even if you don't care to kit out your Q7 with all the bells and whistles, you get a very impressive driving experience. The center of mass is 2 inches lower than before, and a completely new body structure shaves off hundreds of pounds through the use of more aluminum and high-strength steels. That makes a tremendous difference in how the Q7 handles around tight corners. Even in models without the adaptive suspension and the fourwheel steering (starting at \$54,800), this big utility wagon hunkers down in a reassuring way around tight zigzagging stretches of two-lane blacktop, and transfers its weight gracefully back and forth. And it's far less likely than its predecessor-or just





AUTOS

about any other large utility vehicle—to act flustered if the road is rough or you go into a corner a little too fast.

The Q7 isn't offered with a V-8 this time, but the 3.0T engine that powers it provides the acceleration and perkiness of one. The 3.0-liter V-6 has direct injection and is supercharged-with those two technologies serving to give this engine some great characteristics. It has a mix of instantaneous low-rpm responsiveness and eager-revving, high-speed passing gusto that will remind you of a small V-8 in all but the sound. Shifts from the eight-speed automatic transmission are unobtrusive yet just snappy enough for performance driving-given confidence and traction with tenacious quattro all-wheel drive. And the bottom line is that its zero-to-60-mph time of just 5.7 seconds, officially, makes it just as quick as many sport sedans.

A lower-priced turbo four-cylinder model is on the way to the Q7 lineup late in the year. Look for that model to get even better gas mileage than the 3.oT. Even so, over nearly 250 miles of driving on twisty, hilly roads, at a good clip, the Q7 3.oT did very well for such a large vehicle, averaging about 20 mpg. And with a towing package, the Q7 can pull up to 7,700 pounds.

The new Q7 can be equipped with a series of active-safety features, enabled with built-in camera and radar sensors, that go well past the norm of airbags, anti-lock brakes and traction systems. In short, some of the best features in the Q7 will help save you from lapses in attention and judgment. For instance, turn assist scans oncoming traffic: It actually helps prevent you from turning into the path of another vehicle. Meanwhile, vehicle exit assist helps monitor traffic around the left side of the vehicle when parked or pulled over, keeping you from opening the driver's door into the path of a bicyclist, a motorcycle or another car.

Other sophisticated safety items include active continued on page 173

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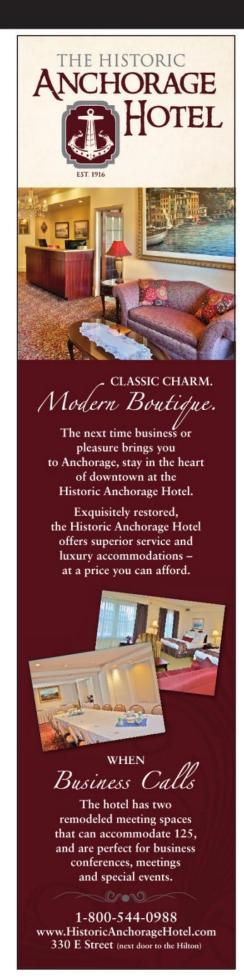


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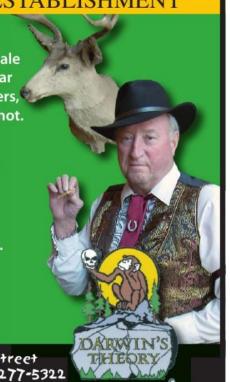
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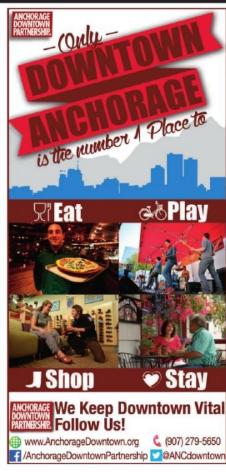
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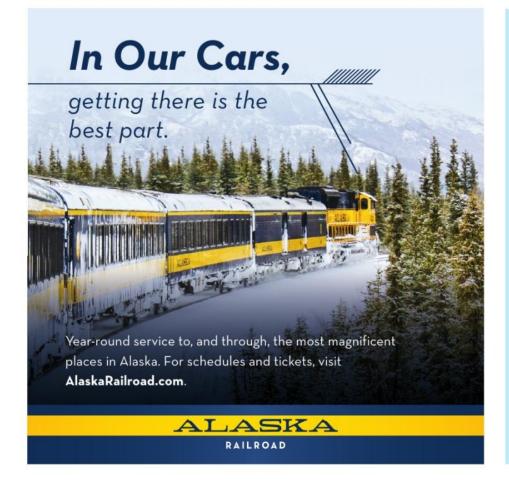
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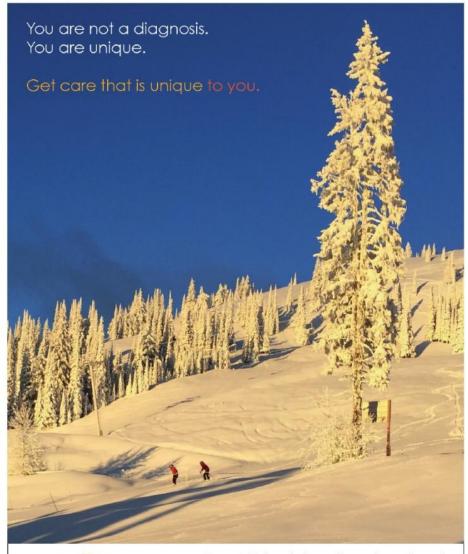






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from page 168



2017 AUDI Q7

Model type: SUV Price: \$54,800 base Power: 3.0L TFSI; 333-hp

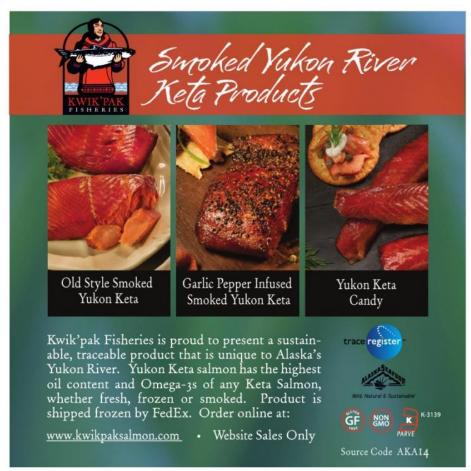
Technology: Audi virtual cockpit with 12.3-inch display; quattro; traffic-sign recognition; night vision assistant; vehicle exit assist; active lane assist; head-up display; rear cross-traffic alert; and traffic jam assist.

cruise control that can bring the car to a stop with traffic and restart it again; rear cross-traffic alert to help with backing out into busy streets; a high-beam assistant; active lane assist to help keep you in your lane of travel; traffic sign recognition; and full-color head-up display that projects pertinent information—plus a night-vision assistant that can detect pedestrians and large animals.

Compared to the previous Q7, this one's more comfortable for the driver. Audi has lowered the instrument panel and pushed it a bit forward, while raising the audio and climate controls, and making them slightly closer to the driver. The real star of the instrument panel is the so-called Audi virtual cockpit, a 12.3-inch display that's essentially one large screen with three distinct zones. You still get analog-style gauges when you want them, but you can go with large, colorful, highresolution Google Maps images instead if you're carefully following directions, for instance-separate from the entertainment options you might be clicking through on the MMI infotainment display screen atop the middle of the dash.

MMI itself is even easier to use than it





AUTOS

was some years back. There's now a special touch pad with haptic feedback and tabletlike gestures. Voice controls have again been upgraded to the point where you can now ask questions such as "Where can I get gas?"

In every way, the Q7 lives up to the most demanding luxury expectations. If you're an audiophile, the Q7 is going to wow you with the magnificent Bang & Olufsen 3D Advanced sound system, including 23 speakers and a total output of 1,920 watts. A 558-watt Bose system is also available. A big two-panel moonroof is included in all Q7 models, and you can add a four-zone climate-control system beyond the standard three-zone system.

Interior trims are high-class, with aluminum and wood finishes, and a choice of leather upholstery.

Circling back to one of the reasons you might consider the Q7 in the first place—its seating space for up to seven—the Q7 should offer enough space for your brood, even if some are getting well into the teenage years. Second- and third-row seating has been improved, thanks to the all-new underpinnings, which have allowed a lower floor. The seats themselves have been moved slightly lower and farther back, and you can fold both rows flat.

After a long driving day spent in the Q7, I was convinced that you no longer have to settle for a subpar—or trucklike—driving experience if you want that three-row capability.

The Q7 is rather pricey, but if you have a luxury budget, this is a vehicle in which you might actually choose to take the backroads rather than the freeway, and one in which you don't dread driving in urban environs. Engineering innovation and top-tech features don't only come in flagship sport sedans.

The Q7 offers the perfect reason for bringing six others along for the ride.

Bengt Halvorson is an independent automotive journalist living in Portland.

Flyer guide

Your overview of the Alaska experience.

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Premium Beer USD \$7
Alaskan Amber
Alaskan Icy Bay IPA
Corona (to/from Mexico)
Kona Longboard Island Lager (to/from Hawai'i)
Imperial (to/from Costa Rica)

Domestic Beer USD \$6 Miller Lite Budweiser

LIQUOR



Craft USD \$7
Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut
Espresso Vodka

Classic USD \$7 Sauza Tequila Dewar's White Label Scotch Jack Daniel's Black Label Crown Royal Courvoisier Cognac Baileys Irish Cream

First Class

Customers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and complimentary use of an Inflight Entertainment Tablet when available.



Chateau Ste. Michelle Indian Wells Chardonnay

Washington

An appealing tropical-fruit character; ripe pineapple and butter-scotch flavors.

Chateau Ste. Michelle Indian Wells Cabernet Sauvignon

Washington

A ripe, jammy style with dark-fruit aromas and flavors; Syrah adds richness.

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 beverage during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

Watch movies and TV

Laugh, cry, or both—all on your own device.

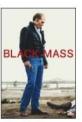
Power up your device with the latest hits.

Nearly every flight offers Alaska Beyond™ Entertainment, which allows you to watch more than 70 premium movies, 80+ TV shows and 80+ free video shorts on your own device. Movie and TV prices start at \$1.99.

MORE THAN 70 TOP MOVIES, INCLUDING:



Steve Jobs R; 2:05



Black Mass R; 2:02



The Intern PG-13; 2:01

How to get started:

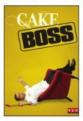
See the Amenities card in your seatback pocket or get instructions at loadplayer.com.

The Martian PG-13; 2:24*

NEARLY 90 FREE TITLES, INCLUDING:



Buying the Beach Island Hoppers



Cake Boss Kid Crush and Carnival



NatGeo's **Most Amazing** Photos Shaolin Kung Fu



Band in Seattle Funky 2 Death

FEATURED CONTENT PARTNERS:







Rent a preloaded tablet and get watching.

On longer flights, you can rent an Inflight Entertainment Tablet that includes more than 30 hit movies and 20 TV shows-including new movies you can't get anywhere else. Also enjoy music, Xbox games and digital magazines.

*also available with English subtitles; †edited

TOP MOVIES AVAILABLE ON THE TABLET:



Spectre PG-131: 2:20*



Pan PG-13: 1:51*



The Martian PG-13; 2:24*



The **Peanuts** Movie G; 1:28*



Our Brand is Crisis R†; 1:47*

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.

Go online

Gogo® Inflight Internet is available on nearly all our 737s, including all aircraft flying transcontinental routes.

- · Check email and access social media sites
- · Enjoy free access to alaskaair.com
- Visit your favorite sites

In the air or on the ground, visit gogoair.com for flexible pricing options.

* Gogo Inflight Internet is not available on flights to/from Hawai'i or when aircraft are flying over Mexico.

Where we fly

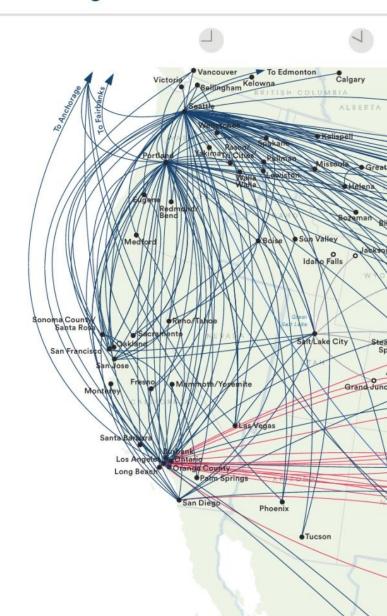
100+ destinations and counting.

U.S., Canada, Mexico and Central America

Alaska Airlines is proud to serve more than 100 destinations throughout the United States, Canada, Mexico and Central America. On routes that require a connection to one of our partners, we strive to make your journey as easy as possible by taking care of your bag transfer and providing assistance at any stage of your journey.

UPCOMING NEW SERVICE

Route	Service Begins
Portland-Kansas City	Feb. 18, 2016
Portland-Minneapolis	Feb. 18, 2016
Portland-Omaha	Feb. 18, 2016
Orange County-Reno	Mar. 16, 2016
Orange County-Santa Rosa	Mar. 16, 2016



LEGEND

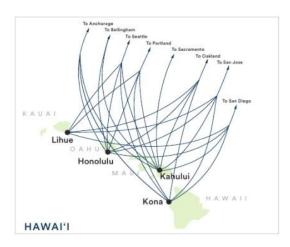
_ Alaska

American Airlines

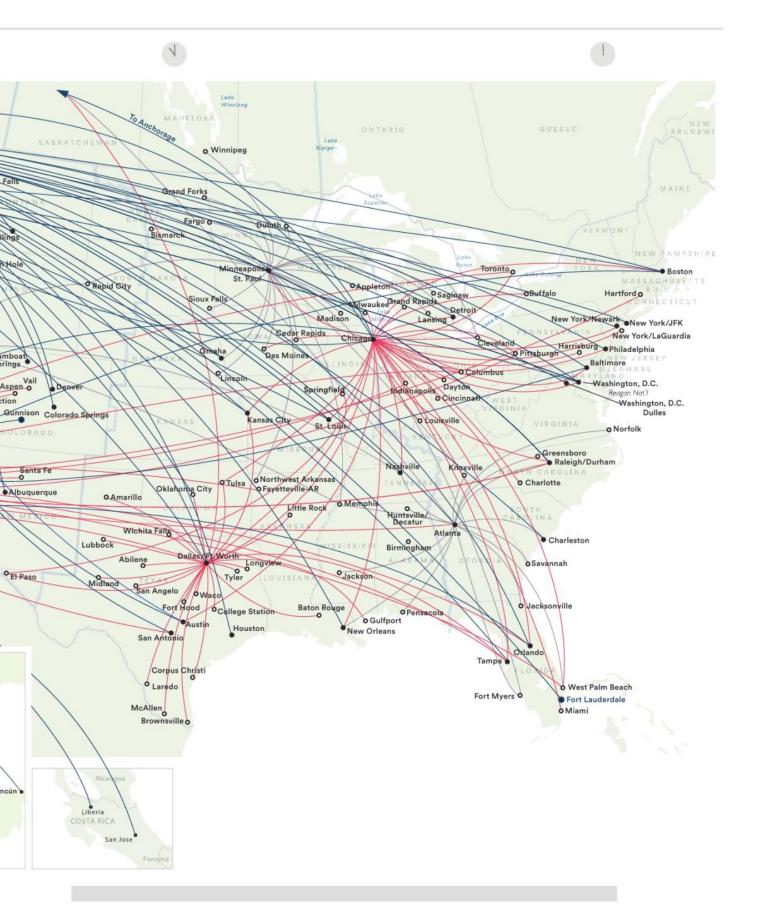
- Delta Air Lines

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

Some routes shown operate seasonally.







Where we fly



Some routes shown operate seasonally.

† Dutch Harbor– Anchorage service operated by PenAir.

Our service and operations

Alaska maintains a fleet of more than 140 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, with sculpted overhead bins and lighting designed to provide a more spacious cabin environment.

Alaska's 737 fleet



B737-900/900ER

Seats: 16 First class / 165 Main cabin

B737-800

Seats: 16 First class / 147 Main cabin

B737-700

Seats: 12 First class/ 112 Main cabin

B737-400

Seats: 12 First class/ 132 Main cabin

B737-400C

Seats: 72 Main cabin

B737-400F

All cargo

Alaska's regional fleet



Bombardier Q400 Operated by Horizon Air

Seats: 76 Main cabin



Embraer 175 Operated by SkyWest Airlines

Seats: 12 First class/ 64 Main cabin

A su servicio

Bombardier CRJ-700 Operated by SkyWest Airlines

Seats: 70 Main cabin

Our baggage service guarantee

We're proud to offer a baggage service guarantee. If your bags are not at baggage claim within 20 minutes of your plane parking at the gate, you're entitled to a \$25 Discount Code for use on a future Alaska Airlines or Horizon Air flight, or 2,500 Alaska Airlines Mileage Plan bonus miles. If we don't meet our 20-minute guarantee, simply see an Alaska Airlines or Horizon Air Customer Service Agent in the baggage claim area for your voucher.

- · One voucher per qualified passenger, for one or more checked bags.
- · Restrictions apply. See alaskaair.com for details.

de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

Alaska Airlines tiene el orgullo de ser la compañía

- Centros de atención telefónica de Reservaciones y de Atención al Cliente
- Quioscos de registro del aeropuerto alaskaair.com/español
- El editorial mensual del director ejecutivo quese encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- · Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda. "A su servicio."



CONTACT US

Customer care: 800.654.5669 (Mileage Plan, Web Support, Customer Care)

Toll-free reservations Within the U.S. and Canada: 800.Alaskaair (800.252.7522) (TTY 800.682.2221)

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 800.468.2248

How are we doing?

We have an easy way for you to provide instant feedback on your travel experience with Alaska. At any point in your journey, visit alaskalistens.com from any device to take a fast, two-minute surveyeven inflight, where access to alaskalistens.com is free if your flight offers Inflight Internet. Your responses enable us to provide feedback directly to employees you interact with. Give it a try at alaskalistens.com.

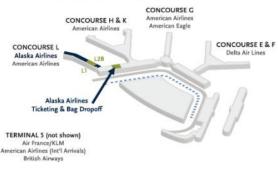
Airport terminal maps

A quick guide to help you make easier connections.

A CONCOURSE Ravn Alaska L GATES PenAir Ravn Alaska L GATES PenAir Board Room C CONCOURSE Alaska Airlines Delta Air Lines Delta Air Lines C-2-3 C-4 C-5-6 C-7 C-8 C-9 Ticketing & Bag Drop

ORD

Chicago O'Hare International Airport



** * * The Airport Transit System (ATS) connects the Main Terminals to the International Terminal.

LAX

Los Angeles International Airport



TERMINAL A

DFW

Dallas/Fort Worth International Airport



SEA

Seattle/Tacoma International Airport



PDX

Portland International Airport



SFO

San Francisco International Airport



SAN

San Diego International Airport



Korean Air Qantas

Customs and immigration

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

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

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form? All travelers

Helpful tips

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

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros

Datos de ayuda

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



TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas inmediatamente al entrar al edificio de la Terminal Internacional.



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form? All travelers

Helpful tips

- · One form per person or one per family with same address
- · Section 6-It is not necessary to declare medicine for your personal use

Who must complete this form? All travelers except citizens of Mexico

FEM FOR MEXICAN NATIONALS

Who must complete this form? Citizens of Mexico

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros.

Datos de ayuda

- · Una forma por persona o por familia con la misma dirección
- Sección 6—No es necesario declarar sus medicamentos de uso personal

FMM

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- Complete una forma por persona. No olvide firmarla.
- Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usara como identificación.





FMM



MEXICO STATE CODES: (CODE City, State)

ROO Cancún, Quintana Roo JAL Guadalajara, Mismaloya and Puerto Vallarta, Jalisco GRO Ixtapa and Zihuatanejo,

Guerrero BCS Loreto, La Paz, Los Cabos, and San Jose, Baja California Sur

COL Manzanillo, Colima SIN Mazatlán, Sinaloa

D.F. Mexico City. Distrito Federal

NAY Nuevo Vallarta, Bucerias and north, Nayarit

Your safety and comfort

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

SEATS

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

 Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

CREW SAFETY

• Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.

DEVICES

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

PETS

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

ALCOHOL AND TOBACCO

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

OTHER PROHIBITED ITEMS

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

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- · Cellphones (prior to door closure only)

Not allowed during flight

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

Costa Rica

9-Day Tour \$1095

Volcanoes, Rainforests and Beaches. All Meals Included.

Day by Day Itinerary

Day 1. Your adventure begins! Enjoy two nights in San José.

Day 2. To Poás Volcano. Hike Escalonia Cloud Forest Trail.

Day 3. Visit Sarchi. Continue to Fortuna for a two night stay.

Day 4. Rio Frio cruise. Enjoy a soak in volcanic hot springs.

Day 5. Hike Hanging Bridges. View majestic Arenal Volcano. Two night stay at beach resort.

Day 6. Enjoy resort at leisure.

Day 7. Tarcoles River cruise.

Day 8. Manuel Antonio Park with an aerial tram adventure.

Day 9. Return with wonderful memories—¡Hasta la vista!

Full Tour at Caravan.com

Join the smart shoppers and experienced travelers.



Daystop Overnight Two Nights

Guided Tours Since 1952 +tax & fees
Guatemala, Tikal 10 days \$1295
• Costa Rica 9 days \$1095
Panama & Canal 8 days \$1195
Nova Scotia, P.E.I. 10 days \$1395
Canadian Rockies 9 days \$1595
Grand Canyon 8 days \$1395
Mount Rushmore 8 days \$1295

66 Brilliant, Affordable Pricing ??

—Arthur Frommer, Travel Editor

8 days \$1295

New England

Free 28-Page Brochure
Caravan.com 1-800-Caravan

caravan

Plastic Injection Molding





Puzzle on page 190.

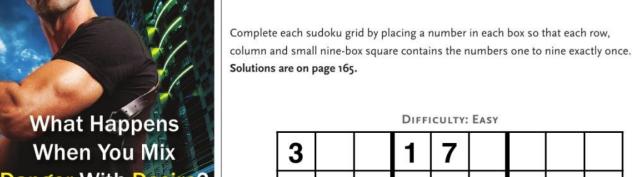
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Puzzle © 2016 Penny Press, Inc.



WWW.NTMUSA.COM

ntm@centurytel.net



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TOP RESTAURANT FAVORITES IN:

San Diego



cohnrestaurants.com





rn74.com



Bay Area

Tarkcreek.com



cohnrestaurants.com



tomdouglas.com



_crowsnest-santacruz.com



crabcatcher.com



novilhos.com



wentevineyards.com



112

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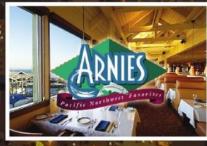
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公司

C SERVE

es hill si

winesellar.com



arniesrestaurant.com.com



birksrestaurant.com



bicesandiego.com



spaceneedle.com



turnbarandgrill.com

RECOGNIZED AUTHORITY ON BUSINESS DINING



PASSPORT

23

48

52

42 43 24

28

- 1 Instance
- 5 Site in India
- 9 Lip
- 13 Odd job
- 18 ___ Peak, New Mexico
- 19 Slave Scott
- 20 Modify
- 22 Nimbi
- 23 Indirectly
- 25 Kick or name
- 26 Inert gas
- 27 Pipe joint
- 28 ___ Point
- 29 The press
- 31 Solutions
- 33 Nomadic group
- 34 Certain MDs
- 35 Brew
- 36 Burn an aromatic gum
- 37 Wine cellar
- 38 Kin: abbr.
- 41 Italian herb
- 44 Narrow board
- 45 Northern Ireland seaport
- 47 Arizona river
- 48 Augury
- 49 Police-team acronym
- ___ publica 50
- 51 More secure
- 52 Actress Ullmann
- 53 Musical designation 57 Dictionary listing
- 58 Encroach
- 61 Rear
- 62 Suitable
- 63 Carols
- 64 Nemo's creator
- 65 Tendon
- 66 Out of practice
- 67 Lend-___ Act
- 68 Minor exhibition
- 71 Earth tone 72 Intuition
- 74 Church spire
- 75 Takes on cargo
- 76 Water tester 77 Bellow
- 78 Rend
- 79 Winged
- 80 Resources
- 82 Fertilizer
- 83 Streisand role
- 84 Peculiar 85 Coal scuttles
- 86 Not poetry
- 88 Large cask
- 89 Nuclear-reactor part
- 90 Dry white wine
- 91 Atypical
- 95 Ingrained habit
- 99 Quarry, e.g. 100 Needlefish
- 101 Venerate
- 102 "___ Were the Days" 103 Excellent
- 105 Ravi's instrument

- 106 Rooms in a hacienda
- 107 Egg on

101

105

109

- 108 Novelist Hunter
- 109 Scoundrels

DOWN

- 1 Short surplice
- 3 Starts back
- 4

- 7 Tony-winning musical
- 8 Include
- 9 Flavors
- 10 Referred casually
- 11
- 13 Pure
- 14 Deer

72

102

- 110 Encircling highway
- 111 Not once, to a poet
- 112 Soften

 - 2 Wan

 - Pitcher handle
 - 5 Hold closely
 - 6 Go to ___ (retire)

 - Rubberneck
- 12 Denomination

15 Pond growth

110

- 16 Cheer 17 Feudal laborer
- - 24 Live
 - 29
 - 30 Begrudge

 - 33 Shrub-covered expanse
 - 36 Lumps of snow 37 Minotaur's land
 - 38 Extra person
 - 39 On guard
 - 40 Contrary gardener?

 - 42 Mideastern ruler

 - 46 Uneven
 - 47 Bay of Bengal feeder

 - 54 Medicate

55 Dissonant

20

25

45

50

73

- 21 Go over lines
- Basin for holy water
- 32 Farm wagon

- 41 Roll of fabric
- ___ Adventist 43
- 44 John Paul II's Guard
- 49 Black Panther Bobby ____
- 51 Net

103

107

111

- 56 Dressed to the ____
- Hawk, e.g. 59
- 60 Brazilian star et al.
- 62 Amendment 64 Chagrined
- 65 Rope fiber
- Weighing device 66
- 67 Elsa and Leo
- Sleep noisily 68
- 69 Australian gem
- 70 Lean and limber
- Norse king 71
- 72 Interns, e.g.
- 73 Cancel
- 78 Singer Braxton 80 Cross
- 81 Nuptial
- 82 Chess action
- 83 Bed covering
- 85 Sharpeners 87 Most unusual

88 More high-strung

89 Atoll material

108

112

78

22

26

30

- 90 Boa
- 91 Mournful song 92 Desert plant

100

- 93 Of birth
- 94 Council of _
- 95 Long band 96 Ernie's wife
- 97 Sheep shelter 98 Ishmael's captain
- 99 Muck 103 Frivolity

SOLUTION ON PAGE 187.

104 Sleep phase: abbr.





FIRST CLASS SERVICE AWAITS YOUR ARRIVAL

Enjoy a culinary trip around the world at Muckleshoot Casino with eight tantalizing dining options! Fly in and experience our endless buffet offerings, from a Mongolian Grill to a savory carving station, at Spice Bay Buffet®. Relish international cuisine at Asian Restaurant "8" or feast on a mouth-watering steak at Coyaba Grill, and don't forget to save room for dessert at our Sweet Shoppe! Sit back, relax and enjoy an elevated culinary experience, only at Muckleshoot Casino, the Biggest and Best in the Northwest.

\$10 FOOD CREDIT

Code: **AA10FC16** | VALID: February 1, 2016 – December 31, 2016

\$10 IN FREE PLAY

Code: AA10FP16 | VALID: February 1, 2016 - December 31, 2016

Present your airline ticket stub (paper or electronic) or bring in this ad to the Players Club for your Free Play or Food Credit offers!

*Limit one food credit and one Free Play redemption per guest in 2016. Must be or become a Players Club member to participate. Membership is free! Must have flown between January 1, 2016 through December 31, 2016 to receive offer. Offer expires December 31, 2016. No discounts on promotional offerings and holidays. 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.

20 minutes from SEA-TAC International Airport I-5 South to WA 18 East . Auburn Way Enumclaw Exit

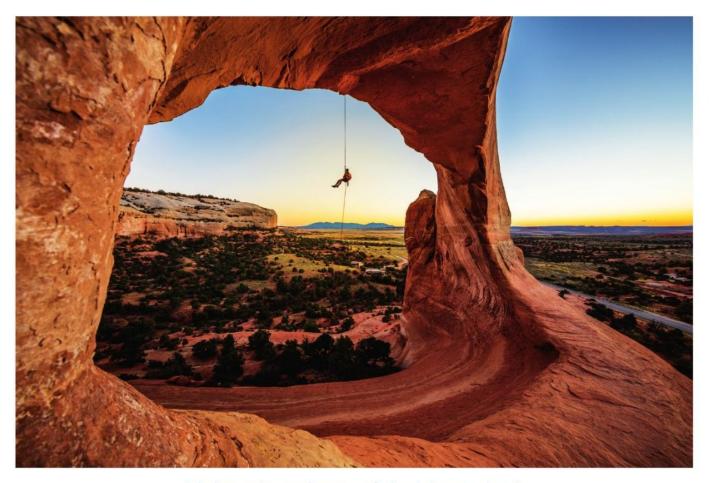




f E 2402 Auburn Way South, Auburn WA 98002 800-804-4944 | muckleshootcasino.com



IT'S ALL ABOUT YOU



A climber rappels across the opening of Wilson Arch near Moab, Utah.

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* The definition of hassle free buying is the customers choice to buy without the hassle of negotiating.

profound satisfaction.

It comes from knowing you've made smart, thoughtful choices. And it comes from knowing that you have a plan. A plan designed to provide for the life you enjoy and for the people and things that you care about most. Helping you with your plan, and helping you achieve satisfaction is what we do.

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