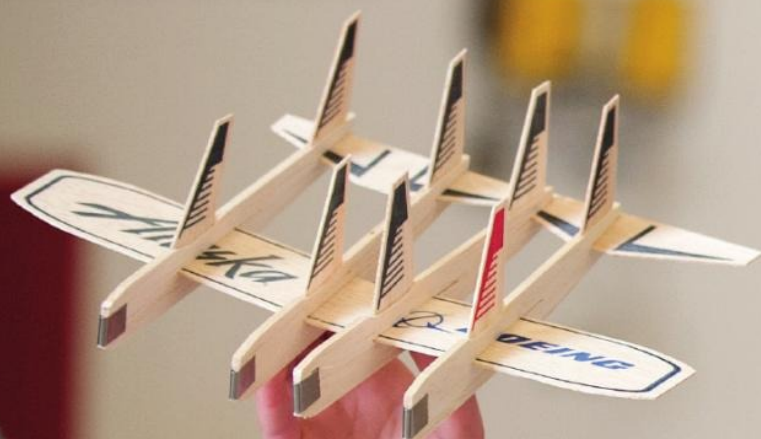


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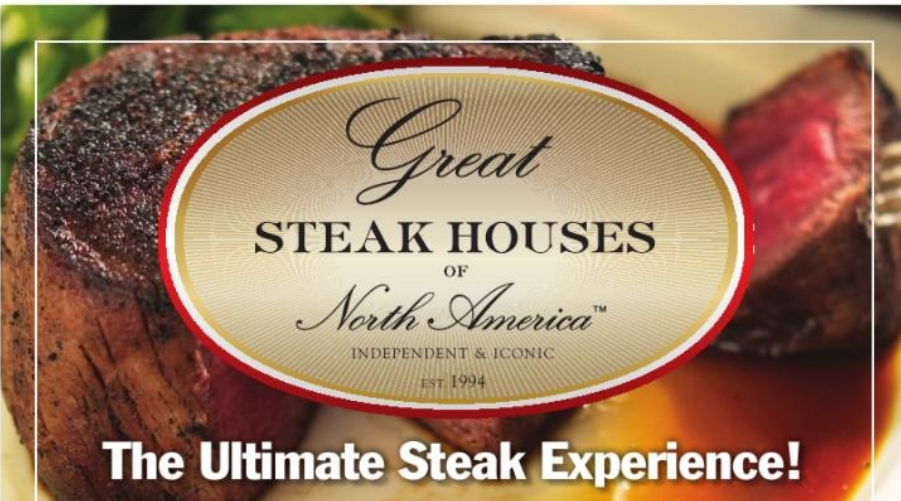
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Spirit of Alaska



Brad Tilden,
Chief Executive
Officer

RAISE YOUR HAND FOR SCHOOLS

I don't know about you, but when I look back at my life, I remember specific moments when people I looked up to helped to get me on the right track. A coach, a music instructor, a Scoutmaster, or in many cases, a teacher. You may have someone in mind, as well, someone who believed in you, and made a difference in the course of your life. For me, one such person was Chuck Bergman, a college English teacher

who helped me realize that for something I wrote to be worth reading, I had to take some risk (and I'll say right here that regular readers of this column may believe that Dr. Bergman's work is not finished!).

Our communities today are facing daunting challenges. We have health issues, poverty, income inequality, and crime in places. There is certainly no magic solution to these problems, but there is one thing that has the power to address almost all of them—education. Nelson Mandela once said, "Education is the most powerful weapon which you can use to change the world."

Research supports this idea. Studies show that a better education leads to better employment outcomes, better health, lower levels of crime and much more. The Washington Roundtable, a group of business leaders in Washington state, recently commissioned a study on the state's education system. They found that only 76 percent of students scheduled to graduate in 2013 actually did. Nearly a quarter of students didn't graduate on time. At 40th in the nation, Washington is



Alaska Airlines' Aviation Day gives students a chance to explore careers in the airline industry.

among the worst states for high school graduation rates. And that's just Washington. Every West Coast state could and should do a better job of inspiring its kids to graduate. Studies show a high correlation between low high school achievement rates and longer-term poverty. A good education is a crucial ticket to success.

At Alaska Airlines, we believe in investing for the long term. When we buy airplanes, we have a mindset about how those airplanes will help you—our customers—and our employees and the owners of the company over 20 years. We believe that, as community members, we should have the same long-term mindset about education. What do we need to do today to have great

communities—10, 20, 30 or 40 years from now?

In this age of instant gratification, it can be difficult to gain traction for ideas that take time to produce results. But we believe it's important to take the steps today to strengthen our education system and build even better communities in the future. This belief is guiding our employees as they increasingly volunteer in classrooms and is guiding our corporate outreach efforts in communities as we boost our support for STEM-education programs. Many of these efforts are specifically focused on youth from more challenged economic backgrounds. (You can read more about these efforts on page 13.)

Good schools and great teachers (like Dr. Bergman) do change lives and change future outcomes, and it's up to all of us as members of our communities to ensure that these schools and teachers have the chance to make a difference. We hope you'll consider getting involved, whether that be sitting on a board or committee, helping in a classroom, or doing anything you can to send the message to your local legislators that we need to invest in our kids, and our future, through schools.

Thanks for reading this, and thank you for flying with us. ▲

El Espíritu de Alaska



Brad Tilden,
Jefe Ejecutivo

LEVANTE LA MANO POR LAS ESCUELAS

No sé usted, pero cuando miro hacia atrás en mi vida, recuerdo momentos específicos cuando las personas que admiraba me ayudaron a encontrar el camino correcto. Un entrenador, un instructor de música, un Jefe de Tropa, o en muchos casos, un maestro. Usted puede tener a alguien en mente también, alguien que creyó en usted, y marcó una diferencia en el curso de su vida. Para mí, una de esas personas fue

Chuck Bergman, un profesor de inglés en la universidad que me ayudó a darme cuenta de que para que algo valga la pena leer, tuve que tomar algunos riesgos (y voy a decir aquí que los lectores habituales de esta columna pueden creer que la obra del Dr. Bergman ¡no está terminada!).

Nuestras comunidades hoy se enfrentan a enormes desafíos. Tenemos problemas de salud, la delincuencia en ciertos lugares, pobreza y la igualdad de ingresos. Ciertamente, no hay solución mágica para solucionar estos problemas, pero hay una cosa que tiene el poder para hacer frente a casi todos ellos—la educación. Nelson Mandela dijo una vez que “La educación es el arma más poderosa que se puede usar para cambiar el mundo.”

La investigación apoya esta idea. Los estudios demuestran que una mejor educación conduce a mejores resultados de empleo, mejor salud, niveles más bajos de la delincuencia y mucho más. The Washington Roundtable, un grupo de negocio líderes en el estado de Washington, encargado recientemente un estudio sobre el sistema educativo del estado. Ellos encontraron que sólo el 76 por ciento de los estudiantes programado para graduarse en 2013 en realidad lo hizo. Casi una cuarta

parte estudiantes no se gradúan a tiempo. Y al 40mo en la nación, Washington es uno de los peores estados para las tasas de graduación de la escuela secundaria. Y eso es sólo Washington. Cada West Estado Costa podría y debería hacer un mejor trabajo de inspirar a sus hijos a graduado. Los estudios muestran una alta correlación entre la baja de la escuela secundaria las tasas de rendimiento y de más largo plazo pobreza. Una buena educación es un importante boleto al éxito.

En Alaska Airlines, creemos en invertir para el largo plazo. Cuando compramos aviones, tenemos una mentalidad de cómo los aviones le ayudarán a usted—nuestros clientes—nuestros empleados y los propietarios de la empresa en un promedio de más de 20 años. Creemos que, como miembros de la comunidad, debemos tener la misma forma de pensar a largo plazo en torno a la educación. ¿Qué es lo que tenemos que hacer hoy para tener grandes comunidades—10, 20, 30 o 40 años a partir de ahora?

En esta era de gratificación instantánea, puede ser difícil ganar tracción con las ideas que toman tiempo para producir resultados. Pero creemos que es importante tomar las medidas hoy para fortalecer nuestro sistema educativo y

crear aún mejores comunidades en el futuro. Esta creencia está guiando nuestros empleados, ya que cada vez más se ofrecen como voluntarios en las aulas y en nuestros esfuerzos de alcance corporativo en la comunidad a medida que aumentamos nuestro apoyo a los programas de educación STEM. Muchos de estos esfuerzos se centran específicamente en los jóvenes de niveles económicos más desafiados. (Puedes leer más sobre estos esfuerzos en la página 13.)

Las buenas escuelas y grandes maestros (como el Dr. Bergman) cambian vidas y cambian los resultados de un futuro, y nos toca a todos nosotros como miembros de nuestras comunidades asegurarnos de que ellos tengan esa oportunidad. Esperamos que usted considere involucrarse, ya que estar sentado en una junta o comité directivo, ayudando en un aula, o hacer cualquier cosa que pueda para enviar el mensaje a sus legisladores locales que tenemos que invertir en nuestros niños y nuestra futuro a través de las escuelas.

Gracias por leer este artículo, y gracias por volar con nosotros. ▲

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immediately."

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that it was for women who
wanted to lose weight.
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40s, feeling a bit lost and
without a goal, I realized
that my time to embrace
and live my best life could
be dwindling.

I had no expectations to see any drastic
physical changes. After all, I've always been
active and athletic. I played college sports
and enjoy working out. I was prepared to learn
some new workouts specific to my goals, get
in better shape and pick up a few new recipes.

My Best 10 turned out to be so much more.
And it changed my life for the better almost
immediately.

Being a working woman, wife and mother often
left me with little time for myself. Our lives
are so busy with school, jobs and sports that
our family feels lucky to have any precious,
relaxing moments together. We especially
love to travel and ski. By design, My Best 10
required me to spend 10 weeks focused on
just me! Giving myself permission to embrace
this time was a new way of operating. After
those 10 weeks, I had learned many different
ways to stay organized, prioritize my health
and make being my best self important enough
to make time for it.

My personal trainer was excellent. His passion
for his job, professionalism, willingness and
ability to listen are second to none. The
workouts he created were challenging, directly
targeted at my goals and so much fun that I
didn't even realize how much my body was
changing for the better. I knew I was with the
right trainer when we played basketball for our
second workout. Perfect!

My biggest surprise was how much energy
I had by following the program. I feel like an
entirely different person. I'm thrilled to have
shared so many aspects of this positive
experience with my family. As a result, we've
all grown together.

Here are a few tips I learned along the way.
Drink tons of water and get lots of sleep. Track
your food intake. It will allow you to recognize
and change any unhealthy behaviors. This
is especially true when you think that you've
developed good habits. Keep tracking. It will
ensure you go that extra mile

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put myself in a place I don't think I've ever
been. I had never operated at my optimum
level in all aspects of life and this seemed to be
the perfect opportunity to begin to explore how
to live my best life.

My Best 10 turned out to be everything I
desired and more. More than anything, I
wanted my family to live a long, happy, healthy
life together. My Best 10 taught me what it
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Inspiring Education

A few weeks ago, three young women from South Whidbey Island stepped onto a 737 flight deck in SeaTac, Washington, and saw very real possibilities. In a full-scale flight simulator, the same equipment that Alaska Airlines pilots use for training and testing, the girls—Annika Hustad, Haley McConnaughey and Hannah McConnaughey—each took a turn at the controls, flying the Boeing aircraft up the coast

from Seattle toward Alaska in an experience that captivated them.

The flight came about as a reward for the science students, who last year won the high school division of the Black Sea ROV International Competition, held in Romania, where the remotely controlled submersible they designed and built won a rigorous test of eight time challenges performed beneath the turbulent surface of the Black Sea.

For Hannah, who will enter the University of Washington this fall as a business student, the team's Atlantis ROV experience was not only a way to express her interest in science, but it impressed upon her how underrepresented girls are in STEM (science, technology, engineering and mathematics) fields. Since the competition, where they were the only girls in the high school division, the girls have become notable guest speakers at education and science conferences, focusing not only on greater incorporation of STEM curricula, but on greater cultural awareness of including all students in science and technology programs.

For Alaska Airlines, providing an hour-long slot in a simulator is a small but important investment in the future. It fits well into the airline's larger-picture efforts to effect interest in STEM curricula as much as possible. Over recent years, these efforts have accelerated in size and scope as the company has sought to facilitate educational opportunities that will help create the scientists, engineers and business leaders that the



RACHEL DREBEN, COURTESY: THE MUSEUM OF FLIGHT, SEATTLE

airline, and the aviation industry, will need to prosper in the future.

Last year, Alaska-sponsored programs enhanced the education of 1,800 students; by 2020, the airline's education projects will reach 25,000 kids a year in various Alaska Air Group locations, via programs such as its Aviation Day, support of STEM education for Native youth in Alaska, sponsorship of an education and career center at Seattle's Museum of Flight and support of local schools.

AVIATION DAY

Each May, for instance, the airline opens its hangars in Seattle and Portland to groups of students with an interest in aviation. This year, more than 1,000 high school-age youth from Boy Scouts, Girl Scouts, Civil Air Patrol, Black Pilots of America and a number of other organiza-



Students explore a wind tunnel exhibit (top) at the Alaska Airlines Aerospace Education Center. Girl Scouts were among the more than 1,000 students who attended Aviation Day.

tions had the opportunity to discuss career options with Alaska pilots, flight attendants, maintenance technicians, customer service agents and employees from throughout the airline. The kids built model planes with a Boeing engineer, attended classroom sessions



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focused on the science of aeronautics, and participated in hands-on sessions in the hangars that let students get an up-close look at a 737 and many other aircraft flown in for the event. Nearly 300 employees volunteered their weekends to share their experiences.

ALASKA AIRLINES AEROSPACE EDUCATION CENTER

In addition to its ongoing support of Seattle's Museum of Flight, Alaska Airlines donated \$2.5 million toward the



An Alaska Airlines grant allows hundreds of students from remote villages to fly to Anchorage and participate in the Middle School Academy Education Program.

creation of the Alaska Airlines Aerospace Education Center, which opened in May. The center is a resource for students, teachers and parents, where they can

immerse themselves in the museum's many education programs. The center includes online career-planning software, 3-D printers, flight simulators and other state-of-the-art technologies—and specially trained “education concierges”—designed to inspire and guide students toward careers in aviation, aerospace and other innovative technologies. The museum already serves more than 150,000 kids a year, and the Alaska Airlines gift also funds an outreach program to involve students from immigrant and disadvantaged communities, and from populations currently under-represented in STEM, such as women.

ANSEP

In the state of Alaska, the airline has provided a three-year \$1 million grant to help transport students—many from the state's remote village communities—to Anchorage to participate in the Alaska Native Science & Engineering Program. The Middle School Academy Education Program, held at the University of Alaska Anchorage, consists of multiple two-week free academies. Rural students from Kotzebue to Wrangell attend classes that include solving problems, experiments, engineering challenges, research and communication skills, taught by STEM professionals and university staff.

Last year more than 200 students attended one of four academy sessions; this year the program, through state funding and grants such as Alaska's, is doubling in size. “Our goal is to make sure that as many students as possible who want to attend this program have the opportunity,” says Marilyn Romano, regional vice president-Alaska. “The



Alaska Airlines CEO Brad Tilden works with Highline School District students on a science project.

skills these students gain by attending the academy will benefit their communities and the state while preparing them for success.”

HIGHER ED

➤ **Alaska's contributions** to education extend well beyond youth programs. Alaska has been a leading sponsor of the Alaska Airlines Environmental Innovation Challenge at the University of Washington. The airline has also supported employment initiatives led by the Port of Seattle. Alaska Airlines donated \$1.5 million to Port Jobs, which facilitates career development for airport workers.

CHOICES

And Alaska Airlines has partnered with the CHOICES nonprofit organization to provide programs in the Seattle area's Highline School District aimed at keeping kids in school, motivating them to plan for their futures and introducing them to practical life skills. In addition, the airline recently donated \$25,000 to the district's athletic programs in honor of Russell Wilson, the airline's Chief Football Officer, and his commitment to excellence in academics and sports.

From elementary schools to universities, Alaska Airlines is taking the lead in helping to inspire leaders of the future. ▲

ROBOTIC INSPIRATION

➤ **In April, more than 25 students** from Alaska traveled to St. Louis to participate in the FIRST Championships, in which teams design and build robots to compete head-to-head. Schrödinger's Hat, Team 3595, from Fairbanks, won the Inspire Award for excellence in design and teamwork, beating out nearly 4,500 teams from around the world. A cash grant from the Alaska Airlines Foundation and in-kind corporate donations helped the students travel to St. Louis.

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WHAT'S NEW



A PLANE PULL TO HELP END CHILDHOOD CANCER

Alaska Airlines' Chief Football Officer Russell Wilson led his team to victory in the Alaska Plane Pull for Strong Against Cancer. In July, Wilson faced off against actor and comedian Joel McHale in the plane pull, competing to see whose team could pull a 92,000-pound Alaska Airlines 737-800 25 feet in the shortest amount of time. Team Russell won with a time of 16.9 seconds. But the real winner was Strong Against Cancer, an initiative dedicated to ending childhood cancer, which is supported by Wilson and Alaska. The plane pull raised more than \$35,000, adding to the \$350,000 Alaska has contributed since 2014.

EXPANDED AMERICAN AIRLINES BENEFITS FOR MILEAGE PLAN MEMBERS

American Airlines



Alaska Mileage Plan members now have access to nearly 3,000 more daily flights on partner American Airlines. Enjoy seamless access to the world's largest airline, with even more options to earn and redeem miles for award travel. Alaska

Board Room members also now have access to all 54 Admirals Club locations worldwide. Read more at blog.alaskaair.com about how American's expanded network will benefit Mileage Plan members.

MORE SERVICE TO THE MIDWEST FROM PORTLAND

Starting February 18, 2016, Alaska will offer daily nonstop service from its Portland hub to three Midwest metropolises, including Kansas City, Minneapolis–St. Paul and Omaha, Nebraska. The routes will be operated by SkyWest using Embraer E175 aircraft, with 12 seats in first class and 64 in coach. Onboard amenities will include Alaska Beyond Delicious, featuring food and beverages sourced with items from iconic Pacific Northwest brands; Alaska Beyond Entertainment, with free and premium entertainment direct to customer devices; and faster Inflight Internet access. First-class customers will also enjoy power outlets at each seat.



Walker/Minneapolis Sculpture Garden.

JOSEPH SOHM / SHUTTERSTOCK.COM

FOCUS ON SUSTAINABILITY

Bringing Green to the Workplace

Alaska Airlines was recognized as one of King County's Best Workplaces for Waste Prevention and Recycling in 2015, due to the airline's onboard recycling and composting initiatives. King County's Solid Waste Division recognized 112 businesses with its list of companies excelling in waste prevention and recycling. Now in its ninth year, the program spotlights a wide range of businesses in the Seattle metro area. This year, 29 businesses, including Alaska, joined the "Best Workplaces" list for the first time.

Building Loyalty

Each year, Alaska Airlines recognizes a handful of its most celebrated employees as Customer Service Legends—the airline’s highest honor. We invite you to learn about one of our Legends, Customer Service Lead Miguel Arreola.



Miguel Arreola,
Alaska Airlines
Legend

When a loyal Alaska Airlines customer and his wife needed to shorten their trip to Puerto Vallarta because of unexpected family circumstances, they found themselves boxed into using another airline for the second leg of their return flight. It then became obvious that they would miss their new connection when their Alaska Airlines flight out of PV suffered delays. Alaska customer service agents tried to rebook the couple but were unable to find a flight that would meet their schedule.

That’s when Miguel Arreola, CSA Lead at the Puerto Vallarta station, stepped in to help. Miguel searched the system and found a flight out of PV on another airline, with a workable connection. And not only did Miguel book the new tickets, but he personally walked—actually ran—the couple to their new carrier, with their bags, and made sure they got on board.

In a letter to the airline, the customer admitted “it pained us” to fly another carrier, but “Miguel’s actions and help only cemented our loyalty even deeper.”

Good customer service is simply being yourself, Miguel says. For him, that has always meant doing just a little bit more, being creative in how he solves problems. “That’s just my natural way,” he says.

Miguel is one of the first to greet each flight, and if the last incoming flight of the day is delayed, he’ll volunteer to stay until the last passengers have claimed their bags. His role, he says, is to try to make the day easier for passengers and for his co-workers.

His co-workers have noticed. Miguel has been with the company for 11 years and is a relative youngster among Alaska’s Legend award winners, but his Puerto Vallarta co-workers nominated him for the honor the first year that he became eligible.

Co-workers know him for his ever-present air of poise and composure. He seems to always be in a good mood. They appreciate that he is approachable, with a ready willingness to help, and a knack for good and wise judgment when

they come to him for help or advice. They respect his sense of expediency: When Miguel needs to resolve a situation, he promptly does what he knows he needs to do, and he does it right.

As a CSA Lead for the last four years, he also serves as a mentor for new hires. “Thanks to Miguel, my work and customer service are better every day,” says Thomas de la Vega, a CSA in the Puerto Vallarta station.

Miguel grew up in Puerto Vallarta just minutes away from the airport. He and his wife have two daughters, and he’s active in the community, including serving as the station’s connection for volunteer efforts at the Casa Hogar orphanage.

He says he always dreamed of working for an airline, of being able to fly and feel like he was on vacation all the time. Working with travelers each day and telling them about his hometown keeps him pretty close to the dream.

“It’s always a pleasure,” he says. “I see it as an opportunity to meet people and make new friends.” —Paul Frichtl

VOLUNTEER SPIRIT

Pallet Art for Kids

Broken wood pallets that might otherwise have been discarded have been turned into beautiful and patriotic art, thanks to the efforts of Heidi Porter, an Anchorage customer service agent, and her husband, Tim. Heidi got the idea to turn them into flags from a friend, who gave her a pallet flag as a gift. The pair sorted through excess pallets stacked outside the Anchorage cargo warehouse and repaired several of them; with donated paint, they created the oversize American flag art.

The Porters have sold nearly 30 of the pieces for \$35 each by



displaying them in their yard and outside their church. Proceeds benefit their church’s efforts to raise money for a new home for Nana’s House, a safe home for abused and abandoned children near Puerto Vallarta. The Porters visited Nana’s House in February, and after interacting with some of the children, were moved to help raise money.

“These flags really hit the mark,” says Jeff Olver, Alaska’s general manager of cargo in Anchorage. “They not only help us with our pallet recycling, but they also raise money for a great purpose.”

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The Art of Hair Restoration



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



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

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

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

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

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

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

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

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



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Before & After

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LOS ANGELES, CA

Broadening Art Horizons

Los Angeles solidifies its status as a contemporary-art powerhouse this month with the unveiling of the **The Broad museum** downtown. Opening to the public on September 20, The Broad (which rhymes with *road*) joins the Hammer Museum, the Los Angeles County Museum of Art and the Museum of Contemporary Art, Los Angeles, as exceptional local art venues. Created by philanthropists Eli and Edythe Broad and designed by the acclaimed architectural firm Diller Scofidio + Renfro, the new \$140 million, 120,000-square-foot facility has established a space on Grand Avenue next to the Walt Disney Concert Hall. The venue has two

floors of gallery space (50,000 square feet) and a 24,000-square-foot outdoor plaza. The building will also house The Broad Art Foundation's worldwide art-lending library. The inaugural exhibition, drawn from permanent collections totaling more than 2,000 pieces, includes works by masters such as Andy Warhol, Takashi Murakami and Jeff Koons. Museum general admission is free to the public. Call 213-232-6220 or visit thebroad.org. —Alexa Voss

Above: *The Broad, Los Angeles' newest contemporary-arts destination, is located downtown, on Grand Avenue. Upon entering, most visitors take an escalator to a third-floor gallery and then tour the museum as they descend.*

IWAN BAAN, COURTESY: THE BROAD AND DILLER SCOFIDIO + RENFRO

SEE SPOT SURF. Canine competitors will brave the waves off Huntington Beach, California, (aka Surf City USA) in the seventh-annual **Surf City Surf Dog Competition** (September 25–27). Experienced surfing judges will evaluate each dog's performance based on length of ride, size of wave surfed, position while surfing and confidence on the board. Lifeguards will line the beach, and a vet will be on-site to ensure the safety of the surfers (who also wear life vests). Alongside the competition, events will include opening ceremonies, a costume contest and inductions of past champions at the International Surfing Museum's International Surf Dog Walk of Fame. In addition, the museum is hosting an exhibit through September about dog surfing. Learn more at surfcitysurfdog.com. —Aliza Vaccher



HOUSTON, TX

Rothko Revisited

Showcasing 61 paintings by Mark Rothko (1903–1970), the Museum of Fine Arts, Houston, will open a Rothko exhibition this month of a scale that hasn't been seen in the United States since 1998. "**Mark Rothko: A Retrospective**" will be on view September 20, 2015–January 24, 2016, and will feature works such as *Street Scene* (1936/1937), *Underground Fantasy* (1940), and the work shown above left, *Untitled* (1951). The artist worked to express varied emotions with variations of color, from luminous hues to dark palettes. The exhibition will include pieces that were important to Rothko (shown above right with *No. 7*, 1960); it will include a selection of paintings he had at the time of his death. Museumgoers will see a range of art from his career, which strongly influenced American art in the 20th century. Call 713-639-7300 or visit mfah.org. —Olivia Moon

Fall Film Festivals

Attended by cinephiles, executives, scouts, stars and critics, fall film fests are launchpads for promising new works, actors and directors. Here are some upcoming festivals to enjoy. —Alexa Voss

Oregon Independent Film Festival, Sept. 21–28; local and independent cinema; multiple locations, Portland and Eugene, OR; oregonindependent-filmfest.com.

Port Townsend Film Festival, Sept. 25–27; free indoor and outdoor screenings; National Historic District; Port Townsend, WA; 360-379-1333; ptfilmfest.com.

New York Film Festival, Sept. 25–Oct. 11; classics, documentaries, features; multiple locations; New York, NY; 212-875-5367; filmlinc.org/nyff2015.

San Diego Film Festival, Sept. 30–Oct. 4; an early stop for award contenders; multiple locations, San Diego and La Jolla, CA; sdfilmfest.com.

Chicago International Film Festival, Oct. 15–29; more than 150 films from more than 50 countries; multiple locations; 312-683-0121; chicagofilmfestival.com.





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Saxophonist
Dave Koz.

WOODINVILLE, WA

Concert for the Kids

Nine-time Grammy-nominated saxophonist Dave Koz, accompanied by trumpeter Rick Braun and R&B vocalist Kenny Lattimore, will headline the fourth-annual **In Concert for Cancer** event on September 18, near Seattle. The event will raise awareness and funding for childhood-cancer treatment and research, benefiting Seattle Children's Research Institute, one of the top pediatric medical-research centers in the country. ICFC festivities will take place outdoors at the Redhook Brewery, where attendees will enjoy food, beverages, a red carpet entrance, a silent auction and prize giveaways. Alaska Airlines is an event sponsor. Call 425-486-7470 or visit inconcertforcancer.org. —Alexa Voss

CHICAGO, IL

Architecture and the Windy City

Considered the birthplace of the skyscraper and a crucible of architectural modernism, the city of Chicago will hold its inaugural **Chicago Architecture Biennial** (October 3, 2015–January 3, 2016). Nearly 100 participants—architects, designers and others, from

more than 30 countries—will contribute to this self-described “largest international exhibition of contemporary architecture.” Featured projects—exhibits, performances and more—are selected by biennial artistic directors Sarah Herda and Joseph Grima, with an advising



FASHION IS TRENDING: #KEEPPORTLANDPRETTY

The City of Roses is blossoming with eco-friendly fall fashion.

Portland Fashion Week was named “most sustainable fashion week” in 2007 by the fashion magazine *Book Moda*, and this fall (October 1–4) attendees will again have the chance to see sustainable styles and eco-chic designs by local designers. Greater Portland boasts more winners of TV's *Project Runway* than any other city, and Portland Fashion Week is the third-longest-consecutive-running fashion week in the nation. The shows will have daily themes, including “Urban Influences and Ready to Wear,” “Couture and Bridal” and “Accessories and Style.” The eco-conscious focus will extend beyond clothing and accessories—models will even walk down a recycled-carpet runway. To learn more, visit portlandfashionweek.net.

—Olivia Moon



This aerial photograph shows some of Chicago's distinctive architecture.

council that includes luminaries Elizabeth Diller, Jeanne Gang and David Adjaye. Most of the biennial will be installed at the Chicago Cultural Center, with some projects held at other city

sites. Mayor Rahm Emanuel has said that he envisions the biennial becoming a major international event. Visit chicagoarchitecturebiennial.org to learn more. —Alexa Voss

My brother found freedom from addiction

Based on a true story



The downward spiral came faster than I would have ever imagined. And given that it was my older brother, at the wheel of a life on a collision course with disaster, I was sure there wasn't much I could do. I was always reduced to the role of 'little brother.' He had been living with me for five days, but it felt like six months. I was having a hard time asking him to leave. He spent most of his time passed out on a leather chair in front of the television—not a pretty picture for a husband and a father.

So, I had to sit him down and explain to him what his alcoholism was costing him: his wife, his family and his friends. I told him he was no longer welcome in my home. This was not an easy thing for me to tell my childhood idol — he was someone I had looked up to my entire life.

A friend of mine suggested that I have him contact Schick Shadel Hospital. I knew about their reputation for helping people overcome addiction during 10 days of inpatient treatment.

Rather than depending on a patient's willpower alone, Schick Shadel's approach involves medical detox, counterconditioning, counseling, education and sober support.

Counterconditioning helps people break the cycle of addiction through behavior modification that changes how people think about their addictive substance. By treating the addiction on a psychological and physiological level, Schick Shadel gives their patients the ability to spend their time and energy on rebuilding their lives, medically conquering the physical dependency and allowing counseling to heal the emotional damage that assists the addiction.

Fortunately, he listened and checked in the day before Thanksgiving. As I spoke to him throughout his stay, I began to notice a change in his attitude and physical well-being.

Day four: *He sounds different.*

Day six: *He's making real progress. It's working! He is beginning to self-assess and reevaluate his life. He is eager to complete his treatment and fix his broken relationships.*

Day ten: *I picked up my brother today. His cravings are gone due to the unique and powerful medical model Schick Shadel uses. He was touched by the care and support he received during his stay. He described the highly skilled counselors who made a difference.*

He said the staff allowed him to see the world as a responsible, accountable sober adult.

Thank you Schick Shadel Hospital for your professionalism, compassion and kindness. My brother can now live alcohol-free.

I feel blessed to have had such a wonderful place to treat my brother. In 80 years, they have treated more than 65,000 men and women. I am proud to be able to count my brother among them.

— As told by the grateful brother of a former patient

About us

Schick Shadel Hospital is an inpatient hospital and medical detoxification facility founded 80 years ago by those that understand alcoholism is a medical problem that cannot be conquered by traditional methods alone. Our staff works to treat addiction on the level that it exists; as a life-threatening disease. We have a 65% success rate for treating alcoholism* during our 10-day program.

If you need help or have a friend or loved one that has an addiction problem, please call us today at 888-802-4206.

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*#1 success rate for treating alcoholism based on results of a verified survey of former patients (success being measured as total abstinence for one year and assessed by self-evaluation), as against published success rates from verified, comparable studies of other medical institutions.

** Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

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"Don't settle for what is considered inevitable. No matter how old you are – you are still in control of your life."

-Ellen, lost 48 lbs

YES! YOU CAN LOSE WEIGHT AT ANY AGE!

Story by Ellen Martin | Photo by Gerald Pope

At 64, I tell others my age, "Don't settle for what is considered inevitable. No matter how old you are – you are still in control of your life. Being overweight is not your destiny and can even be reversed! Yes, you'll need sound advice... and yes, you'll have to work a little harder to get and stay healthy. But it can be done. And it will change your life!"

My journey began when, after trying and failing at other weight loss programs, I was introduced to 20/20 LifeStyles Online. Like many others my age, I had trouble losing weight. My doctor gave me two options: a lifetime of medications to correct my high blood pressure or lose weight and keep it off through a program like 20/20 LifeStyles and, hopefully, get off the meds.

It took me seven months until I finally decided to look up the 20/20 LifeStyles program online. As I watched Dr. Dedomenico's introductory video, I thought, "He's talking to me!" I was amazed. I watched more videos, ordered the 20/20 protein shakes, downloaded the 20/20 App and got started. I enrolled in Essentials Plus, the online program that includes weekly reviews of my nutrition and lifestyle by a registered dietitian.

Having that personal one-on-one contact on the App with my dietitian was great for accountability and encouragement, but

the App also kept me honest by tracking everything I ate. Aside from the weekly contact with the dietitian, I was able to do everything else on my own. The App was the key to success!

While other programs mainly stress weight loss, 20/20 LifeStyles recommends a lifestyle change. It's a common sense, logical path to health. The videos are so straightforward. They don't just tell you what you need to do, they tell you why you need to do it. You learn how your metabolic response is tied to diet, and how exercise and sleep have a tremendous impact on your success. Also, being hungry is not part of the program. That would only set you up for failure. Instead, nutrition guidelines are balanced so that you're not starving. And you're even forgiven when you go astray.

Since beginning the program, I've been able to get off my blood pressure medication completely, which was huge since I'd been taking it for 10 years. Plus, I've lost 48 pounds to date. Now I can be a healthy wife, mother and grandma. And I feel great!

Yes, online or in-person, 20/20 LifeStyles really works. As you get older, putting on weight and not being able to lose it doesn't have to be inevitable. Change that destiny and get healthy. You can do it!



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Renowned cardiovascular surgeon **Dr. Mark Dedomenico** created 20/20 LifeStyles over 20 years ago to help people struggling with obesity-related metabolic disorders such as high cholesterol, diabetes and hypertension.



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Emerald City Beats

The hip-hop won't stop during the run of a new exhibition at the Museum of History & Industry (MOHAI) in Seattle. **"The Legacy of Seattle Hip-Hop"** (September 19, 2015–May 1, 2016) highlights the innovative culture of Emerald City hip-hop, which encompasses poetry, music, dance and visual art. Curated by active members of the Seattle arts scene, the exhibition explores hip-hop's evolution in the city—from the founding of the first Seattle hip-hop group, The Emerald Street Boys, in the early 1980s, to the rise of artists such as Macklemore & Ryan Lewis, Shabazz Palaces and Jake One today. The exhibition has sections on dancing, emcees, fashion, production, deejaying and graffiti (such as in the mural above, made for MOHAI by artist Specs Wizard), as well as a "Coolout" corner featuring multimedia memorabilia. Visitors have chances to mix music, attend dance workshops and write their own rhymes. Call 206-324-1126 or visit mohai.org. —Aliza Vaccher

SITKA, AK

Celebrating an Inspired Purchase

In 1867, Russian and American officials chose the town of Sitka for a historic ceremony at which the vast territory that would become Alaska was officially transferred to the United States. This year the event will be celebrated with the 66th-annual **Alaska Day Festival**, held October 9–18 in multiple locations around town. Festivities will include a parade with marching bands, decorated cars and individuals dressed in 1867-style apparel. Events will also include an annual costume ball and a show of local talent, including dance groups, singers, instrumentalists and the traditional-folk **New Archangel Dancers** (shown above). Salutes will be fired during a re-enactment commemorating the 1867 transfer ceremony, and festivalgoers can watch the Russian flag being lowered and the American flag being raised. Visit alaskadayfestival.org to learn more. —Olivia Moon



Also in Seattle ...

"What's Up, Doc? The Animation Art of Chuck Jones," through Jan. 17, 2016; an exploration of the animator's work; EMP Museum; empmuseum.org
SketchFest Seattle,

Sept. 17–26; live comedy and comedy films; multiple venues; sketchfest.org

Northwest Chocolate Festival, Oct. 3–4; tastings and exhibits focused on chocolate; Bell Harbor International Conference Center; nwchocolate.com



HOLY GUACAMOLE!

The 29th-annual **California Avocado Festival**—which boasts more than 75 musical acts, an abundance of avocado-focused dishes and the world's largest vat of guacamole—will run October 2–4, in Carpinteria, about 11 miles southeast of Santa Barbara. Guests bring kids and an appetite to one of the largest free festivals in the state. To learn more, call 805-684-0038 or visit avofest.com. —Alexa Voss

CALENDAR

Through Oct. 4 **"The Rise of Sneaker Culture,"** the history and significance of the popular footwear; Brooklyn Museum, Brooklyn, NY; 718-638-5000; brooklynmuseum.org

Through Jan. 4, 2016 **"Chihuly's Venetians: The George R. Stroemple Collection,"** the famed glass artist's versions of Art Deco Venetian sculptures; Museum of Glass, Tacoma, WA; 253-284-4750; museumofglass.org

Sept. 25–27 **Baltimore Book Festival 2015,** author events, cooking demos, food and more; Inner Harbor, Baltimore, MD; baltimorebookfestival.org

Sept. 26–27/Oct. 17–18 **Red Bull Air Races,** low-flying obstacle-course races in a world-championship series; Texas Motor Speedway (Sept.); Las Vegas Motor Speedway (Oct.); redbullairrace.com

Oct. 2–4 **Bon Appétich,** a global food-innovation conference with speakers, tastings, exhibitions; Mission Bay Conference Center, San Francisco, CA; www.bonappetech.com

Oct. 16–18 **Crescent City Blues & BBQ Festival,** music, food, art; Lafayette Square Park, New Orleans, LA; jazzandheritage.org

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Spotlight: Raleigh-Durham

North Carolina's Research Triangle region is booming *By Bernie Reeves*

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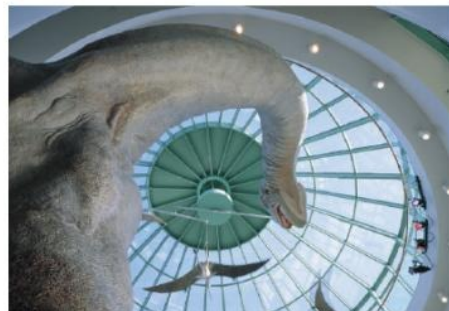
Carolina—which includes the cities of Raleigh, Durham and Chapel Hill—is known for its top-tier universities, cutting-edge research facilities, startups and as one of the national centers of college basketball. At the heart of the region is the 7,000-acre Research Triangle Park, one of the leading technology research campuses in the world. The park is supported by industry and the University of North Carolina in Chapel Hill, Duke University in Durham and North Carolina State University in Raleigh, the state's capital.

Even as it has grown to a combined population of more than 2 million people, the region has managed to retain its historic charms. The “Village” of Chapel Hill remains idyllic and relaxed; Durham is a unique and eclectic enclave; and Raleigh has developed into a major metropolitan area, which is still known for its neighborhoods and quality of life.

Attractions abound in each city. The University of

North Carolina's Chapel Hill campus is a destination in itself and includes the world-class Morehead Planetarium. Durham is home to the Museum of Life and Science and Duke University, known for Gothic architecture, evident in such structures as the Duke Chapel. The campus is also where you'll find the Sarah P. Duke Gardens and the Nasher Museum of Art.

Raleigh boasts the state capitol, located in the city's center; the campus of North Carolina State University; and the North Carolina museums of art, natural sciences and history. The city is also known for its bustling downtown and the adjacent Glenwood South area—the center of the region's restaurant and nightlife scene.



Clockwise from upper left: College basketball takes center court in the region, where perennial national powers Duke, North Carolina and North Carolina State have developed some of the greatest rivalries in all of NCAA sports.

The Museum of Life and Science in Durham is an interactive science park offering insights into the natural world.

The Noir Bar & Lounge is one of various nightspots found in the Glenwood South area of Raleigh.

Duke Chapel is one of the most famous buildings on the **Duke University** campus in Durham.

SOUTHERN CUISINE

Three dining options in the Triangle

Lantern's Seafood Hotpot.



◀ LANTERN

Founded by Andrea Reusing, who received the prestigious James Beard Award in 2011 as Best Chef in the Southeast, this Chapel Hill restaurant is known for marrying Asian flavors with ingredients from local sources.

FOUR SQUARE

Located in a historic home in Durham, Four Square is consistently ranked among the city's best restaurants, with a menu that changes every other month to emphasize freshness and the best local ingredients available.

18 SEABOARD

Jason Smith, owner of this Raleigh gem, is consistently voted one of the region's best chefs. He is known for his focus on detail and a menu that is described as contemporary American cuisine that is made with the freshest ingredients.



THE COUPLE

★ **GREG STEED:**
CEO, Northwest
Brewing Company

EDUC: BA, Western
Washington Univ.

INTERESTS: Running,
golf, skiing

★ **JENNIE (BOWEN)
STEED:**
Marketing Brand
Manager, Intl Coffee
Corporation

EDUC: BA, University
of MA, Amherst

INTERESTS: Yoga,
theatre, hiking

DATE SMARTER

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.

Jennie 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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King of the Feasts

Oregon's Mike Thelin helps to develop food events in his home state and around the country *By Susan G. Hauser*

THE SMALL TOWN OF SCAPPOOSE, Portland's neighbor to the northwest, is about the last place anyone would imagine for giving someone's culinary career a leg up. But **Mike Thelin's** bucolic boyhood home happened to feature a cornucopia of relatives and neighbors of varied ethnicities that frequently turned his dinner plate into an international tour of Asia, the Middle East and Mexico.

"My family get-togethers had just incredibly interesting foods," says Thelin, 39, a fourth-generation Oregonian and the co-founder of **Feast Portland**, along with other food events. Now in its fourth year, Feast Portland (September 17–20), which showcases food and beverage trends in fun formats, is set to cook up a storm all over Portland.

Thelin would be the first to tell you that his route to becoming a food-festival impresario was circuitous. But looking back at its twists and turns—which include working at a youth hostel in Ireland, teaching English in Spain and toiling on an organic farm in Portugal, as well as working as a journalist and brokering Portland commercial real estate deals—he can identify the experiences and knowledge that now inform his food-related work.

His work has him traveling often, especially within the Northwest, to the Southwest and to New York City. He frequently visits Texas, where his events-management expertise has helped him launch food-fest events in Austin. Back in Portland, his real estate know-how is helping in the creation of a new food hall, a marketplace that will house multiple restaurants and bars.

Thelin had become a well-connected food journalist by 2010, and he was in the right place at the right time when Portland hosted the International Association of Culinary Professionals (IACP) conference. He was named conference chair, and the rest is history.

"IACP was a huge success," he recalls, "and that's when every opportunity in the world just started coming at me. That's also when a lot of entities around Portland started talking to me about doing a food festival."



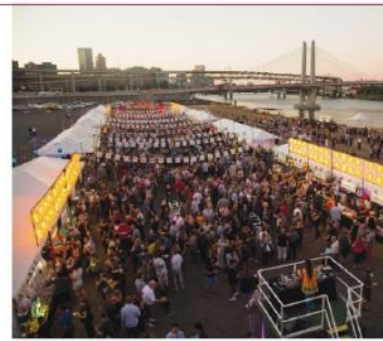
He and public-relations executive Carrie Welch (then a Portland newcomer) teamed up in 2012 to found Feast Portland, which has since grown to feature more than 80 chefs and 30 events—ranging from tastings to cookouts to instructional sessions. From the beginning, the festival has emphasized authenticity and originality.

"We have celebrated chefs, but they're not necessarily celebrity chefs," says Thelin, making the distinction clear. "They're real working chefs who are pushing the envelope and really defining culinary culture in this country and around the world."

Thelin recommends the Sandwich Invitational (September 17) as an introductory event. Other highlights include the Oregon Bounty Grand Tastings (September 18 and 19), presented by Alaska Airlines, and Sunday morning's Brunch Village (September 20), presented by the Alaska Airlines Visa Signature Card.

Feast Portland runs for just four days, but in a sense, says Thelin, it never ends. Food innovators and event planners gain such energy from this gathering that Portland foodies reap its harvest of ideas long afterward: "The impact of Feast," Thelin says, "is something that lasts throughout the year."

Learn more at feastportland.com.



(PORTRAIT) ALAN WEINER;
(FESTIVAL) FEAST PORTLAND (3)

Mike Thelin (above left) is the co-founder of Feast Portland, an annual food-and-beverage celebration that includes a night-market event (top), beer tastings (middle) and a "Brunch Village," with dishes such as the kimchi fried rice with coddled egg (bottom), which was served at a past year's event.

IN MARCH 2016, FOOD LOVERS CAN ENJOY another one of Thelin's Rose City projects, Portland Dining Month, which he produces with the organization Travel Portland. During the event, 115 restaurants will offer three-course meals for \$29.

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Energy savings? Grocery Aisle 6.

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



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

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

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,

"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 energy-efficient 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."

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Spotlight: Nashville

Tennessee's capital has clubs, world-class museums and plenty of musical history *By Charles R. Cross*

Nashville has long been a center of country music, and an active club scene and an influx of rock stars have broadened the city's musical persona. Still, at the Country Music Hall of Fame and the Grand Ole Opry, tradition reigns. The city also is home to many hip restaurants and attracts young creative artists from across the country.

1. THE GRAND OLE DAME

No trip to Nashville would be complete without visiting the Grand Ole Opry House (home venue of greats such as Dolly Parton, shown with Porter Wagoner, above). The house is the top visitor attraction in the city. The Grand Ole Opry show started in 1925 and has been in the current building since 1974. The venue has grown with the addition of the Opryland Convention Center and Opry Mills shopping center. This is Disneyland for country fans, but traditionalists will also want to see the Ryman Auditorium, former Opry home, which is still used as a music venue.

2. THE HALL OF FAME

The Country Music Hall of Fame and Museum tells the story of its decidedly American genre in great detail. You'll learn about traditional artists (from Hank Williams to Ronnie Milsap), and you can also view exhibitions that stretch musical boundaries.

"Dylan, Cash, and the Nashville Cats" is on display through 2016; it explains how the musicianship of Nashville's session players also attracts rock superstars. Many rockers, such as Jack White (of The White Stripes fame), now live in Nashville, but don't expect to see their names on the wall at the hall.

3. STUDIO B

Nashville still is very much a working music-business town where most country albums (and many rock ones) are recorded. You can't visit most studios, but you can visit the most famous of them all: RCA Studio B. If the walls of this room could talk, they would tell stories of how Elvis Presley, Dolly Parton, LeAnn Rimes, the Everly Brothers and Roy Orbison recorded some of their biggest hits here. But Elvis tops them all: He cut 260 songs in the room.

Country Countdown

Three places to see live music in Nashville:

Station Inn If you like bluegrass, the Station is the best venue in Nashville to hear the most traditional of all country genres. Don't miss the Sunday-night jam session.

Robert's Western World Robert's is self-described as "Hillbilly Heaven," and it's where the music will always be traditional. The one exception: The house band has a Latin twist for what they call "Brazilbilly."

The Bluebird Cafe The Bluebird is world famous as a venue where unknowns and superstars mix. It's a quiet, smoke-free club where the focus is always on the song. ♥



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PHOTO: Mahi Mahi Ceviche with Pineapple and Sweet Onion.
Recipe featured in John Howie's *Passion & Palate* Cookbook, page 55.
Cookbook available at all John Howie restaurants.
Photo by Angie Norwood Browne.



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Exploring iconic places made famous on film

BY TED FRY

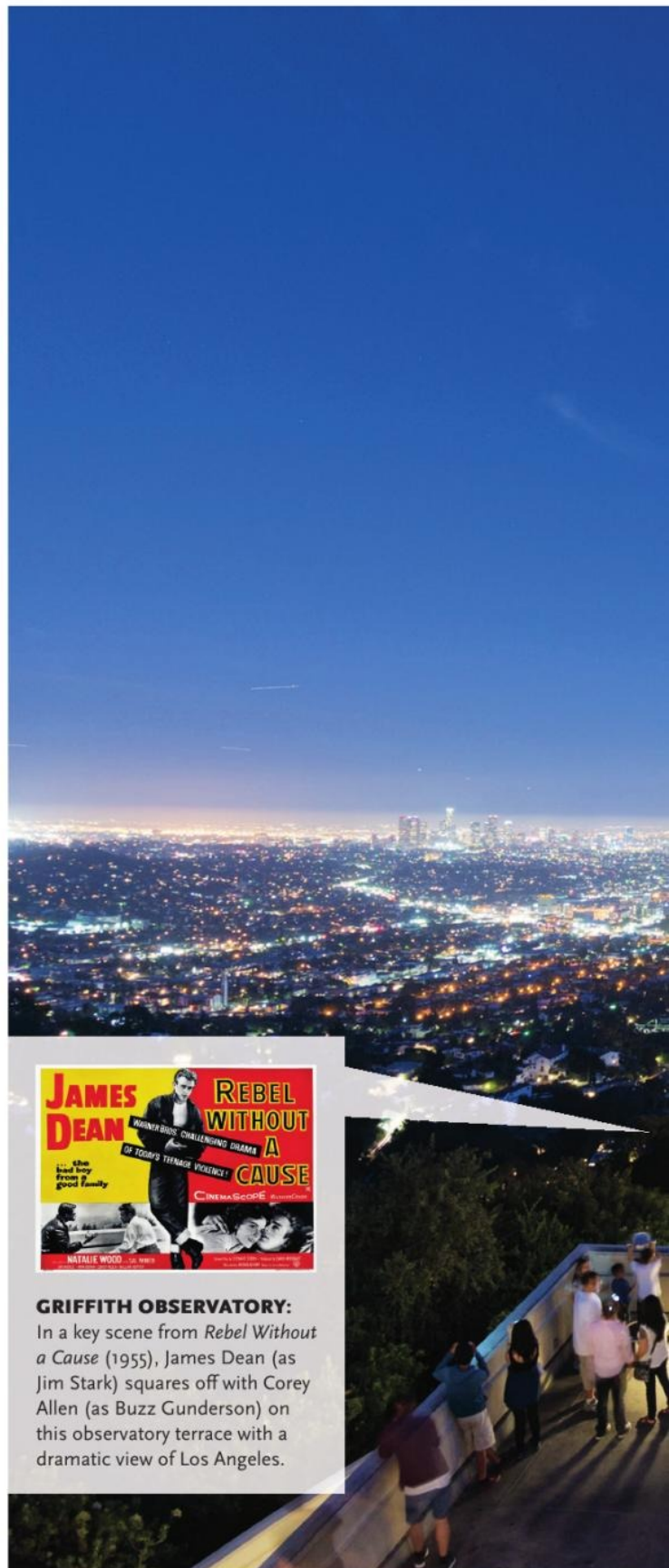
For a parched and sweaty hiker still trailing dust from the dry hills above Los Feliz, California, Gelson's Market off Hollywood Boulevard was an urban oasis. A blast of refrigerated air promised me hydration and sustenance as it ruffled the fur of a friendly mutt waiting outside the door. Crouching to scratch his ear, I shared a smile with a woman standing nearby who clearly had a soft spot for a good dog, too.

But wait, did I know this person? In the instant it takes the brain's facial-recognition software to process features, it struck me that I was in the midst of a full-blown celebrity sighting.

"It's ..." I whispered feverishly to my hiking companion, blanking on the name of the actress before me. He looked up from the wagging tail with a response that seemed a bit more focused: "Kristen Bell," he said, as the familiar stranger I knew better as the star of TV's *Veronica Mars* and the voice of Princess Anna from *Frozen* swept into the cool refuge of the store.

I forgave myself the flustered reaction. This was Hollywood, after all, and its mojo has the power to flap the most unflappable star seeker. But showbiz habitués popping down to their neighborhood grocer were hardly the only things to recognize, and this brush with greatness was not my first encounter with a famous movie star that day. I'm talking about the area's scenery: The surrounding geography is studded with landmarks that have played leading roles in the world of cinema.

I had just been walking the arid trails of Mount Hollywood to the Griffith Observatory, where once trod the likes of James Dean and Arnold Schwarzenegger. With its iconic vista of the Los Angeles Basin, the location is more than a historic park

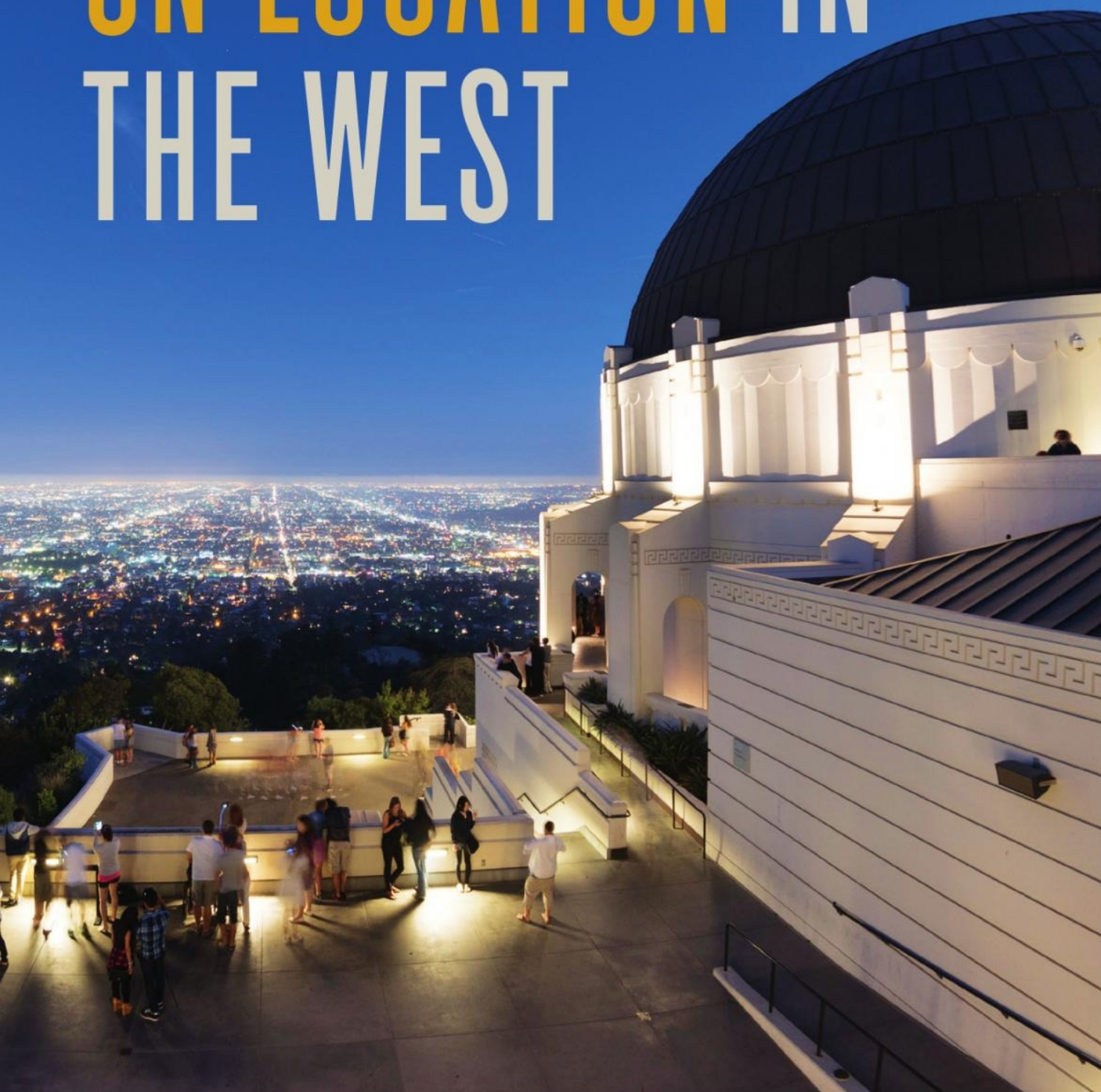


GRIFFITH OBSERVATORY:

In a key scene from *Rebel Without a Cause* (1955), James Dean (as Jim Stark) squares off with Corey Allen (as Buzz Gunderson) on this observatory terrace with a dramatic view of Los Angeles.

(POSTER) UNIVERSAL HISTORY ARCHIVE / UIG VIA GETTY IMAGES

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ENNIS HOUSE: The 1982 sci-fi classic *Blade Runner*, starring Harrison Ford (left), features the distinctive decor (detail below) of this Frank Lloyd Wright-designed home in the hills of Los Angeles.



BRADBURY BUILDING: *Wolf* (1994), starring Jack Nicholson (left), is one of many movies filmed in this historic structure (right).

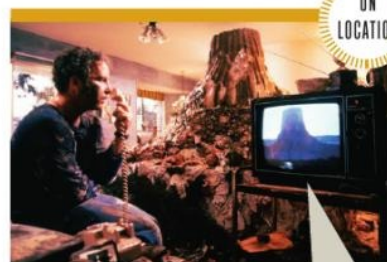
and planetarium. I had made a pilgrimage there to honor the cultural, anthropological and personal meaning the place held for me as a movie lover.

Seeing Kristen, I had been struck by a lightning bolt similar to the one that had electrified me earlier in the day, when I'd glimpsed the platform where Jim (played by Dean) and Buzz (played by Corey Allen) swished switchblades at each other in *Rebel Without a Cause* (1955) and where a nude T-800 (Schwarzenegger) materialized from the future in *The Terminator* (1984) and then surveyed the Los Angeles skyline. Standing there on the threshold of Gelson's, I realized that visiting the famed filming location had been even more of a thrill than

the star sighting—the *place* had, for me, caused even more excitement than the *face*.

My weekend in Los Angeles was movie tourism in its purest form. In the car, on the way to Griffith Park, I had snaked up the hair-raising hairpins of Glendower Avenue to snap pictures and pay respects at the Ennis House, a Mayan Revival monument designed by Frank Lloyd Wright that played the title role in *The House on Haunted Hill* (1959). It was also home to Harrison Ford in *Blade Runner* (1982), a movie whose climax unspools in another LA structure: the sky-lit atrium of the Bradbury Building at Third and South Broadway. Perched on a landing of the Bradbury's gleaming Art

Deco staircase, I had called up a mental playlist of other movies shot there, from the classic, lauded films noir *D.O.A.* (1950) and *Chinatown* (1974) to the more recent films *Wolf* (1994), *Pay It Forward* (2000) and *The Artist* (2011). Glancing across a busy nearby thoroughfare at the corner of Figueroa and Fifth, I had dropped into the frantic bank-



ON
LOCATION

Devils Tower National Monument, WY, and *Close Encounters of the Third Kind* (1977) → The awesome monolith rising abruptly from the mostly flat horizon near Hulett, Wyoming (a little more than four hours southeast from Billings Logan International Airport), stole the show as an alien spaceport in Steven Spielberg's UFO epic. A walking circumnavigation of the gigantic igneous pillar is still a genuinely otherworldly experience.




GALLATIN CANYON: This fly-fisher's paradise near Bozeman, Montana, was one of the backdrops for *A River Runs Through It* (1992), directed by Robert Redford.

A woman with blonde hair, seen from the back and side, is leaning against a white wall on a balcony. She is wearing a blue and green patterned sports mesh tank top and blue athletic shorts with a green trim. In the background, there are snow-capped mountains under a clear blue sky. A black metal railing is visible in the foreground.

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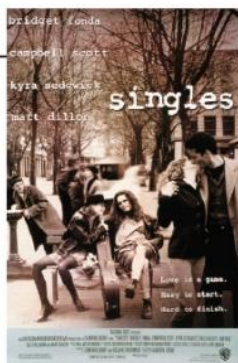
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SEATTLE: *Singles* (1992) recorded the feel of the city's grunge era, as well as places such as Occidental Park (shown in this film poster).

robbery-gone-wrong shoot-out between Al Pacino and Robert De Niro in *Heat* (1995).

At every location, the feeling was visceral and immediate. I was seeing these places for the first time, but the verisimilitude of cherished memories revealed them as intimate acquaintances.

Movies that matter treat settings with the same respect they give leading characters. Indeed, films and TV shows that withstand any test of time create a sense of place that is essential to the story. Whether it's downtown Los Angeles or the wilds of the Northwest, seeing a place you remember from movies or TV can also evoke a sense of magic.

"It can be very strange," says writer, critic and former *Film Comment* magazine editor Richard Jameson. "You expect it to be in some sort of different dimension, but it's the exact place it was in the movie."

From his longtime home on Seattle's Lake Washington, veteran actor Tom

Skerritt reflects on landscapes and locations as artistic inputs: "In the Northwest, we're all living this extraordinary creative experience every moment," he says.

Even after a career that spans close to six decades, and films made with countless iconic backdrops, Skerritt names a favorite easily. It's a spot on the Yellowstone River near Bozeman and Livingston, Montana, where he cast flies and said grace in *A River Runs Through It* (1992).

To Skerritt, setting is the foundation of any story. "Films bring to us that which we can only dream of," he says. "They let us know there is something else that is more than what we're experiencing."

Passionate storytelling creates experiences people want to keep in their lives, he says. It's also what makes them track down the place that gave that experience to them. "If you've had a pleasant experience with a film, chances are you're going to want to go out there and replicate it."

As Skerritt points out, an exact recreation of a film won't be possible. Yet sometimes a facsimile of the experience can be equally rewarding. Consider the case of another star who wanted to replicate a prior experience of a place when she was working with director Lynn Shelton.

"Keira Knightley came to Seattle to be in my movie *Laggies* [2014], and she rented a houseboat because of *Sleepless in Seattle* [1993]," says Shelton. "She had this image in her head of, that's what you do when you live in Seattle."



VANCOUVER, B.C.: David Duchovny and Gillian Anderson, stars of the original *X-Files* TV show and films, were spotted in June on the streets of Vancouver, filming scenes for new episodes due out in January 2016.



SNOQUALMIE VALLEY: A still from TV's *Twin Peaks* shows a moody setting from this 1990s TV-and-film saga. Many scenes were shot in the towns of Snoqualmie and North Bend, Washington, where visitors still enjoy pie at Twede's Cafe, as actors did on film.



ASTORIA: These fans of *The Goonies* (1985) snap a photo at the old Clatsop County Jail, the scene of a jailbreak in the movie and now home to the Oregon Film Museum. In June, fans flocked to Astoria, where the film was set, for events honoring the film's 30th anniversary.

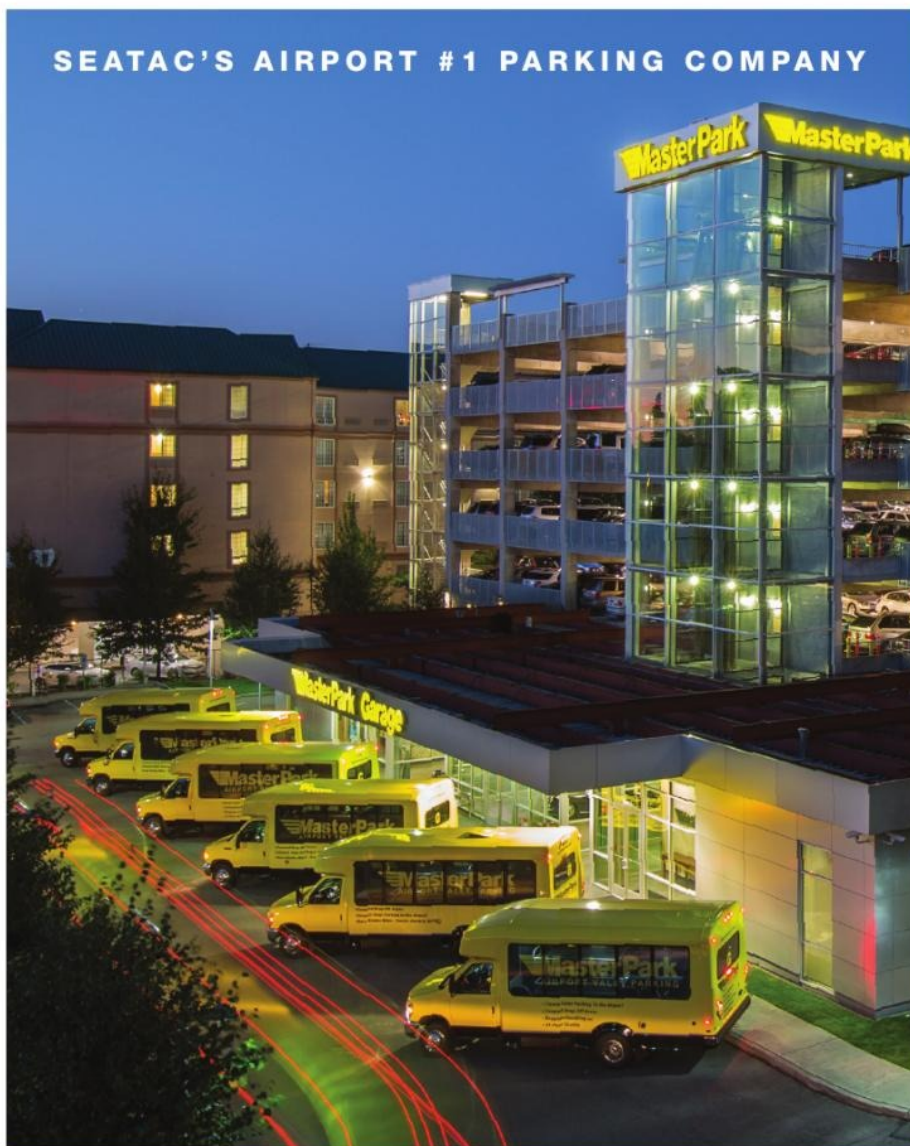


Forks, WA, and the *Twilight* movies (2008–2012)

→ Author Stephenie Meyer chose Forks as vampire territory for its gray skies and eerie aura. The first film based on the books was mostly shot in Oregon, with British Columbia standing in on the other films. Still, Forks draws fans to its storied high school, hospital and welcome sign on Highway 101. Another sign in the area (left) has a humorous take.

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ON
LOCATION

San Francisco and *Vertigo* (1958)

→ Many of the landmark locations Alfred Hitchcock showcased in *Vertigo* are unchanged from the film's release in 1958. Take a self-guided excursion or book with one of the operators who run tours to sites including Jimmy Stewart's house at 900 Lombard Street; the historic Mission Dolores at 16th and Dolores; Fort Point in the Presidio; the California Palace of the Legion of Honor in Lincoln Park; and Mission San Juan Bautista, 90 miles south on Highway 101.

MOVIE POSTER IMAGE ART / GETTY IMAGES

Knightley was in Seattle on business, but the film-based associations with the place were more personal. Shelton knows what that's like: "People making pilgrimages to a place that they saw in a film is a sign that the story resonated strongly on an emotional level," Shelton says.

Lynn Shelton isn't alone in her dedication to seizing on the richness of a setting. Cameron Crowe captured the ways Seattleites interacted in his films *Say Anything* (1989) and *Singles* (1992).

The well-worn-flannel attitude and some of the grunge-era landmarks shown in *Singles* are gone—just ask Tom Skerritt, who played the mayor, as a favor to Crowe, in a scene shot beside South Lake Union, in a neighborhood that has changed dramatically with the tech boom.

But a few sites remain, such as the Capitol Hill apartment court at 19th and Thomas where several of the featured singles of *Singles* lived. It's not far from there to the bench on 15th Avenue East overlooking Louisa Boren Park (and beyond that Lake Washington) that Shelton cast for a key moment in *Touchy Feely* (2013)—a film that she describes as an overt love letter to her hometown. "I've dreamt of committing that place to film since I was a kid," she says.

Translating the vision of a place to film doesn't make that place real. "So many

films and TV shows have been set in Seattle but shot elsewhere, usually Vancouver," observes Shelton.

In fact, Vancouver, British Columbia, has served as a stand-in for places all over the world. The 1993–2002 pop-culture TV-and-film sensation *The X-Files* found proxies in Vancouver—aka Hollywood North—for everywhere from Virginia to Kazakhstan, and film-crew sightings in out-there locations around British Columbia are again sparking imaginations with the show's reboot, with six new episodes due to premiere in January 2016.

Another 1990s TV-and-film enterprise that still encourages journeys from around the world is also making a comeback. Director David Lynch is shooting new episodes of *Twin Peaks* around Washington state's Snoqualmie Valley, to air in 2017. Fans continue to gobble up cherry pie at the "Double R Diner," which in reality is Twede's Cafe in downtown North Bend. The Twede's owners recently remodeled and restored some *Twin Peaks* touches to accommodate tourists.

Meanwhile, 300 miles south in Eugene, Oregon, is the diner (now a Denny's) where Jack Nicholson told a waitress exactly where she could hold the chicken in *Five Easy Pieces* (1970). Take exit 191 off Interstate 5 and ask to be seated in "the booth." They'll know exactly what you mean.

Another movie that made a star of Oregon scenery still beckons devotees of a certain age. *The Goonies* (1985) sparked such a wave of nostalgia on its 30th anniversary that the city of Astoria hosted a weekend jamboree in June 2015. The more broadly touristy places seen in the film are Cannon Beach and its impressive Haystack Rock—but the white-clapboard house on Astoria's 38th Street, which appears early in the film, is where most *Goonies* pilgrimages begin. An appropriate place to end is the old Clatsop County Jail at Seventh and Duane, site of the film's frenetic jailbreak scene


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LOCATIONS

MONUMENT VALLEY: Director John Ford filmed the 1948 film *Fort Apache* (inset), with John Wayne, in this photogenic desert area.

and now the fitting home of the Oregon Film Museum.

The best-known microcosm for movie tourism in California may be Hollywood, but the Bay Area also boasts a rich mine of beloved locations, especially for aficionados of film noir.

"A lot of noir was shot in San Francisco because it would give the film an exotic

feeling without having to go very far from Los Angeles," says writer Anne Hockens, who works for the San Francisco-based Film Noir Foundation. The annual Noir City festival in San Francisco sponsors a tour of timeless locations around the city, including the apartment on Telegraph Hill where Lauren Bacall trysted with Humphrey Bogart in the archetypal noir thriller *Dark Passage* (1947).



PACIFIC CREST TRAIL: In the movie *Wild* (2014), Reese Witherspoon (above) re-creates memoirist Cheryl Strayed's famous PCT hike, in scenes filmed mostly in Oregon.

CLOCKWISE FROM TOP LEFT: ADINATOVY / GETTY IMAGES; SILVER SCREEN COLLECTION / GETTY IMAGES; © FOX SEARCHLIGHT / EVERETT COLLECTION



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Like me, Hockens has noticed that places provoke emotional responses both during viewing and afterward. "You're not really using your critical thought process when you're watching," she says. "You kind of lose yourself in a film. So when you see a place in a film that affects you that way, you want to go there."

Her dream movie tour is to visit Monument Valley, near the Utah/Arizona border, where John Wayne and director John Ford virtually defined American Westerns. "If it's that beautiful on screen, what's it going to look like when I'm in the middle of it?" she wonders.

It's going to look spectacular, Anne. When I visited the valley, I had the same reaction critic Richard Jameson did. Bowing in humility before the panorama of The Mittens, "any kind of wind could have blown me over," he says.

As a self-described Ford fan, Jameson recalls the response he felt while driving through the tawny sandstone buttes: "I kept hearing music. I swear it was almost a physical sensation. I was getting snatches of score from *She Wore a Yellow Ribbon* [1949] and *Fort Apache* [1948]."

It's exciting to think about the next trip that will take me to a distinctive movie place. Perhaps to Alaska and the site of the abandoned Fairbanks City Transit System Bus 142 on the Stampede Trail, as seen in *Into the Wild* (2007)? Or a trek along the Pacific Crest Trail, where Reese Witherspoon followed author Cheryl Strayed's booted footsteps in *Wild* (2014)?

These and many other larger-than-life destinations stand firmly in the popular imagination of film in the American West. I cherish the chances to visit and record these places with my own photos and mental snapshots. And the films that feature these treasured locations will always help me preserve them in my head and in my heart. ▲

Ted Fry writes from Seattle.

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BIG BREAKS

Making it on stage and screen still requires equal parts magic, talent and perseverance **BY JIM GULLO**

It has been 78 years since Lana Turner was discovered while sipping a soda at a Hollywood malt shop, signed a movie-studio contract practically by the time the ice melted, and went on to a long and glamorous film career.

Unfortunately, and to the dismay of legions of attractive men and women who have beaten a path to Los Angeles, that method of making it in show business proved to be the exception to the rule that breaking into acting requires a great deal of hard work, perseverance, talent and, with a tip of the hat to Ms. Turner, luck.

Surprisingly, with all of the technological advances the world has seen in the last quarter-century, the process of being discovered, cast and making a career as a performer on stage and screen has not changed much. The tools of the trade utilized today would be familiar to an actor trying to win a role on *The Love Boat* in 1977: posing for headshot photos, finding an agent, taking acting classes, preparing for auditions, networking ... and waiting tables until that first big break.

The rewards remain dazzling, including fame (i.e., recognition in public and in popular media), fortune (Robert Downey Jr. reportedly earned \$80 million last year, and on average Screen Actors Guild members earn \$52,000, according



to *The Hollywood Reporter*; recurring TV roles start at \$15,000 per episode), and a lifetime—and in the case of stars such as Ms. Turner, an afterlife—of adulation.

Thick skin is required, and a little luck still helps. Here are some stories of actors who worked hard to receive their first big breaks; actors whom we'll likely be seeing a lot more on stage, film and TV.

EVAN ROE

TV AND FILM ACTOR

Evan Roe, who is 15 years old, had in some ways a typical summer for a teenager. In other ways an extraordinary one. He finished his Eagle Scout project by building a shade structure at the Batiquitos Lagoon



Madam Secretary → In his first major role, Evan Roe was cast in the new series *Madam Secretary*, which features Téa Leoni as U.S. Secretary of State Elizabeth McCord—and his mother. In the show, the teenager, one of three children, is having difficulties adjusting to his new school and life in Washington, D.C. Season 2 of the CBS series begins October 4.



EVAN ROE began acting in local theater in San Diego, and now spends much of his time in New York City, while shooting *Madam Secretary*.

near his childhood home in Carlsbad, California. He hung out with friends. He enjoyed a trip to New York City, where he delighted in the freedom of being able to explore on his own, and with friends and family, making Central Park his personal stomping grounds.

But Roe also did some things that are the dream of teenagers everywhere when he filmed scenes for *Time Toys*, an independent movie scheduled for release next year. And when he returned to New York City in early July with his mother, Linnette, it was to the family's new apartment on the Upper West Side, and back to the Long Island City soundstage where Roe is shooting the second season of the CBS Sunday night drama *Madam Secretary*. Roe plays Jason

McCord, the bright, strong-willed son of the secretary of state, played by veteran actress Téa Leoni, and her politically active husband, played by Tim Daly. Roe is fast becoming a TV star, with a lucrative eight-year contract with CBS, and LA-based agents and managers who hunt down new roles and opportunities for him.

How did this happen for a kid who was born in Seattle and grew up in Southern California? Roe's father, Christopher, a real estate business-development executive who now serves as his son's press agent, likes to repeat an old maxim that is particularly apt for actors: "The harder he worked, the luckier he got."

Roe started out in community theater in the San Diego area, playing the Artful

Dodger in a production of *Oliver!* at the age of 13, and appearing in other plays. He took acting classes and went to hundreds of auditions, finally landing a role in the George Lopez 2014 TV series *Saint George*.

"Basically, it's how anyone gets any better," Roe says of the casting process. "You go in with a billion other people, and then they narrow it down, and narrow it down, until it's down to you and one other actor."

For his role in *Madam Secretary*, Roe was called in for three auditions in Los Angeles, and then waited an agonizing two weeks while the producers looked at actors in New York. It came down to him and one other actor for a nerve-racking day of screen tests for network executives in LA,



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SARAH SCHENKKAN

grew up in Seattle, a natural singer and actress, and the daughter of a former actress and a noted playwright.



PHOTO BY ALI GOLDSTEIN / NBC / NBCU PHOTO BANK VIA GETTY IMAGES

30 Rock → Sarah Schenckkan's big break came in a 2012 episode of *30 Rock*, appearing with Tina Fey. Schenckkan plays an aspiring working girl who steps off a bus and breaks into song. After shooting the episode, she says she thinks Fey has the best job in the world.

where the family had moved to further his career. Finally, on a glorious spring day, he got the phone call that he had won the part. The family was off to New York in March 2014 to shoot the pilot. Roe had never been to the city; his mother had once danced there, in 1996, as a principal dancer with the Pacific Northwest Ballet. When the show was picked up in the summer of 2014, the family rented an apartment in the city for the July-to-March shooting schedule.

What's it like for a teenage actor to be cast in a network series and work with actors such as Leoni and with Morgan Freeman, who directed the first episode of the show's second season in July?

"It's a career changer, like getting into the college of your dreams," Roe says. "It's an enormous deal for an actor."

Or, for that matter, a teenager with his sights set on stardom.

SARAH SCHENKKAN

STAGE AND TV ACTOR

When we spoke earlier this summer, New York-based actress Sarah Schenckkan described a week starting with a dance call for an off-Broadway play. She wasn't sure how it would go, but was game to try. The casting crew had called the day before and asked if Schenckkan was available the next morning, so she juggled her schedule to make it happen. Her agent had also wrangled her an audition for a recurring role—which she got—in a new TV series about Zelda Fitzgerald. Then there was another audition for a Shakespearean theater company in Washington, D.C., that she would love to join. On top of all that, she would also attend her on-camera film and TV acting class, take her usual weekly voice lesson, and help out a friend by participating in a reading of his play.

Schenckkan, 26, grew up in Seattle and had a unique introduction to theater. Her mother is a former actress, and her father, Robert Schenckkan, is a prominent

playwright and screenwriter who received a Pulitzer Prize in 1992 for his work *The Kentucky Cycle*. *All the Way*, a play he wrote about President Lyndon Baines Johnson and the passing of the Civil Rights Act of 1964, debuted at the Oregon Shakespeare Festival in July 2012 and went on to Broadway and a Tony Award for Best Play of 2014.

A born singer and musical-theater performer, Schenckkan landed leads in her Roosevelt High School musicals, including *Thoroughly Modern Millie* in her senior year, and went off to study drama and performance at the University of Miami in Florida. She headed straight to New York after graduation and, four months later, got her first big break: A funny cameo on Tina Fey's network comedy, *30 Rock*, as an ambitious, young, Millie-like hustler who steps off a bus in New York City and bursts into song.

"It was the first thing I ever booked," she recalls. "I went to the audition, sang the part and they laughed. Then I didn't hear anything for a week, until they called me back. I had never been on a TV



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set before, and my shots were the first and last of a 14-hour day. I remember everyone was really happy, laughing all day. They knew I had never done TV before, and were very kind to me."

Although she was on the screen for less than three minutes, Schenkkan still gets stopped in airports by people who remember the appearance on the popular show.

Schenkkan returned to waiting tables in New York, but her next big break came just two months later, in February 2012, when her manager got her an audition to understudy the role of Glinda, the good witch, in a national touring company of *Wicked*. She attended the audition and read, and was contacted the same day to schedule a second audition with the play's music supervisor. That went well, too, but the phone call she received that afternoon filled her with dread: Before casting her, the producers and director wanted to see her dance, and scheduled a movement audition.

"I was really freaked out, because I'm not a dancer," she says. "I called my mom and said there was no way I'll get it."

She was at the gym an hour after the dance audition when her manager called to say she'd gotten the part. A week later, Sarah was headed to Tempe, Arizona, to join the company as a member of the ensemble and, after an intensive four weeks of rehearsal, the understudy for Glinda. She would remain with the show for a year and a half, and play the Glinda role in Boston, Philadelphia, San Francisco and her hometown of Seattle, among other cities.

Back in New York, she is looking for that next big, juicy part.

"My ultimate role right now would be a play, or more TV, or to do something different that I haven't done," she says. "To show sides of me that I've never shown professionally. To take a chance on something really meaty and challenging."

NIKKI KREUZER

STAND-IN AND HOST

As an LA-based actress and 20-year veteran of the Hollywood scene, Nicole "Nikki" Kreuzer works very hard to not be seen. Or heard. She has a major part on a hit TV show, and has earned her Screen Actors Guild card, medical benefits and pension, but you won't see her for a second on screen.



NIKKI KREUZER

now puts much of her energy into hosting installments of *Offbeat L.A.*, quirky local profiles that appear on YouTube.



Nikki Kreuzer is a stand-in, an important, behind-the-scenes acting role on any production, and a good one who has risen to the top of the stand-in profession. Kreuzer—who, in lieu of revealing her age, says in true Hollywood style, "I can pass for early 30s"—recently began her third season as a stand-in for actress Jennifer Coolidge on the CBS show, *2 Broke Girls*.

Stand-ins run through the scenes with the camera crews, Kreuzer says. "The director directs us; we have to hit our marks and read the lines. We have to be very specific, and can't make mistakes.

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JOAN MARCUS, 2014



The Curious Incident of the Dog in the Night-Time → Alex Sharp won rave reviews—and a Tony Award—for his portrayal of Christopher Boone, an exceptionally intelligent teenager on the autism spectrum who sets out on his own to investigate the death of his neighbor's dog.

When it's time to shoot the scene, Jennifer comes in, and I tell her if the marks have changed.

"We're never seen in the final picture," Kreuzer says. "It's all setting up. But it's acting. I'm being paid to act. And I'm learning."

The association with Coolidge has kept Kreuzer working for more than a decade. She was originally discovered by a casting agent and landed the role as the actress's stand-in for the 2004 movies *A Cinderella Story* and *Lemony Snicket's A Series of Unfortunate Events*, where she worked alongside film stars including Jim Carrey and Hilary Duff.

"I was perfect for Jennifer height-wise, and in my coloring," Kreuzer explains. She worked as a stand-in and

extra on shows such as *Days of Our Lives* and *The Bold and the Beautiful*, graduating to on-camera roles with lines, and when *2 Broke Girls* came calling, she jumped at the chance to join the production on the Warner Brothers lot in Burbank. Because the show is shot with several cameras running simultaneously, the stand-ins have to be at the top of their game.

"It's the upper echelon of the stand-in world," Kreuzer says. "It's very hard to break in to multicamera productions. Everyone was a little nervous on my first day, because one bad stand-in player can mess up everyone. But when I got my chance, I kicked butt!"

For Kreuzer, who grew up in Buffalo, New York, and left for California at the age of 21 (or as someone who could play 21), breaking in to the very competitive world of standing-in has given her an income while allowing her to explore her interests in writing, songwriting and hosting documentaries.

During *2 Broke Girls*' hiatus this spring, Kreuzer published articles in the



ALEX SHARP, after launching his already award-winning career on Broadway, is moving on to new projects in California.

Los Angeles Beat blog, and began to host videos about quirky subjects in LA—which appear on YouTube under the title *Offbeat L.A.*

"More and more, I'm playing myself as host in front of the camera," she says. "I've learned so incredibly much in my stand-in work. It has really helped in my acting."

ALEX SHARP

STAGE AND FILM ACTOR

As a child, Alex Sharp, 26, traveled. His English family wanted to see the world, so they bought a motorhome and traveled across the United States, and also spent time in Italy and the Devon district of England. He loved acting from an early age, and played in regional theater in the U.K. as a kid and teenager, starting with the role of Piglet in a production of *Winnie the Pooh* and later playing the lead role in a production of *Oliver!*

After finishing school, "I wanted so badly to be an actor," he said in a *New York Times* video last year, "but I was renovating houses, and working in call centers, a

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ACTORS

butcher shop and in a hotel as a linen porter, counting used towels every day. ... I was so prepared to be an unemployed, sad human being."

Instead, he screwed up his courage, dusted off an audition scene from *Hamlet* and applied for The Juilliard School in New York, where he wound up in a class and became friendly with Wallis Currie-Wood, who, coincidentally, plays Evan Roe's sister on *Madam Secretary*. Sharp acted in several productions for the acclaimed performing-arts school, and was ready when his big break arrived.

While still at Juilliard (from which he graduated a year ago), he was called in to audition for the lead role in a new Broadway play based on Mark Haddon's book *The Curious Incident of the Dog in the Night-Time*, which had seen a successful run in England before moving to the States. He got the part—an enormous break for any actor, particularly one with no prior professional stage experience—and played the role of a teenager on the autism spectrum, Christopher Boone, to rave reviews. And in June he won the Tony Award for Best Actor in a Play, beating out established film star Bradley Cooper, among others. Sharp was the youngest ever to win that particular award.

This month he leaves the show for California to pursue an opportunity to act in a film (details of which Sharp was unable to reveal). "One of my dreams was to be on Broadway," Sharp says of his sudden success. "That's a dream come true. I just want to be as good as I can be."

For Sharp and all actors seeking a big break in show business, it is the dream that sustains them. After hard work, lots of trying, lots of rejection and rising to the moment when called, the dream still comes true. ▲

Jim Gullo is a freelance writer working from Oregon's Willamette Valley wine country.

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NEW DIRECTIONS

Collaboration sets the scene for indie filmmakers **BY CHRISTY KARRAS**

Lynn Shelton remembers well the day she got a call from the Sundance Institute, notifying her that her dramatic comedy *Humpday* had been selected for its 2009 film festival, the country's premier marketplace for independent film.

"I had to run up and down the hallway, skipping and yipping," Shelton recalls.

That's easy to envision: With her waves of golden hair and wide smile, Shelton has an almost angelic quality about her. The smile is always there, and it often bubbles into a genuine, all-over laugh; her Twitter bio says "I make movies and direct TV shows and like to laugh. A lot."

No doubt the effervescent Shelton does laugh a lot. Dancing with glee? For sure. What's impossible is imagining her as a stereotypical authoritarian Hollywood film director.



In fact, she's not. Shelton has created a mini-empire in her Seattle hometown, making films and lending support to fellow filmmakers. Rather than order crew members around like an autocratic chef, she wins people over by relying on kindness and good humor.

As such, Shelton exemplifies a new generation of independent directors. Working outside the studio system, they're real people in real places making movies about real people. They've fashioned careers for themselves by collaborating and leaning on each other for mutual support and, in the process, showing that you don't have to go to Hollywood to make it in a famously difficult business.

This is not an easy time for the film industry. Hollywood studios have largely



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LYNN SHELTON

has carved out a career based in Seattle, making movies such as *Laggies* (above, with Keira Knightley at right). Despite the distance from LA, she's one of the best-regarded independent directors.

200 are accepted each year.

That means more competition. And despite more and more channels for new material, viewers' attention is precious. If your indie film doesn't have a big name attached, it's best to keep expectations—and budgets—low.

That's how Shelton played it. A non-profit provided the money to make her first feature, *We Go Way Back*, in 2006. The story of a 20-something actress visited by the ghost of her braver 13-year-old self was semi-autobiographical: Shelton herself was an actress, among other things, before she worked up enough courage to attempt directing features.

"It took me a long time to start doing what I'm doing now—I was in my late 30s—but everything I did before that in my life added up to whatever success I've had as a director," says Shelton, who was also a photographer and film editor and made experimental and documentary films and video art. "This is what I was meant to do, but I couldn't have done it any earlier."

Her movies reveal the vagaries of human relationships, and not just the stereotyped mainstream ones Hollywood

narrowed their focus to crowd-pleasing sequels, remakes, and superhero stories—"tentpole" movies, they're called. For every blockbuster, a hundred other films never repay the initial investment required to make them.

But it's easier than ever to make an inexpensive movie these days—we can all do it with our phones—and the number of independent films has steadily increased. Submissions to Sundance climbed from 9,816 in 2010 to 12,218 in 2014; fewer than



LEFT: BARBARA KINNEY; RIGHT: MICHAEL CLIFFORD



MEGAN GRIFFITHS: The Seattle-based director works in Los Angeles (near left, *The Night Stalker*) and at home enlists stars such as Toni Collette (far left) for her indie films.



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SCOTT BALLARD

(black cap) directed *Death on a Rock*, which was filmed in Oregon and won a festival prize for its female lead, Rachael Perrell Fosket. Ballard recently formed a Portland indie film collective, Great Notion.



MISHA ASHTON MOORE

loves to stuff into romantic comedies. And they're often very funny.

In her "bromance" *Humpday*, two straight male friends shock themselves out of their grown-up ruts by attempting to make an art film—starring themselves. Earning her a national distribution deal, the movie vaulted her into the public consciousness, or at least the consciousness of the indie film world. Since then Shelton's influence has gradually grown, as have her production budgets.

With six features and a dozen TV episodes under her belt now, last year she convinced producers to film *Laggies*, her latest feature and the first one she didn't write herself, in Seattle with a largely local crew. Its Hollywood cast included Keira Knightley as a 20-something woman making a bumpy transition into full-fledged adulthood.

Earlier this year, Shelton was one of just three women directors invited to join the Academy of Motion Picture Arts and Sciences. Another is Kelly Reichardt, a New Yorker who has shot most of her films in Oregon and whose work has a similarly intimate feel.

It can be tough to stand out while the number of independent films is exploding. You might think this would mean that competition among indie directors is fierce, but that's not the feeling Shelton or her likeminded colleagues convey.

Shelton still works with some of the crew from *We Go Way Back*, including then-assistant director Megan Griffiths, now a director herself, and cinematographer Benjamin Kasulke. This group became the core of a filmmaking community centered on the idea of collaboration and respect they have dubbed "crewtopia."

Griffiths says it boils down to the idea

that "Happy crews make better movies. At the core of it, it's about respecting the other people on your set and treating them the way you would want to be treated."

But it goes beyond that to supporting others' careers, as indie directors are doing for each other and their producers, actors and crew.

Griffiths worked her way up through the ranks to become a full-fledged director. She studied cinematography in film school, then earned a reputation as a superior set runner as a first assistant director in Seattle. In 2010, she called on the years of goodwill she'd accumulated on other sets to make her first feature, *The Off Hours*, a close-up portrait of people having a hard time breaking out of the few life roles available to them in the kind of small town most people only drive through.

Griffiths then changed course completely to make *Eden*, an intense drama



SATU BELL

RICHARD MARTIN'S *Slap Shot 3: The Junior League* exemplifies the Vancouver director's mainstream work, which supports his other ventures in experimental cinema.

BY THE NUMBERS

about human trafficking that won praise from critics, an Audience Award at South by Southwest, and notice from Hollywood. For her latest project, *Lucky Them*, Griffiths directed Toni Collette as a writer trying to track down her ex-boyfriend, a once-famous musician who ditched his career and disappeared. It premiered at the Toronto International Film Festival and had wide theatrical release last year.

Griffiths comes across as committed, smart and competent. You get the impression that she could be an effective corporate CEO, an advocate for a cause, or the head of a nonprofit—all of which you must be, in part, to run a movie set.

She has spent much of the last year in Los Angeles, shooting an account of the 1980s serial killer known as the Night Stalker, starring Lou Diamond Phillips. Griffiths, who spent part of her childhood

in California in the 1980s, calls the character “sort of a personal bogeyman.” She’s bringing a fresh perspective to the story, partly by adding a female lead who’s trying to make sense of the killer—a reflection of Griffiths’ own belief that “people don’t do what they do simply because they’re evil.”

She was able to bring some of her regular collaborators with her, but she’s also built a “crewtopia south,” bringing her philosophy of collaboration to Southern California.

“There can be sort of a deeply entrenched production-versus-crew mentality—us versus them,” she says. “You can’t just tell people ‘Don’t mistreat each other.’ You have to demonstrate that they can trust you by being kind to everyone yourself.”

A life in arts often requires compro-

■ The Motion Picture Association of America estimates that in 2013–2014, film and television contributed **\$348 million** in wages to Washington state’s economy, and **\$256.3 million** to Oregon’s.

■ Film and television contributed an estimated **\$2 billion** to the British Columbia economy in 2014, according to the Vancouver Economic Commission.

■ And in California, still the moviemaking behemoth, the film industry was worth **\$18.1 billion** in wages.

■ Recent financially successful indie films include **Juno** (\$143.5 million, 2007); **Little Miss Sunshine** (\$59.6 million, 2006); and **Precious** (\$47.6 million, 2009), according to *The Wall Street Journal*. All three were festival prizewinners.



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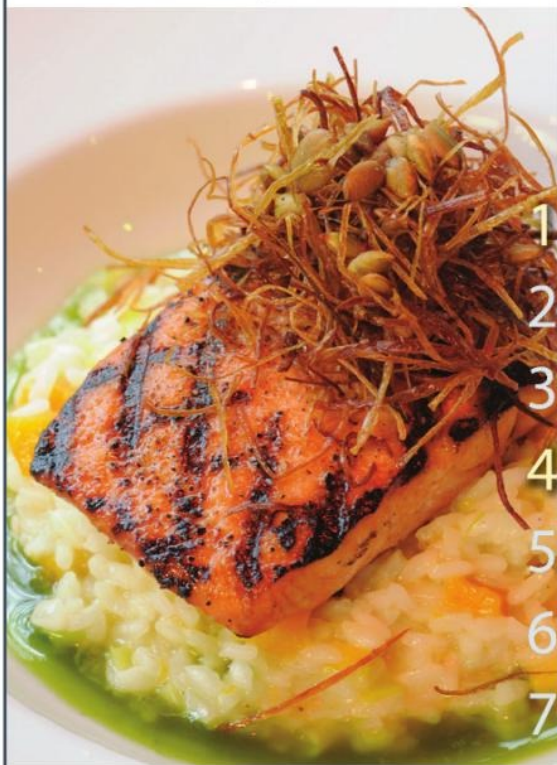
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mises that starry-eyed neophytes do not understand at first. Classical music composer Charles Ives sold insurance, and Herman Melville was a customs inspector. Similarly, indie film directors have done all kinds of work to make a living, ranging from commercial fishing (Shelton) to video store clerk and Santa photographer (Griffiths). In a way, this keeps them in touch with the everyday struggles and triumphs that feel familiar when we see these vignettes on screen.

"We were high up in the Bering Sea, closer to Siberia than the U.S. most of

"The independent spirit will keep going no matter what. ... We float back and forth between the Hollywood North jobs and shows, and managing to do our own thing."

the time, and only came to shore at Dutch Harbor two days in the middle of our three-month stint," Shelton recalls of her time crewing on a pollock trawler.

"It was probably the most intense thing I've ever signed myself up for."

Even once they are established enough to leave retail work behind, commercial and TV work helps pay indie directors' bills, freeing up time and money for personal projects.

Shelton has directed a number of television episodes, starting with a *Mad Men* episode in 2010 and, more recently, *New Girl*, *The Mindy Project* and *Fresh off the Boat*. At anywhere from \$1 million to \$4 million, the budget for a single television episode can be many times that of an independent film.

As networks and digital distributors such as Netflix and Amazon expand their slates of scripted shows, "There's just a golden age of content. It's exciting to be part of that and to be able to dive into that," Shelton says.

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She and Griffiths are collaborating on their own TV project, the pilot for which is under development and will eventually find a small-screen home.

Richard Martin lives in the filmmaking juggernaut of Vancouver, British Columbia, also known as “Hollywood North.” Although it’s the continent’s third-largest filmmaking production center, after Los Angeles and New York City, the DIY spirit thrives there, spurred by a strong tradition of offbeat experimental filmmakers dating back to the counterculture 1960s.

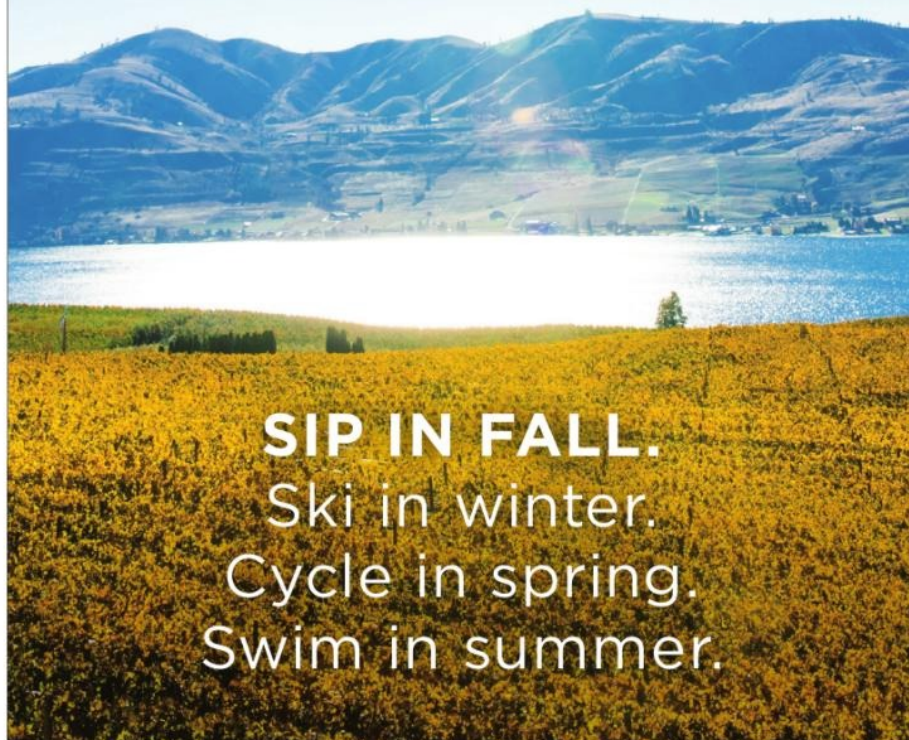
Martin embodies the possibilities open to independent filmmakers in B.C. He’s directed everything from family features to gritty TV dramas, from documentaries to experimental art films. He recently directed a documentary, *Back-Bone: Vancouver Experimental Cinema*, about his city’s scene, and seems to always be working on both a big-budget production and at least one indie project at any given time.

“The independent spirit will keep going no matter what the situation is,” Martin vows. “We float back and forth between the Hollywood North jobs and shows, and managing to do our own thing,” he says.

Vancouver is replete with experienced crews, many eager to help one another make independent projects. “Even with so much work going on here, you still find a lot of people who are grips and gaffers and other crew members who are willing to come work on your small-budget film, and they’ll give you a good rate because they believe in the project.”

In Portland, known for quirky television (*Grimm*, *The Librarians*, and, of course, *Portlandia*) as well as indie film and animation, filmmakers’ attitude is “super independent—undependent, we like to call it here,” says Thomas Phillipson, regional services manager of the

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Northwest Film Center in Portland, which hosts the 42nd Northwest Filmmakers' Festival this fall (November 12-17; nwfilm.org).

Despite that—or even because of it—a number of PDX's independent directors are finding success at festivals, in national distribution deals, and on TV.

Award-winning narrative filmmaker Scott Ballard lives in Portland but spent the past two years traveling the film-festival circuit with *A Standing Still*, his movie about a young woman who happily spends her time fire-spotting from a lonesome forest lookout tower until unexpected family events draw her back to civilization.

"I love characters who think they're really safe in their world, and one tiny thing happens and they don't know what to do with this event," Ballard says.

He was working as a graphic designer and photographer when he took a film class and was hooked. He went to graduate school for film, but while his classmates went to Hollywood, he found himself wondering, "How do I DIY it? How do I make my own path?" The answer: Stay away from Los Angeles, with all its strings-attached work and consequent money, and make small-budget films closer to home.

Ballard pays what he calls "happy-hour wages" for his small-budget features, but he repays crews partly by working on their projects, in turn. A good attitude helps. "It's really about how you relate to people and what kind of set you run," Ballard says.

Like every indie filmmaker, he has tales about unexpected scrambles. During a crucial on-location shoot at a busy Oregon state park, one of Ballard's cameras stopped working just as a key prop, his dad's 1969 Chevy Nova, broke down. They were able to get through the shoot by coasting the car down a hill and towing it back up again. The producer's boyfriend then towed it back to Portland,

where, instead of rehearsing for the next week's shoot, they spent the weekend fixing it. "Part of indie filmmaking, of course, is learning to put a transmission into a classic car," Ballard jokes.

Helpful collaborators ease the strain. Ballard made *A Standing Still* with a crew of four; he had 15 for his latest film, *Death on a Rock*, which is just now hitting festivals. "I faced many difficult things and I was able to get through them because of my crew. They believed in the story and were willing to give themselves to it entirely," he says.

Now, Ballard and a handful of others have formed their own regional "film-maker collective," Great Notion. They hope to distribute and market their work, operating as the equivalent of an indie record label.

He remembers thinking, "Is this a thing? No? Let's make it a thing."

And so it is—nine films right now, more to come. Yes, the name is drawn from Oregonian Ken Kesey's book, *Sometimes a Great Notion*, which became a classic film starring Paul Newman. There's a world of independence in those antecedents: Kesey was a '60s counter-culture icon, while Newman famously eschewed Hollywood to live in Connecticut and devoted his spare time to car racing and creating a philanthropic empire, Newman's Own.

Working in a collaborative medium but lacking the rich movie-industry ecosystem of New York or Los Angeles, Ballard says, indie filmmakers are like Kesey—off the grid and outside the limelight. That makes sharing resources and inspiration all the more vital. Independence, it turns out, is actually interdependence as well. "Striving to get your film out there, it's incredibly important to not just have buddies but people who know what you're going through and whom you can lean on for help." ▲

Christy Karras is based in Seattle.



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GOLF



Teeing It Up *in Paradise*

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When Captain Cook in 1778 chanced upon what would later become known as the Hawaiian Islands, one of his first onshore excursions was to identify a suitable place for a golf course. ... OK, maybe not.

My little bit of revisionist history could be too revisionist, even though the Scots gave us the game and the British have helped carry it across the Seven Seas. However golf may have arrived on Hawaiian shores, let's all just be glad it did. Most every major golf-course designer of the modern era has made at least one sojourn here, with the result being that from seashores to lava fields to rain forests, there's a clever layout with inspiring views that is just right for your game.

As modern-day explorers, let's take our own particular brand of island excursion as we tour some of Hawai'i's finest golf layouts.

HAWAI'I ISLAND

📍 Mauna Lani—North and South Courses

maunalani.com

The Big Picture: Oceanside real estate is, to say the least, valuable. So, when golf meets Neptune, it is something to behold. Few properties do it as well as Mauna Lani.

The Play: The Francis H. I'i Brown South Course gets most of the attention because of two watery par 3s: the seventh, which plays long-iron long beside the ocean, and No. 15—one of the most-photographed holes in existence—leaping

Opposite: The 15th hole at the Francis H. I'i Brown South Course on Hawai'i Island is one of the most famous par 3s in the world.

Below: Another exceptional par 3 is Mauna Kea Golf Course's third hole, a horseshoe-shaped layout in which players must hit over breaking surf to reach the green.

What stands out on Mauna Lani's North Course is how the holes serpentine through a heaving jumble of lava.

over a surging azure cove. The 15th offers lava, surf, bunkers and extinct Kohala Mountain rising in the far backdrop. *This is good stuff.*

The North Course also offers ocean views. What stands out is how the holes serpentine through a heaving jumble of lava, and most are cast in a willowy drapery of *kiawe*, or mesquite trees.

Bottom Line: If it goes in the lava, leave it in the lava. Even expensive golf balls are cheap when compared to shoes, clothing, various body parts and your dignity.

That black stuff is beautiful, but sharp.

Bring Your: Kennedy half-dollar. If you can't play both layouts, flip a coin to decide, because each course has its own charms.

Fueling Up: Asian-Pacific Island fare meets Italy at Cafe Pesto, an institution for locals and tourists that is located not far from Mauna Lani in Kawaihae. Several lunch or dinner visits are in order because one stop just won't be enough (cafepesto.com).

📍 Mauna Kea Golf Course

maunaakeagolf.com

The Big Picture: Mauna Kea Golf Course and Mauna Kea Beach Hotel are pioneers. They were the first full-service luxury destination to set up shop in the Kohala lava lands in the 1960s. This stretch of coastline still isn't exactly Waikiki-dense. However, over time a number of resorts have created a necklace of vacation finery stretching northward from Kona—with pretty much all of them ranking on someone's get-there-now list.

The Play: I bet you thought I was going to tout the world-famous third hole, the progenitor of over-water par 3s that can tally up to a tidy 250 yards from the way-back tees. OK. I am touting it. But there's plenty more.



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EVAN SCHILLER, COURTESY: HUALALAI RESORT



The 17th hole at Hualalai Golf Course.

plenty of angles and a real advantage if your driver serves you well off the tee.

Bring Your: Ibuprofen, as you're doubling down on a 36-hole day playing sister Hapuna Golf Course high up on the hills right after lunch.

Fueling Up: Drive 25 minutes to the northwestern tip of Hawai'i Island to Hawi and take in the chill island charm of Bamboo Restaurant & Gallery (bamboorestaurant.info).

➔ **Hualalai Golf Course**
hualalairesort.com

The Big Picture: Fans of televised golf probably know this place as the longtime home of the Champions Tour's Mitsubishi Electric Championship, the senior circuit's variation of the PGA Tour's winners-only event at Kapalua's Plantation Course on Maui. It's also Jack Nicklaus' first design in the Islands.

The Play: With many courses, lava fields play out like the foul lines in base-

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ball. However, here the lava is more of the play and not just demarking the play, and nowhere is that more sweetly—or bittersweetly—evident than on the par-5 seventh, where the chunky black stuff offers a slot through which to thread your second shot. But be careful: Bernhard Langer went for it in two at the Mitsubishi earlier this year. He skirted the black stuff in the fairway, but found its greenside complement and carded a quintuple bogey 10.

Bottom Line: Look around; Hawai'i is a visual experience, no matter what activity you are engaged in. Don't get so caught up in the score and club selection that you forget to take in the spectacular mountains rising right out of the deep blue behind you.

Bring Your: Suitcase. You must be a guest of either the Four Seasons Resort Hualālai or the Hualālai Resort to play this well-known layout. And judging by

Maui's Kā'anapali Kai Golf Course is known as a great layout for all golf skill levels.

the impressive surroundings, that is just fine.

Fueling Up: With locations in Kona and Waikōloa, Island Lava Java is the place to carve out time for a pre-round breakfast. Have the Fresh Fish Benedict with smoked salmon, shrimp or the day's catch, and a cup of Kona's finest (islandlavajava.com).

MAUI

📍 **Kā'anapali Beach Resort—Royal Kā'anapali and Kā'anapali Kai golf courses**
kaanapaligolfcourses.com

The Big Picture: Kā'anapali enjoys an enviable West Maui setting well removed from the drier

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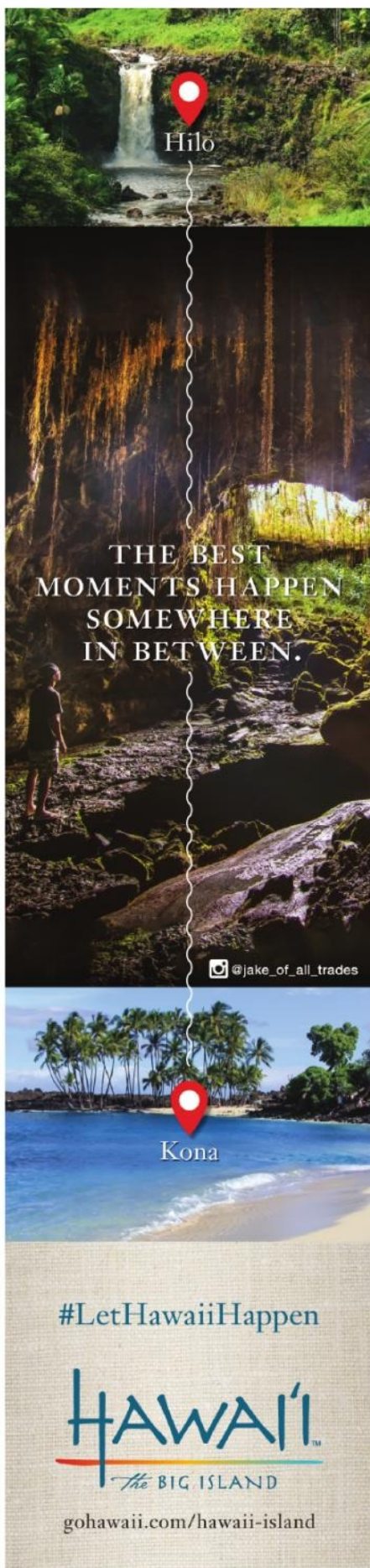


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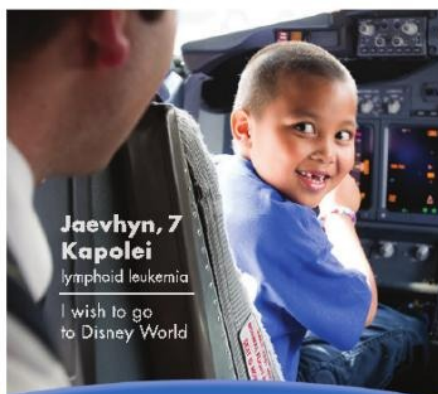
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south, yet not quite far enough to the north to receive much rain from the prevailing trade winds.

Add to that a double dose of Island golf and it is game on.

The Play: Royal Kā'anapali has seniority billing, having been built here by the shore more than 50 years ago. It has kept current with a last-decade revamp. Royal Kā'anapali threads from the resort environs near the coast toward



The par-4 16th hole at the Kapalua Resort's Plantation Course offers spectacular views of Moloka'i Island. The layout is ranked among the best in Hawai'i and is home to the PGA Tour's Hyundai Tournament of Champions, held in January.

the mountains (*mauka*) and returns. A highlight comes early at the beach-sided long par-4 fifth.

The sister Kai course plays about 300 yards shorter (6,388 total) in a parkland setting, and was the host course for Golf Channel's *Big Break Kā'anapali*, which aired in 2008.

Bottom Line: Players who stay at the Kā'anapali Resort receive about 35 percent off their greens fees, and that makes playing Royal and Kai all the more reasonable when compared to other Hawaiian courses that lightly kiss the ocean.

Bring Your: Sense of adventure. We're going into the surf: Let Shoreline Snuba Maui be your guide as you cavort under the sea (shorelinesnuba.com).

Fueling Up: Nearby Lahaina serves up Cheeseburger in Paradise, a laid-back waterfront restaurant with a fun tiki-hut motif. Enjoy a burger, fries and a cold

brew, all while sitting above the salty stuff, looking at Lānaʻi Island and—if you are here from November through May—the occasional humpback whale (cheeseburgerland.com).

➡ Kapalua Resort—Plantation Course

golfatkapalua.com

The Big Picture: With the Prince Course over on Kauaʻi going private, there is no remaining debate as to which is the highest-rated publicly accessible course out here in the middle of the Pacific Ocean. The views are commanding, the experience demanding, the memories outstanding.

The Play: Once you get past the Old Course at St. Andrews, Augusta

National and TPC Sawgrass, there are few other courses more recognizable to golfers and nongolfers than The Plantation, thanks to its longtime affiliation with the Hyundai Tournament of Champions. This course is big in every dimension, including length, elevation change, views, wind, fairway width and the bottomless jungle ravines. Selecting a great hole here is akin to the daunting task of choosing which color Porsche to buy. Oh, the woes we face.

Bottom Line: Yes, you should “Tee It Forward” on most courses. Just not here. The way hazards and fairway quirks are laid out, along with the elevation and predominant trade

The Plantation Course is
big in every dimension,
including length,
elevation change, views,
wind, fairway width and
bottomless jungle
ravines.

winds, this course should be played at a greater yardage than you play at home. Some holes will prove head-scratchers otherwise.

Bring Your: Moxie. That’s it. Moxie.

Fueling Up: Nobody does farm-to-table better than chef Peter Merriman, whose restaurant Merri-man’s Kapalua is located right down the street from the course on Kapalua Bay. Here the drinks and food are equal to the view, and that’s saying something (merrimanshawaii.com).



AIDAN BRADLEY PHOTOGRAPHY, COURTESY: TROON GOLF



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The Big Picture: Throughout the club's Gold, Blue and Emerald courses, you're in for plenty of visual treats, including the blue ocean, with views of the dive-and-snorkel hot spot of Molo-kini Crater and the islands of Kaho'o-lawe and Lāna'i.

The Play: The top layout here is the Gold Course. Not long by modern design metrics—a tick above 7,000 yards—it's an approach-shot course that requires a good tee ball. It is also known for big, sloped greens. The pixel moment is on the eighth, a mid-iron par 3 with an infinite-Pacific backdrop. Blue is an open and inviting course, a great choice when just off the plane. Emerald plays a little easier than Gold and is the most popular routing in the group.

Bottom Line: Get that flat-stick stroke honed before coming over, particularly when you get to Gold. Being out of position can create some interesting putts.

Bring Your: Smile. This is the dry, warm, whispery breeze side of Maui, which makes for a perfect golf combo.

Fueling Up: Culinary star Beverly Gannon offers the excellent Gannon's and Joe's Nuevo Latino in Wailea. However, for a real change of pace, try her Hāli'imaile General Store in the heart of upcountry Maui range and farm country (bevgannon-restaurants.com).

O'AHU

➔ Ko 'Olina Golf Club

koolinagolf.com

The Big Picture: As with the Plantation and Hualālai courses, Ko 'Olina has a yearly TV appearance, here courtesy of the



WAILEA GOLF CLUB

The Gold Course is one of three popular championship layouts that are part of Maui's Wailea Golf Club.

LPGA Tour's Lotte Championship, which was won by Hawai'i's favorite daughter Michelle Wie in 2014.

The Play: The style of late course architect Ted Robinson is evident at Ko 'Olina, from his signature water features to rambling, banked and tiered greens.

There is room to knock it around off the tee, and that's a good attribute, as it can be windy out here on the southwestern tip of O'ahu.

Bottom Line: There's an irony to the fact that the most visited island in Hawai'i is sometimes perceived as not having the golf chops of its nearby brethren. However, start probing the outer reaches of the island, here at Ko 'Olina and elsewhere, and the quality of the local courses quickly becomes apparent.

Bring Your: Karma. During this year's Lotte tournament, Sei Young Kim drove into the lake on No. 18 in the final round, then chipped in for par to force a playoff, which she then won by jarring her second shot for an eagle—on the same hole.

Fueling Up: Go local with Tanioka's Seafoods & Catering in Waipahu just west of Pearl City. Don't let the name of the

restaurant fool you. The house specialty is an ocean's array of *poke*, which is a Hawaiian version of ceviche. Also try their bento and the ubiquitous plate lunch (taniokas.com).

➔ **Royal Hawaiian Golf Club**

pacificlinks.com

The Big Picture: Every island has golf courses that flirt with the jungle, with perhaps the occasional request for a shot over it. On the windward side of O'ahu, golf is played within the jungle, and that's a different critter altogether.

The Play: My introduction to Royal Hawaiian was painfully educational. It began with me hitting into a fairway-constricting hazard with my driver, fairway wood and hybrid. I then re-teed seven and off I went to play the rest of the first hole. And the point (other than me being stubborn and not using the drop allowance) is that, here in Polynesia primeval, golf is a thinking game ... how novel. And it's also just dang pretty here.

Bottom Line: Patience is your friend at the intricate Royal Hawaiian, and you might also want to consider a machete and bring every golf ball you own. Buck

SHANEFF CARL / GETTY IMAGES



The Ko 'Olina Golf Course is the home of the LPGA's Lotte Championship, won by Michelle Wie in 2014.

up, it's really not *that* scary out there.

Bring Your: Snorkel gear. Wending your way back on the coast route to Honolulu brings you to Hanauma Bay Nature Preserve, a popular snorkeling location. A conservation plan has been put in place to ensure that this renowned fish-rich cove continues to thrive (honolulu.gov).

Fueling Up: Uahi Island Grill pairs Hawai'i's traditional plate lunch with entrees you'd not expect

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of a storefront, such as duck confit in anise-orange glaze (uahiisland-grill.com).

➔ **Turtle Bay Resort—Palmer Course**
turtlebayresort.com

The Big Picture: While O'ahu's famous North Shore surf break gets most of the attention, nearby Turtle Bay Resort is making its own waves after a major renovation was completed last year.

The Play: Turtle Bay offers two plays: the original George Fazio layout and the Palmer Course, named after the King and crafted by his longtime stalwart and design partner, Ed Seay. The Palmer Course is thrilling golf that includes wetlands, walls of ironwood and an Audubon-book array of birds. Golfers encounter plenty of thrills along the way, including a fairway to the waves on the signature par-4 17th that will definitely bring you back, guaranteed.

Bottom Line: Arnold Palmer and Co. deserve all due praise for this layout, which is a core Hawai'i golf experience that is not to be missed.

Bring Your: Inner child. Turtle Bay was the first place I encountered Golf-Board, a mechanized contraption sized somewhere between a skateboard and a surfboard, and the most fun you can have getting around a course.

Fueling Up: In the North Shore town of Hale'iwa is the Opal Thai Food restaurant, where you tell the chef your flavor preferences and heat tolerance and he returns with magic on a plate (no website; 808-381-8091).

TURTLE BAY RESORT



The par-4 17th is the signature hole at the Turtle Bay Palmer Course on O'ahu.



KAUAI

➔ **Po'ipū Bay Golf Course**
poipubaygolf.com

The Big Picture: With Po'ipū Bay as the backdrop for the final holes, this course, located on the dry side of Kauai, closes stunningly atop a sea bluff.

The Play: Po'ipū Bay runs inland, offering views of Mount Hā'upu before turning back toward the coast for a cliff-top finish. When playing 15, 16 and 17, you don't really mind the double bogey you are bound to get on at least one of 'em for all the attention you'll be paying to the views of the Pacific.

Bottom Line: Great closing holes. The rest of the course meanders about as changing points of a compass—bringing variability in play with the trade winds and through a riot of tropical foliage.

Bring Your: Corkscrew. Just up the road in Old Koloa Town, you'll find The Wine Shop, which is definitely worth a stop (thewineshopkauai.com).

Fueling Up: A sunset dinner at The Beach House restaurant is a must (the-beach-house.com).

➔ **Princeville Makai Golf Club**
makaigolf.com

The Big Picture: While I lament the loss of Princeville's Prince Course, which is now a private layout, it opens the door to Princeville Makai getting the attention and accolades I've long said it deserves.

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The Play: Makai doesn't bedazzle with sinuous lost-world chasms such as you find on some Island courses. Instead, Robert Trent Jones Jr.'s layout is a sweeping, largely parkland-woodland envelope that twice runs out to the north shore edge. A 2009 makeover brought in paspalum turf grass, new tees, new and renovated bunkers, and luckily no one messed with the Bali Hai and Hanalei Bay views. The clincher is No. 14, a reachable par 4 for most everyone. Yours truly has now parred, bogeyed and doubled this hole, with many of my golf balls visiting the fishes.

Bottom Line: This is the most atypical Hawai'i seashore layout around, and



The signature par-3 seventh hole at Princeville Makai Golf Club requires players to aim at a cliff-top green.



PO'IPŪ BAY GOLF COURSE

The 16th hole at Po'ipū Bay Golf Course offers great mountain and ocean views.

that is no cause for complaint. It's a marriage of classic heartland golf, great weather and coral reefs at the corner of your eye. The Laysan albatrosses, which raise families on the course, are a grin-inducing bonus. Please don't disturb the chicks, parents or nests.

Bring Your: Camera. To say this place is photogenic is like saying the Lakers overpaid on Kobe's last contract.

Fueling Up: Several miles and a world away from Princeville, Hanalei is a Hawai'i surf hamlet extraordinaire. If eating pre-round, try the Hanalei Wake

Up Cafe for Portuguese sausage, rice and eggs. For dinner, go to the Hanalei Dolphin Restaurant, Fish Market and Sushi Lounge (hanaleiwakeupcafe.com and hanaleidolphin.com).

➔ **Puakea Golf Course**
Puakeagolf.com

The Big Picture: Since reopening in 2003 with an 18-hole layout, the course has been a star attraction.

The Play: As at most great courses in Hawai'i,

you will encounter plenty of greenery, tumble and rumble, ball-eating foliage



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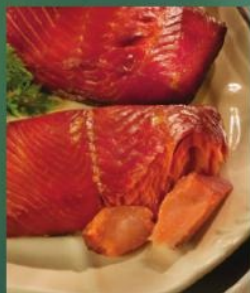
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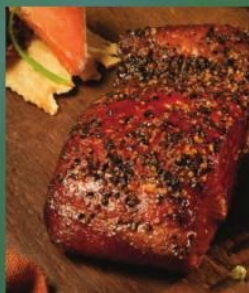
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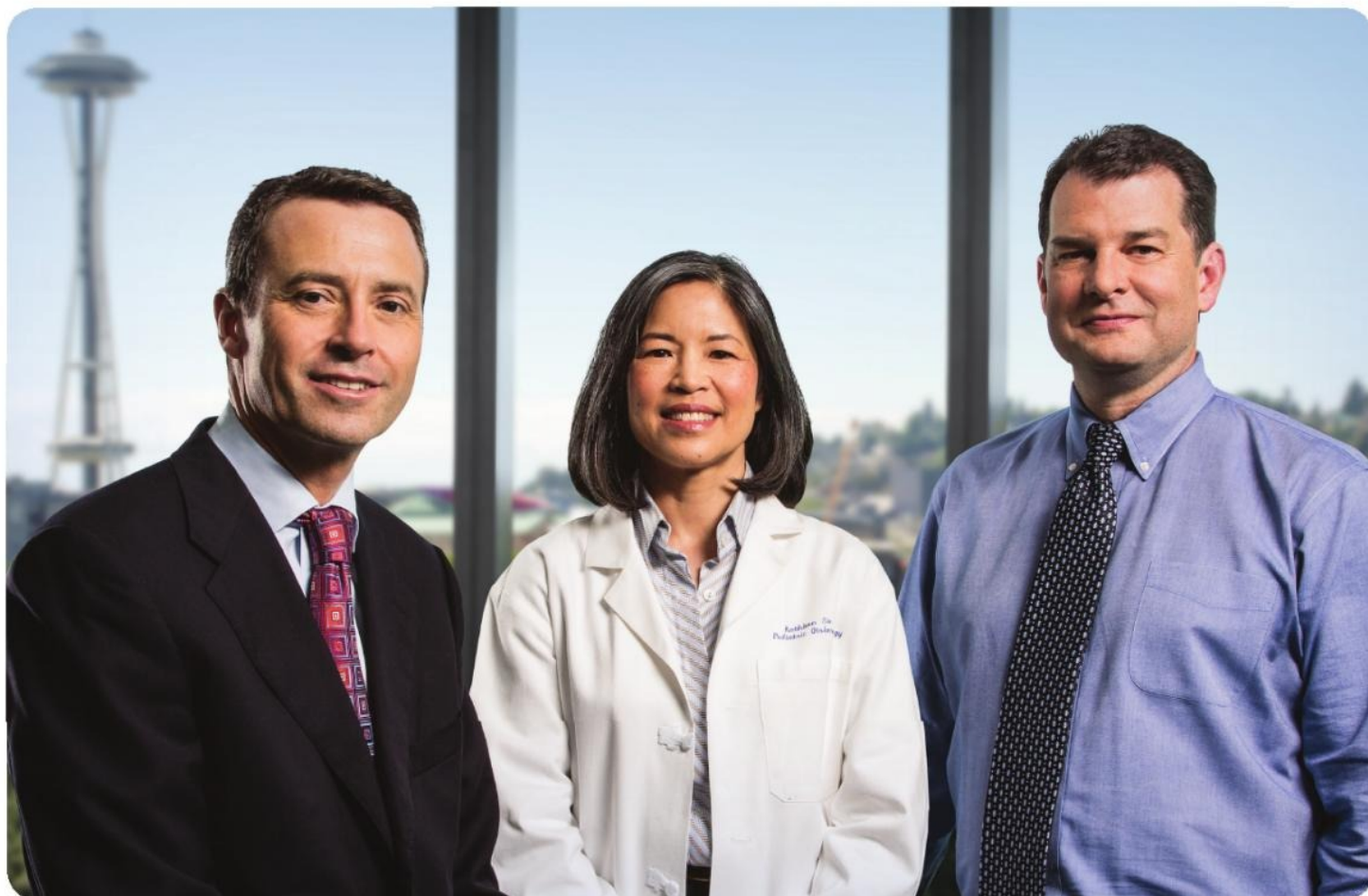
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PAC-12 PREVIEW

Expect fierce competition
from conference rivals this
football season

» By Steve Rudman

PAC-12 football pretty much had it all in 2014. Six teams won at least nine games (the most of any conference) and were ranked on the final Associated Press College Football Poll Top 25. Eight teams qualified for bowls. The Oregon Ducks even made it to the College Football National Championship game, which they lost to the Ohio State Buckeyes. The Pac-12 also dominated the post-season awards, with conference players picking up 13 of 22 trophies, including Ducks quarterback Marcus Mariota winning the Heisman Trophy. To top it off, nine players—a high for all Division I Football Bowl Subdivision (FBS) conferences—were picked in the first round of the NFL draft.

After such a dominant season, the Pac-12 appears ready for an encore. Even with the losses of marquee talents such as Mariota, USC defensive tackle Leonard Williams and UCLA QB Brett Hundley, the Pac-12 will enter this season boasting six or seven teams that could potentially win the conference and have a chance to reach the College Football Playoff National Championship.

In the North Division, Oregon will feel the loss of Mariota and a number of important defensive players. Still, the Ducks are expected to be a favorite for the Pac-12 crown. Stanford should also remain a contender, if senior QB Kevin Hogan plays consistently and the defense finds new leadership.

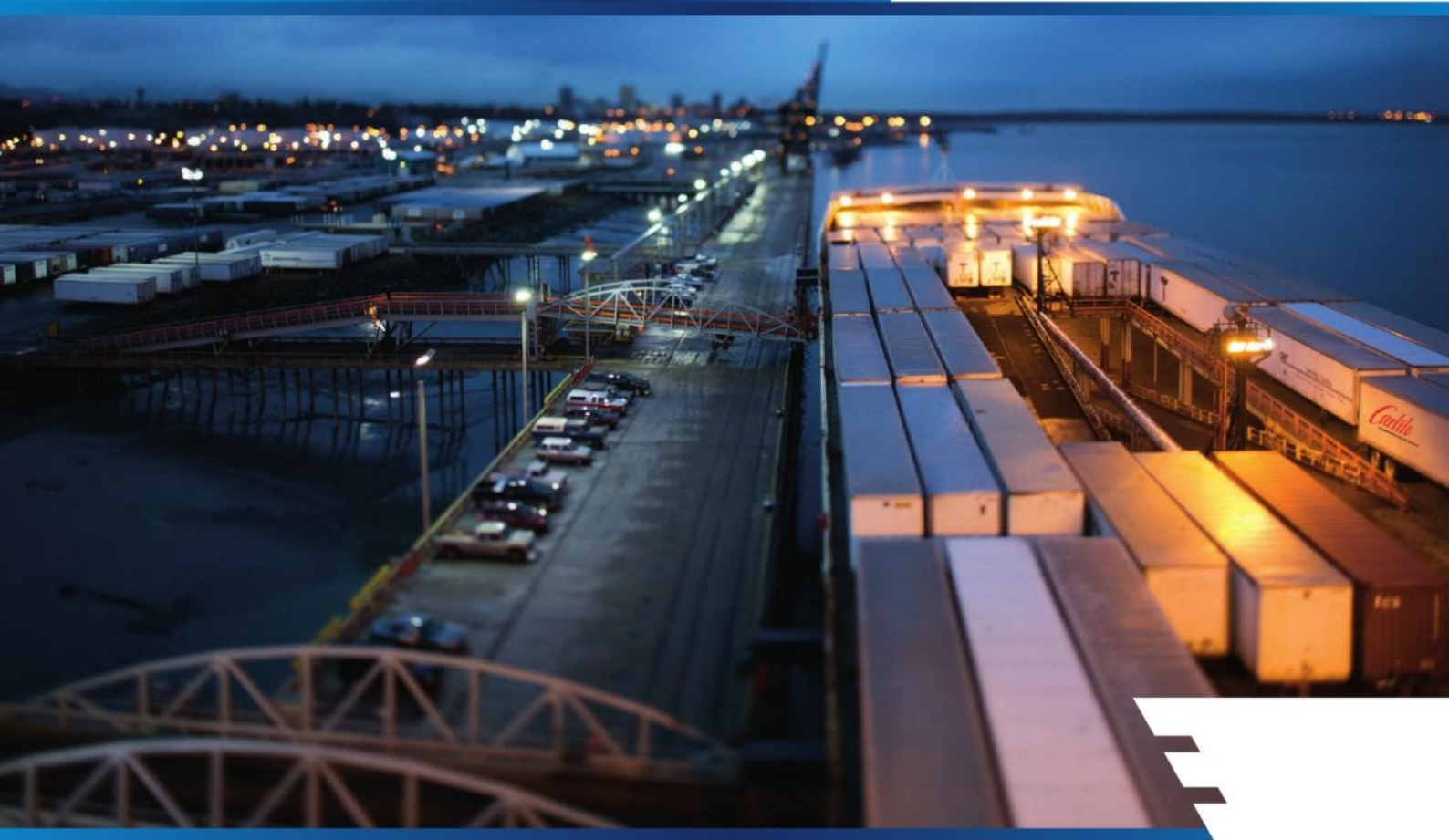
» University of Southern California QB Cody Kessler eludes UCLA defender Takkarist McKinley during a game last November in the Rose Bowl in Pasadena, California. The Trojans are among the favorites to win the Pac-12 Conference this year and possibly the national championship.



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In the South, USC features a roster brimming with five-star recruits, led by QB Cody Kessler. UCLA returns more starters than any other school in the conference and should also be a title threat. Arizona State and Arizona are expected to continue improving and to secure bowl trips.

A Pac-12 team hasn't won a national title since USC accomplished the feat in 2004. However, the conference is strong enough that this year's winner will more than likely be named one of the four teams vying for the national championship, even if the Pac-12 representative has at least one loss. That gives you a sense of how tough the conference will be this year.

The following is how I expect the Pac-12 teams to place in their divisions this season.

PAC-12 NORTH DIVISION

1. OREGON

The Oregon Ducks face a transition with the loss of Mariota. While many believed Eastern Washington University transfer Vernon Adams Jr. (who lit up the Big Sky Conference with more than 10,000 passing yards and 110 touchdowns in three seasons) would be the new starter, academic snags meant he couldn't

MARCIO JOSE SANCHEZ / AP PHOTO



» Above: Stanford senior QB Kevin Hogan's play will be crucial as the Cardinal look to unseat Oregon in the North. Below: Oregon's Royce Freeman runs against the Ohio State Buckeyes during last season's College Football Playoff National Championship.

join the team until mid-August, limiting his ability to pick up the Oregon offense. So far, Coach Mark Helfrich has continued to say that junior QB Jeff Lockie will start the first game under center.

Sophomore running back Royce Freeman (who amassed 18 TDs in 2014) has generated Heisman talk. Lockie inherits the team's two leading receivers from last year: Byron Marshall and Dwayne Stanford.

The Ducks lost defensive end Arik Armstead and center Hroniss Grasu. However, the team received a boost when defensive lineman DeForest Buckner, easily the best player on Oregon's front seven, elected to return for his senior season.

Oregon's first big test will come September 12 when the Ducks travel to currently sixth-ranked Michigan State, which enjoyed an 11-2 season last year. Only after that game can the loss of Mariota be accurately measured.

2. STANFORD

The Cardinal finished 2014 with an 8-5 record, the first time in David Shaw's four seasons as Stanford head coach that the team didn't win at least 11 games. This year, Stanford will pin its hopes on talented but occasionally inconsistent QB Kevin Hogan and a restructured defense. The team is capable of challenging Oregon for supremacy of the North, especially if Stanford starts the year as strongly as it ended 2014, with blowout wins over conference rivals Cal and UCLA, and a decisive bowl victory over Maryland.

Stanford, which returns all but two offensive starters this year, will be relying on Hogan. On defense, Stanford lost eight starters, and in experi-

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ence may be a factor. It will be up to linebacker Blake Martinez, Stanford's best defensive player, to lead the new players.

The schedule also looks favorable: Stanford has only four Pac-12 road games, three against teams that had a combined record of 4–23 in league play last year. They also face Oregon at home in the friendly confines of “The Farm.”

3. UC BERKELEY

Few Division I teams experienced a more impressive turnaround than Cal in 2014. The Golden Bears went from a record of 1–11 in 2013 to a 5–7 mark last year. The caveat: The Bears started 2014 with a 4–1 run before losing six of their last seven.

Cal returns most of its 2014 offensive squad that averaged 38.2 points per game. Outstanding junior QB Jared Goff has thrown for 7,481 yards and 53 TDs in his career, and senior running back Daniel Lasco is coming off a 1,115-yard, 12-TD season. The Bears also have a seasoned receiving corps. The defense is the elephant in the room. Cal gave up 61 TDs last season, including 42 scores against the secondary.

The Golden Bears also face a tough schedule with road games at Texas, Washington, Utah, UCLA, Oregon and Stanford. Cal will need to win at least

two of those games to become bowl eligible—that is if it can sweep at home.

4. WASHINGTON

Coach Chris Petersen may need a miracle on Montlake for the Dawgs to keep their streak of five consecutive bowl appearances alive in 2015. However, the Huskies may be facing just too many challenges. They lack an established QB; their top scoring threat, John Ross III, won't see a snap because of a knee injury; the four best defensive players left for the NFL; and their schedule is brutal.

During the first 10 weeks of the season, Washington faces eight teams that went to bowl games last year. With two or three upsets, the Huskies might be able to post a 6–6 record. However, I think only three or four wins would be more likely.

Junior Jeff Lindquist and freshman Jake Brown-ing will battle for the QB position. Whoever wins will have impressive receiving targets in Jaydon Mickens and Dante Pettis. Washington suffered a massive talent drain on defense as tackle Danny Shelton, cornerback Marcus Peters and linebacker Shaq Thompson went to the NFL as first-round picks, and linebacker Hau'oli Kikaha followed in the second round. If the Huskies are able to win half their games in 2015, it will be an outstanding year for the purple and gold.

5. WASHINGTON STATE

After last year's disappointing 3–9 record, coach Mike Leach hired a new defensive coordinator who will have his hands full. While the Cougars have averaged 27.7 points per game during Leach's three seasons, the defense has given up an average of 34.9



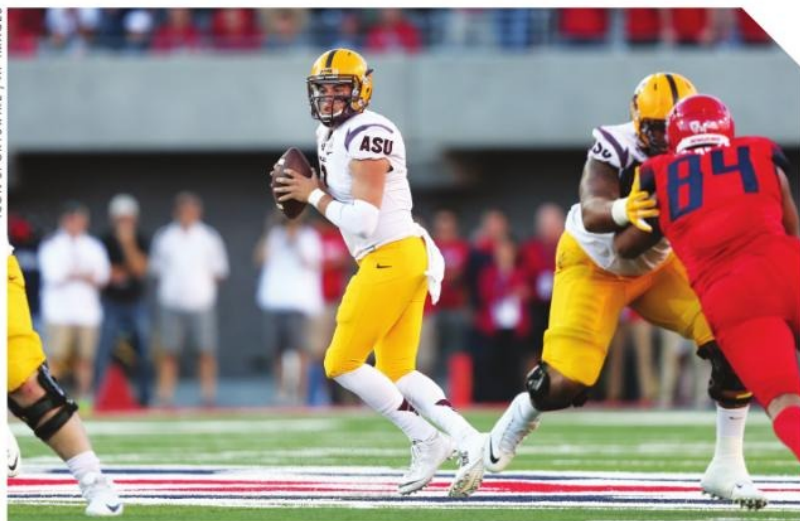
MICHAEL BURNS, COURTESY: GOLDENBEARSports.COM

» Above: The University of California, Berkeley, Golden Bears will rely on junior QB Jared Goff to lead the team through a tough schedule.

Below: University of Washington receiver Jaydon Mickens carries the ball against Taylor Taliulu of the Washington State Cougars during the 107th Apple Cup in 2014.



WILLIAM MANCEBO / GETTY IMAGES



points per game. Last season, it was even worse, with WSU allowing nearly 40 points per game.

To win, Washington State will once again have to score a lot of points. That job will fall to sophomore QB Luke Falk. He replaced an injured Connor Halliday at mid-year in 2014, throwing for 1,859 yards and 13 touchdowns. Falk's top target will be Gabe

» Mike Bercovici, Arizona State University's new starting quarterback, played well for the Sun Devils in three appearances last season. He threw for 12 touchdowns, including two during a 42-35 loss to state rival the University of Arizona Wildcats.

Marks, who is returning after redshirting his junior year.

This year's schedule is a mixed bag for the Cougars. They won't play USC or Utah from the South Division, and they get Oregon State and Colorado at home.

However, WSU faces a tough road schedule, which includes Rutgers, Arizona, Oregon, UCLA and Washington.

6. OREGON STATE

It's been a tumultuous offseason for the Beavers, with longtime coach Mike Riley leaving to coach the Nebraska Cornhuskers and Gary Andersen being lured away from the Wisconsin Badgers to take over the OSU program.

Andersen walks into a world of uncertainty. Only three defensive starters return from last year's 5-7



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team, and the Beavers must also replace veteran QB Sean Mannion. That won't be easy: Not one of Mannion's potential replacements has Pac-12 game experience.

Oregon State has some nice players surrounding their eventual QB. Victor Bolden and Jordan Villamin headline the receiving corps, and Storm Woods sports the look of a 1,000-yard rusher. The Beavers play five Pac-12 road games, and host UCLA and Stanford, so they are expected to be underdogs in at least seven conference games this year.

PAC-12 SOUTH DIVISION

1. USC

Coach Steve Sarkisian presides over not only a Pac-12 title contender, but a club with a legitimate shot at the national championship.

The Trojans return 14 starters from 2014's 9-4

» University of Arizona junior linebacker Scooby Wright, considered the top defensive player in the nation last year, tackles Oregon's Royce Freeman during last season's Pac-12 championship game.



team, including QB Cody Kessler, who directs an offense that scored an average of 35.8 points per game last year and just might top 40 this season.

A Heisman candidate who threw for 39 TDs in



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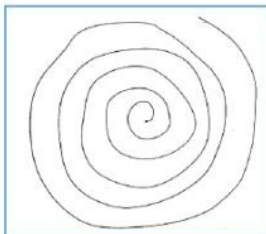
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2014, Kessler will work this year with a young but talented receiving corps.

JuJu Smith-Schuster (724 yards, 5 touchdowns) is expected to be his primary target.

USC's most intriguing player may be sophomore Adoree' Jackson, a cornerback and special teams player who can also be used as a receiver.

The versatile player is already being mentioned for various year-end awards, and he may even work his way into the Heisman conversation.

The Trojans face a tough run against



MO KHURSHED / TVF MEDIA / AP IMAGES

» UCLA running back Paul Perkins scores a touchdown against Kansas State during the second half of the 2015 Alamo Bowl. The Bruins went on to defeat the Kansas State Wildcats, 40–35. Perkins, who ran for nearly 1,800 yards last season, is expected to be the focus of the Bruin offense this year.

Stanford, Arizona State, Washington, Notre Dame and Utah. USC has the talent to run that gauntlet and become a national title contender with an improved defense, which last year allowed opponents an average of 400 yards of offense per game.

2. UCLA

UCLA won 10 games in 2014 and finished 10th in the AP's year-end poll. Still, the Bruins underachieved, struggling against Cal, Colorado and Washington and being crushed at home by Stanford with the South Division title on the line.

Coach Jim Mora has a number of QBs to replace graduating Brett Hundley with, including red-shirt junior Jerry Neuheisel, the son of former UCLA quarterback and head coach Rick

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Neuheisel, and five-star freshman recruit Josh Rosen. Whomever Mora chooses will inherit a bounty of talent, as UCLA returns 18 starters.

With a new quarterback, Mora is expected to emphasize the run and make junior Paul Perkins (1,575 yards, 9 TDs) the focal point of the offense. The top defensive player is junior Myles Jack, an All-America candidate who will move from outside linebacker to inside linebacker. The move should better place him in the center of the action.

UCLA won't face Oregon but will play four of its toughest games—Arizona, Stanford, Utah and USC—away from the Rose Bowl. It won't take long to size up the Bruins: The team plays Arizona and Arizona State in its first two league games.

3. ARIZONA STATE

Coach Todd Graham has transformed ASU into an annual 10-win team, and 2015 should be no different, even with new QB Mike Bercovici.

In three relief appearances last year, Bercovici showed great ability, throwing for 1,445 yards and 12 touchdowns, including a whopping 510 yards and five touchdowns against USC.

ASU's backfield will have a new look this year, as the team's best player, senior D.J. Foster, switches from running back to wide receiver. Taking over in the backfield will be either Demario Richard or Kalen Ballage. Richard, who averaged 5.7 yards per rush last season, looks to have the edge.

ASU returns 12 starters and should contend for a spot in the Pac-12 title game, if it can successfully negotiate a daunting schedule. The Sun Devils open at Texas A&M and then play three early-season conference games against USC, UCLA and Utah. If ASU can emerge from that stretch relatively unscathed, it plays three of its final five games at home, and the two road contests are at Cal and Washington State University.



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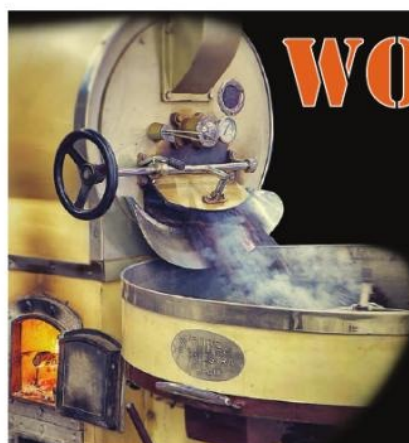
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4. ARIZONA

Under Rich Rodriguez, Arizona has morphed into one of the conference's elite teams. Last year, the Wildcats won the South Division and finished the season ranked 19th on the AP Poll. The question is whether the Wildcats can take the next step after losing 51-13 to Oregon in the Pac-12 title game and then losing to Boise State in the Fiesta Bowl.

Sophomore QB Anu Solomon, running back Nick Wilson and receiver Cayleb Jones are ASU's key offensive weapons. Solomon threw for 28 touchdowns last year; Wilson ran for 16 more; and Jones caught 73 passes. Also coming back is junior linebacker Scooby Wright, who won a bevy of awards as the nation's best defensive player in 2014.

Arizona features an offense that could average 40 points per game and boasts one of the conference's best defenses, which should help them to a 3-0 record by September 26 when they host UCLA. If the Wildcats can beat the Bruins, Arizona will become one of the favorites in the South Division.

5. UTAH

The Utes (9-4 in 2014 and ranked 21st in the AP Top 25 Poll) also have a good chance of starting this season with a 3-0 record. In league play, they will be favored against Cal, Oregon State, Washington and Colorado. It's the remaining five that will define the team: home contests against ASU and UCLA, and road games at Oregon, USC and Arizona.

Travis Wilson is expected to be the starting QB after throwing 18 touchdowns last year. Wilson's primary target is expected to be senior Kenneth Scott, who caught 48 passes in 2014. Utah's other main weapon, running back Devontae Booker (1,512 yards, 10 touchdowns), could contend for the Pac-12 rushing title. Linebacker Jared Norris, defensive lineman Hunter Dimick and Lowell Lotulelei—one of the conference's best run-stoppers—will *continued on page 166*

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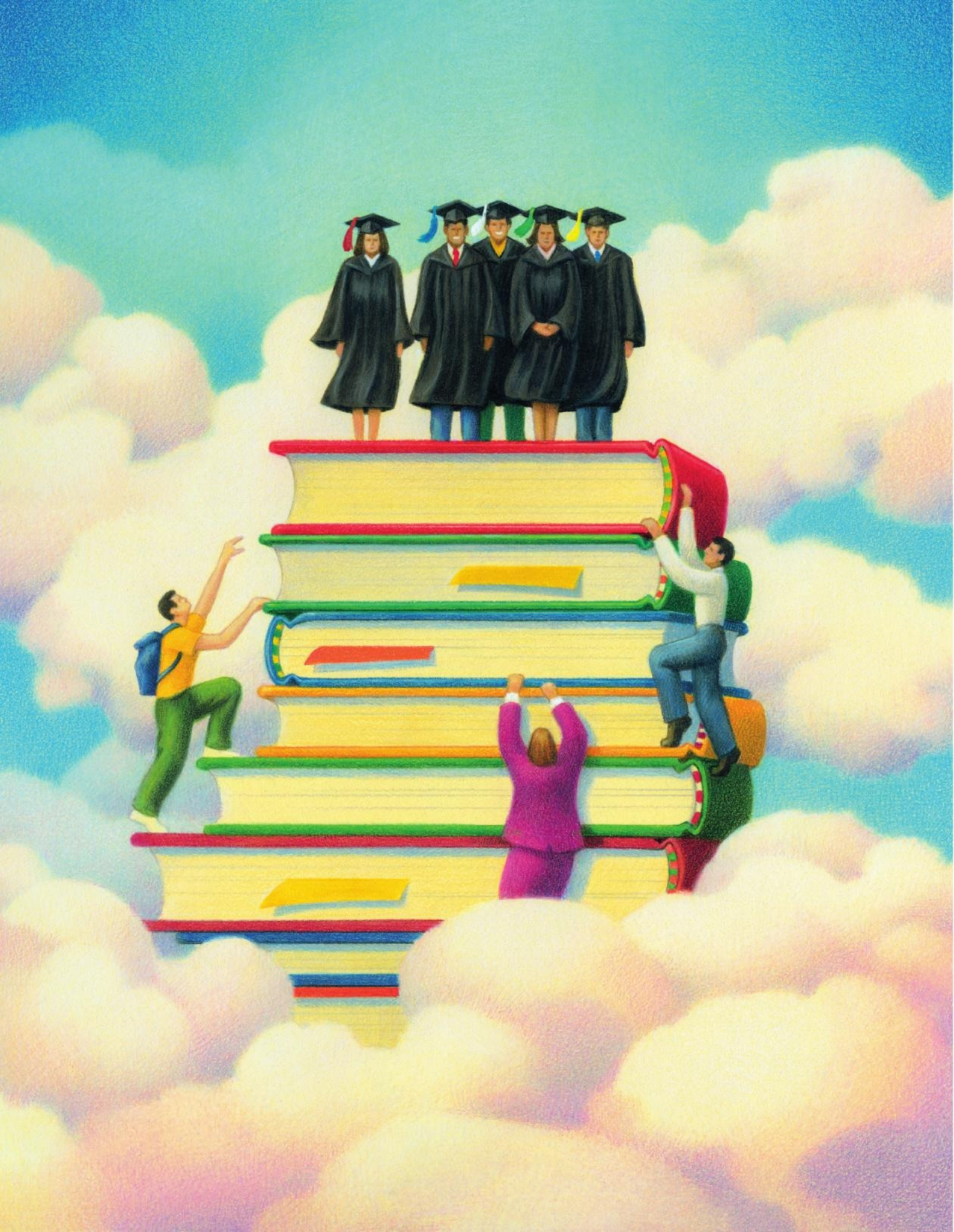
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Setting a Course for Grad School Admission

BY LORA SHINN

HEATHER FLANAGAN OF PORT TOWNSEND,

Washington, is 45, but she's headed back to school this fall. She's enrolled in the Executive MBA program at Seattle University, after spending hours on research and conceiving a distinctive approach to her application. Yellow legal pad in hand, she pored over MBA websites, detailing locations, costs and hours involved. After narrowing down options, Flanagan met with Seattle University's program director—and brought along a PowerPoint demo detailing the reasons she and Seattle U's Executive MBA program were the perfect fit.

Slide No. 8 listed the top reason she chose Seattle U: "Strong ethics around service and legacy."

"You need to know what value you have to offer, and how you'll be of service to your peers," Flanagan



Heather Flanagan prepared a PowerPoint presentation for her interview for Seattle University's MBA program; she was accepted.

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RESEARCH AND RELATE

Create a short list of program options, advises Katy D. DeRosier, director of program development at the University of Washington Graduate School. DeRosier has conducted dozens of seminars on preparing for graduate school admissions. She suggests Internet research to start, closely reading department sites, and listing two or three reasons why each program might work for you.

Be sure to go beyond the basics, the essay word count and required test, to ascertain whether the program's right for you. "Can you see doing this program on a daily basis, or will you want to run away? What do you envision?" DeRosier says.

To get deeper into the program, ask to speak with a faculty member who teaches something that excites you, and with a grad

Don't discount far-flung destinations—after all, a research visit is just a flight away.

student in the program. Bring questions and a curious, open attitude, much like a savvy grad school comparison shopper.

Discussions like these can also save time—if you arrive and discover that your favorite professor is about to leave, or the program doesn't offer what you seek, staff and faculty will point out programs more suitable. Yes, even at other schools, DeRosier says.

Don't discount far-flung destinations—after all, a research visit is just a flight away. At San Diego State University, one out of five graduate students relocates from outside California, says Joanna Brooks, SDSU's associate dean of graduate and research affairs. On your fact-finding trip, graduate student associations can offer observations and advice about a possible move.

This, in turn, helps when your application lands on the desk before the school's admissions committee. "You're more likely to

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from Donald Asher, author of *Graduate Admissions Essays*

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“Candidates need to be very careful in how they ask for a letter of recommendation.”

be successful at getting in. You’re a known entity,” DeRosier says.

At Portland State University in Oregon, students from around the world are drawn to master’s degrees in international management and financial analysis, among others. “We offer Skype calls and phone advising appointments,” says admission specialist Laura Allen for the graduate business programs at Portland State.

APPLICATION PACKAGE

Graduate program applications generally require a personal statement or letter of intent, postsecondary transcripts, and letters of recommendation. “Sometimes, additional materials are required, such as standardized test scores, a writing sample, or a resume or curriculum vitae,” says Nick Sewell, academic coordinator in the Office of Graduate Education at Washington State University.

Students apparently don’t always read application guidelines thoroughly, particularly regarding the supplemental materials

required by the department, Sewell notes.

For example, at WSU, the Master’s in Teaching program asks applicants to write an essay in response to five questions, sharing leadership examples and experience in working with different cultures and special needs. And at SDSU, supplemental materials for the Master of Fine Arts can include performance samples, whether a theatrical display or a creative writing piece.

With many programs, it’s helpful to add extra information. “In some cases, students send additional documents or letters of recommendation,” Sewell says. If those distinguish the candidate, it can help their chances of acceptance.

Prerequisites are often outlined on departmental admissions websites. If you don’t already possess those in your academic resume, a prerequisite course may be in your future. However, depending upon the program, work experience may substitute for class credits, Sewell says.

Applicants to Portland State University’s business school graduate programs submit resumes. “Certain programs do require work experience,” Allen says; two years of experience is a prerequisite for PSU’s real estate, MBA and supply chain degrees.

ESSAY / STATEMENT OF PURPOSE

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MOST POPULAR fields, by master's degrees conferred, according to the federal National Center for Education Statistics.

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- 3. HEALTH PROFESSIONS**
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- 5. ENGINEERING**

MONEY MASTERS

Top early-career salaries:

Master's Degree	Early-Career Median Pay
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Computer Science	\$81,400
Software Engineering	\$79,700
Telecommunications Engineering	\$72,800
Engineering	\$70,900

pool,” Sewell says, and certain elements decrease your chances. “For example, providing a very short or general statement of purpose lacking a research focus is undesirable,” he says. So is applying to multiple programs, which suggests the applicant just wants to get in to any graduate school, but no program in particular.

Much rides on that statement of purpose or essay. “People freeze up when they have to write an essay,” DeRosier says. They’re afraid they’re going to be judged by a crowd of smart people.

If you write the statement of purpose in incremental steps and “build it as you go,” DeRosier says, it’ll feel less overwhelming and more refined. Start off with a rough draft. If a grad student mentions an exciting overseas travel opportunity available to master’s program participants, add that fact to your essay. “You’re writing about what you actually do know about the program, about that match. It’s more concrete.” You may even rewrite a section after meeting with a professor.

That’s the mindset of the mature graduate student, DeRosier says. “You’re doing actual research, not guessing what you think an admissions committee might want to hear.”

“Get personal but be relevant,” suggests Scott Mann. At age 33, Mann successfully applied for a master’s program in park and resource management from Slippery Rock University. Mann’s essay touched on his years of informal education running a podcast and speaking on topics such as ecological design.

RECOMMENDATIONS

Typically, admissions committees want to see letters from relevant faculty members; strong writers who know you well and support your future endeavors. Of course, it also helps to ask individuals who can offer both a sterling recommendation and cachet in the field you’re applying to join, says Todd Faubion, an independent education adviser focused

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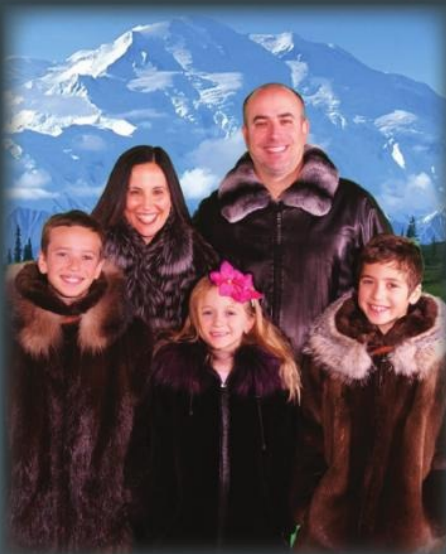
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on graduate school admissions.

If you've been out of school for a while, ask the graduate program adviser which letters of recommendation they're willing to consider, DeRosier says—including letters from employers. But those permissions may vary from committee to committee; you may even have to employ a creative option such as auditing a course to obtain a recent professor's recommendation.

But it's crucial that letters support you as a candidate with unwavering confidence. "A generic letter can be worse than no letter at all," Faubion says. "Candidates need to be very careful in how they ask for a letter of recommendation."

He suggests "frontloading" difficult conversations with potential letter-writers. Does that English 401 professor have time? Is she willing? If the answers seem less than enthusiastic, keep looking.

Then, offer a bullet list of your strengths to help guide the recommender, even if it feels like it's requiring you to be more aggressive than usual, Faubion says. Use specific examples, such as "Remember when I was a really strong leader on the group project, and you commented on my communication skills," or "Remember when I was an active contributor to class discussions on a certain topic."

You're not putting words in your professor's mouth, but jogging memories of your past academic performance. "If you can provide specific examples, I can conjure up a sense of you as a person in a class of 70 people," Faubion says.

Ask for letters at least two months before the application deadline, Brooks

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notes, as professors are typically juggling grade deadlines when letters are due.

TESTING, TESTING

GRE. GMAT. LSAT. MCAT. These letter-jumbles are acronyms for different standardized tests that are required for most graduate school admission applications. The Medical College Admission Test is a demanding daylong exam meant for medical school applicants; law school applicants take the Law School Admission Test; business school applicants sit for the Graduate Management Admission Test. Everyone else? They take the Graduate Record Exam.

The GRE and other graduate level standardized tests are far from easy, says graduate school admissions counselor Arvin Vohra of Vohra Method in Bethesda, Maryland. "You can't really outsmart the GRE or GMAT," he cautions. A decent amount of preparation is required—six or seven hours per week for three or so months before taking the test; the LSAT may demand twice or three times the effort. The MCAT requires years, not months, of thorough preparation, typically undertaken in undergraduate school.

"It's better to think through a small number of problems than skim through hundreds of problems," Vohra says of graduate admissions tests. "It's like playing chess. Chess isn't hard to learn, but it's hard to be good at it. You need to learn a few basic concepts, then use them cleverly."

Don't stress over getting help—tutors are available online or locally, and often work (and charge) by the hour, so if you need to brush up on algebra, chemistry or geometry, they can help. Make sure you're working with a professional specializing in the test you're taking, or a subject-matter expert.

If you don't score as high as you had hoped on your exam, follow up with the program. Sewell says that whereas some programs require a minimum score, other programs look at the application



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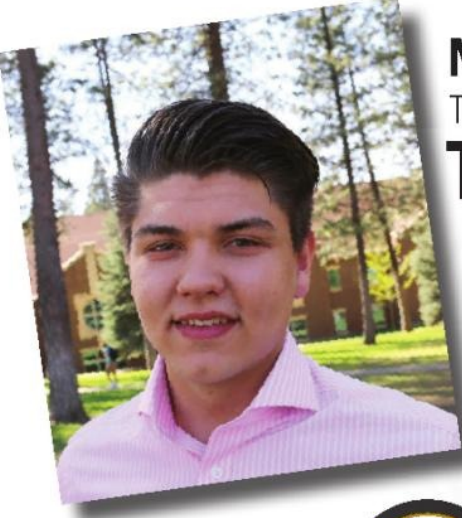
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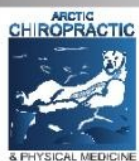
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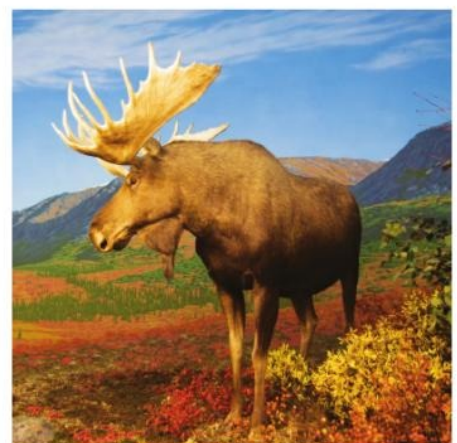
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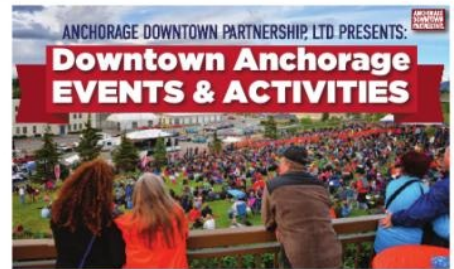
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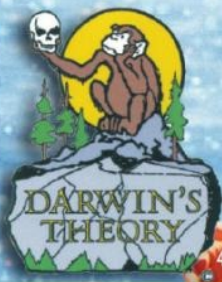
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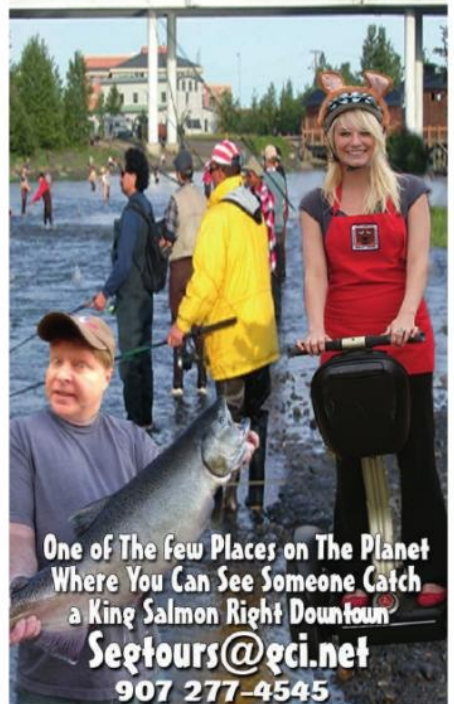
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TRANSCRIPTS

One of the top Google searches is the following phrase: “Applying to graduate school with a low GPA.”

If your grades—or your GRE scores—aren’t ideal, that doesn’t mean grad school is a lost cause. Mann describes his undergraduate records as “less than stellar,” but he spoke with the grad school’s program director to discuss concerns and interest in the program’s goals, and to point out his professional expertise since college.

A 3.0 GPA is the minimum requirement for WSU Graduate School admission, but students with lower GPAs are still encouraged to apply. Departments can request the Graduate School calculate the GPA of the last 60 semester credits or 90 quarter credits and admit those whose GPA calculates at a 3.0 or higher. Still below a 3.0? The department can request that up to 10 percent of their admission be students with less than a 3.0 GPA.

“Take time to find the right program and the right people who fit your long term goals,” Mann suggests. Doing so allowed Mann to find a program that will open more career options, he says. Whether you’re 24, 34, 44 or older, it’s never too late to consider a graduate school program. “Better to take time off than to think graduate school is another check box. You get out of it what you put into it.” ▲

Based in Los Angeles, Lora Shinn earned a master’s degree in library and information sciences from Seattle’s University of Washington at age 25.

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LIQUID ASSETS IN BAJA

THE DELIGHTS OF THE DESERT SEA BY ANDROMEDA ROMANO-LAX

I'M standing on a paddleboard in Mexico's Sea of Cortés, knees slightly bent, core engaging as I twist to dip my paddle. Ahead is Isla Danzante, a steep, reddish-brown island that looks like a miniature version of the towering Sierra de la Giganta mountain range behind me. Under my board, yellow and black-barred sergeant major fish swim. I'm surprised by how well I can see them—and everything else below me—from this vantage point, just three feet higher than I sit in a covered kayak, my usual watercraft of choice.

I'm even more surprised that I'm not bored. An avid sea kayaker, I never quite understood why someone would choose to stand up and paddle, a far less efficient way to vanquish miles. On a paddleboard it's much clearer—as clear as the shimmering blue waters under my sun-warmed toes—that miles aren't the point.

In fact, this is the most blissfully relaxed I've felt all month, like I'm doing a new kind of tai chi while getting a standing view of a living aquarium. It's late spring, and temps are in the high 80s, with water temps in the comfortable mid-70s. After I've paddled my way around the bay, along the edge of tidepools barely covered by inches of water, I sit down on the board, and even recline fully for a few minutes,

Sea kayaking along Espíritu Santo Island in the Sea of Cortés, Baja California.



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Resort, south of Loreto, that all shore sounds are drowned out. It's just me, a few diving pelicans, and beneath my board, sea stars, sea urchins and colorful fish.

I stay out long enough to feel a pleasing tautness in my back and abs, delighted to have discovered a new form of gentle exercise and standing meditation, all in one. My daughter is waiting on shore for her turn. My only decision once I retreat into shade: Order a cocktail from the del Palmar's hotel bar, lounge by the pool and read; or just gaze out at the scenery? The desert temps are ticking upward, but the water is never far away, and it's the contrast between dry and wet, hot and cool, that makes this coast so special. And the profusion of nature close at hand: Whales, dolphins, mobulas (cousins of manta rays), frigatebirds and blue-footed boobies are all commonly sighted.

In Baja, paddleboarding opportunities are plentiful. In Cabo San Lucas, stand-up paddlers are often seen near Medano Beach, where an outfitter offers rentals and free lessons. In La Paz, paddleboarders revel in beautiful sunsets from the harbor. And wherever there are surfers, there are frequently adventurous paddleboarders, skimming up and down the waves with surprising ease.

I've traveled Baja for 25 years, but there are always new ways to enjoy the desert peninsula—an 800-mile-long, cactus-covered spine of land where you are rarely more

than a short drive to water. Ocean is to desert like lime is to tequila. Sweet tempers fire, and you come away, in the end, relaxed and refreshed.

The deep blue Pacific offers surfing, including forgiving beginner's waves, to the northwest of Cabo. Some places, like sophisticated Todos Santos (of Hotel California fame), have been famous among surfers for generations; farther north, San

ANDROMEDA ROMANO/LAX



The calm Sea of Cortés near Loreto is perfect for paddleboarding, while the waters beneath hold a vivid array of marine life for snorkelers to enjoy.



Juanico, on Scorpion Bay, is only now being discovered. The turquoise-and-jade Sea of Cortés, also known as the Gulf of California, tempts ocean lovers with sea kayaking, ranging from easy to challenging, as well as snorkeling in protected marine parks and off desert isles. The windier coast at Los Barriles, north of La Paz, is prime windsurfing territory. The peninsula's southern

Cape, from Cabo San Lucas to Cabo Pulmo, offers access to multiple environments. Wherever you go, you can widen your water-loving repertoire with a new activity you've always intended to try but haven't had the chance before.

SURFING SEVEN POINTS

Paddleboarding isn't my only belated discovery. Surfing ties as my other "new favorite thing." I'd tried surfing a year ago, on another continent, with mixed results. In Baja, the plenitude of locations with beginner-friendly waves—from Los Cabos to San Juanico, a hidden Pacific gem north of Ciudad Insurgentes—convinced me that even a 40-something novice might still have a chance.

On a trip to Todos Santos,

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I had stood up only long enough to keep hope aflame. But farther north, in quieter San Juanico, population 450, midlife optimism is finally rewarded. The town is just a low-key fishing village without fancy resorts, but it's renowned for its "seven points," which can sometimes link up, according to legend, for a 2-mile-long



DESIGN PICS INC / ALAMY

Learning to surf is easy and fun on the emerald curls at Todos Santos.



surf break. For beginners, the first point, where a shorter line of surf breaks over soft sand, is perfect;

intermediate surfers head to third point for faster waves over a rockier bottom.

My family and I rent boards at El Burro, a restaurant-meets-surfer HQ. Miguel, a bilingual surf guide, offers tips for my first day surfing and tosses in a morning lesson on day two, ready to teach me how to recognize the set patterns and find the best places to line up. "Look at the wave, look at the wave," Miguel encourages as a darkening swell advances. "This one has your name on it. Paddle fast. You've got it. Go!"

More than a dozen other surfers are enjoying the same waves, but this is a locale with ample space for novice and advanced surfers, local kids and expat retirees, even a few folks surfing with their dogs. After 90 minutes with Miguel, I feel like I am finally getting my balance, feeling the ocean's rhythm in a way that previously eluded me. "My job is done," declares Miguel, swimming back toward the lobster pot-lined shore. "Have a great time!"

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Poised beside the golden sands of the Pacific shore in Cabo San Lucas, the luxurious **Grand Solmar Land's End** offers aquatic adventures ranging from its extensive pools to guided adventures for sailing, whale watching, snorkeling, kayaking and surfing. Visit grandsolmarresort.com for more information.

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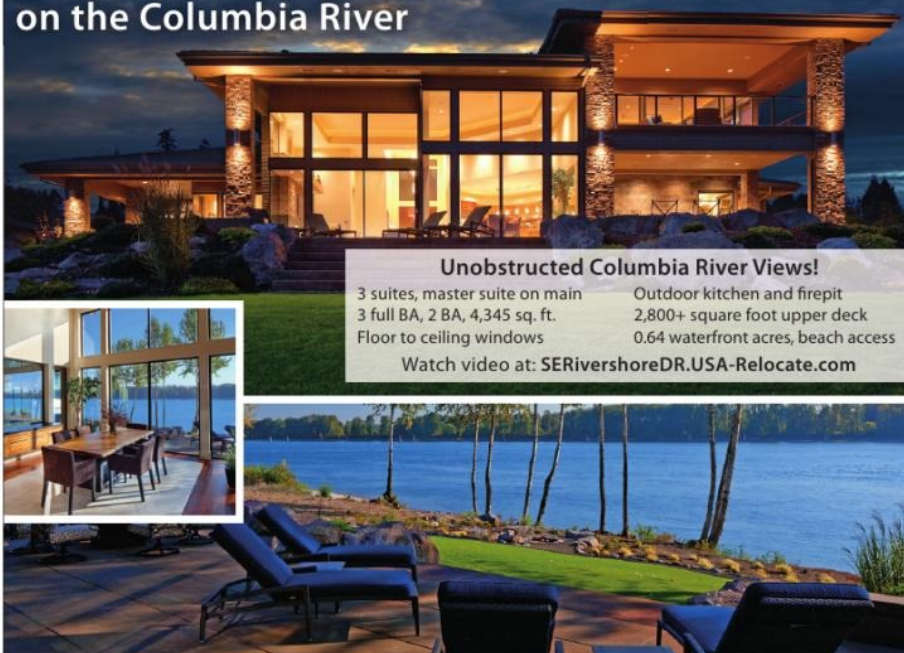
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SNORKELING HOT SPOTS

If your idea of fun is being underwater rather than above, the Sea of Cortés—home to more than 800 species of marine life—is a snorkeler's dream. With crystal waters and maximum visibility through October, snorkelers see parrot fish, angelfish, triggerfish, puffers, and the occasional sea turtle. One extra-special place is Isla Espíritu Santo, near La Paz. Day charters usually visit a sea lion rookery, where the playful and curious animals frolic wreathed in silver bubbles. For an even rarer opportunity, join a research boat to swim alongside whale sharks, peaceful giants that move slowly.

Even closer to the Cabo resorts is Cabo Pulmo National Park, the northernmost coral reef in the Pacific—really four separate reefs—with more than 200 species of fish. On a recent spring trip, I was pleased with the snorkeling, but

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even more amazed by the humpback whales, whose eerie songs are distinctly audible underwater.

SEA KAYAKING

Spring and fall are the main paddling seasons in Baja, one of the best places on earth for sea kayaking. My absolute favorite trips are to the islands of Loreto Bay National Marine Park, a protected area that includes the rocky Isla Danzante and the largest red-rock isle fronting Loreto, Isla Carmen, once the site of a large salt-harvesting operation. The cacti-studded islands, protected since 1996, drop steeply into azure waters. Days of paddling are highlighted by brief spectacles, such as the sight of pods of leaping dolphins, churning the blue water into glinting silver. Quick-flowing passages between the islands are the plankton-rich homes and travel routes for migrating whales, especially in spring. Sailboats hide

away in the most-protected coves, but it's still possible to camp without crowds on secluded sandy or rocky beaches.

For a shorter trip, tiny Coronado Island—about 20 to 40 minutes offshore by *panga* or kayak—has the area's best (and tiniest) beaches. The volcanic islet offers a taste of Baja's offshore best, including volcanic landscapes, a sea lion rookery, good snorkeling around rocky points, a small nature trail, and shimmering water over exceptionally shallow, white-sand bays. A complete circumnavigation can be done in a half-day, but camp overnight to enjoy more tranquility. The night skies are clear and blissfully dark, with great stargazing, as I find while delighting equally in the Milky Way overhead and the shimmering tideline phosphorescence just a few feet away from my tent. ▲

Andromeda Romano-Lax lived in Baja California for six months with her family; they're in Chiapas now.



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Baja kayakers enjoy both quiet desert and placid waters.



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THE TIMELESS CHARMS OF ZIHUATANEJO

BY ERIC LUCAS

The alfresco kitchen I'm in just now, in Zihuatanejo, is a memorable place to cook. A thatched-roof *palapa* provides shade from the Mexican Riviera's ever-reliable midday sun. The breeze carries a soft patter from coconut fronds high above. Gentle swells lap on shore, and the broad sand expanse of Playa La Ropa glimmers gold. The January temperature is a perfect 78 degrees. Kids and dogs frolic in the water.

As compelling as all that is, my senses are soon entirely focused on the saucepan that Viceroy Zihuatanejo hotel sous-chef Freddy de los Santos has perched on a rack above glowing charcoal. He's searing *chiles de árbol*, the long, skinny, fiery hot peppers that are a key ingredient in the regional dish he's teaching me to make, *camarones aguachiles rojos*: shrimp ceviche in a chile-lime sauce. I've enjoyed many versions of this in Mexico, and it's divine. Farther up the Pacific Coast in Mazatlán and Cabo, the dish is made with green serrano chiles; here, the *chiles de árbol* lend both a ruddy crimson color and a subtle, earthy aroma to go with their sharp bite. We place the peppers in a *molcajete* (a lava grinding dish), crush garlic, spoon in fresh orange juice and squeeze in lots of lime juice. We douse the halved shrimp with the resulting mixture, and sprinkle on sea salt and cilantro.

Soft sands and gentle waters make Playa La Ropa a popular hub of activity in Zihua.



Five minutes later I'm ready to abandon my long-standing allegiance to the Mazatlán version. I explain

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DAVID COLEMAN / ALAMY

Fishermen bring their daily catch to Playa Principal each morning (above) and local farmers display their produce at a market in Old Town Zihua (right). Below, two boys release recently hatched sea turtles at Playa Buenavista as part of a sanctuary rescue and release program.

this to de los Santos.

"I've not been to Mazatlán," he says, grinning. "But I'm sure the Zihua version is *qué bueno*."

Yes, indeed. *Qué bueno*—that's great.

So is Zihua, as its fans call it. Tucked into a modest half-mile bay on the southern end of Mexico's long, resort-lined Pacific shore, it is, at latitude 17.6 degrees north, far below the Tropic of Cancer and completely tropical year-round. The bay's gentle waters are mild and warm in every month. Frigate birds wheel in the sky. Bougainvillea vines climb palm trunks to 30 feet—one such vine adorns the stairway leading to my suite at the Viceroy. Day and night, January or June, the waters and

beaches are balmy and beautiful. One could spend a week here, lying on lounge chairs beneath coconut palms along golden sands. Many visitors at the Viceroy do just that.

But Zihua is also an ancient working fishing village that

once marked the end of the road, four hours northwest of Acapulco. Local fishermen went out in *pangas* each day before dawn, and returned with their boats laden with tuna and other fish, or sea turtles, which were kept in pens at the outlet of the tiny river that divides the town. My first trip here, in 1973, we drove from Colorado and stayed in a quaint 12-room inn on the hill above town. ... That was probably the biggest hotel here then.

Today, Zihua-tanejo Bay is a turtle sanctuary—and they are thriving. A major international airport serves the city and the glistening resort 15 minutes north, Ixtapa. Hotel rooms in the two resorts total well more than a couple of thousand. Sun and sand lovers take advantage of miles of beach in the two resort towns; I'm partial to the gentle waters of Playa La Ropa, but a half-dozen other beaches are also excellent. Ixtapa sports two golf courses, shopping centers, a wide array of hotels and restaurants, and a yacht harbor above which some of the world's wealthiest people keep weekend estates.

And yet the fishermen still draw their pangas up on the beach every day at 9 A.M. to sell their catch right off the boat: *atún* (tuna), *dorado*, *bonito*, *huachinango* (snapper). Zihua's Old Town market serves up handmade tortillas, pan-fresh fish, pico de gallo and stewed beans at white-tiled lunch counters, and cheery señoras efficiently operate griddles as they have done for centuries. Nearby, gaily colored stacks of tropical fruits and vegetables vie for sensory attention with fragrant strings of dried chiles—more than a dozen



LESLIE FORSBERG



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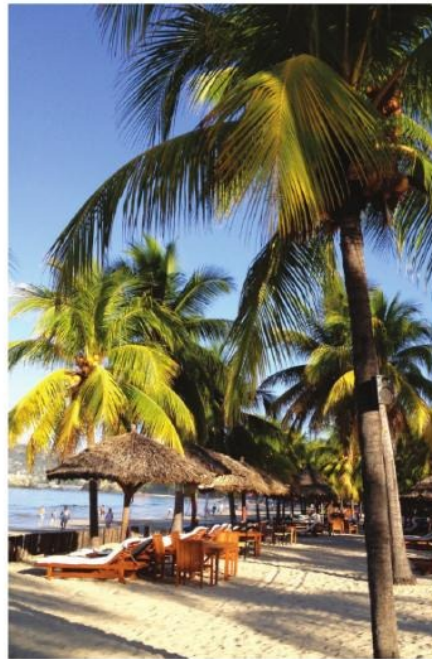
kinds, from ancho to cascabel to guajillo, the tiny chile with a fruity tinge often likened to a raisin.

Dried beans—a dozen varieties are here, too. Molé mixes in jars. Flowery sundresses and wide-brim straw hats. All is as it was decades ago, and doubtless further back than that. That's part of Zihua's charm, its undiluted traditional character.

Something far more ancient lies beneath the inky waters of the lagoon dividing the 16th tee from the green at Campo de Golf Ixtapa, which is in Ixtapa just across a low pass from Zihua.

¡Peligro! Crocodiles! Do not retrieve balls from the water!

I measure the signs and the water carefully. No crocodilians in sight. Just a broad lagoon that expands in my psyche the longer I stare at it. All I have to do is hit a 5-iron 175 yards to clear the lagoon.



ERIC LUCAS



LUIS H. DE LA MAZA

The palm-shaded beach at the Viceroy Zihuatanejo (left) is an inviting retreat at any time of day. The ancient carved stone above, popularly known as King Chole, was exposed in 1928 by an earthquake near La Soledad de Maciel.

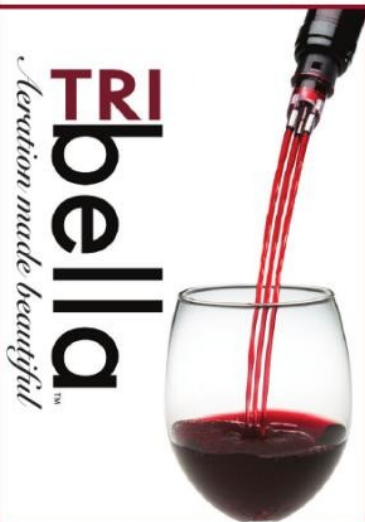


I don't. Slice, veer, splash.

"Shall I do that again?" I ask my companion, Jeffrey from Minnesota.

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World Record Holder Cyclist back on track after regenerative joint cell procedure by Dr. Jeffrey Riopelle

Long distance cycling champion Seanna Hogan holds the world record for the transcontinental bicycle race set in 1999 and has won the race 6 times. In 2011 she sustained a tibial plateau fracture which subsequently left her with chronic knee pain and bone-on-bone cartilage changes in her right knee.

In September 2014 Hogan underwent a procedure performed by Dr. Jeffrey Riopelle in which cells were taken by liposuctioning fat from her abdomen under local anesthesia. Regenerative cells were removed from the fat and these cells were then mixed with platelet-rich plasma from her blood and injected into her knee.

"Everyone I know who has joint issues, I tell them, you have to talk to Dr. Riopelle. This technology is incredible." — Seanna Hogan

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"No," he advises.

I tee up another, anyway. Same result.

"All right, new strategy," I declare.

"I'm aiming directly for the water."

This time I clear the hazard easily.

Yes, I leave the first two balls where they landed. I know there are courses in the United States with alligator hazards, but, seriously, crocs eat gators for breakfast. Here, they're part of the tropical splendor. In fact, crocodiles are fenced in two smaller lagoons, one each in Zihua and Ixtapa, for visitors to peer into.

More ancient marvels have been uncovered south of Zihua, at the site of a pre-Columbian civiliza-

tion called Xihuacan, near the tiny village of La Soledad de Maciel. Here, a

vast reconstructed ball court, partly rebuilt 45-foot pyramids and numerous other ruins testify to a recently discovered city that served as a cross-roads for many cultures—Olmec, Toltec, Tarascan and Mixtec. This was a trade center from before 2000 B.C. until A.D. 1300. The entire complex may cover as much as 70 square kilometers. Stand atop the main pyramid, and most of the surrounding mounds you see are other ancient structures, explains my guide, Antonio Mendez Lopez.

Camarones aguachiles rojos is Zihuatanejo's zesty version of shrimp ceviche.



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WHEN YOU GO

The **Viceroy Zihuatanejo** fronts a long, golden stretch of Playa La Ropa. Luxurious, spacious suites provide lodging, and the dining area lies in the shade of tall coconut palms; viceroyhotelsandresorts.com.

Perched on a headland between La Ropa and town, **La Casa Que Canta** is famed for its views and its deluxe service. The hotel's restaurant enjoys an enviable vantage over the entire bay; lacasaquecanta.com.

For information on both Zihua and Ixtapa, consult visitmexico.com. To book a complete **Alaska Airlines Vacations** package in Zihua or Ixtapa, go to alaskaair.com/vacations or call 800-468-2248.

to induce tranquility. Read, snack, snooze, swim, repeat. At 4 p.m., I'm inspired to swim to a small point of rocks around which reef fish dart in the piercing light.

No need for snorkels or fins: I'm just paddling about in no hurry, watching the butterfly fish, parrot fish and triggerfish flash in shifting prisms of ocean light.

No wonder humans have clung to this coast so many thousands of years. The villagers who grew coconuts atop the ruins of Xihuacan spent decades convincing archaeological authorities that there was indeed an ancient civilization buried beneath their feet. When excavation finally began in 2007, and it turned out a city that nearly rivaled Teotihuacán was here, officials were stunned.

But it makes sense to me. Zihuatanejo holds a rich and warm quality of life that is sufficient for a week, a year or thousands of years.

"Muy sabroso!" Mendez Lopez declares, after lunch at a local cafe. I bet you could say that every day. ▲

Eric Lucas is contributing editor at Alaska Beyond Magazine.

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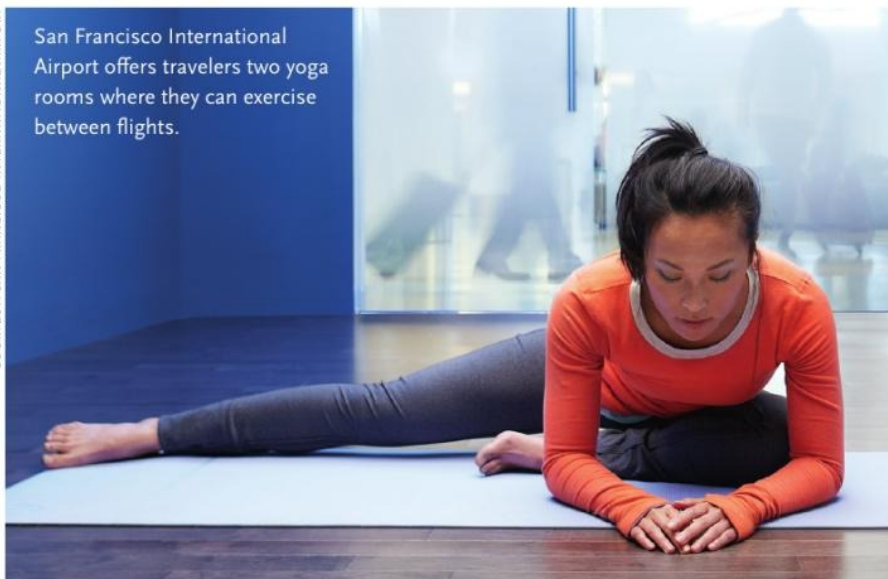
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Tips for Healthy Travel

By Michelle Wallar Martin

As a forward for the Seattle Reign Football Club, Beverly Yanez knows what it takes to stay in top form while traveling. Yanez, who has played soccer all over the world, makes, on average, two extensive roundtrip flights a month for work and pleasure. Proper nutrition on the go is a top priority for this elite athlete. ■ “I have to perform well, and I have to recover properly,” Yanez says, adding that she usually packs her

own snacks when she flies, though she also enjoys the fruit-and-cheese plate available on Alaska Airlines flights.

“I cook the food for travel at home—usually grilled vegetables and quinoa or brown rice—and pack it in Ziploc bags,” Yanez says. She brings oats for breakfast and several of her favorite health bars. Yanez brings an empty water bottle, which she fills after passing airport security.

“I drink a ton of water,” she says. “And sometimes add Emergen-C or electrolytes. If I don’t have snacks, I feel so hungry, I’ll grab something that’s not good for me. Then I feel tired and it’s harder for me to get through the day.”

While average travelers don’t have the same requirements as professional soccer players to be in top physical condition at all

times, strategies from athletes such as Yanez and from health professionals can help you stay fit and feel good while visiting new places. The following are health tips from experts on how to stay in shape, eat well and handle stress while traveling.

While on the move

Travelers getting exercise while on the move is an idea airports are beginning to embrace. Some airports and hotels offer workout facilities that travelers can use for a fee. For instance, the Hilton Chicago O’Hare Airport Hotel offers travelers the chance to use the Hilton Athletic Club.

More common are meditation and yoga rooms. For instance, San Francisco International Airport has yoga rooms located in Terminal 2 and Terminal 3, past security.

The American Heart Association offers on its website maps of walking paths around various airports, including the Portland International Airport. The AHA’s website startwalkingnow.org lists a variety of routes of differing lengths.

However, experts say it’s easy to create your own workout routine right in the airport. For tips on specific exercises, see “Airport Workouts” on page 135.

As for exercising at your destination, experts say the first step is to make a plan. Elston Haywood, an American Council on Exercise certified personal trainer and owner of Lifestyle Evolved in Portland, Oregon, advises trying to exercise 10 to 15 minutes a day. Since you may not have much time, Haywood says you should think of these short workouts as maintaining your physical condition until you can get back to your normal routine.

Before you go, research your accommodations. Many hotels have gymnasiums, but smaller bed-and-breakfasts and pensions probably will not, so plan accordingly. For workout ideas, search the many online resources. You’ll find quick routines at Men’s Fitness on Instagram and MyFitnessPal, an app for smartphones.

If there are stairs where you are staying, use them. Depending on your fitness level, skip steps for two to four flights of stairs. Time yourself while climbing a certain portion of the steps, and then use walking back down the steps as your recovery time. Go back up the stairs, but this time compete against yourself and try to beat your time.

Set a goal. Try five rounds to get a great workout and increase your heart rate, Haywood says.

Another effective exercise is the push-up. Try doing as many push-ups as you can, either regular or modified, first thing in the morning. For a greater challenge, try the mountain climber, in which you bring one knee up to the chest from the plank position, then kick it back out, before switching to the other knee.

Haywood also likes traveling with a TRX

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Suspension Trainer, a long strap with loop handles at each end that can be anchored in various ways and used in a series of exercises.

"That thing is awesome," Haywood says of the strap, adding that it's very easy to travel with and there are online TRX workout programs. "It's like carrying a gym with you wherever you go."

Eat well to feel well

Eating healthy foods on the go can be a challenge. After all, dining at restaurants is one of the fun perks of being on vacation. While splurges are to be expected, packing nonperishable healthy snacks when traveling can help you maintain good nutrition, says registered dietitian Michelle Babb, the owner of the Seattle nutritional service Eat. Play. Be.

Babb especially likes traveling with nuts, pumpkin seeds, trail mix, dried fruit, or packets of pureed fruit typically marketed for kids. For a high-protein snack she suggests trying jerky products made with beef, lamb, turkey or bison.

She also advises researching ahead of time to find a healthy grocery store near to or en route to where you're staying so you can stock up on fresh food. Once you're settled, you can whip up a fruit salad and chop fruit for dipping for easy snacks during the rest of your stay.

Babb suggests staying in a vacation rental or other place with a kitchen, where you can prepare some of your meals. If you're in a hotel, perhaps bring instant-oatmeal packets. You can use the coffemaker in the room to heat up water for an easy breakfast.

"Don't fall into the trap of treating yourself to sugary drinks that won't serve you well," Babb warns. Instead, add sliced cucumbers and mint to your water, for an infused drink that feels fancy and even spalike.

Less stress for a better trip

Actually, indulging in a spa visit for a relaxing massage, manicure or pedicure



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may also be a great way to promote health while visiting new places.

Traveling can be stressful, especially when trying to meet the needs of a family that is living out of suitcases. Stress can interfere with the body's natural defenses, so finding ways to relax and appreciate the moment can help boost your immunity.

Some experts say pampering yourself with a spa stop can help you reduce such stress, take your mind off of minor irritations and stay healthier.

Katie Kajdan Bell, a licensed professional counselor and art therapist in Anchorage, says you can reduce stress by

AIRPORT WORKOUTS

If you don't have access to a gym, don't worry. You can still get a good workout in the airport, says Elston Haywood, a certified personal trainer. The following is one of his favorite core-strengthening routines. He says this exercise typically takes between 5 and 10 minutes.

1. Lie on your back with a pillow or clothing behind your head.
2. Bring legs up to a 45-degree angle and hold for 30 seconds.
3. Go into a crunch, lifting head and squeezing knees toward chest.
4. Kick back out to 45 degrees.
5. Do this 25 times.
6. After the last kick out, lower your legs to inches off the ground.
7. Lift them to 90 degrees, making an 'L' shape with your body.
8. Do this 15 times.
9. Start bicycles by bringing your right elbow to left knee, then switching to opposite elbow and knee.
10. Do 20 total (10 on each side).
11. Rest for 30 seconds to let legs rest and abs recover.
12. Repeat the entire sequence three times.

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HEALTH

getting exercise, eating right and sleeping as regularly as possible. She maintains that all of these factors affect your mood. Bell says to avoid extra sugar or carbs, which can make you feel sluggish and frustrated, and to maintain sleep rituals that help you wind down. She suggests keeping elements of your daily schedule as much as you can.

For example, if you're on a late flight, and washing your face is one thing you usually do in the evening, step into the bathroom and splash water on your face, then go back to your seat and rest your eyes.

Schedule downtime every afternoon, and alone time, too, if you can, she says. Whether you're traveling with a friend, a spouse or family, the downtime can decrease tensions. Try building this into the plan before you go. A short rest before dinner is one way to do it.

"Try to get even 15 minutes back at the hotel or a city park, where everyone can chill out," Bell says. "Kids really need this, especially if they are going on extended or prolonged travel."

Bell says to be aware of the things that bother you. If it's traffic noise or weird smells, you probably can't change them, but understanding the sources of your irritations can help. You realize, 'I'm not really mad at my traveling companion,' and 'It's not a vacation gone terribly wrong.' If you can avoid or plan around such annoyances, even better, she says.

Bell advises trying to practice gratitude for the unexpected. Sometimes the anticipation of travel can be more exciting than the travel itself. Photographing, writing about or otherwise documenting the inevitable pleasant surprises that occur along the way can soften any possible letdown.

Making conscious choices, taking time for some self-pampering and being selective about special treats are good ways to stay healthy while traveling. Also, a little forethought and planning can go a long way toward helping you have a healthy, happy and memorable trip. ▲

Michelle Wallar Martin writes from Seattle.



Shanghai Sojourns

East and West, old and new intersect in cosmopolitan China

By David Armstrong

There is a place in the heart of Shanghai where you can see the future and the past at once. I'm standing there now: Before me, across the Huangpu River, soars the needle-tipped, 1,535-foot Oriental Pearl Radio & TV Tower, a defining feature of 21st century Shanghai. Behind me is a curving curtain of handsome, stone-faced heritage buildings along the Bund, a waterfront gateway to China in the early 20th century.

It's a magnificent sight, whichever direction you look.

Shanghai. The name evokes romance, with a touch of mystery. Prior to 1949, Shanghai was the most famous city in

China, the most stylishly decadent and alluring. Then the Communist Revolution sent this longtime hub of entertainment and high finance into a deep hibernation that ended only with economic reforms in

the 1990s. Today, Shanghai is wide awake. As I'm discovering on this visit, there's never been a better time to visit this surging coastal metropolis of about 24 million.

I am staying on the eastern side of the Huangpu, a tributary of the Yangtze River, in Shanghai's Pudong district, which has succeeded the Bund as the center of commerce and finance. Landmark high-rises, such as the 1999 Jin Mao Tower, an exquisite metallic wand about 1,380 feet tall, and the glassy 2008 Shanghai World Financial

Visitors to Shanghai's historic waterfront, the Bund, look across the Huangpu River at the modern Pudong district and the rocketlike Oriental Pearl Radio & TV Tower.

Yuyuan (Yu Garden), in the Puxi section of Shanghai, is a famous classical garden graced with beautiful rockeries, pavilions, ponds and ornamental greenery.

Center (1,614 feet) pierce the skies above Pudong. Down on the ground, squadrons of buses and battalions of taxis jockey for position along broad boulevards.

I want a high-level view of the city, so, on the first full day of my visit, I venture from my well-appointed room in the Pudong Shangri-la Hotel to the famous high-tech aerie of the Oriental Pearl Radio & TV Tower, also in the Pudong area. A dramatic transmission tower finished in 1994, the structure is a futuristic symbol of the new Shanghai, and of China's global ambitions.

A high-speed elevator whisks me to the tower's highest enclosed observation deck, 1,148 feet up. From here, I get a panoramic view. Bisected by the Huangpu with its ferries, freighters and cruiseships, Shanghai sprawls across a flood plain beside the East China Sea. In contrast to the vertically oriented Pudong ("east of the river"), the much older Puxi ("west of the river") district is defined by expansive public squares, leafy parks, winding streets and residential areas.

That afternoon, I take a short ferry ride across the churning Huangpu to Puxi. I disembark by the riverside pedestrian promenade at the Bund, where I meet up with British-born historian Peter Hibbard. A resident of Shanghai for some 20 years, the erudite, affable Hibbard seems to know



IMAGE SOURCE / ALAMY

everything about the Bund, which includes the curving roadway and near-mile-long row of vintage buildings that lines the road's western edge.

We set off on foot to explore the Bund as Hibbard explains what we see. The Bund's impressive buildings were built by the British early in the last century, in Western styles—among them, Gothic Revival, Romanesque Revival and Beaux-Arts. From about 1840 into the 1940s, Britain, France and the United States ran autonomous trading zone "concessions" in this part of town, and they opened corporate offices, banks and luxury hotels. They also upgraded the Bund's riverside docks, where, historically, many foreigners first set eyes on China.

Today, many of those buildings are recently renovated and repurposed, honey-

combed inside with contemporary businesses. The Bund has come close to demolition in the feverish redevelopment of the past 20 years, but the popularity of its trendy clothing shops, art galleries, fashion showrooms and restaurants has spared this symbol of Shanghai's past, Hibbard explains, as we duck inside several notable structures open to the public.

For me, the most impressive of these is a massive marble building at No. 12 the Bund, built for the Hongkong and Shanghai Bank in 1923 and meticulously restored in 1997. My favorite feature is the ornate lobby and banking hall. Inside, on the walls of a splendid octagonal dome, are colorful allegorical mosaics representing world cities. Today, this beautiful building houses the Shanghai Pudong Development Bank.

At the end of a long day of walking and exploring, I bid farewell to Hibbard and repair to M on the Bund, a stylish restaurant with an indoor dining room and an

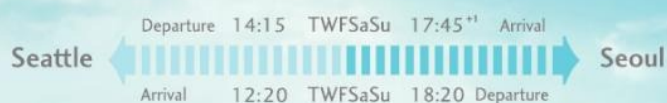


DELPHOTOS / ALAMY

A transparent floor gives visitors a dramatic perspective from the Oriental Pearl Radio & TV Tower.



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COURTESY: M ON THE BUND (2)

outdoor terrace overlooking the Bund. Opened in 1999, M on the Bund helped solidify the Bund's identity as a shopping and dining destination.

I enjoy an intensely flavorful, elegant dinner. My starter—clear seafood broth with scallops and shrimp, flavored with lime, tamarind, coriander and lemongrass—is exquisitely balanced; each ingredient complements the others. My main course, a pastry pie filled with kale, chard and preserved lemon, plus a salad of Persian feta cheese, pomegranate, pistachios, shaved



The sophisticated restaurant M on the Bund boasts a terrace with fabulous views of heritage buildings (at left in photo) and modern towers (right). The clear broth with scallops and shrimp (left) is an excellent starter.

fennel and fresh artichokes, is also delicious.

The next day, I set off to explore Nanjing Road, one of the world's great shopping streets. Starting at the Bund, I stroll west, my back to the river.

Taking my time and taking it all in, I join happy throngs of shoppers strolling along a pedestrianized stretch of the 3.4-mile-long Nanjing Road. This is perhaps the most live-wire part of Shanghai. At night, neon signs, hung on the outside walls of shops, restaurants and stores, bathe the streetscape in vibrant blues, greens, golds and reds. Both day and night, jumbo outdoor video screens feature thumping music videos and quick-cut commercials for cars, clothes and cuisine.

This statue on the Bund in Shanghai was sculpted by Arturo Di Modica to echo his Wall Street bull in New York. This bull also references China, such as in its reddish hue.



ROBERT HARDING WORLD IMAGERY / ALAMY

WHEN YOU GO

Lodging

Fairmont Peace Hotel, 20 Nanjing Rd. E., Pudong; 800-257-7544; fairmont.com/peacehotel. A restored hotel on the Bund.

Pudong Shangri-la, 33 Fu Cheng Rd., Pudong; 86-21-6882-8888; shangri-la.com/shanghai/pudongshangrila. A classy riverside hotel in modern Pudong.

Dining

Hu Xin Ting Teahouse, (at Yu Garden) 18 Anren St., Huangpu; 86-21-6373-6950. Tea and light meals in a traditional garden.

Jade on 36 Restaurant, within the Pudong Shangri-la (information as above). A sleek 36th-floor restaurant with views of the city.

M on the Bund, 7/F, No. 5 the Bund; 86-21-6350-9988; m-restaurantgroup.com. Mediterranean and Middle Eastern fare made with European technique in a restored 1921 building.

Sightseeing

The Bund, a gently curving street and waterfront, bordered on the west by heritage buildings.

Nanjing Road, Shanghai's prime shopping street, parts of which are pedestrian-only.

Oriental Pearl Radio & TV Tower, 1 Century Ave., Pudong; 86-21-5879-1888; orientalpearltower.com/en. Featuring a 1,148-foot-high observation deck.

Shanghai Museum, 201 Ren Min Da Dao, Huangpu; shanghai-museum.net/en. One of China's most illustrious museums.

Xintiandi, Lane 181, Taicang Rd., Huangpu; 021-6311-2288; shanghaixintiandi.com/xintiandi/en. Lovely restored stone-gate houses; restaurants, shops, bars.

General Information

China National Tourism Organization, cnto.org.



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Shanghai, China

A sightseeing tram winds slowly down the street. Overhead, walkways cross the bustling boulevards, connecting thriving department stores. I drift inside a big traditional Chinese medicine emporium, attracted by its displays of ginseng roots in glass jars, pleasant earthy aroma and heaps of dried herbs labeled in Chinese characters. Here is the old China.

I leave the glorious jumble of Nanjing Road by taxi for the open expanse of People's Square and neatly landscaped People's Park. During my first visit to Shanghai in 2000, one of the first Starbucks stores in China opened its doors near here, bringing a novel taste of coffee capitalism to a culture steeped in tea. Now, there are Western food and drink outlets all over town.

I visit the square's free-admission Shanghai Museum. An eye-catching 1996 building with a curved top and square base, it houses five floors and 11 galleries of traditional Chinese art. Most pieces are many centuries old. I admire finely wrought pottery, dark-green jade carvings, hanging scrolls of black-brushed calligraphy and delicate landscape paintings. In a large gallery, I linger amid the museum's world-class collection of ancient Chinese bronze artifacts.

In the evening, I relax back at my hotel building at Jade on 36, a sleek bar and restaurant on the 36th floor. I gaze out at multi-colored lights and look-at-me buildings that transform the skyscrapers of Shanghai into a nocturnal fantasia. Far below, neon light illuminates the Bund. Tomorrow, I'll return to the Puxi side and explore the former French Concession.

Lined with handsome plane trees and dotted with French-designed stone-and-brick buildings from the early 20th century—some ensconced behind garden walls and wrought-iron gates—the former French Concession is a charming part of Shanghai. I have no agenda, no map or app. I just wander on foot and savor the neighborhood, mainly residential but also flecked with cafes, shops and bookstores.

Eventually I arrive in Xintiandi, a hugely popular nearby commercial gathering place.



Shanghai is a center of modern commerce that also sells antiques, such as at this market in the former French Concession.

At night, Xintiandi is noted for lively bars and restaurants. During the day, shoppers frequent its retail stores and smart cafes. Many businesses here are installed in recently rebuilt *shikumen* buildings—vintage brick townhouses with “stone-gate” framed entryways. I slip into Dr Bar, a small, stylish spot, appealingly dark and intimate, and enjoy a vodka martini. As I leave Xintiandi, I walk past the brick building where the Chinese Communist Party was founded in 1921.

The next day, my last in town, I head to Yu Garden. This lovely, 5-acre formal Chinese garden, created in 1577, is a fine place to take a break from the clamor of the modern metropolis. At a small table at the popular Hu Xin Ting Teahouse, I sip hot oolong tea, unwrap steamed lotus leaves and devour Chinese sticky rice—warm rice with chopped pork and sausage, held together with salted egg yolk. I look out from my window table to admire Yu Garden's serene ponds, pavilions with upturned rooftops and pruned ginkgo trees. Here, in fast-forward Shanghai, is a touch of the timeless. ▲

Writer David Armstrong lives in California.

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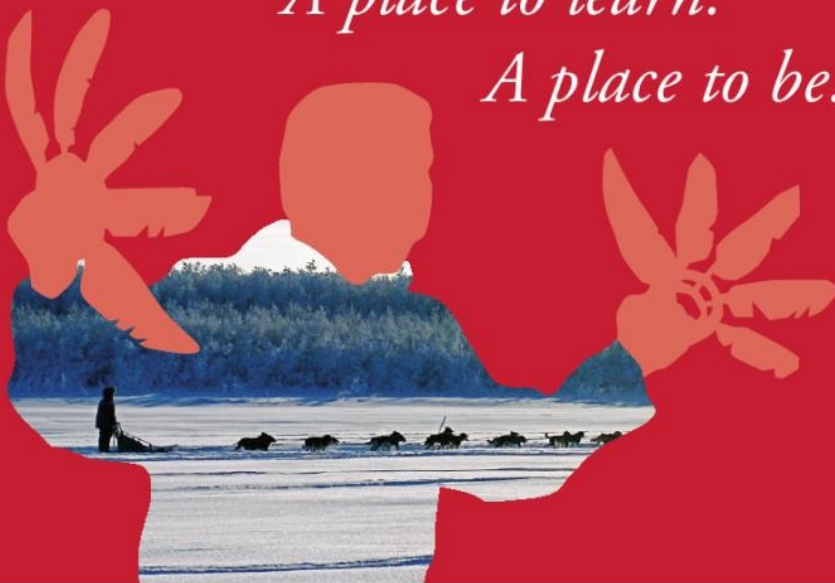
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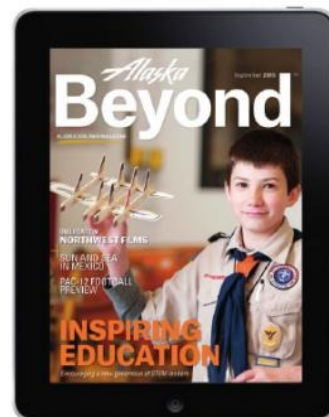


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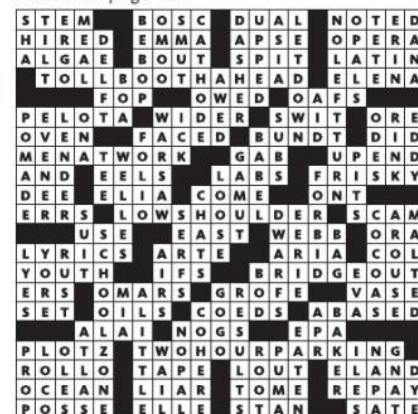
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Puzzle on page 164.



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2015 Ford Edge.

Worldly Edge

By Bengt Halvorson

The Edge is not the edge of anything. It is the middle—the middle of what's considered mid-size today and the middle between sedans and SUVs, priced essentially in the middle of the market. ■ All that said, however, it's one of the most appealing five-passenger crossover utility vehicles on the market—and the perfect “sweet spot” for a lot of households. ■ The Edge is no global outlier, either. It is aimed mostly at

the U.S. market—and China, where Ford plans to assemble a version for that market—yet this mid-size crossover utility wagon takes advantage of Ford's global approach even more than before. And it all adds up to a vehicle that has a far more sophisticated look and feel—and far better driving manners—than its predecessor.

Simply explore around the Edge for a few minutes, and that's really all it takes to see that this utility vehicle was designed for people, not necessarily gear. The Edge has the parking footprint of a mid-size sedan, yet there's considerably more usable space—compared to sedans such as Ford's Fusion and to the previous Edge.

While the Edge is about an inch higher and an inch longer in wheelbase (the distance between the front and rear wheels)

than before, the expansion is more pronounced on the inside, where there's now good legroom and space for knees in back. Getting in and out is very easy here, as you'll find a seating point that's taller than in sedans yet not as tall as in offroad-capable SUVs. That taller seating height also means that loading kids into infant and booster seats is easier.

Rock crawling and river fording simply aren't the emphasis here, either. City streets, boulevards, subdivisions and the open highway are—and it's the perfect vehicle for busy family life, errands and road trips.

For those sorts of needs, there's a lot of flexibility. Think of it as a tall hatchback, since the rear seatbacks flip forward to expand this model's already spacious 39.2 cubic feet up to 73.4 cubic feet. If you don't

need those backseats so often anymore, that's plenty of space to fit weekend antiquing finds, or to carry a load of supplies out to your son's or daughter's dorm room.

The Edge is one of the first models to get a new, “second-generation” version of Ford's 2.0-liter EcoBoost four-cylinder engine, making 245 horsepower and 275 pound-feet of torque. That torque figure is actually higher than that of the V-6 engine originally offered in the last generation of the Edge—all while earning EPA ratings of up to 20 mpg city, 30 mpg highway.

That's 2 mpg better in the city and 4 mpg better on the highway than the current V-6, which is still offered for those who want it, but the 2.0-liter will fit the needs of most drivers. Ford is also helping save fuel by including active grille shutter technology, which restricts airflow into the grille when the engine is cold—aiding warmup—and then opens it up when cooling demands it. Furthermore, with this new engine you can opt for Auto Start-Stop, a feature that momentarily shuts off the engine when you're stopped at traffic lights and smartly restarts it when you lift off the brake pedal. For those who spend portions of their commute in stop-and-go traffic and near gridlock, it would help cut your fuel bill—and tailpipe emissions.

This new engine gets a lot of the same changes given to the larger 2.3-liter turbo-charged four-cylinder engine that's now offered in the Ford Mustang. Most importantly, a new twin-scroll setup helps make turbo lag—the pause between when you press hard on the accelerator and when a surge of power arrives—a thing of the past. While it's linked to a six-speed automatic transmission—no marvel in this day of eight- and nine-speed automatics in many vehicles—it's just right with this engine in the Edge, with smooth behavior and quick downshifts when you need passing power.

You also have a choice between front-wheel drive and all-wheel drive in the Edge. If you choose the latter, you get a system that uses an electronically controlled clutch

AUTOS

to divvy up torque delivery between the front and rear wheels. It's designed to have the quickness and nuance to help get through snowy or icy driveways with control and precision.

The Edge uses some of the underpinnings of the critically acclaimed Ford Fusion mid-size sedans as a starting point, but it wouldn't be accurate to call it just a variant of the Fusion. Its body structure is unique, and the suspension is quite different, to accommodate the Edge's higher center of mass.

Those car-based underpinnings do pay off, however, from the driver's seat. The new Edge is one of the most pleasant-driving crossovers on the market today, simultaneously relaxed and comfortable yet responsive and vivid. Especially in the excellent new Edge Sport: Firm sport seats hold you in place; the suspension is compliant but keeps body motion in check for quick maneuvers; and from the driver's seat you feel deceptively closer to the road despite that higher seating position. Throughout the entire driving experience, there's a muted sharpness that rivals European models such as the Audi Q5 and BMW X3 (or X5).

Part of what makes the Edge Sport version more engaging is that there's a long list of upgrades underneath, as well. Front and rear anti-roll bars, rear mono-tube dampers and stiffer coil springs really keep the body more level in corners, while those wanting to maximize their performance can opt for big 21-inch wheels and summer-only performance tires—albeit at some sacrifice in ride quality.

The other component that makes the Sport edition particularly satisfying is its engine: a new 2.7-liter twin-turbocharged V-6. It makes 315 horsepower and 350 pound-feet of torque, and it has an off-cadence purr that's reminiscent of high-performance Volvo or Audi fives when pressed hard.

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AUTOS



2016 FORD EDGE

Model type: Crossover Utility Vehicle

Price: \$28,995 base

Power: 2.0-liter EcoBoost four-cylinder; 245 hp

Technology: Blind-spot warning system; cross-traffic alert; collision warning with brake support; lane-keeping system; rearview camera; and 180-degree front camera system. The 2016 edition to include Sync 3 infotainment system with fully capacitive, tabletlike touch screen.

tion—as the car includes active-noise-cancellation technology to help counter road noise. But even base Edge models with the 2.0-liter engine include sound-damping measures such as an acoustic windshield and new underbody shielding. It adds up to a very quiet, refined cabin.

Some of the extra-cost items at the top of the Edge lineup include a vast Vista Roof—an oversize moonroof—that really brightens up the cabin, as well as an Enhanced Park Assist system that steers the car into a parallel or perpendicular parking space, as you manage the brake and accelerator. Other top comfort-and-convenience items include a heated steering wheel, heated and cooled front seats, heated rear seats, remote start and rain-sensing wipers.

The interior of the Edge, by the way, is downright charming on its own. It's a somewhat higher-set, fuller version of the interior that has elevated Ford's Fusion sedans above the rest in up-close details. There's soft-touch material nearly everywhere, and simplified controls, matte-black facing trim, and a reconfigurable gauge cluster that keep the look straightforward yet very sophisticated.

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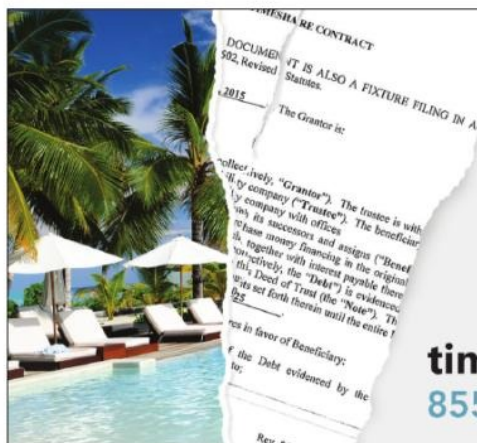
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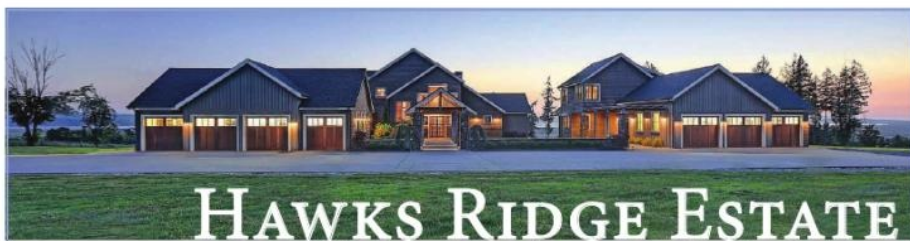
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consumer attitudes, and shoppers are, on average, more willing to pay a premium for active-safety features that help drivers stay alert and avoid the unthinkable. To answer that, Ford is packing the Edge with such features as a BLIS blind-spot system, cross-traffic alert, collision warning with brake support, and a lane-keeping system, as well as a rearview camera system and a 180-degree front camera system with its own washer. The top Titanium trim package also includes adaptive cruise control.

You could pay nearly \$45,000 for an Edge Titanium model optioned with all those items. While that overlaps with the entry price for a luxury-brand model such as the base Lexus RX or Mercedes-Benz GLC, it's worth keeping in mind that the base 2015 Ford Edge, at \$28,995, is a very strong value and includes that peppy 2.0-liter EcoBoost engine plus pretty much everything you'd expect to find in a mid-size mainstream model today.

The redesigned Edge went on sale earlier this year as a 2015 model, but the 2016 Edge will likely start reaching dealerships later this fall. Like several other 2016 Ford models, the newer Edge will get the automaker's brand-new Sync 3 infotainment system that's expected to be a major upgrade to the current MyFord Touch system. Sync 3 upgrades to a fully capacitive touch screen—like a modern tablet—and will support tabletlike gestures such as pinching and zooming. It's also fully compatible with a set of smartphone apps (Siri, too) and, Ford claims, has much-improved voice controls of its own.

Overall, the Edge speaks volumes about where Ford is headed. With an entire lineup of vehicles with this level of driving enjoyment, technology and attention to detail, Ford will get the global edge it seeks. ▲

Bengt Halvorson is an independent automotive journalist living in Portland, Oregon.

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

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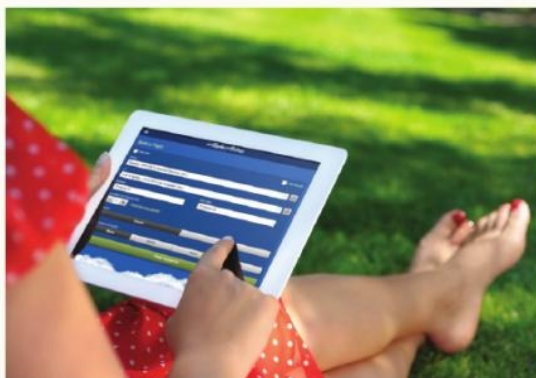
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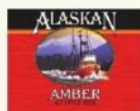


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An appealing tropical-fruit character; ripe pineapple and butter-scotch flavors.



Chateau Ste. Michelle
Indian Wells
Cabernet Sauvignon
Washington
A ripe, jammy style with dark fruit aromas and flavors; Syrah adds an enhanced 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 beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

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MORE THAN 70 TOP MOVIES, INCLUDING:



Danny Collins
R; 1:46



Far from the Madding Crowd
PG-13; 1:59



The Wolfpack
R; 1:30

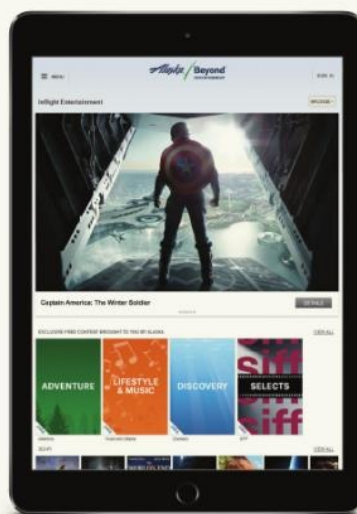


Ella Enchanted
PG; 1:36

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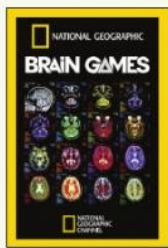
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Mad Max: Fury Road
R (edited); 2:13



Pitch Perfect 2
PG-13; 1:55*



Spy
R (edited); 1:59



San Andreas
PG-13 (edited); 1:33



Inside Out
PG; 1:34*

*also available with English subtitles

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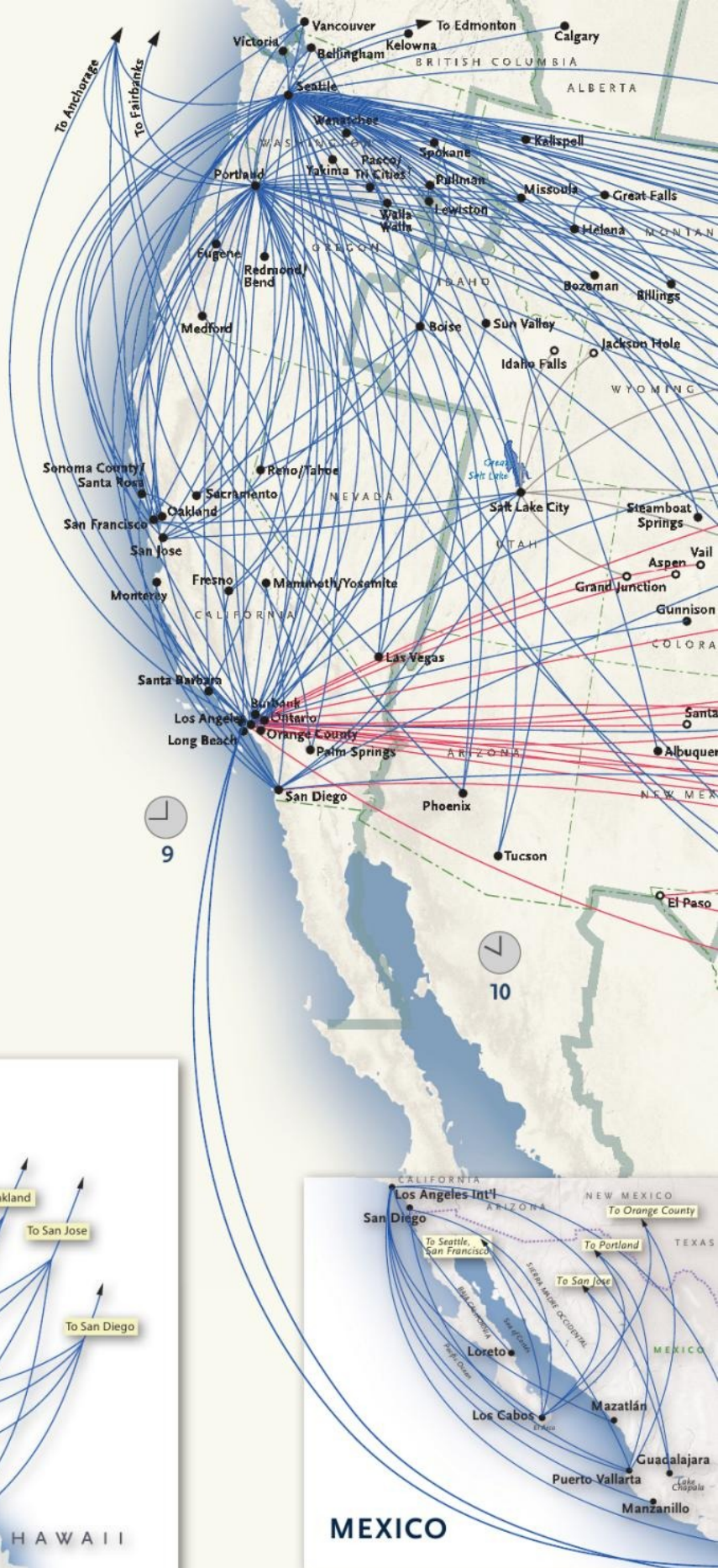
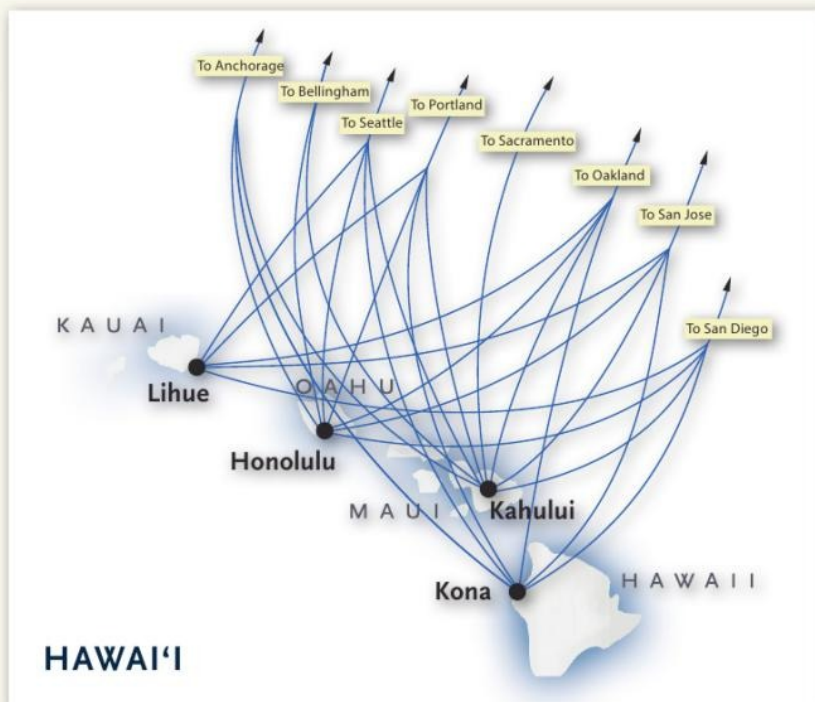
U.S. MILEAGE

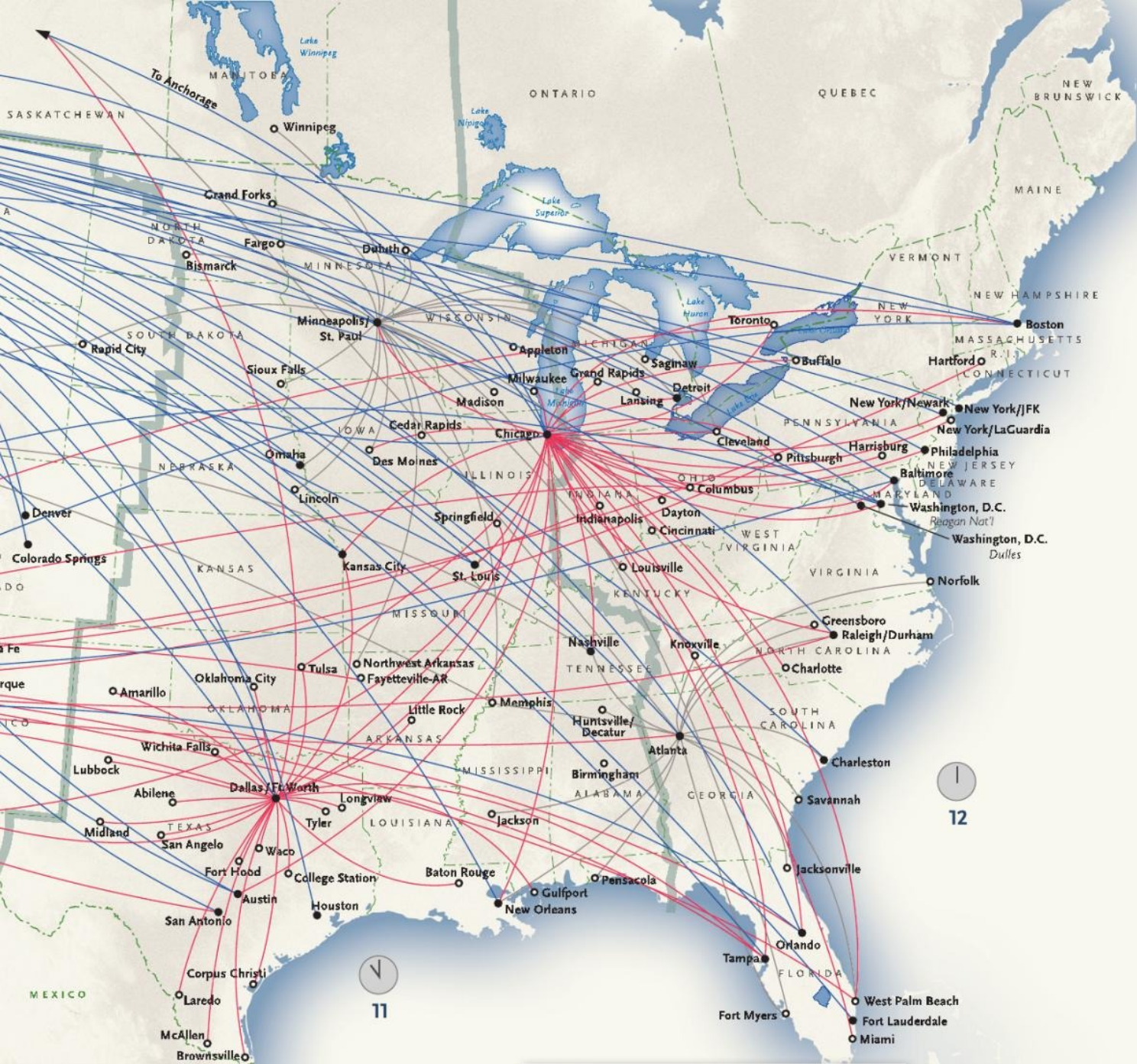
Between	Mileage
Seattle &	
Boston	2,496
Denver	1,024
Fort Lauderdale	2,697
Honolulu	2,677
Los Angeles (LAX)	954
New York City/Newark	2,401
Orlando	2,553
Phoenix	1,106
San Francisco	678
Washington, D.C.	2,306
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

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-  American Airlines
-  DELTA

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Some routes shown operate seasonally.





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Orange County–Puerto Vallarta	Oct. 9, 2015
LAX–San Jose, Costa Rica	Oct. 31, 2015
LAX–Liberia, Costa Rica	Nov. 1, 2015
Boise–Reno	Nov. 5, 2015
Eugene–San Jose	Nov. 5, 2015
LAX–Monterey, CA	Nov. 5, 2015
Portland–Austin	Nov. 5, 2015
Seattle–Charleston	Nov. 16, 2015
LAX–Gunnison, CO	Dec. 16, 2015
Portland–Kansas City	Feb. 18, 2016
Portland–Minneapolis	Feb. 18, 2016
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B737-900/900ER



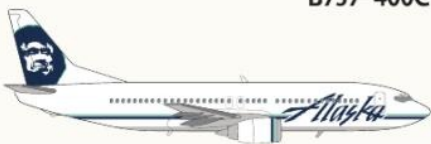
B737-800



B737-400F



B737-400C



B737-400



B737-700



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Operated by Horizon Air



Embraer 175
Operated by SkyWest Airlines



Bombardier CRJ-700
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survey—even inflight, where access to alaskalistens.com is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at alaskalistens.com.

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Alaska Airlines tiene el orgullo de ser la compañía de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

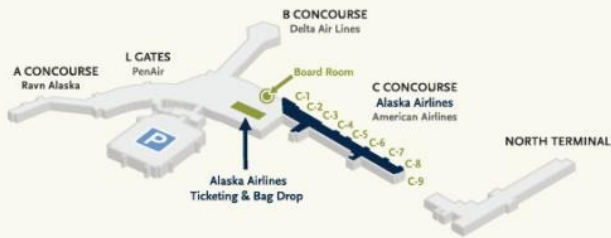
- Centros de atención telefónica de Reservaciones y de Atención al Cliente
- Quioscos de registro del aeropuerto
- alaskaair.com/español
- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda. "A su servicio."

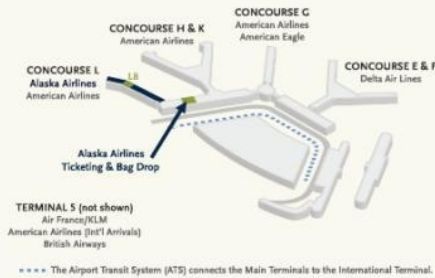
HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

Anchorage International Airport (ANC)



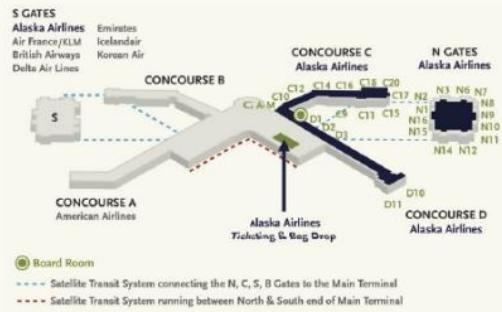
Chicago O'Hare International Airport (ORD)



Los Angeles International Airport (LAX)



Seattle/Tacoma International Airport (SEA)



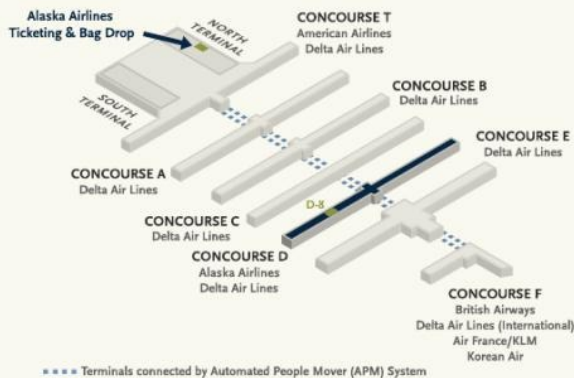
Portland International Airport (PDX)



San Francisco International Airport (SFO)



Atlanta International Airport (ATL)



San Diego International Airport (SAN)



CUSTOMS AND IMMIGRATION

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

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

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family (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 MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6—No es necesario declarar sus medicamentos de uso personal



FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



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.



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- Complete una forma por persona. No olvide firmarla.
- Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usará como identificación.



Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

MEXICO STATE CODES

City / State	State Code
Cancún / Quintana Roo	ROO
Guadalajara / Jalisco	JAL
Ixtapa, Zihuatanejo / Guerrero	GRO
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Sinaloa	SIN
Mexico City / Distrito Federal	D.F.
Nuevo Vallarta, Bucerías and north / Nayarit	NAY
Puerto Vallarta, Mismaloya / Jalisco	JAL

A GUIDE FOR AIR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.
- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Players, etc.
- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

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(Mileage Plan, Web Support, Customer Relations)

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(800.252.7522)

(TTY 800.682.2221)

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From Mexico:

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Alaska Airlines Vacations:

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- › 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

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Day 3. Gatun Lake cruise. Two nights at rainforest resort.

Day 4. Panama Canal cruise.

Day 5. Chagres River cruise. Visit an Embera Indian village. Two nights at beach resort.

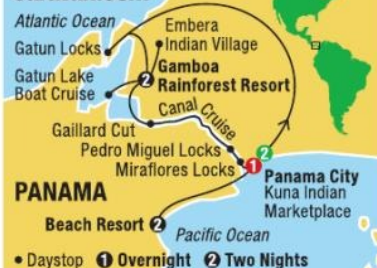
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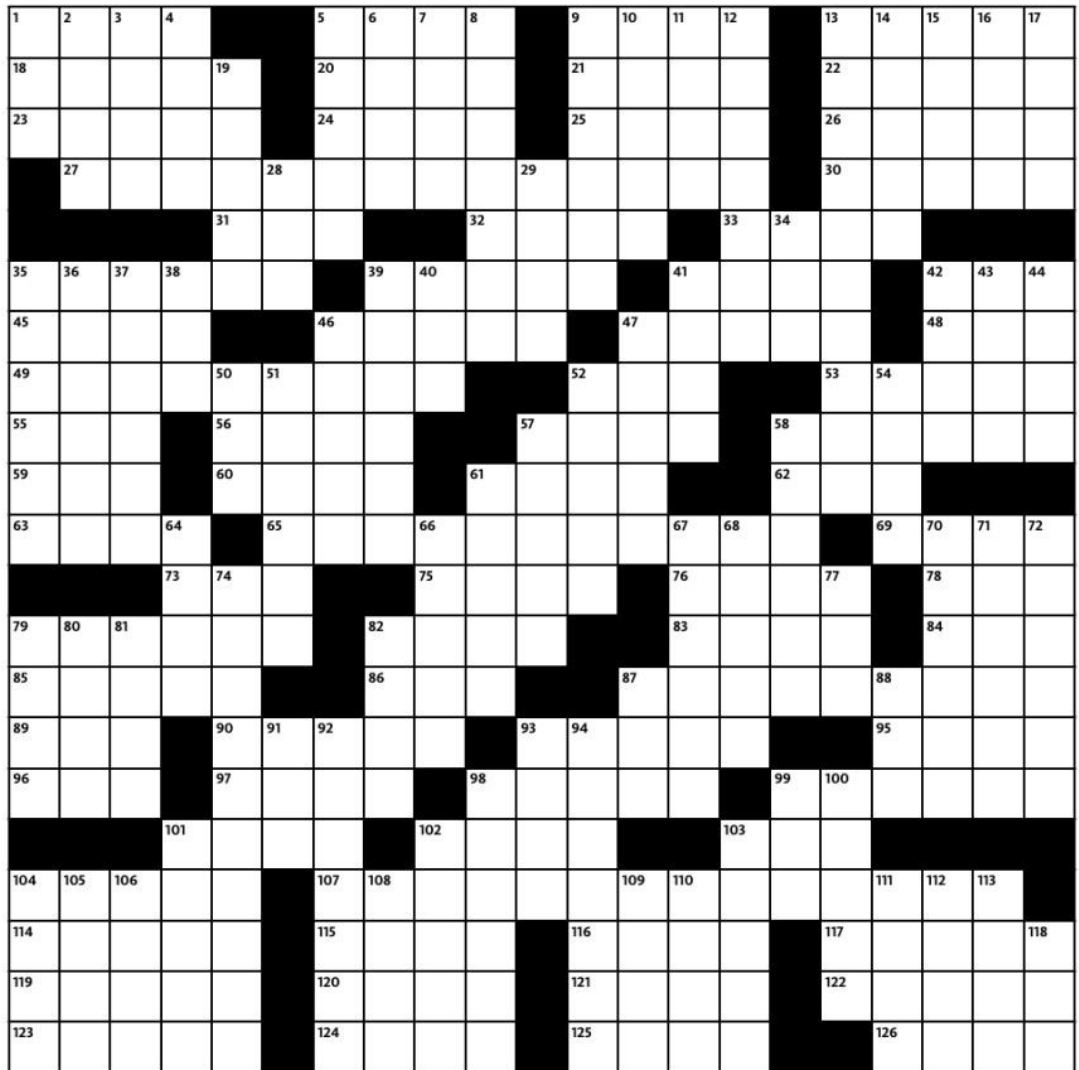
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ACROSS

- 1 Check
 5 Pear type
 9 Twofold
 13 Renowned
 18 Engaged
 20 Actress Samms
 21 Church area
 22 *Aida* or *Carmen*
 23 Seaweeds
 24 Boxing match
 25 Sputter
 26 Caesar's language
 27 Why change is needed
 30 Actress Verdugo
 31 Vain man
 32 Unpaid
 33 Dimwits
 35 Fronton-like game
 39 More expansive
 41 Actress Loretta ____
 42 Prospector's find
 45 Broiler
 46 Confronted
 47 Ring-shaped cake
 48 Performed
 49 Reason for a traffic jam
 52 Talk
 53 Overturn
 55 Plus
 56 Finless fish
 57 Research sites
 58 Playful
 59 English river
 60 Famed essayist
 61 Appear
 62 Sudbury's prov.
 63 Drops the ball
 65 Good reason not to pull over
 69 Con man's trick
 73 Put into service
 75 Compass point
 76 *Dragnet* star
 78 ____ pro nobis
 79 Song's words
 82 Funnyman Johnson
 83 John Hurt film
 84 Mountain pass
 85 Salad days
 86 Possibilities
 87 Cause for a detour
 89 Sounds of hesitation
 90 Sharif et al.
 93 *Grand Canyon Suite* composer
 95 Amphora
 96 Collection
 97 Lubricants
 98 Campus people
 99 Humiliated
 101 Kirghiz mountains
 102 Holiday potions
 103 Govt. agency
 104 Swoon
 107 Lucky find in the city
 114 Norse chieftain
 115 Bind
 116 LummoX



117 Antelope

119 Sea

120 Perjurer

121 Weighty work

122 Return the favor

123 Sheriff's men

124 She, in Dijon

125 Saxophonist Getz

126 Quench

DOWN

- 1 ____ *La La* (Manfred Mann song)
 2 Pinball mishap
 3 Hence
 4 Farina
 5 Jazz
 6 Melville novel
 7 Sooty mark
 8 Battery terminal
 9 One of Santa's team
 10 Raised, as an ante
 11 English rock group
 12 Disillusionment

13 Reason to drive straight

14 Iridescent stones

15 Place for a beret

16 John-Boy's sister

17 Actor Andrews

19 Dutch earthenware

28 Constrictor

29 Thunderstruck

34 Succor

35 Hair ointment

36 Smoother

37 Bank, sometimes

38 Stop ____ dime

39 Capital of Poland

40 Expression of distaste

41 Deli offerings

42 Poems

43 Place for a Penguin

44 Pianist Duchin

46 Manuscript leaf

47 Biblical tower

50 Kickoff item

51 Orson ____

52 Range

54 Doldrums

57 Unrestrained

58 Prohibit

61 Gossips

64 Hearts or diamonds

66 Feudal slaves

67 Dim stars

68 Uncanny

70 Warming drinks

71 Stimulate

72 ____ milk

74 Reason to drive slowly

77 Satchel

79 Corrosive liquids

80 Past years

81 Oxidize

82 Pretensions

87 Physique

88 Ms. Peron

91 Actress Sara

92 *With ____ Luck*

93 Kind of dancing

94 Outcomes

98 Stick together

99 Spring mo.

100 Pastry chef

101 Earth holder

102 Cactus resembling the prickly pear

103 Ingested

104 Bolster

105 Looney

106 Bullfighter's cheers

108 Shriek

109 Tooth part

110 Cougar

111 French islands

112 Wine valley

113 Biting bug

118 Pigment

SOLUTION ON PAGE 144.

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from page 100 lead the Utes' defense. Utah may have to win at least two of five games against Oregon, Arizona State, UCLA, Arizona and USC to have a shot at a bowl game and a national ranking.

6. COLORADO

Five teams from the South Division won nine-plus games in 2014, and Colorado lost to them all. The Buffaloes not only play those five teams again this season, but Colorado also must play Oregon, Colorado State and Stanford.

Look for a fast start but a tough finish for the Buffaloes, which should open the season with four straight wins, but then face a much tougher part of the schedule as they host Oregon and then play five road games in the following eight weeks.

The team's strength is its offense. Junior QB Sefo Liufau, who threw for 3,200 yards and 28 TDs last season, will be targeting All-American Nelson Spruce, who caught 106 passes for 1,198 yards and 12 TDs in 2014. Defensively, Colorado needs a reboot. The Buffaloes have allowed an average of 30 points a game for five consecutive years. Unless the defense improves, Colorado may face the possibility of going winless in Pac-12 play.

With the California Golden Bears

looking for answers on defense and the Washington Huskies rebuilding, Oregon is the clear pick in the North Division. However, Stanford could challenge the Ducks if the Cardinal can play stout defense and Hogan plays with precision. In the South Division, it remains a five-team race. Arizona, Arizona State, UCLA, USC and Utah are all good enough to win the division.

Still, my guess is that the likely Pac-12 title game will pair Oregon against USC, with the winner possibly having a chance of playing in the College Football Playoff National Championship. ▲

Steve Rudman is co-founder of sportspressnw.com.

Complete each Sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions are on page 150.**

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

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



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A quintessential Alaska summer scene—a bear, fireweed and a back road.

Photo by Michael DeYoung



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