









John Cole Equipment Sales Rep.

Bill Frishe Equipment Sales Rep.



**Anchorage, Alaska** 907.563.3822 800.478.3822

Fairbanks, Alaska 907.455.9600

Juneau, Alaska 907.780.4030 888.399.4030

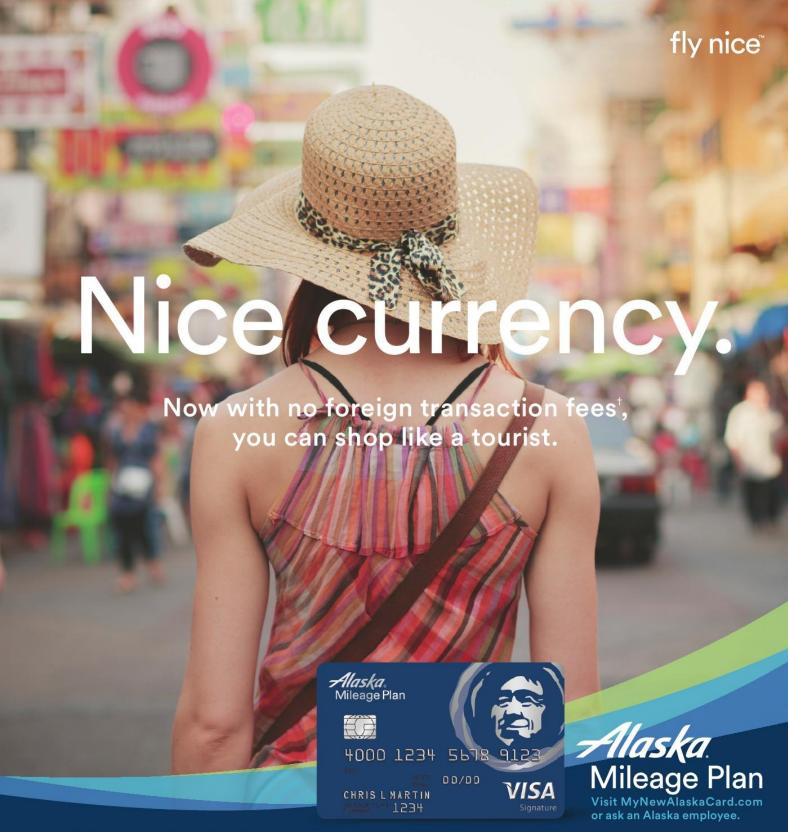
**Ketchikan, Alaska** 907.247.2228 877.847.2228

In the world. Volvo, the best in construction equipment technology. In Alaska. CMI, the best sales and product support lineup. In your corner. The winning team.



**SMART WORKS.** 





# **†SUMMARY** OF ANNUAL PERCENTAGE RATES:

The Variable Annual Percentage Rates (APRs) for this account are currently 12.49% to 19.49%, based on creditworthiness, for Purchases and Balance Transfers; 15.49% to 22.49%, based on creditworthiness, for Direct Deposit and Check Cash Advances; and 25.24% for Bank Cash Advances. A Variable Penalty APR of up to 29.99%, based on creditworthiness, may be applied to new transactions if you make a late payment. Minimum Interest Charge is \$1.50. Balance Transfer Fee is 3% (min. \$10). Cash Advance fees are: 3% (min. \$10) for Direct Deposit and Check Cash Advances; \$12 for each Overdraft Protection Cash Advance; and 5% (min. \$10) for all other Cash Advances. Fee for purchases of wire transfers from a non-financial institution is 5% (min. \$10). The Annual Fee is \$75 for Visa Signature® accounts, or \$50 for Platinum Plus® accounts. The Variable APRs will vary with the market based on the Prime Rate. In addition, we reserve the right to change the terms of the account in accordance with the Credit Card Agreement and applicable law. This information is accurate as of 08/2016 and may have changed. For current information, please visit mynewalaskacard.com.

# SD-0216-NOAPP-RNG-NP-2AFTP\_VSIG\_PL-NOFTF-NT

The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. Platinum Plus is a registered trademark of Bank of America Corporation. © 2016 Bank of America Corporation.



# WIN A TRIP FOR TWO TO OREGON WINE COUNTRY -

Oregon Wines Fly Free – and so could you! Oregon's winemakers look forward to welcoming the lucky winners of two exceptional weekend getaways. Plus, it's easy to take a taste of Oregon home with you. Alaska Airlines Mileage Plan™ members can check one case of wine for free on domestic flights serving Oregon's diverse wine regions. And don't forget to show your boarding pass at more than 300 participating wineries to receive a complimentary tasting.

ENTER TO WIN AT OREGONWINESFLYFREE.ORG -

















### WE'RE NOT BIG ON BEDTIME STORIES.

But we are big on payouts. So come join us for huge jackpots, your favorite machines, friendly dealers and an experience that'll make you feel like, well, a princess.

250 ROOMS & SUITES
1,600+ SLOT MACHINES
37 LIVE TABLE GAMES
14 RESTAURANTS & LOUNGES











# Contemporary homes with historic roots

Gridiron: Well-positioned next door to the future Stadium Plaza park on the Seattle Waterfront and in Seattle's Pioneer Square, home to iconic heritage architecture, a vibrant arts culture, and excellent restaurants and shopping. Sheathed in glass, atop the historic Seattle Plumbing Building, the brand new Gridiron condos are built with 21st century concrete and steel construction.



Designed with clean lines and high-end finishes, these homes complement their historic setting. Exclusive amenities include a rooftop deck, fitness center, entertainment rooms and wine storage. Garage parking is available. Call today for more info and VIP priority.



erik mehr

Prices subject to change without notice.



New Condos from \$469,900 589 Occidental Ave S

# **GRIDIRON** CONDOS.COM

Visit Our Sales Center at 510 Occidental Ave S Seattle, WA 98104 Open Daily 11:00-5:00 206.258.8315





# SEPTEMBER 2016

# **DEPARTMENTS**

# 9 Spirit of Alaska

A message from Alaska Airlines CEO Brad Tilden.

### 14 What's New

News from Alaska Airlines.

# 15 People Behind the Spirit

Puerto Vallarta Station Manager Antonio Alvarado. By Paul Frichtl

### 18 Journal

Notes on life around the Alaska Airlines route system. Edited by Ben Raker

# 134 Mileage Plan Adventures

Intriguing Iceland.

By David Armstrong

### 141 Advertiser Information

Connect with our advertisers.

# 143 Consumer Focus

Dinner Delivered.

By Jacob Uitti

# 153 Autos

Crossover Comfort.

By Bengt Halvorson



# 155 Alaska Airlines Flyer Guide

Your overview of the Alaska experience.

# 172 Sudoku Puzzles

174 Crossword Puzzle

176 Photo Page



# **FEATURES**

# 41 Embracing Education

The Seattle Metro Chamber focuses on preparing people for local jobs. *By Steve Wilhelm* 

# 50 Macklemore

The Seattle hip-hop star goes global while staying true to his Northwest roots. *By Albert Rodriguez* 

# 60 NFL Spotlight

On the road to the Super Bowl, expect the unexpected.

By Gregg Bell

# 72 Leading the Way

UW President Ana Mari Cauce: Aim high and make a difference. By Candace Dempsey

# 82 World Studies

International higher education helps to shape a global workforce. By Stuart Glascock

# 93 Sherman Alexie

A life built on stories. By Kristianne Huntsberger

# 120 Island Golf

Teeing it up on the finest holes in Hawaiʻi. By Ken Van Vechten

# **SPECIAL SECTION: MEXICO**

# 100 Heart of Jalisco

Authentic experiences in Guadalajara. By Alex Pulaski

# 110 Exploring the Yucatán

Sites, rituals and cuisine unite ancient Maya and modern cultures. By Jill K. Robinson

**COVER:** Seattle rapper Macklemore; see profile starting on page 50. Photo by Zoe Rain Photography. **CONTENTS:** Boating in the Yucatán's Sian Ka'an Biosphere Reserve; see "Exploring the Yucatán," page 110. The Seattle Seahawks and quarterback Russell Wilson look to lead the NFC West; see "NFL Spotlight," page 60.



# **Metropolitan Grill**

themetropolitangrill.com

SEATTLE, WA 206.624.3287

PROPRIETOR: Ron Cohn

# RingSide Steakhouse

RingSideSteakhouse.com

PORTLAND, OR 503.223.1513

PROPRIETORS: Jan, Scott & Craig Peterson

# III Forks

iiiforks.com

DALLAS, TX 972.267.1776

**EXECUTIVE CHEF: Chris Vogeli** 

PALM BEACH GARDENS, FL 561.630.3660

**EXECUTIVE CHEF: Tommy Nevill** 

# Gene & Georgetti geneandgeorgetti.com

CHICAGO, IL 312.527.3718

PROPRIETORS: Tony & Marion Durpetti

# St. Elmo Steak House

**INDIANAPOLIS, IN** 317.635.0636

PROPRIETORS: Steve Huse & Craig Huse

# Elway's

www.elways.com

**DENVER, CO** 303-399-5353

PROPRIETORS: John Elway & Jennifer Wiard

# Manny's

mannyssteakhouse.com

MINNEAPOLIS. MN 612.339.9900

PROPRIETORS: Phil Roberts, Peter Mihajlov & Kevin Kuester

# Grill 225

grill225.com

CHARLESTON, SC 843.266.4222

**PROPRIETOR: Nick Palassis EXECUTIVE CHEF: Demetre Castanas** 

# **Benjamin Steak House**

benjaminsteakhouse.com

**NEW YORK, NY** 212.297.9177

PROPRIETOR: Benjamin Prelvukaj **CHEF: Arturo McLeod** 

# McKendrick's **Steak House**

mckendricks.com

ATLANTA, GA 770.818.6346

PROPRIETORS: Claudia & Doug McKendrick **CHEF: Tom Minchella** 

# Malone's

malonesrestaurant.com

**LEXINGTON, KY** 859.335.6500

PROPRIETORS: Brian McCarty & Bruce Drake





ALASKA BEYOND MAGAZINE SEPTEMBER 2016 VOLUME 40. NUMBER 9

Publisher MIMI K. KIRSCH

Editor PAUL FRICHTL

Senior Editor MICHELE ANDRUS DILL

Associate Editors

JEFF BOND, BEN RAKER, ANDREW WAITE

Assistant Editor Lara Douglass

**Editorial Interns** 

JAIME ARCHER, JANEL CROUCH, MATTHEW GULICK, TYLER HILLIS,

JEEVIKA VERMA, MEAGAN WEHE

Contributing Writers

DAVID ARMSTRONG, GREGG BELL, DENISE CLIFTON, CANDACE DEMPSEY, STUART GLASCOCK, BENGT HALVORSON. KRISTIANNE HUNTSBERGER, PETER POTTERFIELD, ALEX PULASKI. IILL K. ROBINSON, ALBERT RODRIGUEZ, IACOB UITTI. KEN VAN VECHTEN, STEVE WILHELM

### Art Directors

MARGARET ELSON, PATTY WARKENTIN

Advertising Production Manager THERESA SANTUCCI

Design & Production Specialist ELLEN ORDÓÑEZ

CEO EDWARD B. KIRSCH

Production Director PAUL FRICHTL

Accounting Manager HOLLY L. GENEST

Advertising Data Wrangler Liz Borovik Office Coordinator BRITTANY MARTIN

Coordinator for Alaska Airlines David Scotland

### SALES OFFICES

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

Advertising Director Kenneth J. Krass, ext. 11

Western Washington/Eastern Washington/ Florida/Canada

BECCA CONVERSANO, EXT. 21

Western Washington/Illinois/Kansas/Missouri STEPHANY ANGELACOS, EXT. 13

Oregon/Idaho/Montana/Colorado/Utah/Michigan CLAY M. SCHURMAN, EXT. 33

California/Arizona/Nevada/New Mexico/Texas YAEL KALLIN, EXT. 27

# Alaska

DUANE EPTON

3705 Arctic Boulevard, #452, Anchorage, AK 99503 phone 907-561-2450; fax 907-344-7262

East Coast/Mexico KENNETH J. KRASS, EXT. 11

Hawai'i DEBBIE ANDERSON

phone 808-739-2200; fax 808-739-2201



www.alaskaairlinesmagazine.com

Alaska Beyond Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2016 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$65 in the U.S.; \$70 elsewhere. Single-copy price: \$8. Photocopies of articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or artwork. Printed in the United States of America.

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





# Nice payback.

Anna earns miles for the actual miles she flies on Alaska, not the price of her ticket. She appreciates solid results.





# Business card benefits: 30,000 bonus miles | Free checked bag | Annual companion fare offer

The Visa Business Card benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about the rates, fees, costs and benefits of this credit card, visit bankofamerica.com/akbizcardmag and refer to disclosures accompanying application. This credit card program is issued and administered by Bank of America, N.A. Visa is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A., Inc. ©2016 Bank of America Corporation. ARSDQSG9 | AD-04-16-1910

# **Spirit of Alaska**

# Helping kids win

I'd like to share the story of a little girl. This little girl was born in Cuba. When she was only 3 years old, her family was forced to flee to the U.S., giving up everything—including her father's career as an education

leader. Her mom and dad took jobs in a Miami shoe factory. From a humble, new beginning far from home, her parents put education for their children above all else.

This little girl's story isn't that different from those of many working-class families in our country today. And it is very close to home for families living in many of the cities in which Alaska flies,

especially here on the West Coast.

Our kids' opportunities and future lives are directly related to how much education they receive and how good that education is. Health, wellness, happiness, standard of living and much more all directly correlate with education. We often hear the word *inequity* applied to social issues, and to education, in particular. What does that really mean?

I think, simply put, that when one person doesn't receive the same quality of education as another, there is inequality, and that inequity often continues throughout their entire life. If we really want to do something to help the next generation get off on the right foot, we need to come together and make our schools as good as they can possibly be.

At Alaska, we're getting involved and trying to make a difference. But this is a big challenge, and if we're going to move the needle, it's going to take us all.

Businesses, particularly those in the growing technology field, depend on our schools to give us future employees. The need for students with a good grasp of STEM (science, technology, engineering and math) is particularly important, yet not all schools are equal in offering the curriculum needed to meet that demand or, even more basic, to keep kids in school.

In the states of Alaska and Washington, about one of every four kids fails to graduate from high

school. In California, that number is only slightly better. In Oregon, it's worse. And these figures are far more dismal for some demographic groups. What's more, studies show that between 50 and 70 percent of all future job openings will require some postsecondary education, yet only about one-third of Washington's students are obtaining a postsecondary degree or credential.

The bottom line is that today's system is not serving a lot of our kids the way it should.

We'll all be better off, and kids will be way better off, if we fix this situation. Education leads to vibrant economies, where lots of folks benefit and, in turn, invest in their communities. So we have a vested interest in making the system better. Admittedly, these are investments that

do have a long payback period, but the returns are massive, and if we fix our system, the changes will benefit us for many years.

Many organizations have come to the table to help. There are business organizations, education-advocacy groups, private foundations, parent-teacher organizations and private citizens, all trying to make a difference. As co-chair of the Mayor's Education Task Force in Seattle, I am seeing firsthand the passion of parents and educators working together, and it gives me a lot of hope.

The fact is that when we work together to focus on education, it makes a difference for our kids. It made a big difference in the life of that little girl I told you about. You may have heard of her. Her name is Ana Mari Cauce, and she was recently named president of the University of Washington.

Read more about President Cauce on page 72. Thanks for joining with us to support education, and thanks for flying Alaska. —Brad Tilden



In the state of Alaska, the airline flies students from rural areas to attend STEM workshops at the University of Alaska Anchorage.



Brad Tilden, Chief Executive Officer



Brad Tilden, Jefe Ejecutivo

# **Spirit of Alaska**

# Ayudar a los niños a ganar

Me gustaría compartir la historia de una pequeña niña. Esta niña nació en Cuba. Su familia se vio obligada a huir a los Estados Unidos cuando ella tenía sólo tres años, renunciando a todo, incluida la carrera de su padre

como destacado educador. Su madre y su padre consiguieron trabajo en una fábrica de zapatos en Miami. Desde un nuevo y humilde comienzo, lejos de casa, sus padres pusieron la educación de sus hijos por sobre todas las cosas.

La historia de esta niña no es distinta a la de muchas familias de clase trabajadora en nuestro país hoy en día. Y está muy cerca a los corazones de familias que viven en muchas de las ciudades a las que vuela Alaska, especialmente aquí en la Costa Oeste.

Las oportunidades y el futuro de nuestros hijos están directamente relacionados con cuánta educación reciben y en la calidad de la misma. Salud, bienestar, felicidad, calidad de vida y mucho más, todo se relaciona directamente con la educación. Muchas veces escuchamos la palabra "falta de equidad" aplicada a temas sociales, y a la educación en particular. ¿Qué significa realmente? Creo, sencillamente, que cuando una persona no recibe la misma calidad de educación que otra, hay falta de equidad, y esa falta de equidad muchas veces continúa durante todas sus vidas. Si realmente queremos hacer algo para ayudar a la próxima generación a arrancar con el pie derecho, necesitamos unirnos y hacer posible que nuestras escuelas sean las mejores.

En Alaska nos estamos involucrando e intentamos hacer la diferencia. Pero es un gran desafío, y si lo queremos conseguir, necesitamos el apoyo de todos.

Las empresas, particularmente aquellas en el creciente campo de la tecnología, dependen de nuestras escuelas para formar a sus futuros empleados. La necesidad de estudiantes con buen conocimiento en ciencias, tecnología, ingeniería y matemáticas es particularmente importante, sin embargo no todas las escuelas ofrecen el mismo currículum necesario para cumplir con esas demandas o, aún más básico, para mantener a los niños en la escuela.

En los estados de Alaska y Washington, uno de cuatro niños no logra graduarse de la escuela prepa-

ratoria. En California, este número mejora solo un poco. En Oregón es peor. Y estos números son aún más desalentadores en algunos grupos demográficos. Es más, estudios demuestran que entre el 50 y 70 por ciento de todos los futuros puestos de trabajo requerirán algún tipo de educación superior a preparatoria, sin embargo sólo un tercio de los jóvenes estudiantes de Washington obtienen un título universitario o certificado. En resumidas cuentas el sistema actual no beneficia a muchos de nuestros chicos como debería.

Todos estaremos mucho mejor, y los niños mucho más, si arreglamos esta situación. La educación es el motor de las economías dinámicas, donde mucha gente se beneficia y, a la vez, invierte en sus comunidades. Por ello tenemos un interés personal en mejorar el sistema. Lo cierto es, que son inversiones con un largo periodo de recuperación, pero los beneficios son enormes, y si arreglamos nuestro sistema, los cambios nos beneficiarán durante muchos años.

Muchas organizaciones se han sentado a la mesa para ayudar. Hay organizaciones comerciales, grupos de apoyo educativo y fundaciones privadas, organizaciones de padres y maestros, y ciudadanos del sector privado, todos intentando hacer una diferencia. Como co-presidente del Cuerpo Especial de Educación del Alcalde en Seattle, soy testigo presencial de la pasión de los padres y los educadores que trabajan juntos, y eso me da mucha esperanza.

El hecho es que cuando trabajamos juntos enfocados en la educación, hacemos la diferencia para nuestros niños. Hizo una gran diferencia en la vida de esa niña que les conté hace un momento. Puede ser que hayan escuchado hablar de ella ... su nombre es Ana Mari Cauce, y recientemente fue nombrada presidente de la Universidad de Washington.

Lea más sobre la Presidente Cauce en la página 72. Gracias por unirse a nosotros para apoyar la educación, y gracias por volar con Alaska. —*Brad Tilden* 





# SAFFRON LOST 21 LBS & 10 YEARS IN 10 WEEKS

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

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



Dr. Dedomenico, renowned cardiovascular surgeon, utilizes his collective experience, expertise, and research in a vast number of fields to guide the expert care in the My Best 10 program.









Whether spending my time as content manager for Allrecipes or indulging in my hobby of competitive outdoor cooking, most of my time is dominated by thinking about or cooking food–competition BBQ, steak, Dutch oven, chili, and chuck wagon. Although I love what I do, my life was in conflict. I desired a fit and healthy lifestyle, but was continually distracted by my food-focused life. Plus, it didn't leave much time for exercise. I felt my life was out of balance and heading in the wrong direction.

I was aware of the My Best 10 program, but thought it was mainly for glamour and not relevant to me. However, after a friend who successfully completed the 20/20 LifeStyles program suggested that I take a closer look at My Best 10 as a more holistic approach to my life, I was intrigued. The rest is history.

My goal was to create a sustainable and healthy lifestyle that still allowed me to be me. In particular, this meant competition BBQ and all the food adventures that accompany it.

What I liked about the scope of the program was that it covered a lot of areas that I wouldn't have normally considered. My Best 10 wasn't just a service that was offered to you. Rather, it was an adventure and learning experience that was tailored to me. It wasn't just a goal to be achieved in 10 weeks. It was also a lesson in how to stay that way for the rest of your life.

I think what contributed to my success was that I went in 100 percent. I cleared my calendar and did everything asked of me and more. I gained an understanding of the reasons behind why, not just following along with the program. And this wasn't just with developing a healthy lifestyle. I also learned about the makeup and body care aspects too.

One of the unexpected benefits-I hadn't fully appreciate how good it would feel to drop clothing sizes and buy new clothes!

At the end of the 10 weeks I didn't go "cold turkey." I kept in touch and made sure I had the support and systems in place to keep things going. This has contributed to my ongoing success.

If you're considering the My Best 10 program too, here's my advice: Don't try to be someone else. Find out how the program can help you to be an improved you.

mybest10.com

1.877.497.6210

4455 148th Avenue NE, Bellevue, WA

# Only pay for the speed you need... Dynamic Routing!<sup>™</sup>





# On time and on budget.

At Lynden, we understand that plans change but deadlines don't. That's why we proudly offer our exclusive Dynamic Routing system. Designed to work around your unique requirements, Dynamic Routing allows you to choose the mode of transportation — air, sea or land — to control the speed of your deliveries so they arrive just as they are needed. With Lynden you only pay for the speed you need!

lynden.com | 1-888-596-3361

# 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.



Eyebrow Transplantation Before & After

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

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

11007 Slater Avenue NE Kirkland, WA 98033

Hair Transplant Seattle

# What's new



# In a Newark state of mind

Last month, Alaska Airlines announced a significant expansion in the New York City area with multiple new routes to Newark Liberty International Airport. New York has long been a top market for West Coast business and leisure travelers, but slot controls at New York-area airports have made it difficult for Alaska to add flights. Efforts by the Federal Aviation Administration and the Port Authority of New York & New Jersey to increase competition led to the FAA's approving the airline's request to add four additional daily flights. The new flights will connect Newark with Portland, Oregon, and San Diego, California, starting in November, and with San Jose, California, starting in March 2017. Alaska will add a third daily flight to Seattle starting in May 2017. The additions mark Alaska's first route to the East Coast from San Jose, and its third from San Diego, where the airline currently flies to Orlando and Boston.

# Seattle hangar has a new smiling face

Taking advantage of the brilliant Pacific Northwest summer weather, Alaska has begun painting its largest structure—its 210,000-square-foot maintenance and engineering complex at Seattle-Tacoma International Airport. Thousands of Seattle flyers see the hangar every day, positioned next to the airport's longest runway. When the work wraps up this month, the facility will feature a 57-foot rendition of the iconic Eskimo that graces the tails of Alaska's fleet.



# A midair peek at the Blue Angels

Alaska pilots gave customers a special midair view of the Navy's elite Blue Angels last month as they headed to Seattle for the city's Seafair festival. Alaska Captain Vincent Budinger and First Officer Michael Barrett knew the Blue Angels would be flying nearby, and they were happy to give customers a great view of the rare scene taking place outside the left windows. Shortly after departing Anchorage for Seattle, Flight 80's path approached the flight-demonstration squadron as the six F/A-18 Hornets were refueling in the air. "We made announcements to the passengers, and I understand that nearly all of them took turns viewing and photographing the event," Budinger said. "After landing, there were plenty of ear-to-ear grins and excited comments from customers."



# Focus on sustainability

# ALASKA AMONG BEST WORKPLACES FOR WASTE PREVENTION AND RECYCLING

The King County Solid Waste Division in the Puget Sound area named 112 local businesses to its 10th-annual list of Best Workplaces for Waste Prevention and Recycling. The businesses named to the list have shown "exceptional commitment to recycling and reducing the amount of waste their company sends to landfill." Rhonda Smith, the airline's commercial properties manager, gives this advice to other businesses looking to reduce their impact: "Start small, test out a program, and get a quick win. Find good service providers that are collaborative and want to make it work for your business. Last, but not least, any initiative must be important to the leaders of the business, and they need to vocalize it. Top-down support will help it get off the ground."



# The people behind the spirit

# Personal connections

### STATION MANAGER ANTONIO ALVARADO

Few know Mexico like Antonio Alvarado does:
Los Cabos, Guadalajara, Mexico City, Cancún,
Ixtapa/Zihuatanejo, Manzanillo and, of course,
Puerto Vallarta. He's the station manager in Puerto
Vallarta—his hometown—but as Alaska's most
tenured customer service manager, he's played a
significant role in the development of nearly all
of Alaska's Mexico operations.

The Puerto Vallarta station itself has been regarded as one of the best-run stations across the airline's entire system for the past two-plus decades, according to Jeff Butler, vice president of airport operations and customer service at Alaska.

You might say that airline operations are in Antonio's blood. His father spent 31 years as a cargo agent with Mexicana Airlines. Antonio attended the International Civil Aviation Training Center in Mexico City when he was just 16, and at 17, he joined Mexicana and worked as a flight operations supervisor for 13 years—until Alaska launched service to Mexico in 1988 and hired Antonio to open its Puerto Vallarta station.

To say that went well is an understatement. Antonio quickly became the go-to guy as the airline expanded its route system in Mexico. He had a knack for the details, a strong work ethic and a leadership style that conveyed commitment and confidence to those he worked with. He's always prided himself on providing direct feedback in a friendly, encouraging way. When someone has a

new initiative, a challenge or just a simple question about an operation somewhere in Mexico, Antonio is typically the one they call first.

Few people in Mexico have worked as long in the airline industry, and in 2014, Antonio was awarded the 40-year Emilio Carranza Medal—the highest award given by the Mexican government for outstanding achievements in aviation. He's active in his community, as well. For the last three years, Antonio and his team have supported a local orphanage, Casa Hogar, visiting the children, serving breakfast and eating with them. They also frequently donate basic necessities, such as food, milk, formula and diapers.

After 28 years with Alaska, Antonio remains based in Puerto Vallarta, where he and his wife, Julia, are raising two daughters: 9-year-old Sofia and 6-year-old Juliana. Sofia is already an accomplished tennis player, like her father; a few months ago, they both won their divisions in a local tournament. Antonio says he loves competing. He grew up playing soccer and basketball, and only more recently took up tennis, a sport he figures he can continue to play for many years with his family.

Whether in the community or at work in the airport, Antonio is the kind of person who connects with people in a way that is sincere and from the heart, Butler says. "He is a kind man who recognizes the human side of every person in all his interactions." —Paul Frichtl



Each year,
Alaska Airlines
recognizes
employees, such
as Puerto Vallarta
Station Manager
Antonio Alvarado,
as Legends of
Customer Service,
the airline's
highest honor.

# Volunteer spirit

# SUPPORTING ONE ANOTHER

Alaska Airlines Captain Al Brunelle conceived the Employee Assistance Fund in 1992 as a way to help fellow employees who were suffering financial hardship due to medical or catastrophic events. The fund is now an independent nonprofit group made up of employee volunteers, representing all divisions of Alaska Airlines. The funds help fellow employees in need



pay their bills during difficult times.

One of the EAF's principal fundraising events is the popular Alaska Employee Assistance Fund Charity Golf Tournament. This summer's ninth-annual tournament was the group's most successful yet, raising \$160,000 for the fund through ticket sales and sponsorships. Nearly 300 players participated in the event.

Horizon Air CEO and President Dave Campbell makes a putt at the annual EAF Charity Golf Tournament.

# The six qualities of a world class Steakhouse.

Chef driven seasonal menus.

House baked breads and desserts.

Six tiers of great steaks ... from USDA Prime all the way through to Japanese Wagyu.

A "Best of Award of Excellence" from Wine Spectator.

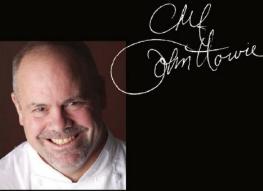
The deepest selection of scotches, bourbons and other fine liquors.

Service that makes you feel as if you were a guest in my home.

Now that's a world class steakhouse!

I invite you to come experience John Howie Steak.

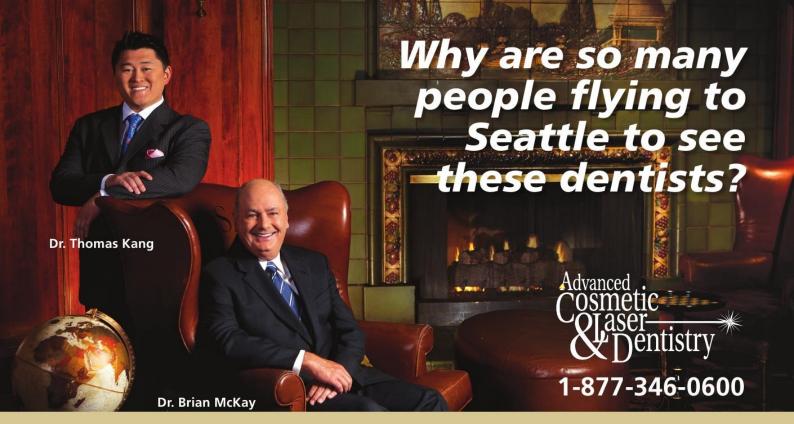




JOHN HOWIE STEAK



johnhowiesteak.com 425 440 0880



Transformations happen every day at Advanced Cosmetic & Laser Dentistry in Seattle. People from all over are talking about the breakthrough methods that promise the smile of your life.

There is a difference when it comes to the dentist you choose. Experience counts, not just in what you have done but who does the work. In Seattle, at Advanced Cosmetic & Laser Dentistry we have the fussiest patients from all over the world plus we feature unique, luxury surroundings and an attentive and professional staff. Designed on purpose to meet the needs of our out-of-town guests. Convenient overnight accommodations arranged for you at Hotel Sorrento or another of our fine hotels.\*

Our total focus is on you. We only treat one patient at a time. You are pampered from the very start with a limo ride to the office.\* Whether you need **Teeth By Tonight** Dental Implants or a **Smile Makeover** using cosmetic techniques imagine how you'll feel when you finally get the most beautiful smile you've ever desired.

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything with just a few visits. We reduce your time in the dental chair to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

Concerned about cost? Be assured with our <u>NEVER PAY AGAIN</u> policy. If any restoration we place in your mouth breaks or is damaged we'll replace it for free.\*

Our world-class dentists are trained and experienced in making the impossible happen everyday. You can relax and feel comfortable. Sit back, enjoy the limo ride and we'll take care of the rest.\*

### **6 REASONS TO HAVE US BE YOUR DENTIST**

- Experience Counts We've Successfully Completed Thousands Of Cases
- Teeth By Tonight Dental Implants Replace Missing Teeth
- Advanced Sedation Options Complete Your Treatment In One Visit
- No Hidden Fees Everything Included
- Never Pay Again Policy
- Saturday Appointments Available

\*Terms and conditions apply.









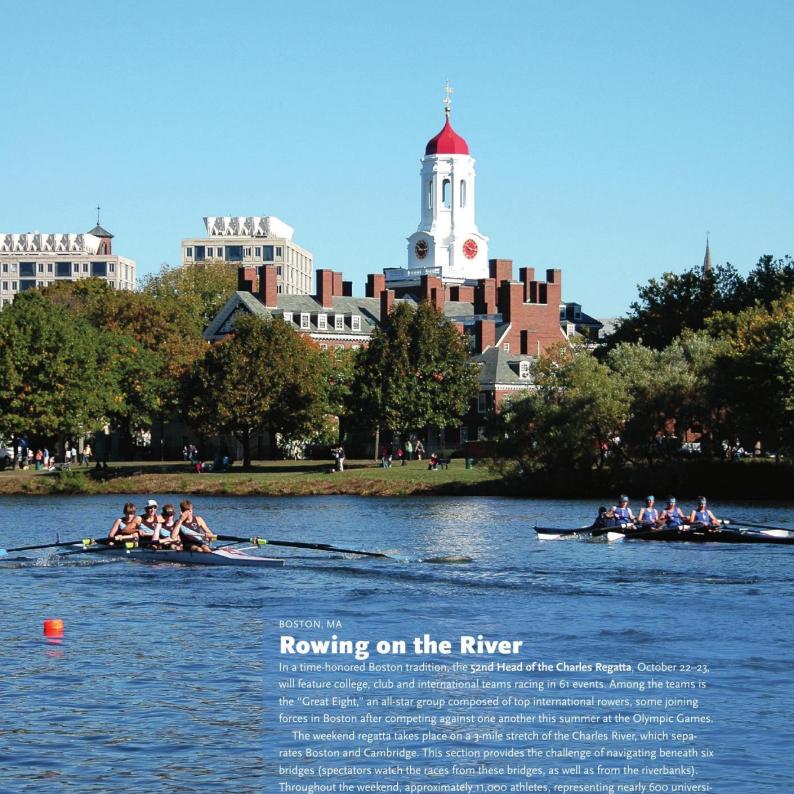


Denise



www.acld.com - there is a difference!





Crews from a past year's regatta row the Charles River, with Harvard University in the background.

ties and more than 25 countries, will compete in the historic races. Other categories feature racers ranging in age from 14 to 85. The regatta draws more than 400,000 spectators each year and is free to observe. To learn more, visit hocr.org. —Tyler Hillis



# **Brews, Brats and More**

Don't let the name fool you. **Oktoberfest season** traditionally starts in September, and modern festivities can run through fall—including the following events.

Seattleites and visitors can enjoy sipping their choice of more than 80 local craft beers, as well as German favorites, at Fremont Oktoberfest (Seattle, WA; September 23–25; 206-633-0422; fremontoktoberfest.com). Festivalgoers can get into autumn spirit by watching artists at work in the Texas Chainsaw Pumpkin Carving Contest or participating in the Alpine Climb 5K, which culminates with a finish-line beer for those over 21. • Head south to the City of Roses for the Paulaner Oktoberfest at Oaks Park (Portland, OR; September 23–25; 503-233-5777; oaksoktoberfest.com) to enjoy performances by the Polka Tones and to compete in games such as the Pretzel Toss, in which participants attempt to ring pretzels around a post. • Attendees of Denver Oktoberfest (Denver, CO; September 23–25 and September 30–October 2; thedenveroktoberfest.com) can participate in activities such as keg bowling, stein hoisting and the Long Dog Derby, with racing wiener dogs. — Jaime Archer

### ON DECK AROUND SEATTLE

**SketchFest Seattle,** Sept. 15–24; sketch-comedy festival, with local-favorite groups such as Day Job and Love Snack; multiple venues; sketchfest.org.

### Seattle Mini Maker Faire,

Sept. 17–18; projects blending art, craft and engineering; hands-on workshops; EMP Museum; makerfaireseattle.com.

### Port Townsend Film Festival,

Sept. 23–25; more than 90 new independent films; kid-friendly outdoor screenings nightly; downtown Port Townsend, WA; 360-379-1333; ptfilmfest.com.

# Seattle Antiquarian Book Fair,

Oct. 8–9; collectible books, prints, maps and more; Seattle Center Exhibition Hall; 206-323-3999; seattlebookfair.com.

### Seattle Interactive Conference,

Oct. 18–19; presentations and events relating to social media, gaming and more; The Conference Center; 206-568-3781; seattleinteractive.com. —J.A.

HAWAI'I

# **Island Inspired**

Hawai'i's mid-Pacific location has, over time, given rise to plants, such as the *koa* tree, and cultural objects, such as the 'ukulele, that are distinct from those in the rest of the world.

Local materials and objects will be displayed in the 24th-annual Hawaii's Woodshow, September 17—October 2, a competition and public exhibition at Linekona Gallery at the

Honolulu Museum of Art School.

Entries may take the form of furniture, instruments and decorative sculptures, among other objects. The show promotes knowledge of how forestry practices in the archipelago benefit its ecology and economy.

Call 808-221-5171 or visit woodshow.hawaiiforest.org.

-Matthew Gulick



Michael P. Smith's sculpture Beyond the Reef is made of locally grown mango wood.

# It's wicked fun for everyone



# HALLOWEENTIME

Disneyland

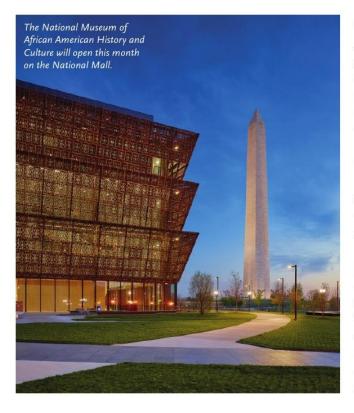
Sept. 9-Oct. 31

©Disney DLRSE-16-51782

Alaska.

Experience all the wicked fun with a complete Alaska Airlines® Vacation Package.

Visit alaskaair.com today!



WASHINGTON, DC

# A Historic Opening

wore this fedora After 13 years of preparation and artifact collection, on tour in the the Smithsonian Institution is opening its 19th early 1990s. museum, the National Museum of African American History and Culture, a four-story-tall building with a 10,000-person capacity. On September 24, President Barack Obama will cut the ribbon to open the museum in Washington, D.C., launching a three-day public celebration. Events and activities will include film screenings, dance shows, storytelling, spoken-word performances and music. They will be complemented by similar events in museums around the country and in Africa.

The museum will open with 11 exhibitions showing more than 34,000 artifacts, including works by African-American fashion designers, photos of iconic figures of the Civil Rights Movement, a collection of Harriet Tubman's personal artifacts, the pen used to sign the 1965 Voting Rights Act, a Tuskegee Airman Congressional Gold Medal and many other rarely seen pieces, all conveying the remarkable stories of the African-American experience. Visit nmaahc.si.edu. - Janel Crouch

PASADENA, CA

# A Sunny Coast on Display

The coast of California and its residents have inspired many artistic representations over the years, with artists providing varied perspectives and interpretations of its terrain and famed beach culture.

Beginning September 25, the Pasadena Museum of California Art will exhibit "In the Land of Sunshine: Imaging the California Coast Culture." On display are about 90 pieces dating from the mid-1800s to today and depicting life near the ocean in the Golden State.

"In the Land of Sunshine" will cover surfing, fishing,

canning, shipping and other parts of coastal life. The exhibition's highlights will include Rex Brandt's Surfriders (1959), a loose abstraction of a

seaside scene. The exhibition shows through February 19. To learn more, call 626-568-3665 or visit pmcaonline.org.

—Tyler Hillis



"Art of Northern California: Three

Michael Jackson

Views," the inaugural installation at the San Francisco Museum of Modern Art's new California galleries, focuses on works from the upper part of the Golden State (through Nov. 30; sfmoma.org). —T.H.

Rex Brandt, Surfriders (1959), oil on canvas.







Northwest's premier seafood destination. Evolving seasonal menu. Zagat's highest rated Seattle Seafood restaurant.

**RESERVATIONS** seastarrestaurant.com BELLEVUE: 425.456.0010



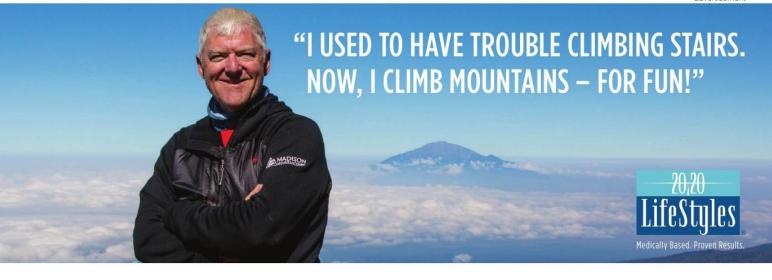




OUT OF THE ORDINARY HOTELS

SEATTLE PORTLAND SAN FRANCISCO SAN DIEGO 866.866.7977

staypineapple.com



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

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

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

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

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

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

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

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

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

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

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

# 20/20 LIFESTYLES SAVES COMPANIES HEALTH CARE DOLLARS.

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

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





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



Henri Cartier-Bresson, Brussels, (1932), gelatin silver print.

KANSAS CITY, MO

# The Art of Observation

The topic of hidden observation will be brought to light in "Surveillance," at The Nelson-Atkins Museum of Art, September 16, 2016–January 29, 2017. This exhibition will examine photography's contribution to the practice of surveillance between 1864 and 2014, as well as the implications of surveillance on modern life and art. The work of 27 photographers will be displayed in multiple categories. Notable works include Henri Cartier-Bresson's 1932 image *Brussels*, a classic from the French master photographer, as well as works by daring photojournalists who risked their lives to capture images of Nazi troops. For more information, call 816-751-1278 or visit nelson-atkins.org/art/exhibitions/surveillance. —*Janel Crouch* 

# Also at The Nelson-Atkins Museum of Art

The Nelson-Atkins will be one of three Kansas City institutions presenting "Cuba Bound: Photographs by Jesse A. Fernández," September 15—December 31. The exhibition's 100-plus works will be shown simultaneously here and at the American Jazz Museum and the Kansas City Public Library. Included are photos from 1950s Cuba, as well as portraits of significant writers, artists, musicians and intellectuals. Call 816-751-1278 or visit nelson-atkins. org/art/exhibitions/cuba-bound. —Janel Crouch



Jesse A. Fernández, Havana (1956), gelatin silver print.



# An International Invitation

▶ Festivalgoers can meet the world in North Carolina at the 31st International Festival of Raleigh, October 14–16. More than 65 countries and cultures will share customs, with themes such as wedding traditions, a folkloric fashion show and a Brazilian Carnival event. Festivities will begin with the Parade of Flags, hosted by North Carolina State University, and a naturalization ceremony for around 300 new American citizens. The festival will also have children's activities, dance lessons, cooking demonstrations, cultural booths, bazaars and a Kids Got Talent show. Call 919-782-0552 or visit internationalfocusnc.org/festival. —Meagan Wehe

Many cultures are represented at the International Festival of Raleigh.

# CALENDAR

Through Oct. 2, "Picasso: The Artist and His Muses," works of the Spanish master, as influenced by six women; Vancouver Art Gallery, Vancouver, BC; 604-662-4719; vanartgallery.bc.ca

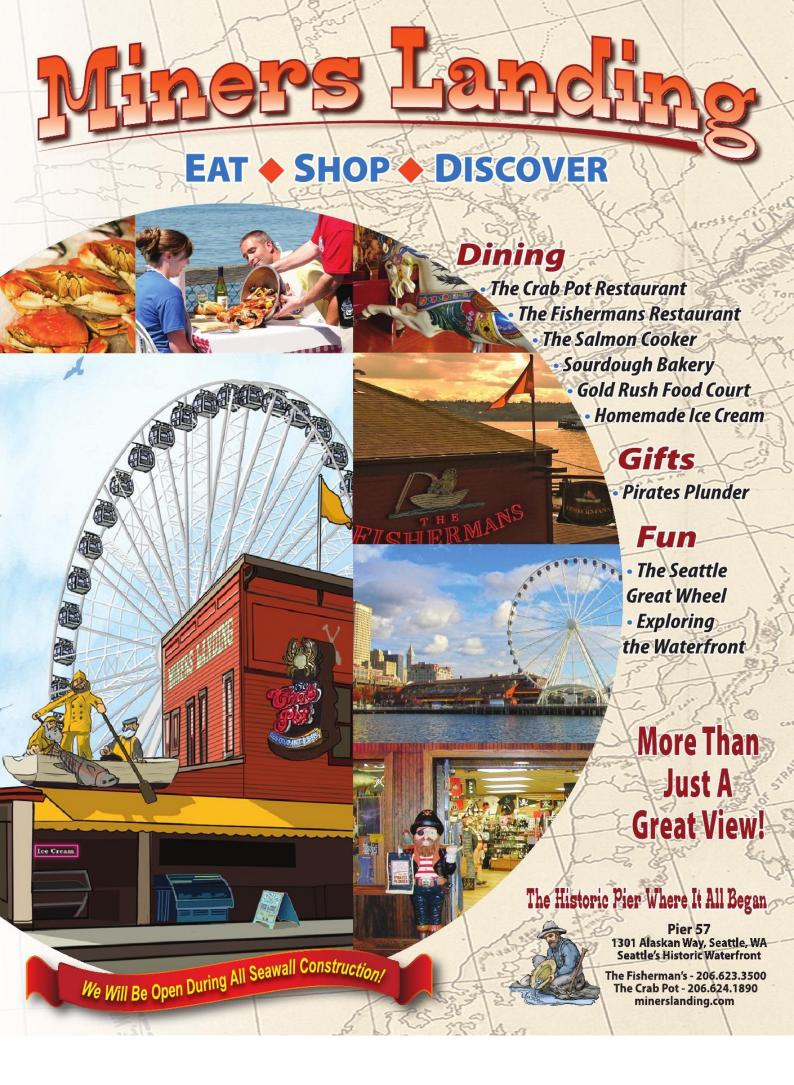
Through Jan. 29, 2017, "Indestructible Wonder," relationships between nature and humanity; San Jose Museum of Art, San Jose, CA; 408-271-6840; sjmusart.org

Ongoing Exhibits, "Big Picture: Art After 1945," modern and contemporary paintings and sculptures; Seattle Art Museum, Seattle, WA; 206-654-3100; seattleartmuseum.org

Sept. 19–23, Miami Fashion Film Festival, films on art, culture and business in fashion; multiple venues, Miami, FL; miafff.com

Sept. 21–25, Detroit
Design Festival, celebrations of Detroit's recent
UNESCO City of Design
designation; Creative
Corridor and other venues,
Detroit, MI; detroitdesignfestival.com

Sept. 23–25, Unleashed by Petco Surf City Surf Dog competition, canine competitors take to the waves; Huntington Beach, CA; surfdogevents.com



FOOD FOCUS

# **Chinatown Revival**

San Francisco's historic neighborhood sees reinvestment and revitalization in its food scene

By Denise Clifton

Chef-restaurateur George Chen picks up bottle after bottle of soy sauce, describing them with words and phrases more commonly used on a bar menu: 12-year-old, bourbon-barrel-aged, infused. The sauces, vinegars and jars of peppercorns crowding the table represent just a few of the flavors he plans to showcase in his 30,000-square-foot food emporium, China Live, scheduled to open this fall on the northeast edge of San Francisco's Chinatown.

Chen's vision is as grand as the views from the four-story complex's rooftop.
China Live will include a retail marketplace, a 105-seat restaurant with an open kitchen, two bars, an event space, and a fine-dining restaurant called Eight Tables that will feature a private entrance and an eight-course tasting menu. Chen, who was at the helm of San Francisco's celebrated Betelnut restaurant for years, will use locally sourced foods to accentuate ethnic cuisines of China that he explored while traveling.

"Chinese food is one of the biggest and oldest cuisines—and one of the most undiscovered," he says. "I want to change the perception of Chinese food in this country."

China Live is the latest in a series of recent restaurant investments in Chinatown. Each offers a unique interpretation of Chinese cuisine, with a common goal: to bring new energy to the neighborhood by drawing in food-savvy locals and visitors.

"Chinatown is a tremendous resource that people don't know about," Chen says.

Last spring, San Francisco native
Brandon Jew also made culinary news
when he opened Mister Jiu's in the former
Four Seas Restaurant location, which
before that housed the Hang Far Low
restaurant, dating as far back as the 1880s.

"This space deserved another life," says Jew, formerly the chef at popular Bar Agricole. For Mister Jiu's, he created a menu that embraces a sense of place. For example, one entree—roasted quail stuffed with sticky rice—features birds from a Vacaville ranch, sausage made with Mendocino-sourced pork and sauce highlighting Central California cherries. "I wanted to represent what San Francisco Chinese food is and how our ingredients here can transform Chinese food."

Jew hopes the menu attracts locals, as well as visitors to town. "I want to get people back to experience Chinatown."

The reborn Sam Wo Restaurant is also enticing new guests. The century-old restaurant opened in a new location on Clay Street in fall 2015 after a three-year

closure. It draws Financial District workers looking for budget-friendly lunches, and longtime patrons seeking familiar dishes on the unchanged menu. "People who used to come as kids are coming with their kids," says investor Steven Lee.

Brandon Jew (above) is among the restaurateurs and investors who

roasted quail (left) exemplifying the innovative cooking at his new

are reinvigorating cuisine in Chinatown, with dishes such as his

restaurant, Mister Jiu's.

Famous for noodle rolls and jook (rice porridge)—and for the late Edsel Ford Fung, the "world's rudest waiter," who bantered with guests for decades—the restaurant aims to regain the late-night business of its heyday. Friday and Saturday hours now extend to 3 A.M. "I want to bring nightlife back to Chinatown," Lee says.

At China Live, Chen also envisions a bustling Chinatown nightlife. "There's been a revival here, and we're going to add to it."



**DETAILS:** China Live, opening fall 2016; 644 Broadway; chinalivesf.com. • Mister Jiu's, 28 Waverly Place; misterjius.com. • Sam Wo, 713 Clay St.; samworestaurant.com.



A rendering shows plans for the retail food market space that will be part of the new four-story complex China Live, scheduled to open this fall in San Francisco's Chinatown.



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

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

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

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

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

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

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

# Tell us about your first date with one another.

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

# What was your favorite part about dating through IJL?

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

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



# DATE BY NUMBERS

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

# 25 YEARS

Of changing lives one match at a time.

# + 2 MILLION

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

# 64%

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

# 1 IN 3

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

# 20%

Of singles think talking politics is sexy.

### 1 IN 2

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

# 800.858.6526 ITSJUSTLUNCH.COM

It's Just Lunch Matchmakers



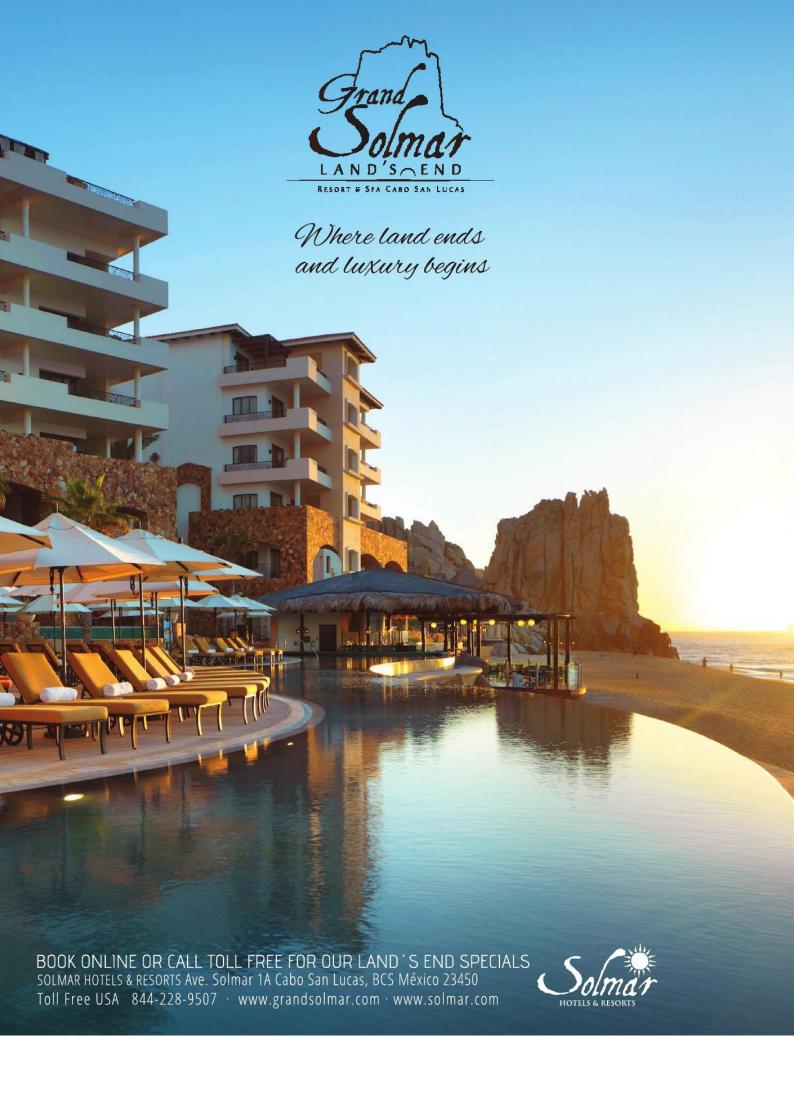




MELISSA BROWN

SARA DARLING JULIE LOPEZ





FIELD GUIDE

# **Lasting Labels**

For more than a century, Alaska canneries have been processing salmon and other seafood for wider public consumption. In fact, canning is so central to the state's economy that many towns were formed around canneries. For example, Petersburg, in Southeast Alaska, didn't exist until Icy Strait Packing Co. founded a cannery there in 1898. The town is still home to three canneries.

Canned fish is also a competitive business, so eyecatching labels, such as the ones below, were designed to hook potential customers. —*Matthew Gulick* 



Navy: Founded 1889, Wrangell Island.



Tonka: Founded 1901, Wrangell Narrows.



Frigid Zone: Founded 1916, Petersburg.



Red Coral: Founded 1889, Wrangell Island.



Icicle: Founded 1965, Petersburg.



Mountaineer: Founded pre-1906, Petersburg.



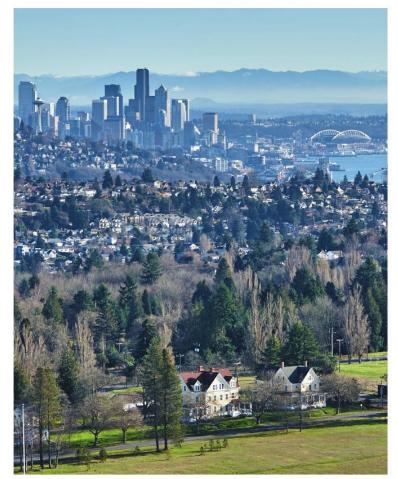
Kayler's Alaska: Founded 1938, Petersburg.

TRASH TREASURES >> To showcase their canning histories, Petersburg and Kodiak recently put the above labels on cans of a different kind. Travelers to both towns can find 42 trash cans—30 in Kodiak, 12 in Petersburg—adorned with locally focused cannery artwork. The project is part of beautification efforts piloted by residents in each town and funded by sponsors, including Alaska Airlines. The designs on the trash cans are drawn from the collection of Karen Hofstad, a Petersburg local who has been gathering Alaska canning labels for more than 50 years. —M.G.





# FORT LAWTON







# 66 ONCE UPON A TIME 33 IS NOW

# An Ownership Opportunity Like No Other

- Thirteen historically modern estate homes
- Ranging from 4,027 to more than 6,600 sq. ft.
- Surrounded by 534-acre Discovery Park
- Protected views of the Puget Sound and the Olympic Mountains
- 15-minutes from downtown Seattle













# Turning Life's Puddles into Playgrounds for Thirty Years

When it comes to living life to the fullest in the Pacific Northwest, preparation shapes perception. At Cornerstone, we have the experience to help prepare you for everything and anything life has to offer. Whether it's making the most of your investments, planning for the financial future of your children, managing company stock incentives, or solving complex and delicate family matters, we've done it before and we can do it for you. When you're ready to take the next step, put Cornerstone in your corner. Because the right preparation can turn any puddle into a playground, allowing you to "weather" whatever comes your way.

BuildBeyond.com | info@buildbeyond.com | (425) 646-7600 | Bellevue, WA

# CAZE JAZE

Unplug, get outside and take in Sunriver's starry skies—enjoy the moments you didn't plan.

CHOOSE YOUR ADVENTURE AT SUNRIVER RESORT

DESTINATION

877 934 4091 |

sunriver-resort.com

A DESTINATION HOTEL\*

SEATTLE SPOTLIGHT

# A Bite That's All Bark

This Emerald City food truck caters to canines By Andrew Waite

he sun gleams on a perfect afternoon for ice cream—with bacon sprinkles. Yes, bacon sprinkles. People passing **The**Seattle Barkery food truck, parked on this day outside a pet store north of Seattle, might think it's some hip Northwest creamery serving up its latest concoction. Except that most of the customers are wagging their tails. And the ice cream is a special low-sugar, low-salt recipe made with coconut milk.

The Seattle Barkery is the Pacific Northwest's first food truck dedicated to dogs—although select human treats are also available. The business's national media attention and strong sales are due in part to the fact that Northwesterners love food trucks almost as much as they love their canine companions.

"Especially here in the Seattle area, more people are putting their love into their furry ones," says co-owner Ben Ford.

Northwesterners also love local ingredients, which the Barkery emphasizes. That desire for safe, healthy treats with human-grade ingredients is, in fact, why Ben started the business with his wife, Dawn, in May 2015.

The Fords used to run a dog-walking service, but when a few of their clients' favorite treats were recalled due to health concerns, Dawn started making her own.

Dog-walking customers wanted to know where the Fords bought the homemade chicken jerky the Fords were leaving with customers, and Dawn realized she might be able to sell the treats. She began experimenting with recipes, first making sure Sherman, her Pekingese rescue dog, approved. Ben and/or Dawn also try every treat.

"You can take a basic cookie recipe and change one or two ingredients to make it OK for a dog," Dawn says. For instance, the Barkery's apple pie substitutes honey and coconut oil for sugar and shortening. All Barkery goodies have five or fewer ingredients. The popular Bacon Pupcake, for instance, is cheddar, grain-free flour, coconut oil, egg and, of course, bacon. There's also a beefy carrot bagel, and chicken feet, and a gluten-free patty that is made purely from ground turkey and flaxseed. Most treats are handmade each morning. For customers traveling by air, the cheddar biscuits packed in a plastic jar are a good option.

The Fords started the Barkery by selling their treats at a local farmers market (another type of Northwest institution). But when they saw one vendor easily pulling in and out of the market without much setup or cleanup needed, they decided to go a different route.

They bought and renovated a 1968 Chevy P10 Step Van, painted it a bright teal, and started parking outside pet stores, dog parks and dog-friendly breweries in the Puget Sound region. They've even gone to a synagogue for a pet blessing. Their schedule is on their website.

Customers have been willing to cross the Cascade Mountains, Puget Sound and state borders to get something for their French bulldog or Great Dane. Rare leftovers get donated to local pet shelters.

Some might roll their eyes at the food truck, but not Holly Hayes, of Edmonds, who watches her wiener dog, Calvin, lick a doggie sundae.

"It looks good," Hayes says with a laugh. "I'm tempted to taste it myself."

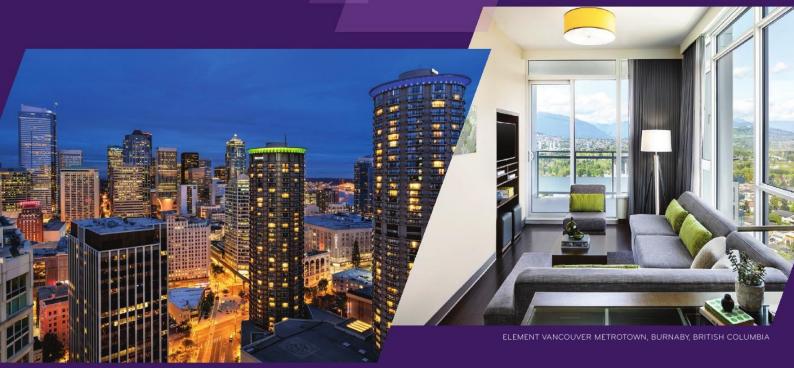
For more information, visit theseattlebarkery.com.



A special-recipe doggie ice cream sundae topped with

Four-legged foodies wait in eager anticipation for a morsel from The Seattle Barkery food truck.





THE WESTIN SEATTLE, WASHINGTON

# A great stay awaits.

Whether you're planning an escape or a weekend staycation, the best of the Pacific Northwest is just a short flight away. From Portland and Seattle to British Columbia, Alberta and beyond, Starwood hotels and resorts are found where Alaska Airlines flies, with exciting, new hotels opening every day.

Save up to 15% on your favorite Starwood hotels & resorts in the Pacific Northwest and Western Canada.

To learn more, visit north-america.starwoodoffers.com/pnw or call 1.866.716.8147 and ask for our lowest prepaid rates.





























HIKING HIGHLIGHT

# **Into the High Uintas**

September is ideal for a high-altitude trek to Utah's stunning Naturalist Basin, near Salt Lake City By Peter Potterfield

### THE HIGH UINTAS WILDERNESS IS

a gem for those who treasure genuine back-country. At 456,705 acres, the area protects about 70 miles of the Uinta mountain range, including Kings Peak, highest in the state at 13,528 feet. In fact, all of Utah's peaks taller than 13,000 feet are in this wilderness area. Dramatic glacier-carved cirques and expansive alpine basins—often miles across—characterize the Uintas.

Naturalist Basin, famously beautiful and highly popular, is the premier destination. Proximity to Salt Lake City and ease of access make this hike irresistible.

From Salt Lake City, follow one of several routes about 50 miles east to the town of Kamas. Continue east for 35 miles on Highway 150 to the Highline Trail parking lot (elevation 10,360 feet). Follow the Highline Trail east for 4.4 miles before

turning north onto the Naturalist Basin Trail and hiking 2 miles farther to Jordan Lake, at 10,630 feet.

If you are day-hiking, the lake makes a scenic lunch spot before you return to the car. For more solitude, however, and to fully savor the beauty of the basin, go backpacking and head higher. Continue on the trail about a mile up switchbacks to Shaler Lake (elevation 10,980 feet), at timberline on a sprawling bench along with Faxon and LeConte lakes. Good campsites abound here in the shadow of Spread Eagle Peak.

Naturalist Basin is high enough that backpackers should take it easy the first day. Plan on at least two nights to allow for a full day to explore the upper basin—often called one of the prettiest places in Utah. Trails lead to many lakes, and the roaming is easy in this high, open landscape.

# **Naturalist Basin Hiking**

Distance: 6.4 miles one way to Jordan Lake, 7.4 miles one way to Shaler Lake; backpackers may log 4 or 5 more miles just roaming the basin. Elevation gain: 650 feet to Jordan Lake; 400 feet back to the trailhead. Details: This is a moderate-difficulty hike on good trails only about two hours from Salt Lake City, but hikers should take heed of its high elevation and seasonal cold weather. Hiking passes are self-issued. Stop at the kiosk on Highway 150 on your way to the trailhead, fill out the use permit and pay the recreation fee (bring cash if you plan to arrive early or late). Leave the use permit on your dashboard in the Highline Trail parking lot. There is a limit of 14 people per group. Information: Contact the Heber-Kamas Ranger District, Uinta-Wasatch-Cache National Forest; 435-783-4338; www.fs.usda.gov/recarea/uwcnf.

Shaler Lake, then use smaller trails

Faxon, LeConte, Walcott, Blue and

Morat lakes. Return to Jordan Lake

# FINANCIAL UPDATE

BY SCOTT HARVEY, Senior Vice President, Specialized Markets Manager scott.harvey@homestreet.com 206-254-7280

# VETERANS GET SPECIAL SMALL-BUSINESS LOANS AND DISCOUNTS

A fter serving our country in the armed forces, many veterans want to transition from soldiers to entrepreneurs, often using skills acquired in the military to start a business, purchase an existing business or acquire a franchise. In fact, in a 2007 Census Bureau report\*, veteran-owned businesses comprised nine percent of businesses total nationwide. As more veterans transition from service to business, that number will grow.

Luckily for veterans who want to start, purchase, or expand their business, there are opportunities available exclusively for service members and their families. Funds can be used to start a business, buy an existing business, expand a business with equipment, make leasehold improvements, purchase inventory, and many other purposes. They can also be used to buy or construct a building for business use.

The Small Business Administration (SBA) offers special loans just for veterans and their families under the Veterans Advantage Program. Two ways for veterans and their spouses to borrow money for their small business under the SBA Veterans Advantage Program are:

- 1. Loans \$150,000 and under
- Terms up to 10 years for equipment and up to 25 years for real estate
- Fees are waived by SBA (offer available until 9/30/2016)



- 2. Loans \$150,001 to \$5 million
  - Terms up to 10 years for equipment and up to 25 years for real estate
  - Up-front fees for veteran borrowers reduced by 50 percent by SBA (offer available until 9/30/2016)

The SBA is waiving 50 percent of their guaranty fee for these larger loans to veterans. While many lenders can offer these discounted loans, HomeStreet Bank is waiving the other 50 percent of the guaranty fee to thank veterans for their service and provide them access to capital. This means that these types of loans come with no loan guaranty fees, which can save applicants anywhere from \$3,375 to \$166,000 depending upon the amount of the loan.

For example, if a veteran were to get a \$200,000 loan with HomeStreet Bank, the loan would normally have \$4,500 in SBA guaranty fees from the SBA. Now, SBA waives half that, or \$2,250, and HomeStreet waives the other half, \$2,250. Net guaranty fee? Zero!

In order to qualify for these discounts, businesses must be at least 51-percent owned and controlled by an individual or individuals that are any of the following:

- Veterans (other than dishonorably discharged)
- · Service-disabled veterans
- Active-duty military service member participating in the military's Transition Assistance Program (TAP)
- Reservists and National Guard members
- Current spouse of any veteran, active-duty service member, or any Reservist or National Guard member
- Widowed spouse of a service member who died while in service or of a serviceconnected disability

\*U.S. Census Bureau, Survey of Business Owners (SBO): Veteran-Owned Businesses: 2007

About the author: Scott Harvey is Senior Vice President of Specialized Markets at HomeStreet Bank with over 30 years of SBA lending experience. HomeStreet is a fullservice community bank offering consumer, commercial, and mortgage services to customers throughout the Western U.S. Scott and his team serve the greater Puget Sound area.





# NEXUS

# SALES CENTER FALL 2016

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

The future is coming. The opportunity is now.

CONTACT MICHAEL CANNON AT 206.258.1088

NOW ACCEPTING RESERVATIONS FOR PRIORITY PRESALES

NEXUSseattle.com

# **ALREADY 80% RESERVED**

Preferred Condominium Selection Remains for Those Who Act Soon!

- · State-of-the-art Homes Starting from the \$300,000s
- · Expansive Sky Club & Rooftop Terrace
- · Contemporary Interiors + Dynamic Floor Plans
- · Integrated Co-Work Spaces + Guest Suites
- · Personalization Options + Smart Home Technology
- · Innovative Amenities + In-Building Services
- · Enviable Access to I-5 and Outdoor Recreation







Offered by 1200 Howell Street LLC. Seller reserves the right change the product offering without notice. Each Office Is Independently Owned And Operated.  $\$ 



# INTEGRITY. FUNCTION. DESIGN.



# THE ISOLA **EXPERIENCE CENTER**

Modern communities by Isola Homes showcased in one convenient location.

Monday | Closed Tuesday-Sunday | 11:00 am to 5:00 pm





# Embracing Education

By Steve Wilhelm



THE SEATTLE METROPOLITAN
CHAMBER OF COMMERCE is this

year throwing its weight behind one of the city's biggest challenges: making sure its people are prepared to land the new jobs that are driving Seattle's fast-growing economy.

Education matters more than ever, due to the unique economic era the region has entered. Neweconomy endeavors from Amazon to outer space are generating thousands of high-paying technologyladen jobs in the Seattle area, but too many of the region's residents aren't prepared to win those jobs.

In many cases, locals hardly realize there are potential careers that may be just blocks from their homes, behind the walls of technology companies.

The impact? Companies are

pulling in workers from outside the region; locals are getting priced out of the housing market; and the Northwest's largest city is in danger of becoming a stranger to itself.

"These are terrific jobs, and we're not doing a good job of connecting people who grow up here with these jobs," says Maud Daudon, president and CEO of the Seattle Metro Chamber.

### WORLD-CITIES BENCHMARK

The chamber's education initiatives are part of an overarching effort known as the Seattle Global Cities Initiative, which the chamber launched in collaboration with the Brookings Institution and JPMorgan Chase. The initiative's work is quantifying those areas in which participating cities, such as Seattle, need to improve in order to become world-class cities.

That process, started in 2013, points to education as a key focus for Seattle.

"To maintain ongoing competitiveness, it is critical that Seattle have an educated and appropriately skilled workforce," according to the 2013 report. That report placed Seattle fifth in global competitiveness among nine comparable global cities, including Stockholm, Singapore, San Francisco and Hamburg.

The state's three largest privatesector employers are currently Boeing, with nearly 76,000 employees; Microsoft, with about 43,000; and Amazon, with nearly 25,000. All three companies see their growth based in people with highly honed Microsoft CEO Satya Nadella spends an "Hour of Code" with students at Rainier View Elementary School in Seattle.



# Hawk Tower

AT STADIUM PLACE

255 SOUTH KING STREET SEATTLE, WA



# RAISE THE GAME.

At Hawk Tower, Seattle is reinventing itself, infusing a storied past with a bold vision for the future—all in the pursuit of an energized urban core. Hawk Tower delivers the ultimate win with access to every form of transportation Seattle offers. Agile connections citywide allow your business to pick up the pace. Declare victory over everyday office monotony.

## THE BUILDING

180,000 SF Class A office development. Glass line & modern architecture, panoramic views and open floor plans. Adjacent to 282-room Embassy Suites which will include a 400-person conference facility. Planned rooftop restaurant with outdoor dining and abundant parking.

# UNMATCHED ACCESS TO TRANSPORTATION

At the intersection of I-90 & I-5 and steps from Link Light Rail, The Sounder and buses via King Street Station and Union Station.

# NEIGHBORHOOD REVITALIZATION

Hawk Tower sits at the center of SODO, Pioneer Square, the Waterfront and the Chinatown-International District.

### **DWIGHT NEWELL**

Executive Vice President +1 425 462 6941 dwight.newell@cbre.com

### **SCOTTA ASHCRAFT**

First Vice President +1 206 292 6063 scotta.ashcraft@cbre.com

© 2015 CBRE, Inc. This information has been obtained from sources believed reliable. We have not verified it and make no guarantee, warranty or representation about it. Any projections, opinions, assumptions or estimates used are for example only and do not represent the current or future performance of the property. You and your advisors should conduct a careful, independent investigation of the property to determine to your satisfaction the suitability of the property for your needs.





technological skills, who can help their employers compete globally. Today, these companies draw employees from around the world.

Daudon says the Global Cities Initiative makes it clear just how important education is to Seattle's success.

"As you look at the way great cities function these days, they have to be able to attract amazing talent, whether that's talent they grow themselves or talent that comes from other parts of the world," she says. "You need to be sure you have a great system, providing a fabulous pipeline of talent for our companies."

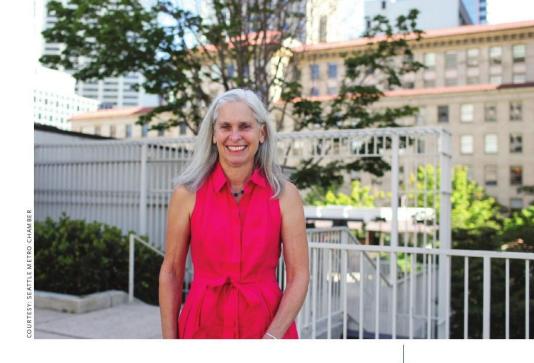
Reflecting the city's demographics, Seattle Public Schools is educating a diverse student population. Of the district's nearly 54,000 students, 25 percent come from non-English-speaking backgrounds; more than half are not white; and 39 percent are from lower-income households.

School leaders are particularly focusing on helping African-American and Latino students reach their potential. Only 64 percent of African-American and 58 percent of Latino students receive high school diplomas each year, compared to 85 percent of white students, according to data from Seattle Public Schools.

One of the key things leaders can do is help young people see their possibilities, especially when their parents may not have had doors opened to them, Daudon says. "For a lot of kids in school, if you have a parent in a middle- or low-income job, you have no role models for what's out there. We're trying to get these young people to see, 'There is a pathway, and you can do this!'"

## THE CHAMBER STEPS UP

The Global Cities Initiative clarified for chamber leaders how Seattle



compares to other cities according to 50 detailed metrics, and where the city needs to make improvements.

"We basically pivoted in 2013 based on this data, and ever since then, we have been wholeheartedly focused on what we do to support all of those things," Daudon says.

Overall, there has been improvement. In June the unemployment rate for the Seattle-Bellevue-Everett area was 4.6 percent, below the national average, and Daudon notes

focus on education, Daudon says.

For one thing, the heavy lifting on transportation is either accomplished, or to a large degree shifted to voters.

The state legislature in 2015 passed a \$16 billion transportation bill, and this fall Sound Transit is putting before voters a \$54 billion transit package.

A second reason for the chamber's pivot toward education is the pressing need seen by the chamber's Seattle Metro Chamber President and CEO Maud Daudon.

"We think about long-term success for the region as succeeding economically, but also creating a high quality of life and not leaving people behind."

that the region needs to be proactive to sustain that strength.

"Now it's time to make investments," she says, "so we can continue to grow sustainably, as opposed to having a big boom and then losing it all."

While the Seattle Metro Chamber for years has supported businesscommunity improvement efforts that have included transportation infrastructure as well as education, leaders now are adding an extra leadership, including Brad Tilden, CEO of Alaska Airlines, who in September assumes the role of chairman of the Seattle Metro Chamber's volunteer board of directors. When Daudon last year met with Tilden about chairing the chamber, he said education would be his top priority.

"He's totally engaged in making these kids' lives better," Daudon says. "I think he's going to get a lot of business peers excited about invest-

### Seattle Metro Chamber

ing a lot more time and money into education initiatives."

Susan Enfield, superintendent of Highline Public Schools, located just south of Seattle, says Tilden's interest in underserved youth has been obvious in his volunteer work in the Highline district, where he attended school. Tilden personally visits classrooms at Sylvester Middle School, for instance, to advise young people on their career possibilities.

"He has a real, deep-seated passion, I believe, to make sure our schools work for all kids," Enfield says. "He drives this passion to see how he and Alaska Airlines can partner with other school systems to make sure kids have a quality education."

### LOCAL, REGIONAL AND STATEWIDE ADVOCACY

The chamber is working to improve education in multiple spheres: Seattle Public "We are continuously working on improving ourselves," Daudon says, "to be the greatest midsized city on the face of the planet."

Schools, the wider Puget Sound region and across Washington state.

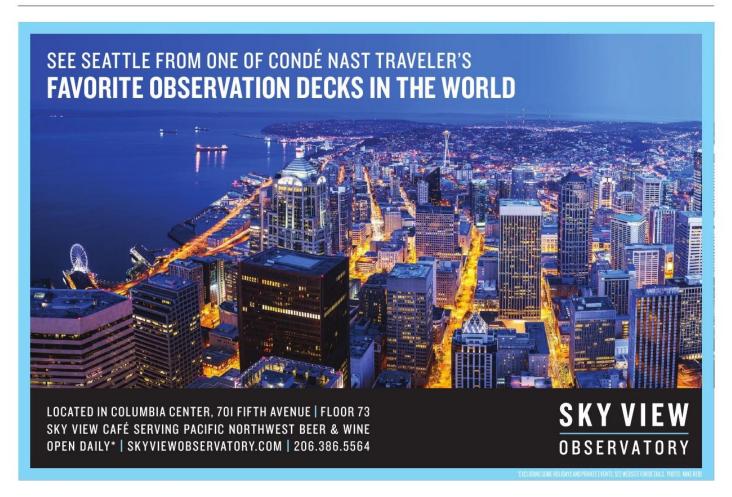
"We think of ourselves as a regional chamber," Daudon says. "We think about long-term success for the region as succeeding economically, but also creating a high quality of life and not leaving people behind. That really connects to the education mission."

On the local level, Daudon and Tilden both serve on Seattle Mayor Ed Murray's Education Summit Advisory Group. In February, the advisory group launched a series of meetings and forums, hearing from community, state and regional government leaders, and education experts, on improving Seattle schools and meeting the needs of students.

This led to the mayor's April 30 Education Summit. This was an initiative of the mayor, with support from the chamber, to help the school district better prepare students for the new job-market realities.

The next step will be for the advisory group to release a set of specific recommendations, probably in October or November, says Brent Jones, chief strategy and partnerships officer for Seattle Public Schools.

"They're trying to get very focused on what's going to work," Jones says of the city





# ALL OUR MEMBERS ENJOY FIRST CLASS BENEFITS

# Make the switch to BECU today.

At BECU we put members over profits. That's why as Washington's largest not-for-profit credit union, our members benefit in the form of better rates, fewer fees, and credit card rates that may lower as your credit score improves.\* Now, we're extending this same approach to auto loans and personal lines of credit. It's easy to see (even at this height) membership has its benefits. Visit BECU.org to set up an appointment to join today.

becu.org | 800-233-2328



Federally insured by NCUA. All Washington State Residents Are Eligible To Join.

Must establish and maintain membership with \$5 minimum member share savings balance. \*BECU periodically evaluates the credit rating of each member who has a credit card, auto loan or personal line of credit. If your score has improved sufficiently and your account is in good standing, we will look at reducing your interest rate (if you're not already receiving the lowest rate we offer). See a Member Consultant for details.

# The Leader in Implant & Cosmetic Dentistry



# Dr Shawn Keller DDS

Dentists from around the country come to train with Dr. Shawn Keller, inventor of SAME DAY NEW SMILE™. With stem cell therapy and 3D imaging, healing is ultra fast and you can have your new smile on the same day!

# A Closer Look at Metal Free Implants





about what they put in their body, and there

are valid concerns about metal implants.

1. Titanium implant with titanium abutments.

2. Titanium implant with zirconia abutments.

3. CERAROOT Zirconia implant.







# Replacement of ALL teeth on 4 implants in 24 hours!

Say goodbye to loose dentures and failing dental work and enjoy your life again!





Upper or lower non-removable bridge on just 4 metal-free ceramic implants (greatly reducing cost).

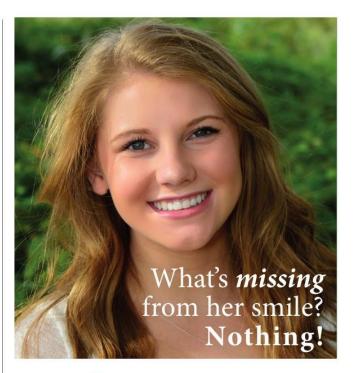
You will not only avoid the expensive painful failing dental work that comes as many of us age, but enjoy a beautiful new lifelong smile that can make you look and feel over 10 years younger. Dr. Shawn Keller uses his fountain of youth stem cell technology that creates a face-lift effect making most patients look about 10 years younger. Visit our website to see for yourself.











# Jordan's Story

Jordan had been self-conscious about her smile. She knew she wanted to replace her missing tooth and that dental implants were an option.

Then she learned about Dr. Shawn Keller. the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-free and are as strong as they are beautiful. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She





also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look of the rest of her smile and with Dr. Shawn's advanced sedation, she had the implant placed and cosmetic rejuvenation done at one visit, all while she slept peacefully. Thanks to the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day. Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.

"Dr. Keller changed my life!"

Call today for a free consultation or attend our free seminars and learn more about all our amazing services we offer:

Same Day New Smile • Prettau Bridge • TMJ Veneers • Sedation Dentistry • Laser Dentistry Fountain of Youth Dentures • General Dentistry



shawnkellerdds.com 425.558.1515

# Seattle Metro Chamber

effort. "They're making investments in Seattle Public Schools and in the city to support students."

Jones adds that while the chamber has traditionally served as a liaison between the business community and educators, engagement of business leaders is strengthening the connection.

"We would like to have a stronger pipeline to go into the Microsofts, Amazons and Expedias of the world," Jones says. "The next step would be actualizing that pipeline."

Jones adds that he's been impressed by the chamber's engagement, noting a willingness to bring "corporate expertise in a relevant and appropriate way that will help the city be as effective as possible."

In a wider education-boosting effort, the chamber last year launched the Seattle Region Partnership, a coalition of business, government, philanthropic and university leaders to increase locals' access to what they're calling "middleincome" jobs in the region.

That group is led by six co-chairs, two of them from the private sector.

While the original partnership timetable was for two years, the group is now looking further out, Daudon says. One early win inspired by this work was Swedish Medical Center's Career and Education Fair, on July 28.

At the state level, Daudon is chairing the Washington Student Achievement Council, which was created by the state legislature in 2012 to propose "improvements and innovations to address the state's evolving educational needs."

She says all of these efforts are tied to the chamber's larger goal of lifting Seattle in the ranks of global cities.

"We are continuously working on improving ourselves," Daudon says, "to be the greatest midsized city on the face of the planet."

Steve Wilhelm is a Seattle-based writer.







100percenttalentseattle.com









Lake Tapps | Tacoma | Covington | Federal Way | Puyallup









The Saturna Sustainable Funds seek to invest in companies and issuers that demonstrate sustainable characteristics with low risks in areas of the environment, social responsibility, and governance ("ESG").

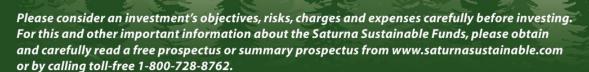
Find out more today.

www.saturnasustainable.com

# SATURNA SUSTAINABLE FUNDS

Saturna Sustainable Equity Fund
SEEFX

Saturna Sustainable Bond Fund SEBFX



Investing involves risk, including possible loss of principal. The Saturna Sustainable Funds limit the securities they purchase to those consistent with sustainable principles. This limits opportunities and may affect performance. Distributor: Saturna Brokerage Services, a wholly-owned subsidiary of Saturna Capital Corporation, investment adviser to the Saturna Sustainable Funds.





# CELEBRATING 30 YEARS OF PERSEVERANCE



Alaska – its untamed beauty and heritage – inspires the beer we brew at Alaskan Brewing Co. For the last 30 years our brew crew has strived to craft the highest quality beers from timeless recipes with local influences in the remote coastal community of Juneau, Alaska. Our 2016 Alaskan Perseverance Ale embodies this dedication to brewing with the finest ingredients and glacier-fed water to capture and share a taste of Alaska. Join us in raising a glass to 30 years of perseverance.

 Geoff and Marcy Larson Founders

Award-Winning Beer from The Last Frontier
Brewed and Bottled in Juneau, Alaska alaskanbeer.com





Macklemore & Ryan Lewis performed in Sydney, Australia, on this year's world tour.

# MACKLEMORE

The Seattle hip-hop star goes global while staying true to his Northwest roots

By Albert Rodriguez

ON A COLD, DRIZZLY
FEBRUARY evening
outside Neumos, a small
concert venue in Seattle's
buzzing Capitol Hill
neighborhood, 500 fans
stood in line for hours to
see Macklemore & Ryan
Lewis. It was a tiny
crowd in comparison to
the nearly 50,000 who
attended the three soldout concerts at Seattle
Center's KeyArena in
2013, when the hip-hop

duo closed out an extensive world tour in their own backyard. But the Neumos show was an unexpected treat—a free bonus show for hometown fans that had been kept under wraps until just two days beforehand. The concert was streamed globally via Amazon Music to celebrate the release of the album "This Unruly Mess I've Made." But for



# TOP 10 REASONS TO MEET IN

# Eugene, Cascades & Coast

AN INSPIRATIONAL DESTINATION WITH OUT-OF-THIS-WORLD ADVENTURES.



- 1 **SUSTAINABLE PRACTICES** Sustainability is more than a trend; it's a way of life!
- 2 NATURAL WONDERS Breakouts in old growth forests, clear lakes, rushing rivers or wondrous waterfalls.
- 3 **ACCESSIBLE ADVENTURES** Wheelchair-friendly paths throughout the metro area and beyond. For the adventurous, try old growth tree climbing or river rafting accessible to all!
- 4 **OREGON COAST** Dramatic cliffs, one of a kind rolling sand dunes and breathtaking vistas.

- **5 CASCADE MOUNTAINS** Meet in the mountains for a view of nature rising around you as you hike upward towards the sky.
- 6 **CULINARY ADVENTURES** Grind your own flour, tour a gluten-free chocolate factory, or in Florence, haul in crab.
- **BEER** Journey down the Eugene Ale Trail, with over 20 participating breweries, for a unique prize.
- 8 **SOUTH WILLAMETTE VALLEY WINE COUNTRY** Tour our wine country in a fun, interactive way by playing Pinot Bingo!
- 9 UNIVERSITY OF OREGON Your keynotes are here! Get world renowned professors and researchers for your next event.
- 10 **FORWARD THINKING** Named one of the Next Top 10 Cities for Tech Jobs by *Fast Company* and one of the queerest cities in America by the *Advocate*.



BIRTHPLACE OF NIKE, HOME OF TRACKTOWN USA, THE SIMPSONS AND YOUR NEXT MEETING!



those who packed the floor of Neumos, it was a chance to share a few relatively intimate moments with one of the hottest acts in hip-hop.

Seattle fans enjoy other coveted encounters with the award-winning rap star Macklemore and his producer-collaborator Lewis. Such as on the evening in 2013 when the pair filmed part of the video for their song White Walls on the roof of the Capitol Hill institution Dick's Drive-In (as well as while driving on one of the city's liveliest streets, Broadway). And the time Macklemore threw out the first pitch at a Seattle Mariners home game this spring at Safeco Field. And when he showed up at

the 2014 Seattle Pride
Parade, riding in a convertible Cadillac decked
out with mini rainbow
flags. In addition to
major ticketed events,
Macklemore tends to
appear suddenly in
Seattle—here and there,
with little notice.

These sightings are a reflection of Macklemore's style—he's a performer who is as independent-minded and spontaneous as he is artistically bold and outspoken. Whatever he chooses to do next is a mystery and a journey for his fans, and it's almost guaranteed to get people talking.

**EACH JOURNEY** begins where it all began for Macklemore—in Seattle.

"I grew up in Capitol Hill, really close to Broadway," says Macklemore, now 33. "That was an easy access point to culture and the arts for me, at a very young age. As a fifth- and sixth-grader, I got into writing graffiti. The Comet Tavern had a street wall, and you could legally write graffiti there, so that was a spot we would kick it at. What is now known as Cal Anderson Parkback then, I don't even know what we called it—we hung out there. And downtown, at Westlake, was a spot where a lot of graffiti writers and skateboarders would hang out."

His interest would soon turn to music. At

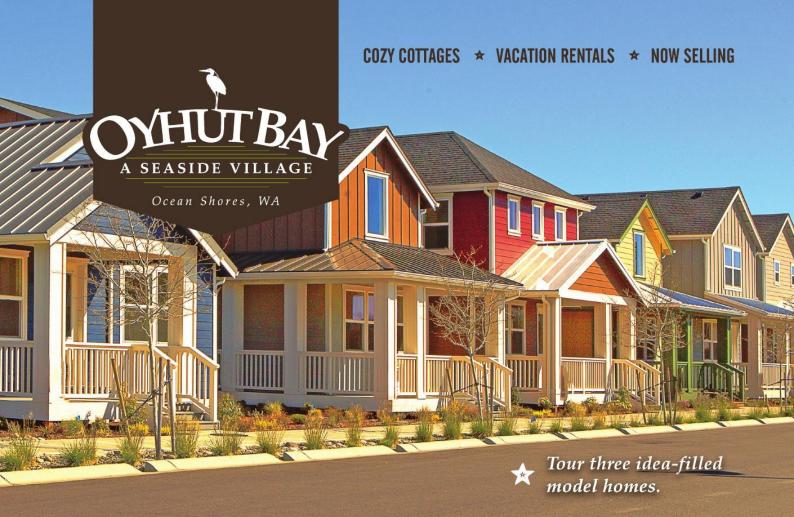
age 15, he began writing lyrics for rap songs, becoming a huge fan of the genre while listening to artists such as Digital Underground, Wu-Tang Clan and Talib Kweli.

While attending
Garfield High School—
the Central District alma
mater of Jimi Hendrix
and Quincy Jones—
Macklemore (real name,
Ben Haggerty) and some
classmates formed a
hip-hop act named
Elevated Elements, and
put out an album titled
"Progress."

As a student, both in high school and at The Evergreen State College, from which he graduated with a bachelor's degree in 2009, he created a series of independent recordings,



1. Macklemore & Ryan Lewis filmed scenes for the 2013 music video White Walls atop Dick's Drive-In, in Seattle. 2. Macklemore and Lewis, shown here in June on the set of NBC's Today show, work in a close collaboration that blends their talents.



# FAMILY MEMORIES START HERE

Experience Ocean Shores in a whole new way. Relax in your cozy cottage. Curl up with a good book in front of your gas fireplace. Meet neighbors for s'mores at the wood-burning fire pit. Gather around the kitchen table for a family board game. Walk the nearby beach. Watch waves crash on the jetty. Go birdwatching for songbirds, pelicans and snowy plovers in the Oyhut Wildlife Recreation Area. So much to do around Oyhut Bay — in any season!



Vacation cottages for sale and rent. Model Home Tour Open Daily 10 to 5. Located five miles south of Downtown Ocean Shores at 400 Salmonberry Lane SW.



www.**OYHUTBAY**.com

For pricing and availability, call 360.209.1886

**VACATION COTTAGES FOR RENT and FOR SALE!** 





including an extendedplay release, mixtape and studio album, partly under the moniker Professor Macklemore (a name he had once used in a school art project).

In 2006, a fortuitous friend request from Ryan Lewis on Myspace resulted in a real-world friendship that eventually led to a full-time collaboration. It took three years for them to merge their talents fully and release their first recording together, titled "The VS. EP." They followed up on this with a short string of singles, including My Oh My, a tribute to late Mariners broadcaster Dave Niehaus, and Wings, a commentary on sneakers and consumerism (both songs released in 2011).

Even before the collaboration, Lewis, a

University of Washington graduate, had experience as a photographer, videographer and producer—and he released his own EP of hip-hop material, "Instrumentals," in 2009. Macklemore may draw more of the limelight, but Lewis' skills are reflected in producing, mixing and engineering the duo's music; directing or co-directing their music videos; and filming tour diaries and promotional videos that they post on YouTube.

# MACKLEMORE AND

World tour that has included 25 cities. But Seattle remains central to their work. Most of Macklemore's music has been written in the city, where the weather has proved beneficial to his

songwriting. He likes it that the city is often a little gray: "It's like, 'Let's hunker down, get in the recording studio and create something. Let's just stay inside and make art," he says.

Two of Macklemore & Ryan Lewis' biggest singles, Thrift Shop and Can't Hold Us, were written in their hometown, and music videos for several of the duo's tracks were filmed in the city, featuring wellknown attractions and businesses in the background, such as the Space Needle, Gas Works Park, the Northwest African American Museum and a handful of vintage used-clothing and antique stores.

Thrift Shop, says Macklemore, was inspired by past shopping at the old Value Village on Capitol Hill (which has closed), the Value Village in Ballard, the Fremont Vintage Mall, and the Goodwill stores on Dearborn Avenue, Sixth Avenue and The Ave in the University District. Appropriately, scenes in the song's video were filmed at some of these locations. "I love going to these places," says

- **3.** Macklemore is shown here performing in Kansas City, in June.
- **4.** Macklemore's daughter, Sloane, often accompanies him on tour, along with his wife, Tricia Davis.



# EXCELLENCE

FROM DOCK TO DOCK AND BEYOND, TWICE WEEKLY BETWEEN ANCHORAGE AND TACOMA.









Macklemore. "I have frequented them since I was 14, 15 years old. A decade later, I happened to write a song about it."

Up until the early 1990s, Seattle was primarily known for its rock-music and grunge scene, but in 1992, along came the hit *Baby Got Back*, by Sir Mix-A-Lot, which opened the doors for Emerald City hip-hop artists.

"I'm proud of where our hip-hop scene has come and how we've developed into a city with amazing rap music," Macklemore says. "Sir Mix-A-Lot was the person before me who really had a platform nationally and internationally. What I wanted to do was expose the world to how beautiful and incredible my city was, and I think that's what I've been most proud of-shining a spotlight on Seattle that is much deserved."

In 2012, Macklemore and Lewis experienced a breakthrough with the release of their debut album. "The Heist." As of earlier this year, the album had sold nearly 1.5 million copies domestically, and a million more copies around the world. The pair also won four Grammy Awards (issued at the 2014 ceremony), including the coveted Best New Artist prize and Best Rap Album, which beat out heavyweight acts Jay Z, Kanye West, Kendrick Lamar and Drake.

# A LIFELONG RESIDENT

of Seattle, Macklemore makes a variety of local appearances. He has appeared at Seahawks games (and celebrated with the Super Bowlwinning team in 2014). He helped locally based Amazon.com commemorate its 20th anniversary with a special performance in 2015. He snapped a selfie at Justin Timberlake's concert on the main floor of KeyArena in early 2014.

He also shows up at some of the city's coffee shops, such as Espresso Vivace: "Vivace has great coffee; Joe Bar has great coffee; but I won't tell you what my favorite coffee spot is," he says with a laugh. "I don't want to give it away."

Of course, it's much more than good coffee that keeps Macklemore rooted in Seattle.

"I think that when you grow up here-no disrespect to all the transplants who have come and expanded the city-but I think there's a subculture of people who have lived here for 20- to 30-plus years, and there is a level of pride and a level of appreciation for where we've come from. I just love the layout of the city, the neighborhoods, the streets, the green. I love that we're by the water. I get to travel all around the world for a living, and there's no place more beautiful than the Pacific Northwest-and in particular, Seattle, Washington."

Macklemore & Ryan Lewis also treated smaller Washington locales this summer, with "The Camping Trip," a series of intimate shows across the state. **5.** A lifetime fan of Seattle sports, Macklemore threw out the first pitch as the Seattle Mariners faced the Kansas City Royals in April. **6.** Macklemore, who is active with Seattle arts and charity organizations, is shown here at the SIFF Cinema Uptown, in Seattle.



"Making music should be about creating art because that is a necessity for you to be fulfilled as a human. That is your oxygen. That is what makes you who you are. That is how you find your truth." —Macklemore

For this they appeared in places such as Spokane, Yakima and Walla Walla.

### ON HIS WORLD

TOURS, Macklemore has performed to sold-out audiences in practically every corner of the globe—including Abu Dhabi, Tokyo, Sydney and Singapore, as well as in cities across North America.

# DOES YOUR RENTAL CAR HAVE GPS?



Probably not! Most rental cars don't come with in-dash GPS. You could pay an additional fee to rent a stand-alone GPS, but why would you when you already have GPS on your smartphone? The answer is simple: in most states it is illegal to touch your phone while driving. With Jelly-Grip Car Vent Mount, that problem is solved.



### How the Jelly-Grip is different

Other mounts rely on plastic grips or friction to hold the mount in place. With Jelly-Grip, the sturdy metal vent hook working in conjunction with the clamping action of the screw makes it virtually impossible for the mount to be come loose or fall off.

# Designed by an engineer

Engineers never stop thinking about how to make something work even better. Square Jellyfish introduced its first car vent mount in 2014. Now, the third generation Jelly-Grip Car Vent Mount is the one that takes the level of engineering sophistication to new heights.

# Unbelievable range of position

The pivot ball has long been known as the gold standard for positioning flexibility. That's why the engineers at Square Jellyfish have strategically placed the pivot ball at the center of the Jelly-Grip allowing you to tilt and rotate your smartphone to virtually any angle.

### Multi-function snap on/ snap off attachments

The spring mount claws can accommodate smartphone screens up to 6" in diagonal. With a simple turn of the ball joint release knob, the pivot ball becomes free to attach your Garmin GPS with 17 mm ball joint socket.



For smartphone screens up to 6"



For Garmin GPS with a 17 mm ball joint socket



Horizontal or diagonal positioning



Perfect screen angles with ball joint rotation

Jelly-Grip Car Vent Mount

Just \$18.95 at amazon.com



squarejellyfish.com

When he arrives at a destination, it's unlikely you'll find him sitting at his hotel. He often explores with his wife and child, who frequently come on tour.

"I walk around a lot," he says. "I just try to get out. I go out with my daughter—she's a little over a year now—and we just explore. We walk around, go into different shops, we go to different cities and see how each is laid out, check out the architecture, look at the landmarks and things that make it interesting."

Yet it isn't the landmarks, the food, or the architecture that proves most memorable for Macklemore. It's the people.

"I think what you start to realize is that human beings are so similar, and we live inside our own bubbles and think we're so unique," he says. "Really, what ties us all together is human experience, and that doesn't have a boundary; it doesn't come with a passport. There are a lot more similarities than there are differences. Whether it's the god you believe in, or the language you speak, I think we're all connected in a way that sometimes we don't realize."

Sometimes while traveling, but mostly when he's home, Macklemore works with various charitable causes. Whether it's volunteering at a homeless shelter such as Seattle's Union Gospel Mission, greeting young patients at a medical facility such as Seattle Children's Hospital, hosting music workshops for kids, or supporting those on the rebound from drug and alcohol addiction, it's important for him to give back to his community.

He's enthusiastic about co-producing the Hip-Hop Artist Residency program at the EMP Museum in Seattle (in conjunction with the EMP Museum, Paul Allen and Microsoft). This program provides mentorship to kids to teach them about writing, producing and performing hiphop music. "It's a phenomenal program where the kids learn the ins and outs of the music industry," Macklemore says.

He is also helping at a recovery hall, "because I'm in recovery," he says. "We're remodeling the 23rd and Cherry Fellowship Hall to make it a place where the community can get access to recovery and meals, and a better way of life."

### THE INFLUENCE OF THE REAL WORLD

on Macklemore's music is part of his appeal. Many fans are drawn to songs, often written from personal experience, that touch on racism, homophobia, addiction and trying to fit into a judgmental society. Fans regularly comment on social media that songs such as Same Love, a pro-equal-rights ballad, and St. Ides-a personal account of Macklemore's demons-have inspired them.

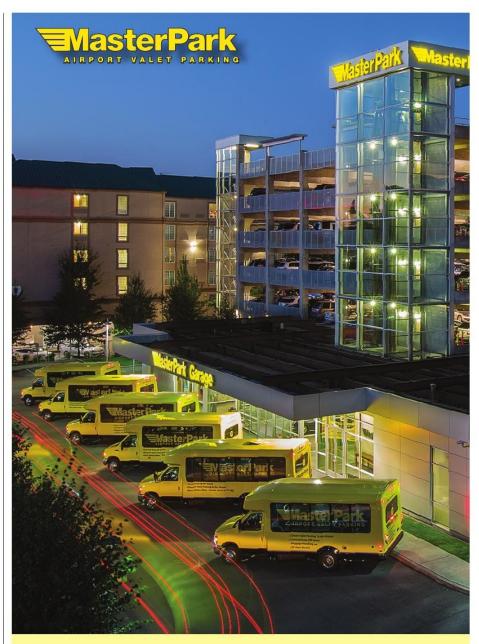
For anyone pursuing a career in music, Macklemore offers advice: "Don't do it to get rich. Don't do it for the fame. Whether or not you become famous, it should be about something greater. Making music should be about creating art because that is a necessity for you to be fulfilled as a human. That is your oxygen. That is what makes you who you are. That is how you find your truth."

### MACKLEMORE'S PERFORMANCE at the

Bumbershoot Music and Arts Festival over Labor Day Weekend is, in many ways, a return to his roots. He's appeared at the annual event multiple times, but never as a headliner. Thousands of fans are expected at Seattle Center for the September 3 show. The return to Bumbershoot comes in the middle of the tour for "This Unruly Mess I've Made," the studio album Macklemore & Ryan Lewis released this year on the independent label Macklemore LLC-with songs such as Downtown, Dance Off and Kevin.

If you haven't caught Macklemore on tour or in Seattle this year, you can always try strolling the streets of Capitol Hill. Where he'll turn up next, and what he's got in the works, is anyone's guess. You just never know what Macklemore has in store. And that's the way he likes it.

Albert Rodriguez writes from Seattle.



# Take the hassle out of airport parking.

We know that air travel can be a trying experience. MasterPark's 4 Valet Parking locations and MPark Self-Parking, provide SeaTac Airport's premier parking service. 24-hour shuttles, provide the shortest time from your vehicle to airline departure gates. Avoid the high cost of airport terminal parking, MasterPark is the fast, easy, safe and reliable choice. Please visit masterparking.com

Valid at all MasterPark Valet Parking Locations. Must present coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

- LOT A 18220 International Blvd.
   LOT B 2907 South 170th St.
- LOT C 16025 International Blvd. Garage 16826 International Blvd

\* 20% Off With Saturday Night Stay, 10% Off Without Saturday Night Stay. Code #2141

Try MasterPark's New Meark Self Park Location. \$10.95 per day for long term and discount parking. For more information visit mparkseatac.com





# On the road to the Super Bowl, expect the unexpected

BY GREGG BELL

# Jeff Fisher is coming home.

The Rams head coach, now 58, grew up in Culver City, California, about 10 miles from downtown Los Angeles. As a kid, he rooted for the Rams, who were in California from 1946 to 1994.

In the late 1970s, Fisher played defensive back for the University of Southern California Trojans, tenants since 1923 of the Los Angeles Memorial Coliseum, a building the Rams shared from 1946 to 1979.

So when the Rams officially return to LA by hosting their division-rival Seattle Seahawks on September 18, in the same stadium where a young Fisher once watched the pros play and where he roamed the field for USC, it's sure to be a special, personal moment. Even if the coach is not quick to admit it.

"It's exciting times for the franchise," Fisher, who has coached the Rams since 2012, says of his recently floundering team's move from St. Louis. "We know that the fan base is extremely excited based on some things that took place [this off-season] with respect to the commitment to season tickets at the coliseum."

In July, all 70,000 of the Rams' season tickets for the 2016 return season sold out in six hours. (The Rams will play at the coliseum until 2019, when the new City of Champions stadium is expected to open.) The team is capping capacity at 80,000 seats per game for 2016, though it is reserving the option to open some or all of the stadium's remaining 13,000 seats for select games.

The last time LA and the coliseum hosted a regularseason NFL game was December 24, 1994, when an









announced crowd of 64,130 watched the then LA Raiders lose to Kansas City. It's no surprise then that people in Los Angeles can hardly wait.

Of course, September is an exciting time for football fans everywhere. The Rams' relocation created some of the biggest off-season buzz, but with NFL games kicking off this month, the plot is just starting to develop. What twists, action-packed scenes and Hollywood endings are in store? Here's a preview of what to expect as the season rolls toward the Super Bowl in Houston.

# **NFC WEST**

PREDICTED STANDINGS

- 1 Seattle
- 2 Arizona
- 3 Los Angeles
- 4 San Francisco

# The Rams have a

marquee leading man for their return to Hollywood. Trading for the first overall pick in May's draft, LA selected University of California quarterback Jared Goff, hoping he can be the franchise's signal caller for many years. The 21-year-old Goff, a native of Novato, in Marin

County, California, joins running back Todd
Gurley, last season's
Associated Press NFL
Offensive Rookie of the
Year. Gurley's running
should complement
Goff's throwing to create
a dangerous attacking
threat, but Los Angeles
is hoping its solid
defense can take some
of the pressure off its
rookie quarterback.

The Rams finished 23rd in total defense last season but are expecting to improve with big seasons from dominant third-year tackle Aaron Donald and disruptive end Robert Quinn.

The Rams' defense, however, ranks third within their own division, behind dominating units in Seattle and Arizona.

The Seahawks have made four consecutive post-seasons and two of the last three Super Bowls while leading the league in fewest points allowed each of the past four years. The previous team to lead that stat category for such a span was the 1953–57 Cleveland Browns.

The Seahawks' punishing defense is largely intact. Pro Bowler Michael Bennett and pass rusher Cliff Avril return as defensive ends.

In the secondary, the Legion of Boom, the nickname given in 2011 to the notorious Seattle defensive backs, is as strong as ever.



JARED GOFF was taken by the Rams with the first overall pick. LA is hoping a strong defense will help the rookie QB adjust to the NFL.

Richard Sherman,
Earl Thomas and Kam
Chancellor are reunited
with a healthy Jeremy
Lane and with original
Legion of Boom member Brandon Browner,
who has returned to
Seattle after two seasons
away.

"It's more the continuity of it than the depth," says Sherman, the three-time All-Pro cornerback who is entering his sixth season. "The guys who have been here, who have put in the work, who have grown with the program, are starting to flourish. And we're excited to see that."

Seattle's biggest question mark is the offense. But that almost seems unfair, considering that quarterback Russell Wilson last year became the first Seahawk to throw for 4,000 yards in a season.

Wide receiver Doug Baldwin got a four-year,

Wide receiver Doug Baldwin got a four-year, \$46 million contract this summer as a reward for a franchiserecord 14 touchdown catches last year. \$46 million contract this summer as a reward for a franchise-record 14 touchdown catches, tied for the league lead last year. Those numbers came despite a porous offensive line, which allowed 31 sacks in the first seven games.

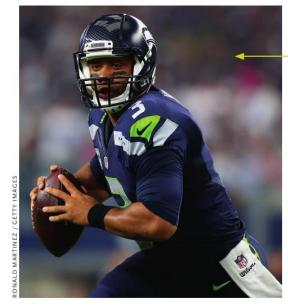
That unit could have new starters at all five positions in 2016, headlined by offensive tackle Justin Britt's move to center. Plus, Marshawn Lynch is no longer the offense's foundation at running back. He's retired, leaving the rushing game to impressive 2015 undrafted free agent Thomas Rawls,

still-unproven Christine Michael and potentially three rookie draft picks.

Arizona, the defending NFC West champion, had the NFL's top offense last season, and it should be a big strength again, as long as Carson Palmer continues to defy age.

The 36-year-old quarterback threw for career highs of 4,671 yards and 35 touchdowns in 2015. His 11 interceptions were his fewest over a full season in his 12-year career.

That's a big reason why the Cardinals reached January's NFC Championship game,



threw for more than 4,000 yards last season, becoming the first Seahawk ever to reach that mark.

VON MILLER

**RUSSELL WILSON** 

where they lost to Carolina.

"Palmer's already working like crazy because of the way it ended [last season]," Arizona head coach Bruce Arians says of his quarterback. "That's what you want. When he's back working like that, the rest of [the

(\$8) of the Denver Broncos was named last season's Super Bowl MVP after farcing two fumbles.



# JOIN THE TEAM THAT'S CURING CHILDHOOD CANCER.



Proud Sponsor



A new treatment developed at the Ben Towne Center for Childhood Cancer Research is producing stunning results by reprogramming a child's immune system to destroy cancer cells. Welcome to Strong Against Cancer: a team of doctors, nurses, researchers, hospitals, companies and people like you, captained by Seattle Seahawks quarterback Russell Wilson. We have the science and the results. Now we need the resources to bring this lifesaving treatment to more children. **Learn more or donate at Strong Against Cancer.org.** 



team] will be back working like that."

Arizona has retooled its blitzing defense by signing free-agent defensive back Tyvon Branch, trading with New England for line-backer Chandler Jones and drafting defensive lineman Robert Nkemdiche in the first round.

San Francisco's season starts on unsure footing at quarterback. Colin Kaepernick was healthy at the opening of training camp after a shoulder injury ended his season in 2015, but some reports suggested that the organization might see backup Blaine Gabbert as a better fit going forward.

# **NFC SOUTH**

PREDICTED STANDINGS

- 1 New Orleans
- 2 Carolina
- **3** Tampa Bay
- 4 Atlanta

# Carolina will defend its

conference championship with quarterback Cam Newton coming off his career season—but without Pro Bowl cornerback Josh Norman. The Panthers rescinded their franchise-tag offer to Norman in April, allowing Washington to sign him as a free agent.

Carolina's competition in the division figures to get tougher. Atlanta is improving on defense under secondyear head coach Dan Quinn, the former coordinator of Seattle's impressive D. And if the Saints get an even semirespectable defense compared to what it's had recently, they could march back to the top of the NFC South with Drew Brees throwing to talented Brandin Cooks and rookie Michael Thomas.

Tampa Bay still seems a year or three away from contending, but it quietly had the league's roth-ranked defense last season. A repeat of that, and the Buccaneers could make quarterback Jameis Winston's second season a surprising one.

# **NFC NORTH**

PREDICTED STANDINGS

- 1 Green Bay
- 2 Minnesota
- 3 Detroit
- 4 Chicago

# Green Bay rules the

North, but all-world quarterback Aaron Rodgers needs a more supportive running game and consistent defense than he had last season, when the Packers' bid for a Super Bowl ended in the second round of the playoffs. Minnesota drafted the physical 6-foot-2 Laquon Treadwell from the University of Mississippi to give the Viking offense, led by quarterback Teddy Bridgewater and star running back Adrian Peterson, the wide receiver it needs.

Detroit played well late last season, but receiving star Calvin Johnson's retirement



AARON RODGERS and the Green Bay Packers will look to make a deeper playoff run this season.



leaves big shoes to fill.

Meanwhile, Chicago
enters its eighth year
with the inconsistent Jay
Cutler under center.
Cutler finished 2015 with
a middle-of-the-pack
92.3 quarterback rating,
the highest of his career.

# **NFC EAST**

PREDICTED STANDINGS

- 1 Dallas
- 2 Philadelphia
- 3 Washington
- 4 New York Giants

**Dallas looks restocked** and refreshed, especially

with quarterback Tony Romo healed from two broken collarbones. If the 36-year-old can stay healthy and get more of a running game with rookie fourth overall pick Ezekiel Elliott, the Cowboys have more talent than Washington—the 2015 division winner and the only NFC East team to finish last season with a winning record.

Washington rode the career year of Kirk Cousins in 2015 and decided this off-season to make him its franchise quarterback, shedding its former franchise quarterback, Robert Griffin III, to Cleveland.

In New York, the
Giants have a coach not
named Tom Coughlin
for the first time since
2003, so this is a transition season—even with
two-time Super Bowl
champion Eli Manning
back at quarterback. Ben
McAdoo got a promotion from offensive
coordinator to replace
Coughlin.

After three years of the up-tempo Chip Kelly experiment in Philadelphia, the Eagles turned to Doug Pederson as head coach and hope to rebound from last season's 7–9 record.

# AFC WEST

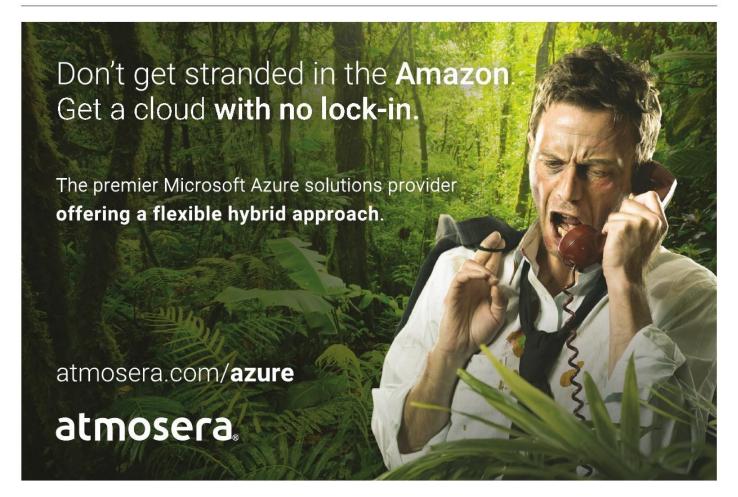
PREDICTED STANDINGS

- 1 Oakland
- 2 Denver
- 3 Kansas City
- 4 San Diego

The Broncos won it all last season behind Von Miller, who signed a 6-year, \$114.5 million contract this summer, and an attacking, top-

ranked defense. But with quarterback Peyton Manning's retirement and Brock Osweiler taking crazy cash from Houston, former Jets, Eagles and USC quarterback Mark Sanchez entered 2016 training camp as Manning's apparent replacement in front of Trevor Siemian and rookie Paxton Lynch.

The unsettled situation in Denver makes the division more available to win, and Oakland may do it in 2016. Yes, the Raiders, with exactly



zero winning seasons since 2002. They have an impressive young quarterback in Derek Carr complemented by a young, even more impressive defense led by Khalil Mack.

Kansas City was one of the most compelling stories last season, winning 10 games in a row to make the playoffs. A strong running game and a solid front seven on defense should keep the Chiefs competitive.

San Diego quarterback Philip Rivers will have to play at a high

level if the Chargers expect to return to the playoffs for the first time since 2013.

# **AFC SOUTH**

PREDICTED STANDINGS

- 1 Indianapolis
- 2 Houston
- 3 Jacksonville
- 4 Tennessee

This summer, Indianapolis gave Andrew Luck the richest contract in NFL history, earning the quarterback \$140 million over the next six years, even after he

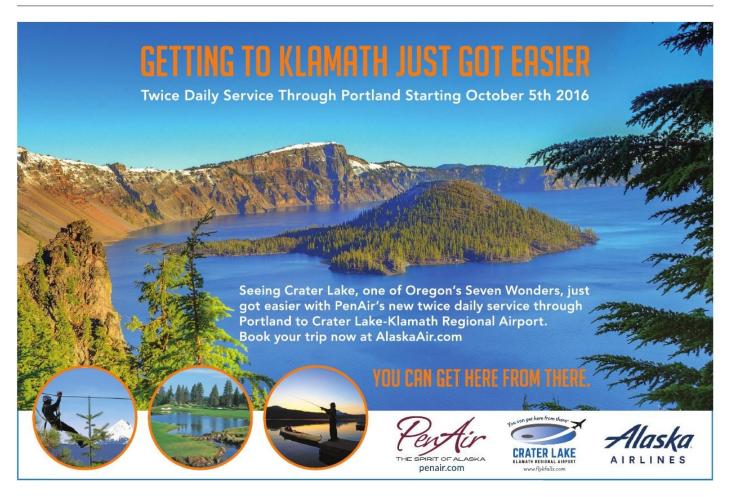
finished the worst of his four NFL seasons.

Getting to the playoffs shouldn't be much of a problem for the Colts because their division remains weak.

Houston is Indianapolis' biggest threat, but the Texans were so desperate for a quarterback that they gave Osweiler, primarily a career backup in Denver, \$72

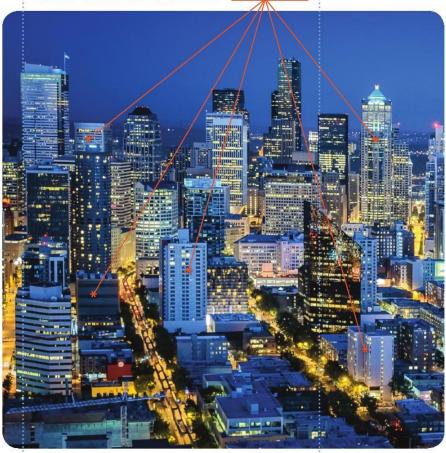
**ANDREW LUCK (12)** signed a six-year, \$140 million contract, the richest deal in NFL history.





# Interviewing insurance partners?

Take a look at our resume.



Having insured dozens of projects in Seattle's growing skyline, Propel has the experience you're looking for. We build smart, comprehensive programs that keep developers, owners and managers protected at every step—from a project's groundbreaking to its ribbon-cutting and beyond. Work with brokers who know how to get the job done. Learn more at propelinsurance.com

Find your momentum



(800) 499-0933 propelinsurance.com

Property

CyberSmart™
Cyber Liability

**General Liability** 

Automobile

Professional Liability

Employment Practices

Director's & Officer's Liability

Commercial Crime

Builder's Risk

Claims Advocacy



million over four years with \$37 million guaranteed. If the Colts want to advance far in the post-season, however, they need to give Luck more help on defense and in the running game.

Tennessee has completely overhauled its roster in search of better talent around quarterback Marcus Mariota, the former Oregon Duck who is entering his sophomore season.

The Jacksonville Jaguars, meanwhile, are hoping quarterback Blake Bortles can take a major leap in his third season, following a strong showing in the second half of last year.

# **AFC NORTH**

PREDICTED STANDINGS

- 1 Pittsburgh
- 2 Cincinnati
- 3 Baltimore
- 4 Cleveland

# In January's fight-filled first-round play-

off game, the Steelers beat Cincinnati on a last-minute field goal after the Bengals scored the go-ahead touchdown with 1:50 remaining. And signs point to another Ohio River feud lasting all season—and maybe into another post-season.

The Bengals have a younger quarter-back, Andy Dalton, 28, who had his offense soaring last year by cutting down on interceptions (a career-low seven). He and a skilled receiving corps led by A.J. Green will make games at Cincinnati's Paul Brown Stadium huge aerial shows.

Steelers quarterback Ben Roethlisberger is 34 and coming off a season in which he missed four games to injury. But the veteran QB's offensive line finally improved for him late last season, and Le'Veon Bell is sure to be ultramotivated for the final season of his rookie contract after being one of the league's best running backs his first three seasons. This combination makes Pittsburgh the AFC



Roseburg is the heart of the scenic and recreational paradise known as the Land of Umpqua. Here you can discover a wide array of activities to make for a memorable stay.

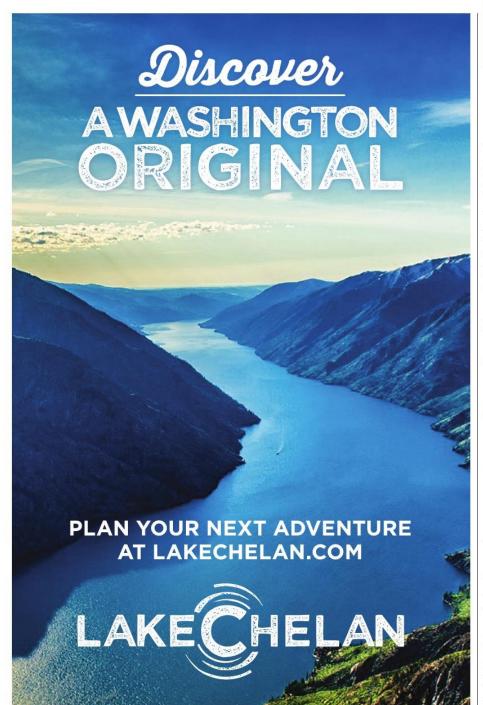
Stroll through our historic downtown, with unique shops and galleries and outstanding brewpubs and restaurants. Venture out into the surrounding wine country or get back to nature exploring the wonder of the North Umpqua Trail, a one-stop recreation spot ideal for fishing, kayaking, hiking and biking.

Whether on land or water, on foot, wheels or rapids, you'll find a new adventure every time you visit. Roseburg offers plenty of choices for comfortable accommodations too, so stay and enjoy one of Oregon's treasures.

Start your visit at the Roseburg Area Chamber of Commerce & Visitor Center. For a free visitor guide call 800-440-9584.

www.VisitRoseburg.com/Fun

# ISSIT ROSEBURG in the heart of the | Candol Umpaua | 10 SE Spruce St. | PO Box 1262 | Roseburg, OR 97470







North favorite.

Baltimore last year had its worst-ever season under head coach John Harbaugh. Injuries to key players, including quarterback Joe Flacco, were partly to blame for a 5-11 record, so a healthier Ravens club should be more competitive in 2016. Cleveland's path to resurgence depends on the electric but injury-prone Robert Griffin III, whose career has been a struggle following a 2012 playoff loss with Washington his rookie season.



# AFC EAST

PREDICTED STANDINGS

- 1 New England
- 2 Buffalo
- 3 Miami
- 4 New York Jets

# As long as Tom Brady is slinging it for

New England, the Patriots remain the division's kings. They haven't lost the AFC East since 2008, the year Brady went down with a knee injury, and the 39-year-old quarterback shows no signs of slowing; he had a career-high 402 completions in 16 regular-season games last year. Now Brady, who is suspended for the first four games as a result of Deflategate, has tight end Martellus Bennett, signed from Chicago, and wide receiver Chris Hogan from Buffalo. Those targets should also make things easier for quarterback Jimmy Garoppolo, who is expected to play while Brady sits.

New England's defense is deeper, too, after signing linebacker Shea McClellin, a former first-round pick of the Bears, and defensive end Chris Long, the second overall pick by the Rams in 2008.

Miami's young defense makes it a possible surprise team in 2016, but Dolphins quarterback Ryan Tannehill



TOM BRADY, who is 39, threw for a career-high 402 completions last season.

must prove he's worth the four-year, \$77 million contract with \$45 million guaranteed that he signed last year.

With head coach Rex Ryan in his second year, the Buffalo Bills should be entertaining, at least. Especially off the field, where it's not hard to top Patriots head coach Bill Belichick's monosyllabic press conferences. But on the field, Buffalo lacks the consistency at quarterback to win the division. Put it this way: Tom Brady or Tyrod Taylor/EJ Manuel?

After missing the playoffs despite a 10–6 record last year, the New York Jets return with a dynamic receiving duo in Brandon Marshall and Eric Decker, who combined for 26 touchdowns in 2015.

### **PLAYOFFS PICTURE**

Like a good movie, the NFL season

usually contains a few surprises. Seattle, Arizona and Green Bay are among the early favorites in the NFC, while Pittsburgh, New England and Indianapolis seem poised in the AFC. But the story of the NFL season is still being written, and it'll be a few months before the playoff picture goes up in lights.

Gregg Bell covers the Seattle Seahawks for The News Tribune in Tacoma.



# **Great Rates**

Low daily rates.
Coupons available online.
Best parking value at SeaTac.

# Easy Freeway Access

Located 2 miles North of SeaTac Airport. Easiest access to I-5 and I-405 so you can get to us without a map or GPS.

## We Never Close

We lost our front door key sometime in 2002 so we've been open continuously since. No matter what day or time of your flight, we're here to serve you.

# Self-Park & Lock

Park and lock your own car. No need to worry about who parked your car. Lighted, Paved, Fenced, 24-hour service.

# Reservations & Rewards

Guaranteed reservations. Access to online receipts and save an additional 20% per trip by joining our frequent parker club.

# **Great Staff**

We know you're in a hurry. Our friendly, energetic staff will meet you at your car, help with your bags, and hustle you to the airport; all while offering you complimentary bottled water.



Contact us: Office (206) 242-5432 www.SHUTTLEPARK2.com 3610 S. 158th St. Tukwila, WA 98188

# Leading the Way

University of Washington President Ana Mari Cauce tells students to aim high and make a difference in the world **By Candace Dempsey** 

hirty years ago, Ana Mari Cauce stood on the University of Washington's Central Plaza for the first time, gazing at Mount Rainier, the snowcapped volcano shimmering in the distance. An assistant professor of clinical psychology, she was a new hire from the University of Delaware—and not yet a hiker or mountain lover.

A Cuban immigrant raised in Miami, Cauce had never been west of the Mississippi River before. She was drawn to the university's beautiful setting, which combines classic and modern architecture on an expansive campus that borders Lake Washington.

Despite the school's impressive surroundings, Cauce had already decided to head back to the East Coast in a few years, she says. No one could have predicted that not only would the young professor decide to stay at the UW for three decades, but in 2015 she would become the first woman, first Cuban-American and first openly gay person to be named the school's president.

"I never could have envisioned it," says Cauce, who encourages the UW's more than 54,000 students to take risks, "push through" problems, get out of their comfort zones and place themselves where the unlikely can happen. "Assistant professor to a university president—that's quite a feat."

Leading a major university was an unrealized dream for women until 1978, when Hanna Hol-

In 2015, Ana Mari Cauce became the first woman president of the University of Washington. She has been a professor and administrator at the school for the past 30 years.





# COMING 2018

- The Seattle area's most exciting new office campus
- 730,000 SF of Class A office space on the shores of Lake Washington
- 4 Star Hyatt Regency Hotel and Conference Center
- Located next to 57-acre Gene Coulon Memorial Beach Park
- Walking distance to 31 restaurants



LEASING CONTACT: KIP SPENCER | KSPENCER@SECODEV.COM | (425) 282-5453



born Gray broke this particular glass ceiling and was named president of the University of Chicago. In the ensuing 38 years, progress has been made. In 2007, Catherine Drew Gilpin Faust became the first woman to serve as president of Harvard University. However, today women still constitute only about 26 percent of college presidents nationwide. Like Cauce, most of these trailblazers "established themselves as scholars, taught and/or guided students in research and rose through the ranks to the top academic position," notes the website Women in Higher Education.

In public speeches, Cauce often uses the story of her extraordinary rise through the ranks to inspire others. She knows the UW can intimidate students.

The giant university, which was founded in 1861, includes the 703-acre main campus north of downtown Seattle. The UW has become one of the world's greatest public universities.

The institution placed 11th on the *U.S.*News & World Report's Best Global Universities Rankings for 2015, based on 12 indicators that measure academic-research performance and a school's global and

Cauce, left, introduces Jennifer
Cohen, right, as the
University of Washington's new athletic
director in May 2016.
Cohen, a member of
the athletic department for the past 18
years, is currently the
only woman athletic
director in the Pac-12.

regional reputation.
The UW boasts
prominent business, engineering,
science and medical
schools, and a
robust graduate
program.

Cauce is proud of the UW's high rankings, but she wants young students and new scholars to see the

university as a place brimming with unique opportunities. "'Be boundless' is our tagline," she says, urging students to aim high and learn to accept failure as a normal part of an ambitious life.

She's a big believer in resiliency—and when you learn about her family and her life, it's easy to see why.

#### From Cuba to the UW

Before the 1959 Cuban Revolution, Cauce's family was part of the Cuban upper class, and her father served as Cuba's minister of education. However, her parents fled Cuba

in 1959 when Fidel Castro came to power. The couple was forced to leave Cauce, who was not quite 3, and her 5-year-old brother in Cuba with relatives.

Within months, the family was able to reunite in Miami, near the Little Havana neighborhood that was popular with Cubans who emigrated due to the revolution. The family's life changed drastically, with both parents taking on whatever work they could find in Miami. "My dad was much older than my mom," says Cauce. "He was 59 when he came to the U.S. He did a number of things, even swept floors in a hotel on Miami Beach."

Cauce's parents operated a mom-andpop grocery store for a number of years, but they mainly worked in shoe factories. "Dad made dress shoes. Mom made tennis shoes," Cauce recalls.

Her mother eventually switched to working in a souvenir shop, where she didn't have to be on her feet all day. When Cauce's father was 70, he started teaching Spanish at a nearby military academy, where he stayed for about five years. "He also did janitorial work [for the academy]," adds Cauce.



and refer to disclosures accompanying application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. Platinum Plus is a registered trademark of Bank of America Corporation. © 2016 Bank of America Corporation.

4000 1234

00/00

CHRIS L MARTIN 1234



VISA

*Alaska* Mileage Plan

Visit MyNewAlaskaCard.com or ask an Alaska employee.



She doesn't describe her childhood as difficult, but her parents worked long hours out of necessity, and she and her brother learned early on to "push forward" and that education was the way to a better life.

# Finding a home

Cauce earned degrees in English and psychology from the University of Miami and a doctorate in psychology from Yale University, with a concentration in child clinical and community psychology. When her first teaching position at the University of Delaware in Newark left her wanting more, she opted for change.

"That was a good job, a good university, but I was looking for a more urban environment and I was open to possibilities," Cauce says. "I knew I'd be moving on. One of my supervisors was a UW graduate. She was a child clinical psychologist, and I learned that the UW had an excellent child psychology department. It sounded perfect. I thought I'd go there, make a name for myself, and then go back to the East Coast where I belonged."

However, she fell in love with the UW's

A 3-year-old Cauce, left, and her 5-year-old brother, César, right, pose for a photo in Cuba in 1959, shortly before they left for the United States to join their parents.

combination of strong academics and quality of life. It soon became apparent to her that the university was a dynamic place, with an excellent faculty and student body.

"Add to that what a glorious place the Northwest is, espe-

cially in terms of the sheer natural beauty of the outdoors, and it very soon felt like a place where I definitely wanted to put down roots," Cauce remembers. She had never been a hiker before coming to the UW, and now it's her main form of exercise. "I especially love the Olympic Peninsula," Cauce says. "I've become a bit of a bird-watcher. Everything you could possibly want is here in Washington, from the coast to the [drier] eastern part of the state."

Over the decades, Cauce has become a well-respected professor and researcher, earning national awards for scholarship and advocacy. She has received the Dalmas Taylor Distinguished Contributions Award, and the James M. Jones Lifetime Achievement Award for her exceptional contributions to racial and ethnic psychology. She has also received the Grace Hopper Exemplary Leadership Award and the Distinguished Contribution Award from the Society for Community Research and Action. In

1999, Cauce received the Distinguished Teaching Award, the highest honor the UW gives to professors for their work with students inside and outside the classroom.

# A university leader

Along the way, Cauce has also taken on various leadership positions. She was first asked to become the director of the clinical training program in the psychology department. Later, she was named chair of the American ethnic studies department at a time when the program was facing difficulties. Although it was a tough job, Cauce says she found that she really enjoyed building programs.

A series of other positions followed, including serving as chair of the psychology department and as executive vice provost and dean of the College of Arts and Sciences. "Although it wasn't the career trajectory I had planned, I found that each position brought its own challenges and rewards," she says.

In 2011, Cauce became university provost and executive vice president. Four years later, she was named interim presi-

## Education

dent when Michael Young stepped down from the position to become president of Texas A&M University. After a sevenmonth search, the University of Washington's Board of Regents voted to name Cauce president in October 2015.

Bill Ayer, the former chairman and CEO of Alaska Airlines and chairman of the Board of Regents for the 2015-16 term, says selecting the president of the university is the most important task undertaken by the Board of Regents.

"What stood out to us was Cauce's passion and commitment to the university," Ayer says. "Her biggest attributes are her tremendous integrity and humility. She is smart and hardworking, and she has an amazing ability to connect with people. She is someone who cares about the students, faculty and staff, as well as the external stakeholders, including legislators and the business community. She is a proven leader, and we think she is what we need right now at the university."

Today, Cauce presides over a university system with three campuses (Seattle, Tacoma, Bothell), 440 degree options and 280 programs. "This is a very challenging job," she says. "You're the face of the university. You set the tone for the university and its mission, and also the way you want the university to be perceived by the world."

Cauce also continues to teach at the university. She is a professor of psychology and American ethnic studies, with secondary appointments in the Department of Gender, Women and Sexuality Studies in the College of Arts and Sciences. She maintains an active research program, focusing on adolescent development, with a special emphasis on at-risk youth.

Obviously, she has exemplary timemanagement skills. She also excels at listening. "I'm very open to listening



Seattle, WA 98101

206-629-9310

PANORAMASEATTLE.COM

#### **Challenging Times**

President Cauce discusses some of the major challenges she believes are facing the University of Washington.

Enhancing excellence and access: "As a public university, we're committed to helping every student have the opportunity to advance their education. We prepare them not just for successful careers, but for successful lives." On the access front, Cauce applauds the Washington State Legislature for reinvesting in higher education and helping to keep tuition affordable. Generous donors are also making scholarships available to thousands of university students.

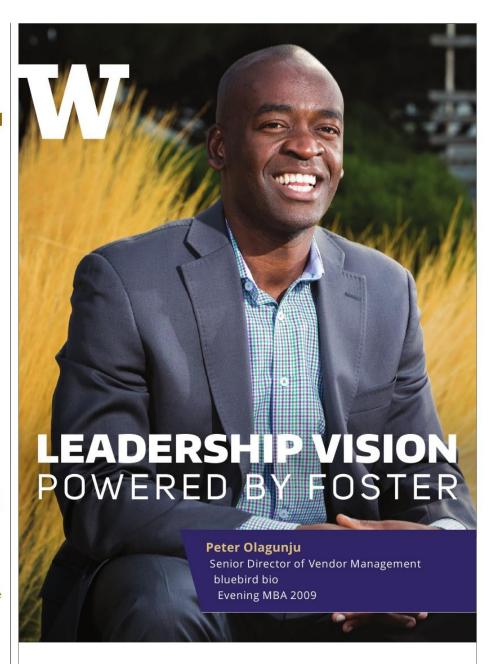
Fostering inclusive innovation: Cauce says the world faces a range of challenges, and the best chance to solve them is to involve all the communities affected by such challenges to create the solutions. "By having diverse viewpoints and [a variety of] people at the table, there is an increased likelihood that we'll generate meaningful, positive solutions," she says.

#### Improving diversity, equity and inclusion:

"This is a topic that is very personal to me, because, as I've said before, I don't look like a university president out of central casting," Cauce jokes. "The United States is increasingly diverse. If we are going to be a prosperous nation, we must ensure our institutions, including universities, represent and welcome that diversity. This is not somebody else's challenge, it's one we all must address, and I believe universities should play a central role in creating a more just, more equitable society for all of us."

# Increasing health and wellness around the world via the Population Health initiative:

"We face some of the most daunting, even existential, challenges to human health, happiness and prosperity. They demand big, interconnected solutions, which is why we are embarking on a significant new effort to improve the health and well-being of people in our own communities and communities around the world. This work—in an area known as population health—will leverage the strengths of the UW and of the Puget Sound region to have

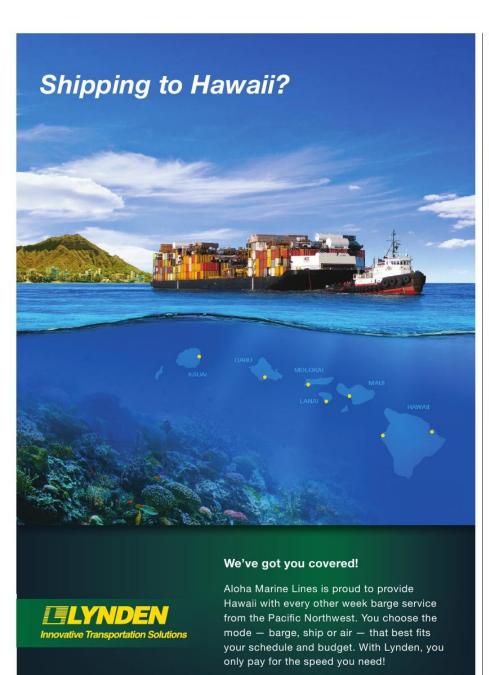


# What's powering your career?

Smart, talented professionals come to the Foster School of Business to learn, network and grow. As you consider what's next for your career, visit our website and learn how our MBA programs for working professionals can take you further.

What's powering your career? foster.uw.edu/FosterMBA







lynden.com | 1-888-596-3361

# Education

a lasting impact on global health and well-being."

Expanding capacity in STEM fields and broadening students' international experiences: Cauce says the university is working to add more capacity in the important STEM fields of study (science, technology, engineering and math). This work includes a much-needed expansion of the computer science and engineering program. "We're also creating new ways for students to gain international experience, including through the Global Innovation Exchange that will bring students together with faculty and innovators from across cultures to work on real-world problems," she says.

and, in fact, changing my mind," Cauce says. "I think it's important to listen with an open mind and learn from what you hear."

Cauce emphasizes "doing what we're doing, only better, always better." She pushes for academic excellence, access to education for the underserved and community outreach. "It is the intersection of these things—of students working with excellent teachers and mentors across disciplines to make the world better—where we really excel."

She's proud of the fact that students who come from low-income families—about 30 percent of all in-state students—pay no tuition, thanks to the Husky Promise Program, which helps those eligible pay full tuition through a variety of national and state grants and scholarship support. Cauce also works to recruit women and minorities into the science, technology, engineering and mathematics fields.

"We attract lots of kids with plenty of dreams, and they leave here with all the tools and preparations to become masters of the universe," she says. "Our medical program is among the best in the country, and I've seen a huge drive forward in our science programs and our engineering programs. You've got a school that's tops in a lot of programs—political science, law school, business school. Our students can go on and do almost anything."

# Making a difference

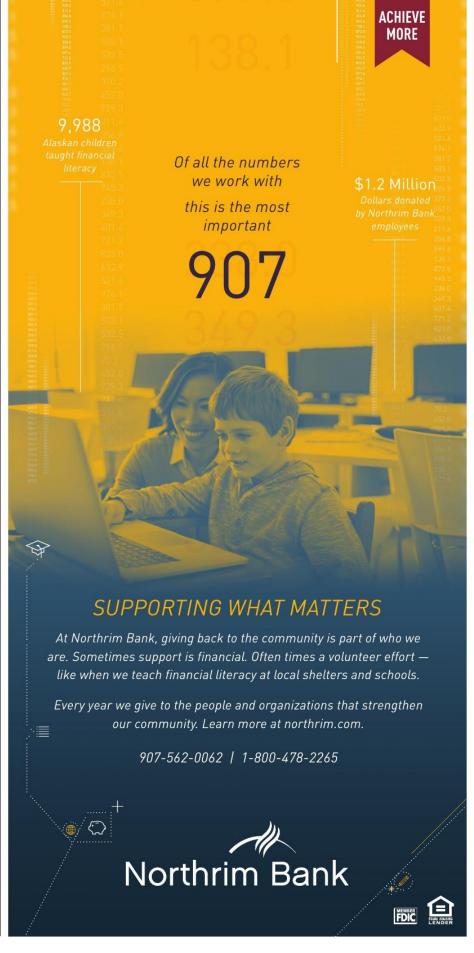
To lead such a diverse institution, Cauce stresses leadership training and thinking outside the box. She is particularly proud of the quarterly program called Fail Forward, in which prominent people in the local community talk about learning from failure. Other ongoing university initiatives include the CoMotion program, which has helped start more than 125 new companies during the past 10 years. To help spur more development, the university has expanded CoMotion to include MakerSpace, an entrepreneurship program in which students can use space and equipment, including 3-D printers, to find inspiration, create new products and develop new ideas.

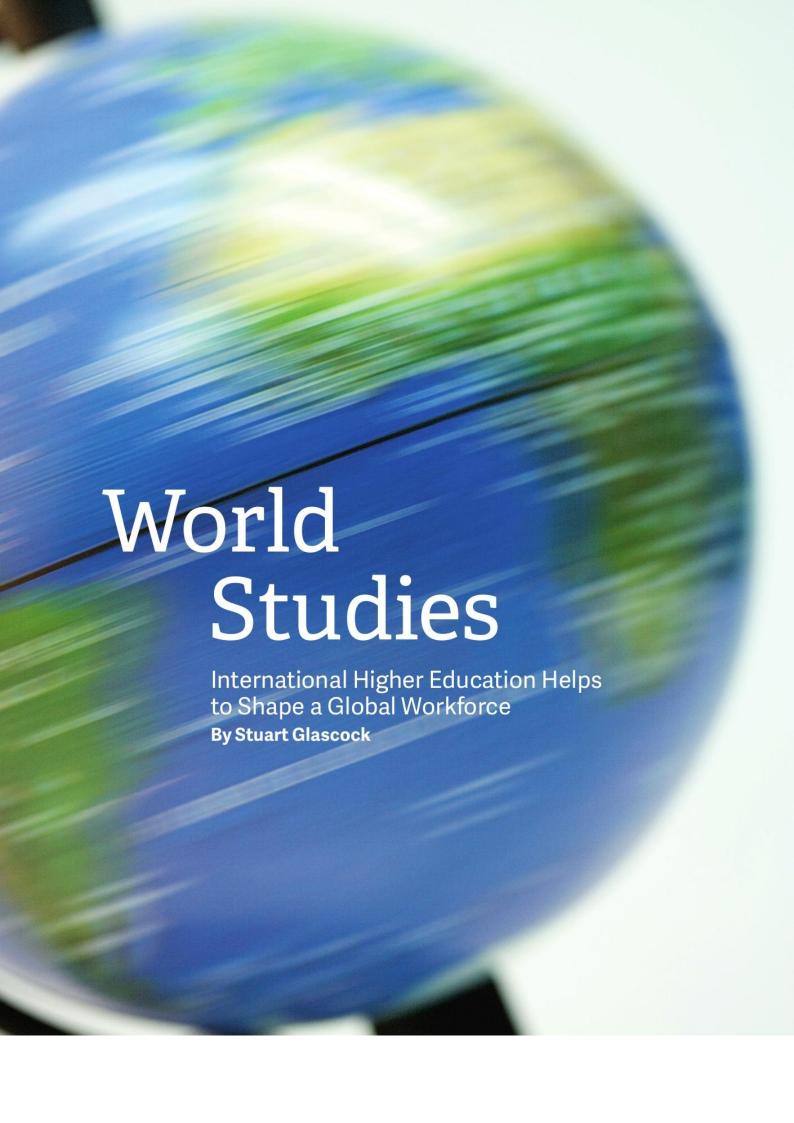
There is even a UW farm, run by students, for urban farming. "We create spaces and activities where students can do work that has a real impact on the world," Cauce says.

Above all, she wants UW students, professors and administrators to think big. She advocates for students and faculty to get involved in important community projects, from improving the world's health care to cleaning up Puget Sound, the body of water that has helped Seattle become an international center.

"We are large," Cauce says of the university. "There's a bit of the 'if you can make it here, you can make it anywhere' feel to the school. We are also a microcosm of the world. So when we make a difference here, we make a difference everywhere."

Candace Dempsey writes from Seattle.







Negotiations between a large
Seattle-based manufacturing
company and a supplier in Japan
were becoming strained because the supplier
was missing deadlines and bringing components in over budget. That's when a student
intern from the University of Washington
Michael G. Foster School of Business spoke
up, says Debra Glassman, senior lecturer of
business economics and faculty director of
Foster's Global Business Center.

The student had been invited into the meeting because she had studied in Asia during an exchange program and, as a result, understood the business culture. This experience helped her ask the supplier the right questions—gently peeling back the layers of the production process—and the student discovered a problem. She found out the supplier was cleaning a component too thoroughly, causing delays and adding labor costs.

The student encouraged the supplier to automate the process, in part by deploying a scrubbing robot similar to a Roomba.

The supplier listened. Costs came down; production became more efficient; and everyone celebrated. Major kudos to the intern, who deftly identified a way to solve the situation by using her multicultural background and instinct, says Glassman. At the Global Business Center, students can choose from a range of pro-





Visiting the Portland, Oregon / Vancouver, Washington area this fall?

Be sure to check out upcoming concerts at the Sunlight Supply Amphitheater at www.SunlightSupplyAmphitheater.com - tickets also available through Ticketmaster.













grams to put what they've learned in the classroom into a global business context.

Programs include multinational business case competitions, research groups linking students with global development agencies and a global-business speaker series. For instance, an Adobe executive recently talked with students about conducting business in Romania.

The intern story delights Glassman because it shows the tangible impact of international education and exemplifies the broader evolution of global education.

Thirty years ago, students gravitated to the field primarily for language studies, Glassman says. They were French majors or had studied German in high school. "Now we are seeing students who are going overseas for a career perspective," she says. "They want to work for Boeing or Starbucks or Microsoft—global companies."

In addition, students want to work for nonprofits, a sector that, along with the business world, relies on international perspective, says Kristen Dailey, executive director of Global Washington, a Seattle-based association that promotes international philanthropic organizations such as PATH, Landesa, World Vision and the Bill & Melinda Gates Foundation. "Seattle has some of the largest global nonprofits in the world, and they hire people left and right."

As a result, schools have put renewed emphasis on global learning. From traditional study abroad programs to foreign campuses to online learning to innovative programs that bring in international students, schools now provide many ways for U.S. students to interact with the world.

This focus has led to globally minded graduates who are able to use those international experiences to best determine their place in the global workforce.

# **Global Footprints**

Study abroad is the original way that institutes of higher learning offered students



Above, Christina
Fong leads a class at
the University of
Washington Michael
G. Foster School of
Business. Below,
Molly Kile, a professor at Oregon State
University, traveled
to Bangladesh as
part of a research
team studying the
impact of pollutants.



international education, and it's still one of the most effective methods. Now, though, universities are going further by actually planting roots in other countries.

Oregon State University, in Corvallis, is in the process of opening a graduate program in Bangalore, India. OSU has created a partnership with the Swasti Health Resource Centre to provide an Oregon State University master's degree in global health in India.

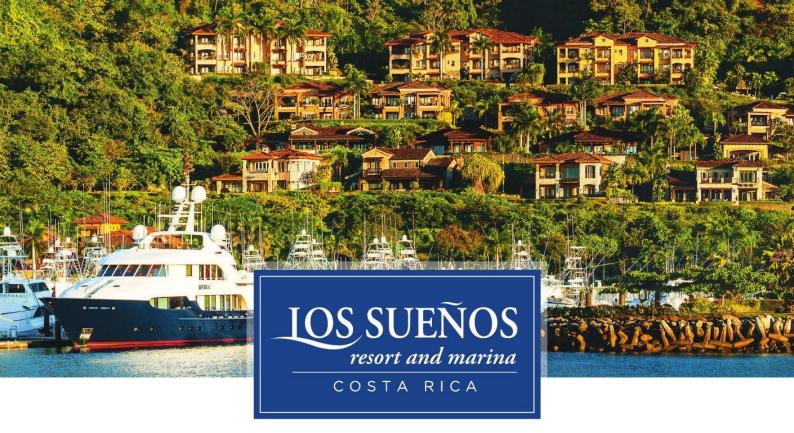
Through this partnership, OSU is working to join a growing list of schools with overseas endeavors; dozens of American universities have set up international outposts, many in the last few years. For instance, New York University runs branches in Shanghai and Abu Dhabi. Yale University operates one in Singapore. The

University of Utah has a branch campus in South Korea.

These campuses allow international students the chance to study at U.S. schools and also offer a home base for U.S. students studying abroad.

School leaders say having a campus abroad is worth the cost because such campuses help institutions attract scholars interested in global research and help build the home institution's base of incoming international students. The campuses also provide access to multinational business partnerships and offer students research opportunities that pertain to everyday life in a given country.

Of course, students no longer need to leave campus to gain international experience. Sharing many of the benefits of



# A LIFESTYLE BEYOND COMPARE







#### Los Sueños Resort & Marina,

located on Costa Rica's Central Pacific Coast, is one of the finest luxury residential destination communities in the world with stunning ocean view condominiums and single family villas. With a lively Marina Village featuring a variety of restaurants to please the inner foodie in you, a family activity center, watersports a plenty, an 18-hole championship golf course, private beach club for residents, and much more, Los Sueños offers residents a lifestyle beyond compare.

You haven't lived until you've lived Los Sueños.



Toll Free: 866-865-9759 • info@lossuenos.com • lossuenos.com



branch campuses, online programs offer international students access to U.S. curriculums and also let U.S. students connect virtually with people across the world. One of the most popular is the Massachusetts Institute of Technology's OpenCourse-Ware. More than 2 million people each month participate, and more than half log in from outside of North America.

Washington State University's online program, WSU Global Campus, boasts about 3,000 students, and more than 200 courses per semester. About 7 percent enroll from other countries, says Debbie O'Donnell, director of marketing and student services at WSU in Pullman.

Through web-conferencing technology and live-stream capabilities, online students see, hear and interact with professors and peers. One student demographic WSU reaches this way is U.S. military service members stationed overseas.

U.S. students can also gain global experience by connecting with international students who come to their campuses. The number of international students in the United States rose 10 percent to nearly 1 million students in the 2014–2015 school year compared to the previous year, according to a 2015 Institute of International Education report.

A Gonzaga University student works with children as part of a study abroad program in Zambia. Increases were noted in 44 states as U.S. colleges and universities logged their highest international student growth rate in 35 years.

In 2014, the University of Wash-

ington in Seattle had about 7,300 international students, with China, Korea, India and Taiwan home to the majority of those students.

At OSU, there are approximately 4,000 international students among its 30,000 total enrollment. More than half of the international students study business and engineering, says Mark Hoffman, OSU vice provost for international programs.

Institutions compete for international students because they enrich the diversity of the campus, Hoffman says. By bringing in students from different cultures, universities allow in-state students who don't travel abroad to be exposed to people from other places. "International students help move the entire community forward," Hoffman says.

With all the ways schools are continuing to expand opportunities for global learning,

students are graduating from college with more international experience than ever before. And whether someone wants to be a business leader or a humanitarian, global education is an important part of shaping an individual's professional life.

# **Business Benefit**

Increasingly, modern business education involves international collaboration. One example at UW is Foster's Global Business Case Competition, which is a multinational business education contest.

Each year, teams come to Seattle from a dozen or more countries, bringing together students from different backgrounds to solve international business cases.

Since the program's inception in 1999, 117 countries have sent a total of more than 3,400 students to the competition. The contest allows students to apply classroom learning to real-world issues.

The case challenge helped Tara Ghassemikia hone critical business skills. "Having conversations and developing connections with students from 10 different schools across four continents gave me a greater global competence that no website or textbook could ever teach," says Ghassemikia, from Bellevue, Washington, east of Seattle.

# Whether It's Snoring Or CPAP, An Oral Appliance Can Help With Your Sleep Problem!

Do you have Obstructive Sleep Apnea? Are you unable to use your CPAP?

**Obstructive Sleep Apnea (OSA)** is a breathing disorder that occurs while you are asleep. The muscles in your airway relax to a point that your airway is narrowed and prevents you from getting adequate oxygen.

The stress on your body caused by this lack of oxygen impacts your overall health, increasing risks of high blood pressure, heart attack, and stroke. Sleep apnea can cause daytime sleepiness, fatigue, and mood disorders. It leads to increased risk of type 2 Diabetes, and weight gain/difficulty losing weight. Most people with sleep apnea don't even know this is happening!

**An Oral Appliance** is a custom fit device worn in the mouth to position the lower jaw forward to open the airway.

#### Oral Appliance Therapy (OAT) is

recommended by the American Academy of Sleep Medicine as a first line treatment option for patients with mild or moderate sleep apnea, or as an alternative in cases of severe sleep apnea when a CPAP cannot be tolerated.



# Stops the Snoring!

- COMFORT fits discreetly in your mouth without hoses, masks, etc.
- PORTABLE small enough to fit in a small travel bag or pocket
- CONVENIENT no need for power supply, easy to care for
- PREVENTS DAMAGE from teeth grinding
- **QUIET** more socially acceptable to bed partner



Positive Airway Pressure) device. How can you help me?

Every day, our dental sleep experts hear from patients, just like you, who have tried a CPAP device and found it uncomfortable or unbearable. Dental-supported devices offer a comfortable alternative solution to a CPAP device. Research indicates 4 out of 5 patients report still using an oral appliance after 3 years, while less than 60% of patients can tolerate using CPAP.

# I use CPAP nightly, but I'm tired of traveling with it. Can this portable solution do the same as my CPAP?

Research demonstrates that oral appliances are an effective treatment for sleep apnea, showing not only significant increases of oxygen levels, but also significant improvements in physiological and behavioral outcomes.

# Come see who doctors personally go to for Oral Appliance Therapy when they don't use CPAP!

You don't just want an oral appliance, you want a therapy and protocol that works. Only dentists can provide an oral appliance and the sleep dental teams listed below have had extensive training and teach other dentists. They use the most advanced appliances for which many dentists are not trained to provide.

Everett Dental Solutions for Sleep • www.EverettDentalSleepMedicine.com • 425-320-0111 • Everett, WA

Sound Sleep Solutions • www.SoundSleepSolutionsWA.com • 844-SLEEP04 • Bellevue, Olympia, Port Angeles, Sumner & Vashon, WA

Keith Valachi, DDS • www.DrValachi.com • 971-271-7478 • Portland, OR

Snore Experts • www.SnoreExperts.com • 888-31-SNORE • Beverly Hills, Encino, Pasadena, Valencia & Newport Beach, CA Spark Sleep Solutions • www.SparkSleep.com • 408-490-0182 • San Jose, San Ramon, Santa Cruz & Los Gatos, CA

Strober Dental • www.StroberDental.com 619-299-5925 • San Diego, CA

Nevada Center For Sleep Disorders • www.SleepDisorderDr.com • 702-919-7505 • Las Vegas Area Mark Just, DDS, Peak Health Dentistry • www.PeakHealthDentistry.com • 907-337-0304 • Anchorage, AK

Along with participation in the case challenge, Ghassemikia's business administration degree also jump-started her career as a business analyst at Camber Collective, a management consulting firm for education, health-care systems and nonprofits. Like other recent graduates, she says her global education made a big difference when she entered the workforce.

"We live in a world that is more globalized than it has ever been, and it will only continue," she says.

# **Humanitarian Help**

Gonzaga University in Spokane, Washington, offers more than 60 study abroad programs, for more than 600 students in 30 countries, and some of its newer programs focus on providing students with opportunities for humanitarian work.

Many other schools, including the University of Washington, Western Washington University in Bellingham and Oregon State, are following the same trend. International humanitarian agencies such as the Peace Corps and World Vision work with universities on a host of issues including health care, economic development, poverty alleviation and the environment.

Gonzaga has also forged connections in Africa. In one program, U.S. students live and study for a semester in Zambia while they tutor children. The school is working to soon offer students internships in Zambia at a hospital, a cultural center or an educational radio station.

Oregon State is also focused on providing U.S. students with learning experiences that aim to make a difference. OSU faculty and student researchers traveled last year to Bangladesh to examine how early life exposure to arsenic and environmental pollutants affects the development and immune function of children.

The team monitored children for infectious disease and collected samples to measure for metal exposure and vaccine

# Global Innovation Exchange

In addition to U.S. schools looking abroad, international universities are developing footprints in America.

A great example is the Global Innovation Exchange, a partnership between the University of Washington in Seattle and Tsinghua University in Beijing.

GIX's concept and mission is to be the developer of future innovators themselves, the program that sets the standard for how to educate the emerging creative workforce. If Bill Gates were to pursue a master's degree, GIX would be his program.

The partnership, which marks the first time a Chinese research university has established a physical presence in the United States, was announced in 2015 and has been bolstered by a \$40 million donation from Microsoft that will help pay for a new facility and establish an endowment.

The GIX building, which is currently under construction in Bellevue, Washington, east of Seattle, will be a state-of-the-art cavernous site—part maker space, part incubator and part design studio—where plenty of tinkering will

go down as students, faculty, professionals and business leaders collaborate on innovative technology and design projects aimed at addressing world concerns.

Going beyond traditional classroom learning, GIX will let students try—and sometimes fail—to solve realworld problems, coordinating with major companies such as Microsoft along the way.

The emphasis is interactive learning focused on creating technology that relates to health, social innovation and sustainability.

"Technology is a driver, but the end goal is finding solutions to global problems," says Vikram Jandhyala, UW's vice president for Innovation Strategy.

The first cohort of about 70 learners, mostly from China and the United States, will start next September on a 15-month track toward a UW master's degree in technology innovation.

The partnership between two of the world's largest research universities allows GIX learners to experience firsthand how technology can be developed in one country but have global implications, says Jandhyala.

"It's impossible to solve

world problems in isolation," he says. "That international viewpoint is critical."

By 2025, GIX hopes to grow to about 3,000 learners, involve more international universities, and offer additional degree and certificate options.

"The best metric of success is to look back and say GIX was there in the early stages of the solution to an issue like climate change," says Jandhyala.

"But more than that, we hope our pedagogy gets replicated. We hope that this model of curriculum gets



Vikram Jandhyala is UW's vice president for Innovation Strategy.

exported as a way to retool and create the innovation workforce."

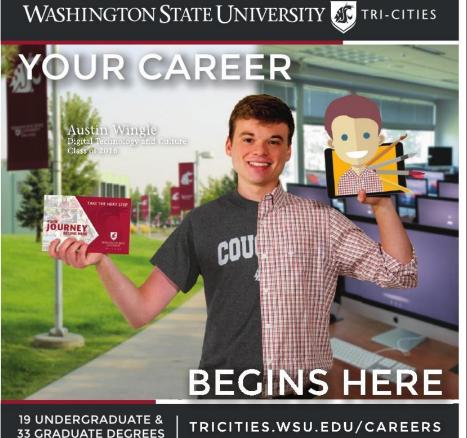
—Andrew Waite

antibody levels, says Chunhuei Chi, director of Oregon State's Center for Global Health, which has partners in Asia and the Middle East on a variety of public health challenges.

Pacific Lutheran University in Tacoma, Washington, oversees study abroad programs in alliance with institutions in several countries, including China, Namibia, Norway, and Trinidad and Tobago.

Annē Linn learned to look at the world through historical, political, linguistic, literary and anthropological lenses at PLU when she joint-majored in Spanish, French and global studies. Linn, who hails from Belgrade, Montana, with a population of about 8,000, picked her majors and her undergraduate college because they pro-





# **Does Your Hand Shake** When You...

# Drink a glass of water? Write a note? Dial a phone number?

If so, you may have a condition known as essential tremor. Our team at the Swedish Radiosurgery Center has successfully treated hundreds of patients over the past five years - using Gamma Knife, a nonsurgical, FDA-approved approach to treat essential tremor.



DRAWING SAMPLE BEFORE TREATMENT



DRAWING SAMPLE AFTER TREATMENT

Learn more about essential tremor and find out if Gamma Knife treatment is right for you.

1-206-320-7187 www.swedish.org/essentialtremor Seattle, Washington, USA



Extraordinary care. Extraordinary caring.™

# Education

vided the opportunity to study abroad.

She attended two winter-term courses in Martinique and Namibia, then spent her junior year abroad in Oaxaca, Mexico, in the fall semester and Rennes, France, in the spring semester.

She recently began a job disseminating data as a communications associate for the Rockville, Maryland-based Demographic and Health Surveys (DHS) Program, which measures health in developing nations.

"The DHS has worked in over 90 countries, and I have to think very globally about the data coming out of each country and how it relates to other countries, pick out patterns we're seeing, and how to communicate that data to a wide variety of audiences," Linn says. "Global competence is essential to everything that I do."

# Worldview

Whether students are aiming for corporate jobs or for a life in the nonprofit sector, global education is an important part of preparing to enter the workforce. Doing business across the world requires learning other languages and appreciating other cultures. Local issues are becoming global concerns.

That's why universities have focused more on bringing international perspectives to their campuses and shifting the kinds of experiences students are having abroad. And students have clearly embraced the globalization of their college experiences.

As Kirsten Aoyama, director of the UW Global Business Center, puts it: "Students realize that as they graduate and go out into the workforce, no matter what they do they are going to be working in a multicultural environment."

Stuart Glascock is an independent journalist who writes from Seattle.







# **IGNITE YOUR INSPIRATION**

As you walk through the Galleries, Garden and Glasshouse, Chihuly Garden and Glass immerses you in Dale Chihuly's work in a whole new way.

Inquire about group rates at groups@chihulygardenandglass.com

# CHIHULY GARDEN AND GLASS

LOCATED AT THE BASE OF THE SPACE NEEDLE, SEATTLE CENTER CHIHULY GARDENAND GLASS. COM

# SHERMAN ALEXIE A LIFE BUILT ON STORIES

By Kristianne Huntsberger

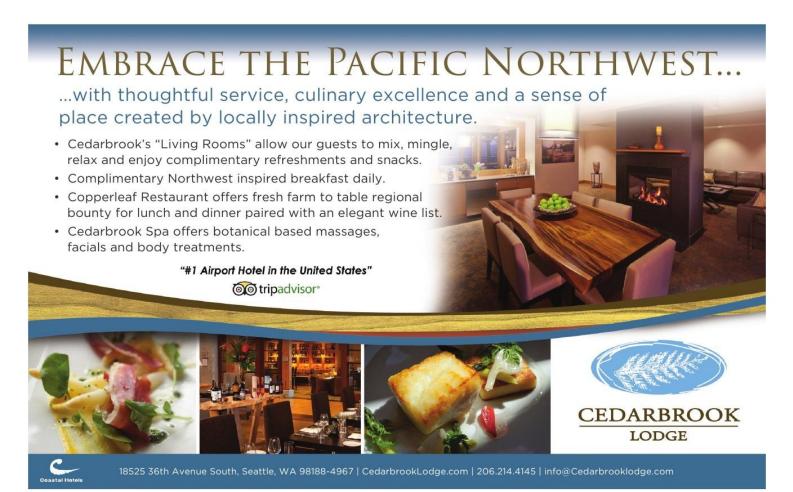
I FIRST MET SHERMAN ALEXIE nearly a decade ago at a reception hosted by Richard Hugo House, the writing center in Seattle where I interned at the time. Though the room was packed with important people, all eager to talk to the man of the hour, Alexie seemed content to chat with me and a couple of other young writers involved with the center. The Seattle literary icon joked with us, told stories, asked what we were reading and listened attentively to our replies.

This spring, when Alexie and I met up to chat at the Elliott Bay Book Company, the famed Seattle indie bookstore, he walked me through the thick shelves and pointed out some of his recent recommendations, including the 2016 Newbery Medal winner, Last Stop on Market Street, by Matt de la Peña (illustrated by Christian Robinson), and a trio of essays from The Face series, by Chris Abani, Tash Aw and Ruth Ozeki. Alexie was in Seattle only briefly before setting off again to New York to appear on The Daily Show, but he made time to pick up some books he'd ordered or had on his mind. He asked the bookseller at the front counter what he was reading, and the young man told him he had just begun Jesus' Son by

"For the first time?" Alexie exclaimed. "I wish I could read that again for the first time." The two men chatted and exchanged recommendations. In that moment. Alexie was not the celebrated writer, filmmaker and public speaker, but a reader at home among fellow readers.

Denis Johnson.







Alexie seems equally at home onstage. In May, a large audience gathered in the Four Seasons Hotel Ballroom in downtown Seattle to see him and to support the Seattle Children's PlayGarden, an activity center for children of all abilities. Alexie wore his thick hair cut close, and he was sporting a dark blazer and a contagious smile. He explained that Executive Director Liz Bullard was his older son's speech therapist and that the PlayGarden was pivotal to the boy's growth and development: "It's through Liz and the PlayGarden that our son [now in his teens] played and played and became this man. It is through play that we become complicated human beings."

As a Native American from a poor community who was saddled in youth with a speech impediment, bipolar disorder and hydrocephalus (an accumulation of excess fluid in the brain), Alexie has experience with barriers that might feel insurmountable. But, as the recipient of the National Book Award (for The Absolutely True Diary of a Part-Time Indian, published in 2007) and the PEN/Faulkner Award (for War Dances, published in 2009), he is proof of the potential to overcome. His writings tackle tough topics and infuse them with optimism and humor.

I feel a special connection to Alexie's work. When I taught in Myanmar, I had few resources, but I did have old issues of *The* New Yorker magazine, and in one was Alexie's 2003 story What You Pawn I Will Redeem.





Sherman Alexie (shown above as a young boy) has said that books had an effect on him from an early age. His most recent book, *Thunder Boy Jr.*, is a picture book with a Native American protagonist.

The college-age Englishlanguage learners I taught loved the story, which followed the homeless Native American hero's 24-hour quest across Seattle. For all the difficulties the story revealed about the lives of Native and homeless people, it also inspired laughter and engaged classroom discussions. My students, many of whom were from underprivileged minority groups in Myanmar, admired the hero's humor, generosity and perseverance. They decided that those qualities made up for his other flaws.

Alexie embraces his own flaws publicly in his books, talks and popular Twitter feed. He's more comfortable with the messiness of life than with the tyranny of perfection: "As a parent, I get angry when I see TV parents lying about how organized they are," Alexie says of sitcom and reality-TV family models. "And even if they are so perfectly organized, that's even more of a sickness than my chaotic life."

Though Alexie's work keeps him traveling frequently for book events and talks—often for schools, or organizations devoted to serving children and minorities of varied race, class, ability, religion or sexuality—he makes a point of connecting with his family. Sometimes it's a matter of just being in the same room together, he says, even if he and his wife and his two sons are doing their own things. Because there is no way to

achieve perfection in everything, a person has to make choices, he says. "The better you are as a parent, the less you will write. And I think I've been a good father. I have happily traded thousands of pages of work to be more fully present in my children's lives."

Being a parent has made Alexie aware of his effect on the world and how important it is to choose how to engage. "I want to be a father and a writer and an activist in all the same way," he tells me, "with 70 percent love and 30 percent cynicism."

# INFLUENTIAL BOOKS

Sherman Alexie says that most people's favorite books include things they read before age 16. The following are some of the books that were influential to him when he was young.

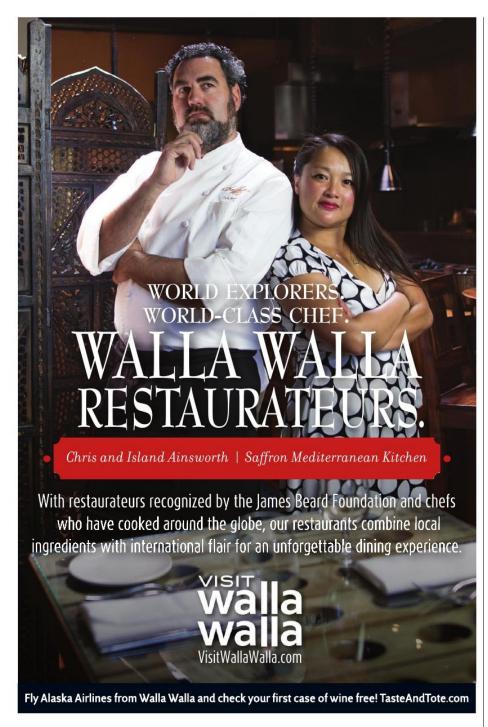
The Snowy Day, by Ezra Jack Keats. Alexie has said that this is the book that made him a writer. He told National Public Radio earlier this year that the pioneering book with a person of color as protagonist showed him "there was another person in the world who was like me."

The Grapes of Wrath, by John Steinbeck. Alexie cites this classic as an early influence, which—to many people's surprise at the time—he read before he was 5.

It, by Stephen King. "The hero has a speech impediment, a stutter, and I have a speech impediment," Alexie notes. "To have a heroic speech-impediment kid is pretty awesome."

Rifles for Watie, by Harold Keith. "About the Civil War and a Cherokee Indian who is actually a gun runner for the South. I loved this one growing up. It was the first book I'd seen where a Native American was fully involved in huge events. I didn't even know that; nobody ever taught us that."

**Comic books,** especially *Superman* and *Batman* comics. "I also got made fun of because I loved *Archie*." — K.H.





# SHERMAN Alexie

He finds this balance onstage in his signature storytelling that mixes sincerity with irreverence, all infused with humor. He kept the audience at the Seattle Children's PlayGarden luncheon laughing with him even when he was sharing a story about his recent brain surgery, the successful removal of a noncancerous tumor. In the groggy relief he felt waking after the surgery, he realized that what he'd been worried about most was losing language: "My surgeon, who is East Indian, was in the room, and—I'd been saving this for him—I said: 'I bet this is the first time an Indian has ever scalped an Indian.'" The audience seated at tables in the ballroom laughed.

"Now, some of you groan, some of you laugh," Alexie continued. "But I got no response from him. And I thought, 'Oh no, maybe I just thought I was speaking. Are the words gone? Nobody had a reaction to what I just said."

He explained the relief he felt when his wife leaned over and noted what he'd forgotten in a fog of anesthesia: "She said, 'Sherman, you've told that joke II times."

Words are Alexie's life, and he is an indefatigable champion of books and independent bookstores. Alexie is credited with starting the Indies First campaign that turns authors into booksellers at local bookstores on Small Business Saturday each November. The program began, Alexie says, because he was at his son's baseball game and forgot he was supposed to give a reading at the Queen Anne Book Company. He and the store's owners set up a day for Alexie to instead come in and sell books and talk to customers. The idea was picked up by the American Booksellers Association and went national. Alexie is happy to see independent stores thriving.

"I was one of the Chicken Littles about e-books," he says, referring to his initial wariness about electronic reading devices that haven't so far displaced print editions. "It turns out there was no revolution. E-books are just another way to sell books and aren't replacing books."

Alexie's newest book, Thunder Boy Ir., illustrated by Yuyi Morales, is Alexie's first children's picture book. The titular hero is named after his father but wants his own identity. Touching on Native American naming traditions, personal exploration and father-son relationships, the book was released in time for Father's Day 2016. Alexie says he had not timed it that way, though. "Seven Father's Days have passed while I was writing it," he explains. "It was hard to write. I thought because I wrote poetry, it would be easy, but it wasn't. It's that mixed audience, where you're writing for the kid and the parent, because you want the parent not to go crazy reading the book over and over again."

Like Thunder Boy, Alexie is a "Junior." He says that where he grew up, people chose fancy names, such as Aristotle, Aloysius and Elvis. "In the absence of traditional names, Natives often give their kids ornate names in English. I'm Sherman, my father's Sherman. His father was Adolph. Can you imagine being an Indian guy named Adolph serving in World War II?"

When he was young, Alexie was called Junior, but he also had other nicknames. His father called him "Regret," after Paul Regret, his father's favorite character in a Western movie: "It was the tilt of [the character's] chin. That's what Dad said. So, apparently, I was tilting my chin like a gunfighter when I was 2." Alexie admits that he was a fighter, too: "I stood up against everybody all the time," he says.

Alexie says he claimed his own identity by leaving the Spokane Indian Reservation where he grew up. First he left to attend high school in the nearby town of Reardan, Washington, where he encoun-



# SHERMAN ALEXIE

tered barriers tied to "race, class, culture and fear of the other—on all sides," he says. "It was a town you didn't even stop in as an Indian, because of the perceived animosity," he says.

Alexie chronicles the experience in his semiautobiographical Young Adult novel, *The Absolutely True Diary of a Part-Time Indian*. Later, Alexie moved farther away: to Spokane, for college, and then even farther, to Seattle, before marrying his wife (whom he had met in Spokane).

"We fell in love, and she wanted a bigger city. The choices were Seattle, Portland or San Francisco," he says.

He chose the closest city, and "as soon as I was in Seattle, I felt more comfortable with my life." Counter to the popular idea of finding yourself in nature, he says he discovered himself in whole-wheat croissants

and the Sunday newspaper bought at the corner store.

"I need airplanes flying overhead," he says. "I need random shouts, sirens, foghorns and ship horns. I don't need to *talk* to people, but I need people to be around."

When he left the reservation, he used the name he shared with his father. "In fact, when Dad was in the hospital, nurses and doctors would see his name and assume it was me," Alexie says. "He signed books of mine over the years."

Alexie's father also went to school off the reservation. Even in his isolation as the only Native American, he succeeded academically and socially. Alexie wonders whether his father's story could have been more like



Alexie supports independent booksellers such as the Elliott Bay Book Company in Seattle.

his own, were it not for "the booze, and the depression and the fact that Indians didn't go to college then. It wasn't even a possibility."

Alexie felt vilified when he chose to attend school off the reservation, but he says that it helped

open possibilities for the next generation.

Success like his does not necessarily come at the expense of tradition, Alexie says, but he also feels that tradition should be scrutinized, and allowed to change. We'll ultimately hold on to the best parts, he says.

"What I live my life with is storytelling at all times, and tolerance, and celebration of the eccentric."

He remembers a period from his career



# Are you getting the Microsoft Out of Microsoft Dynamics?

Fine Solutions can show you how.

Schedule your **FREE** discovery.

Contact us today 877-777-3463 • www.fine.com





when he was starting to travel and gain fame—and facing criticism from other Native Americans that what he was doing was somehow not Indian enough.

"I was onstage once talking, and I realized: I travel the world telling stories. My entire life is built on storytelling. I pay my mortgage because of stories. *I'm* the traditional one!"

Alexie sees his sons carrying on traditions in their own ways, too: The first is an Eagle Scout, and the second is in a choir. "Is it really all that different than berry picking and powwows?" Alexie asks.

Alexie evidently thought carefully about younger generations as he worked on his recent book. He tells me that writing books for kids who don't have many books written for them is a political act: "The quality of your life is proportional to the number of books you've read—the number of books in your house," Alexie believes.

He feels that there should be more books for kids who are underrepresented, with heroes who look familiar, have familiar lives and have positive experiences. For this reason, it was important for Alexie that *Thunder Boy Jr.* show an intact and loving Native family scenario in which "the search for identity is a joyous thing, rather than something born out of desperation—where it's about becoming who you are and not about survival."

The chance to create positive models is why Alexie writes for children and why he is involved in community work, such as with the Seattle Children's PlayGarden.

Alexie wants to help young people see all their options. "I grew up feeling hopeless and helpless," Alexie confesses. "I can't make these kids' decisions, but I can show them options."

Kristianne Huntsberger writes from Seattle. Sherman Alexie's memoir, You Don't Have to Say You Love Me, is due out in 2017. Learn more about Alexie at fallsapart.com.



Every day, the American Red Cross helps people prepare for, respond to and recover from every imaginable disaster.

Whether it's a home fire or flood, wildfire or winter storm, the generosity of our Northwest Region Ready 365 partners makes this possible—365 days a year.















Ready 365 partners are a select group of businesses that value the local impact and global reach of the Red Cross, have a deep commitment to our mission and are ready to help save lives every day of the year.

You can help too. Find out how at redcross.org.



142104 8/16





# HEART OF JALISCO

AUTHENTIC EXPERIENCES IN GUADALAJARA
BY ALEX PULASKI

BRIGHT TANGERINES, VERMILION TOMATOES and ripe mangoes are among the first to catch my eye in Guadalajara's Mercado Libertad. Continuing through the three-story downtown market, which is also known as Mercado San Juan de Dios, we are met with an instant sensory feast. We breathe in the aroma of simmering pots of stewed meats, listen to the bustle of vendors and customers, and admire colorful fabrics and decorated guitars hanging on the walls.

With more than 3,000 stalls in nearly half a million square feet on three levels, the colorful market contains everything from modern conveniences to age-old items such as powder "spells" designed to resolve work, finance or romance issues.

The market is also the place to sample two of Guadalajara's specialty dishes—birria, a goat stew (it can also be made from beef), or a torta ahogada, a "drowned sandwich" soaking in a spicy tomato broth. My wife and her sister seem mesmerized by assortments of Mexican candies stacked in sugar-laden chunks.

For centuries, Guadalajara has thrived as one of Mexico's cornerstone cities. It is constantly evolving and in some ways chic, yet



# Toin our legacy and live your dream

A Private Resort Community that will take oceanfront living to the next level.

Estate and Single Family homes, oceanfront condominiums,

Greg Norman Signature golf course and more.







Developed by Solman

For information

In Cabo call (624) 145.7577 USA & Canada Toll Free 844.645.2292 www.RanchoSanLucas.com

These materials are not an offer to sell or solicitation to purchase property to any resident of a state or country where registration is required prior to such offer or solicitation, and is void where prohibited by law





it retains a sense of the past in its splendid architecture and art. Through these, visitors catch a glimpse of the country's rich culture, fascinating past and vibrant present.

In many respects, Guadalajara, the capital of the Mexican state of Jalisco, embodies Mexico's heart and soul. Tequila was born in this state, as were mariachi music, Mexican rodeos known as *charreadas*, and even sombreros.

Today, the Guadalajara metropolitan area remains a focal point of Mexican handicrafts, from glass trinkets costing a few pesos to elaborate furnishings worth thousands of dollars. The city is also Mexico's third-largest economic producer, excelling in computer manufacturing, jewelry production and agriculture.

The Centro (downtown) consists of a series of walkable plazas, where you will find families shopping and children splashing water in fountains.

We delve into Mexico's past at the **Hospicio Cabañas**, a former hospital and orphanage that is home to 57 works by muralist José Clemente Orozco.



Clockwise from upper left: A farmworker cuts leaves off an agave plant. Colorful fruits and juices are displayed at Mercado Libertad. Casa Luna restaurant offers live music in its courtyard.

Orozco is considered one of the greatest Mexican muralists, along with Diego Rivera and David Alfaro Siqueiros, and his subjects range from Spanish conquistadors to politicians.

Overhead, Orozco's most renowned fresco, *Man of Fire*, shows a man rising from flames. We examine this and each fresco carefully to appreciate how Orozco creates illusions of perspective. As we pass by, they seem to move: A wheel rotates, heads turn and streets change angles.

Two more of Orozco's famous works—one of Father Miguel Hidalgo sparking Mexico's independence movement from Spain in 1810, and one of Hidalgo liberating Mexico's slaves—can be seen a few minutes' walk away at the **Palacio de Gobierno**, an impressive Baroque structure completed in 1774 that houses government offices and is open to the public.

Other noteworthy sights in the city center include:

- The Guadalajara Cathedral, a magnificent Spanish Renaissance–style church completed in 1618 after decades of work.
- The Teatro Degollado, a Neoclassic marvel, finished in 1866, that today hosts performances and is home to the Jalisco Philhar-



A calandria, or horse-drawn carriage, will give you a scenic tour around Guadalajara while the driver describes the sights.

the sights, including Nueve Esquinas neighborhood, named for the nine corners created by intersecting streets.

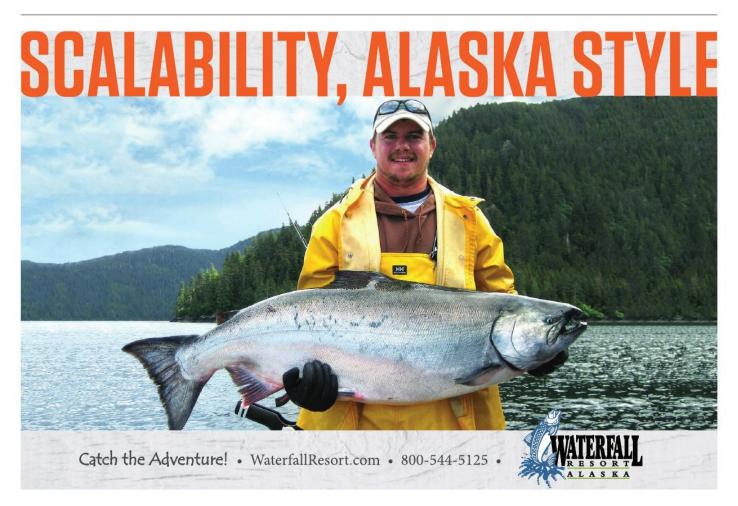
monic. Reputed to be one of the best-preserved and most ornate theaters in Latin America, it's open to visitors from IO A.M. to 2 P.M., Tuesday through Friday.

- Plaza de los Mariachis, a triangular plaza where the troubadours begin to gather in the late afternoon and play songs into the night for a nominal fee.
- Horse-drawn carriages known as *calandrias*, which stand waiting in the city center, their drivers ready to describe a tour of

# **EXPERIENCING TEQUILA**

As U.S. sales of tequila have doubled over the last 10 years, the state of Jalisco has experienced its own tourism boom. It's only about an hour by car from Guadalajara to the city of Tequila, and a variety of tour operators offer organized day trips.

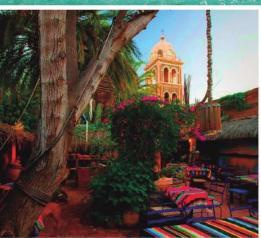
We opt for a tour with Clayton Szczech, a self-styled tequila connoisseur. He guides us around the area, where we watch a *jimador* harvest the agave plant from which tequila is made.



# DISCOVER THE MAGICAL ISLANDS OF LORETO WITH THE PERFECT MEXICAN GETAWAY











Enjoy and experience our packages! 4 nights starting from

\$133<sub>USD</sub>

Per person, per night, based on double occupancy.

Promo Code: ASSEP16

## Package includes:

- · 4 nights and 5 days in Deluxe Studio Suite
- EP package
- 2 kids complimentary stay (under 12 years old, based on European plan)
- · Loreto city tour
- · Tequila tasting
- Mexican cooking lesson
- · Family kayaking tour on beach property
- · Mexican private dinner at the fire pit
- · \$25 USD credit per person to the Sabila Spa

Booking window: August 01 - November 30, 2016 and travel between August 01 - December 15, 2016

For more adventures please visit: www.villadelpalmarloreto.com















866 209 0726 • reservaciones.vdpl@vgloreto.com • villadelpalmarloreto.com



At the Islands of Loreto, México



#### ICONIC ESTATE | Bellevue, WA

Timeless & luxurious masterpiece estate offers Bellevue's finest oasis on 2.5 private, lush acres. 14.140 sq.ft, of unrivaled amenities, \$13.800,000. MLS#948610. meydenbauerluxury.com Anna Riley · 425.761.8836 · WRE/East



#### SEAPORT VICTORIAN | Port Townsend, WA Meticulously refurbished to unify Victorian charm with modern conveniences. This 4,500 sq. ft. classic overlooks the glistening bay just above historic downtown. \$2,250,000. MLS#901455.

Jan Garing · 360.301.5492 · WRE/PT



#### BEACH RETREAT | Shoreline, WA

Rare, low bank Puget Sound, custom new construction. No expense spared. Front row seat to shipping lanes, whale watching & sunsets, Northwest living at its finest! \$2,378,000. MLS#930428. Cori Whitaker · 206.795.4361 · WRE/North



## LIVE ON THE CUT | Seattle, WA

Majestic Tudor Revival-elegant light-filled rooms, cook's kitchen, active waterfront views. Private large site in Montlake Historic District. \$2,599,000. MLS#969100.

Barbara Shikiar · 206.484.2446 · WRE Co.



Official Real Estate Company of the Seattle Seahawks



#### #TACKLEHOMELESSNESS

For every Seahawks home game tackle, the Windermere Foundation will donate \$100 to YouthCare, a non-profit providing support and services to homeless youth.



## NEW BDR HOME | Kirkland, WA

Award winning BDR Homes presents 3 new modern design homes just a short distance to downtown Kirkland's vibrant resort style community. \$1,598,800. MLS#954278.

Lynn Sanborn · 206.227.5966 · WRE/East



#### SWEEPING VIEWS | Clyde Hill, WA

Stunning views create a wonderful backdrop for this bright and charming rambler located on the top of Clyde Hill. \$2,848,000. MLS#1012660. crownofclydehill.com

Anna Riley · 425.761.8836 · WRE/East



WATERFRONT | Bainbridge Island, WA Exceptional 10-acre waterfront estate boasts a gorgeous 6,000± sq. ft. home and a beautiful 280-foot stretch of beachfront! \$5,895,000. MLS#962850. HuntWilson.com

B. Hunt & M. Wilson · 206.300.4889 · WRE/BI, Inc.



## WATERFRONT | Mercer Island, WA

Extraordinary Ross & Ralph Anderson designed/built 4,540 sq. ft. masterpiece on 80' Lake Washington waterfront. \$5,480,000. MLS#956728. 4014EMercerWay.com

Larry Williams · 425.445.9870 · WRE/MI



A WORLD OF EXCEPTIONAL HOMES

windermere.com



WATERFRONT | Bainbridge Island, WA Fabulous waterfront compound with two beautifully updated, Hal Moldstad-designed homes, 830 ft. of beach and private dock.

\$3,200,000. MLS#968215. VesnaSomers.com Vesna Somers · 206.947.1597 · WRE/BI, Inc.



STUNNING VIEWS | Madrona, WA
Light-filled contemporary home with 2,400 sq. ft.,
3 levels and sweeping lake Painier and Cascade

3 levels and sweeping lake, Rainier and Cascade views. 3 bedrooms, 2.25 baths and den. \$1,475,000. MLS#894808. barbcahillhomes.com Barbara A. Cahill · 206.261.7272 · WRE/NW, Inc.



LAKESIDE TUDOR | Seattle, WA

Stately 1930s Waterfront estate 60 feet of no bank waterfront on a  $\frac{1}{2}$  acre lot ~ the ideal staycation! \$4,495,000. MLS#1007719.

Deirdre Doyle · 206.234.3386 · WRE/Midtown



LUXURIOUS.

IMPECCABLE.

DISTINCTIVE.

Allow us to help you discover an extraordinary home anywhere in the world through our local and global expertise.

LUXURY PORT OLIO



WATERFRONT ESTATE | Kirkland, WA

Elegant 10,000+ sq. ft., 6 beds, 5+ bath estate features expansive living areas, luxurious amenities, pool & 60 ft. of prime west-facing waterfront with moorage.\$5,250,000. MLS#900179. Bryan Loveless · 425.968.8181 · WRE/NE



WATERFRONT CONDO | Kirkland, WA

Ground floor 3,792 sq. ft. condo. Separate second floor guest suite. 75 ft. of Lake Washington frontage, private patio, 60 ft. dock, protected moorage, spectacular views. \$3,000,000. MLS#976690. Bryan Loveless · 425.968.8181 · WRE/NE



LUXURY WATERFRONT | Salmon, ID

38 acres on 4th of July Creek. Gated, custom stone & logwork. Rumford fireplaces, commercial kitchen, guest quarters & stables. Near airport & shopping. \$1,995,000. MLS#16-319804.

Cheryl Concannon · 208.720.4806 · WRE/Sun Valley



LUXURY WATERFRONT | Bellevue, WA

Elegant lakefront paradise nestled on 94' of west Lake Sammamish shoreline with dock, boat/jet-ski lifts, balcony, outdoor living & hot-tub. \$4,988,000. MLS#942178. KritsonisLindor.com Karl Lindor · 206.890.8227 · WRE/East



LUXE IN LESCHI | Seattle, WA

Custom built new home with commanding view. Designed for serious entertaining or comfortable daily living. 4 bed, 3.5 baths, office, media room & private elevator. \$2,225,000. MLS#910538.



OCEAN VIEWS | La Jolla, CA

Exceptionally designed architectural masterpiece. 5 bed, 6.5 baths and breathtaking views. \$11,500,000. MLS#160041547.

Nadia Merk · 858.750.9867 · WRE/WH&E Azar M. Khazian · 858.229.5119 · WRE/WH&E



A WORLD OF EXCEPTIONAL HOMES

windermere.com



QUINTESSENTIAL | Yarrow Point, WA

Old world touches, contemporary spaces. 3 bed, bonus, guest quarters, gorgeous kitchen and yard create this stylish, forever home. \$2,988,000. MLS#904059. WendyPaisley.com Wendy Paisley · 206.650.5812 · WRE/East



# Larson Medical Aesthetics



NON-SURGICAL FACELIFT
LASER SKIN TREATMENTS
INJECTABLES
CHEMICAL PEELS & FACIALS
LIFESTYLE MEDICINE PROGRAM
COOLSCULPTING

Call to schedule your complimentary consultation today! 206.274.0815

RECEIVE 20% OFF with mention of this ad!

Offering several convenient locations in the greater Seattle area.

Margaret L. Larson, ARNP, MSN, FNP-C is a master's prepared nurse practitioner board certified in Family Practice, cosmeseutical procedures such as laser skin, radio frequency skin tightening and lipolysis, Botox Cosmetic and filler treatments, chemical peels and Metagenics FirstLine Therapy, a medically guided weight loss and disease management programs.

larsonmedicalaesthetics.com



#### WHEN YOU GO

#### Lodging

Villa Ganz Boutique Hotel: The onetime mansion retains its gilded charm and is remarkably affordable, starting at about \$80 a night (877-232-2218; en.villaganz.com).

Casa Fayette: Enter the sophisticated hotel through its lobby in a renovated 1940s Art Deco mansion before making your way to the sleek, modern rooms above (+52 333-679-2000; casafayette.com).

#### Dining

Casa Luna: Dine on contemporary Mexican food in a lantern-lit courtyard while a band plays. The passion fruit margaritas are spectacular (+52 331-591-4735).

La Tequila: This restaurant serves tequilas by the dozens and offers a savory salsa made tableside (+52 333-640-3440; latequila.com).

#### Tequila Tour

Experience Tequila: For a tour of Guadalajara and Tequila, guide Clayton Szczech is native in English and fluent in Spanish (503-922-1774; experiencetequila.com). —A.P.

Later, we see the production areas at the small-scale **Tequila Fortaleza** distillery, which still uses stone *tahonas* (circular grindstones), instead of modern-day mechanical rollers, to crush the agave.

It's not necessary to leave Guadalajara to get a taste of tequila, however. La Fuente, an old-school bar in the city center, is so well-known that there is no sign outside. It's a great place to sample a variety of labels and styles, ranging from young silver tequilas to barrel-aged reposados to the complex, smooth anejos.

The namesake drink is also showcased at La Tequila. This upscale restaurant impressed us with dishes including warm salsa made right at the table, and a tender flank steak served with melted cheese, chorizo, cactus bits, beans and guacamole. The complimentary dessert,

## a refreshing lemon sorbet, is served with

#### TOURING TLAQUEPAQUE

a whisper of-you guessed it-tequila.

Home to street after street and shop after shop filled with intricate handicrafts, the suburb of Tlaquepaque, about 3 miles southeast of the city center, merits at least an afternoon to explore.

Colorful, handmade beaded bracelets are available at the indigenous Huichol shops that line **Calle Independencia**. We wander through stores that sell everything from fine leather to handmade clothing to tile work known as *talavera*.

On one corner in Tlaquepaque, the spectacular **Voladores de Papantla**, or flyers, suspended by ropes, cast themselves from the top of a pole and spin around it. The flyers perform several times a day, and sell souvenirs afterward.

When you are in need of refreshment, the Casa Luna restaurant has a picturesque courtyard, ideal for enjoying a cerveza or a bite to eat. As late afternoon melts into evening, dozens of lanterns sway overhead and bloom with light, competing with the stars overhead.

To finish the evening, we head to Tlaquepaque's garden courtyard known as El Parian, where colorfully clad mariachi singers serenade our group for a small tip. For visitors who don't know which song to request, a perfect choice is Guadalajara, an homage to the city, concluding with these words: Guadalajara, Guadalajara! Tienes el alma mas mexicana.

The words ring true: This city does have the most Mexican of souls.

Alex Pulaski writes from Portland.

Alaska Airlines offers daily service to Guadalajara from Los Angeles and San Jose. For more information or to book tickets, visit alaskaair.com or call 800-ALASKAAIR.

### PACIFIC NORTHWEST WINES













# EXPLORING THE YUCATÁN

SITES, RITUALS AND CUISINE UNITE ANCIENT MAYA AND MODERN CULTURES BY JILL K. ROBINSON

FROM A SHADED CAFE TABLE on **Paseo de Montejo**, the elegant main boulevard of **Mérida**, I watch a diverse population of passersby and sip a bottle of crisp Montejo beer.

Fashioned after the Champs-Élysées in Paris, Paseo de Montejo is lined with stunning architecture and rows of trees. I see office

workers in suits, women in colorful *huipil* garments and university students chattering about coursework. All are taking their time—no need to rush along a beautiful thoroughfare.

Mérida is both the capital and largest city of the Mexican state of Yucatán. About 200 miles west of Cancún, Mérida merits a day or

#### OPENING A WINDOW TO THE WORLD

#### SEATTLE | BAINBRIDGE ISLAND | KIRKLAND | ISSAQUAH | MADISON PARK





#### ORCAS ISLAND, WA

23 acres of impeccably maintained grounds with artistic works by local artists. Large entertaining home with views of Mt. Baker, Bellingham Bay, the Georgia Strait and the lights of Vancouver. Guest house, climate-controlled greenhouse, waterfalls, and beautiful firepit. This elegant property offers serene comfort along with extravagant features and beauty. Offered at: \$1,895,000 | MLS#1005514

Angela Pepka | angela.pepka@rsir.com | 425.442.6203 Kathryn Bowes | kathryn@sanjuans.com | 360.317.6337



#### SEATTLE, WA

72 feet of waterfront heaven! Seattle area Cape Cod style home enjoys 180+ degree west facing seascape views from most every room. At low tide beach is flat and reaches for miles. Gourmet kitchen. Dine & entertain on a 60 foot + view deck. Hot tub included! "Life is Better at the Beach!"

seattlebydesign.com | standringlanewaterfront.com Offered at: \$2,100,000 | MLS# 975499

Barry Bergner | 206.769.2958 | barry@seattlebydesign.com Rick Miner | 206.940.1180 | rickminer@duckin.com



#### **OLYMPIC PENINSULA, WA**

Award-winning home, stunningly sited for views of Olympic Mountains, Elwha River and Strait of Juan de Fuca to Canada. Native post and beam construction affords a pristine and authentic Pacific Northwest retreat. For more info and to view video visit elwhariverretreat.com Offered at: \$1,197,000 | MLS# 922497

Sue Eller | 360.797.3081 | sue.eller@rsir.com Leah Applewhite | 206.387.0439 | leah.applewhite@rsir.com



#### **OLYMPIC PENINSULA, WA**

10 acre oceanfront estate - stunning property nestled between the majestic Olympic range and the picturesque Strait of Juan de Fuca. Luxurious custom 4,613 sq. ft. home with magnificent oceanfront views. Extraordinary garden sanctuary with sweeping panoramic views over 360 feet of high bank waterfront. Award-winning property.

Robert Pong | 206.310.2014 | robert.pong@rsir.com Sue Eller | 360.797.3081 | sue.eller@rsir.com



#### VASHON, WA

Over 900 feet of exotically landscaped beachfront and its own lighthouse, this spectacular shingle-style estate is the ultimate expression of Vashon Island grandeur. Lavish use of stone, river rock and timber create a majestic elegance that evokes the Mt. Rainier vistas and native surroundings on view through its walls of windows. Oferred at: \$18,000,000 | MLS# 882661 | DeniseSeavitt.com

Denise Seavitt | 206.841.8788 | Denise.Seavitt@rsir.com



#### WHIDBEY ISLAND, WA

Waterfront Estate with panoramic views of the Sarato-ga Passage, Cascades & Mt. Baker. Nearly10 acres of gated & fully-fenced property with 5 bedrooms, 7 bathrooms, library, guest house, three car garage with guest apartment, formal gardens, stone terraces. Minutes to ferry & Langley Village. Offered at \$5,200,000 | MLS #687871

Scott Wasner | 206-910-1410 | scott.wasner@rsir.com



#### SEATTLE, WA

Exquisite floating home in the 'Best View' position in Roanoke Reef. Magnificent 2-story home with moorage Private gated entrance. Garage parking. Rooftop deck with 360 views. Gourmet kitchen. Oak floors, cherry cabinets, air conditioning, on-demand water heater. Electric induction cooktop. What a way to make a splash! Offered at: \$3,400,000 | MLS# 1012820 | roanokereeffloatinghome.com

Enrico Pozzo | 206.790.7874 | enrico@seattlebydesign.com Rick Miner | 206.940.1180 | rickminer@duckin.com



#### **DEMING, WA**

Stunning mountain retreat with a majestic view of Mt. Baker from nearly every room. The home offers privacy perched high on the hill looking over the winding river to the white capped mountain top. The area has outstanding hiking, helicopter skiing, rock climbing and numerous outdoor adventures

Offered at \$1,200,000 | MLS# 867726

Kathy Madsen | 206.953.1421 | kathy.madsen@rsir.com



#### SEATTLE, WA

Magnolia: Iconic in nature, the brick home represents quintessential living in Fort Lawton at Discovery Park. Light filled and fully-restored with new cabinetry, quartz counters, plumbing, electrical, hydronic in-floor heating & appliances -- all within a landmark-protected structure that includes tile and copper roofs, gutters and downspouts. Sold \$1,050,000 | MLS# 868856 | FreemanNW.com









Clockwise from upper left: Mérida's Regional Museum of Anthropology showcases Yucatán culture. Visitors can boat in the Sian Ka'an Biosphere Reserve. Tulum has ancient Maya ruins alongside scenic beaches.

more trip to explore historic architecture and some of the best museums of the Yucatán Peninsula.

This vast region, which includes the Mexican states of Yucatán and Quintana Roo, is impossible to cover completely in a short trip, so every time I visit, I choose a theme to carry me through my travels. This time, it's the Maya culture.

I pick two museums to visit in Mérida: the **Regional Museum** of Anthropology in the Palacio Cantón and the Gran Museo del Mundo Maya. The Gran Museo del Mundo Maya houses more than I,Ioo Maya artifacts, while the Palacio Cantón includes the

overall culture of Yucatán from pre-Hispanic inhabitants through the colonial period and into independent Mexico.

In addition to Maya ruins, I encounter children with Spanish textbooks greeting their parents in Mayan; traditional Maya clothing; and spa treatments once practiced by those who lived among the temples. I can also taste foods of the modern world that were refined centuries ago in the Maya

world, including avocados, chocolate, tamales and corn tortillas. Another option is *poc chuc*, a uniquely Yucatecan dish where pork is marinated with sour-orange juice and vinegar, and slow-cooked.

From Mérida, I drive east toward the famed ruins of Chichén Itzá, but find myself compelled to stop after about 40 miles to visit the golden city of **Izamal**. I admire the sun's glow, which, combined with the uniform color of the town—every house, church and shop is painted the same sunny yellow hue—causes Izamal to shine like no other place I've seen.

When I leave Izamal, I continue about 45 miles east to Chichén



The Belmond Maroma Resort & Spa offers healing spa treatments, including the traditional temazcal ceremony where visitors can relax in a steam-filled structure made of stone or mud.

Itzá, one of the New 7 Wonders of the World. I walk quickly to the great pyramid El Castillo. The giant temple is a tremendous sight: geometric and imposing. I spend hours admiring the wonders of Chichén Itzá's stone carvings and impressive design, then I head to Valladolid, about a 30-mile drive to the east.

Until the 20th century,

Valladolid was the third-largest
city of the Yucatán Peninsula,
and had so many Spanish-style
mansions and churches that it
became known as "The Sultana
of the East." I stop at Casa de
los Venados—a private home/

museum—to peruse more than 3,000 pieces of Mexican folk art.

Then I drive east to the coast, to **Cancún**, where visitors can enjoy the bustling nightlife, fine dining and gorgeous beaches. From Cancún, it's an easy drive south to view native wildlife at the Sian Ka'an Biosphere Reserve, to admire Maya ruins in Coba and



# 20/20 LIFESTYLES

# LOWERING CORPORATE HEALTH CARE COSTS IN REAL DOLLARS SINCE 1972

### **PROBLEM**

20% of employees spend 80% of your medical dollars and most wellness programs only take care of the healthy employees.

### SOLUTION

20/20 LifeStyles cures those with costly medical conditions such as Type 2 Diabetes, High Blood Pressure and High Cholesterol. Employees in remission eliminate medication and thereby cost you less, plus they increase productivity, up their attendance, and have fewer medical visits.

#### **PROVEN SUCCESS**

TYPE 2 DIABETES
73% (normalize blood sugar)

HIGH BLOOD PRESSURE 79% (normalize blood pressure)

HIGH CHOLESTEROL 61% (normalize cholesterol)



REVERSE YOUR RISING HEALTH
CARE COSTS WITH EVIDENCED
TECHNIQUES AND REAL SOLUTIONS

**Call (425) 376-3333** or visit **2020lifestyles.com/wellness-program** and arrange for a presentation of the 20/20 Wellness Program with Dr. Mark Dedomenico, renowned cardiovascular surgeon, founder of 20/20 LifeStyles, and best-selling author.



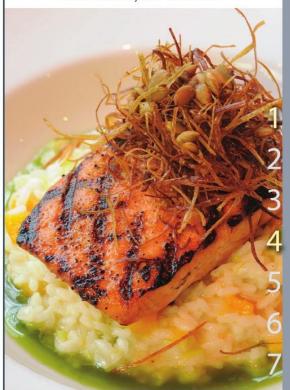
**SPECIAL OFFER:** Get the **FREE BOOK** "Lowering Corporate Health Care Cost" or download the audio version at **2020lifestyles.co/wellness-program**.



Where Seattle Goes For Seafood



Pier 56 on Seattle's Waterfront, 1201 Alaskan Way, Seattle, WA 98101 www.ElliottsOysterHouse.com



Portland's Freshest Seafood



Fox Tower overlooking Director Park 838 SW Park Avenue, Portland, OR 97205

www.RingSideFishHouse.com

### America's Top Ten Seafood Houses



Tom Horan's America's Top Ten Club is globally recognized as the authority of fine dining in America. No independent restaurant pays to be on our list of Top Ten establishments.

Elliott's Oyster House Seattle, WA elliottsoysterhouse.com

Bourbon House
New Orleans, LA bourbonhouse.com

Z's Oyster Bar & Steakhouse Louisville, KY oysterbor.com

RingSide Fish House
Portland, OR ringsidefishhouse.com

The Sea Fire Grill
New York, NY these of iregrill.com

Osetra

San Diego, CA osetrafishhouse.com

Tony Mandola's Houston, TX tonymandolas.com

Eddie V's Prime Seafood Scottsdale, AZ eddiev.com

Lynnhaven Fish House Virginia Beach, VA lynnhavenfishhouse.net

Capt. Anderson's Restaurant
Panama City Beach, FL captanderson.com

America's Top Ten Club 12 Greenway Plaza, Suite 1100 Houston TX 77046

#### WHEN YOU GO

#### Lodging

Rosas & Xocolate: Boutique hotel in Mérida that honors the importance of cocoa beans in the tradition of the Maya civilization (+52 999-924-2992; rosasandxocolate.com).

**Rosewood Mayakoba:** Luxurious waterfront enclave surrounded by a lush jungle just south of Cancún (888-767-3966; rosewoodhotels.com).

#### Dining

La Chaya Maya: Sopa de lima, panuchos, salbutes, empanadas and more are highlights on this Mérida restaurant's Yucatán menu (+52 999-928-4780; lachayamaya.com).

**Kinich:** Traditional Yucatecan cuisine (such as *poc chuc*) served in an open-air patio in Izamal (+52 988-954-0489; facebook.com/Kinich-Izamal-202926983057845). —*J.K.R.* 

in Tulum, and to visit spas and beaches in Playa del Carmen.

#### BACK IN TIME

In Mayan, *Sian Ka'an* translates to "Origin of the Sky." Standing at the edge of one of the lagoons in southern Quintana Roo and along the shore of the Caribbean, it can seem that there is nothing but sky, emerging from the waves.

At 1.3 million acres, the Sian Ka'an Biosphere Reserve, just over 100 miles south of Cancún, is the Mexican Caribbean's largest protected area and was designated a UNESCO World Heritage Site in 1987. The reserve is home to many native and endemic animals, including more than 300 species of birds and 103 mammal species, such as ocelots, margays and manatees.

Sian Ka'an and the two other well-known Maya sites in Quintana Roo—
Tulum and Cobá—afford glimpses into ancient Maya times. At Tulum's spectacular cliff-side perch, ruins are cast against a backdrop of the brilliant turquoise sea. Inland, visitors can feel like Indiana

# TIMESHARE PROPERTIES FORECLOSURE SALES

Starting at LESS than \$1,995

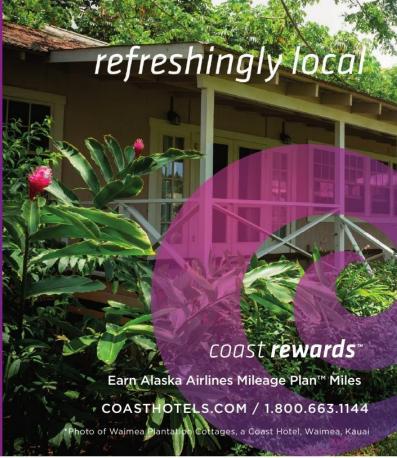


#### WorldMark & Vacation Internationale

HILTON-WESTIN-SHERATON-MARRIOTT-DISNEY-DIAMOND MEXICO, ORLANDO, HAWAII, LAS VEGAS, EUROPE & More NEVER PAY RETAIL FOR TIMESHARE PROPERTIES!

SmartShare.com the Timeshare Resale Specialists
TOLL FREE 800-338-2900 or visit www.SmartShare.com





## Costa Rica

9-Day Tour—**\$1195** with All Meals Included

Volcanoes, Rainforests, and Beaches!—Caravan makes it

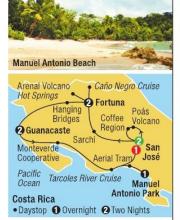


so easy and affordable for you to visit Costa Rica.

Your Costa Rica vacation is all-inclusive with all meals, all hotels, all activities, a great itinerary, all airport transfers, and all transportation and excursions in Costa Rica with a professional Tour Director.

Join the smart shoppers and experienced travelers. Call now for choice dates!

66 Brilliant, Affordable Pricing ?? —Arthur Frommer, Travel Editor



Guided Tours Since 1952 + tax.fees Guatemala with Tikal 10 days \$1295 Costa Rica ..... 9 days \$1195 Panama Canal & Tour 8 days \$1195 Nova Scotia, P.E.I. 10 days \$1395 Canadian Rockies 9 days \$1595 Grand Canyon, Zion 8 days \$1395 California Coast 8 days \$1495 Mount Rushmore 8 days \$1295 New England Fall Color 8 days \$1295

FREE Brochure Caravan.com | 1-800-Caravan

caravan

# Plastic Injection Molding



# WORLD RANKED BROKER



**Premier OR & WA Broker** 

Real Estate EXPERT with proven RESULTS!

GET LISTED! GET SOLD!

#1

Broker Pacific NW

#18

Broker in the USA

#59

Broker in the WORLD!

RE/MAX equity group

Text/Call 360.607.4100 • 888.888.8284 • Terrie@TerrieCox.net

USA-RELOCATE.com



Jones in the jungle ruins of Cobá, where many structures are covered by thick vines. But it's in Sian Ka'an that the temples seem to come to life, and you can kayak in Chunyaxché, an azure lagoon linked to the open sea by a narrow canal system that the ancient Maya constructed to provide access to the Caribbean. It's here that it's easy to envision what they experienced.

#### CENOTES AND SPA RITUALS

Limestone sinkholes called *cenotes* are scattered throughout Quintana Roo. The freshwater flowing through these cenotes served as the main source of water for the ancient civilization, and the cenotes themselves were believed to be portals to Xibalba, the Maya underworld. I explore the cave-and-cenote system of **Aktun-Chen Natural Park in Akumal**, about 15 miles south of Tulum, admiring the stalactites and stalagmites. The cenote's deep, crystal-clear water reveals the limestone bottoms of the natural wells.

To relax after exploring the sites and to learn how spa treatments relate to Maya culture, sign up for a temazcal ceremony, such as the one at Belmond Maroma Resort & Spa in Playa del Carmen, around 40 miles south of Cancún. The ritual is typically performed in a mud or stone structure where chanting accompanies a steam created by dousing heated rocks with herb-infused water.

From spa treatments to ancient ruins, I am enamored and impressed by the way the ancient culture continues to have a strong hold in the Maya world.

Jill K. Robinson writes from the San Francisco Bay Area.

Alaska Airlines offers seasonal nonstop service between Cancún and Seattle starting Nov. 6. To book flights or a complete Alaska Airlines Vacations package, visit alaskaair.com, or call 800-468-2248.

# Footloose & fancy-free

Dancing Blue-footed boobies. Mischievous juvenile sea lions. The islands and islets of *Mexico's Sea of Cortés*—the Galápagos of the North—where the gregarious wildlife make it a fiesta! Celebrate natural wonders, exploration, a mule ride, and play days with whales, whale sharks, dolphins, Mobula rays, humpbacks, and pelicans.

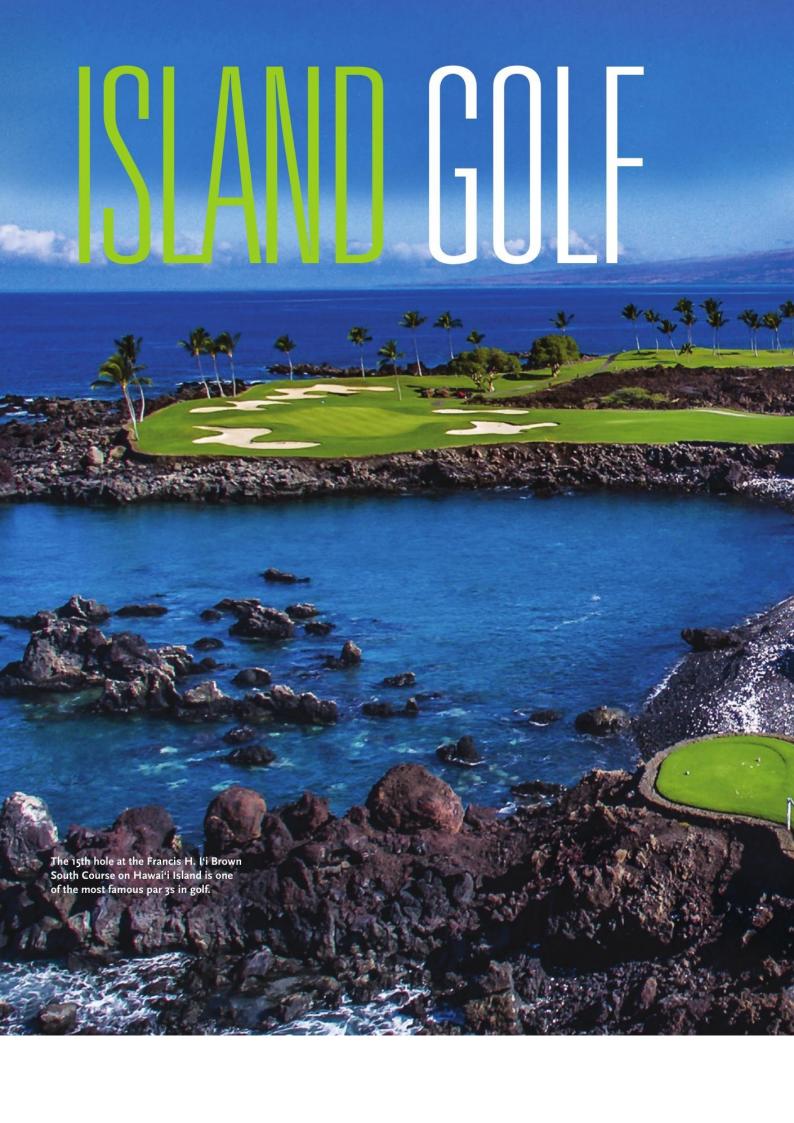


since 1996

7-night adventure cruise • 84 guests • Nov - Mar

888-862-8881 UnCruise.com

KAYAKING I PADDLE BOARDING | SNORKELING I HIKING I SKIFFING





# Nice lineup.

We've added 40+ free shows from some of TV's best networks so you no longer have to stare at a headrest.



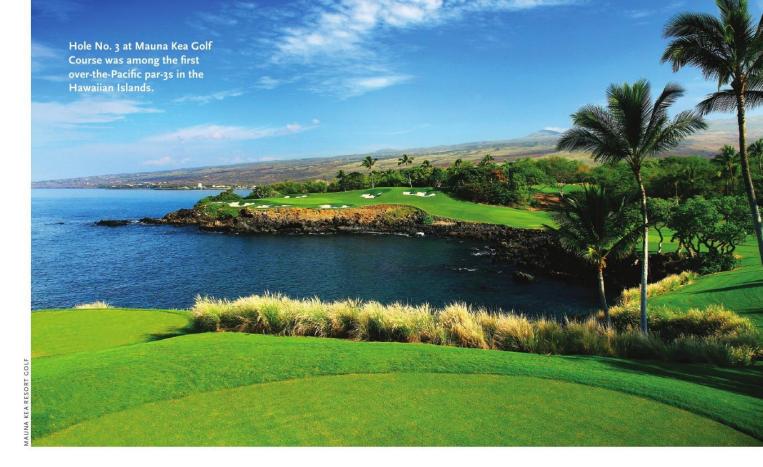






HGTV, House Hunters International, and their respective logos are trademarks of Scripps Networks, LLC. Food Network name and logo are trademarks of Television Food Network, G.P. Travel Channel name and logo are trademarks of The Travel Channel, L.L.C. Used with permission; all rights reserved.

Alaska.
AIRLINES



# HAWAI'I ISLAND

#### Mauna Lani Resort, Francis H. I'i Brown South Course

Maunalani.com Length: 6,924–5,138 yards Blue Tees: 6,453 yards Par 72

Mauna Lani sits as the middle pearl in a strand of golf resorts draping the Kohala Coast north of Kailua-Kona. The two Mauna Lani courses: Francis H. I'i Brown North and South, are really Frankentracks, derived from an original course developed in the early 1980s that was split and new appendages added. It all blends wonderfully, except first-timers will notice that neither course returns to the clubhouse between the ninth and 10th holes. Both the North and South courses offer dramatic views and play, including the North course's par-4 16th hole, a double dogleg to the right, and the par-3 17th hole that is built in a volcanic cauldron and boasts a massive spouting rock in the middle of a sand trap. However, for this exercise, we are focusing on the South Course.

SHOW: No. 15: Par 3, 158 yards

There are courses in the world where one hole isn't just recognizable—it is downright iconic. The Road Hole at Royal St. Andrews, No. 18 at Pebble

Beach, Sawgrass' 17th and the South Course's 15th are all such holes. Mauna Lani's addition to the list isn't an epically long shot over the cobalt-blue cove, even if the wind is blowing. The green is Texasimmense, and the hole offers several more states' worth of bailout areas around the green. Yet I still always manage to donate a few golf balls to the drink on this hole, usually one long and one left, and I never get perturbed. You really should play this one back from 190 yards.

KNOW: No. 7: Par 3, 163 yards

This gorgeous, watery hole on the front nine—with the ocean on the left—is, to my way of swinging, far more complicated than simply hitting over the blue void. It's rated easier than No. 15. However, with its long, narrow green and treacherous front-hole location, that seems a supreme miscalculation by the USGA.

#### Mauna Kea Golf Course

Princeresortshawaii.com 7,370–5,096 yards Resort Tees: 6,358 yards

Par 72

Modern Hawaiian golf began with Mauna Kea Resort and its course, a big, brave step into the arid and undeveloped northerly end of western Hawai'i Island. The resort and the course were the first luxury destinations built in the Kohala lava

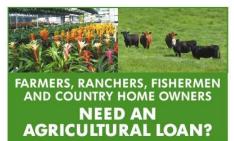






800.367.5030 | www.napilikai.com Maui, Hawaii

Cannot be combined with other specials offers. Valid on new reservations only. Other restrictions may apply.



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

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

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

#### CALL ONE OF OUR LOAN OFFICERS AT:

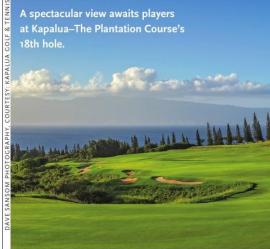
ОАНИ ОFFICE: 99-860 Iwaena St., Suite A, Aiea, HI 96701 Ph: 808 836-8009 • Fax: 808 836-8610 • www.hawaiifarmcredit.com **Huo OFFICE**: 988 Kinoole St., Hilo, HI 96720 Ph: 808 836-8009 • Fax: 808 961-5494 From: Neighbor Islands, Toll Free 1 800 894-4996



100

FCS of Hawaii, ACA is part of the Form Credit System, a nationwide system of leading agricultrud financial institutions which started in 1917 FCS of Hawaii, ACA has been doing business in Hawaii since 1966 through its subsidiery the Federal Cand Bank Association of Hawaii, RCA. The FCS of Hawaii, ACA is not a Federal Agency of the Federal Covernment. Registered with Nationwide Mortgage Licensing System (NMLS) by #30580.

#### Hawai'i \ Golf



lands and quickly became a trendsetter in many ways.

SHOW: No. 3: Par 3, 179 yards

As with the property in general, this hole was an archetype. It was the first of the shore-hugging, over-the-Pacific par 3s when it opened in the mid-1960s to much fanfare. Even if you move up in the tee box, it's a decent carry just to reach the bunkers tucked in short of the green, so dry isn't necessarily a bogey. And if you are fearless, it can be played to a length of 270-plus yards.

KNOW: No. 11: Par 3, 206 yards

At most any other place, the IIth hole would be the star attraction: a downhiller played to a plateau green just above the surf. Play to the yardage, at least, owing to a false front and the frequent knockdown breezes.

#### Hualālai Golf Club

Hualalairesort.com

Length: 7,117–5,374 yards Championship Tees: 6,632 yards

Par 72

The Hawai'i Island must-play has broad green serpentine swaths that bank through a lava flow, which, in geologic terms, is still an infant. You can view big volcanoes and the vast blue ocean throughout. It's an exclusive layout, so book a stay at the Four Seasons Resort Hualālai or one of its rentals.



#### SHOW: No. 17: Par 3, 161 yards

The backdrop is stunning on this shorty, with the cross breeze right down on the wave-crested rocks. Ignore the ribbons of lava and the Van Winkle beard of sand. Aim left and ride the wind back to a humongous green.

#### KNOW: No. 7: Par 5, 538 yards

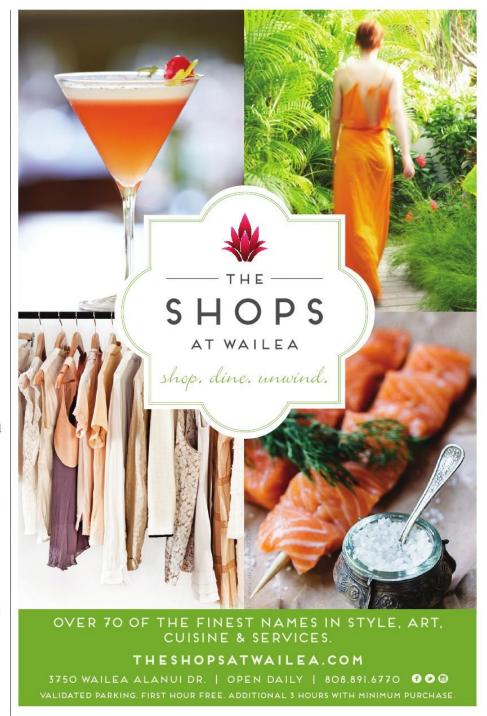
From the highest point on the course, the seventh hole drops to a fairway pinched in by lava as it runs downrange. Reachable in two, the decision needs to be made whether to fly bracketing lava walls or lay up short for a full third. Bernhard Langer tried the former during the 2015 Mitsubishi Electric Championship at Hualālai and ended up with a 10 on this beauty.

# MAUI

# Wailea Golf Club—Gold Course

Waileagolf.com Length: 7,078–5,317 yards Blue Tees: 6,653 yards Par 72

Gold is the course with the most bling in southern Maui golf. It's a warm-side-of-the-island playpen with a bending, tilting, rolling layout; gorgeous offshore views, and one of the best oncourse restaurants in the Islands. In golf, it is said that 54 is the perfect number, a





round of 18 birdies. Well, Wailea boasts a pretty good 54 of its own, as in two sibling layouts to Gold-Emerald and Blue.

#### **SHOW:** No. 8: Par 3, 188 yards

Gold takes the seaside-stunner par-3 formula and pulls it mauka, or toward the mountain. The eighth hole tumbles down slightly to a foot-shaped greennarrow heel, wide forefoot-offset right with three bunkers. While only a midiron is required, the shot needs to come in right down the chimney. That's Molokini and Kaho'olawe in the distance.

#### KNOW: No. 6: Par 4, 264 yards

The real secret at Wailea is the adjoining Emerald Course, a play that gets far less of the fanfare but still checks all the boxes for a great golf experience. However, rules are rules, so this Gold Course par-4 temptress gets the nod. The hole heads out in bands of lava, grass, sandy grass (collection area), green and sand. Two swings with pitching wedges or 9-irons would get me home. Yet, time after time I foolishly pull out my driver, expecting to find the green, and

each time I swear I've learned my lesson. And that is the underlying beauty of any on-paper-it's-easy reachable par 4.

#### Kapalua—The Plantation Course

Golfatkapalua.com Length: 7,411-5,627 yards Regular Tees: 6,674 yards

Par 73

Plantation is the most recognizable course in the islands, owing to its years as host of the PGA Tour's winners-only Tournament of Champions and the mere fact that it is one of the most spectacular settings for a round of golf in the world.

#### SHOW: No. 18: Par 5, 585 yards

This hole is the bobsled run of golf. Aim right and watch the ball eventually carom off the severe right-to-left slope, producing the longest drive of your entire life. Aim right again on your second shot and take a mighty swing. Go ahead and break for a drink or a selfie, look at Moloka'i Island or perhaps



On the white sands of Kaanapali's beautiful North Beach, you'll find a condominium resort where services are first class and the Maui activities are as they should be. Authentic. Welcome to Honua Kai Resort & Spa, where this fall, there are even more reasons to book. Choose a spacious studio, 1, 2 or 3 bedroom suite now and get our Fall 4 Maui package, including great recommendations on island activities that are as authentic as they get.



#### Fall 4 Maui Package:

- Oceanfront breakfast for 2 at Duke's Beach House for 4 days
- A welcome amenity complete with 4 Honua Kai logo items
- An Island experience brochure complete with 40 personal recommendations from our HK Specialists

From \$392/night.\* Book today.

**AAA Four Diamond Resort** 

866.885.1344

honuakai.com 🕧 🕜 💿 🧿







\*Valid for bookings made between June 6 and December 1 for travel between August 15 and December 22, 2016. Starting price based on a 1-bedroom suite. Minimum 4 night stay. Additional nights available at the resort's published rates. All vouchers are non-exchangeable, transferable and may not be redeemed for cash or credit. Blackout dates apply. Activity credits may be used toward activities arranged by Honua Kai Concierge.

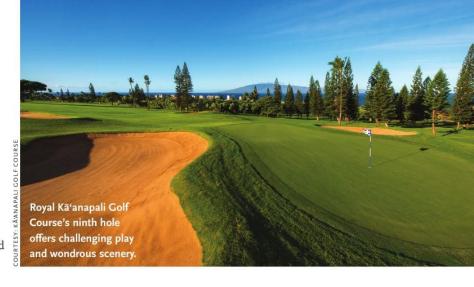
passing whales. After a spell get back to the ball and see it again bank hard left, eventually running out to the green. Beware of that first putt; Hawai'i has islands smaller than this green.

KNOW: No. 6: Par 4, 378 yards

This utterly blind downhiller is just cruelly joyous. It is hard to reach the green itself, since the preferred draw by most right-handers is overpowered by a massive ground fade upon landing. Still, why not have a go? If you decide to lay up off the tee, don't end up too far back, as the approach to the green will still be blind. If you do end up not being able to see, reconnoiter the hole before hitting the next shot, and aim at a point on the hill that aligns with the far left edge of the green.

#### Royal Kā'anapali Golf Course

Kaanapaligolfcourses.com Length: 6,700–5,016 yards White Tees: 6,267 yards Par 71



Kā'anapali is resort central on Maui's western shore. The coast-hugging community is about as seaside urban as it gets, with a variety of places to stay, lots of things to see and do, and many great restaurants. You also can tee it up on two excellent courses: Royal Kā'anapali and Kā'anapali Kai.

SHOW: No. 5: Par 4, 440 yards

The fifth hole at Royal Kā'anapali gives a bit of an assist with a drop off the tee to a freeway-wide fairway. The trick from there is finding a way into the narrow-fronted green, flanked by bunkers and all



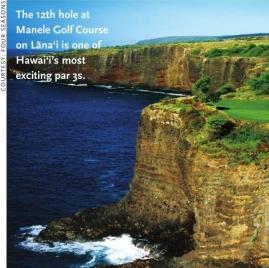
# Collect stories, not selfies. You won't remember the time you spent staring at your screen, but you'll never forget your time with us in Hawaii. 866-774-2924 astonhotels.com promo code: astonlife



Winner of 18 NATIONAL AWARDS



#### Hawai'i \ Golf



tucked back toward a water hazard on the left and the sea beyond.

KNOW: No. 9: Par 5, 467 yards

Royal is generous off the tee, and if reaching par 5s in two or longer par 4s in regulation is above your pay grade, you won't have to thread many needles with the lay-up. But sometimes you just gotta do it. So swing from the heels and run the ball right up the gut, knowing that like the rest of the hole, the green plays right to left. And then pause to take in the view from this highest spot on the course.

# LĀNA'I

#### **Manele Golf Course**

Golfonlanai.com Length: 7,039–5,024 yards Blue Tees: 6,310 yards Par 72

Manele is about as close as players can get to an exclusive, maybe-see-another-group-on-the-course, private-only playing opportunity on the islands, yet still find a way in. That rare-air quality begins with the process needed just to get to the island—limited interisland flights or a boat from Lāhainā, Maui. The exclusivity is capped off by the mandatory stay at Four Seasons Resort Lāna'i, and what a stay it is. My wife declares this layout to be the best course she's



played in her 20 years of golf. Sure, the views got her, as they do every player who ventures on the course. But the forward tees provide the same thrills and challenges I face from farther back.

#### SHOW: No. 12: Par 3, 153 yards

Perched about 200 feet above the pounding surf, Lāna'i's iteration of the make-or-break, over-water par 3 requires the least firepower. I twice chose 8-iron (two rounds, not one of my usual blunders). Heck, it's so pretty, Bill Gates chose the back tee for his wedding ceremony.

#### KNOW: No. 16: Par 4, 420 yards

This long par 4 is a treasure. It allows you to hit a driver hard around the left-bending corner, *if* a few bunkers are avoided and the correct "speed slot" is found. But you are not home yet, as the approach likely is from a hanging lie, into the prevailing wind, and the green is raised and running away from the line of play. So while a short iron might be in hand, none of this is automatic.

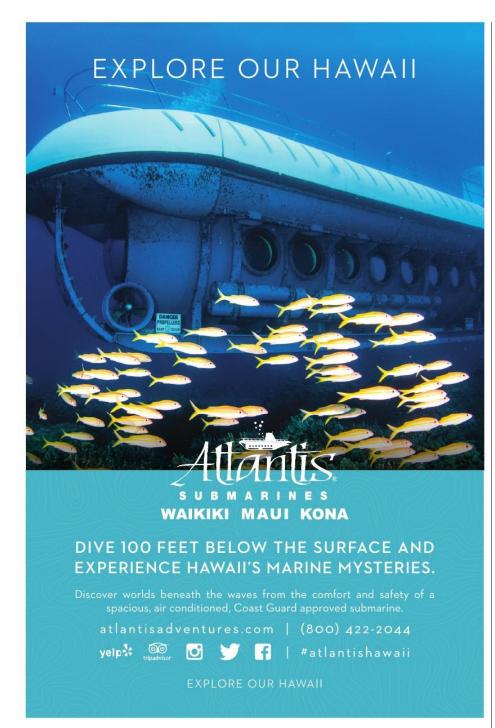
# OʻAHU

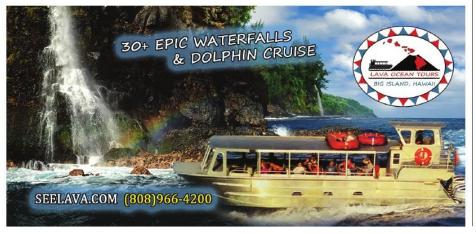
#### Hawai'i Prince Golf Club

Princeresortshawaii.com Length: 7,255–5,205 yards Championship Tees: 6,759 yards (The 18 holes include the A-B routing.) Par 72









#### Hawai'i \ Golf

Oʻahu's Hawai'i Prince is something of a golf sleeper. There's no cliff-top finish or tees set in the clouds. Instead, the course gets its chops from old-fashioned course design. The 27-hole layout—three sets of nines known as A, B and C that players can combine to make different 18-hole combinations—is a parkland-style course with hints reminiscent of golf on another Emerald Isle.

SHOW: No. 9(B): Par 4, 403 yards

This par 4 is not arduously long, but day in, day out plays the toughest of any here. Going into the wind, the drive must skirt a lake to the left, while the approach and green are protected by more water to the right.

KNOW: No. 7(A): Par 4, 398 yards

Neptune rules along the entire right side of No. 7(A), where again the trades typically are in play in the nonassisting way. The hitch here is that you may want to play a low runner for your approach, as in the Old World style, but you will be denied—thanks to a guarding bunker short of the green.

#### Ko 'Olina Golf Club

Koolinagolf.com Length: 6,815–5,147 yards White Tees: 6,432 yards Par 72

A golf outing to Ko 'Olina on the southwest tip of O'ahu is an all-vacation getaway with shopping, star-chef restaurants, a marina and swim-friendly lagoons. There are plenty of places to stay here, from Disney's uber-family-friendly Aulani to the revamped, reimagined, rebranded and recently reopened Four Seasons Resort O'ahu at Ko 'Olina. However, my focus is on a water- and flower-kissed showground by the late Ted Robinson Sr. that hosts one of the LPGA Tour's most popular events, the Lotte Championship.

SHOW: No. 18: Par 4, 403 yards
2015 Lotte Championship winner Sei
Young Kim twice caught final-round



lightning in a bottle on Ko 'Olina's stellar closer with a ball-in-the-hazard/chip-in par and an eagle from the fairway in an extra-holes playoff. We mortals should be happy with a normal par. The trick is to snake a nondriver tee shot as far down the narrow neck of the fairway as possible without reaching the lake. The second shot is a middling iron to skirt the edge of said lake and reach a heaving ladder-step

green. And it really helps if you come to rest on the tier holding the pin.

KNOW: No. 12: Par 3, 166 yards

A cascading waterfall—Robinson, remember?—catches the eye on the tee, but it is the swirling wind that turns a shortish-iron par 3 into a rock-solid hole.

# KAUA'I

#### Po'ipū Bay Golf Course

Poipubaygolf.com

Length: 7,123–5,241 yards White Tees: 6,318 yards

Par 72

Poʻipū hugs the coast on the sunny south side of Kauaʻi, but the backing tableau is the brilliantly green curtain of ridges and slopes that are part of the oldest Hawaiian mountain range still standing.

SHOW: No. 16: Par 4, 472 yards

That's not a typo. This is a white-tee par 4. Downhill off the tee and typically downwind, with ocean





www.HawaiiTitaniumRings.com

Located in **Barrow**, **Alaska**,
Samuel Simmonds Memorial
Hospital is the primary healthcare
facility for the North Slope region—an
area larger than Washington State that is
colored by rich cultural diversity and the
beauty of the Inupiat people. And a place
where the adventures of the last great frontier
are as inviting as the communities under your care.

Renew your sense

of adventure

your spirit of

compassion.

while fulfilling

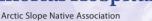
We look to adventurous and compassionate Medical,

Nursing, Allied Health and Administrative professionals like you to

help preserve the health of our region. We offer highly competitive compensation and benefits, a relocation allowance, subsidized housing; and are an eligible IHS loan repayment site. For more information on Barrow, the North Slope, and the hospital, or to apply, visit **www.arcticslope.org**.



Samuel Simmonds Memorial Hospital





#### Hawai'i \ Golf



cliffs to the left all the way and a leapfrog of bunkers down the right, plus a massive green that might allow you to be a hero and reach the short grass in regulation and then assuredly three-putt. Think of 16 as a par 5, and if—if—you tally a five, do not think of it as a regulation bogey. That's a mental par, my friend.

KNOW: No. 2: Par 5, 472 yards

When are two 472-yard holes not remotely similar? When one is played uphill and into the trade winds, and you are afforded one more stroke. Take what the winds allow, but beware of the long chain of bunkers and grass pits entangling the right side of the fairway as you approach the green.

#### Princeville Makai Golf Club

Makaigolf.com

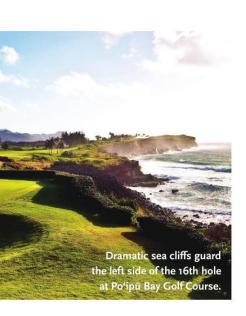
Length: 7,223–5,078 yards Blue Tees: 6,496 yards

Par 72

Makai is the last public course standing on the north shore with the famous Prince Course under renovation. I've always found Princeville Makai the best play here at the top of Kaua'i. What it lacks in Prince's Jurassic aesthetic throughout, it makes up for with its greater playability.

SHOW: No. 14: Par 4, 292 yards
Some would say I have this reversed,

# Island ACTIVITIES



but in a Pacific paradise thick with eyebugging shore- and cliff-hugging par 3s, a reachable par 4 with the same geographic orientation gets the top step on this course. I've played this hole twice and hit the green twice from the tee by hitting a driver three times. My scores were par and bogey, and it's not what you think. If you don't want to do the math: Yep, I made par with a shot into the ocean, a penalty stroke, a second drive on the green and one putt. I also fourputted once.

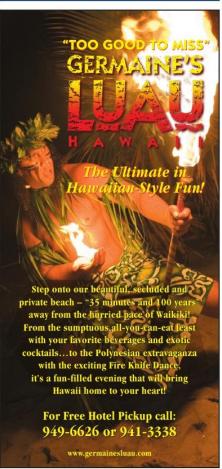
#### KNOW: No. 7: Par 3, 173 yards

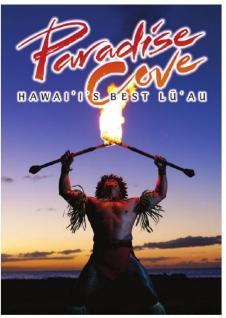
No surprise here: With the same Bali Hai–tapestry background as found on the 14th hole, this hole demands a direct over-the-ocean-chasm shot. However, white-sand bunkers protect the putting surface from all angles. The seventh hole is memorable for all the best reasons.

Ken Van Vechten writes about golf from the Central California coast.

Alaska Airlines offers daily service to Oʻahu (Honolulu), Maui, Kauaʻi and Kona/Hawaiʻi Island. For flight reservations, go to alaskaair.com or call 800-ALASKAAIR. To book a complete Alaska Airlines Vacations package to Hawaiʻi, go to alaskaair.com/vacations or call 844-276-5297.













# Intriguing Iceland

Geysers, geothermal pools and great nightlife just south of the Arctic Circle

By David Armstrong

From a downtown hilltop, my eyes sweep over Reykjavík's historic Old Harbour and the rippling blue of the North Atlantic. Across the water from Iceland's largest city, 3,000-foot Mount Esja commands the horizon over the mythic landscape. At my feet, though, is an urban center enlivened by vibrant shopping and pulsing nightlife. This is Reykjavík, transformed by time from a remote provincial town to an easily accessible contemporary capital.

In 1972, I came to Reykjavík as a young backpacker on my first trip to Europe. The metropolitan area had barely 100,000 people. Many roads outside town were unpaved. What few hotels there were had no vacancies, so I joined other intrepid young travelers and slept for a nominal fee in a hotel meeting room, burrowing into my sleeping bag as the midnight sun turned the August night into prolonged twilight. It was all part of the adventure of being in a unique city on the edge of the developed world.

More than 40 years later, I take in the view from the gently rising Arnarhóll.

Once-sleepy Lækjargata (Stream Street), at the foot of the hill, is now a bustling boulevard near the gorgeous, glass-windowed Harpa Concert Hall and Conference Centre, which opened in May 2011 on the harbor waterfront.

The roads in and out of town are smooth and navigable, and there are hotels for every taste and budget. Now home to more than 200,000 people, metropolitan Reykjavík has become a sophisticated destination.

It is also the gateway to the rest of Iceland, a recreation-rich island nation just south of the Arctic Circle at about 65 degrees north latitude. Iceland is home to blue-white glaciers, steaming geysers, smoldering volcanoes, stony mountains, crystalline lakes and approximately 332,000 people in an area slightly smaller than Kentucky. Almost 80 percent of the island is uninhabited. Adventure travelers exalt in Iceland's ruggedness, and photographers love its ineffably clear light.

As my wife, Georgina, and I walk down Arnarhóll, we are energized by

the fresh air. Iceland's electricity and heat are run by clean, geothermal steam power that generates little pollution, making the country one of the greenest places on the planet.

On a windy May morning, the temperature hovers in the low 50s. Reykjavík, in the southwest of the island, doesn't get much colder than 30 degrees Fahrenheit in winter, and in the summer, temperatures rarely climb above 60. Icelandic hospitality is even warmer than the offshore waters of the Gulf Stream that moderate the country's climate. We find Icelanders to be unfailingly friendly and helpful, and nearly everyone speaks fluent English.

Turning onto a pretty residential street, we see four young women pulling a pair of long, open-top wooden wagons up the slope. In each wagon, half a dozen children in brightly colored wool sweaters are chattering happily. The women are preschool teachers, and they've decided to give their lucky students a ride. Georgina asks if she can take a keepsake photo. "Of course," the teachers chorus in perfect English. It's a sweet, homey moment in the heart of the

busy capital.

GREENLAND

SEA

NORTH ATLANTIC

OCEAN

We head to the Tourist Information Centre, where we buy a Reykjavík City Card. The card gives discounts to attractions such as the National Museum of Iceland, where the main exhibit, "Making of a Nation," tells the history of Iceland from settlement to present day.

The card also covers admission at the Reykjavík Art Museum, which displays Pop Art paintings by Erró, abstract sculptures by Ásmundur Sveinsson and the work of other Icelandic artists. In addition,

NORWEGIAN

the card serves to make payment on city buses.

As we stroll down
Lækjargata, I marvel at
how the street has
changed. Nondescript two-story
buildings have
given way to bold,
glass-fronted contemporary structures housing smart
restaurants and shops.
Through store windows
we see Icelandic goods such

as wool sweaters, sheepskin rugs and fine



Every few minutes, the Strokkur geyser emits steaming water about 100 feet high.

ceramics. We especially like the colorful, tightly woven scarves and sweaters at Geysir.

We pause at Tjörnin, Reykjavík's liquid heart, and admire the clean lines of City Hall, extending partly over the water. On the grassy lakeshore, locals and visitors stroll, sit and sip coffee. We wind around City



About 200,000 people live in metropolitan Reykjavík.





Korean Air stretches its wings like never before with our partnership with Alaska Airlines.

SKYPASS and Mileage Plan members may accrue miles flying with Alaska Airlines and redeem them for tickets, thanks to our frequent flyer partnership.

It's convenient and easy, so enjoy your new ventures from the Western U.S. with Korean Air.

Departure 14:15 TWFSaSu 17:45 \*\* Arrival

Seattle

Arrival 12:20 TWFSaSu 18:20 Departure

Departure 14:15 TWFSaSu 18:20 Departure

\*Same day connecting flights to China, Japan and Southeast Asia.



Earn and redeem your Alaska Airlines Mileage Plan™miles around the globe with Korean Air



www.koreanair.com



Hall, which opened in 1992, and head into Reykjavík's old town, a hilly section brightened by two- to four-story vintage buildings clad in corrugated-metal siding and painted in vivid colors: red, green, blue and white.

On Austurstræti (East Street), we rest our feet in Cafe Paris, where we order robust dark roast coffees and share an intensely rich soup made with Icelandic lamb, which is popular for its fine-grain texture and delicate flavor.

Through the lively cafe's big windows, we watch as a busker strums his guitar for Icelandic króna banknotes and coins, and shoppers drift by in search of retail therapy.

That night, we pop into Kaffi Reykjavík's ice bar, where everything—the walls, bar, tables and seats—is carved from glacial ice. It's as cold as it sounds. Draped in a thick winter coat issued at the door, I sip a glass



The Blue Lagoon is a popular geothermal pool just a short drive from Reykjavík.

of Iceland's signature Brennivín, a smooth, clear, caraway-flavored schnapps.

Hoisting icy glasses of Einstök, beer brewed with prehistoric glacial water, the stylish young patrons could be pausing here before going to the city's late-night dance-and-drink clubs, or coming from them. Casually chic Reykjavík is a prime international clubbing city, especially during Iceland's long, dark winters.

In the morning, we board a large, comfortable bus for an eight-hour guided tour of Iceland's Golden Circle, an approximately 185-mile scenic loop that climbs into the southern highlands. For us, the tour is a time-efficient way to see as much of the countryside as we can on a three-day visit.

Most of the route is within a two-hour drive of Reykjavík. We roll through expansive black lava beds—evidence of Iceland's volcanism and raw, craggy terrain. We now understand why *Game of Thrones* uses visuals from Iceland.

About 60 miles east of Reykjavík, we arrive at the spouting Strokkur geyser. Located in the Haukadalur Valley geothermal area, Strokkur blows every few minutes, throwing jets of steaming water 100 feet skyward.

The show makes for great video and brings out the delighted child in me. Iceland has an abundance of geysers, and the English word *geyser* comes from *geysir* in Icelandic, a language hardly changed from the Old Norse spoken by Vikings who

#### WHEN YOU GO

#### Lodging

**Grand Hótel Reykjavík:** 311-room hotel and tower with a geothermal spa and ample meeting spaces.

Hilton Reykjavík Nordica: Modern 251room hotel in the city center.

101 Hotel: Contemporary design-driven boutique hotel in Reykjavík.

#### Dining

**Cafe Paris:** Lively downtown eatery with good coffee and light meals, and big street-side windows.

**Grand Restaurant:** In the Grand Hótel, a spot featuring Nordic cuisine such as lobster soup and a fillet of lamb.

**Kolabrautin:** Hip bar and Italian-themed restaurant with Icelandic ingredients, such as cod, located in the Harpa Concert Hall.

#### Sightseeing

#### Blue Lagoon:

Naturally blue outdoor geothermal-pool complex with bars, spas and restaurants, near Reykjavík.

Golden Circle: Daytrip drive from Reykjavík showcasing waterfalls, geysers and rugged terrain.

#### Hallgrímskirkja:

Landmark Reykjavík Lutheran church and 240-foot tower

designed in dramatic Expressionist style, with a mammoth pipe organ.

**Tjörnin:** Pretty lake with the striking City Hall sitting on its shoreline at the edge of Reykjavík's old town.

General information: visitreykjavik.is — *D.A.* 



# Scattle's Top\* Chef-Owned Restaurants



#### Seastar

Chef John Howie 425.456.0010 / Bellevue seastarrestaurant.com



#### **Pearl Bar & Dining**

Chef/Owner Bradley Dickinson Owner Mikel Rogers 425.455.0181 / Bellevue pearlbellevue.com



#### Volterra

Chef Don Curtiss 206.789.5100 / Ballard 425.202.7201 / Kirkland volterrarestaurant.com

ASSAGGIO

#### **Assaggio Ristorante**

Chef Mauro Golmarvi 206.441.1399 / Downtown Seattle assaggioseattle.com

#### JOHN HOWIE STEAK

#### **John Howie Steak**

Chef John Howie 425.440.0880 / Bellevue johnhowiesteak.com

Dine where the locals dine!
\*According to ZAGAT, SEATTLE'S BEST PLACES, NWSOURCE.COM



#### Iceland

#### 10 THINGS TO SEE AND DO IN ICELAND

Dark Music Days: Annual January contemporary music festival during winter's darkest nights, in gorgeous Harpa Concert Hall and Conference Centre, Reykjavík.

**Glacier walking:** Guide-led walks across glaciers such as the popular Sólheima-jökull, two hours from Reykjavík.

**Hákarl:** Strong-tasting dish made of fermented, aged shark meat. Not for the faint of heart.

Ice bars: Where walls, bars and seats are made from glacial ice. Venues such as Kaffi Reykjavík are often lively, always chilly.

Ice caving: Guide-led walks into natural and man-made glacial tunnels and caves. Langjökull, two hours from Reykjavík, is popular.

Imagine Peace Tower: Artist Yoko Ono's vertical beams of geothermal-powered lights memorializing John Lennon, on Videy Island off Reykjavík.

#### The Iceland National Football Team:

Iceland's soccer team won over the hearts of many sports fans when they beat England, 2–1, in UEFA's Euro 2016 tournament.

Northern lights (Aurora Borealis): Visible eight months a year on clear nights, glorious in winter.



Thingvellir National Park: Historic site of Iceland's Althing (first parliament), with lake scuba diving and trails for activities such as snowshoeing, snowmobiling, hiking and riding small, long-maned Icelandic horses.

Ring Road (Route 1): Spectacular 830-mile road into the rugged interior, past waterfalls, glaciers, lava beds, small towns. Two lanes, some unpaved. Allow a week. —D.A.



settled Iceland in the ninth century.

We see rocky landscapes flecked by lakes and ponds, and pass tidy homesteads shrouded in silence. It gives us a glimpse of Iceland's otherworldly beauty. This spellbinding landscape looks like Icelandic music artist Björk sounds at her most compelling.

Before long, silence gives way to the soft thunder of Gullfoss waterfall. This gorgeous wonder channels cascading river water 105 feet into a crevasse. Standing above the falls, we feel the mighty force of nature as much as we see and hear it.

On our last day in Iceland, we dip into the Blue Lagoon. Located about 50 minutes from Reykjavík in a black lava field, the Blue Lagoon is a large, popular outdoor geothermal-pool complex, complete with a hotel, spas and bars.

Glacial silt gives the water a natural pale-blue hue. At a swim-up bar, I order bottled Icelandic water to quench my thirst. Everywhere, people are smiling, wading, sipping, circled by plumes of steam. Swigging one of the freshest-tasting beverages I've ever had, I sink blissfully into the luxurious lagoon.

David Armstrong is a freelance writer living in California.

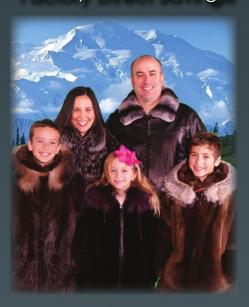
Use Mileage Plan miles to visit Iceland via partner airline Icelandair. For information or to enroll in Mileage Plan, please go to alaskaair.com or call 800-654-5669.



"If You Don't Know Furs Know Your Furrier"

# DAVID GREEN Master Furrier

Factory Direct Savings!



"Alaska's Most Recommended Furrier Since 1922"

Monday - Saturday 9 - 6 Sunday 12 - 4 (summer)

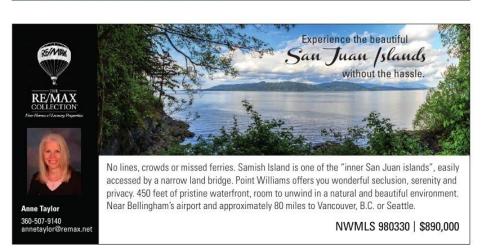
Downtown Anchorage Between "A" & "B" Streets on West 4th Avenue

DAVIDGREENFURS.COM



Puzzles on page 172.					Difficulty: Easy			
9	7	6	5	8	3	1	2	4
3	2	4	7	1	9	5	6	8
1	8	5	2	4	6	3	7	9
4	6	2	9	3	8	7	1	5
8	1	7	6	5	4	2	9	3
5	9	3	1	7	2	8	4	6
6	3	1	8	9	7	4	5	2
7	4	9	3	2	5	6	8	1
2	5	8	4	6	1	9	3	7

Copyright © 2016 Penny Press, Inc.





#### **ACCOMMODATIONS**

Cedarbrook Lodge www.cedarbrooklodge.com

**Chena Hot Springs** www.chenahotsprings.com

Coast Hotels www.coasthotels.com

Grand Solmar Land's End Resort & Spa www.grandsolmar.com

Kantishna Roadhouse www.kantishnaroadhouse.com

Los Suenos Resort & Marina www.lossuenos.com

Pineapple Hospitality www.staypineapple.com

**Puffin Inn** www.puffininn.net

Semiahmoo Resort Golf & Spa www.semiahmoo.com

Silver Cloud Inns and Hotels www.silvercloud.com

Starwood Hotels Pacific Northwest www.starwoodhotels.com

Sunriver Resort www.sunriver-resort.com

Top of the World Hotel www.tundratoursinc.com

Travelodge Hotel Juneau www.travelodge.com

Villa del Palmar Loreto www.villadelpalmarloreto.com

#### CASINOS

**Muckleshoot Casino** www.muckleshootcasino.com

Northern Quest Resort & Casino www.northernquest.com

#### **RESTAURANTS**

Assaggio

www.assaggioseattle.com

Cafe Amsterdam

www.cafe-amsterdam.com/am

Churchill's Steakhouse www.churchillssteakhouse.com

The Crab Pot Seattle www.thecrabpotseattle.com

**Doug Fir Lounge** www.dougfirlounge.com

Elliott's Oyster House www.elliottsoysterhouse.com

Ivory Jacks

www.ivoryjacksrestaurant.com

John Howie Steak www.johnhowiesteak.com

Lavelle's Bistro www.lavellesbistro.com

Lemongrass Thai Cuisine www.lemongrassalaska.com Maria Hines Restaurants

www.mariahinesrestaurants.com

Metropolitan Grill

www.themetropolitangrill.com

Seastar Restaurant and Raw Bar www.seastarrestaurant.com

Seres Restaurant & Xiao Chi Bar www.seresrestaurant.com

Sport Restaurant

www.sportrestaurant.com

Tom Douglas Restaurants www.tomdouglas.com

The Turtle Club www.alaskanturtle.com

www.volterrarestaurant.com

#### TRANSPORTATION

**Dave Smith Motors** www.davesmith.com

Korean Air www.koreanair.com

Lynden, Inc. www.lynden.com

**TOTE Maritime Alaska** www.totemaritime.com

Your Local Ford Store www.compareford.com

#### **BUSINESS SERVICES**

Atmosera

www.atmosera.com/azure

Colville, Inc. www.colvilleinc.com

Construction Machinery www.cmiak.com

**Fine Solutions** www.fine.com

NTM Inc. www.ntmusa.com

Seattle Interactive Conference www.seattleinteractive.com

#### FINANCIAL SERVICES

Alaska Airlines Visa Business Card www.bankofamerica.com/akbizcardmag

Alaska Airlines Visa Signature Card www.mynewalaskavisa.com

**BECU** 

www.becu.org

Cornerstone Advisors, Inc. www.buildbeyond.com

HomeStreet Bank www.homestreet.com

Northrim Bank www.northrim.com

**Propel Insurance** 

www.propelinsurance.com

Saturna Capital www.saturna.com

#### RECRUITING

Norton Sound Health Corporation www.nortonsoundhealth.org

Samuel Simmonds Memorial Hospital www.arcticslope.org

**Tanana Chiefs Conference** www.tananachiefs.org

#### PERSONAL ENRICHMENT

It's Just Lunch www.itsjustlunch.com

**Aqua Hotels and Resorts** www.aquaresorts.com

**Atlantis Adventures** www.atlantisadventures.com

Blue Hawaiian Helicopters www.bluehawaiian.com

Chase 'N Rainbows Real Estate, Inc. www.westmauicondos.com

Farm Credit Services of Hawai'i, ACA www.hawaiifarmcredit.com

Germaine's Lu'au www.germainesluau.com

Hawai'i Titanium Rings www.hawaiititaniumrings.com

Honua Kai Resort www.honuakai.com

Kapalua Golf & Tennis www.golfatkapalua.com

Kaua'i Sea Tours www.kauaiseatours.com

Lava Ocean Tours www.seelava.com

Maui Visitors and Convention Bureau www.visitmaui.com

Mauna Lani Bay Hotel & Bungalows www.maunalani.com

Na Hoku www.nahoku.com

Napili Kai Beach Resort www.NapiliKai.com Paradise Cove Lu'au

www.paradisecove.com The Shops at Wailea

www.theshopsatwailea.com Surfing Goat Dairy www.surfinggoatdairy.com

Wailea Golf Club

www.waileagolf.com

#### REAL ESTATE

American Life Inc. www.amlife.us

Fort Lawton

www.ownfortlawton.com

www.gridironcondos.com

Isola Homes

www.isolahomes.com



#### REAL ESTATE

**NEXUS Seattle** nexusseattle.com

Oyhut Bay—A Seaside Village www.oyhutbay.com

Panorama Apartments www.panoramaseattle.com

Rancho San Lucas www.ranchosanlucas.com

Re/Max-Anne Taylor anne@annetaylor.com

Realogics Sotheby's International Realty www.rsir.com

Shulin Lake Lodge www.shulinlakelodge.com

**SmartShare** www.smartshare.com

Southport on Lake Washington www.southport.life

Terrie Cox, PC www.usa-relocate.com

**Timeshare Exit Team** www.timeshareexitteam.com

Windermere www.windermere.com

Windermere-Barbie Accordino

www.barbiesellshomes.com

Zach Niessner www.niessnerhomeforsale.com

#### **FDUCATION**

**Compass Courses Maritime Training** www.compasscourses.com

Foster School of Business—University of Washington www.foster.washington.edu/emba

Washington State University-Tri-Cities

www.tricities.wsu.edu/careers

#### **HEALTH & BEAUTY**

20|20 LifeStyles www.2020lifestyles.com

Advanced Cosmetic & Laser Dentistry www.acld.com

Algone Interventional Pain Clinic-Alaska www.aipcak.com

**Arctic Chiropractic** 

www.arcticchiropractic.com Capo by the Sea

www.capobythesea.com Dr. Keith Valachi, DDS

www.drvalachi.com Dr. Tami Meraglia

www.seattlestemcellcenter.net

**Everett Dental Solutions for Sleep** www.everettdentalsleepmedicine.com

Hair Transplant Seattle www.hairtransplantseattle.com Larson Family Medicine

www.larsonmedicalaesthetics.com

My Best 10

www.mybest10.com

**Nevada Center for Sleep Disorders** www.sleepdisorderdr.com

Peak Health Dentistry, Mark Just, DDS www.peakhealthdentistry.com

Rhyneer Caylor Clinic www.rhyneercaylorclinic.com

Seattle Children's Hospital www.seattlechildrens.org

Smiles by Design www.shawnkellerdds.com

**Snore Experts** www.snoreexperts.com

Sound Sleep Solutions

www.soundsleepsolutionswa.com

The Spa at Pro Sports Club www.proclub.com

Spark Sleep Solutions www.sparksleep.com

Strober Dental

www.stroberdental.com

Swedish Radiosurgery Center—Essential Tremor

www.swedish.org/essentialtremor

#### TRAVEL IDEAS

Anchorage Downtown Partnership www.anchoragedowntown.org

Caravan Tours www.caravan.com

Explore Fairbanks, Alaska www.explorefairbanks.com

Lake Chelan Chamber www.lakechelan.com

MasterPark

www.masterparking.com

Seattle Metropolitan Chamber of Commerce www.seattlechamber.com

SeaTac—Seattle Airport Parking

www.seatacpark.com

ShuttlePark2

www.shuttlepark2.com

Travel Oregon www.traveloregon.com

**Un-Cruise Adventures** www.un-cruise.com

Visit Anchorage www.anchorage.net

Visit Roseburg Land of Umpqua www.visitroseburg.com/finewine

Visit Walla Walla www.visitwallawalla.com

Waterfall Resort www.waterfallresort.com

#### EUGENE/SPRINGFIELD, OREGON

**Eugene Cascades & Coast Meetings** www.meetinggeniuses.com

Alaska Native Heritage Center www.alaskanative.net

Chihuly Garden and Glass www.chihulygardenandglass.com

Crater Lake-Klamath Regional Airport www.alaskaair.com

**K1 Speed Indoor Kart Racing** www.kispeed.com

Kodiak Brown Bear Center www.kodiakbearcenter.com

Sky View Observatory

www.skyviewobservatory.com Space Needle

www.spaceneedle.com

University of Alaska Museum of the North-Fairbanks

www.uaf.edu/museum

#### **CULINARY CORNER**

10th and M Seafoods www.10thandmseafoods.com

Alaskan Brewing www.alaskanbeer.com

Legendary Doughnuts www.legendarydoughnuts.com

Maryhill Winery www.maryhillwinery.com

Ponzi Vineyards www.ponziwines.com

www.tribellawine.com

#### **HOME & GARDEN**

**Sunlight Supply** www.sunlightsupply.com

#### SHOPPING

Alaska Mint

www.alaskamint.com

David Green Master Furrier www.davidgreenfurs.com

**ExOfficio** 

www.exofficio.com

Fifth Avenue Jewelers www.productsofalaska.com

Square Jellyfish www.squarejellyfish.com

#### GIFT IDEAS

Oomingmak Musk Ox www.qiviut.com

American Red Cross Northwest Region www.redcross.org



# Dinner Delivered

By Jacob Uitti

I open my front door and find a square cardboard box with the words PeachDish emblazoned on the side. ■ With a sense of anticipation, I pick up the heavier-than-expected delivery and take it to my kitchen to see what tonight's dinner is going to be. ■ Atlanta-based PeachDish, which offers recipes with a southern flavor, is among the dozens of companies contributing to one of the hottest trends

in dining today: meal-kit home deliveries. While the services vary greatly, many of the brands allow you to choose savory dishes from an online menu for generally about \$10 to \$12.50 per serving.

Within a few days of ordering, the company delivers to your front door a box that contains everything you need to make the meal: pre-portioned ingredients and step-by-step instructions. Most of the services leave the box near your front door, just like any regular delivery. Others will notify you that the meal has been delivered.

I've ordered the tomato pie with Vidalia onion and herbed chicken breast. Pretty fancy fare for a bachelor. Inside the box, I find well-packed and individually wrapped ingredients, including two chicken cutlets, vegetables, packets with spices and herbs,

two peaches and a chocolate chip cookie.

Looking at all the ingredients on the kitchen counter is a little intimidating. However, by following the instructions, I am pleasantly surprised. The meal takes about an hour to prepare. PeachDish's chicken cutlets are tender and flavorful, and the ingredients fresh and appetizing.

# Quick quality

It's the combination of a quality meal, home delivery and ease of preparation that has made such meal services so popular.

New York City—based Blue Apron, one of the largest and most visible of the services in the United States, launched in 2012 and has experienced amazing growth. It now delivers about 8 million meals per month to customers across the country.

Dozens of other companies are also vying for a piece of this burgeoning market, with many trying to carve out their own niches, including Boston-based Purple Carrot, which offers home delivery of vegan meals to 36 states and the District of Columbia. Most services offer complete meal ingredients, with a main dish, side dish, salad and sometimes a dessert. Other services offer each part of the meal à la carte. With plenty of customers interested in buying fresh, healthy and creative meals that are easy to prepare, experts estimate that the meal-delivery service could be a \$5 billion industry in the next 10 years.

Helping to fuel the industry are people such as Seattle's Liza Danger. In July 2015, Danger started ordering meals from Blue Apron because of its many positive online reviews. A co-owner of Seattle's Octopus Bar, Danger says there are several benefits to the service—including convenience, the high-quality ingredients, the chance to sharpen her cooking skills and ensuring there is a good, hot and portioned meal available on late nights after closing up her business.

"It's great," Danger says of the Blue Apron deliveries. "You never have to second-guess what's in your kitchen or whether you have the right spices or if your vegetables are still fresh."

Some meal-kit customers such as Jewel Loree would rather have the meals already prepared and precooked, leaving only the need for a warm-up. A data analyst for Tableau, a Seattle-based software company, she travels regularly throughout North America for her work. When at home in the Seattle area, Loree has an active social life, including playing bass guitar in the indie rock band Golden Idols. She has little time for grocery shopping or cooking.

In 2015, she started using Maven Meals, a Burien, Washington–based service that delivers nutritious, organic and locally sourced prepared meals to customers in the Greater Seattle and Bellevue area. Customers order by Sunday, and the à la





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

**1-800-327-5774 • www.explorefairbanks.com** Visitor information at 101 Dunkel Street in Downtown Fairbanks

# Are you looking to make a difference?

COME TO FAIRBANKS, ALASKA!

TANANA CHIEFS CONFERENCE OFFERS A WIDE ARRAY OF CAREER FIELDS WITH THE OPPORTUNITY TO MAKE A DIFFERENCE IN THE HEALTH AND WELLNESS OF THE INTERIOR ALASKA NATIVE PEOPLE.







www.tananachiefs.org

IN THE BEAUTIFUL GOLDSTREAM VALLEY 8 EASY MILES FROM UNIVERSITY MUSEUM

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

Off-Premise Liquor Store

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

# THE TURTLE CLUB

For an evening of fine dining

Featuring our famous

#### **PRIME RIB & PRAWNS**

Lobster, Halibut & King Crab (includes salad bar)

10 Miles Old Steese Highway Fairbanks, Alaska

For Reservations (907) 457-3883 E-mail: turtle@polarnet.com

Fax (907) 457-4789

www.alaskanturtle.com

Major Credit Cards Accepted



# **RELAX • EXPERIENCE • ENJOY**

Tundra Tours Inc. invites you to relax at the new Top of the World Hotel, to experience the Arctic on a Summer Day Tour and to enjoy the hotel's restaurant Niġġivikput "our place to eat".





800.478.8520

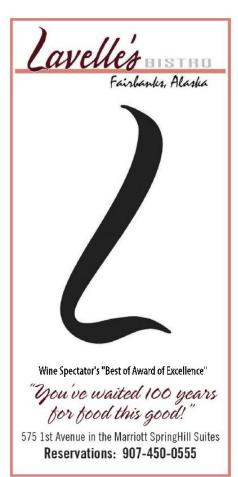
WWW.TUNDRATOURSINC.COM
TWH@TUNDRATOURSINC.COM
3060 EBEN HOPSON ST. | BARROW, AK

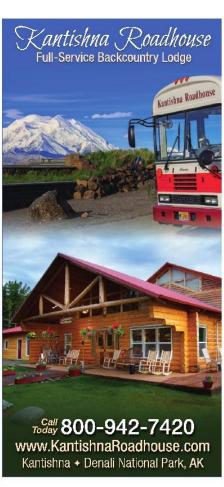
# FAIRBANKS LAK



# Be inspired by the light of the Aurora Borealis. Renew your energy under the midnight sun. Experience the warmth of Fairbanks—Alaska's Golden Heart—and the gateway to Denali, Interior and Arctic Alaska.







# **CONSUMER FOCUS**

carte meals are prepared and delivered on Tuesday and Wednesday.

"I'm pretty particular about what food I want to eat, but I don't have any time to make it," Loree says. "I don't want to eat frozen pizza at night, but that's about the only thing I have time to make."

Loree's partner, Paul Gambill, subscribes to Pete's Paleo, a service based in San Diego and Atlanta that delivers dishes focused on meats and seasonal vegetables that follow the paleo or "caveman" diet. Gambill's meals are more expensive at about \$20 each, whereas Loree says she spends about \$12 per meal. "It costs less than eating out," she says. "It's a little more cooking at home, but if I didn't use the service I would probably just eat out every night, which isn't great."

My own interest in precooked delivered meals led me to try Munchery, a San Francisco–based service that is similar to Maven Meals and delivers cooked meals only in need of reheating.

Munchery delivered to me a salmon fillet with quinoa, and a spinach-and-strawberry salad. I heated the salmon in the oven and tossed the salad with the dressing provided—all while sipping the coconut water they'd included. The meal was relatively satisfying, with the best part being the amazing Nutella rice-crispy-treat dessert.

Overall, the national companies are working to make sure their massproduced meals taste fresh and flavorful to customers.

# Unpacking a problem

Another problem the industry is facing is the growing criticism concerning the amount of packaging used to keep all the ingredients fresh. Blue Apron states that all of its packaging, including its cold packs, are biodegradable or recyclable. The cold packs do, though, require the customer to cut open the packaging and pour the contents in the trash in order to recycle the packs.





#### HILLSIDE EQUESTRIAN OASIS

LAKESIDE, CA (San Diego County)
Amazing 6.95 acre gated estate beautifully landscaped. Award-winning Poway School District! Remodeled two-story contemporary country home features 4BR, 3BA, generous living space & stylish finishes. Entertainers delight with solar heated pool, spa & waterfalls. 2,748sf + 1,000sf finished garages used as entertainment room with wet bar and dance studio. Detached 1,800sf multi-car garage/ storage building and workshop with 1,200sf covered parking structure perfect for recreational vehicles & horse trailers. 3 horse stall corrals, tack room, riding arena and space for riding ring. One minute to famous hiking trails.

Offered at \$1,265,000 | MLS# 160032583.

#### RUBY HILL ESTATE

LAKESIDE, CA (San Diego County)
Stunning gated estate on 8.2 acres of lush landscape with priceless panoramic views. This exquisite 4BR, 4.5BA home with over 5,000sf of style and elegance, includes handmade stone sinks, wood built-ins, illuminating onyx bar, wine cellar & stone flooring throughout. Glass Pocket doors open up to resort like grounds with solar heated infinity edge pool and spa, swim up bar, slide and waterfall. Tennis and basketball court, 6 car garage & energy efficient home solar panels. One minute to famous Iron Mountain Hiking trails and Sycamore Canyon Preserve.

Offered at \$2,195,000

3D virtual tours available at BarbieSellsHomes.com



BARBIE ACCORDINO, Realtor (858) 200-5600 | CalBRE# 01306504



42 Beautiful Acres, 8,000 Sq. Ft. Home, Airplane Hangar and Runway, Raquetball, Pool and More.



Your Dream Home Awaits... Located in the heart of Washington State Farm Country. Full production income producing Cherry and Apple Orchard. Visit niessnerhomeforsale.com or call 509-431-3437.



800-722-2650

www.capobythesea.com



# **DRUG & ALCOHOL TREATMENT**

# **Experienced Professionals**

Our facility's staff includes several highly qualified, experienced therapists.

# **Custom Programs**

7-10 day detox, 30-180 day programs. Guaranteed success with the 90 day program, call for details.

#### Privacy Assured

All communications are confidential, before, during and after recovery.

PRIVATE ROOMS AVAILABLE • INSURANCE FRIENDLY • BEACHSIDE LOCATIONS • PET FRIENDLY

ADDICTION • ALCOHOL • COCAINE • METHAMPHETAMINE • OXYCONTIN • VICODIN

# CONSUMER FOCUS

# A Menu of Meals

The following are some of the top national meal-kit delivery services.

- ▶ Blue Apron: Based in New York City, this service delivers about 8 million meals a month across the country, with a menu that ranges from cremini-and-shiitake mushroom pasta to lemongrass-chicken burgers. Weekly meal plans are designed for two people and generally cost about \$10 per person.
- ▶ Munchery: The San Francisco—based company delivers cooked meals, which are reheated at the diner's home. Dishes start at about \$8 and include chicken fettuccine alfredo and vegetarian coconut curry. The service distributes to addresses in 12 states, with an emphasis on the West Coast. Visit munchery.com to find out if it delivers to your area.
- ▶ PeachDish: This Atlanta-based company delivers meticulously packaged Southern-inspired meals, such as summer harvest rainbow rolls and sauteed summer squash and grits, to its national customer base. A fourmeal kit is \$57, and the least expensive individual dish is about \$12.
- ▶ Purple Carrot: The Boston-based company offers an all-vegan menu that includes dishes such as creamy leek polenta and pan-seared tofu over black rice noodles. Prices start at \$68 per week for three meals that are designed to feed two people. The company delivers meals in most U.S. states. Go to purplecarrot.com and put in your zip code to see if the service delivers to your address.
- ▶ HelloFresh: The Berlin-based company has branches in various countries, including Germany, the U.K. and the United States. HelloFresh delivers about 7 million meals per month, and offers a variety of options, ranging from vegetarian meals to rosemary beef skewers and brioche shrimp rolls. The meals cost about \$9 per serving for vegetarian options. The omnivore menu items cost about \$10.75 per serving. —J.U.



SEATTLE - BROADWAY



Every Location is a Destination at Silver Cloud Inns & Hotels



SEATTLE - STADIUM



SEATTLE - UNIVERSITY DISTRICT



SEATTLE - LAKE UNION

# SILVER CIOUD. INNS & HOTELS

For more than thirty years, Silver Cloud Inns & Hotels have been catering to the lodging needs of corporate and leisure travelers throughout the Pacific Northwest.

We recognize the ever-changing complexities of today's traveler and we strive to provide our guests unique features, stylish decor and exceptional service. With ten convenient destinations to serve you in Washington and Oregon, Silver Cloud Inns & Hotels feature spacious guest rooms, 55" high definition TV's, complimentary high-speed internet access, upscale amenities and business centers for corporate and leisure travel alike.



PORTLAND, OR



BELLEVUE - DOWNTOWN



MUKILTEO - WATERFRONT





BELLEVUE - EASTGATE



TACOMA - WATERFRONT





# **CONSUMER FOCUS**

The company offers tips on its website for how to recycle and reuse the packaging and also partners with the U.S. Postal Service to provide for the return of all packaging in communities with no recycling services. A spokesperson for the company says teams are working on solutions to the company's long-term packaging challenges.

Paige Glasser, a marketing coordinator based in Laguna Niguel, California, says she's used several meal-kit delivery services. While she loves the convenience, the packaging can be a burden. "For the most part, Munchery uses eco-friendly containers," she says. "Sometimes the lids will be plastic, but I recycle those."

#### New niches

Waste issues aside, if the growth in food home-delivery services is any indication, our renewed interest in convenient homecooked meals—or at least home-heated meals—should continue.

Along with stalwarts such as Blue Apron and Munchery, Amazon and other services are getting into the act. The online retailer has combined its online grocery business, Amazon Fresh, with a line of precooked meals prepared by Perfect Fit Meals that you can buy online. It also delivers meals prepared by certain local restaurants. The transportation service Uber has launched UberEATS. Customers can order from participating restaurants in certain cities using a special Uber app. Within about a half-hour, an Uber driver will deliver the meals to the customer's front door.

Loree, though, says she and her partner will stick with the meal-kit home delivery services for now.

"When we used to cook for ourselves," she says, "we'd spend two hours a day making dinner. But meal delivery is a good way to ensure we are getting healthy, fresh food while also getting to do other things with our limited time."

Jacob Uitti writes from Seattle.



SKI PARADISE | Snoqualmie Pass, WA Ski from your backyard! 2849 sq.ft., 3 beds, den, 2.25 baths, entertainment loft and heated driveway. Turnkey home. \$900,000. MLS#924669. debbiekinson.withwre.com Debbie Kinson · 206.948.6581 · WRE/East



WATERFRONT | Gig Harbor, WA

Low bank with views in Horsehead Bay. Completely updated 4,000 sq. ft. Mid-Century Modern Home. \$1,750,000. MLS#944830. mariakalafatich.withwre.com/43463242 Maria Kalafatich · 253. 376. 5559 · WRE/Gig Harbor



NANTUCKET STYLE ESTATE | Seattle, WA Olympics and Puget Sound views from this spacious private Elford Park home and garden. Almost 2 gated acres! \$2,350,000. MLS#908855. christinereis.withwre.com/listing/41627888 Christine Reis · 206.601.0374 · WRE/NW, Inc



SERENE RETREAT | Lopez Island, WA

Private waterfront sanctuary on 5+ acres, complemented by a stunning modern residence, 230 ft. of waterfront & spectacular views. \$3,650,000. MLS#937896. mdoyle@windermere.com
Michael Doyle · 206.669.0203 · WRE/Midtown



Official Real Estate Company of the Seattle Seahawks



# #TACKLEHOMELESSNESS

For every Seahawks home game tackle, the Windermere Foundation will donate \$100 to YouthCare, a non-profit providing support and services to homeless youth.



WATERFRONT ESTATE | West Bellevue, WA Secluded Sun Valley Lodge style home with guest cottage. Built in 2010, 75'+ waterfront on more than one half acre. \$6,380,000. MLS#855362. DanielMarinello.com Daniel Marinello · 206.769.2556 · WRE/MI



A WORLD OF EXCEPTIONAL HOMES

windermere.com



CASCADE FOOTHILLS | Baring, WA

Log home, Norwegian notch, sleeps 10, 1 hour from Seattle, 149 front foot river lot, mountain view, a true get away! \$849,940. MLS#957361. RatliffBrokerage.com
Kim Ratliff · 425.388.8957 · WRE/M2, LLC



BREATHTAKING VIEWS | Spokane, WA Magnificent home overlooking golf course. Entertainers dream with full size bar, indoor luxury swim spa and hot tub. Gated 55+. 6,826 sq. ft. \$1,150,000. MLS#201616592. Lisa Lembeck · 509.220.7482 · WRE/Spok



WATERFRONT ESTATE | Strait of Georgia, WA
Celebrate great decisions. Arrive by land, sea
or air to your private estate; 66 acres and 1,575
feet of waterfront. \$17,868,000. MLS#969507.
Michael Doyle & Patrick Chinn · 206.669.0203
mdoyle@windermere.com · WRE/Midtown



WINDSOR GREENS | Sammamish, WA Exquisite luxury estate offering 6 bedrooms, 8 baths, 10,380 sq. ft. Spacious outdoor oasis with sports court, pool & kitchen. \$4,188,000. MLS#974879. KritsonisLindor.com

Karl Lindor · 206.890.8227 · WRE/East



# 3 hours FROM SEATTLE

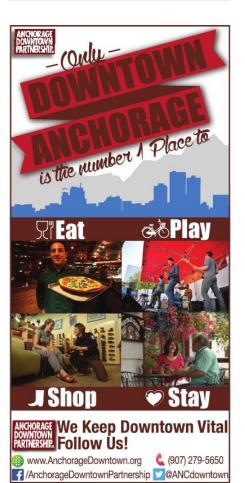


50
GLACIERS



EPIC VACATION







# Back Pain? Neck Pain? Muscle Stiffness? We can help!

VISIT US AT THESE LOCATIONS IN ALASKA



Arctic REHABILITATION & PHYSICAL THERAPY

ANCHORAGE 907 277 3422
BARROW 907 855 8910
BETHEL 907 543 7601
DELTA 907 895 5055
DUTCH HARBOR 907 581 2204
FAIRBANKS 907 374 3000

PROUD TO ANNOUNCE OUR NEW LOCATION IN EAGLE RIVER

11431 BUSINESS BLVD. EAGLE RIVER, AK 99577

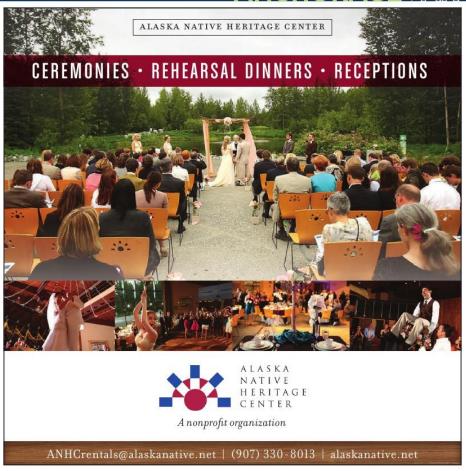
Life Is Good When You're Pain FREE!

CHIROPRACTIC . MASSAGE . REHAB . PHYSICAL MEDICINE













# 10th & M Seafoods

# A Fresh Idea For The Perfect Alaska Gift

We have a variety of gift packs available, or you can create your own. We provide door-to-door, one-day delivery of fresh or frozen seafood from Alaska to most U.S. cities via FedEx. Visit our web site, one of our retail locations, or call 1-800-770-2722.

#### Two Locations in Anchorage

#### Downtown

1020 M Street (907) 272-3474 ext.1

# Muldoon

301 Muldoon Road (907) 272-3474 ext. 2





Serving Alaskans Since 1943

- salmon
- shrimp
- · king crab
- scallops
- smoked salmon
- · lox
- prawns
- arctic strips
- halibut







# Crossover Comfort

By Bengt Halvorson

Bigger may often be better, but at a time when cities are busier than ever and parking space is at a premium, automakers have developed a design that Americans are increasingly embracing: the compact crossover vehicle. ■ Look around and you'll find this new style flourishing in a class of vehicles that didn't really exist in the United States prior to the introduction of the Mini Cooper Countryman

in 2010 and the Subaru XV Crosstrek in 2013. It's a trend that's reached a new height recently with the rollouts of the Honda HR-V, Chevrolet Trax, Mazda CX-3 and Jeep Renegade. With these models, drivers get easy-parking compact-car footprints; higher, more natural seating points; all-weather traction; four-season capability; and just enough toughness to get out on weekends to their favorite trailhead or kayak launch point.

Now compact crossovers are arriving for the luxury set. First came the Range Rover Evoque in the 2012 model year, followed by the Mercedes-Benz GLA in 2015. And with the release of the more conventionally shaped Audi Q3 in 2015, as well as a completely redesigned version of the BMW X1 in 2016, shoppers can choose this very smart form and still get the prestige, features and interior comfort that luxury brands deliver.

While the Q3 seamlessly fits in as the tall-hatch (or tall-wagon) alternative to Audi's A3 family of sedans and hatchbacks, the X1 has had to circle the block to find a place in the BMW lineup.

BMW has long staked its reputation on models that favor rear-wheel drive and a near-perfect weight distribution over the front and rear wheels, and has placed more than the typical emphasis on sharp steering and overall handling prowess.

From 2012 to 2015, BMW sold a different version of the XI in the U.S.—a vehicle that drove like a tall-roof sport wagon and was one of the sportier, smaller crossovers on the market. Yet buyers of this compact crossover were more interested in getting across town to school and the grocery store or out to the countryside for weekend fun than they were in carving on canyon roads and having Autobahn-speed performance credentials.

In response, BMW made a few changes to the XI, especially focused on creating a roomier interior without sacrificing too much in drivability or style. The end result should deliver something closer to what urban families need, and this version of the XI is almost certain to be a stronger seller than its predecessor.

Built on front-wheel-drive underpinnings shared with the Mini Clubman, the new XI making its debut for 2016 is the first BMW to depart from the manufacturer's classic formula. The remade model offers a sporty, satisfying performance while making far better use of interior space. A 2.0-liter turbocharged, direct-injected four-cylinder makes 228 horsepower and 258 pound-feet of torque—more than the nonturbo six of just a few years ago and good enough to blast the XI to 60 miles per hour in 6.3 seconds.

The engine feels plenty perky without needing to be revved high, and because of the quick, smooth-shifting eight-speed automatic transmission, you can really make the most of the engine's capabilities. The transmission's wide span of gears means the engine turns at slower, more economical revs when cruising, as well.

The Audi crossover, meanwhile, has had a smoother path to market. Whether you see the Q3 as a smaller alternative to the Q5 utility vehicle or as a brawnier, tall-roof variant of the A3 family, the Q3 fits readily in with the rest of the Audi lineup.

It borrows some of its design details, and its profile, from the Q5 (albeit scaled down),





# **AUTOS**

yet its ride shares underpinnings with the A3 sedan. Under the Q3's hood is the A3's 2.0-liter four-cylinder engine (also turbocharged and direct-injected), making 200 horsepower and 207 pound-feet of torque. A six-speed automatic transmission does a commendable job of delivering passing power when you need it, even if the Q3 isn't as quick as the X1. Audi's model reaches 60 mph in 7.8 seconds.

There's definitely some give-and-take in the performance of these two models, so I recommend going on the longest test drive possible in each. The Q3 and X1 each weigh about 3,500 pounds, yet the Q3 corners with a little more verve than the X1. The flip side is that the X1 has a softer, quieter ride from the driver's seat, and BMW has applied its expertise in steering to the X1, which is really well weighted and doesn't drop many hints about its front-wheel-drive origins.

Both models offer capable all-wheeldrive systems, and they ensure that a proper balance of power is sent to the rear wheels when needed, controlled by electrohydraulic multiplate clutches. I took both models out on a combination of wet pavement, gravel and muddy, slippery tracks, and there are some noteworthy differences in their tuning. The Q3's Quattro system feels more nuanced and tuned for maintaining poise when driven briskly on damp highway surfaces. On the other hand, the XI is more confident on loose, muddy surfaces, and its 7.2 inches of ground clearance, while not out of the ordinary, is a half-inch more than the Q3's minimum, giving just enough extra ride height for forest trails and deeper snowfalls.

Buyers of compact, four-cylinder vehicles expect fuel efficiency, and while both models are thriftier at the pump than bigger, heavier vehicles, the XI has a clear advantage. Keeping the comparison apples to apples, looking at all-wheel drive for each, the Q3 returns 20 miles

continued on page 173

# Flyer guide

Your overview of the Alaska experience.

#### **TABLE OF CONTENTS**

A2 Everything Alaska

alaskaair.com

Our 5-star mobile app

Alaska lounge

Alaska's fleet

A su servicio

A4 Beverages

First Class

A5 Inflight entertainment

Movies and TV on your own device

Rent a preloaded tablet

Go online

A6 Mileage Plan

Welcome to a world of rewards

A8 Global Partners

Travel the world with our 17 airline partners

A10 Where we fly

100+ destinations and counting

A12 Airport terminal maps

A16 Customs and immigration

A17 Your safety and comfort

Contact us



# **Everything Alaska**

# A look at all we offer for you.

Sign up for the Insider Newsletter to receive great travel deals and information.

# Start every trip at alaskaair.com.

- Always find our lowest fares, guaranteed
- · Check out our weekly flight deals
- Plan your whole trip with hotel, car and vacation packages
- Manage your Mileage Plan account and use miles
- · Check-in, print boarding passes and baggage tags



# Our app keeps you mobile on any device.

Several mobile options to keep you moving when you're on the go: iPhone, Android, Windows Phone and our mobile website at m.alaskaair.com.

- · Find and book flights
- · Check in from your phone
- No more paper—use your mobile boarding pass
- Access Mileage Plan™ information
- Pre-reserve meals







#### MOBILE DEALS CLUB

Text ALASKA to 44227 to receive text alerts on our deals and offers.

Message and data rates may apply. Maximum of four messages per month. Text HELP to 44227 for help.

Text STOP to 44227 to opt out. Terms and Conditions at http://bit.ly/21HWKs3.



# The Alaska lounge is your sanctuary.

Enjoy access to our five lounges, in Seattle, Los Angeles, Portland and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Visit us on alaskaair.com/lounge.

# Join the conversation online.

Come chat with us—and your fellow flyers—online. Tag your journey with #iFlyAlaska so we can all share in your adventures. Have a question? Ask away. Our Social Care Team is available 24/7 on Facebook and Twitter.







Visit our blog: blog.alaskaair.com.





#### B737-900/900ER

Number in fleet: 61 Range: up to 2,720 miles Seats: 181

#### B737-800

Number in fleet: 61 Range: 2,920 miles Seats: 163

#### B737-700

Number in fleet: 13 Range: 2,985 miles Seats: 124

#### B737-400

Number in fleet: 14 Range: 2,000 miles Seats: 144

## B737-400C ("combi")

Number in fleet: 5 Range: 2,000 miles Seats: 72, plus 4 cargo containers

#### B737-400F (freighter)

Number in fleet: 1 Range: 2,000 miles Capacity: 9–10 cargo containers

# Alaska's regional fleet.



#### **Bombardier Q400**

Number in fleet: 52 Range: 1,114 miles Seats: 76 Operated by Horizon Air



#### **Embraer 175**

Number in fleet: 11 Range: 2,150 miles Seats: 76

#### Bombardier CRJ-700 (not pictured)

Number in fleet: 5 Range: 1,378 miles Seats: 70

Embraer 175 & CRJ-700 operated by SkyWest Airlines

Alaska has begun replacing its CRJ-700s with E175 jets that feature a more spacious cabin, First Class and Wi-Fi. All CRJs will be retired by November.

# A su servicio

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

- Centros de atención telefónica de Reservaciones y de Atención al Cliente
- Quioscos de registro del aeropuerto

alaskaair.com/español

- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

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

# Tell us how we're doing.

# Visit alaskalistens.com.

Free to access inflight.

# Our bag guarantee.

# Delivered in 20 mins or less.

If we miss the mark, see an agent for a voucher.

Terms apply. See bit.ly/BagGuarantee for details.

# **Enjoy a drink**

# Refreshing selections, for free or for purchase.

#### **COMPLIMENTARY BEVERAGES**

The menu card in your seatback pocket displays all our food and beverage options.



# Sodas Coca-Cola Coke Zero Diet Coke Sprite Sprite Zero Seagram's Ginger Ale Seagram's Seltzer Seagram's Tonic



Proudly serving Starbucks®

#### Other

**Bottled Water** 

Orange Juice Tomato Juice Cranberry Juice Apple Juice Our special blend of Passion, Orange and Guava (on flights to Hawaiʻi) Bloody Mary Mix Tazo® Awake® black tea Tazo® Sweet Orange hot herbal tea (caffeine-free)



# Pike Place® Roast



# Canoe Ridge USD \$7 Exploration Red Blend

PREMIUM WINE





Premium Beer USD \$7 Alaskan Amber Alaskan Icy Bay IPA Corona (to/from Mexico) Kona Longboard Island Lager (to/from Hawai'i) Imperial (to/from Costa Rica)

# Domestic Beer USD \$6

Miller Lite Budweiser

#### LIQUOR



Craft USD \$7 Sun Liquor Vodka Sun Liquor Gin Sun Liquor Rum Crater Lake Hazelnut Espresso Vodka

# Classic USD \$7 Sauza Tequila Dewar's White Label Scotch Jack Daniel's Black Label Crown Royal Courvoisier Cognac

Baileys Irish Cream

# First Class

Customers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and a complimentary Inflight Entertainment Tablet on most flights longer than 3.5 hours.



# Chateau Ste. Michelle Horse Heaven Vineyard Sauvignon Blanc

Washington

Crisp, racy style; partial steel fermentation to preserve pure, fresh and vibrant character.

# Chateau Ste. Michelle **Indian Wells** Merlot

Washington

Ripe berry fruit aromas and jammy flavors with round, supple finish.

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.

# Watch movies and TV

# Laugh, cry, or both—all on your own device.

# Power up your device with the latest hits.

Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features free episodes from your favorite TV networks—like HGTV—as well as new discoveries, including new musicians on Seattle's independent record label, Sub Pop. Pay-per-view movies and TV shows start at \$1.99.

#### FEATURED FREE-CONTENT PARTNERS









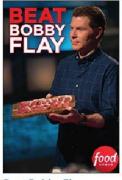




PLUS, THREE NEW PARTNERS

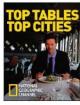


#### **NEARLY 90 FREE TITLES, INCLUDING:**





**House Hunters** International



**Top Tables Top Cities** 



Sub Pop **Featured Album** Morgan Delt, Phase Zero

# How to get started:

See the Amenities card in your seatback pocket or get instructions at loadplayer.com.

**Beat Bobby Flay** 

#### MORE THAN 70 PAY-PER-VIEW MOVIES, INCLUDING:



Zootopia PG; 1:48



My Big **Fat Greek** Wedding 2 PG-13; 1:34



Barbershop: The Next Cut PG-13; 1:52



Midnight Special PG-13; 1:52

# Rent a preloaded tablet and get watching.

On longer flights, you can rent an Inflight Entertainment Tablet that includes more than 30 hit movies and 20 TV showsincluding new movies you can't get anywhere else. Also enjoy music, Xbox games and digital magazines.

Most titles available with English subtitles.

### TOP MOVIES AVAILABLE ON THE TABLET:



PG-13; 1.44



Warcraft Apocalypse PG-13; 1:23



The Nice Guys R (edited); 1:14



America: Civil War PG-13: 1:47

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.

# Go online

Gogo® Inflight Internet is available on nearly all our 737s and E175s, including all aircraft flying transcontinental routes.

Enjoy free access to alaskaair.com.

In the air or on the ground, visit gogoair.com for flexible pricing options.

\* Gogo Inflight Internet is not available on flights to/from Hawai'i or when aircraft are flying over Latin America—including Mexico.

# Alaska Airlines Mileage Plan™

# Welcome to a world of rewards.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 800 destinations worldwide with our 17 airline partners.

Earn miles on hotel stays, car rentals, and everyday purchases, too.







































The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.

# **MVP**

(20,000 miles flown on Alaska)

- · Priority check-in
- · Two free checked bags
- Complimentary upgrades
- 50% bonus miles and more

# **MVP** GOLD

(40,000 miles flown on Alaska)

All MVP® benefits, plus:

- Waived ticket change fees on Alaska
- Four annual guest upgrades
- · 100% bonus miles and more

**GOLD 75K** (75,000 miles flown on Alaska)

- All MVP Gold benefits, plus: Complimentary inflight
- entertainment player
- · Four Board Room day passes • 125% bonus miles and more

**MVP** 

<sup>\*</sup>Miles flown on PenAir and Ravn do not count toward elite status qualification.







# Carry the card for even more rewards.

Get **30,000 bonus miles** after qualifying purchases with the Alaska Airlines Visa Signature $^{\$}$  card. Enjoy added benefits like:

- Annual companion fare offer—because traveling is more fun with a friend
- $\bullet$   $\ensuremath{\mathbf{Free}}$  checked bag for up to six people on the same reservation

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

# Apply at mynewalaskacard.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.



"Highest in Customer Satisfaction with Airline Loyalty Rewards Programs, three years in a row."

We're committed to providing you the best rewards program in the industry.

Cardholder

There's no limit

to the number

of miles you can earn.

perk:

Alaska Airlines received the highest numerical score in the J.D. Power 2014-2016 Airline Loyalty Rewards Program Satisfaction Report. 2016 Report based on 3,073 total responses evaluating 7 programs, and measures the experience and perceptions of members who were surveyed March 2015. Your experiences may vary. Visit idpower.com.

# Join today and start getting rewarded.

# alaskaair.com/mileageplan.

Mileage Plan conditions of membership apply; visit alaskaair.com/memberterms.

FLYER GUIDE

# Mileage Plan gives you the world

# Earn and redeem your Alaska Airlines miles on any of our 17 partners.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/ mileage-plan.



Explore more with Mileage Plan.





London, England British Airways







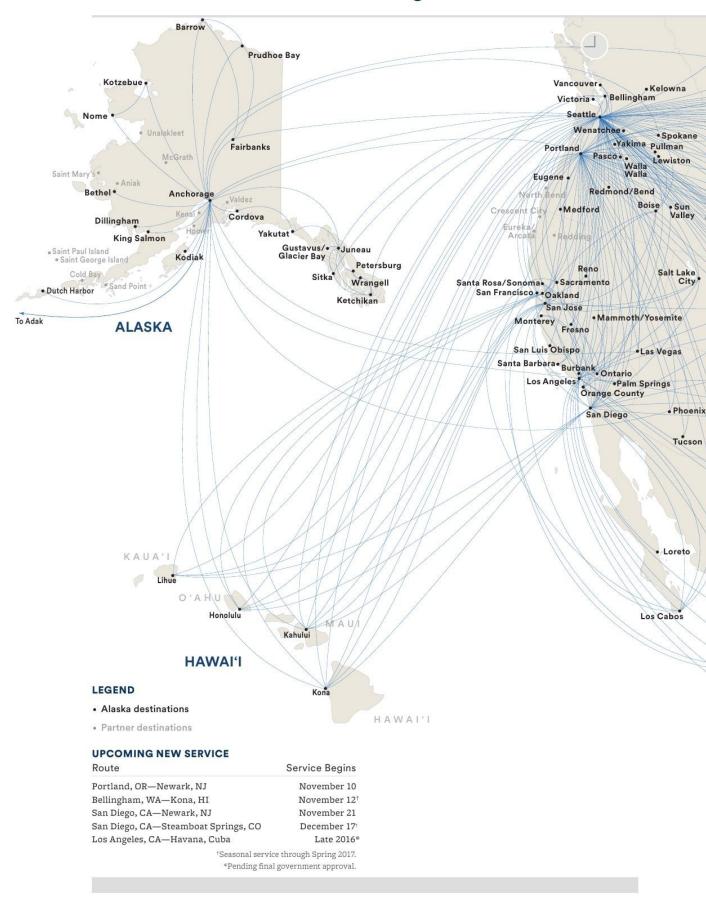




Dubai, UAE Emirates

# Where we fly

# 100+ destinations and counting.





Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

# Airport of the Month



# **Newark Liberty** International Airport

Location: Newark, NJ Airport code: EWR Served since: 2002

Cities served: 1

Portland and San Diego starting Nov. 2016; and San Jose, Mar. 2017.

Notable: Just 30 minutes to Manhattan via AirTrain and NJ Transit.

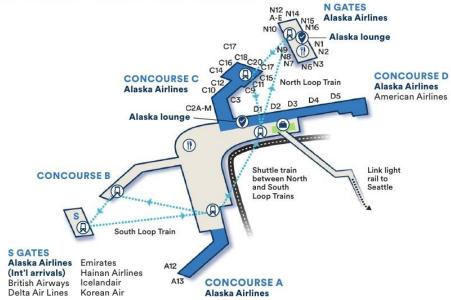
May, Alaska will offer a third daily Seattle-Newark flight-a red-eye departure east-bound and a new, mid-morning westbound departure.

# **Airport terminal maps**

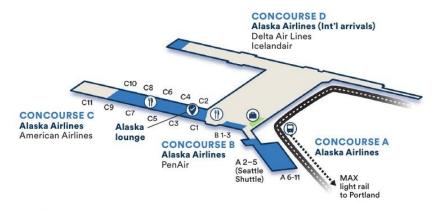
# O Tip:

Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.

# **SEA** Seattle/Tacoma International Airport



# **PDX** Portland International Airport



# SFO San Francisco International Airport

#### TERMINAL 2 CONCOURSE D **GATES 50-59** American Airlines American Airlines Admirals Club TERMINAL 1 CONCOURSE C **GATES 40-48** Delta Air Lines **BART** trains to American Airlines San Francisco and Oakland 0 Cathay Pacific Lounge TERMINAL GATES A1-A12 Alaska Airlines **Emirates** Aeromexico Japan Airlines Air France **British Airways** Korean Air Cathay Pacific Qantas

# ① Tip:

Alaska lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.

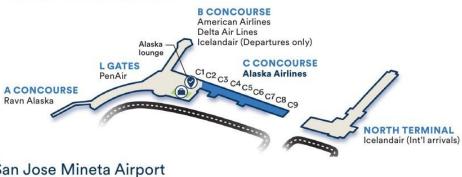


# LAX Los Angeles International Airport

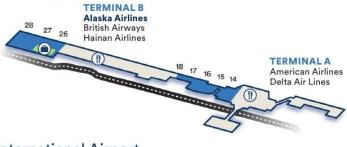


## Tip: Alaska lounge members receive access to most **American Airlines** Admirals Clubs when traveling on Alaska or American.

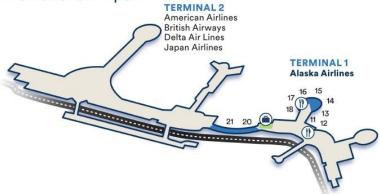
# **ANC** Anchorage International Airport



# SJC San Jose Mineta Airport







# **Global Airline Partner terminal maps**

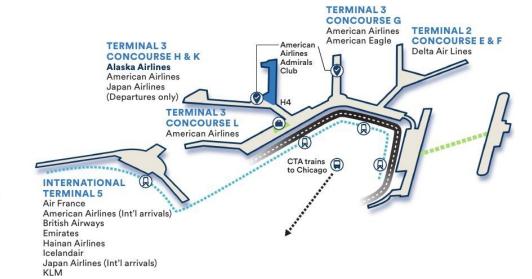
# ORD Chicago O'Hare International Airport

**American Airlines** 

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to **Europe from the** West Coast.

#### 1 Tip:

Alaska lounge members receive access to most **American Airlines** Admirals Clubs when traveling on Alaska or American.



# **DFW** Dallas/Fort Worth International Airport

American Airlines

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.



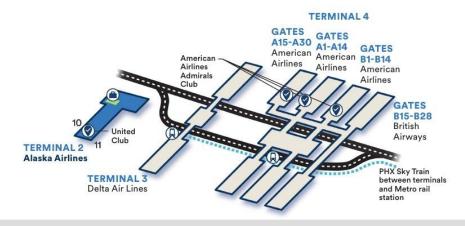
# PHX Phoenix Sky Harbor International Airport

**American Airlines** 

From Phoenix. American flies to 81 cities with over 300 flights.

#### Tip:

Alaska lounge members have access to the **United Club** across from gate 10 at Sky Harbor when flying on Alaska.





**Emirates' Dubai** hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-



C GATES

Dubai Metro

**TERMINAL 1** 

**B GATES** 

(A)

**Emirates** 

**Business** 

Class Lounge

A GATES

**Emirates First** 

and Business

Korean Air offers connections throughout Asia via its conveniently located Seoul hub.

# **Customs and immigration**

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building. Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional.

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

#### TO THE UNITED STATES

PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

#### Helpful tips

- Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- · Customs declaration forms are unnecessary.
- Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

#### U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

#### Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption).
- Lines 5, 6—If not using a passport, leave these lines blank.
- Line 9-Enter "AS" for Alaska Airlines
- Sign at the "X."

#### QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

#### Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX),
   Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

#### **DECLARACION DE ADUANA**

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

#### Datos de ayuda

- Una forma por persona o por familia con la misma dirección.
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco.
- Línea 9-Use "AS" para Alaska Airlines.
- Firme en la "X."

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paperwork, TSA Prev® eligibility and access to expedited entry in other countries. Apply at www. cbp.gov.



# CONSEJOS DE VIAJE INTERNACIONALES

A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

# A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

# INTERNATIONAL TRAVEL TIPS

TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

#### TO COSTA RICA

- All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a \$29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area.
   The fee is included in the price of tickets purchased after June 1, 2016.

# Your safety and comfort

The Federal
Aviation
Administration
(FAA) and
Alaska Airlines
have set these
rules and
regulations to
assure your safety
and comfort.

#### SEATS

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

#### **CARRY-ONS**

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

#### LAVATORY

 Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

#### **CREW SAFETY**

• Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.

#### DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used.
   Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players,
   Inflight Entertainment Tablets, etc.

#### PETS

 Pets must remain in carrier for entire flight.
 Carrier must be stowed for taxi, takeoff and landing.

# ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant.
   No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

#### OTHER PROHIBITED ITEMS

Alaska Airlines prohibits the use of items that
do not meet FAA Regulations or Company
regulations. This includes the use of seat-belt
extensions not provided by Alaska Airlines,
devices that restrict the recline of seats,
self-heating meals or beverages, air filters
placed on overhead vents and personal airpurifying devices.

# CONTACT US

Customer care: 800.654.5669 (Mileage Plan, Web Support, Customer Care)

Toll-free reservations: Within the U.S. and Canada: 800.Alaskaair (800.252.7522) (TTY 800.682.2221) alaskaair.com

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 844.276.5297 vacations.alaskaair.com.

#### **USING YOUR DEVICES**

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

## Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- · Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- · Cellphones (prior to door closure only)

#### Not allowed during flight

- · Voice calls of any kind, including VoIP
- · Devices with cell service enabled
- AM/FM radios or TVs
- · Personal air purifiers
- · Remote-control toys
- Electronic cigarettes

Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions are on page 140.** 

Difficulty: Easy

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

Difficulty: Medium

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



# **AUTOS**



from page 154

per gallon city and 28 mpg highway, while the XI gets 22/32 mpg. Over a week, with a similar combination of dense city-driving errands, a longer suburban errand, and a run out on the freeway to a curvier mountain road and back, I got 25 mpg over 140 miles in the XI and 22 mpg over 115 miles in the Q3.

With lengths of 173 inches for the Q3 and 175 inches for the X1, and widths of about 72 inches for both vehicles, these two models take up about the same or even less space in your garage than compact sedans such as the Toyota Corolla or Ford Focus. And at about 63 inches tall, the X1 and Q3 have more seating height than passenger cars, meaning that getting into or out of the back seat is a snap.

The roomy interior is one crossover feature that appeals to drivers who seldom go off-road or trudge through deep snow. Inside, the vehicle is still pleasant enough for your family, or for that couple you're taking out to dinner.

When it comes to storage capacity, the XI's low, relatively wide cargo floor and seats that fold flat provide more cargo room than in the Q3, which is limited by a rakish roofline. There's up to 27.I cubic feet of space in the XI with the rear seats up, versus 16.7 cubic feet in the Q3. Flip the rear seatbacks forward and you'll find about 48 cubic feet behind the front seats in the Q3, versus nearly 59 cubic feet in the XI. The XI's back seat will slide a few inches fore and aft, but that feature is a \$300 option.

Speaking of price, the Audi, especially when comparing well-equipped packages, is quite a bit less expensive than the BMW. The Q3 arrived late in the 2015 model year, and Audi has already sweetened the deal for 2017 in the base premium-trim Q3 by bringing standard leather upholstery, front power seats, xenon headlamps, LED running lamps, a panoramic sunroof, heated side mirrors, a 130-degree rearview camera system, and front and rear parking sensors. That model starts at \$32,750, but opt for activesafety technology, a larger display screen for the multimedia interface and a color info screen ahead of the driver, and the price can top \$40,000.

The XI for 2017 is offered in one trim level in front-wheel-drive form, starting at \$33,795. Features such as smartphone integration, keyless entry, a rearview camera system and satellite radio are optional, and adding them on could push the price tag near \$45,000.

Both models offer sport packages, but more relevant to most crossover buyers are the excellent high-end audio-system options—Harman Kardon for the BMW, Bose for the Audi.

If you're getting ready to trade in your last vehicle and just starting to take stock of possibilities, it's definitely a different world. Luxury can—and does—come in small packages.

Bengt Halvorson is an independent automotive journalist writing from Portland.





 82

105

100

106

20

42

#### **ACROSS**

- 1 Way off
- Presidential pooch
- Mold
- **14** Map
- 19 Model
- Muscat's land 20
- 21 Treadle
- 22 Textile fiber
- 23 By Irving Caesar
- 25 By Johnny Burke
- Bowling woes 27
- 28 Make leather
- 30 Piano piece
- Hydrocarbon suffix 31
- 32 Stages
- Add-on
- 36 Welby's gp.
- 39 Blow
- 42 Coeval
- 43 British miler
- 45 Jumping one
- 47 Attend
- 48 By Paul Francis Webster
- 51 Herring
- Abby's sister 52
- 53 Converse
- 54 Honey badgers
- 56 German article
- 57 Nipped
- Needle part
- 59 Goodwill
- 61 Mr. Paul
- Diamond lady 64 Cummerbunds
- Hockey shot 66
- 67 British pasties
- 69 Cloche, e.g.
- 70 Gentle
- 71 Augury 73 Sped
- Periodic-table units
- 77 Smell
- 78 Hollow
- Part of UCLA 81
- 82 Light
- 83 Yummy 85 Pizazz
- 86 Atoll
- Hawkeye State 87
- 89 Kilt features
- 91 Wellaway!
- 92 Team cheer
- Porter mug 93
- 95 By Oscar Hammerstein II
- Trident feature
- 99 Minder
- 101 Mr. Torme
- 102 Perfected Certain metabolic rate 103
- 104 Craft
- 105 Trench
- 107 Splinter
- 109 Furniture wood
- 110 Vines
- 112 French preposition
- 113 Gateway
- 116 By William S. Gilbert
- 121 By Sammy Cahn 124 Pinch
- 125 Stat for some pitchers

126 French department

118

127

52

99

104

128

- 128 Candelabrum insert
- 129 Accurate

# DOWN

- 1 Inclined
- 5 Knack
- 6 Qtys.
- 8 One more
- 9 Skater's feats
- 10 End of the A-line?
- 11 Nabokov book
- 12 Beep
- 13 First-class
- 14
- 15 Scorn 16 Pau pal
- 17 Orinoco, e.g.

- Fish trap

- **131** Stew

- 2 Hamilton and Burr
- 3 PDQ
- 4 Bounce off
- 7 Canon

- Cuddles

18 Finger count

101

83

107

119 120

- 24 Sty sound
  - 26 Void
  - 29 Swiss flower
  - 32 Bushel part
  - Fanfare 33
  - 34 Like some chimneys
  - 36 By E.Y. Harburg
  - "Yellow Submarine" 37 figure
  - 38 Workers' collectives
  - 39 Ear-cleaners
  - 40 Craze
  - 41 By Jack Yellen
  - 42 Soccer great
  - 44 Eden exile
  - 46 Gibbon
  - 48 Declares
  - 49 lunket
  - 50 Novelist Glasgow
  - 53 Wobble Red or Coral 55
  - Melmac native 59
  - 60 Doily Ribbons

65 Radio operator

130

121

102

108

112

Distress signal 66

25

30

44

45

46

- 67 Convened
- TV's Mindy
- 70 Pillar prefix
- Scrap 71
- 72 Can
- Hebrew prophet
- 75 Pirate, at times
- 76 Fabric pile
- 77 Org. Expensive 78
- 79 Vine 80 Ms. Merman
- 83 Breaks
- 84 For any reason
- 85 Implored
- Benefit 90 Yale tree
- 91 Declaim 94 More insolent
- 96 Carry on
- Patinage spectacle 97 98 Leave the runway

100 Spoil 103 Fugue master

123

106 Twit

103

109

- That is 108
- 109 Earth tone 110 \_dixit
- 111 Tunisian city
- 113 Fire god 114 Boom
- 115 Drv

118

- 116 Alt. 117 Kiwi cousin Wet
- 119 Roe Camcorder button 120
- **122** Fury 123 Congeal

SOLUTION ON PAGE 173



Copyright © 2016 Penny Press, Inc. Visit PennyDellPuzzles.com



# FIRST CLASS SERVICE AWAITS YOUR ARRIVAL

Enjoy a culinary trip around the world at Muckleshoot Casino with eight tantalizing dining options! Experience endless offerings, from a Mongolian Grill to a savory carving station, at Spice Bay Buffet®. Relish international cuisine at Asian Restaurant "8" or feast on a mouth-watering steak at Coyaba Grill. And, don't forget to save room for dessert at our Sweet Shoppe!

Sit back, relax and enjoy an elevated culinary experience, only at Muckleshoot Casino, the Biggest and Best in the Northwest.

# \$10 FOOD CREDIT

\$10 IN FREE PLAY

Code: AA10FC16 | VALID: September 1, 2016 - December 31, 2016

Code: AA10FP16 | VALID: September 1, 2016 - December 31, 2016

Present your airline ticket stub (paper or electronic) or bring in this ad to the Players Club for your Free Play or Food Credit offers!

\*Limit one food credit and one Free Play redemption per guest in 2016. Must be or become a Players Club member to participate. Membership is free! Must have flown between September 1, 2016 through December 31, 2016 to receive offer. Offer expires December 31, 2016. No discounts on promotional offerings and holidays. Free Play may not be available on all machines. For Free Play and food credit limitations, rules and details see Players Club. Promotions are subject to change without notice. Management reserves all rights.

20 minutes from SEA-TAC International Airport
I-5 South to WA 18 East • Auburn Way Enumciaw Exit











 $\hbox{4-H kids show off their prize-winning poultry entries at the Alaska State Fair in Palmer, Alaska.}\\$ 



210 NORTH DIVISION, KELLOGG, IDAHO 800-635-8000



CALL US TODAY!

210 NORTH DIVISION, KELLOGG, IDAHO DAVESMITHS.COM





INTRODUCING THE FIRST-EVER CADILLAC CT6





**Innovative Solutions For All Your Fleet Needs** 



DAVESMITHNISSAN.COM | 509-924-6242 | 6901 EAST SPRAGUE, SPOKANE, WASHINGTON







FORD F-SERIES AMERICA'S BEST-SELLING TRUCKS
FOR 39 YEARS STRAIGHT



As the best-selling trucks for 39 years straight, Ford F-Series are the first choice of more Americans than any other trucks. And the firsts don't stop there. With a NHTSA 5-Star Safety Rating<sup>1</sup>, F-150 is your first choice for safety. And it's the first and only truck with available EcoBoost® engines, blending impressive power and efficiency. Plus, F-150 is the first and only light duty pickup with a high-strength, military-grade,

aluminum alloy body that gives you more towing, payload and MPG? So during Truck Month, when you have a truck brand with all these firsts, why waste a second on anyone else?

VISIT YOUR NORTHWEST, MONTANA OR ALASKA FORD STORE TODAY TO FIND THE PERFECT F-150 OR SUPER DUTY FOR YOU.

YOUR LOCAL FORD STORE | COMPAREFORD.COM

<sup>1</sup>Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov).

<sup>2</sup>When properly equipped. Class is Full-Size Pickups under 8,500 lbs. GVWR based on Ford segmentation.