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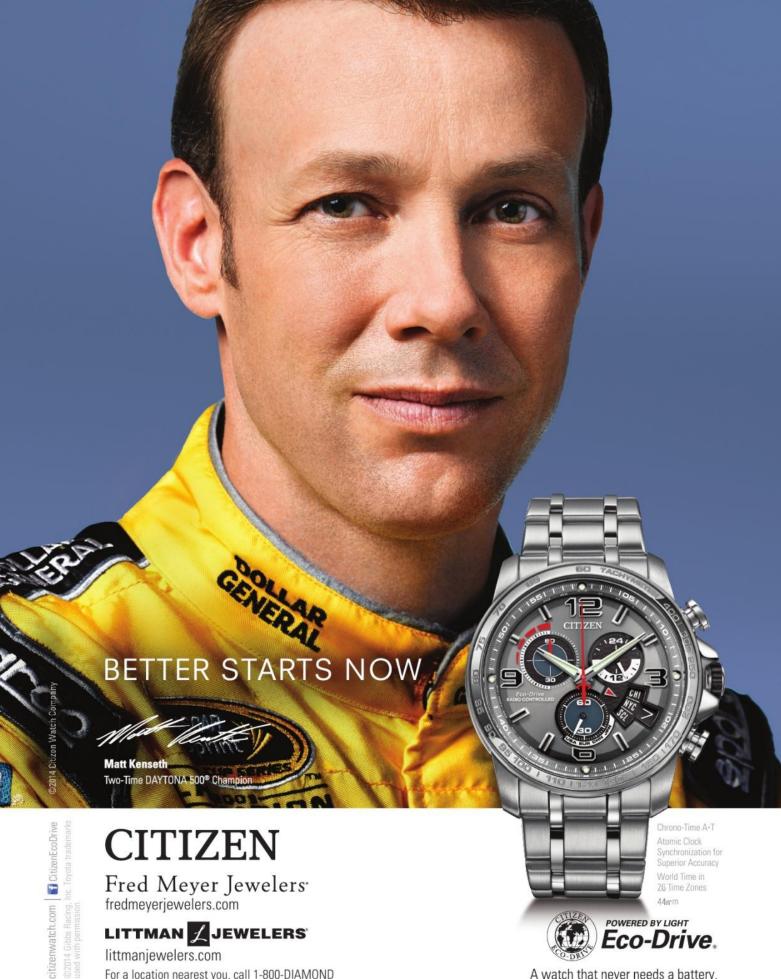
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Alaska.

DECEMBER 2014

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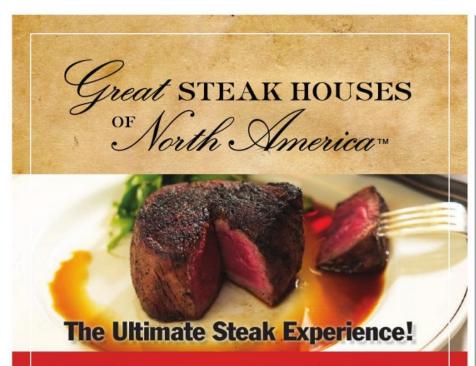
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Editorial Interns

Anna Harmon, Kyle Jensen, Leah LaCivita, Marie Larsen **Contributing Writers**

JEAN ARTHUR, DON AYRES, ALI BASYE, CANDACE DEMPSEY, GREG HAHN, BENGT HALVORSON, KRISTIANNE HUNTSBERGER,

TINA LASSEN, HEIDI MILLS, CHRIS SANTELLA. DONNA STONECIPHER, AMY WESTERVELT, KARA WILLIAMS,

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Production Director PAUL FRICHTL Accounting Manager HOLLY L. GENEST

Advertising Data Wrangler Liz Borovik

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Coordinator for Alaska Airlines Susan Peterson

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

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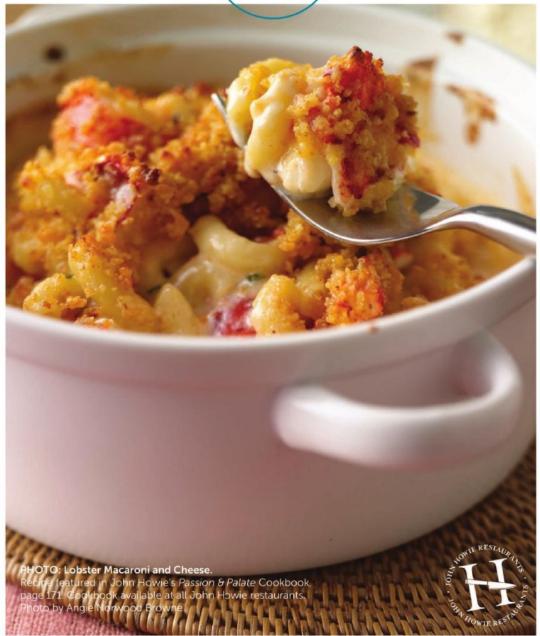
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Brad Tilden, Chief Executive Officer

MEET OUR NEW CHEF

If you're traveling on one of our flights out of Seattle with a duration of more than 2.5 hours this month, chances are that you'll be offered a bowl of smoky brisket chili—tender chunks of brisket in an ancho chile—tomato sauce, topped with melted cheddar and a charred pepper, and served over a baked Yukon Gold potato. I hope you try it. We're very excited to announce a new partnership with Seattle chef and

restaurateur Tom Douglas to regularly feature signature items. In addition to the smoky brisket chili, you'll see dishes such as red miso ginger chicken. (My mouth is starting to water.)

Tom and I recently sat down over a beer at the Palace Kitchen, and here's a little bit of what I learned about him. He was born in Cleveland, but grew up in Delaware with seven brothers and sisters. In 1977, at the tender age of 19, he set out to see the world in a white-with-sky-blueinterior Chevy Bel Air station wagon and \$450 in his pocket: \$300 of his own and \$150 that was a gift from his dad. He could travel until the money ran outwhich it did right here in Seattle, Washington. He got a line-cook job at Benjamin's in Bellevue (one of the early Schwartz Brothers restaurants), and the rest, as they say, is history.

Accompanied by his wife and business partner, Jackie Cross, Tom opened his first restaurant, the Dahlia Lounge, in 1989. Today, Tom and Jackie operate 19 separate businesses, 11 of which are full-service restaurants, including Etta's (named after their daughter, Loretta), Lola, Trattoria Cuoco, Brave Horse Tavern and Serious Pie. As if that weren't enough, they run a cooking school (the Hot Stove Society) in Seattle, and a farm in Prosser, Washington, where they grow many of their own vegetables. They also produce the world's leading salmon rub, Rub with Love.

Clearly, Tom is one of Seattle's finest. He's been recognized for his culinary



Brad Tilden (left) and Tom Douglas, outside Seattle's Palace Kitchen, discuss food, flying and road-tripping in a Bel Air station wagon.

skills many times—receiving three James Beard awards (one for Best Chef: Northwest, one for Outstanding Restaurateur, and one for Americana for his cookbook Tom Douglas' Seattle Kitchen), and he even defeated Japanese chef Masaharu Morimoto on Iron Chef America. Chef skills aside, Tom's also an incredible human being whose love for his family shows. He lit up when daughter Loretta stopped by our table. She's working at his restaurant at night, and studying law at the University of Washington by day.

One of the things I found most interesting about Tom is that while he gets a lot of joy out of serving delicious food to his guests, he also revels in the challenge of running a successful group of businesses. He's clearly proud of his 1,000 employees, most of whom work within 10 blocks of his Fifth Avenue office in Seattle.

I hope you enjoy our new signature Tom Douglas entrées, and the article on Tom and his restaurants in this month's magazine. Lisa Luchau and her team in our Onboard Food and Beverage department have been working hard to bring the new entrées to you, in addition to many other enhancements to our inflight-food offerings over the last couple of years, such as our fruit-and-cheese trays (with Beecher's and Tillamook cheeses), Starbucks coffee,

Alaskan Amber beer and, for customers in First Class, Chateau Ste. Michelle wines, which you can read more about on page 35.

If you're visiting Seattle and haven't tried Tom's restaurants yet, I highly recommend them. You won't be disappointed.

Bon appétit, and thanks for flying with us today.

Buch

El Espíritu de Alaska



Brad Tilden, Jefe Ejecutivo

¡CONOZCA A NUESTRO NUEVO CHEF!

Si viaja en uno de nuestros vuelos que salen de Seattle con una duración de más de 2,5 horas, es muy posible que se le ofrezca un tazón de chile con pecho de res ahumado. Espero que lo pruebe. Trozos de pecho de res tiernos y ahumados en una salsa picante de chile ancho y tomate se sirven sobre papas Yukon Gold con queso cheddar derretido y un pimiento rostizado. Nos da mucho gusto anunciar una

nueva alianza con el chef y propietario de restaurantes Tom Douglas, de Seattle, para presentar regularmente productos exclusivos. Es posible que usted encuentre platos como pollo con jengibre y miso rojo. Se me hace agua la boca.

Tom y yo compartimos unas cervezas recientemente en el Palace Kitchen, y a continuación comparto algo de lo que me enteré acerca de él. Nació en Cleveland, pero se crió en Delaware con siete hermanos y hermanas. En 1977, a la tierna edad de 19 años, salió a ver el mundo en una camioneta Chevy Bel Air blanca con interior azul cielo con 450 dólares en el bolsillo (300 propios y 150 regalo de su papá). Podía viajar hasta que el dinero se le acabara: lo que sucedió exactamente aquí, en Seattle, Washington. Encontró un trabajo de cocinero en Benjamin's en Bellevue (uno de los primeros restaurantes de Schwartz Brothers), y el resto, como se dice, es

En compañía de su esposa y de su socio comercial Jackie Cross, Tom abrió su primer restaurante, el Dahlia Lounge, en 1989. Hoy Tom y Jackie dirigen 19 negocios separados, 11 de los cuales son restaurantes de servicio completo, incluidos Etta's (que recibe su nombre en honor a su hija, Loretta), Lola, Trattoria Cuoco, Brave Horse Tavern, y Serious Pie. Como si eso fuera poco, también administran una escuela culinaria (la Hot Stove Society), una granja en Prosser, Washington, donde cultivan muchas de sus pro-



Brad Tilden (izquierdo) y Tom Douglas.

pias verduras, y producen el condimento para salmón líder en el mundo, "Rub with Love".

Es evidente que Tom es de lo mejor de Seattle, y muchas veces se le ha brindado reconocimiento por sus destrezas culinarias, habiendo recibido tres premios James Beard (uno por el mejor chef del noroeste, uno por propietario destacado de restaurantes, y uno por mejor libro de cocina estilo "Americana"), e incluso derrotó al chef japonés Masaharu Morimoto en Iron Chef America. Pero dejando de lado sus destrezas de chef, es también un ser humano increíble que hace notar su amor por su familia. (Se iluminó cuando su hija Loretta se detuvo frente a nuestra mesa. Ella trabaja en el restaurante de Tom durante la noche y asiste a la Facultad de Derecho de la Universidad de Washington durante el día).

Una de las cosas más interesantes que descubrí sobre Tom es que disfruta tanto cuando sirve comidas deliciosas a sus comensales como cuando enfrenta el desafío de administrar un grupo de negocios de éxito. Se siente sumamente orgulloso de sus 1000 empleados, la mayoría de los cuales trabaja dentro de 10 cuadras de su oficina en la 5º Avenida.

Espero que disfrute de los exclusivos platos principales de Tom Douglas, y del artículo sobre Tom Douglas y sus restaurantes en la revista de este

mes. Lisa Luchau y su equipo en nuestro Departamento de Alimentos y Bebidas a Bordo han trabajado arduamente para brindarle estas opciones, además de muchas otras mejoras a nuestras opciones de alimentos a bordo a lo largo de los últimos años, tales como nuestras bandejas de frutas y queso (con quesos Beecher's y Tillamook), café Starbucks, cerveza Alaskan Amber y para nuestros clientes de primera clase, vinos Chateau Ste. Michelle, sobre lo cual podrá conocer más en la página 35.

Y si está de visita en Seattle, o todavía no ha estado en los restaurantes de Tom, se los recomiendo mucho. No se decepcionará.

Bon appétit, y gracias por volar con nosotros hoy.

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DISCOVERING OPTIMAL HEALTH

Jim and Bonnie wanted to enjoy life to the fullest in their 60s. Although already savvy about health and fitness, they wanted to increase their optimal health and energy.

As Jim got older, two things became more important to him. He not only wanted to live longer. He also wanted to have the energy and vitality to lead an active life, and he wanted to find a doctor who would be a proactive partner in monitoring his overall health on an on-going basis.

Bonnie always had a desire to stay healthy, exercise, and eat well. In spite of this healthy lifestyle, as she went through menopause, it became more difficult to lose weight. After running some tests, her primary care doctor told her that her metabolism was incredibly slow and not much could be done. She became depressed thinking that this was just part of the aging process. But she didn't want to believe that this is how it had to be.

After attending the Anti-Aging introductory seminar, both Bonnie and Jim were encouraged by what Dr. Upton had to say. "Finally someone was telling us that although we were aging, we could still be fully active and enjoy life," says Bonnie.

"The program establishes a baseline we can adjust over time to make any changes necessary to maintain peak health," says Jim. "Dr. Upton is always receptive and insightful, making any changes cautiously. He took a genuine interest in my health. The hormone optimization and supplement recommendations have made a real difference in my energy levels and vitality. The Anti-Aging program also offers the services of sister departments at the club, and I've taken advantage of the personal training, dietitian advice, podiatry, dermatology, and Pilates."

"Taking a proactive approach through the Anti-Aging program was so refreshing," says Bonne. "It was clear from the start that everyone involved was completely vested in our well-being. The increased energy, weight loss, drop in cholesterol, younger looking skin, and more tells me that you can feel good while you age. I feel like my body is operating at an optimal level. As each new year approaches, I find myself wanting to take full advantage of all the joys each and every day brings."

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SKI THE WEST

Skiers, snowboarders and those looking for a winter getaway can rejoice. Alaska is partnering with select top resorts to offer great deals on airfare, lift tickets and equipment rentals. To participate in the "Ski the West" program, register for the Alaska Airlines Mileage Plan by February 23 and visit alaskaair.com/ski to see all the rules and details. Offers vary depending on the resort.





NEW SERVICE BETWEEN SAN DIEGO AND KONA

Alaska is bringing more Hawai'i to its customers in San Diego with new nonstop flights between San Diego and Kona, on the Big Island of Hawai'i. Starting March 5, 2015, the new flights will operate three times weekly and complement Alaska's existing San Diego service to Honolulu (Oʻahu), Kahului (Maui) and Līhuʻe (Kauaʻi).

FOCUS ON SUSTAINABILITY

Creative way to recycle plastic bags

June, a Passenger Service Agent in Spokane, Washington, has a rather unique way of recycling plastic bags. Her Spokane station co-workers save plastic shopping bags for her, and she crochets them into mats—which benefits the city's homeless population. June has made 10 mats so far, using approximately 7,000 bags total.

AROUND THE SYSTEM

➤ Stop by Alaska's Holiday
Recharge Lounge in downtown
Seattle at Westlake Park throughout
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PEOPLE BEHIND THE SPIRIT

Gracious Service

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



Grace Browning Alaska Airlines Legend

Some people fit their name to the letter. They fulfill the hopes expressed by parents a generation ago, and that's abundantly true of Grace Browning.

At the ticket counter in the Ted Stevens Anchorage International Airport, the opportunities to help are many, and they're meaningful. For Grace, it's recognizing when an individual, for whatever reason, would like a little personal help.

Grace is the agent who will call out across a room, "I can help you." She'll step out from behind her station and offer a hand.

"We've become very high-tech, and a lot of customers don't want to be coddled, but some still do," she says. "I never let anyone walk past if they look like they need some assistance."

In one instance, Grace helped an elderly gentleman who'd come to the airport to buy a ticket. It quickly became apparent to Grace that the man, well into his 90s, was on his own. She assisted him with the ticket and then walked with

him out to a cab, buckled him in, gave him her phone number and made him promise to call if he needed further help.

When a winter storm caused the Kodiak airport to cancel all inbound flights, Grace came to the aid of a young mother from Kodiak who had already spent one night at the airport, and was tired and out of money. Grace took the mother and baby home with her, cared for them overnight, and brought them back to the airport the following morning to make their flight.

She calls it old-school customer service, the kind she's practiced in Anchorage for nearly 30 years.

Her co-workers call it a genuine compassion for people, not just for customers, for whom she's been known to pay bag fees, but also for fellow employees—including babysitting for co-workers, or flipping burgers and baking cookies to raise money for the airline's Employee Assistance Fund.

"She's just totally selfless," says Jenny Bookert, Passenger Service Manager in Anchorage. "Her focus is always on other people."

Grace was raised in Anchorage where she played broomball after school on local ice rinks and dreamed of becoming the next Dorothy Hamill, the 1976 Olympic-champion figure skater.

After high school graduation in 1984, Grace attended the International Air and Hospitality Academy in Vancouver, Washington, from which she was hired at Braniff International Airways in San Francisco. She sold tickets and cleaned cabins for the airline's two flights each day. Grace says she'd never lived away from Anchorage—never even driven on a freeway—and she quickly became homesick. She returned to Anchorage in 1986, and it wasn't long before she landed a job with Alaska Airlines, first in reservations, then at the ticket counter.

"She is always gracious, thorough, helpful, with a smile on her face and joy in her heart," says ticket agent Allison Pring. "She is the agent I always hope I am measuring up to." —Paul Frichtl

VOLUNTEER SPIRIT

Granting wishes

Seven-year-old Connor dreams of pirates.
Alaska Flight Attendant Contesa Diaz-Nicolaidis dreams about roses. As project leader for the airline's sponsorship of the annual Portland Rose Festival, she helped a group of Portland-based Alaska employees make one of Connor's dreams come true.

Make-A-Wish Oregon introduced Connor, who is dealing with a life-threatening medical condition, to Contesa and her Rose Festival steering committee, which decided to base its Rose Festival theme on Connor's wish to meet pirates. A group of



Contesa Diaz-Nicolaidis

nearly 20 volunteers arranged for Connor to meet Portland's popular BOOM Pirates; flew him and his family to Disneyland to experience the Pirates of the Caribbean ride; and then seated him on the airline's pirate-themed Grand Floral Parade float.

Each year, Contesa leads a group of more than 1,400 Alaska employees and family members volunteering in 13 different Rose Festival activities.

"It's amazing how our employees have embraced Make-A-Wish," Contesa says. "In terms of community service, it's become the essence of everything we do with the Rose Festival." —P.F.



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JOURNAL



SEATTLE, WA

A Nutcracker Curtain Call

Since 1983, Pacific Northwest Ballet has brought holiday cheer to the city of Seattle through the ballet's celebrated interpretation of *The Nutcracker*. The production uses sets, costumes and choreography originally devised by renowned author-illustrator Maurice Sendak and former PNB Artistic Director Kent Stowell. Through December 28, PNB presents the final season of the Stowell and Sendak *Nutcracker* before the company puts these colorful sets and costumes into its vault. Alaska Airlines is the title sponsor of this presentation. Next year, PNB will stage *The Nutcracker* using classic choreography by George Balanchine. For more information, call 206-441-2424 or visit pnb.org. —*Marie Larsen*

• Argosy Christmas Ship Festival, select dates through Dec. 23; festively lit ships and shipboard carolers entertain shoreline communities.

• Holiday Carousel Rides, through Jan. 1; a downtown tradition, at Westlake Center.

- Seasonal Spirit at the Space Needle, through Jan. 1; a 1,200-light holiday tree tops Seattle's iconic tower.
- Winterfest, through Jan. 4;
 co-sponsored by Alaska Airlines;
 family fun at Seattle Center,

including concerts, a model-train village and the Winterfest Ice Rink.

- Woodland Park Zoo WildLights, through Jan. 4; thousands of lights sparkle in wildlife-oriented displays.
- EverGreen Escapes "Brews and Bulbs" Holiday Tours, Dec. 12-28; light displays and local breweries.
- SAM Lights at the Olympic Sculpture Park, Dec. 11; holiday lights illuminate the park, operated by Seattle Art Museum (SAM).

For more information about these and other Seattle holiday events, visit holidaysinseattle.com.

DECEMBER was the 10th month of the original Roman (pre-Julian) calendar. December's name is derived from the Latin Decem, which means "10."

VICTORIA, B.C.

Wildlife Through the Lens

A pensive Japanese macaque soaks in a hot spring, examining the phone it has just snatched from an onlooker. This People's Choice Special Award-winning image and many other stunning photos will be on display at the 50th-anniversary "Wildlife Photographer of the Year" exhibition, showing December 12, 2014-April 6, 2015, at the Royal BC Museum. The popular annual exhibition, in Victoria for the fourth time, features 100 large-scale images from an international competition organized by the Natural History Museum, London and BBC Worldwide. The competition's international jury evaluates thousands of submissions, from adult and youth photographers. Categories include animal types, such as mammals, and photo styles, such as black-andwhite. Winning images and finalists for each category, along with two grand-title winners, are exhibited in distinctive backlit displays. To learn more, call 250-356-7226 or visit royalbcmuseum. bc.ca. - Anna Harmon



Marsel van Oosten, of The Netherlands, won a People's Choice Special Award for this image of a Japanese macaque that had just pilfered a cellphone at a natural hot spring in Japan.



Find a focal figure for your travel photographs to give the images a story and a human connection—or an animal one, as in the image above. When photographing animals in motion, consider a fast shutter-speed setting to capture the animals' movements.

ST. PETERSBURG, FL

Picasso and Dalí

Through February 16, 2015, visitors to The Dalí Museum in St. Petersburg get a fresh perspective on two of the best-known artists of the 20th century, Pablo Picasso and Salvador Dalí. The museum has gathered works from galleries and private collections around the world to display in the exhibition "Picasso / Dalí, Dalí / Picasso." Side-by-side presentations of related works give viewers a chance to see the strong influences the artists had on each other. Featured are 92 works by Picasso and Dalí, including paintings, prints and sculptures. Also included are postcard correspondences between the artists, and early drawings and books. For more information, call 727-823-3767 or visit thedali.org. - Marie Larsen





SIDE BY SIDE

Pablo Picasso, Fruit Dish ("Compotier/Frutero"; 1917), oil on canvas. Salvador Dalí, Still Life: Sandia (1924), oil on canvas.















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PROFILE

Memory Maker

From her elegant Seattle boutique, designer Luly Yang elevates Northwest style

"A woman's first experience with a couture gown is often with her wedding gown," says Seattle designer **Luly Yang.** "And there are many other occasions to celebrate."

Whether a dress is for a wedding, an anniversary or another event, Yang is determined to make the experience of wearing it unforgettable.

"We create beautiful things," Yang says. "And it's really about connecting with our clients and creating memories together."

The Luly Yang experience begins at the boutique. Located in Seattle's historic Fairmont Olympic Hotel since 2004, Luly Yang Couture is elegant and inviting, with soft,

neutral decor, cozy settees and glittering chandeliers. Sparkling accents are everywhere: on delicate tiaras, on stiletto heels, on gowns of seemingly every color, and even stitched into cashmere sweaters and scarves. Locals are known to walk blocks out of their way to view the enchanting window displays that showcase dreamlike creations: wedding

dresses in pastel-colored chiffons, a serpentine coral-colored ensemble evoking a watery underworld, a cocktail gown with a skirt inspired by monarch butterflies.

The butterfly motif was the genesis of Yang's fashion career. In 1999, she was working as a graphic designer when she was asked to create a dress for a fashion show featuring clothing made of paper. Her graceful design, which depicted the metamorphosis of a monarch butterfly, was a showstopper.

"It was my wake-up call," says Yang. "I decided at that moment to stop everything and pursue fashion."

Yang's first atelier opened in 2000 and catered exclusively to brides seeking a couture experience: a one-of-a-kind garment fitted to the client. Soon, mothers-of-the-



"We create beautiful things. ... And it's really about connecting with our clients and creating memories together."

-Luly Yang



Luly Yang's butterfly dress was shown at the St. Regis San Francisco in 2013.

bride were requesting custom dresses, too.

Yang's reputation spread. She provided a pampering, friendly and fairytalelike experience. Her biannual, theatrical fashion

shows are renowned for their sensational designs and charitable contributions—they have raised hundreds of thousands of dollars for nonprofit organizations.

In the years since Yang opened her store, she has added ready-to-wear and accessories collections, and has begun selling her collections internationally, including at the legendary department store Popp & Kretschmer in Vienna, Austria. The coming spring will see the launch of an online e-boutique that will deliver her new day-wear line, L by Luly.

"I want to continue to create memorable experiences for my clients wherever they are, and in their everyday lives." Yang says. "Memories are what I want to give to women." To learn more, visit lulyyang.com.

—Ali Basye



I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They want to quit, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and Voeghtlin in search of a solution. It was clear from their studies

that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious" — And they did! Their stunning achievement created a medical treatment that has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

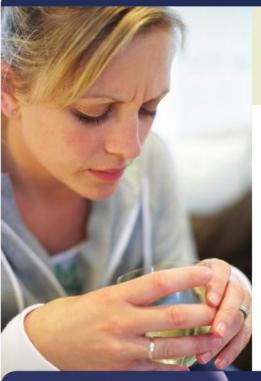
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984 (Photo courtesy of Dennis Law)

> Second, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!

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Schick Shadel also provides education, one-on-one counseling and group therapy along with post discharge sober support which creates a solid foundation for people to begin a new, balanced life. 65,000 former patients can't be wrong — Our treatment simply works! Patients are able to leave here poised for a life of hope, happiness and most importantly, sobriety.

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LISA LOST 10 LBS & 10 YEARS IN 10 WEEKS

As a mom of four, much of my time is spent managing hectic schedules. This often includes lots of planning, driving, and traveling locally and afar. However, at times, I felt like a victim to my schedule. I wanted to learn what I could do to feel and look strong and confident, and keep up with my kids. My goal was to find my fittest self and equip myself for success.

My exercise consisted of playing a little tennis. That was all. While I had modified my diet by eliminating some processed foods, dairy and gluten, I didn't really know how to eat well or control portion sizes. I was ready to not only lose the extra weight, start training again, and clean up my diet, but I also wanted to update my look. My Best 10 seemed like the perfect choice.

I loved the program! I enjoyed the comprehensive approach. All the components of the program tied together helped me achieve my goals. The life coaching I received helped me put everything into a realistic framework that made sense for my life. I learned to not only juggle my family's schedule, but to plan for my needs as well. My trainer kept me coming back even after the program had ended. He was patient when he needed to be, encouraging during the rough spots, and ready to push me to the next level when I was ready. I loved it and continue to train with him three times a week.

I don't feel like a victim anymore. I have the tools, confidence and determination to keep

working on myself. I made some significant improvements and personal discoveries those first few weeks that helped get me to where I am today. I'm lighter, leaner and excited to keep on improving and setting new goals. I added yoga to my weekly routine and my tennis game has improved significantly. I have more energy, and gone are the aches I used to have.

If there's one thing I fall back upon daily, it's to remind myself that I owe myself "My Best 10." Those three little words help get me through a lot. When I don't want to exercise, I tell myself, "You can do anything for 10 minutes. Give it a My Best 10." Funny thing is that once I start, it usually lasts longer than 10 minutes, even though I've given myself permission to stop after 10 minutes. Or if I get tempted by a poor food choice, I wait it out at least 10 minutes. Usually, the desire subsides. Whether it's 10 minutes of fitness, 10 minutes to contemplate a food choice, 10 weeks to work on a goal, or 10 weeks to improve myself, I always try to remind myself that I owe it to myself and my family to always aspire to be My Best 10!

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Holiday luminarias brighten the Plaza Vieja gazebo in Old Town Albuquerque.



ALBUQUERQUE, NM

Illuminating the Southwest

Visitors to Albuquerque can soak up holiday ambiance from festive light displays, including the **River of Lights**, showing on most nights through January 3 at ABQ BioPark Botanic Garden. This massive light show is one of the country's largest, with millions of LEDs used by local artists in 150 installations. Attractions range from animated light sculptures to synchronized music-and-light shows. To learn more, call 505-768-2000 or visit riveroflights.org.

Also in Albuquerque, the 50th-annual Luminaria Tour, held on December 24, takes guests through candlelit historical districts, including downtown and along Route 66. The tour offers a glimpse of the Southwest tradition of luminarias (called *farolitos* in some places)—paper bags with candles that line paths and houses during the holiday season. Tour highlights include Old Town Albuquerque, the city's cultural center, which boasts attractions such as the San Felipe de Neri church. For more information, visit cabq.gov/transit/programs-and-projects/luminaria-tour. —*Kyle Jensen*

OTHER SOUTHWEST LIGHTS ..

- Las Noches de las Luminarias, select dates through December 30; live music, 8,000+ lanterns; Desert Botanical Garden, Phoenix, AZ; dbg.org.
- Ford Fiesta de las Luminarias, Dec. 5-21; 6,000+ luminarias brighten

trees and structures along the River Walk; San Antonio, TX; thesanantonioriverwalk.com.

• Canyon Road Farolito Walk, Dec. 24; lanterns outline adobe walls and sidewalks in this famous holiday tradition; Santa Fe, NM; farolitowalk.com. CHICAGO, IL

Big Laughs in the Windy City

Billing itself as the largest festival of its kind, the Chicago Sketch Comedy Festival (January 8-18, 2015) will present more than 160 sketch comedy groups and is expected to draw 10,000 attendees. Celebrating its 14th year, the annual festival will run a lineup of short comedic performances chosen from hundreds of entries. Four theaters will be in use simultaneously. showing different sketches each day. Parental ratings will be applied to the shows, which range from family-friendly farces to



biting satires. A variety of comedic acts—seasoned and up-and-coming, and international and local—are sure to entertain. To learn more, call 773-327-5252 or visit chicagosketchfest.com.

—Anna Harmon

Also of note ...

For sketch comedy performances on the West Coast, check out **SF Sketchfest** in San Francisco, CA; Jan. 22–Feb. 8, 2015; sfsketchfest.com.

TOP SHELF

Earth Is My Witness

By Art Wolfe; Introduction by Wade Davis; Earth Aware Editions

This handsome, largeformat book offers comprehensive coverage of the Seattlebased photographer's 50-year career chronicling the beauty of the



planet. Stunning images delight the eyes, and Wolfe's descriptions of the people, places and wildlife he photographs offer a window into the passion that fuels his art.

—Leah LaCivita

The New Family Cookbook

By the Editors at America's Test Kitchen The America's Test Kitchen team is back with a greatly expanded second edition of its family



cookbook. Developed through the kitchen's signature approach of perfecting dishes through repeated trials, the book contains 1,100 new recipes and 200 classic recipes from the original edition. This kitchen essential is divided into categories ranging from casseroles to cakes, and is enhanced by instructional photos and ingredient reviews. —Kyle Jensen

And Then Comes Christmas

By Tom Brenner, illustrated by Jana Christy; Candlewick Press Seattle-area writer Brenner sets a gentle tone in his poetic descriptions of various signs of the holi-

day season and the fun activities the season inspires. When "raindrops shift to feathery flakes," children



are prompted to wrap in layers and tumble out to "romp in snow as smooth as bedcovers." With dreamlike illustrations, this book will enchant and delight the whole family. —Marie Larsen





CONVERSATIONS AROUND OUR TABLES ARE ABOUT OUR TABLES

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The California Tower, in Balboa Park, will open to the public for the first time since 1935.

SAN DIEGO, CA

100 Years of Balboa Park

At the launch of the 1915 Panama-California Exposition in San Diego, the city had 50,000 residents. By the end of the year, more than two million people had visited the fair. Attendees enjoyed a wide range of festivities, from opera at Spreckels Pavilion to a grand fireworks display.

Starting December 5, **Celebrate Balboa Park** is honoring the park's history with more than a year of public events and attractions hosted by its

famed collection of museums and cultural centers. Landmark events will include the grand reopening of the California Tower after 80 years, as well as expansions of the Japanese Friendship Garden. While honoring the past, Balboa Park is also introducing new features, including updated lighting along El Prado Walkway and free Wi-Fi throughout the park. To learn more, visit balboapark.org. —Marie Larsen

PORTLAND, OR

Applause for Paws

As one of the biggest dog events in the country, the **Rose City Classic** dog show, January 14–18, 2015, at Portland Expo Center, will include about 175 of the 180 American Kennel Club breeds.



Dogs and handlers compete in various categories in Portland's Rose City Classic.



The show, which has been held in Portland for more than 70 years, will draw more than 3,000 canines, along with thousands of trainers, families and dog enthusiasts. Spectators can watch obedience, rally and agility trials, as well as classic breed judging. On January 17, the Eukanuba Puppy Spectacular offers a chance for visitors not registered for the main show to train and play with their puppies (ages 4–18 months). Alaska Airlines will offer discounts to Rose City Classic participants. For details about this and the event, visit rosecityclassic.org.

Also in Portland next month: the International Cat Show and food drive at the Holiday Inn near Portland International Airport (January 23–25, 2015; tncc.org). —Anna Harmon

HELPING HAWAI'I'S PETS

Alaska Airlines passengers can help homeless dogs travel from Maui to Portland (where there are more adoptive homes) by having the animals tag along on tickets through the Wings of Aloha program. There is no cost to the passengers. (Visit mauihumanesociety.org.) Passengers flying from Kaua'i to Portland, Seattle, San Diego or Oakland can help through the Pet Transfer Program. (Visit kauaihumane.org.) In both programs, Humane Society staff coordinate pet check-ins and pickups on each end.

ANCHORAGE, AK Great Beers in the Great Land

Some of the finest beer, mead, cider and barley wine from Alaska to Germany will tantalize taste buds at the **Great Alaska Beer & Barley**

Wine Festival (January 16–17, 2015). The beer-and-brew extravaganza, which pays special attention to Alaska breweries, will feature more than 200 craft beers from 50 regional breweries, as well as beers from European countries. The festival will include two general sessions and a connoisseur installment where guests can sample experimental brews. Featured breweries include Juneau's Alaskan Brewing Company and Anchorage's Midnight Sun Brewing. Call 907-562-9911 or visit auroraproductions.net/beer-barley.html. —Kyle Jensen

CALENDAR

Through January 6, 2015

Christmas in Ice, holiday-themed ice-carving competition pieces, ice slides and more; Ice Park, North Pole, AK; 907-590-2522; christmasinice.org

Through January 11, 2015 "The Plains Indians: Artists of Earth and Sky," masterworks from major European and North American collections; The Nelson-Atkins Museum of Art, Kansas City, MO; 816-751-1278; nelson-atkins.org

Through January 11, 2015

"Treasures from Korea: Arts and Culture of the Joseon Dynasty, 1392–1910," 150 works, including ceremonial screens, ceramics, textiles and furniture; Museum of Fine Arts, Houston; Houston, TX; 713-639-7300; mfah.org

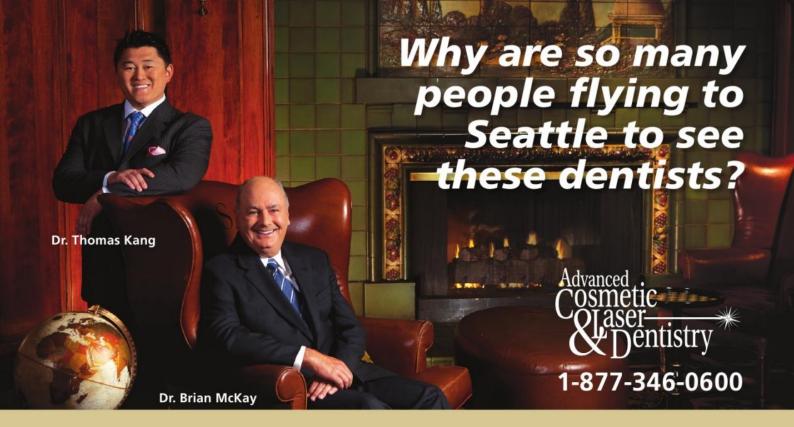
Through February 8, 2015 "Henri Matisse: The Cut-Outs," compositions in cut paper, drawings and related works; The Museum of Modern Art, New York, NY; 212-708-9400; moma.org

Through April 6, 2015 "Indiana Jones and the Adventure of Archaeology," a field-science exhibition enhanced by film memorabilia and interactive elements; Telus World of Science, Edmonton, AB; 780-451-3344; twose.ca/indy

December 10, 2014–January 4, 2015 (select dates) Festival of Lights, more than one million lights; VanDusen Botanical Gardens, Vancouver, BC; vandusengarden.org

January 16–28, 2015 Tucson Jazz Festival, an inaugural event; music, food, fun; multiple venues, Tucson, AZ; tucsonjazzfestival.org

January 22-February 1, 2015 Sundance Film Festival, celebrating 30 years; multiple venues, Park City, UT; sundance.org



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LOS ANGELES, CA

COURTESY OF THE LA ART SHOW

MAGE

An Intriguing Art Show

Billed as the longest-running and largest West Coast art shows, The LA Art Show (January 14-18, 2015) will feature about 120 galleries in its 20th-anniversary event. Attendees can purchase art, hear lectures, enjoy multilingual tours, view special exhibits and practice trend-spotting at this diverse, influential show. This year's exhibitions will include art from the United Arab Emirates and China, among other nations. To learn more, visit laartshow.com. -Anna Harmon

MAUI, HI

TOURNAMENT OF CHAMPIONS

Champions in Paradise

Golfers and golf fans alike will be drawn to Hawai'i's warmth and the top-level competition at the Hyundai Tournament of Champions at The Plantation Course at Kapalua Resort, January 8-12, 2015. Following a Pro-Am on January 8, winners of 2014 PGA Tour tournaments will compete in the first Tour event of 2015. Golfers will look to join the Hawai'i event's legendary list of winners, which includes Jack Nicklaus, Arnold Palmer and Tiger Woods. This year's qualified competitors include Bubba Watson, the 2014 Masters Tournament winner, and Billy Horschel, the 2014 FedExCup champion. For more information about this year's event, call 808-665-9160 or visit pgatour.com/ Hyundai. - Kyle Jensen

The Plantation Course at Kapalua Resort provides a beautiful setting for the Hyundai Tournament of Champions.

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BOSTON: Natick Mall • Northshore Mall CHICAGO: Oakbrook Center • Woodfield Mall DALLAS: NorthPark Center
DENVER: Cherry Creek Shopping Center LAS VEGAS: Grand Canal Shoppes at The Venetian LOS ANGELES: Glendale Galleria
NEW YORK: Roosevelt Field PHILADELPHIA: The Plaza at King of Prussia PLEASANTON: Stoneridge Mall
PORTLAND: Washington Square SAN DIEGO: Fashion Valley • Horton Plaza SAN FRANCISCO: PIER 39
SAN JOSE: Valley Fair SEATTLE: Bellevue Square WASHINGTON, D.C.: Tysons Corner Center

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The Art of Hair Restoration

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



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

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

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

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

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

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

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





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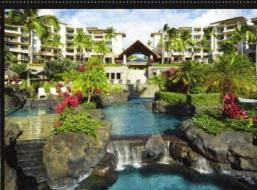
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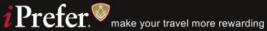


ENCHANTMENT RESORT



CAVALLO POINT – THE LODGE AT THE GOLDEN GATE San Francisco/Sausalito, California







At left: Chateau Ste. Michelle President and CEO Ted Baseler. Below: Pink Martini performs as part of the Summer Concert Series.



In the mid-1980s, Chateau Ste. Michelle winery's hospitality team decided to host a series of little concerts at the winery that they hoped would draw maybe 100 people.

Ted Baseler, who joined the company as the marketing director in 1984, remembers thinking that the early concerts were "wildly successful" when 200 people attended.

Fast forward 30 years and the Woodinville winery, which is located some 20 miles northeast of Seattle, routinely draws crowds of 4,300 to its amphitheater to hear performers such as Crosby, Stills & Nash, Ringo Starr and James Taylor. Baseler, who has been president and CEO of the Ste. Michelle Wine Estates, the winery's parent company, since 2001, attends many of the concerts each year and says Stevie Wonder's 2007 show ranks as his favorite.

"He hadn't toured in many years, and we were his second show," Baseler says. "He played for two and a half hours. It was one of those magical evenings."

The concert series is only a small part of the success story of Ste. Michelle Wine Estates, which is now the nation's thirdlargest premium-wine producer by volume.

In the early 1970s, Ste. Michelle Vintners bought a 105-acre former dairy farm in Woodinville. By 1976, the company had built its new winery on the property to resemble a French manor house and had changed its name to Chateau Ste. Michelle.

However, when Baseler came to Woodinville in 1984 he found the awardwinning winery was losing millions of dollars each year.

He says the company had to build more than a company; Chateau Ste. Michelle needed to help the Washington wine industry develop, which included increasing the vineyard lands of Eastern Washington, where almost all of the state's wine grapes are grown.

worry about market share," Baseler says.

The results have been nothing short of, well, magic. Today, Baseler oversees one of the most honored wine companies in the world, boasting 34 different labels. In 2013, Ste. Michelle Wine Estates sales topped \$600 million. And the Washington wine industry has also grown, from a few dozen wineries in 1984 to more than 800 today.

Along the way, the winery and its iconic chateau have become a major attraction, drawing about 300,000 visitors each year. It has also helped Woodinville develop into one of the state's top wine destinations, where you can visit more than 100 wineries and tasting rooms, enjoy festivals and, of course, take in a summer concert or two.

Baseler says Washington's wine industry

will only continue to expand for many years to come.

"We have just scratched the surface of the state's growth potential," he says. - Jeff Bond



1912 Frederick Stimson opens the Hollywood Dairy in what would become

Woodinville, Washington.

1967 Ste. Michelle Vintners begins producing premium wines. It buys the dairy property in 1972.

1976 Chateau Ste. Michelle winery opens in Woodinville. Its success helps make Woodinville a wine destination

2004 Chateau Ste. Michelle is named "American Winery of the Year" by Wine Enthusiast Magazine.

2014 Woodinville Wine Country boasts more than 100 wineries and tasting rooms









TAKE OFF WHAT DIETING WON'T

Having undergone abdominal surgery as a young child, Heather was always aware of the two trapped pockets of fat that had developed around the scar tissue on her belly. In spite of her diligence with exercise and diet, they seemed immobile. Over the years, she'd explored one cosmetic procedure after another, hoping to find a solution.

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"With each pregnancy, my stomach would stretch out and, while it would come back in, I could never seem to lose those stubborn pockets of fat. It even affected the way I dressed. Since having the procedure done, I feel much more comfortable in form-fitting clothes.

"The other amazing thing about SmartSculpt is that recovery time was so quick. Of course, I was sore for a couple of weeks, but I was still able to care for my three kids and continue with the responsibilities of daily life.

"It has been a great experience throughout. Dr. Levy and his staff are so wonderful and friendly. The one thing I love is that it feels so spa-like. You get to slip into a warm robe and it's relaxing. In comparison, during a consultation at another medical clinic, I had to wear a paper gown and felt awkward. Here, they go out of their way to make you feel comfortable. That was unexpected. I thought once I'd completed the procedure, that would be it. However, both Dr. Levy and my personal trainer would check in every so often after work to see if I had any questions and if everything was going well. I felt very cared for.

"The combination of the SmartSculpt and the core workouts with a personal trainer made all the difference. Having the fat removed gave me a jumpstart. Then I began to develop ab definition I've never had before. I can see muscles. I dropped an entire pant size and lost nine pounds.

"I can't quite believe how my whole life feels easier. My husband is also thrilled. He says he needs to write a thank-you note to my trainer and Dr. Levy. The results have been amazing!" So Long Saddlebags. Farewell Flabby Arms. Bye, Bye Baby Belly. Hello, Dr. Levy.

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SAN DIEGO, CA

It's a Social Thing

Brewer employs innovative marketing to tap success in California

The connection between celebrity and fan is a powerful marketing tool, and such relationships have been the foundation of Saint Archer Brewing Company. The San Diegobased brewer, launched in 2013, is riding the wave of a rather unique combination of athlete "ambassadors" and a network of more than 5 million social media followers to build one of the fastest-growing breweries in Southern California.

Saint Archer's story begins with Josh Landan, an award-winning action-sports filmmaker who had an idea for an athleteowned craft brewery. "The action-sports world had birthed every kind of brand from clothing to footwear, but craft beer hadn't come from us yet, and that's crazy," he says.

Landan assembled a partnership with professional skateboarders Mikey Taylor and Paul Rodriguez, and the group recruited top brewing talent to get the beer flowing.

True to its roots, Saint Archer brews with an action-sports lifestyle in mind. The three launch beers-Blonde Ale, Pale Ale and IPA-all fall on the lighter side of brewing, more refreshing after a day of rigorous outdoor activity. Since launching, Saint Archer has added Coffee Brown Ale, Scottish Ale and White Ale-the latter won gold at this year's Great American Beer Festival.

Landan notes that Saint Archer has built its following almost entirely through Instagram. "We had a whole detailed marketing plan, and we ended up doing none of it," he says. Combining the social media audiences of their high-profile athlete ambassadorsmore than 20 professional skateboarders, surfers and snowboarders-the fledgling brewery found quick success in the highly competitive San Diego beer market.

Saint Archer also caught the attention of one of San Diego's craft-beer giants. "I can't think of another brewery that has created this kind of excitement and impact in such a short period of time," says Stone Brewing Co. President and co-founder Steve Wagner. "The quality of the beers across their lineup, and



Saint Archer Brewing's founder, Josh Landan.

the creativity with which they approached a crowded market, has attracted a lot of new fans to the world of craft beer." Stone signed on to distribute Saint Archer before the first kegs rolled out of the brewery, and Saint Archer now ranks among the leaders in Stone's 35-brand distribution portfolio.

Expansions will boost Saint Archer output from the 7,500 barrels of its first year to 35,000 by the end of 2015, and it plans to sell all of that in California-except maybe the bottles of White Ale that will be served on Alaska flights in December and January. The brewer's dedication to the California lifestyle is what makes Saint Archer and Alaska a perfect match, Landan says. "Even the airline's tagline, 'Explore more, spend less,' embodies what we're all about. It almost seems like it's meant to be." -Don Ayres



"I can't think of

another brewery that has created this

kind of excitement

and impact in such

a short period

of time."

-Steve Wagner

The social media buzz surrounding Saint Archer launch events and promotions helped fuel the brewery's popularity.









Top: Paul Rodriguez (left) and Mikey Taylor serve up pints at the Saint Archer tasting room. Below: Cans of White Ale travel through the production line; a Saint Archer bottle cap.

BY THE NUMBERS

San Diego is regarded as one of the top craft-brew centers in the United States.

448,447

Barrels of beer brewed in San Diego in 2013

96

Active brewhouses in San Diego in 2014

38

Brewhouses in various stages of planning

14 Medals won by San Diego brewers at this year's Great American Beer Festival

lthough it's a sizable salmon he's filletingan 18-pound king from Ketchikan-

Tom Douglas towers over and outsizes the big fish in every way. Well past 6 feet, with a brawny build and palpable physical exuberance, Douglas

would do fine as a defensive end. But Seattle's ubiquitous restaurateur brings sure-handed finesse to his task, using a large scimitar knife to free the deep-pink flesh.

"Now, you always cut against the bones, not with," he advises, carefully levering the blade beneath the fish's ribs and down the spine. "And we can't waste all this meat on the bones," he continues, casting about for a tool to scrape off the leftover flesh. Finally he spies one he thinks will work and wields it expertly. It's a melon ball scoop.

"Yes, that's Tom," laughs his friend and colleague Thierry Rautureau. "I call his craft seat-ofthe-pants cooking. He's the master of it."

It's also sustainable-Douglas eschews the waste common in the food industry. Mention that some studies show 40 percent of all food in the United States is thrown away, and he grimaces, indicating a large cup now full of salmon meat. "Lots of kitchens call that waste. We call it a \$15 salmon burger." He grins conspiratorially, though there is no real trade secret to the Douglas approach to the dining business. "Deliciousness

served with graciousness" is the company motto. Applied to each of his 15 Seattle-area restaurants, it means flavorful food, comfortable atmosphere, uncomplicated menus and expert but low-key service.

Polished mahogany pervades many of Douglas' restaurants; white linen, not so much. Dahlia Lounge and Palace Kitchen, the two flagships, have the clubby atmosphere of East Coast chophouses, but a West Coast sensibility that insists on sustainable seafood (Washington coast coho salmon, Alaska lingcod), an emphasis on Northwest ingredients and unfussy service provided by friendly Seattleites. Few items on a Douglas menu require complicated saucing, but many see flame before they are plated. Typical selections might include a chicken chop salad, fried green tomatoes, braised pig shanks, fish and chops. You won't find Châteaubriand. Ask him about molecular gastronomy (a parfait of frothed beet juice with gingered herring sorbet, for example) and he rolls his eyes.

This understated approach reflects the man. There's nothing coiffed or tailored about him; on his weekly radio show, Seattle Kitchen, he delights in mocking his own visage, which features what he calls "shar-pei eyes," heavy-lidded. "Sometimes I have to button my eyes open," he jests. Douglas has no formal culinary training and is proud of the fact: "It's not really needed," he

Down-to-earth style and bold flavors make chef's creations popular in Seattle—and now on Alaska Airlines

By Eric Lucas





Lift Your Palate

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-Alazka

We believe exploration begins the moment you take your seat. So sit back and prepare for locally sourced, artisan discoveries on every flight. Try an entrée from legendary Seattle Chef Tom Douglas. Or taste Alaska Airlines' delicious Signature Fruit & Cheese Platter, featuring Beecher's Flagship cheese. And raise a glass with hand-poured Canoe Ridge wines, boutique Sun Liquor spirits, or a local microbrew.

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declares after reciting an early work history that includes construction, railroad metalworking, warehousing and house painting along with years spent as a line cook. He sees all those as similar: "Cooking is done with your hands, on your feet," he declares of his trade.

"There isn't a pretentious bone in his body," says Tina Nole, the producer of the Douglas-hosted radio show.

When Douglas arrived in Seattle in 1977, he worked as a laborer before starting as a line cook, eventually winding up in 1984 at Cafe Sport, one of the founding stars of Northwest Contemporary cuisine. There, in his first chef job, he became famous for locally sourced Dungeness crab cakes. He soon struck out on his own with wife and business partner Jackie Cross, opening Dahlia Lounge



Top: Douglas, photographed outside Palace Ballroom, is noted for his support of environmental and community causes, such as preserving wild salmon. Above: Dahlia Lounge has been a Seattle landmark since it opened in 1989 as Douglas' first restaurant. Above right: Douglas and fellow Seattle chef Thierry Rautureau are as entertaining as they are informative on their popular weekly radio show, Seattle Kitchen.

in 1989 with borrowed money, "sweat equity" and support from Seattle civic leader Paul Schell. Tom Douglas Restaurants now operates 11 sit-down restaurants within a 10-block area in downtown Seattle.

"I have no desire to operate restaurants at a distance," he explains of his disinclination to spread his success far and wide. Approached "a million times" to open satellite outlets in dining capitals such as Las Vegas and



New York, he turns them all down, preferring to operate in the community he has called home for more than a quarter century. His radio show does not include his name; he sent his lead chef, Eric Tanaka, up on stage in 2012 to accept the James Beard Outstanding Restaurateur award.

All this does not mean
Douglas is inconspicuous. He
is the only Northwest restaurant
operator to win three James
Beard Awards, as a chef, cookbook author and restaurateur.
He is a frequent figure at Puget
Sound philanthropic events
that can benefit from the pres-



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ence of a local star; he's on the board of Food Lifeline, his longstanding favorite charity. His Dahlia Bakery Cookbook, one of four cookbooks he's authored, was a New York Times best-seller; the Puget Sound Business Journal named him Executive of the Year in 2012; I million listeners have downloaded podcasts of the radio show he hosts with Rautureau and Tom Douglas Restaurants marketing executive Katie Okumura.

The wide range of activities may disguise his pronounced ability to focus on the challenges he sets for himself, which, compatriots observe wryly, arise frequently. Industry



The Palace Kitchen is a Douglas original with an inviting interior and lively atmosphere.

observers can think of no other U.S. restaurateur who has achieved success with so many outlets, all different, in one small area.

"They may be different cuisines, but they all exhibit the same Tom Douglas energy," observes Providence Cicero, Seattle Times restaurant critic. "But for all his big personality, he's really a shy guy," she adds.

Rautureau lavishes praise on his radio partner's down-toearth nature, and the two offer perfect foils to each other on the air-the cultured, Frenchaccented, classically trained chef and the American selfmade food entrepreneur. "We

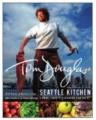


Tom Douglas at 30,000 feet

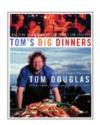
Through a new partnership with Alaska Airlines, Douglas will create signature dishes-such as his Cascade Brisket Chili (above) featured in December-for service onboard certain flights.

"Tom is the perfect guy for us to partner with," says Alaska Airlines CEO Brad Tilden. "He will help us bring world-class food to our customers, and he represents all the best things about the Pacific Northwest."

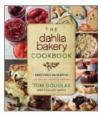
Cookbooks



Tom Douglas' Seattle Kitchen 2001; William Morrow, an Imprint of HarperCollins Publishers



Tom's Big Dinners 2003; William Morrow, an Imprint of HarperCollins Publishers



The Dahlia Bakery Cookbook with Shelley Lance, 2012; William Morrow, an Imprint of HarperCollins **Publishers**



I Love Crab Cakes! with Shelley Lance, 2006; William Morrow, an Imprint of HarperCollins **Publishers**

{ Etta's Classic Dungeness Crab Cakes }

- 1 large egg yolk
- 2 tsp fresh lemon juice
- 2 tsp Worcestershire sauce
- 11/2 tsp Tabasco

BY DAVE EGGLESTON

- 2 tbsp plus 1 tsp Dijon mustard
- 1/2 tsp paprika
- 1/2 tsp chopped fresh or dried thyme

1/2 tsp celery seeds 4 lemon wedges 1/4 tsp freshly ground black pepper 5 tbsp olive oil In a food processor or a blender, combine the egg

yolk, lemon juice, Worcestershire, Tabasco, mustard, paprika, thyme, celery seeds and black pepper. Pulse to combine. With the motor running, slowly add the oil through the feed tube until the mixture emulsifies and forms a mayonnaise. Set aside.

Put the bread crumbs in a shallow container and mix in 1/2 cup of the chopped parsley (reserve the remaining chopped parsley for the crab cake mixture). Set aside.

In a large bowl, combine the onion and bell peppers with the remaining 1/4 cup parsley.

Add the reserved mayonnaise and the crabmeat and mix lightly to combine. Using a rubber spatula, fold in 1 cup of the bread crumb-parsley mixture. Do not overwork the mixture or the crab 5 cups fresh bread crumbs 3/4 cup chopped parsley 1/4 cup chopped onion 1/4 cup chopped green bell pepper 1/4 cup chopped red bell pepper 1 pound Dungeness crabmeat, drained, cleaned of shell, lightly squeezed if wet About 5 tbsp unsalted butter

Makes 8 large crab cakes

cakes may get gummy. Gently form 8 patties and dredge the patties lightly in the remaining bread crumb-parsley mixture. If you have time, cover the crab cakes with plastic wrap and chill for an hour or longer.

Place 2 large nonstick skillets over medium heat and add about 2 1/2 tbsp butter to each pan. As soon as the butter is melted, add 4 cakes to each pan. Gently fry the crab cakes until they are hot through and golden brown on both sides,

turning once with a spatula, about 4 minutes per side. The internal temperature of a crab cake should be 155°F on an instantread thermometer.



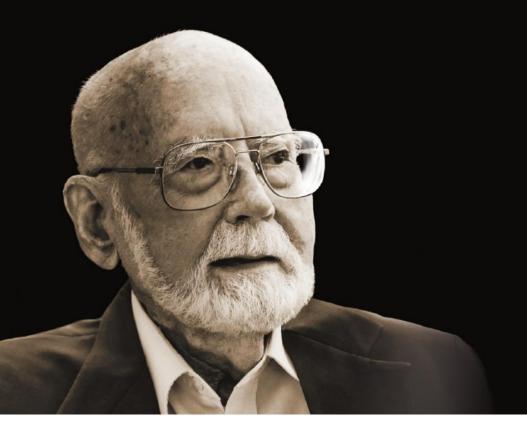
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Photo by Susie Fitzhugh







are the perfect odd couple,"
says Rautureau. The contrast is
delightfully clear during a
segment discussing potato-leek
soup: Rautureau describes the
haute cuisine process of carefully caramelizing the key
ingredient; Douglas adds: "We
call 'em 'frizzled' leeks."

"I love his nonregimented look at food. I expanded my own repertoire by watching Tom," reports Rautureau, who closed Rover's, a quintessential French restaurant that had achieved national fame and a James Beard Award, to open two less formal bistros, Luc and Loulay. Rautureau explains

Douglas' success this way: "A restaurant has to have a soul. Why would you go there if it doesn't? There are 5,000 other places you can eat. Soul—that's the essence of Tom Douglas."

Academic observers cite that essence, too.

"You can feel that Tom
Douglas persona the moment
you walk in one of his places,"
says Jim Harbour, clinical
professor at Washington State
University's School of Hospitality Business Management.
"That's why he can succeed
with so many different cuisines. No one could open eight
Italian restaurants in one



Douglas and his wife, Jackie Cross (top), operate 19 different businesses together, including the restaurants, rubs, a cooking school and the 20-acre Prosser Farm in Eastern Washington, above. Jackie serves as the farm boss for an operation that provides as much as 2,400 pounds of fresh, organic produce each week.

neighborhood, so he dives into a different cuisine with each new place. And every single outlet is top-notch, but inviting.

"The food isn't revolutionary, but the execution is peerless."

Over the past 17 years, Kimberly Smith, a teacher at South Seattle College's highly regarded

{ Etta's Cornbread Pudding }

CORNBREAD

1 cup all-purpose flour

3/4 cup medium-ground yellow cornmeal

1/2 cup grated pepper jack cheese (11/2 ounces)

1 tsp baking powder

1 tsp salt

2 large eggs

1 cup milk

3 tbsp honey

1/4 cup (1/2 stick) unsalted butter, melted, plus a little more for buttering the pan

PUDDING

1 tbsp unsalted butter, plus a little more for buttering the pan

1 cup thinly sliced onions (about 1/2 large onion)

3/4 cup grated dry Jack cheese

2 tsp chopped fresh flat-leaf parsley

1/2 tsp chopped fresh rosemary

1/2 tsp chopped fresh thyme

2 1/4 cups heavy cream

4 large eggs

LLUSTRATION BY DAVE EGGLESTON

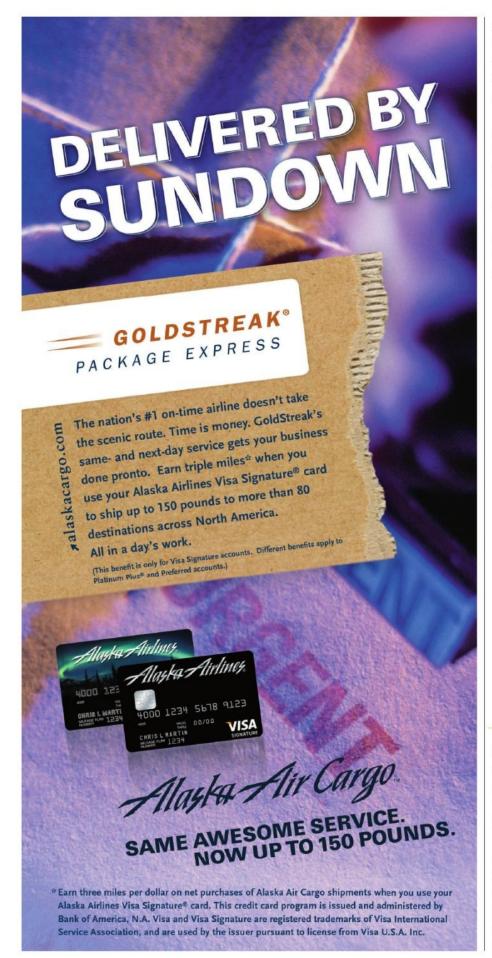
1 tsp kosher salt

1/2 tsp freshly ground black pepper

Makes 6 servings

To make the cornbread, preheat the oven to 425°F. Butter an 8-inch square baking dish. Combine the flour, cornmeal, cheese, baking powder and salt in a large bowl. In a mixing bowl, whisk together the eggs, milk and honey. Add the wet ingredients to the dry ingredients, stirring until just combined. Add the melted butter and stir into the mixture. Pour into the prepared pan and bake until a toothpick comes out clean, 15 to 20 minutes. When cool enough to handle, cut into 1-inch cubes. You should have about 8 cups cornbread cubes, but you only need one third of the cornbread cubes (or 22/3 cups) for this recipe.

To make the pudding, reduce the oven temperature to 350°F. Put the 2 2/3 cups of cornbread cubes in a buttered 8-inch square baking dish. Set aside. Heat the 1 tbsp butter in a sauté pan over low heat and cook the onions very slowly until soft and golden brown, at least 20 minutes, stirring occasionally. Remove from the heat. Scatter the onions, cheese and herbs over the cornbread cubes. Whisk together the heavy cream and eggs with salt and pepper in a mixing bowl and pour over the cornbread cubes. Let sit for 10 minutes so the cornbread absorbs some of the custard. Bake until set and golden, about 40 minutes. Serve hot.



culinary-arts program, has watched a large number of her students go to work at Tom Douglas restaurants, and she cites Douglas' devotion to cultivating good personnel as a key factor in his success.

"Tom and Jackie have always exhibited great regard and care for the people who work for them," Smith says. "They're also among the first in line to give back to the community—and they make sure their guests are taken care of properly."

While Douglas wholeheartedly embraces graciousness, he scorns fussiness, such as the persnickety insistence of some cooks (and diners) on removing

By the Numbers

1 million: customers each year in Tom Douglas venues

1 million: downloads of *Seattle Kitchen* radio show podcasts

100,000: pounds of fresh salmon used each year by Douglas restaurants

1994: James Beard Award, Best Chef: Northwest

2001: James Beard Award, Americana, for Tom Douglas' Seattle Kitchen cookbook

2012: James Beard Award, Outstanding Restaurateur

1,000: employees at Tom Douglas venues

19: Tom Douglas enterprises, total

11: Sit-down restaurants

the tiny upright bones along the spines of salmon. They're called pinbones, and the Douglas aphorism about this is: "Eating a fish without pinbones is like kissing a man without a mustache."

It's tempting to imagine such remarks at, say, black-tie James Beard Award banquets. His earthiness is typical Seattle, as is the devotion to local ingredients, the community spirit and the familylike character of his staffing. So is his regard for environmental sustainability; Douglas

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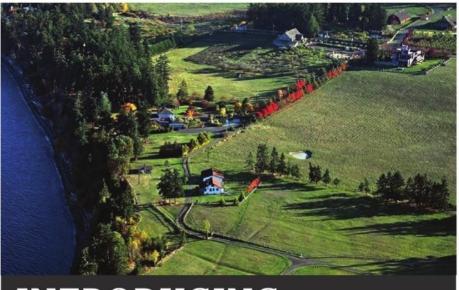
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is a fervent supporter of efforts to preserve North Pacific wild salmon stocks, and he and Jackie operate a 20-acre farm in Prosser, Washington, from which they send as much as 2,400 pounds of organic produce to Douglas restaurants each week—apples, artichokes, arugula, zucchini and much, much more.

Jackie is the farm boss; Douglas attends to Seattle operations.

"I like restaurants. I love the restaurant business," he declares. "In fact, that's what I like most, opening restaurants."

Opening this month is a Mexican eatery,
Cantina Leña, that will use entirely woodfired cooking.

Despite the vast array of restaurants Douglas operates, plus a catering arm, a nationally best-selling salmon rub and a cooking school, the Hot Stove Society, he embraces the larger restaurant community. Ethan Stowell, his closest "competitor" in terms of number of restaurants, with 10, is a frequent guest on Seattle Kitchen; the Douglas website (tomdouglas.com) features links to a dozen other local restaurants, such as Holly Smith's Cafe Juanita, also a James Beard Award winner. This camaraderie is a conspicuous example of the way Douglas epitomizes the Seattle collaborative cultural ethos, industry observers say.

Making the world better through food, then? Douglas declares disdain for philosophizing. "Let's talk about my single-digit golf handicap," he defers. But when prodded to consider the profoundly meaningful role food plays in human life, he reflects on his experiences breaking bread with friends, family and strangers alike, around the world.

"Maybe restaurants could be the answer to world peace," he muses. "Food barriers between different peoples are more easily broken than any others."

But since he won't open a restaurant abroad, gastronomes and peace seekers elsewhere will have to come to Seattle to enjoy a Douglas restaurant. As with everyone, they'll be most welcome.

Eric Lucas is a contributing editor at Alaska Airlines Magazine.



BEN LOST 48 LBS

I was what people might call a "big guy." I'd always been on the heavy side, but carried the weight evenly so I didn't look particularly overweight. I was a high school tennis player, a college rugby player, and a long-time selfdefense instructor, so I assumed that I was in pretty good shape. I was wrong.

After a tennis match in 2009, I started having chest pain. I went to the emergency room straight away - I thought I was having a heart attack! I spent two days in the hospital and after many tests and an angiogram to check for arterial blockage, the doctors told me that while I didn't have a heart attack, my heart had definitely experienced some kind of trauma. On top of that, my cholesterol was sky-high, my triglycerides even higher, and my blood pressure through the roof. My doctor put me on Lipitor and Diltiazem immediately and gave me a simple ultimatum. "Get healthy and you'll get off the meds. Don't, and you'll be on them for the rest of your life."

The next week I signed up for 20/20 LifeStyles.

Having always been an athlete, exercise was easy for me. My nutritional habits, however, were another story. I had no idea how to eat healthfully. But with my dietitian's guidance, I learned how to meal track, portion control, and make smart choices. I've never looked back. I still meal track every single day to help manage my weight. I lost almost 50 lbs of body fat on the

program and put on significant muscle. Within a few weeks, my blood sugar, cholesterol, triglycerides, and blood pressure normalized. Six months later, I was completely off medication.

Learning the difference between lapsing and relapsing was key. Slip-ups are normal, and sometimes even cathartic, but there's always a way to get back on track.

While I was in the program, my wife also started exercising and eating well along with me. She lost 25 lbs in the process. For us, living healthfully is a family affair. We're the proud parents of four, so knowing that we'll be able to set a healthy example for our children is very important.

Most of all, I learned that there is no finish line. This may sound cliché, but it's 100 percent true. 20/20 LifeStyles is about making a lifestyle change, not applying a quick fix. When you get to your ideal weight, you're really just getting started. Staying healthy is a lifetime journey.

America's most successful weight loss program is also online.





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HORTLY AFTER

moving to Seattle a decade ago, I boarded a ferry and made the half-hour crossing over Puget Sound to Bainbridge Island. The salt air was brisk, but sunlight dappled the water and the tops of tall Douglas-firs that bordered Bainbridge's shore. Pedaling my bicycle through rural neighborhoods where conifer-circled homes gave way to fields and orchards felt somehow familiar. I'd never been to Bainbridge, but I had read David Guterson's novel, Snow Falling on Cedars, a mid-'90s literary sensation that cast a very human light on the World War II internment of West Coast Japanese-Americans. Though Bainbridge resident Guterson set his novel on fictional San Piedro Island, many locales in the book are based on actual Bainbridge sites. On Northeast Day Road, for instance, I rode past the Suyematsu Farm, one of the many Japanese-American farms that helped the island's fruit production gain fame in the early 20th century. And riding near the island's deep and sturdy forest, I recalled what Hatsue, the book's heroine, had felt about these woods.

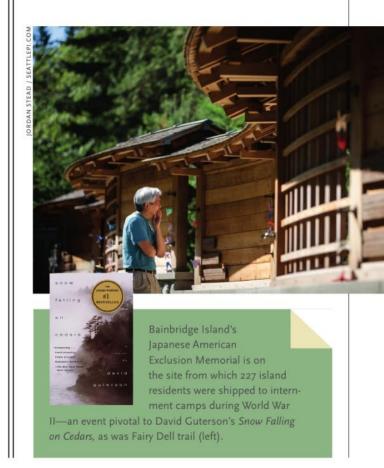
"The world was incomprehensibly intricate, and yet this forest made a simple sense in her heart that she felt nowhere else."

Our world is indeed incomprehensibly intricate, now more than ever, and calling on the works of famous authors is a delightful and meaningful way to frame travel. The West has been home to many estimable entries in world literature, from Jack London to Steinbeck and Michener to Guterson, and one could easily devote a dozen trips to Western and Pacific locales featured in famous books. Add in the rest of North America and it would take years before you'd have to set your sights farther afield in Europe, South America and Africa. In other words, travel offers a vast doorway readers can step through.

Guterson says that though his novel's fictional

San Piedro Island would be geographically situated farther north in the San Juan Islands, he wrote the book on Bainbridge and it presents the clearest connection to the story. He suggests the best spot for literary travelers to visit is Battle Point Park, where the Fairy Dell trail leads down to a public beach, the place where his two young characters dug geoduck clams and shared their first kiss. "That dell and the beach give a feel for the book," says Guterson. "I wrote it living in that area and I had Fairy Dell in mind."

The Japanese American Exclusion Memorial depicting the WWII imprisonments, located on the site of the old ferry dock near Pritchard Park, is another of Guterson's must-see spots on the island. In summer, Bainbridge visitors can buy berries at the Suyematsu farm stand or visit the farmers market (April–November), just down the street from the Bainbridge Island Historical Museum in town. Visitors to the island this March, when Bainbridge Performing Arts presents the stage adaptation of Guterson's novel, will be able to witness a living display of the story in the very place it was born, an event that perfectly reflects the quietly redemptive nature of the book.





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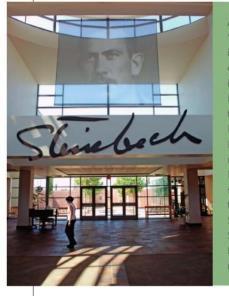


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Anne Rice's "Vampire Chronicles" characters often "visit" New Orleans' iconic Cafe du Monde; and Maria Semple's Bernadette took solace in Seattle's Molly Moon ice cream. Monterey Bay is central to most of John Steinbeck's Nobel Prize-winning work, such as Cannery Row; travelers today can visit the Steinbeck Museum in Salinas, and stroll past Doc's lab (below left) and restored cannery buildings.





A trip inspired by a book is like visiting a wonderfully interesting friend, who happens to have time to show you the best places in town. After all, a sense of place is one of the chief attributes of great literature, and most great authors focus on that. Literary tours offer immediate familiarity with a place and a sense of purpose as you search out spots from the story. Our favorite authors create vivid descriptions that transport us to the places in their books. When we actually travel to those places, we can step into the story and become part of it ourselves. The descriptive skills of John Steinbeck and Jack London help us smell the moist soil and sun-kissed lettuce of Salinas Valley, or hear the rhythm of the dog team's breath and the crunch of sled runners through the Alaska snow. James Michener's clever storytelling animates the history of Hawai'i, and Cheryl Strayed's generous emotional transparency makes the wild West Coast mountains familiar. To me, visiting such places after reading the authors' books feels more like a homecoming than just another trip.

N FACT, a branch of the travel marketplace is devoted to the bookish traveler. Companies such as Classical Pursuits curate tours to explore places with connections to notable authors or books, from Italy to Iceland to New Orleans. A tour of the latter's extravagant literary landscape includes a reading list of Tennessee Williams, Kate Chopin, Julie Smith and Ernest Gaines. Then visitors roam the city to see how the urban landscape seeps into a literary imagination and is revealed in the pages of beloved books. Though Williams' legacy is the most palpable and has inspired many opportunities for visitors, from the Tennessee Williams-New Orleans Literary Festival in March to year-round walking tours of the French Quarter, the city has hosts of tours designed to bring readers closer to other authors, including William Faulkner and John Kennedy Toole. Amid the color and energy of New Orleans, a literary tour allows a traveler to frame personal connections with the city. You cannot ride Williams' Desire streetcar any morebut a journey across the city on the St. Charles streetcar is a marvelous substitute. And you can certainly enjoy late-night coffee at Cafe du Monde, perhaps even at the same tables that Williams, Faulkner and Anne Rice utilized.

Place has such strong presence in the work of John Steinbeck that mapping locations from his work could lead literary pilgrims across virtually all of California's Salinas Valley, from the ranches near King City to the misty shores of

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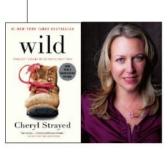


James
Michener's
epic bestseller,
Hawaii, describes the
volcanic activity that
formed the islands—
still visible today at

Hawai'i Volcanoes National Park, where the Kīlauea volcano has been erupting since 1983. The Hawaiian royal family crest decorates the gates of 'Iolani Palace, in Honolulu. Skagway's Chilkoot Trail still beckons travelers. Jack London trekked through here on adventures that became *Call of the Wild*; modern travelers enjoy a rail journey on the White Pass & Yukon. Oregon's Bridge of the Gods is where Cheryl Strayed finished her journey in *Wild*.

Pacifica. Salinas embraced its native-son literary legend, the 1962 Nobel Prize winner, by creating the National Steinbeck Center, an educational facility devoted to the author and the region's agriculture and art. Growing up near Salinas I made countless trips through the neatly lined broccoli and lettuce fields of Salinas over to Monterey. While I climbed the golden hills near the coast I would imagine Mack and the boys from Steinbeck's Cannery Row driving their rickety old Model T in reverse up the grade on their way to find frogs for Doc.

In Monterey a literary traveler can stroll the Cannery





Row neighborhood and even spot the familiar faces of Mack and the boys in John Cerney's mural on the recreation trail above Bruce Ariss Way, near where the

Palace Flophouse would have been. Around the corner is where Steinbeck set Lee Chong's store, based on the Wing Chong building. Next door, where a literary traveler can now order coffee or ice cream, would have been La Ida bar, where one of the Flophouse boys concocted the ultimate mixed drink while working as fill-in bartender. Doc's lab, Western Biological, is just down the street, in the shadow of the Monterey Bay Aquarium. A bust of Steinbeck himself greets visitors at the entrance to the waterfront park, kitty-corner to the picturesque Monterey Canning Company building. The names and some features of the place may have changed over the years, but a Steinbeck pilgrim can stroll the streets, under the cannery crossovers, breathe in the ocean air and picture the place when Steinbeck walked the same route.

Traveling to a present-day literary locale can help travelers feel more directly part of the story. Maria Semple's popular 2012 novel, Where'd You Go Bernadette?, is a map of contemporary Seattle's places and personalities. Though Bernadette, a Los Angeles transplant and architect-in-hiding, makes clear her disdain for Seattle's drivers, urban planning

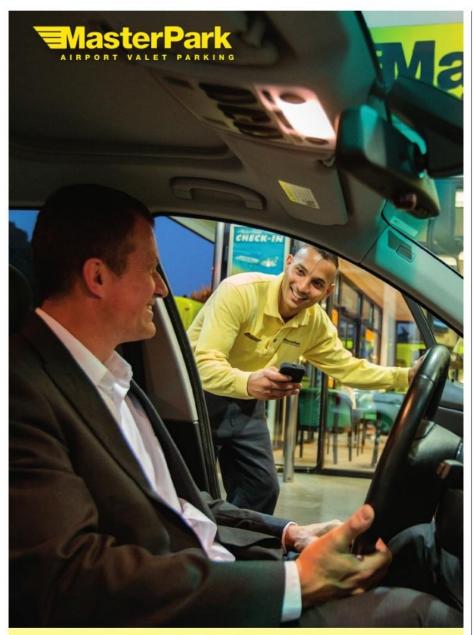


Hawaii



and polite passivity, the novel is studded with gems of Seattle's sites. Many days (and many calories) could be consumed while visiting local food purveyors Semple highlights in the book: Molly Moon ice cream, Macrina Bakery in Belltown, Beecher's Cheese in the Pike Place Market and Tom Douglas' restaurant, Lola, where coconut cream pie helped Bernadette believe she could be happy in Seattle.

Other landmarks the literary tourist can lift from Semple's book include the downtown Public Library, the original Starbucks cafe, the International Fountain at the Seattle Center and the Space Needle's rotating restaurant, where Bernadette sends around a birthday card to be signed by other diners. The unsympathetic main character inspires an unexpected draw to the Emerald City. It turns out there is



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much to love, and even Bernadette longs for the view across Puget Sound, over Guterson's Bainbridge Island to the snowy Olympic Mountains; the same view a visitor might see from Marshall Park on Queen Anne Hill.

In his 1959 novel Hawaii, James Michener tells an epic history of the islands through the adventures of his colorful cast of characters, but the real hero of the book is the place itself, whose geologic history comprises a much-discussed first 10 pages. Traveling with Michener's book gives literary travelers a full itinerary to connect more closely to each of the islands. Maui visitors can experience the old whaling village, Lahaina, or take a dive to the sunken Carthaginian II, a sailing ship replica reminiscent of the brig, Thetis, which Michener's missionaries used to reach the Islands. On Kaua'i, the Old Sugar Mill in Kōloa was the first commercially successful sugar plantation and Michener's model for Wild Whip Hoxworth's plantation. On O'ahu, the landmark 'Iolani Palace depicts Hawaiian royalty, history of the island kingdom and its U.S. annexation. The prehistory of the islands is on vivid display at Volcanoes National Park on the Big Island; the Kīlauea Iki Trail along the north rim of the crater crosses a breathtaking volcanic landscape. Taking guided trips in Kealakekua Bay-where Captain Cook met his fate in 1779—puts readers in touch with Michener's tales of the momentous history of the place.

On other occasions, a by-the-book trip brings us closer to the meaning of a beloved volume. To learn more about Jack London and the creation of his Klondike masterpieces a traveler must set out for Alaska. Though London wrote most of his work back home in California, it was his experience in Alaska and the Yukon that inspired his most influential books. Much like London's own trip north, the canine hero of *The Call of the Wild* was swept from the pastoral California coast up to the Yukon gateway, Dyea. Making a journey along the book's route is more accessible now than in London's

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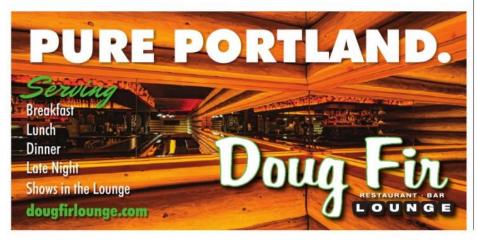


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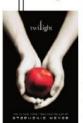


time. Historic Skagway, north of Juneau, is a starting point where literary travelers can get a taste for the historic region. In summer months, a walking tour of the town and the Klondike Gold Rush National Historic Park Visitors Center, housed in the White Pass and Yukon Railroad Depot, helps you learn about the life London and his contemporaries would have found when they landed in Alaska in 1897. Travelers heeding the call of the wild can also head up to Dyea, the Skagway neighborhood that is the Alaska gateway to the Chilkoot trail, the 33-mile journey that led prospectors into the

Entitled Tours

Popular literature has inspired many travel destinations and tour companies to show off their literary connections.

Twilighting: Stephenie Meyer's Twilight series set fans flocking to



Forks, Washington. The Forks Chamber of Commerce created a selfguided tour in response, including a map of the best spots to connect with the story and its characters. The town even dedicates the week-

end of September 13 to Meyer and her heroine, Bella.

The beat goes on: The walking tour of North Beach, sponsored by The Beat Museum in San Francisco on Wednesdays and Saturdays, explores the bookstores, cafes and other landmarks pivotal to Beat Generation heroes Jack Kerouac, Allen Ginsberg, Neal Cassady and Lawrence Ferlinghetti. A self-guided tour app is available from EveryTrail, leading visitors through the neighborhood, from one Beat highlight to another.

Devilish Chicago: Erik Larson's best-selling book The Devil in the White City has inspired a popular city tour. Led by Weird Chicago Tours, visitors are taken to places key to Larson's story, H.H. Holmes and the Chicago World's Fair.





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 newlyweds 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?

D: I 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.

Describe your first meeting with an IJL matchmaker?

M: I had a phone interview first and then went in and met with a matchmaker. It really made me think. Online you can say anything, but if you're paying for this I assume you're not going to lie about what you want.

Tell us about your first date with one another.

D: 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?

D: 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 **1-800-858-6526** or visit **ItsJustLunch.com.**



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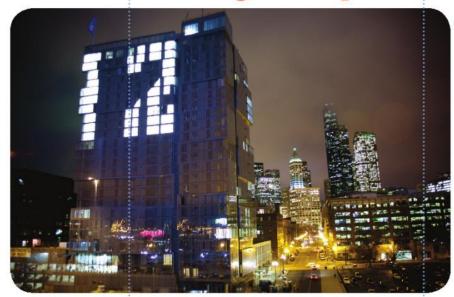
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Yukon. Visitors today can tour the former town site and hike the trail to experience scattered remnants of the gold rush period and the ever-inspiring, immense Alaska landscape. Stepping further into the unparalleled natural world that enthralled London, a traveler might feel the same call from deep in the forest that makes the wild more familiar than previously imagined.

Following Cheryl Strayed's 2012 book Wild along the Pacific Crest Trail and through her emotional journey as she mourns the loss of her mother provides a



Paging your tour guide

Tours based on work by local authors can provide unique insight into a destination.

Follow **Sherman Alexie's** Indian narrator, Jackson Jackson, as he reclaims his

grandmother's regalia in Seattle in "What You Pawn I Will Redeem," from Ten Little Indians:

- Pike Place Market, "panning the handle" with Jackson.
- Washington State ferry terminal, Pier 52, where the hero sells Real Change.
- Singing traditional songs with three Aleutian cousins at the Waterfront Park.

Alexie

• Occidental Park, where Jackson wins money on a lottery scratch ticket.

In his first novel, Where the Air Is Clear, Carlos Fuentes described Mexico City as an enormous village. Follow his cast through the historic neighborhoods:

- Zona Rosa, where Bobó hosted bohemian parties.
- Federico Robles' offices near Alameda Park and the Palace of Fine Arts.
- After picking fights in the bull arena, Tuno, Fifo, Beto and Gabriel went to Plaza Garibaldi, a mariachi center.
- In Colonia Cuauhtémoc, Norma Larragoiti enjoyed helados (ice cream) with Rodrigo Pola at a soda fountain on Paris Street.

EL GAUCHO, THE QUINN T. ESSENTIAL STEAKHOUSE By Quinn Travis

After extensive research, an intrepid food critic finally settles on **EL GAUCHO** AS THE ULTIMATE STEAKHOUSE.

FOR SOME TIME NOW, I have been patiently and secretly visiting every self-proclaimed or ravely reviewed "top shelf steakhouse" in the major market cities: New York, Chicago and San Francisco. Restaurants like The Palm, Chicago Chop House, Gene & Georgetti's, Smith & Wollensky, Angelo and Maxie's, Ben Benson's Steak House, and so on.

In fact, I'm writing this at Angelo and Maxie's in Manhattan as I sit outdoors in 85-degree weather at 8 o'clock at night. Why? Well, I love a good steak, and quite frankly there are so many steakhouses and so many claims and readers polls, I thought it was high time for me to do some sleuth work. Exactly, how does Seattle fare in this category? Is it in the big leagues?

First off, there are so many steakhouses in Seattle it's mind-boggling. Local favorites like Daniel's Broiler, Metropolitan Grill, Brooklyn Seafood Steak & Oyster House and El Gaucho, and big invading chains, like Morton's and Ruth's Chris all compete in the market replete with a zillion other restaurants that claim to have the best steaks around. So if you feel like a great steak, where do you go to really impress a business client and cement the deal?

THE ULTIMATE STEAK

Last November, a colleague and I were having dinner, and the owner of the steakhouse (whom we know) came up and proudly proclaimed that we were in luck. They had just secured a deal with an elite distributor, the Tarpoff Packing Co. of Granite City, IL (a third-generation family-owned packing plant where each steer is hand selected by owner John Tarpoff), for exclusive restaurant rights, and that night was the premiere of the new beef. This owner claimed it was the best custom 28-Day Dry-Aged Certified Angus Beefs Prime, tender and lean, that he had ever tasted. (By the way, only .05 percent of beef sold in this country

is Certified Angus.) This came as a mild quake to me, since I felt the steaks were already superior at this establishment. The man is

Paul Mackay, and the steakhouse is El Gaucho. I must confess, Paul was not blowing smoke.

A SUPER-HIP CIGAR ROOM

First-time visitors to the El Gaucho are immediately hit by its distinctive atmosphere. Nondescript on the outside and dimly lit and well appointed on the inside, El Gaucho is a perfect representation of what my worldly brother-in-law architect Ron Rea terms a "swank 1940s New York nightclub." Yes, even the baby grand piano man is here, playing it live. The restaurant screams style, quality, and fashion—right at you, but not in your face.

Stunning details include curved walls, terraced seating, big booths, tables, a stylish bar, wood trim galore, a marble floor, three small private dining rooms (two of which are wine cellars, too), a 16-foot ceiling, and no windows. Further, there's the ultra-retro Pampas Room downstairs that can accommodate up to 200 guests and has a full dance floor and stage.

A super-hip cigar room, with whisper-quiet ceiling vents that whisk away the stogie fumes, has a freshness that would impress an air quality specialist. If you didn't venture into that part of the restaurant, you simply would not know that there is a cigar room. Absolutely no cigar odors permeate the main dining area. Yet with that huge cigar vault, El Gaucho is the place for many sports celebrities, business leaders, and politicians who like an occasional cigar.

ALWAYS ON, EVERY NIGHT

Here are the main reasons why I think this is the best steakhouse in Seattle, and yes, even beyond Seattle. There is no excuse for an off night.

In this business, you must be on every night—without exception. There are three main areas where restaurants rise or fall. El Gaucho excels at all three.

First, good food means fresh, well-prepared, well-presented, well-presented, well-sized portions, with variety and creativity. Second, the environment must have an ambiance that enhances the dining experience. Third, service

must be exemplary—neither too invisible nor too intrusive. Service is one area where El Gaucho rules hands down. The wait staff are so knowledgeable, so polite and gracious, so attentive to detail, so professional in dress and demeanor, that I can only commend Paul for creating and sustaining such a fine, rare, unique atmosphere. No other restaurant comes close. That includes all the big guns, both here and in the other major markets.

"Let's sum it all up this way.
I've been to El Gaucho at
least eight times in the past
year or so, and I've never
been disappointed."

I frequent the other high-end steakhouses in town and beyond, and they are good, some perhaps even great, but I have had off evenings at these restaurants. Plus El Gaucho's steaks are, shall we say, a cut above—more tender, more flavorful. Furthermore, they could teach advanced grad school courses on service and etiquette. And the ambiance, while classy, successfully avoids the pretentious, stuffy mode.

So having dined at many of the best steak-houses in the country, let me answer my earlier question: Are we in the big leagues? Seattle is not only in the big leagues with El Gaucho, we're like the Ichiro-fueled Seattle Mariners—we are on top of the heap. Chicago, New York—my apologies. El Gaucho is the definitive steakhouse in this country.

FOR RESERVATIONS:

Washington State banned smoking in public places in December 2005. El Gaucho Seattle and Tacoma still have cigar lounges, however smoking is unfortunately not permitted on premises. El Gaucho Portland has an open and dedicated cigar lounge.

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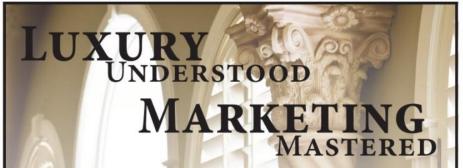
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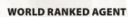
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more personal example for me. The PCT is an impressive natural passage between Mexico and Canada, tracing the Sierra Nevada and the Cascades, the ranges that serve as backbone to the West Coast. Strayed writes detailed accounts of her route and a truly inspired reader could certainly follow her course in full; or in more modest day trips. A hike on the trail near Ashland, Oregon, could trace Strayed's own day trip to the beach at Brookings. Traveling with the book to Crater Lake or to Bagby Hot Springs and Timberline Lodge at Mount Hood brings each place off the page.

I read Strayed's memoir after I lost my own mother. The journey she described in Wild was inspiringly transformative, but I was unprepared to hike several months in the wilderness. I went instead to the Bridge of the Gods in Cascade Locks, Oregon, where Strayed finished her 1,100-mile journey. From the Eagle Creek trailhead I climbed into the woods, thinking about Strayed's injured feet, the community she built on the trail and her vision of giant ice cream cones at Eastwind Drive-In that kept her clomping down toward the Columbia River. It is easy to savor the round-trip 12-mile Eagle Creek hike past mossy-limbed conifers and awe-inspiring waterfalls. On my return, I emerged from the trees to see the Columbia River flowing below in the sun-spangled afternoon and I felt a sudden buoyancy. Though I'd not gone nearly so far or trekked for so long as Strayed, something about her journey went with me in my hike and became part of my experience.

When we journey somewhere, inspired by a book, we come closer to becoming part of the story we admire. Perhaps I was following Strayed's story along the PCT to stand near where she finally reached her goal and celebrated her newfound strength. Or maybe I've come here so that her personal tale of a transformative journey will guide me toward my own.

Kristianne Huntsberger is a Seattle author, storyteller and teacher.



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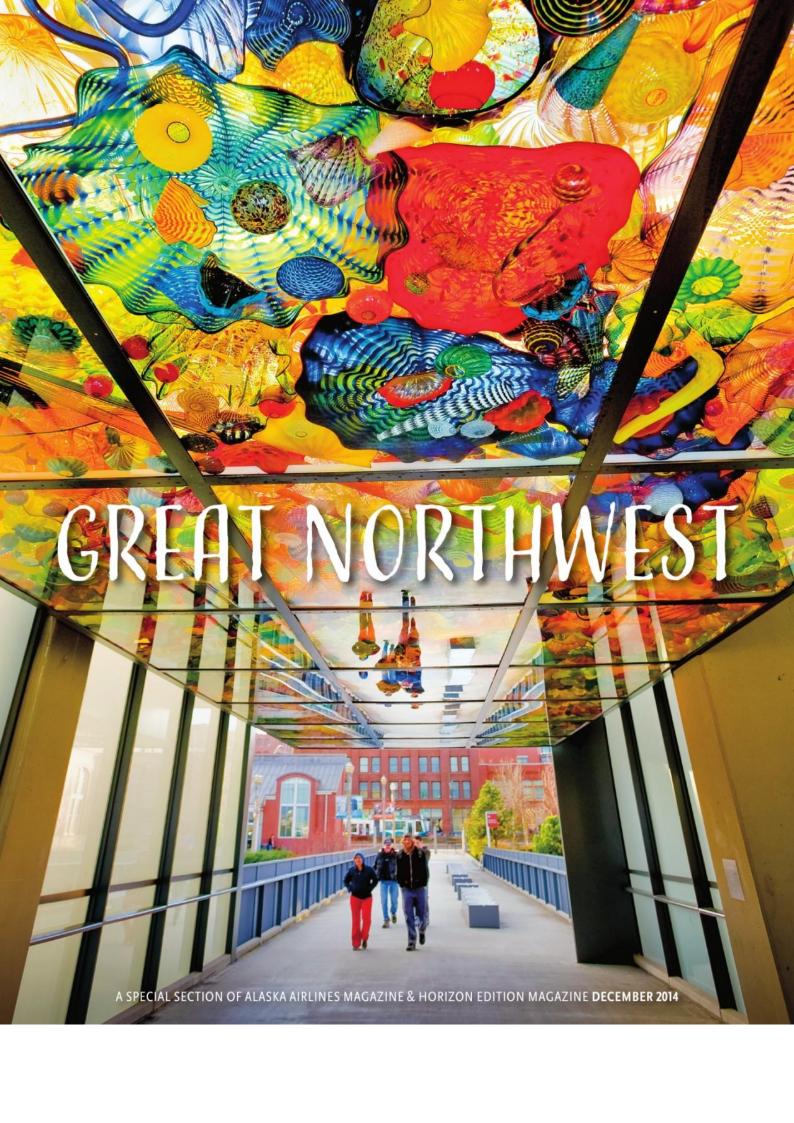
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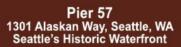
















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Cover: The Chihuly Bridge of Glass in Tacoma, Washington.

Photograph by Tim Thompson

Paradigm Communications Group

2701 First Avenue, Suite 250, Seattle, WA 98121 www.paradigmcg.com

206-441-5871; fax 206-448-6939; email sales@paradigmcg.com

Publisher Mimi K. Kirsch

Editor-in-Chief Paul Frichtl

Editors Jeff Bond and Eric Lucas

Art Director Nancy O'Connell

Associate Art Director Whitney Little

Advertising Production Manager

Theresa Santucci

Advertising Director Kenneth J. Krass, ext. 11

Advertising Sales Stephany Angelacos, ext. 13; Becca Conversano, ext. 21; Yael Kallin, ext. 27; Clay M. Schurman, ext. 33

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WASHINGTON]

THE WONDERS OF THE EVERGREEN STATE

By Candace Dempsey

y husband and I decided to swap the East Coast for Seattle more than three decades ago, after we visited the Pacific Northwest and were enchanted by the view of Mount Rainier rising to the southeast of the Emerald City, along with the Olympic Mountains towering to the west and the Puget Sound lapping at the shoreline. For me, it was a homecoming of sorts. I grew up in the Eastern Washington city of Spokane, and my time away helped me appreciate this unique state all the more. Washington—celebrating 125 years of statehood in 2014—offers a diverse landscape that includes rolling farmland, mountain peaks, ocean beaches and majestic rivers just waiting to be explored.



When visiting the Emerald City, a good place to start is with the iconic Space Needle, located at Seattle Center, which has many attractions, including the EMP Museum and the Chihuly Garden and Glass museum—a showcase for many works and installations created by the famed glass artist Dale Chihuly.

From the Space Needle's observation deck 520 feet above the ground, you get a wondrous view of the Cascade Range, the Olympic Mountains, the city of Seattle and Puget Sound, a 100-mile-long inlet from the Pacific Ocean that has helped define the region's character.

Other must-see locations in Seattle include Pike Place Market, known for its fresh seafood, restaurants and local vendors selling everything from flowers to handmade jewelry; the Seattle Art Museum, which has a collection of approximately 24,000 pieces of art, spanning a variety of cultures and eras; and the city's waterfront.

A walk south along the waterfront brings the delightful scents of seawater and smoked

Artful Park

The 9-acre Olympic Sculpture Park on the north end of downtown Seattle's waterfront has developed into one of the city's great public places. First opened in January of 2007, the park offers lawns, wide paths and breathtaking views of Puget Sound and the Olympic Mountains. It also has a variety of art installations that are located throughout the park. The works offer an eclectic mix of thought-

provoking art and include Alexander Calder's 39-foot-tall *Eagle*, a soaring sculpture that is made of steel and is painted bright red; and *Echo* (at left) the latest addition to the park—a 46-foot-tall sculpture by Spanish artist Jaume Plensa.





salmon as you pass various

restaurants and shops. The

renowned Seattle Aquarium is

located on Pier 59, and a little

farther south is one of the city's

newest attractions, the Seattle

Great Wheel, which stands 175

ABOVE: Mount Rainier, which stands 14,410 feet high, is Washington's tallest peak.
LEFT: Bellevue is known for its many urban amenities, including shopping, dining and outdoor recreation.
OPPOSITE PAGE: The
Seattle Great Wheel is a top waterfront attraction.

feet tall and offers another amazing view of the city and Puget Sound.

On the water itself you can see everything from large yachts and freighters to kayaks and sailboats. You can ride a Washington State ferry, take the *Victoria Clipper* to Canada, or tour Elliott Bay with Argosy Cruises. You may even spot orca whales, which are sometimes seen in the Sound.

BELLEVUE

For more urban fun, travel on one of the floating bridges across Lake Washington to Bellevue, the state's fifth-largest city, where you can enjoy kayaking, cycling and hiking.

As home to The Bellevue Collection, the city is known as a top shopping location. Including Bellevue Square, Lincoln Square and Bellevue Place right





in the heart of the city, The Bellevue Collection offers more than 250 retail stores and boutiques, entertainment, movie theaters and more than 30 cafes and restaurants. While in Bellevue, you may also enjoy visiting the Bellevue Arts Museum and The Shops at the Bravern.

TACOMA

Located about 30 miles south of Seattle, Tacoma is another port city that is one of my favorite places to explore. Located on Commencement Bay, Tacoma is close to such outdoor destinations as Mount Rainier and the Crystal Mountain Resort ski area. You can hike the 765-acre Point Defiance Park, scuba dive at Titlow Beach, and kayak in the bay.

Tacoma's downtown offers a bevy of popular attractions, such as the Tacoma Art Museum; the Museum of Glass, which showcases glass works by many artists, including native son, Dale Chihuly; and the LeMay—America's Car Museum, which displays a rotating selection from the LeMay family's collection of more than 3,500 vintage vehicles.

ONLY IN WASHINGON

- Cape Alava, Washington, is the westernmost point in the contiguous 48 states. Next stop, Japan.
- Matt Parker and Joe Walker paddled the length of 55-mile-long Lake Chelan earlier this year in 12 hours, 30 minutes while on stand-up paddleboards. In 2011, Emily von Jentzen swam the length of Lake Chelan, one of the nation's deepest lakes, in 36 hours.
- Spokane's 12K Lilac Bloomsday Run is one of the world's most popular road races, attracting more than 40,000 participants in May each year. In 2014, Kenya's Allan Kiprono won the race with a time of 34 minutes, 11 seconds.
- The Hanford Reach National Monument, created in 2000 by President Bill Clinton, is located about 50 miles northwest of the Tri-Cities and is the last free-running stretch of the Columbia River in the U.S.

OTHER PUGET SOUND LOCATIONS

Across Puget Sound from Seattle and Tacoma is the lush Olympic Peninsula, where you can explore rain forests and historic lodges, and stroll the

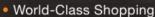
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coastal beaches. A great location for winter-storm watching is from the cliffs near La Push on the state's north coast. Another is on the Long Beach Peninsula, near the Oregon border.

Bellingham, located about 90 miles north of Seattle, is another center for adventure. The port city is home to Western Washington University and is known for its proximity to both Puget Sound and the Cascade Range. Bellingham Bay is popular for sailing, kayaking, scuba diving and just about any other water sport. About 50 miles east of the city is Mount Baker, a 10,781-foot peak where you'll find Mount Baker Ski Area, which averages more than 700 inches of snow each year.



The Cascade Range, which runs from British Columbia to
Northern California, divides
Washington into two distinct regions: the rainy western side of the state and the dry eastern side of the state. In the Cascades, you will find a variety of ski resorts, including Stevens
Pass on U.S. Highway 2, and
The Summit at Snoqualmie, located along Interstate 90, about 50 miles east of Seattle.

On a flight over the Cascades to Eastern Washington, you will notice how the craggy peaks and the deep green of the mountain forestlands begin to change to grasslands, farmland and even semiarid desert. This region is also where the 1,243-mile-long Columbia River first enters



ABOVE: LeMay—America's Car Museum, in Tacoma, showcases a rotating collection of rare vehicles. RIGHT: The Mount Baker Ski Area, in the North Cascades, averages more than 700 inches of snow annually. BELOW: Eastern Washington has developed into one of the world's finest areas for growing wine grapes.



Washington from Canada and flows through the state, carving deep gorges and magnificent basalt cliffs on its path to the Pacific Ocean.

WINE COUNTRY

Eastern Washington's agricultural region has long been dominated by apples, wheat and potatoes. However, today it is probably best known as one of the nation's leading wine producers, and almost all of the state's wine grapes are grown in Eastern Washington.

From Lake Chelan to Wenatchee and Yakima, Central Washington offers more than 100 wineries. To the east, the cities of Kennewick, Pasco and Richland, better known as the Tri-Cities, boast more than 200 wineries within a 50-mile radius. And the southeastern Washington town of Walla Walla has become famous for the more than 120 wineries that can be found around the city.

The region is also popular for its many outdoor attractions, including fishing, skiing and whitewater kayaking. In the summer, backpackers, hikers and rock climbers enjoy the Yakima River Canyon, Gifford

Where the Wild Things Are

The following are ways you can view some of Washington's magnificent wildlife.

Whale-watching: Tours to see the large mammals are popular throughout the



region, with trips leaving from various ports, including the San Juan Islands, Anacortes and Bellingham.



Migrating birds: Raft the Skagit River

from November to February, when hundreds of migrating bald eagles perch in the trees in a 2,450-acre protected area. Trumpeter swans also gather in the area.

Elk herds: Large herds of elk can be seen daily in the winter during the afternoon feeding time at the Oak Creek Wildlife Area, located about 15 miles northwest of Yakima.

(For more information, visit wdfw.wa.gov.)



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SHARE A PHOTO of something, big or small, that you discovered while exploring an Alaska Airlines destination. Whether you are an amateur or professional photographer, you may submit up to three images to Alaska Airlines Magazine and Horizon Edition Magazine for our 2015 Photo Contest. Entries may include natural scenics, urban landscapes, wildlife shots or human-interest photos. In addition to awarding prizes for the top three photographs, the magazines will publish the top 10 photos in our May 2015 issues.

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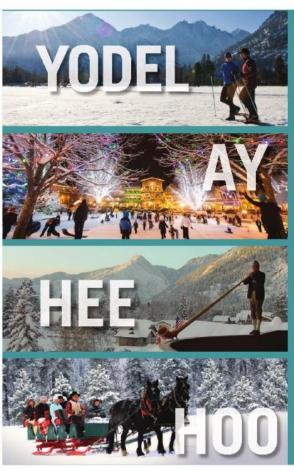
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BY THE NUMBERS

Washington is the nation's second-largest premium wine producer, with more than 50,000 acres of wine grapes. In 1981, there were only 19 wineries in Washington. As of 2013, there were more than 800 wineries located throughout the state. A fast-growing wine-tourism industry also has developed, which generates more than \$1 billion in annual sales. According to the Washington Wine Commission, the wine industry's total economic impact on the state was estimated at \$8.6 billion in 2012.

Pinchot National Forest and the Mount Adams Wilderness.

THE INLAND NORTHWEST

As someone who grew up in Spokane, the state's second-largest city, I've never lost my fondness for the region.

Located about 20 miles west of the border with Idaho, Spokane is the economic center of the region and the area's recreation destination. In winter, you can swoosh down the slopes at Mount Spokane Ski & Snowboard Park, 30 miles northeast of downtown. In the spring and summer, you can visit the 18 lakes near Spokane and tee it up at nearly 20 public golf courses within a short drive of the city. Rock climbing is popular at Minnehaha Rocks, and cyclists enjoy the region's many bike trails.

Pullman, the home of Washington State University, is located about 70 miles south of Spokane, in the heart of the hilly Palouse, which contains some of the world's most fertile wheat land. Such natural beauty is what brought me back to Washington and why I always find something new to appreciate in the Evergreen State. GNW

Candace Dempsey is a writer based in Seattle.

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OREGON

EPICUREAN ADVENTURES By Tina Lassen

elsey Schopp weaves her way through the Portland Farmers Market, deftly parting the crowds for her seven Forktown Food Tours guests trailing behind. Schopp offers an insider's look at Portland's renowned culinary scene, leading the way to high-quality bistros, sidewalk produce stands and parking-lot food carts downtown. Along the way, the tour illustrates the astounding depth and breadth of Oregon's food.

The market is a high point. Wander among the stalls here, and you begin to see Oregon as one big buffet table. Vendors offer heirloom tree fruit (Bosc pears, for instance), free-range meats, freshly milled grains, cranberries, oysters, baby artichokes, fresh steelhead, culinary herbs, Willamette Valley hazelnuts, a fantastic assortment of exotic mushrooms and, well, practically any other fresh foodstuff you could think to eat, almost all from the Beaver State.

"Except for tropical fruit and citrus, we can grow or raise pretty much everything in Oregon-including beer hops and wine grapes," Schopp notes, as the group nibbles on fresh beet salad with housemade ricotta and roasted hazelnuts at Nel Centro. It's all thanks to the state's temperate climate, abundant fresh water and rich alluvial soils. Inspired chefs make the most of the local bounty, fueling a food appreciation that, in turn, raises the culinary and agricultural bar even higher.

The results are apparent as

you nosh your way through a Forktown Food Tour. Addy's Sandwich Bar elevates the simple lunch staple to homemade duck confit with cranberry relish on a chewy baguette. Magic even emerges from modest food trucks, such as the black-bean tortilla *panuchos* from El Taco Yucateco, and eggplant and



Portland Farmers
Market Established in 1992,
this is one of the oldest such
markets in the United States. It's
also one of the biggest, with as
many as 200 vendors offering
produce and prepared foods
during the summer.



walnut paste *badrijani* from Kargi Gogo. Yes, Oregon black beans, eggplant and walnuts.

Expansive as the food tour is, there is one way to get closer to great food in Oregon: Grow, raise, hunt, fish, forage or craft it yourself. The adventures below are exemplary, and fun. ABOVE: Seeking truffles is no trifling matter in Oregon's Willamette Valley, where experts such as Kelly Babbitt rely on specially trained dogs.

RIGHT: Clammers celebrate success in Seaside.

HUNTING FOR TRUFFLES

Goose leaps from the bed of Kelly Babbitt's pickup and roars in big gleeful circles through a dim understory of Douglas fir. Right now, he's being a typical exuberant black Labrador retriever, enjoying a late autumn day in the foothills of the Coast Range west of McMinnville.

But with one verbal command, his demeanor clicks into a more serious gear. "Go to work," says Babbitt. Goose drops his glossy black muzzle to the pine duff and begins weaving among ferns and fallen leaves.

He's sniffing for truffles, the elusive fruiting body of a fungus that's prized by foodies from Paris to Portland.

Many types of truffles grow under our feet, like small lumpy potatoes. Only a few varieties, however, are coveted for their uniquely delicate, earthy flavor that can range from garlicky to



fruity. Three varieties—a black, a white and less commonly, a brown—thrive in Oregon.

"The Willamette Valley is the epicenter for these wild truffles," explains Kris Jacobson, owner of Umami Truffle Dogs. "We have gentle rolling hills and the right amount of moisture, and former pasture land with soil that's ideal." Oregon truffles grow in a symbiotic relationship with Douglas-fir trees, Jacobson explains, and just like wine grapes, they have their own terroir. It makes sense that the famous European epicurean delights thrive in a region where famous European wine grape varieties also prosper.

ONLY IN OREGON

Oregon produces
 99 percent of the
 U.S. hazelnut crop.



Oregon also leads
 the nation in production
 of blackberries

and Christmas trees.

 Oregon has many "champion" biggest trees—including a black cottonwood near Salem; a bigleaf maple in Lane County; and a Western juniper near Lakeview.





 The state flower is Oregon grape (mahonia). Though not a true grape, the shrub's berry is edible.

For more information visit traveloregon.com.

The keen nose of a dog can detect a ripe truffle underground. (So can pigs, which were traditionally used in Europe. But, as the joke goes, dogs are much easier to get in the backseat of a car.) Umami's Jacobson trains dogs to find wild truffles, which she sells to res-

taurants and specialty markets. With ripe truffles commanding about \$400 per pound, it's not a bad day's work. Umami also offers "guided truffle forays," where you can tag along for a hunt with one of Jacobson's trained handler/dog teams.

That's where Babbitt and

Goose come in. With the 4-year-old Lab focused on the job at hand, Babbitt leads the way, crunching through the woods of her favorite 10-acre truffle patch. She keeps a sharp eye on Goose, able to distinguish when he's simply sniffing an animal trail and when he's



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The Willamette Valley's vineyards, growing at the same latitude as many of the finest in Europe, have become famous for their Pinot Noir and Merlot grapes, among others.

OREGON SHELLFISH

Razor Clams Seafood connoisseurs consider these slender bivalves, found on the broad beaches of the outer Pacific Coast, to be the best-tasting of all native clams. Chefs usually sauté them gently in butter or wine—they are not usually used for chowder, as their delicate flavor is best enjoyed with simple preparations. Large specimens can exceed 6 inches.

Oysters Most of the oysters found in seafood stores and on restaurant menus are non-native species brought to Pacific shores from Europe and Asia, chiefly Japanese and Belgian types. The only native oyster, the Olympia (pictured) was originally found from Southeast Alaska to Baja, and is the subject of extensive restoration programs in Washington, Oregon and California. Recreational harvest in Oregon is prohibited, but some commercial growers raise them.

Spot Prawns Of the various species of shrimp found in the North Pacific, the most numerous is the spot prawn, which is found from the Gulf of Alaska to Southern California. Chefs take great care cooking these delicate shrimp—even a half-minute too much can result in overdone prawns. Other North Pacific shrimp include coonstripe and sidestripe. There is, technically, no difference between "shrimp" and "prawns," though the latter term is often applied to larger specimens.

Dungeness Crab It's easy to trigger a debate among
West Coast residents by asking whether Dungeness or king
crab is better—zealous advocates are found in both camps.
The Dungeness is the centerpiece of the crab industry from
Juneau to San Diego, with large numbers harvested by both
commercial and recreational fishers. It's named after Dungeness
Spit, on the Olympic Peninsula—which was named in 1792 by George
Vancouver, after a similar promontory in Great Britain.

scented a ripe truffle. "If it were a truffle, he'd look at me and start pawing the ground," she

explains, "or he'd come get me and lead me back to the spot." Together they'd work to unearth the truffle, usually a few inches to maybe a foot underground.

Both Babbitt and Jacobson abhor the use of rakes, an alternate harvesting method they consider unsustainable, disrupting the soil and digging up less-than-ripe truffles. "Dogs only dig when a truffle smells," Babbitt explains. "And if it doesn't smell, it doesn't

taste. And then it's no good."

Babbitt returns her gaze
to Goose. "It's addicting,"
Babbitt says of truffle hunting.
"You find one, and then you just
want to find the next one."

Customers get to keep the truffles Goose unearths on the guided foray.

CLAMMING ON THE COAST

Ask native Oregonians for tips about clamming, and most will just shrug their shoulders—and launch into dreamy retrospectives of childhood vacations at the Oregon Coast. There are certain things one does at the ocean's edge in Oregon: You fly a kite, you peer into tide pools. You throw a soggy tennis ball for the family pooch, you build a bonfire. And you get up early and dig for razor clams.

The sport is decidedly delightfully-low-tech. Pull on a pair of rubber boots, or at least old tennis shoes. Arm yourself with a shellfish license, a shovel and maybe a pair of gloves. If you want to get fancy, invest in a clam gun—essentially a pipe with a handle that excavates a column of sand like a post-hole digger. As the surf recedes, watch for a clam "show": either a small hole about the circumference of a Sharpie marker or, if you're lucky, the fleshy tip of a clam neck sticking out of the sand. Time to dig!

There's more sport to it than you'd think. Clams can burrow down quickly, so you need to be efficient with your technique, yet careful not to crush the clam shell. You don't really dig with





the shovel so much as dislodge the sand so you can slip your hand in and feel around for the shell. Local knowledge suggests you'll do best if you position your clam gun or shovel slightly to the ocean side of the show.

Aim for two hours before peak low tide; choose a calm day, when the critters tend to be closer to the surface. While you can find razor clams along the entire length of Oregon, they really thrive along the north coast in Clatsop County, where an 18-mile stretch of beach accounts for more than 90 percent of the state's razor clam harvest.

Choose your battle carefully, because regulations limit you to your first 15 clams—no throwbacks. There are other rules and seasonal closures, too, so check with the Oregon Department of Fish and Wildlife. Maybe it's not a fair fight. But there's a swell of pride and achievement that comes when you pull that first subtly striped copper shell from the porridge of wet sand. Like spotting your first Easter egg or chanterelle mushroom, now you're primed for the hunt. So roll up your sleeves and your sandy pant legs, and get busy digging.

MAKING YOUR OWN PINOT NOIR

It's harvest time in Dundee, Oregon, and the pungent smell of promise wafts through the air. Actually, it's the aroma of Pinot Noir grapes, just snipped from the vines striping the hills of the Willamette Valley. Forklifts move bins of grapes from vineyard into winery, where workers gently guide them through sorting, de-stemming, crushing, and eventually into fermentation tanks and barrels. It's a delicate and precise production conducted under the watchful eye of Laurent Montalieu, a Bordeaux-bred winemaker who owns several wine ventures—including Soléna Cellars, Northwest Wine Company, and the Domaine Danielle Laurent vineyard-in the Willamette Valley.

On this day, Christopher Hermann watches it all intently, too. An attorney with Stoel Rives LLP in Portland who specializes in wine industry law, Hermann and his firm are members of Montalieu's Grand Cru Estates wine club. Members buy in for as little as a quarter barrel, which currently

runs \$5,000 annually, along with a one-time \$5,000 joining fee. Then they participate in the winemaking process with Montalieu, yielding their personal barrel of wine, which will be bottled and labeled just for them. Members can join in the harvest, help sort the fruit, be there for the crush, taste through and choose which of 10

vineyards' grapes they want, even craft their own signature blend. "It's as experiential as you want it to be," says Montalieu.

Montalieu began the club in 2009, inspired by a similar program in Napa Valley.

Hermann joined that first year. "You get

to be a par-



GRAND CRU ESTATES

"Grand Cru," Laurent Montalieu explains, is a French designation given to a region's very finest vineyards. "We give our members access to the best of the best wine grapes in Oregon," Montalieu notes. "At the same time, we want to demystify wine and make it approachable. We encourage our members to trust their palate, to exercise the freedom to say 'I know what I like.' "Thus members craft their own, personal vintages.

Winemaker
Laurent Montalieu
delights in helping
customers make
their own wines.

ticipant in the Oregon
wine industry," he says
eagerly. "This club allows
you to be a part of their ecosystem in a way you can't do
anywhere else. And it's really
wide open—you can do as much
or as little as you'd like."

And the same is true for the broad menu of culinary adven-

tures in Oregon, starting from the ground up. GNW

Tina Lassen lives in Hood River.

GETTING THERE: Alaska
Airlines (800-ALASKAAIR,
alaskaair.com) offers frequent
service to communities throughout
Oregon. Visit alaskaair.com and
traveloregon.com.



THE GEM STATE'S GREAT OUTDOORS By Greg Hahn

or those who enjoy the outdoors, there are few places in Idaho more exciting than the Frank Church–River of No Return Wilderness Area. Covering more than 2.3 million acres of craggy peaks, world-renowned whitewater rivers and dense forest, the wilderness area in north-central Idaho is the second-largest protected wilderness area in the contiguous United States, after California's Death Valley.

With more than 2,600 miles of hiking and horseback riding trails, a few backcountry airstrips and a series of historic lodges along the Salmon River, the Frank Church offers the chance to get away and reconnect with nature.

However, in Idaho you don't have to hike deep into the backcountry to be awed by the grandeur of the state. No matter where you go, there are plenty of opportunities to get outside and enjoy this region's natural beauty.

BOISE: A CAPITAL CITY WITH A BIG BACKYARD

I was reminded just how much Boise residents and visitors enjoy the outdoors when I recently cataloged the various activities I see on my regular bike ride through the city's popular greenbelt that runs along the sides of the Boise River.

Here, in the heart of the state's largest city, I've watched people canoeing, fly-fishing for trout, hiking, jogging, kayaking, mountain and road biking, river tubing, rock climbing, spin casting for steelhead, stand-up paddleboarding, swimming and wild-berry gathering.

The Boise River, which curls through the city, is the center of local outdoor activities. The main park along the river is Julia Davis Park, which is home to attractions such as the Boise Art Museum, the Idaho State Historical Museum, a rose garden and Zoo Boise.

The City of Trees, with a population of 214,000, is the state's center of commerce and industry, and home to Boise State University and the Idaho State Capitol. It is also near

numerous mountains and hiking trails.

The foothills to the north of Boise can be explored via more than 130 miles of hiking and biking trails. And Bogus Basin Mountain Recreation Area, located about 20 miles to the northeast of Boise, offers 2,600 skiable acres and some 35 kilometers of groomed Nordic trails.



The first destination winter resort in North America, Sun Valley has played host to the notable and famous almost from the day W. Averell Harriman built the central Idaho getaway in the 1930s.

The area's outdoor activities attracted the author Ernest Hemingway—who was one of Ketchum, Idaho's most famous residents for many years, enjoying the local fishing, hunting and skiing. Trout fishing is still popular throughout the year, at Big Wood River and at the Silver Creek, one of Hemingway's











FROM LOWER LEFT TO

RIGHT: A mountain biker rides through the foothills north of Boise. Rafters float down the Salmon River in the Frank Church-River of No Return Wilderness Area. A skier savors the slopes at Sun Valley Resort.

One of the resort's latest additions is the Sun Valley terrain park at Dollar Mountain, which includes various jumps, obstacles and quarter-pipe features. In 2013, the park added a super pipe run with 22-foot-high walls.

favorite fishing holes.

Hollywood celebrities continue to be attracted to the resort, drawn by its winter activities and amenities. The resort and its promise of deep, light powder lure winter adventurers from near and far. The

resort boasts nearly 80 runs located on Bald and Dollar mountains and a vertical drop of about 3,400 feet. There are about 25 miles of cross-country ski trails at the resort and more than 70 miles of trails in the surrounding area.

ONLY IN IDAHO

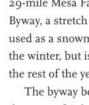
Idaho is the nation's top potato-growing state, producing nearly 12 billion pounds of the staple food each year. To learn more about the history of the potato, visit the Idaho Potato

Museum in the town of Blackfoot, located about 30 miles southwest of Idaho Falls.

Idaho is known as the Gem State because of the many types of colorful gemstones that are found there. In

fact, the summit of Crystal Mountain, which is a 6,929-foot peak located about 30 miles northeast of McCall, is known for the large

amounts of quartz crystal found on the mountain. The state is best known for star garnets, which are found only in Idaho and India.



The byway begins outside the town of Ashton and travels north through the pristine Targhee National Forest. Some Idahoans are working to make the byway Idaho's next protected national monument.

EASTERN IDAHO: GATE-WAY TO GREAT FISHING

This area, near the border of Montana and Wyoming, is known throughout the year for its exceptional fishing.

The Henry's Fork of the Snake River, about 80 miles north of Idaho Falls, is one of Idaho's most storied trout fisheries-and home of some of the state's finest lodges, including the award-winning Henry's Fork Lodge. In addition, this area provides a route to nearby Yellowstone National Park and in the winter it offers downhill and Nordic skiing, snowmobiling and snowshoeing.

Another attraction is the 29-mile Mesa Falls Scenic Byway, a stretch of road that is used as a snowmobile path in the winter, but is open to cars the rest of the year.

IDAHO POTATO MUSEUM



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IDAHO'S PANHANDLE: LUSH FORESTS. BIG LAKES

The Idaho Panhandle is perhaps most famous for its stunning lakes. A series of three freshwater beauties highlight this stretch of land, which runs from about the Nez Perce National Forest in the south to the Canadian border in the north.

The largest of the three bodies of water is Lake Pend Oreille, located about 50 miles northeast of Spokane, Washington. The lake, which reaches depths of 1,150 feet, is so deep it is still used to test large-scale navy submarine prototypes. Visitors often stay in the resort town of Sandpoint, where they can enjoy water sports in the summer and snow sports in winter, including skiing at the Schweitzer Mountain Resort, which is located about 15 miles northwest of the town.

ABOVE: Hikers enjoy the view of Lake Pend Oreille, the largest of the Panhandle's three main bodies of water.

BELOW: Cyclists ride across one of the former train trestles that are part of the Hiawatha Bike Trail in northern Idaho.

Perhaps the most popular of the three lakes is Lake Coeur d'Alene. Located about 30 miles east of Spokane, the lake offers a mix of amenities, including The Coeur d'Alene Resort and its golf course, with the famous floating green on the 14th hole. The resort is also known for its various lake cruises, which include the popular Journey to the North Pole Cruise. Nightly, through January 4, passengers can take a cruise past displays with 1.5 million lights, including a trip to the North Pole to see Santa and his elves.

The most northern of the three lakes is 19-mile-long Priest Lake, located northwest of Lake Pend Oreille. It is known for its crystal-clear water and as a popular area for sports, such as snowshoeing and crosscountry skiing-not to mention the hundreds of miles of groomed snowmobile trails that can be found in this area of the Idaho Panhandle.

One of my favorite Panhandle getaways in the late spring and summer is along the St. Joe River Scenic Byway. The St. Joe River begins as a shallow mountain stream full of cutthroat trout in the Bitterroot



IDAHO STATE EVENTS

The McCall Winter Carnival (January 30-February 8, 2015) will celebrate its 50th anniversary in 2015 with 10 days of activities, including such events as the Idaho State Snow Sculpting Championships, snow bike

races, parades and fireworks displays (mccallchamber.org).



Boise's Treefort Music Fest (March 25-29, 2015) has become a major event in the City of Trees. Hundreds of bands, from local upstarts to national headliners, pack venues across downtown, and a growing slate of side "forts" celebrate technology, local beer, film, storytelling, yoga and more (treefortmusicfest.com).

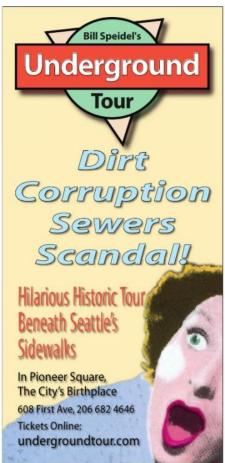
One of the largest Basque events in the world, Jaialdi (July 28-August 2, 2015) takes place once every five years in Boise, which is home to a thriving Basque population. The festival attracts visitors from many

countries and showcases Basque music, dances, food, international performances, sporting events and many contests of strength (jaialdi.com).











Mountain Range of western Montana and runs mainly west to Lake Coeur d'Alene, near the town of St. Maries. Along this journey, St. Joe quickly grows to a whitewater wonderland with class 3 rapids. A popular bike route near the St. Joe River is the Hiawatha Bike Trail, which offers a breathtaking backcountry experience of riding along a 15-mile stretch of a former Milwaukee Railroad route that runs through 10 tun-

Biking through Boise and the state's back-country, driving the Mesa Falls Scenic Byway and skiing Sun Valley are just a few of the many treasures to be discovered when exploring Idaho.

nels and over many high trestles. Visitors can pay the fee for using the trail; rent bicycles, headlamps and other equipment; and buy food at Lookout Pass Ski Area, near the Idaho-Montana border. The trail ride begins 7 miles from the ski area at the East Portal trailhead.

The ride isn't taxing, having only a gentle downward slope to the Pearson trailhead, where buses shuttle riders back up to near East Portal. Various area outfitters, including Row Adventures, offer Hiawatha Trail tours, as well as whitewater rafting and fishing trips along the St. Joe. After the bike ride, I follow the St. Joe Byway as it heads west, past rapids and great fishing spots, before reaching Lake Coeur d'Alene.

Cycling through Boise and the state's backcountry, driving the Mesa Falls Scenic Byway and skiing Sun Valley are just a few of the many treasures to be discovered here, in Idaho, the nation's Gem State. GNW

Greg Hahn is a Boise-based writer.

GETTING THERE: Alaska Airlines (800-ALASKAAIR, alaskaair.com) offers frequent service to communities throughout Idaho. For information, visit alaskaair.com and visitidaho.org.





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MONTANA

EDIBLE DISCOVERIES IN BIG SKY COUNTRY By Jean Arthur

ontana's nickname, Big Sky Country, is especially pertinent when viewed from on high, such as the vantage my husband, Lynn, and I are experiencing at II,I66 feet atop Lone Peak. Looking 100 miles in any direction reveals a dimpled landscape in which Montana's mountain peaks look like bric-à-brac on velvet. Exquisite scenes lie in every direction: northward, the 259,000-acre Lee Metcalf Wilderness; eastward, 2.2-million-acre Yellowstone National Park; southward, the Grand Teton country.



But enjoyable as all that is, we're here to focus on something much closer to hand, Montana's culinary bounty, in a special summertime tasting event at Big Sky Resort. We savor surprisingly delicious and interesting local fare; and are equally gratified to sip hearty regional wine vintages that stand up to the robust foods they accompany.

Vine & Dine is the name for Big Sky's four-day event, which begins with a memorable journey to the mountaintop. From the vantage of the Swift Current chairlift, we see hikers among crimson Indian paintbrush and blue harebell and lupine. We hear gleeful cries from couples on the Adventure Zipline. We welcome a snow-brushed breeze on this 80-degree day, when a mountain zephyr kisses a high alpine snowfield.

Riding a safari vehicle from the top of the chairlift to the base of the Lone Peak Tram, we pass handsome 300-year-old





DECEMBER 2014 ALASKA AIRLINES & HORIZON EDITION MAGAZINES

NW24 GREAT NORTHWEST





FAR LEFT: Chops and steaks grilled on-site are part of Big Sky's Vine & Dine.

LEFT: Ranch at Rock Creek's Josh Drage incorporates local foods in his cuisine.

BELOW: Gallatin Valley

Botanical owners Matt and Jacy Rothschiller provide vegetables and herbs to Bozeman-area chefs.

herbed greens with mache from Bozeman's Gallatin Valley Botanical; a Flathead Valley cherry gastrique over grass-fed lamb; and Amaltheia Organic Dairy goat ricotta cheesecake topped with tangy Montana huckleberries.

Amaltheia cheese is a Montana treasure, one that's often on my refrigerator shelf. It's very popular with discriminating chefs such as Ranch at Rock Creek's Josh Drage, whose unique approach to food dates back to his wild-country roots as an Alaska native, Montana transplant and backcountry-to-front-country food expert. The Ranch at Rock Creek is 10 mountain ranges and one Continental Divide northwest of Big Sky, southeast of Missoula along 4 miles of its eponymous blue ribbon trout stream.

Drage's Montana-centric menu features delights such as elk puttanesca, which celebrates the sweet, tender meat from Belt, Montana, near Great Falls.

"Twenty years ago as a student at the University of Montana reading famous Western authors Doug Peacock, Jamie Harrison, and Rick Bass, puttanesca sauce was a common thread of cooking in the backcountry," Drage explains. "You can trace puttanesca back to ancient Rome-its rich, bold flavor appealed to the men. Because Peacock, Harrison, and Bass wrote about it, I decided to cook it in the backcountry. At first, mine was pretty rustic, made riverside on canoe trips. Now, at Rock Creek, I use braised elk chuck steak with local roasted organic tomatoes. onions, garlic, leeks, marjoram

whitebark pine trees. Our driver tells us that pine squirrels and Clark's nutcrackers stash the high-fat-content seeds each summer, and bears are known to raid the nut caches in the fall. The bruins also venture above timberline for moths, sometimes devouring as many as

40,000 a day.

We're here for more sophisticated fare. Throughout Vine & Dine, we enjoy meals from Big Sky's kitchens, tutorials with experts such as Google Global Food Program Chef Scott Giambastiani, and sommelier-led pairing tutorials such as "Cheese and Wine: One Stinky Good Time." Most events showcase Montana's organic culinary ingredients—wild, herbed, grained, stuffed, sweetened or fermented.

For example, we sample

ONLY IN MONTANA



The Treasure State's 15 winter resorts include **Big Sky Resort**, the country's largest ski area with 5,800 acres, 300 runs and 4,350 vertical feet on three peaks; wintermt.com.

Montana's 75 rodeos include the Miles City
Bucking Horse Sale each
May, where cowboys challenge rodeo rough stock such as Rascal and
Wreck-O-Shay, while



young'uns try Mutton Bustin'—clinging to a sheep for the requisite 8-second ride; buckinghorsesale.com.

Montana rivers include the world's shortest, the 200-foot-long Roe River in Great Falls; and the longest undammed river in the Lower 48 states, the 670-mile Yellowstone.



Triple Divide Peak, in Glacier National Park, is the only place in the United States where water drains to three ocean watersheds—the Atlantic, Pacific and Arctic.

At more than 1 million acres, the Bob Marshall
 Wilderness is the fifth-largest in the Lower 48 states.
 2014 is the 125th anniversary of Montana statehood.

For more information please go to visitmt.com.

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3-year period: $\star\star\star\star$ out of 1,092 Large Cap Value Funds, $\star\star\star\star$ for the 5-year period out of 966 Large Cap Value Funds, and $\star\star\star\star\star$ for the 10-year period out of 635 Large Cap Value Funds. Morningstar Rankings represent a fund's total-return percentile rank relative to all funds that have the same Morningstar Category. The highest percentile rank is 1 and the lowest is 100. It is based on Morningstar total return, which includes both income and capital gains or losses and is not adjusted for sales charges or redemption fees.

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Each park offers unparalleled hiking, canoeing and wildlife watching; nps.gov. The Great Divide

Mountain Bike Route crisscrosses the Continental Divide on 2,765 miles of dirt roads and mountain trails from Canada to Mexico: roughly 700 miles wind through

Montana's 90 rivers are famous for wild trout fly-fishing with many catch-and-release stretches; visitmt. com.

Montana moun-

tains; tourdivide.org.

Pan for sapphires, Montana's state gem, at the Sapphire Gallery in Philipsburg, where visitors can procure a bag of gem ore and learn to sift for blue, pink and yellow; sapphiregallery.com.

millennia, of course, Elk.

venison or bison was commonly combined

with wild berries to make pemmican, and the berries often were the famously tart chokecherries that grow on

thickets of bushes along river bottoms. It's in one of those

> vast mountain valleys that my daughter, Gretchen, and I are picking chokecherries on a late summer afternoon so lovely that

the brightly colored leaves around us seem as brilliant as gold bullion.

> Flocks of finches and sparrows, juncos and warblers chatter above us while we tug clumps of the blackripe fruit into pails. The

fruit ripens in August and September, and hangs heavy in cylindrical racemes, growing on fruit spurs whose white flowers blossom in early spring.

My fingers are stained the deep ruby of chokecherry juice. half-inch in diameter, weighs heavily with juice.

I think of how the Plains Indians survived, even thrived, in the challenging Montana winters for the past 12,000 years, simply by relying on

local foods such as chokecherries and wild game. I put a ripe chokecherry between tongue and cheek. Its bitterness makes my eyes tear. But with ample sweetening, made in eastern Montana

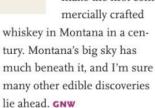
from sugar beets, the syrup will become winter's waffle topping that I set on the table before we head out for a day's skiing.

As befits a place as large as Montana, dozens more culinary adventures beckon. We've eaten bison burgers in Bozeman at Ted's Montana Grill, and bison osso buco at other regional restaurants. Even a classic highway roadhouse such as the Corral Bar, Steakhouse & Motel, along the highway leading up to

Not all the Treasure State's culinary discoveries are edible. Some you imbibe, such as the Ten Spoon Winery's Range Rider red, a vigorous wine

made from the Marechal

Foch, Frontenac, Léon Millot and St. Croix grapes whose vines survive the challenging winters in Missoula. And at Bozeman's RoughStock Distillery, local spring wheat is used to make the first com-



Jean Arthur is based in Bozeman.

GETTING THERE: Alaska Airlines (800-ALASKAAIR, alaskaair.com) offers frequent service to communities throughout Montana. For information, go to alaskaair.com and visitmt.com.



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COASTAL CANADA EXPERIENCES By Eric Lucas

e feel like wilderness voyagers as we approach a sublime haul out on a sunny morning. A tiny cove leads to a flower-speckled prairie with gnarled oaks, their arms reaching over the grass. On a rocky point are graceful willows. A heron is poised on a rock, intently watching the water. An eagle calls far overhead, and breezes ruffle the water.

URBAN WILDERNESS

Despite the rustic description, we are actually in the middle of Victoria, British Columbia's quite cosmopolitan capital located on Vancouver Island. My wife, Leslie, and I are in rental kayaks, venturing up the Gorge Waters, a peaceful arm of the city's Inner Harbour.

We continue up the Gorge, enjoying the views from this narrow strand of water before turning back. An important mission awaits—lunch at Red Fish Blue Fish, the city's nonpareil sustainable fish-and-chips cafe on the dock, near the Inner Harbour Airport.

Basted in tempura batter, quick-fried in safflower oil, served with aioli, sockeye salmon has rarely tasted better. I savor the succulent meal at the waterside food bar in the afternoon sun.

An entirely different experience awaits us after lunch, when we rent bikes downtown and cycle over Victoria's famous Blue Bridge to the start of the Galloping Goose Regional Trail. A recreation path created from a former rail line, the trail leads

from the heart of Victoria westward into the foothills of the Vancouver Island Range.

We bike past suburbs and pastoral farmlands before reaching a small dock at a woodland lake, where we watch a fisherman casting his rod to, apparently, no avail.

I admire the way British
Columbia's leading cities, Victoria and Vancouver, have fashioned themselves into centers for urban adventure. And after days that are often filled with paddling, biking, hiking, skiing, snowshoeing, golfing, even swimming, my appreciation for the delicious food that awaits in local restaurants is magnified.

With the impressive British Columbia Parliament Buildings as a backdrop, kayakers paddle along Victoria's Inner Harbour. The capital of the province offers many diverse urban experiences.

Both communities boast outdoor activities rarely equaled in or near major cities, and rich West Coast cuisine, which relies on the wealth of ingredients in

At Victoria's 10 Acres Bistro + Bar + Farm, located a few blocks from the Inner Harbour,

menu items such as an excellent cioppino-style seafood stew are inspired by the produce grown on the restaurant's 10

the province. Salmon is just the

start. Regional ingredients such

as crab, apples, lamb, wine and

cranberries-to name a few-

are melded into a culinary

kaleidoscope based on Euro-

pean and Asian influences.

After a hearty meal, it's just two blocks south, past the

Acres farm on the island.

landmark Fairmont Empress
Hotel, to the Royal BC
Museum, which showcases
numerous exhibitions and
has three permanent galleries:

Human History, Natural History and BC Archives.

ONLY IN B.C.

The Kettle Valley Rail Trail, located about 30 miles south of Kelowna in the Okanagan Valley, is the region's best-known recreation path, running along 373 miles of a former railroad line. The section nearest Kelowna runs through the Myra-Bellevue Provincial Park and crosses 13 high-elevation trestles. The trail offers spectacular views of Lake

Okanagan and the Okanagan Valley (kettlevalleyrailway.ca).



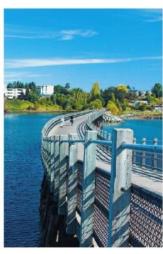


ABOVE: Vancouver's Stanley Park is home to many attractions and offers views of the city's skyline and of English Bay.

RIGHT: The Galloping Goose Regional Trail runs from Victoria to the foothills of the Vancouver Island Range.

EXPLORING VANCOUVER

Across the Strait of Georgia from Vancouver Island is British Columbia's largest city, Vancouver, where you can fashion many urban adventures.



One of my favorites is to hike or bike from Canada Place, Vancouver's convention center on the city's waterfront, west to Stanley Park, which is home to such attractions as the Vancouver Aquarium. I like to travel along the Seaside Greenway path—also known as the Seawall Path—which takes me

around Stanley Park, then along False Creek. I exit the trail at Granville Island and explore the Public Market, where the many stands offer mainly locally sourced produce and food.

The trail also goes by the Vancouver Maritime Museum and the University of British Columbia Museum of Anthropology, home to one of the world's top collections of Northwest Coast First Nations art.

The Whistler Blackcomb ski resort—which hosted part of the 2010 Olympic Winter Games—is less than 100 miles north of Vancouver. However, a 20-minute drive over the soaring Lions Gate Bridge brings me to a much closer 2010 Olympic venue—Cypress Mountain ski area, which boasts 53 runs and six chairlifts.

One winter while skiing
Cypress' Mount Strachan, I
stopped to gaze down at the city,
which was so close, I could see
the people in Stanley Park. I felt
a yearning for the salmon burgers from the city's Mill Marine
Bistro. While I couldn't quite ski
there, I could get close. I turned
my skis to the fall line, carved a
wide arc across the new-fallen
snow and aimed right at the
city, assured that I'd be there
soon. GNW

Eric Lucas is a contributing editor at Alaska Airlines Magazine.

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WINTER SWINGS

Great courses in warm-weather destinations

BY CHRIS SANTELLA

"It never rains on the golf course."

So goes the old golfing adage. However, even the hardiest of hackers will acknowledge that the season of snow, sleet and ice can mean quality garage time for their clubs.

This possibility doesn't worry me because by traveling a short distance by plane, I can trade hand warmers, earmuffs and layers of fleece for sunscreen, ball caps and Bermuda shorts. In no time at all, I can be enjoying the sunshine, warm weather and golf available in Palm Springs, Scottsdale or Texas. Traveling a little farther brings me to courses carved from the beautiful landscapes of Mexico and Hawai'i.

The following are a few destinations that will help you start dreaming of and—even better—planning for your winter getaway to sunnier places and drier fairways.

Koʻolau Golf Club, Oʻahu, Hawaiʻi

The Aloha State has been a top winter getaway for decades, and there are few better locations for a golfer than teeing it up at the Koʻolau Golf Club, in southeast Oʻahu. Here, the Koʻolau Mountains rise dramatically above Kāneʻohe Bay, and the surrounding landscape is a lush rain forest that is cloaked in a dazzling array of green hues.

Approaching the verdant mountainside, you expect a horde of dinosaurs to emerge from the trees, and are surprised to instead discover the emerald-green fairways of Koʻolau Golf Club. Designed in 1992 by Dick Nugent and Jack Tuthill, Koʻolau weaves and climbs through this junglelike environment to create one of the most visually stunning—and challenging—courses you'll ever play.

From the back tees, Ko'olau carries a slope rating of 152 (slope ratings measure the difficulty of a course; the maximum slope as determined by the USGA is 155).

The hazards here are numerous—including the surrounding jungle and various ravines swallowing wayward shots—but the terraced fairways ascending and descending the hillsides, the cascading







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waterfalls and the views of Kāne'ohe Bay make it all worthwhile (808-236-4653; koolaugolfclub.com).

The Dunes at Maui Lani, Maui, Hawai'i

Many golf aficionados feel that the linksstyle design—courses with few trees, big greens and subtly undulating, springy fairways that favor "bump and run" shots is the purest expression of the game. Most players will also admit that the cool, rainy weather you're likely to encounter at the links locations in Scotland and Ireland is less than ideal. That is why The Dunes at Maui Lani—near the airport on the island of Maui—is so special.

This course provides an authentic links experience with the kind of weather that would bring the flintiest Scotsman to tears of joy ... plus a dramatic backdrop of mountains and lush forest. A links-style course made sense here thanks to the presence of large dunes created by the Kahului isthmus, which runs between the West Maui and Haleakalā mountain ranges. Course architect Robin Nelson did his homework, touring the great links courses of southwestern Ireland before beginning his design.

"The layout includes nine holes going out and nine holes coming back, like St. Andrews," says Garrett Okamura, the head



professional at The Dunes. "You are miles from the clubhouse at number nine, basically in a different town from where you started. There are lots of pot bunkers out there, and the terrain rolls up and down." According to Okamura, The Dunes really hits its stride at its version of Augusta National Golf Club's "Amen Corner"—the mid-stretch of the Maui course includes a par-3 eighth, par-5 ninth, and par-4s at the 10th and 11th.

The highlight of this grouping is the ninth, which measures 547 yards from the back tees to an elevated green. You tee off to a broad fairway. However, then you have a decision to make: lay up for a longer third shot from a level lie, or hit a fairway wood

for a shorter approach, but risk finding one of the deep bunkers at the base of the hill. Either way, you will be facing a testy approach shot to the undulating green that is hidden from view (808-873-0422; dunesatmauilani.com).

Greg Norman Course at PGA West, La Quinta, California

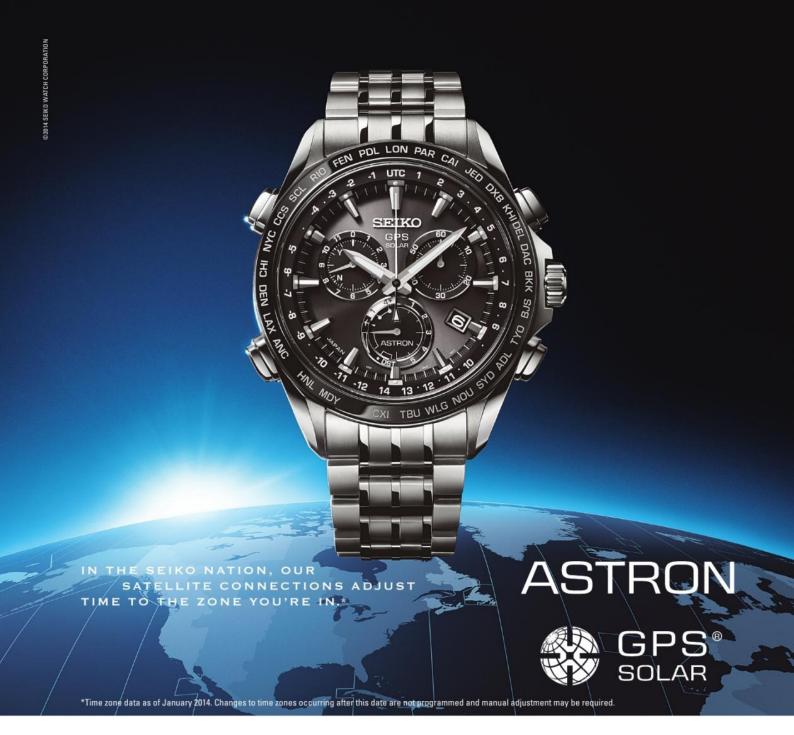
The Greater Palm Springs area in Coachella Valley is today home to more than 100 golf courses—famous visitors and avid golfers Bob Hope and Frank Sinatra would hardly recognize the place. Two of the leaders of the Coachella Valley golf scene are La Quinta Resort & Club and PGA West, which combine to offer five of the area's best layouts, including PGA West's newest track, the Greg Norman Course. Built by the famed Australian player and course designer, this is The Shark's only layout in the Greater Palm Springs area.

Norman's 7,200-yard track sports only 60 acres of fairways, compelling players to advance the ball cautiously from one green oasis to the next amid expanses of inhospitable terrain, all framed by the Santa Rosa Mountains.

"With the absence of rough, the Norman Course is unlike any of the other tracks at PGA West," says Brian Hughes, head golf professional at the course. "A host of tee options make the course player-friendly."

One of Hughes' favorite holes on the





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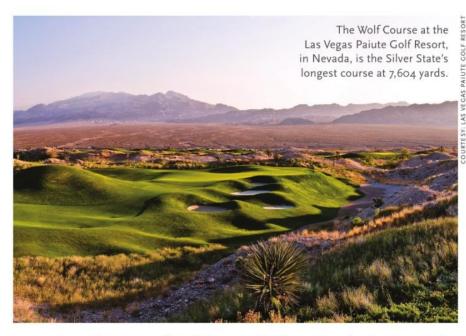
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course is the long par-4 sixth. Ranked as the course's toughest hole, this 480-yard monster from the back tees requires players to avoid four fairway bunkers with their drivers and execute an approach shot to a raised green protected by two green side traps. Another favorite is the par-3 17th, one of nine holes on the course where water comes into play. On this hole, which measures 171 yards from the back tees, the best players will have to carry the ball over a lake to the green. Those playing the closer tees still have to skirt the water to reach the short grass for a chance at par (760-564-3900; pgawest.com).

Wolf Creek Golf Club, Mesquite, Nevada

The first time you see the Wolf Creek Golf Club, it might seem like a fictional venue, the product of some young graphics whiz with a colorful imagination but little understanding of the limitations of golf course



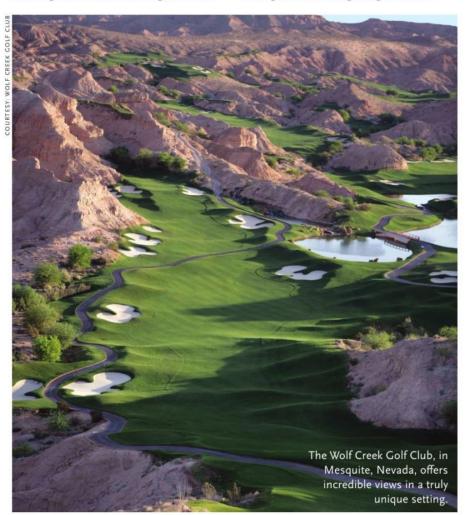
construction. Well, it's not. Wolf Creek, in the town of Mesquite, located about 80 miles northeast of Las Vegas, defies the imagination as it snakes its way up and down vertiginous desert canyons. Ranked among America's toughest golf courses (with a slope rating of a whopping 154), the track has been described as a roller-coaster ride. I concur. At first glance, some of the fairways look so steep that it's a wonder the course staff can mow them.

Nonetheless, Wolf Creek provides one incredible view after another as you make your way through the various canyons. The contrast of green fairways and red-rock ravines is dazzling, and a number of elevated tees give you a sense of mastery—misplaced in my case—over the amazing terrain. You will probably not score well at Wolf Creek, especially if it's windy. However, you will remember this course as one of the most intriguing golf outings of your life (866-252-4653; golfwolfcreek.com).

The Wolf Course, Las Vegas Paiute Golf Resort, Nevada Among the many designers to leave their

Among the many designers to leave their verdant mark upon the desert landscape around Las Vegas, Pete Dye stands out as a leader of the pack for many reasons, including the three courses he created at the Las Vegas Paiute Golf Resort, which is located about 25 miles northwest of the Las Vegas Strip and is owned and operated by the Las Vegas Paiute Tribe.

The first and second courses here, Snow Mountain and Sun Mountain, are beautiful but benign by Dye standards. The third course, The Wolf Course, however, is a



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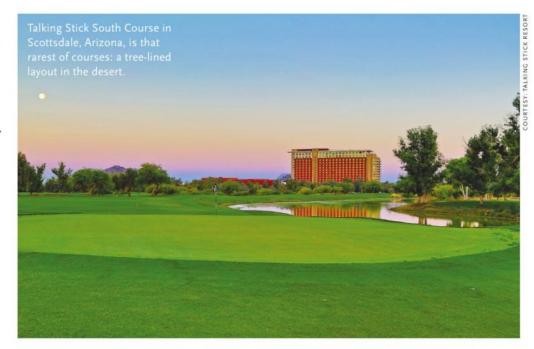
different animal. It measures 7,604 yards from the back tees, making it the Silver State's longest course.

The setting is desert spectacular as the fairways bend around yuccas and Joshua trees, and in and out of arroyos. Gardens of mission bells poppies provide a sharp contrast to the earth tones of the desert floor, which are a perfect counterpoint for the vivid green of the fairways. The Wolf Course has many of Dye's trademark pot bunkers and railroad ties, and special care has been taken to showcase the rugged terrain. It is perhaps most in evidence on

the par-3 15th, which resembles Dye's famous island green at the 17th hole at TPC Sawgrass (866-284-2833; lvpaiutegolf.com).

Talking Stick (South Course) Scottsdale, Arizona

There are a number of wonderful golf courses around the world that live perpetually in the shadow of their more celebrated neighbors. The South Course at Talking Stick, on the Salt River Pima-Maricopa



Indian Community, which borders Scottsdale, is one such course. The North Course at Talking Stick is one of Arizona's perennial favorites, an inland links design. Yet the South Course is spectacular in its own right. The layout is a much more traditional design, with trees along many of the fairways and less aggressively bunkered greens. Like most great designs, it's challenging for a good player, but not overwhelming for someone with more modest skills.

Talking Stick is a pronounced departure from the type of desert golf most associate

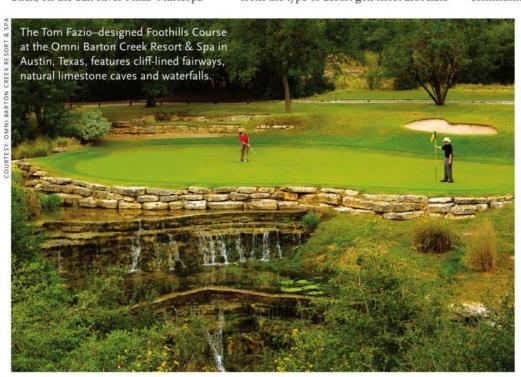
with Arizona, where players are compelled to advance the ball from one ribbon of green to the next over vast expanses of Sonoran desert. Instead, architects Bill Coore and Ben Crenshaw chose to construct a tree-lined course-traditional, perhaps, in Ohio, but almost unheard of in Scottsdale. More than 4,500 cottonwoods, eucalyptuses and sycamores were planted along the fairways here.

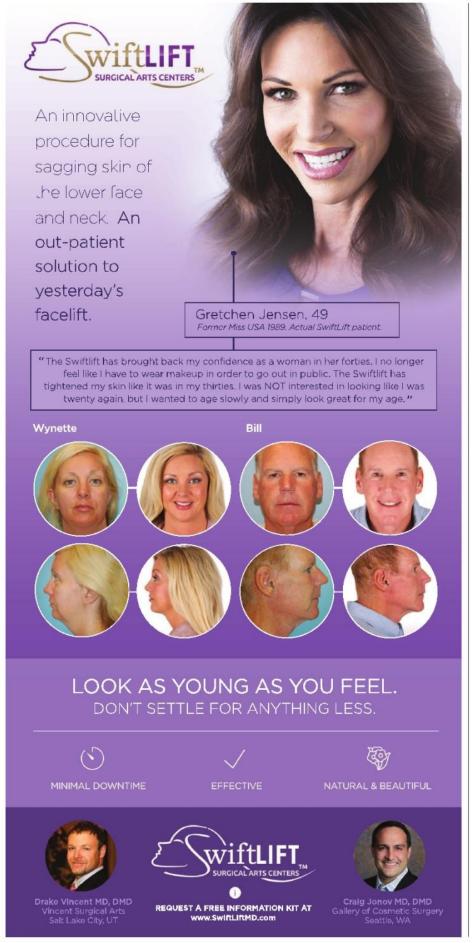
To make the course even more unique, there's a herd of wild mustangs that call the community home, and can occasionally be

> seen running along the exterior of the course (480-860-2221; talkingstickgolfclub.com).



Austin to catch the latest musical acts, golfers make the trip to visit Omni Barton Creek Resort & Spa, where four excellent courses create a unique golfing experience. "We see quite a few 70-degree days in the winter in Austin," says Phillip Marburger, the resort's director of golf. "Golfers are drawn for the weather and the variety our courses offer."





Barton Creek boasts two courses designed by the great Tom Fazio: Fazio Foothills and Fazio Canyons. There is also the Crenshaw Cliffside Golf Course, designed by Bill Coore and PGA star Ben Crenshaw; and the Arnold Palmerdesigned layout, the Palmer Lakeside Golf Course.

While all four courses are award winning, the star of the foursome is the Fazio Foothills layout, which was ranked the best public course in Texas in 2013 by *The Dallas Morning News*.

"The Fazio Foothills course has a nice mix of tough holes and birdie holes," Marburger says. "You can play it safe and still make some pars and birdies, and there are eagles out there for players who have the nerve."

Marburger says Fazio Canyons, which is probably the resort's toughest course, offers great views of the Texas Hill Country. There is also a short-game practice area at Canyons designed by one of the game's top gurus, Dave Pelz. The Crenshaw Cliffside course is the shortest 18 holes of the four. However, it is still a challenging course that serves up an inland-links experience. The greens are especially difficult, requiring players to handle large, undulating putting surfaces

"I played once with Ben [Crenshaw]; he's a wizard on the greens, navigating putts that might have eight feet of break," Marburger says.

The Palmer Lakeside course, considered one of the most beautiful in Texas, is located about 25 miles west of the resort, on a hilltop overlooking Lake Travis. It offers a target-golf experience in a relaxed setting (866-572-7369; barton-creek.com).

El Camaleón at Mayakoba, Playa del Carmen, Mexico

"Acapulco and Cabo San Lucas have been the golf spots in Mexico," says Bill Hogan, president of Wide World of Golf. "Within the next 10 years, the [Yucatán] Peninsula will be an equal contender, thanks to the



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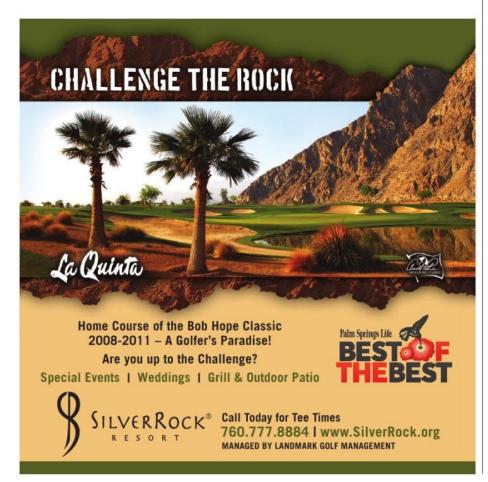


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The par-3 15th hole at El Camaleón at Mayakoba, Playa del Carmen, offers views of the Caribbean Sea and the island of Cozumel.

many fine new courses being built there."

El Camaleón is a prime example of Hogan's point. In fact, the course is so special, it is home to the OHL Classic at Mayakoba. The November tournament is the only PGA Tour–sanctioned event held in Mexico.

Designed by Greg Norman, the layout was built from a parcel of land that includes three distinct landscapes: tropical jungle, mangrove swampland and seaside beaches. El Camaleón also includes limestone canals that traverse much of the course. The ever-changing environment and constant presence of the canals (which attract abundant birdlife) make a round of golf here a stunning visual feast.

For PGA Tour player Fred Funk, it's the track's par 3s that stand out from a playability perspective.

"I like the fact that they're not 240 or 250 yards—par 3s that long are not much fun to play," he says. "The seventh hole abuts the beach, looking right out to the island of Cozumel. It's only 125 yards, but with the wind coming off the Caribbean, club selection can be challenging" (OII-52-984-206-3088; mayakobagolf.com).

Quivira Golf Club, Los Cabos, Mexico

One of the most anticipated new course openings this winter is the Jack Nick-laus-designed Quivira Golf Club, located at the tip of Mexico's Baja Peninsula, about three miles from downtown Cabo San Lucas.

Club members and guests at the area's four Pueblo Bonito Oceanfront Resorts and Spas can play the new



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No. 6 at the Quivira Golf Club in Los Cabos is a par 3 with a narrow green that is guarded by bunkers and ocean cliffs.

course, which had a soft opening in October. It will hold its official opening party on December 4, with Nicklaus scheduled to be on hand for the festivities.

Quivira (which is pronounced Keyvee-ra) offers a sensational setting, amid windswept dunes and tawny granite cliffs. The layout boasts extensive oceanfront footage, with 10 oceanfront holes and all 18 with views of the Pacific Ocean or the Sea of Cortés. The course climbs from the beach to a height of more than 275 feet above sea level, crossing patches of desert and arroyos along the way.

One of the layout's signature holes is the breathtaking par-3 sixth, which measures 180 yards from the farthest of the five elevated tee boxes. Players aim at a narrow green perched on a rocky shelf, with bunkers and the ocean to the left, and a hillside to the right.

The course is a homecoming of sorts for the Golden Bear, who many credit with putting Los Cabos on the golf map, having designed five previous courses in the area, including the Ocean Course at Cabo del Sol.

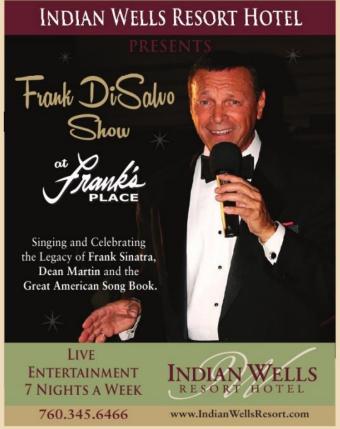
Today, Los Cabos boasts at least a dozen golf courses, and more on the way, including the private Tiger Woods—designed El Cardonal Golf Course in the Diamante community, which is scheduled to open December 16.

When asked recently how players will respond to Quivira, Nicklaus said, "If you look at the game of golf as having a fun experience and playing in an exciting place, you will love it" (OII-52-624-I42-9973; quiviragolfclub.com).

Chris Santella is a writer and author living in Portland, Oregon.

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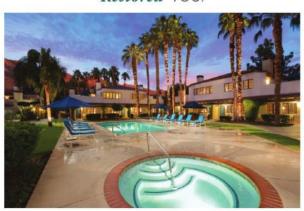




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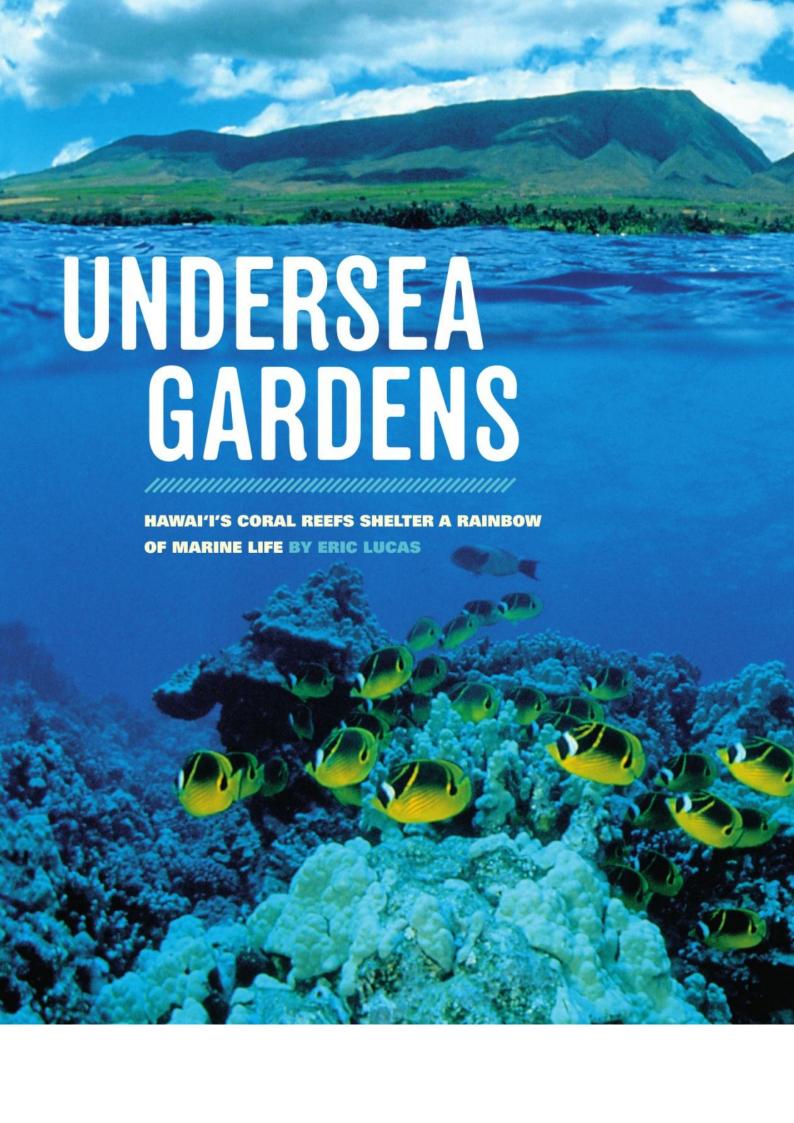


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of coral reef around the Hawaiian Islands, for the moment I believe I am visiting the most marvelous of them all. A mild swell rolling in from the Southern Pacific wraps around basalt pillars along the south shore of Lāna'i, and in 30 feet of water I venture a free dive down 15 feet to take a closer

look at a huge, minivan-size embankment of lobe coral.

It's a painterly, vivid sculpture of ocean art. Ropelike wire corals sway in the current. Fuchsia-colored corals rest atop the underlying mound of lobe



coral. Butterflyfish, polka-dotted gobies and iridescent baitfish flash past. I spy exquisitely figured reef triggerfish, the Klee-like canvases of the Pacific—they're Hawai'i's state fish, called humuhumunukunukuāpua'a. The sunlight slants down through the water like Hollywood searchlight beams. The rest of my group has



Red sea urchins and pennant bannerfish are among the many colorful creatures inhabiting Hawai'i's coral reefs, which surround most of the islands. Visitors delight in the sights to be found on snorkeling expeditions, such as this one at Kaua'i's Kē'ē Beach. Hawaiian green sea turtles use the reefs as places to feed and rest.



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paddled toward the other side of this small cove, and I have this water to myself. It's all perfect.

But wait, how can this be? It seems someone has strewn cooked spaghetti on the reef. It looks incongruous—white strands flexing in the shifting water, dangling across the coral.

"Ah, yes, 'spaghetti,'" laughs our shipboard naturalist when I call her over to point it out. "How *did* that get there?" she teases me.

OK, I urge. Tell me.

"That's spaghetti worm. Pretty common, actually," she explains. "People are always surprised, though."

I dive back down for another look. On closer inspection, I see that these are, indeed, living strands of a thin worm. I find the central lobe of the multistranded animal, and measure it drifting over the reef, an inch at a time. Looking farther, I find some coral specimens that also aptly fit the







Pebble collector urchin

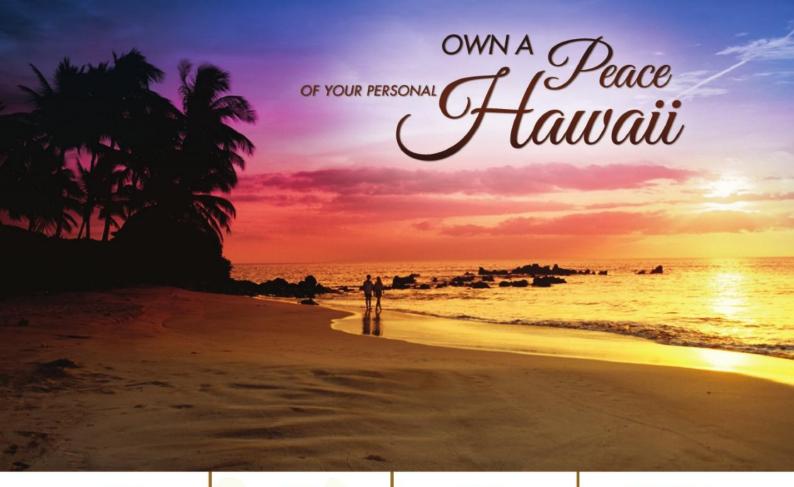


Short-bodied blenny

CORAL REEFS

- More than 100 species of corals inhabit Hawaiian Islands waters. Worldwide, there are just under 1,000 coral species.
- Hawai'i's coral reefs are home to 7,000 marine species. Worldwide, reefs host up to 9 million species. That's 1/4 of all marine species, even though reefs encompass less than 10 percent of the world's oceans.
- One mound of lobe coral in Hawaiian waters

- may have up to 100 million individual polyps.
- Scientists have mapped more than 350 square miles of coral reef in Hawaiian waters. The global number is estimated at 110,000 square miles.
- Officials at the National Oceanic and Atmospheric Administration estimate the "value" of coral reefs in U.S. waters at \$34 billion. A global estimate con-
- ducted by a British agency under United Nations auspices yielded a value of \$172 billion.
- While the majority of coral species build hard exoskeletons out of calcium, soft corals also inhabit tropical reefs, including cup corals and fan corals.
- Cold-water corals can be found as far below the sea surface as 9,000 feet, and as far north as Alaska's Aleutian Islands.



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A large school of yellow tangs is joined by one filefish above a reef along the Lāna'i shore. At right, growth on the cables at a shipwreck along the Hawai'i Island coastline illustrates how adept corals are at colonizing suitable surfaces, helping provide habitat for bluestripe snapper.

food theme. They look like piles of sticky, purplish rice. Exploring a bit more, I notice some smaller, crimson worms that seem ever so much like strands of sweater yarn.

To say these are just three among innumerable wonders—and surprises—in the coral reefs of Hawai'i is putting it mildly. In fact, perhaps the most enchanting aspect of this remarkable ecosystem is this: Coral reefs become even more magical as you learn ever-deeper distinctions about their delicately balanced facets.

Consider the corals themselves. They are actually small animals, called polyps, very similar to sea anemones, that may be only as big as an infant's fingernail. Most live in colonies of millions (the reef mounds) that may be genetically identical. And rather than build internal bones, as most animals do, coral polyps extract

Coral utilizes a unique partnership with tiny dinoflagellates known as zooxanthellae. The latter live within coral cells, using photosynthesis to help the polyps build their limestone exoskeletons.

minerals from the water to deposit an exoskeleton, largely made of calcium, that forms the actual reef.

The vast majority of shallow-water tropical corals, such as those in Hawai'i, rely on a symbiotic relationship with tiny, algaelike creatures known as zooxanthellae. The latter live inside the corals—inside their cells, actually—and use photosynthesis to produce oxygen and carbon that the corals use as energy. The corals, meanwhile, provide their zooxanthellae shelter.

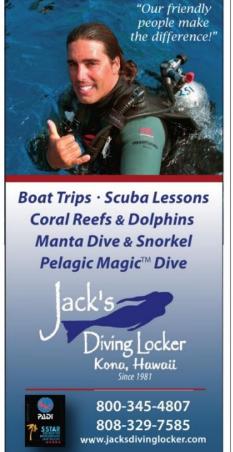
THESE UNIQUE ECOSYSTEMS

could be likened to old-growth forests in their complexity, diversity and matchless beauty. Coral reefs appear along nearly every shoreline in Hawaii.









Ringing most of the islands, harboring clouds of colorful tropical fish, gentling the constant onrush of ocean swells that have traveled thousands of miles, and protecting fish from predation, these unique ecosystems could be likened to old-growth forests in their complexity, diversity and matchless beauty.

Coral reefs appear along nearly every shoreline in Hawai'i, save those too exposed to heavy surf or to freshwater runoff from the islands. Even the newest land on the planet, the shores below Hawai'i Island's Kīlauea volcano, begin to show coral growth just a few years after lava has reached the ocean and cooled.

More than 100 species of corals are found in Hawaiian waters; the reefs they form provide habitat for hundreds of species of fish and arthropods, such as crabs and shrimp. Some of the limestone that coral reefs are made of eventually becomes soft white sand. Some corals form massive underwater mounds, such as the porites lobata (lobe coral) colonies I explored at Lāna'i. Some are graceful three-foot fans; some are two-foot wires that rise in the water like genie ropes. They are astoundingly sophisticated tiny animals that have formed an alliance with members of the plant kingdom, and learned to construct castles of rock as sturdy as any artifact that human civilization has engineered.

Polynesian peoples have valued coral reefs for millennia, considering them semi-sacred gateways to the wealth of the ocean. Today, the reefs are treasured by visitors who swim, snorkel and dive among them; by fishermen who savor the many species that coral nurtures; and by the oceanologists and ocean advocates who marvel at corals' dynamic vitality and study their seemingly infinite complexity.

snorkel mask at a coral reef at the age of 14, I've spent thousands of blissful hours watching the colorful Expressionist-like portrait of life here just beneath the surface. I've looked for

Lobe coral is found throughout the islands, with millions of polyps forming huge colonies.

morays in secret passages and sought the abstract patterns of triggerfish. I've spun in amazement amid clouds of yellow butterflyfish and silvery blennies, whose shifting patterns in the water seem like rain sprayed sideways in the light of rainbows. Coral palisades reach from sea bottom toward the sun, its rays glancing past the reefs like shafts of light in a forest. These reefs are often likened to underwater butterfly gardens.

In fact, they are complicated, interwoven ecosystems in which all the hundreds of resident species play integral roles.

Blennies, for example, eat algae off coral surfaces: In effect, they are the housecleaners of the reefs. It's an incredibly sophisticated system, too. Some algae are welcome,



RESPECT THE REEFS

Visiting Hawai'i's

marvelous coral reefs is a great delight—and will stay that way for future generations if visitors take care of this sensitive environment.

1. Don't stand on, sit on or touch the coral, even if you are wearing fins or gloves. One touch can kill a coral polyp.

- Don't collect anything, especially coral, as a souvenir.
- 3. Don't chase or harass reef residents, such as blennies, moray eels and other marine life (including dolphins).
- 4. Wear sun-protective clothing rather than sunscreen, which may contain chemicals that are toxic to corals.
- **5. Visit with licensed tour guides** who respect local regulations, such as not anchoring directly on the reef. —*E.L.*





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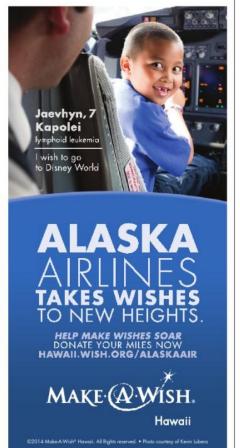
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such as zooxanthellae. Some are not, such as the algae that blennies consume.

And the whole system, hidden underwater as it is, did not experience the same level of 19th and early-20th century scientific exploration as, say, rainforests, until the modernization of scuba gear in the 1950s, which opened up undersea research significantly.

In one of the region's ancient marine protected areas in the Yap Islands of the western Pacific, islanders have preserved their coral reefs for a thousand years, and assiduously observed conservation tactics such as restricting fishing during spawning times.

"Traditional ecological knowledge from Polynesian people is highly valued, although insufficient when dealing with modern ecological issues," says Robert Richmond, director of the University of Hawai'i's Kewalo Marine Laboratory in Honolulu, and president of the International Society for Reef Studies.

Today, there are 11 Marine Life Conservation Districts in Hawai'i, some dating back to 1967, that encompass nearly 2,000 acres.

The Hawai'i coral reef ecosystem is, in fact, so rich and complicated that even scientists use shortcuts to describe its components. Technically, the creatures sharing intracellular space with coral polyps are a kind of algae called "dinoflagellates"—and these same scientists are apt to call them, rather than the mouthful zooxanthellae, just "zoox."

"The ecosystem is complex, and through decades of scientific research we have learned much about their dynamics, but there is still much to understand," says Erik Franklin, associate research director at the Hawai'i Institute of Marine Biology, in Kāne'ohe Bay on O'ahu's northeast shore. Franklin is incorporating 21st century techniques such as eco-informatics: computer modeling of data that is validated with observation of the reefs.

"We use complementary methods such as studying organisms in aquaria in the lab where we can control variables," Franklin explains. But as anthropologists will affirm, actual living societies perpetually confound scientific models. Consider the way a coral reef is like a crowded, multiethnic extended family, even inside the coral cells, everyone living in communal harmony. Except when things get tough.

WHERE TO SWIM AMONG THE CORAL

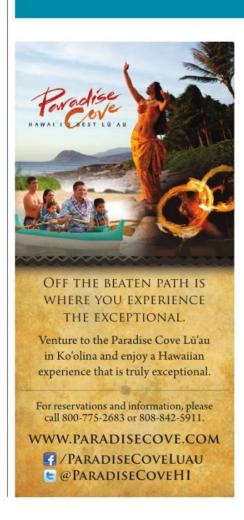
There are coral reefs along almost all shorelines in Hawai'i, but ocean conditions make many areas best for only experts or guided tours. Local regulations may govern boating, snorkeling and diving. Following are some good choices for visitors:

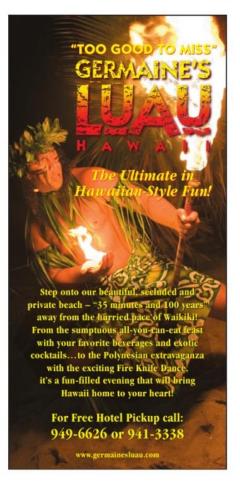
- Kē'ē Beach, Kaua'i: The shallow waters here are well protected from ocean swells by offshore reefs, so this is an excellent place to introduce children to the marvels of undersea life.
- Hanauma Bay, Oʻahu: The state's oldest marine reserve is a semicircular cove east of Waikīkī, with facilities on-site, including gear rentals. A half hour north, Kāneʻohe Bay is perhaps Oʻahu's most protected marine water, though there are no services on-site.
- La Perouse Bay, Maui:

This large, protected inlet is vast enough to absorb the many snorkelers who visit. The bulk of Kahoʻolawe Island, eight miles west, helps moderate ocean swells.

- Kealakekua Bay, Hawai'i Island: It's best, and easiest, to visit this marine reserve utilizing the many guided boat tours that depart from the Kona and Kohala resort areas.
- Hulopo'e Bay, Lāna'i:
 Often called the most beautiful beach in Hawai'i, this marine reserve includes a large, completely protected tidepool lagoon where locals take kids to learn to swim.









Though there is much still to be learned about coral reef ecosystems, researchers such as these University of Hawai'i students are gathering data to fill the gaps.

NIVERSITY OF HAWAI'I biology professor Cynthia Hunter lifts her snorkel mask for a minute and points her thumb toward the coral reef just below us. "I want you to see something right down there," she says, then dons her mask and plunges underwater.

The top portion of this 10-foot mound of lobe coral, which is the size of a VW Bug, is a glistening ivory white. But here, a foot below the surface, is a single lobe that's a gorgeous, delicate lavender in the refracted sunlight. I admire it, then follow Hunter's outstretched arm farther down, where she's indicating the wall of the coral mound about 4 feet deep. Taking a deep breath, I descend and look. More lobes, each about an inch across—this time leather-brown, like an old saddle. I return to the surface with Hunter.

"That lavender lobe sure is beautiful." She nods when I comment on what we've just seen.

"Is that healthy?" I ask. Hunter shakes her head.



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Older reef colonies provide a platform for newer corals, such as this cauliflower coral. Cup coral (right) forms no exoskeleton.

"CORAL REEFS DO HAVE RESIDENT CRABS AND SHRIMP

that help keep the reefs clean and drive away natural predators, such as the crownof-thorns starfish. ... We can capture them and check their health."

"The coral deeper down, that brownish cast, that's healthy coral," Hunter says. "But most people wouldn't know that.

"The average visitor out here, they'd see all this lavender and yellow and ivory coral, they'd think it's beautiful—and it is. But it's not ordinary."

Hunter and a UH graduate student,
Tayler Massey, have brought me out in
10 feet of water on a mid-autumn morning,
100 yards off Oʻahu's windward eastern
shore, at Lanikai Beach, to learn about
Massey's reef-monitoring thesis project,
and to witness a unique and troubling



episode of coral bleaching in Hawai'i's ocean waters. Near-shore ocean temperatures reached record levels in late summer and early autumn this year, and the result has been a stark reaction by the

corals that ring island shores.

"I heard an anecdotal report of a 90 degree sea temp from one researcher," Hunter reports, about an area where 83 degrees is the usual maximum. Color



dissipation—coral bleaching—has been observed by reef scientists in Hawai'i on only a few occasions, most notably back in 1996 during another period when ocean temperatures reached unusually high levels.

Massey's monitoring project was designed to investigate the potential for bleaching, to see what effect elevated sea temperatures have on coral health. She has six sensors attached to reefs up and down the shore, and swims out weekly to see what's happening and record her observations. The expected bleaching peaked in late September. Now, three weeks later, temperatures have cooled, aided by the passage of seasons and, ironically, the ocean churning wrought by the passage of Hurricane Ana, which brushed the islands. Now, corals that were stark white weeks ago are regaining a little color.

How all this happens is a deep and complex mystery. Scientists know that corals under heat stress literally expel the actual source of their color, their zoox.



Among other things, the dinoflagellates' color provides a bit of "shade" from the sun. Getting rid of it seems counterintuitive.

Finger coral is one of the most common types in the Islands—seen here with threadfin butterflyfish and yellow tangs.



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"The corals just spit them out, literally," Franklin says. "But I can't tell you the exact physiological mechanism by which a coral expels an organism that is living inside its own cells."

Deepening the mystery is the indication that, once sea temperatures subside, the corals at Lanikai evidently have the ability to quickly recruit and incorporate new zoox.

How do they do that? And why do some colonies exhibit much less bleaching? If it is a heat-resistant strain of coral, what makes it resistant?

This is far from the most astounding mystery about corals. Spawning time, for instance, causes a colony to release vast clouds of sperm and eggs into the reef waters; the spawn then drift in the ocean currents until they happen upon a substrate that's suitable, both physically and chemically.

That's how corals so quickly colonize the new undersea lava surfaces below the Kīlauea volcano, and the manmade structures such as derelict ships purposefully sunk to host new colonies.

Somehow coral spawn are able to actually measure the chemical suitability of the waters they drift to. Scientists know, for example, that spawn will not settle in water that is carrying unusually high levels of pesticides, such as happens after storm events that wash agricultural chemicals from the land into Hawaiian bays. What are the parameters of this mechanism?

"Interestingly enough, corals have the same metabolic proteins as humans," says Robert Richmond. "But we can't get coral to pee in a bottle to do analyses.

"However, coral reefs do have resident crabs and shrimp that help keep the reefs clean and drive away natural predators, such as the crown-of-thorns starfish. These [crabs and shrimp] are arthropods, same as cockroaches, and sensitive to the same pesticides," Richmond continues. "We can capture them and check their health. If they're not healthy, we investigate why.

"In essence, we're asking the crabs and shrimp, What's bothering you?"

ICHMOND thus describes his work as "Dr. Dolittle plus CSI." And he expresses great admiration for the intuitive knowledge and care that Polynesian peoples have applied to marine conservation for centuries. Among the ancient kapu that governed fishing, for instance, was one that reserved the power to net-fish in the reefs to unmarried males. While it was part of a spiritual custom separating men and women, Richmond observes, it seems that men without families would be less likely to overharvest. And the famous fishponds found throughout all the islands were created specifically to substitute for ocean

MORE THAN 40 PERCENT

of Hawai'i visitors
enjoy the tropical
water through
snorkeling, diving
and just plain
sightseeing, and
scientists are far
from immune
to that sheer sense
of fun.

fishing, lessening the pressure on the reefs.

"The Polynesians knew what we are still learning, that reefs can sustain themselves, even with human utilization, if those human uses are carefully managed," Richmond concludes.

For all the scientific intensity marine biologists in Hawai'i are now bringing to bear on coral reefs, they are also keenly aware that their profession requires them to focus on something laypeople just find magical ... and that provides marvelous recreation.

More than 40 percent of Hawai'i visitors enjoy the tropical water through snorkeling, diving and just plain sightseeing, and scientists are far from













immune to that sheer sense of fun. At Lanikai, I jest with Massey about the "rigors" of her thesis work, which includes weekly swims, with snorkel and fins, to check her monitoring stations.

"Not much like the usual dry thesis topic, is it?" she grins.

It is not dry in many ways, of course. But the knowledge that researchers such as Massey gain will help preserve and enhance Hawai'i's priceless shoreline.

As Erik Franklin points out, the Hawaiian archipelago is the world's most isolated major island chain, and that magnifies the importance of fending off damage—and discovering how to do so.

"We have to protect the resources we have," Franklin says. "We can't just go next door to find replacements."

"We do know many things and what we can do," says Robert Richmond. "The good news is, given the opportunity to recover, coral reefs are dynamic systems that will do just that."

Scanning the water from onshore at Lanikai Beach, Cindy Hunter muses that, for all the alarming bleaching the corals here have shown during one hot autumn month, it's possible that by January most of the reefs will have shaken off the stress, regained their color, and be healthy once again. And scientists such as Hunter and Massey will be busy trying to figure out exactly what happened—both the crisis and the recovery.

"Clearly, there's a lot we just don't know," Hunter says. "There is so much wonder out there."

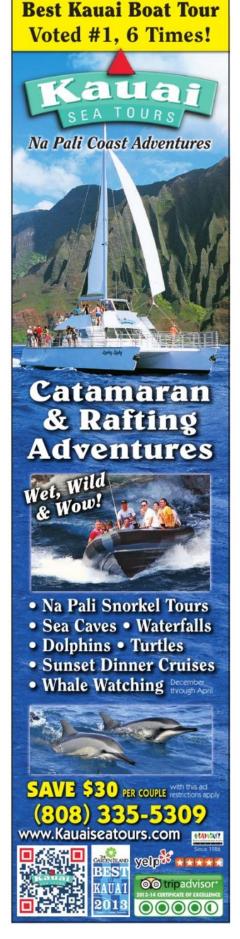
Eric Lucas is a contributing editor at Alaska Airlines Magazine and frequent visitor to Hawai'i.

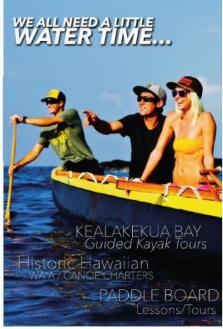
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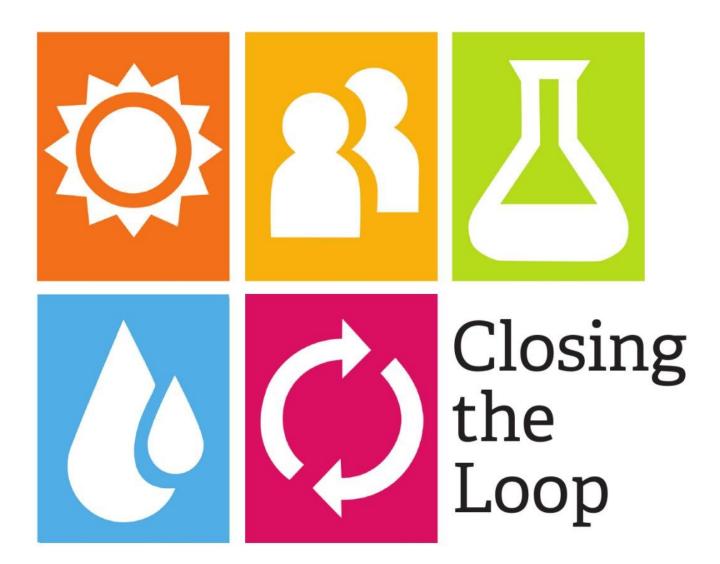
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Companies find ways to make production more sustainable through innovation, recycling and reuse

By Amy Westervelt

The Cradle to Cradle
Certified Product
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sustainability in five
areas, represented by the
icons above. These are
(clockwise from top left):
renewable-energy use,
social fairness, material
health, material reutilization and water stewardship. Certified products
may show the program's
logo (opposite page).

In San Francisco, packaging designers at the cleaning-products company Method are working on turning plastic found in the ocean into gracefully designed bottles for liquid dish-and-hand soap. In Brooklyn, the employee-owners at the IceStone company's factory are mixing recycled glass, non-toxic pigments and concrete to make high-end countertops. In Arlington, Washington, north of Seattle, the MicroGreen factory is transforming used water bottles into insulated to-go cups—which you might be sipping coffee from on an Alaska Airlines flight.

Across the country, companies such as these are seeking environmentally sound ways to make useful recycled and recyclable products. It's the sort of thinking Bridgett Luther, president of the Cradle to Cradle Products Innovation Institute, headquartered in San Francisco, believes is ushering in a new industrial revolution.

Luther notes that the environmental movement can sometimes seem to emphasize restrictions when

it can instead be seen as a spark for innovation: "It's much better to focus on the positive and say, 'Just imagine what the world would look like if we took all the waste and turned it into new products,'" she says.

The term "cradle to cradle" was coined by architect William McDonough and chemist Michael
Braungart in their 2002 book, Cradle to Cradle:
Remaking the Way We Make Things. The term refers to the idea that manufacturers can benefit from designing products that can be recycled, reused or repurposed—that instead of following a path from useful product to landfill ("cradle to grave"), materials can continually be given new life in new products.
This approach is also sometimes called "closing the loop" in manufacturing, to fit the image of materials



being continually repurposed rather than taking a dead-end route to the junkyard. The cradle-to-cradle approach also calls for companies to design carefully at the outset—to think about using fewer materials, fewer chemicals and more recycled content in their products, and to power their pro-

cesses in a manner that is energy-efficient, waterefficient and socially responsible.

The Cradle to Cradle Products Innovation
Institute—which has a close working relationship
but no formal partnership with McDonough and
Braungart—now maintains the Cradle to Cradle
Certified standard, assesses products under the standard, and trains assessors and consultants to help

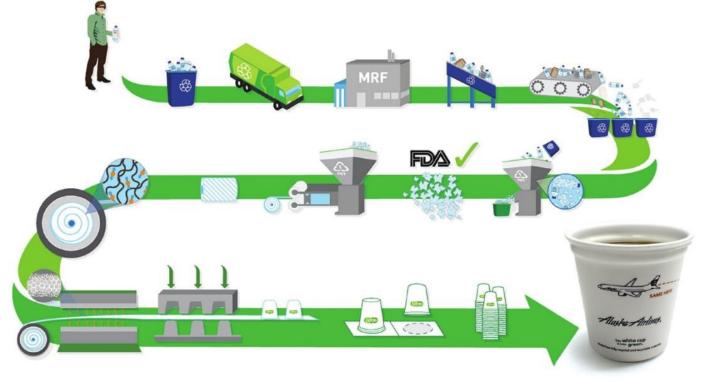
"Imagine what the world would look like if we took all the waste and turned it into new products."

companies adopt the cradle-to-cradle design method and submit their products for certification.

Gaining Cradle to Cradle (C2C) Certified status and the right to use the associated logo—is not easy. Companies must gather data and meet minimum criteria in five areas: material health (how the product

As part of a broader commitment to sustainability, Alaska Airlines was the first company in its industry to use the InCycle Cup (below), made with recycled, recyclable plastic. Alaska was the first airline in the U.S. to recycle items such as cups and bottles on all domestic flights and has set a goal for all inflight serviceware to be sustainably sourced by 2020. The diagram below shows supplier MicroGreen's cupproduction process.

materials impact the health of people and the environment), material reutilization, renewable energy and carbon management, water stewardship, and social fairness. The standard is also set up to put companies on a path toward continuous improvement. When companies begin certifying their products, they commit not only to designing and operating a certain way, but also to never being complacent.





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



It's a tall order, but it also pays off. Luther says that "companies that implement the Cradle to Cradle framework can reduce their carbon footprint, can use more renewable energy and can reduce their use of water—and then their sales can go up."

Method Co-founder and Chief Greenskeeper Adam Lowry says that the process helps regardless of consumer awareness about the Cradle to Cradle certification or logo.

"The primary value of the Cradle to Cradle program is coming through the process and the discipline of it," he says. "It's a really effective business practice that gets integrated into how you work, and that's good in and of itself, regardless of whether you get credit for it from consumers."

Not every company with an innovative, closed-loop approach to design and production follows the Cradle to Cradle certification procedure. The C2C standard has roots in the building industry, and while it has slowly been making gains in other markets, it's far from widespread. You won't see C2C logos on electronics, for example, but that doesn't mean that companies in that sector aren't looking at ways to better manage the materials they're using.

"More and more companies are really trying to design their products so that they're easier to recycle or even to repair," says Mark Verheyden, CEO of ECS Refining, the giant West Coast electronics recycler. ECS collects electronics from consumers as well as companies. According to Verheyden, technology used by companies, rather than consumers, tends to be of higher quality. When ECS gets corporate shipments in, it marks 20 to 25 percent for reuse, either harvesting parts or refurbishing entire products and selling them to smaller companies, which in turn sell to secondary buyers such as school districts.

From innovative reuse plans to products that give "waste" materials new life, the following company profiles provide examples of "closing the loop" across the United States today.

Finding a Method

Home-products company Method (which has operations in San Francisco and Chicago) began incorporating the cradle-to-cradle design framework into its business a couple of years after its founding in 2001.

All Method products, except for a few limitededition items, are now C2C-certified.

"I believe that the best way to deal with the environmental and human health problems related to cleaning products is better design," says Adam Lowry. "That means 'design' in terms of aesthetics, sustain-



Patagonia uses various sustainably sourced materials, including wool from Italy's Calamai Tech Fabrics. Workers at Calamai (above) shred discarded wool, mix in polyester and nylon for strength, and reweave it for use in items such as Patagonia's Men's Reclaimed Wool Jacket (right).

ability, fragrance—we wanted to build all of those things into the product."

The ocean-plastic bottle that Method released last year is made partly of recycled plastic from the ocean or from beaches, and partly of postconsumer recycled plastic. And overall, most of Method's packaging is 100 percent recycled plastic.

Method is also always on the lookout for ways to reduce or reuse chemical materials in its products—and to ensure that the chemicals are safe. For exam-



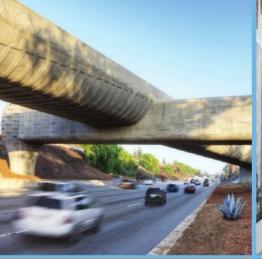
The cleaning-products company Method has explored uses for waste plastic (right) collected by hand from ocean beaches. The multicolored plastic was sorted, ground, washed, melted and mixed with post-consumer plastic to make the uniform gray material for retail-ready bottles (above).



ple, the company recently partnered with a supplier to develop a solvent made from corn stover, the stalks and leaves left over after corn is harvested.

Method was a pioneer in getting American consumers to adopt the idea of refilling bottles—buying small refill packs, or in some cases larger pouches, of soap and detergent rather than always purchasing new bottles. The Method products that have refill options have delivered an 82 percent reduction in their overall product footprint, factoring in energy, water and plastic used.







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"We have gotten millions of people to adopt refills, and adoption is the most important part of the innovation process," Lowry says, noting that a great design won't matter if nobody understands it or uses it.

Soon, Method's products will be manufactured in a new, very cradle-to-cradle-style factory in Chicago. As the first LEED Platinum—certified factory in the consumer-packaged-goods industry, the new facility will generate much of the energy it needs on-site, via an industrial-size wind turbine and rooftop solar panels. The factory will send no waste to landfills, and its water use will also be balanced by support for water-conservation projects in the region. Located on the south side of Chicago, it will bring green manufacturing jobs to a low-income urban neighborhood.

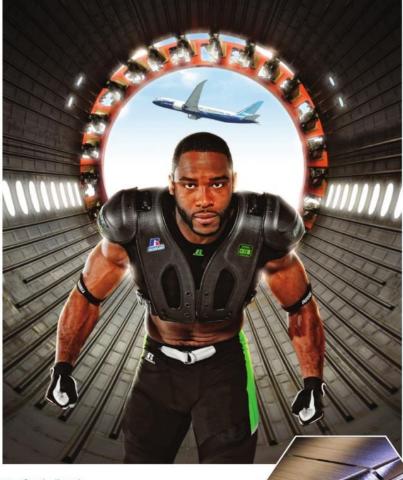
The design for the building is aligned with the company's broader cradle-to-cradle approach, says Lowry. "We wanted to manifest the Method product philosophy in a building."

Whole-Cloth Sustainability

When Patagonia's "Don't Buy This Jacket" ad appeared in newspapers across the country on November 25, 2011 (that year's "Black Friday"), the outdoor-clothing retailer shocked customers and analysts alike. The ad urged consumers to buy only what they needed, to repair and reuse what they could, and to recycle the rest. It was timed with the launch of Patagonia's Common Threads online store, operated in partnership with eBay, where consumers could resell their used Patagonia clothing. That initia-



tive was followed by the launch of an in-store buyback program (Worn Wear) that enabled customers to bring gently used gear back to Patagonia and sell it to the company in exchange for store credit. Patagonia also created a venture capital fund, called \$20 Million & Change, intended to fund suppliers and other like-minded companies working on new-



Pro football wide receiver Pierre Garçon (above) wears Russell Athletic CarbonTek shoulder pads, made with carbon fiber left over from Boeing 787 Dreamliner production (detail, inset). Garçon is shown above inside a 787 Dreamliner fuselage.

The Brooklyn-based company IceStone makes countertops from recycled and sustainable materials. IceStone's Sage Pearl counter (left) incorporates recycled clear and colored glass, as well as recycled mother-of-pearl (inset).

materials technologies that would help make moresustainable designs. The fund announced its first investment in early 2014: the Denver-based startup CO2Nexus, which has developed a method of processing and drying products using liquid carbon dioxide. The method reduces energy use and eliminates the need for water in manufacturing processes.

In addition to repairing and reselling clothing, Patagonia has been using fleece made with recycled plastic bottles since 1993. Within 13 years, the company had diverted more than 86 million bottles from landfills. Then, beginning in 2005, the company began taking back clothing and gear to recycle into new products, and by 2006 it had launched processes through which it takes plastic bottles, manufacturing waste and worn-out garments and turns them into fibers used to produce most clothing lines.

In a recent statement on the company's commitment to sustainability, Patagonia founder and owner Yvon Chouinard wrote, "As an alpinist who set out to make gear for my friends and never thought of myself as a 'businessman' until long after I became



hen Francis Luerssen III took over as facility technician at the Flour Mill, the 120-year-old brick building was something of a time capsule. Inside was a mishmash of machinery, old and new, cobbled together since renovations began to make it a retail space for multiple tenants about the time of the world's fair in 1974. Air conditioning units had been jammed in windows, and some were run all winter long. Machine timers were simply broken. Components of the HVAC system hadn't been touched in 30 years.

Luerssen found himself in the middle of it all, and he was prepared to take the aging facility into the 21st century—with some collaborative help from Avista. He had his work cut out for him. But as an ex-Navy man, he was used to getting things in shipshape condition.

Over time, he swapped out traditional lighting for LED and compact fluorescent bulbs, upgrading to T8 lamps and electronic ballasts in the

common areas. He mounted light sensors and timers outside and in the restrooms. Plus he installed insulation, included sealing walls penetrated by pipes with expanding foam and fastening weather stripping to all the entrances.

Luerssen's primary focus, however, was the aging HVAC system. He had to loosen valves and repair damper actuators that were stuck open or closed. He rebuilt steam traps,

Pictured above:
Francis Luerssen III
Facility technician
The Flour Mill
(Pictured with Avista Commercial / Industrial
Engineer Bryce Eschenbacher, on left.)

some of which appeared to be of original vintage. And he fixed all the machinery timers, many of which had motor controllers set to hand operation vs. auto or had start-stop pins missing from their timer wheels.



Improved traps no longer let steam escape.

When he correctly aligned all the belt-driven machinery, it paid off with a drop in load.

But the biggest energy improvement with the HVAC system came from incorporating an Alerton(R) direct digital control system (DDC). Installed by ATS Inland Northwest of Spokane, the DDC was a \$20,000 investment.

"[The DDC] really helped everything," Luerssen says. "It gives you a lot of control. It also lets me see a problem from a remote computer."

In place of handset thermostats, the building is now ruled by an alwaysthinking, always-monitoring digital brain. The DDC system governs when boilers, pumps and chillers turn on and off. Plus, it regulates hot water temperature between floors. This keeps the easily melted goods of the Chocolate Apothecary at a cool 70 degrees while shoppers in the Kitchen Engine enjoy a comfortable 73 degrees.

The amount of control the DDC allowed was extraordinary but Luerssen asked for more. He upgraded to control the hot water circulating pumps so they would turn off based on temperature, not boiler pressure. Now the DDC raises the boiler water temperature as it gets colder outside instead of running at full temperature all the time.

"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it."

Another encouraging aspect of the DDC upgrade is the lengthened lifespans of the building's machinery. Fans running 24 hours a day before are now on just half the time. And the boiler, which used to run nine hours a day in winter, runs just four and a half thanks to the DDC controlling the boiler's two separate fan coils.

"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it," he says.

Electrical upgrades have also made a difference, and much of it came down to simply changing light bulbs. 175-watt metal halides were changed out to 26-watt LEDs. LED lights were also installed in the parking lot.

"It's a better light quality, it's instantaneous and I'm never going



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to have to mess with it again. Those have like 35,000 light-hours," says Luerssen. "The amount of energy they saved us is fantastic."

It's costly to upgrade a building. But for many of his upgrades, Luerssen was able to take advantage of rebates from Avista. And the added efficiency should make everything worthwhile.

Luerssen estimates the boiler upgrades alone will result in

significant savings. The Flour Mill's natural gas costs were reduced by 50 percent. Electrical costs were also cut by ten percent, while adding more load to the system. In the end, these savings can be passed on to tenants by the building's property manager, Kiemle and Hagood.

With help from Avista, Luerssen has transformed a leaky old building



The boiler upgrades alone will result in significant savings

cobbled together over the years into a 21st-century facility — the envy of any building owner looking to save some money on energy bills. He says any company can do the same.

Avista gives rebates and incentives for energy-efficiency upgrades to many types of businesses and organizations, from retail stores and restaurants to manufacturing plants and municipalities. The energy company's goal is to better manage the region's growing energy needs by promoting ways for its large customers to use less. Those that have participated so far have not only saved energy, but have seen increased productivity and safety and lowered maintenance costs. Avista thinks it's energy well spent.

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one, I've wrestled the demons of corporate responsibility for some time. Who are businesses really responsible to? Their shareholders? Their customers? Their employees? None of the above, I have finally come to believe. Fundamentally, businesses are responsible to their resource base. Without a healthy planet there are no shareholders, no customers, no employees."

Going MicroGreen

In 2001, Krishna Nadella was conducting graduate research at the University of Washington, in Seattle, learning about various plastic-recycling technologies from engineering professor Vipin Kumar. Having recently arrived from India, Nadella was shocked by the prevalence of disposable goods in America, and when he learned about Kumar's work, Nadella thought it could easily be applied to PET, the plastic commonly used for water and soda bottles.

Nadella co-founded MicroGreen to work on this project. Today, the company takes recycled plastic from bottles and, using a combination of pressure, heat and CO2 gas, turns it into a high-performance, light-weight, insulated material. Waste Management, the major Houston-based disposal and recycling company, is one of MicroGreen's largest investors, and it ensures an ample supply of plastic to repurpose.

The material MicroGreen creates can be used to make to-go containers of all sorts, though the company is currently focused on coffee cups.

"Plastic should be treated as a renewable resource, because it is—you can use it again and again and again," says Tom Malone, MicroGreen's CEO.

Malone says that people who try the cup are intrigued. "It insulates better than any cup they've tried; it's recycled and recyclable; and the price is comparable to conventional cups," he says. "It's a no-brainer."

Green Beauty

Aveda had sustainability integrated into its mission from the moment founder Horst Rechelbacher started the beauty-products company in 1978. It purports to be the first company in its industry to use virtually 100 percent recycled continued on page 197

OTHER COMPANIES THAT ARE CLOSING THE LOOP

← Alcoa In addition to certifying several of its products according to the Cradle-to-Cradle standard, Alcoa, the aluminum giant headquartered in New York, has partnered with various companies to establish closed-loop recycling of aluminum.

→ gDiapers As they prepared for the birth of their first child, Jason and Kim Graham-Nye realized that they had environmental concerns with both disposable and cloth diapers. They found a solution in the form of a flushable, biodegradable diaper made in Tasmania, Australia (by another company). They loved it so much that they licensed the technology and brought it to the United States, setting up shop in Portland, Oregon. Their company, gDiapers, now sells both flushable diapers and washable cloth diaper-pants with inserts.

→ I:Co I:Co provides collection containers for use in the stores of various clothing retailers—including H&M, Puma and The North Face—and then takes the clothes and either cleans them up for resale or recycles the textiles.

Timbuk2 This maker of bicyclemessenger bags, based in San Francisco, has always designed its products with renewable, nontoxic materials and provided a warranty for each bag. Earlier this year, Timbuk2 launched its LifeCycle program. The program enables customers to give back their old bags; have them repaired (or do it themselves with replacement parts); or send them back to Timbuk2 for recycling, in exchange for 20 percent off a future purchase. —A.W.



These gStyle gWhat gPants have flushable, compostable inserts.

Happy Holidays.



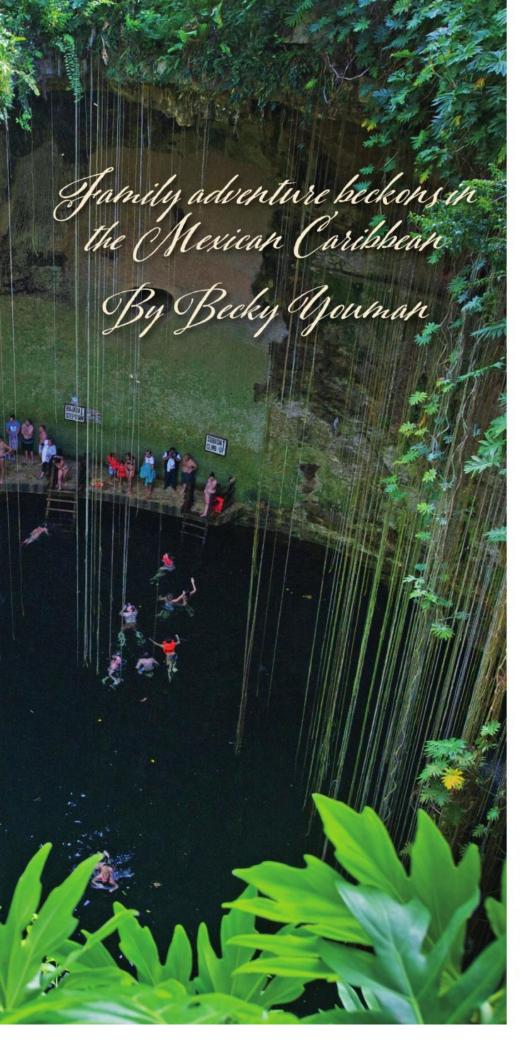
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During this holiday season, all of the principals at Patterson Buchanan hope that your travels are smooth and that you are blessed, as are we, with wonderful people to surround you. We wish you prosperity and hope, now and in the coming year.









The water is just beneath our chins.
The beams from our headlamps
illuminate hundreds of shimmering

stalactites and stalagmites. Groundwater minerals have colored them in jewellike hues—visual treasures like something out of *The Count of Monte Cristo*.

This is a scene from our own Mexican adventure movie: My husband, Bryan, my 11-year-old daughter Anne and I are happily exploring an underground river system in Mexico's Yucatán Peninsula known as Río Secreto. When we reach a stalactite forest—where the water is too deep to stand—we delicately paddle through a dense group of formations hanging from the ceiling. It's magical.

Just getting here was part of the adventure. We loaded into a van in Playa del Carmen, an hour south of Cancún, and with a group of five others took a bumpy dirt road 20 minutes into the dense Mexican jungle. At road's end we donned wetsuits, water shoes, helmets, and headlamps before trekking 10 minutes through the tropical forest to the cave entrance.

The Yucatán's famous cenotes lead to adventures in the area's extensive limestone caverns, and were traditionally considered gateways to the Mayan underworld.

guide explained the cave system and Mayan mythology. The Yucatán Peninsula is made of porous limestone through which a vast subterranean river system flows. Freshwater pools, called *cenotes*, are

As we hiked, our



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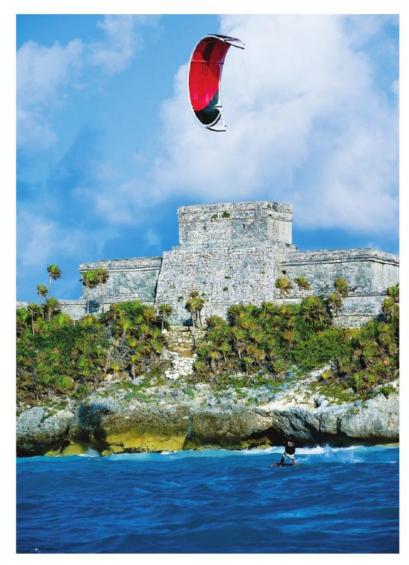
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places where the water is accessible from above. In Mayan mythology, these caves are sacred portals to the underground world.

When we reached the cenote, we stepped down a ladder into the darkness of this other world. We have been following our guide single file through a twisting gauntlet of cave formations, careful not to touch natural structures such as dainty soda straws or bulbous cave pearls.

Once through the stalactite forest, we enter a natural amphitheater with knee-deep water. Here we extinguish our headlamps to sit in total darkness and silence—the only sound the echoing drip of the water. I reach in the emptiness for Anne. She is totally nonplussed by the darkness. At least one of us is brave.

This is a new phase of exploring the greater Cancún area with our daughter. The famous beachside resort is known for all-inclusive complexes where adults lounge poolside and kids enjoy play venues rivaling theme parks. At the Riu Palace las Americas, for example, II restaurants and bars serve everything from Mexican to Japanese cuisine; kids have their own swimming pool; adults and children enjoy separate daily entertainment programs.

Cancún's long, narrow island, chosen in 1970 as the best spot

to develop a resort by the Mexican government, is postcard-perfect with its contrast of aqua-blue Caribbean and stunning white-sand beach. This is a great destination for a first trip to Mexico, as most everything one needs can be found right at the hotel or just a few steps out the door.

While Cancún is very family-friendly, it's also a nightlife capital. Fun restaurants and bars such as Señor Frog's encourage patrons to let loose, while discos pulse with lights and sound until the wee hours of the morning. During the day it's the ultimate in relaxation, with the only challenge posed by deciding whether to lounge by the pool with umbrella drinks or bask in the sun on the powdered-sugar beach.

But we're ready, on this trip, to explore the broader world of the Yucatán, a 220-mile-long swath of tropical jungle,

Perched on a bluff overlooking the Caribbean, Tulum is the only seaside Mayan ruin. The nearby jungle is the home of wildlife such as spider monkeys. Lovely beaches and resorts define Cancún's appeal.

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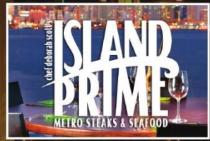
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Just 15 years ago, Playa del Carmen was a small fishing village. ... Now the hamlet has transformed into a thriving resort town.

Mayan history and Caribbean adventure. No more hotel kids club for Anne—she is now helping choose adventures from a wide range of options: water sports such as snorkeling, diving, sailing, and fishing; inland adventures with jungle tours, ziplining, and cave explorations; and discovery of Mayan culture.

The Riviera Maya, as this particular stretch of coastline is called, runs 80 miles south from Cancún to Tulum. It is a paradise of ivory-sand beaches and stunning turquoise waters where one can find everything from luxury spas and championship golf to swaying hammocks under simple thatched huts.

The entire length of coast is dotted with hotels, many of them all-inclusives. We have opted to stay in Playa del Carmen, the hub of the Riviera Maya. Just 15 years ago, "Playa" was a small fishing village where vacationers caught the ferry to the island of Cozumel. Now the hamlet has transformed into a thriving resort town.

Most hotels in Playa are on the smaller side and include hip boutique properties, comfortable B&Bs, and intimate luxury inns, but there are also a few larger resorts; the Playacar Palace, where we are staying, is one. This modern property, located on wide, white beach near the center of town, offers the ease of all-inclusive drinks and meals; activities such as beach volleyball and water polo; nightly theme parties; and a large, refreshing pool.

MAYAN CULTURE, LANGUAGE & ARTS

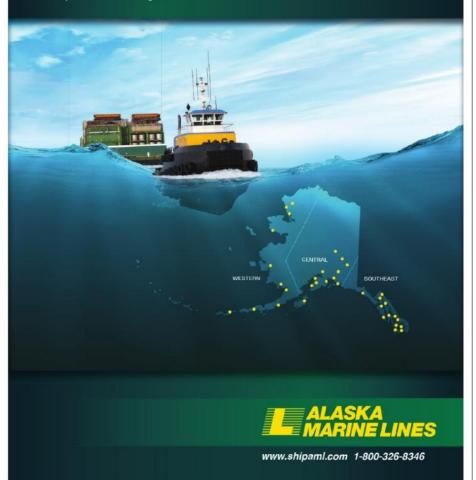
When people think of the Maya, what comes to mind are ancient civilizations and supposed end-oftime predictions. The Mayan culture, however, still thrives on the Yucatán Peninsula, as up to 1 million people here speak Yucatec Mayan, a language marked by many 'x' and 'tsh' sounds. It's not uncommon to hear Mayan spoken on the streets and to see signs in Mayan at some of the cultural attractions. The finely embroidered textiles sold at the markets and worn by locals and tourists alike are another piece of Mayan culture that persists from pre-Hispanic times. The stitching techniques have been passed down from mother to daughter for generations and can best be admired in the traditional cotton dress called a

Anne loves being near the action in town, pulling us down pedestrian-only thoroughfares lined with boutiques selling art, handicrafts such as the ubiquitous Mayan hammocks and clothing. Luckily we still have a few years before she will be interested in nightlife, but as in Cancún

Playa del Carmen's beach exemplifies the white sands and turquoise waters of the Caribbean. Mayan traditions thrive here, in the food and dress of Yucatecan people.

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itself, there is also plenty of that here. Should we ever stay up past II PM, we could hit the dance floor on the sand at the Blue Parrot Beach Club or mingle with the cosmopolitan crowd at the modern and minimalist Deseo.

For now, we all enjoy the Playa restaurant scene. After the cave tour we seek out Mayan regional cuisine. Yaxche

CANCÚN OR RIVIERA MAYA?

Cancún? Or Riviera Maya? Both offer advantages depending on one's travel goals. For active travelers, the Riviera Maya is closer to the ecological parks, Tulum, the best snorkeling and the ferry to Cozumel. If you plan to visit the UNESCO World Heritage Mayan ruins at either Chichén Itzá or Uxmal, those sites are closer to Cancún. Cancún is also the departure spot for boat rides to Isla Mujeres, a popular day-trip island with an underwater sculpture park.

If, however, the main purpose of the trip is relaxing on the beach or by the pool, either Cancún or the Riviera Maya will fit the bill perfectly.

Cancún is much more developed—with a mall, many bars and nightclubs, and numerous restaurants. Riviera Maya offers deluxe eco-resorts and adventures in the Yucatecan jungle.

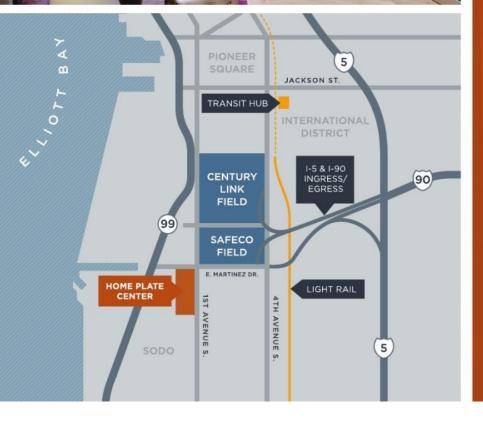
restaurant serves local specialties handed down for generations.

The restaurant's interior walls were designed to replicate those of the nearby ruins at Tulum, while the greenery inside affords the sense of dining in the jungle, albeit with air conditioning. We feast on dishes with exotic names and flavors, such as tsotobilchay—Mayan tamales; tsic—lobster chunks marinated in orange juice, cumin, and chiles served on a thick tortilla; tikin xic—fish baked in banana leaves; and the famous cochinita pibil—shredded pork marinated in bitter oranges and ground annatto seeds.

The next morning we are up early to reach the actual Tulum ruins. This







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unique 13th century fortress is the only Mayan city built on the coast, and one of just a handful of walled cities. Once an important port, Tulum—perched on a cliff overlooking a dazzling white sand beach—has perhaps the most spectacular setting of any Mayan ruin. The views of the limestone edifices, backed by the Caribbean Sea, are stunning. El Castillo, an imposing stone temple balanced on a steep cliff, and El Templo de Frescos, where traces of once-vivid frescos can be seen, prove to be our favorite structures during our tour of the site.

After our visit, the beach below the site beckons, and we stake out a slice of sand to ourselves. I remember from previous visits that there is a fabulous coral reef directly offshore. Anne, a strong swimmer, easily makes the 400-yard swim with us and enjoys snorkeling above the reef, which teems with colorful tropical fish—clouds of butterflyfish and damselfish, as bright as Tulum's ancient frescoes once were. The lull of the sea and warmth of the sun lead us to linger much of the day.

Anne handpicks the activity for our last full day, a visit to Xplor, where tall zipline towers dwarf the jungle below. Anne is first in line each time, hollering with delight as she leaps from the towers—one of which is the tallest in Latin America at almost 150 feet—and zooms down to Earth. There are 14 lines in total; one offers the unique twist of landing in a cenote.

We end the day back in the underground cave system, exploring one section of caverns on hand-paddled rafts, and another section bobbing in the water, buoyed by life vests. We are appropriately ending the trip as we started—in the Mayan underworld, a sacred place as much now as ever.

Based in Seattle, Becky Youman has traveled extensively in Latin America.

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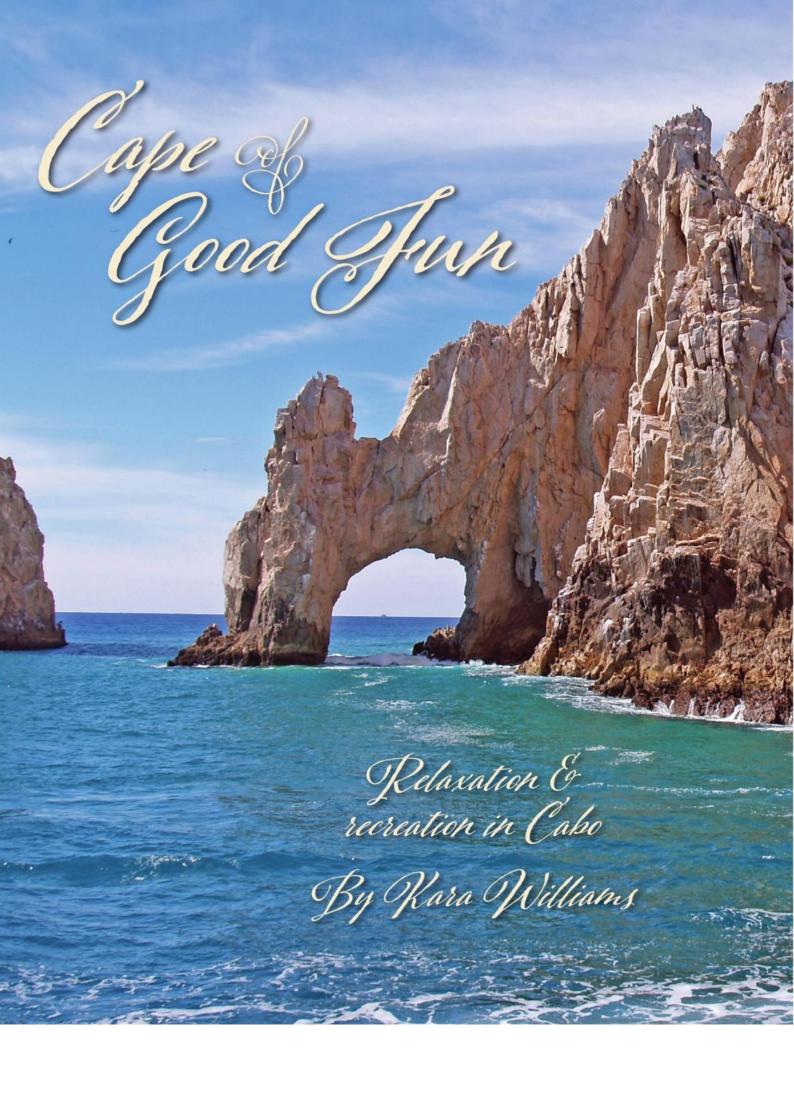
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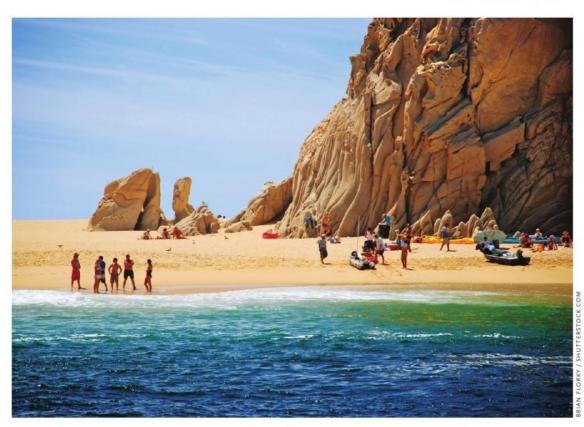
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¿Dónde está el cowboy statue on a bench?" I ask a grinning shopkeeper, not stopping for a second as I jog along the sidewalk in downtown Cabo San Lucas, Mexico. Without skipping a beat, the amused local points straight ahead, "Allí." He appears accustomed to energetic visitors asking in broken Spanish for directions to this popular photo op.

In fact, it's more than just a photo op. Every Wednesday morning, teams of tourists run through town, along the marina, into restaurants and to off-the-beaten-path sights as they compete in the weekly A-Maze-In Cabo Race, a fun (and funny!) activity that my husband and I enjoyed on our visit to the area earlier this year. It's a combination scavenger hunt/obstacle race/local tour, and it's both exhilarating and enlightening.

After all, much as we enjoy lounging by the pool or on the beach with a good book and cold beer on our travels to Mexico, there is more to Cabo than delicious relaxation. We like to earn our leisure time, too, by doing something active each day. Typically that's hiking or kayaking, but we figured this clever local activity, a very scaled-down version of television's *The Amazing Race*, would accomplish several goals simultaneously: We'd get a cardio workout hustling to various locations as we quickly answer clues in an effort to be the first team to cross the finish line, plus we'd get an overview of a locale new to us.

We signed up for the race on our second day in Cabo, and since

we'd explored a bit the day before, we had some inkling where things are in town and along the restaurant-lined marina. Plus, each team is equipped with a map, as well as bottled water, a set of rules, a pen, an emergency phone, and pesos for the public transportation we'd mysteriously need at some point in the race. Still, our little bit of area knowledge didn't really help us get a jump start on the other 15 teams lined up at The Giggling Bean Cafe, since we stumbled over solving our first brain teaser—darned math!—that would lead us to our next challenge and clue.

While my husband and I were "in it to win it," thus running instead of walking from one clue to the next, it was hard to take the race too seriously, especially when activities along the way included tossing beanbags in buckets, eating crunchy bugs (fried crickets, an exotic Mexican delicacy) a la Fear Factor, and drinking frozen concoctions such as virgin strawberry daiquiris as quickly as possible in the "brain"

Lover's Beach is one of the most popular day-trip destinations for visitors to Cabo San Lucas—and the nearby arch that marks the end of the cape is an icon of Baja California.



MEXICO Travel

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Jumping into the water from the boat, we dashed up to the beach.

Jumping into the water from the boat, we dashed up on shore to fall on the beach, flinging golden sand in the air (and in our hair) to find the laminated card.

Some teams weren't feeling competitive at all; one in particular

Some teams weren't feeling competitive at all; one in particular stopped for a beer every time a clue brought them to a bar (at least three times, including the famous Cabo Wabo Cantina); others wore bright feather boas and sombreros as they jogged through town and into a small local museum, a (much-welcomed) air conditioned building.

So how did we do in this competition that tested athletic prowess, puzzle-solving skills, adventuresome mettle and directional savvy? I was pleased with our valiant tied-for-third-place finish; we completed the course in a little over 90 minutes. However, I must note that the winners included family teams with children as young as 7 years old! Truly, this adventure is for all ages and physical

The A-Maze-In Cabo Race is great fun and introduces participants to many sights in Cabo San Lucas.



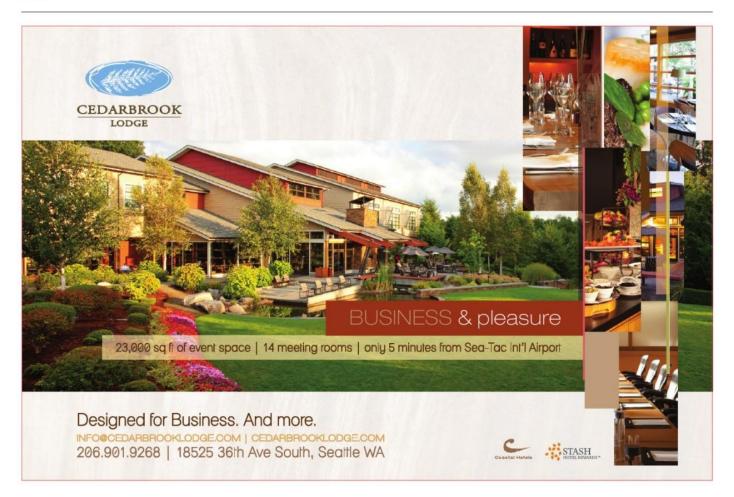
"Twisted Sisters" and "Oldies but Goodies"—helped keep the atmosphere light and entertaining.

Team camaraderie was further enhanced when we all had to belt old Journey lyrics ("Don't Stop Believin'")

freeze" challenge. Good-natured fellow

racers-with silly team names like

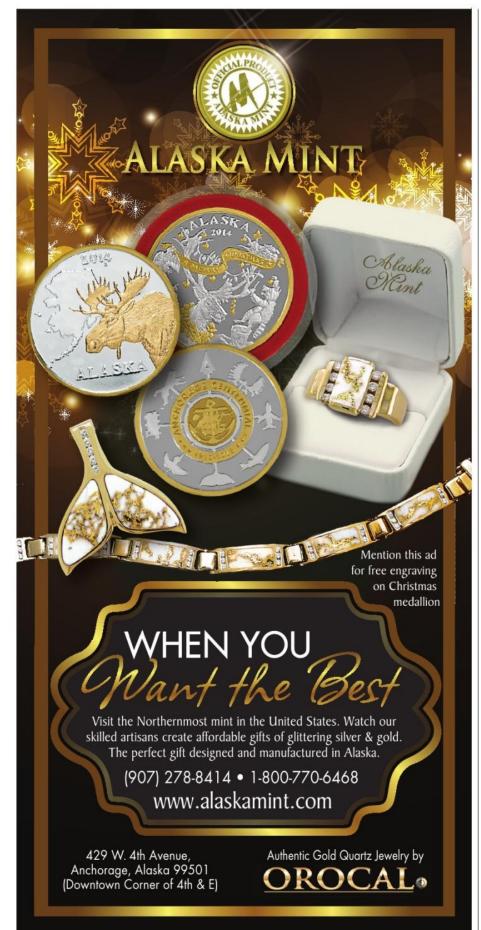
enhanced when we all had to belt old Journey lyrics ("Don't Stop Believin' ") simultaneously and then when we compared notes on our experiences as we shared a water taxi to one of Cabo's pristine beaches, where another clue awaited.



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abilities. Friendly organizers encouraged us along the way, we felt safe the entire time, and the chips, beers and margaritas included in the price (\$79 per person) and offered at the finish were appreciated.

Cabo is a perfect destination to combine both adventurous and more relaxing pursuits, such as an excursion we took the day after our race.

HURRICANE UPDATE: OPEN FOR BUSINESS

After Hurricane Odile reached Baja in September, Cabo's residents, store owners, hotel employees and tourism professionals rallied to get the region's primary business, travel, back up and running quickly. Today, the vast majority of hotels in Cabo San Lucas and along the coast nearby are fully operational, as are most stores, golf courses, tour operators and fishing charters. The airport is welcoming regularly scheduled flights as high season in Cabo gets underway.

Virtually every major lodging property in the area will be open by the holidays, with more than 90 percent of hotel rooms available. Alaska Airlines has resumed full service, too—so it's business as usual in one of Mexico's most popular resort areas.

Lover's Beach is a popular spot to while away an afternoon in Cabo. The small, remote swimming beach on Land's End is typically reached via water taxi from the marina or busy Medano Beach on Cabo San Lucas Bay. After cooling off in the bay's gentle and clear water, munching on our picnic lunch, and celebrating our journey with the cold beers we'd packed, we opted to pay one of the ever-present water-taxi drivers to take us past El Arco ("the Arch"), to see Cabo's landmark rock formation and the sea lions that make their home nearby.

Still more active adventures in Cabo include ziplining, mountain biking, desert hiking, swimming with whale sharks (September to April), scuba diving, snorkeling, stand-up paddling,



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Jeeping and kayaking. Glass-bottom boat tours, whale-watching cruises (December to April) and sunset sails are more leisurely ways to enjoy the water; make sure to book one that takes you past El Arco at Land's End. Area public golf courses include the challenging 18 holes at Cabo San Lucas Country Club. And there are umpteen ways to book a fishing charter in Cabo; simply strolling through the marina will yield offers from boat owners and outfitters.

One reason my husband and I stay active on vacation is because we like to eat well. The fine dining scene in Cabo has grown considerably over the past few years, and it is now one of the capitals of Pacific seafood cuisine. Aside



With the ocean just below, and the food so utterly fresh, the entire experience was memorable.

from the sheer enjoyment of it, our hike made fresh lobster dipped in butter, handmade pork tamales, and guacamole made tableside taste a lot better since I felt like I fully deserved the indulgence.

For our big splurge in Cabo, we booked a table for two at El Farallón, a fine-dining restaurant at the upscale oceanfront resort Capella Pedregal (scheduled to reopen in mid-January). Here, tables are perched beside the cliff, with powerful Pacific waves crashing into the rocks below, creating a dramatic setting.

The menu began with tasty flatbread and homemade pretzels, followed by seafood soup and a trio of appetizers to share (ours were crispy shrimp, fish ceviche, and seaweed salad). Then it was time for the "fun" course: Dinner guests visit the "fish expert," who details the entree offerings for the evening based on what had been caught by local fishermen that morning. We opted for Ensenada flounder and La Paz amber-

jack, but California spiny lobster, chocolate clams, local shrimp, parrotfish and "snapper" were also on the menu. Each item was laid out in front of us on ice, so we could see exactly what we would be eating. Prices were handwritten on a chalkboard next to a hanging scale (\$37 for the amberjack) as if we were visiting a fish market.

While the full moon rose over the Pacific, we savored every bite of our fish entrees—seared and sautéed and served with three different sauces, including a savory-sweet pesto with pumpkin seeds, and quinoa and grilled local asparagus. We capped our meal with hot doughnut holes dipped in strawberry compote and lemon curd. With the ocean just below, and the food so utterly fresh, the entire experience—from choosing our fish to the remarkable and romantic atmosphere—was memorable.

And regional Mexican specialties are not the only option in Cabo. Restaurante Romeo & Julieta lends Italian flair to local specialties, with tuna, local shrimp, and of course Caesar salad, invented in Baja generations ago. At Puerto San Lucas, steaks, lamb and chicken supplement local seafood specialties such as tuna and Pacific lobster.

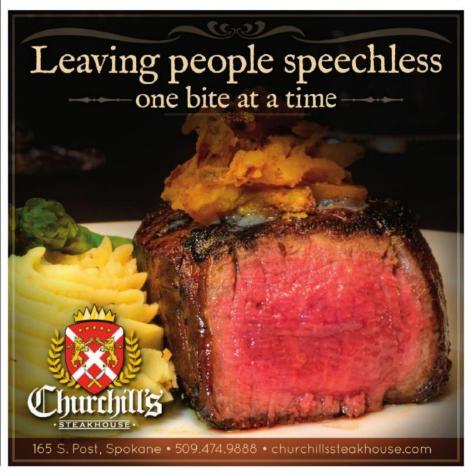
In Mexico lunch is just as important as dinner, so The Office at Medano Beach is always bustling—expect a modest wait for one of the tables festooned in bright green, yellow and pink tablecloths. With toes in the sand, seated next to a woman making fresh tortillas on the griddle, and under plenty of umbrella shade, we feasted on fish tacos, jumbo shrimp with garlic and homemade flan.

Looks like more hiking, kayaking and running around Cabo are in order—and we'll happily embrace it all.

Kara Williams is based in Colorado.

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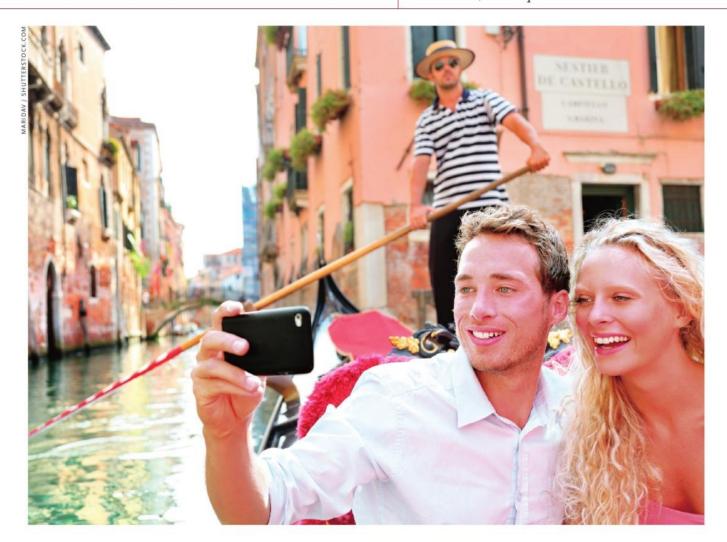
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Adventures in Venice

Exploring the enchanting city on the sea

By Donna Stonecipher

I've seen it seemingly countless times in movies and in paintings, I've read novels that are set here, and I know what it looks like, but nothing can prepare me for the overwhelming beauty of Venice as I ride a *vaporetto* (water taxi) along the Grand Canal for the first time. The delicate Gothic and fine Renaissance facades of the palazzos seem to float by—although it is we who are floating. With the aquamarine

tint of the water and the gentle lapping sound that is a constant in Venice, my senses are so absorbed that I almost lose track of where solid ground should be. There seems to be only water, water, water. Venice is a city like no other, and it should be on any traveler's must-see list. The singularity of its infrastructure, the gorgeousness of its architecture, the enchanting rhythm of walking up and over bridges, as if one were walking on waves it is all mesmerizing.

I have come to meet my childhood friend, Thea, an American who lives in Milan, for a weekend of exploring.

Before my departure, I asked an Italian friend, living in Berlin, if he had any recommendations for Venice. "Yes: Get lost," he told me immediately. Later in the conversation, he admitted that every guidebook will tell you the same, but it was and remains the best piece of advice about

Opposite page: Exploring by gondola is a classic Venice experience. Right, clockwise from top: Diners enjoy one of Venice's charming canal-side restaurants; statuary on the Doge's Palace depicts one of the doges with a symbol of the city, a winged lion; candles glow inside the Basilica di Santa Maria della Salute.

Venice. Wandering with no goal-far from the usual approach in most cities popular with tourists—is exactly the point here. And you can't go too far astray in a city surrounded by water.

I arrive a day before Thea, and I spend my first afternoon at the heart of the heart, exploring the San Marco sestiere (district). Venice comprises six districts (the word sestiere derives from "sixth"), but San Marco is by far the best-known district, as it contains St. Mark's Square (Piazza San Marco), with its famous St. Mark's Basilica, the Doge's Palace and an iconic bell tower (the

San Marco Campanile) all clus-GERMANY tered toward the square's northeastern end. This area was the seat of power in Venice's ITALY glory days, from the 13th to the 17th centuries, when the city grew as an economic powerhouse and global naval force. Venice's trade routes extended all the way to the Mongol Empire in Asia-routes that were, in part, established by the famed Venetian merchantadventurer Marco Polo (c. 1254-1324) on his travels to the Far East.

I step into the basilica, built in the 11th century, and gasp at the vast domes high above me that are covered in shimmering gold mosaics. In Venice there was no sepaRISTORANI da la fae





ration of church and state, and the Doge's Palace (Palazzo Ducale) is right next door. The palace's delicate pink Gothic facade, with its fragile-looking lacework arches, conceals its dark and heavily gilded interior;

AUSTRIA

BOSNIA HERZ

the walls are covered in fine paintings celebrating Venetian glory by native sons, such as Tintoretto and

Veronese. In the Grand Council chamber. Tintoretto's vast painting Paradise covers one wall. Because the doges, or chief magistrates, were elected from among members of the Grand Council, historians believe that

Venice enjoyed a form of democracy much earlier than most places in the world. The Venetian Empire's power gradually declined, and eventually Venice was conquered by Napoleon, in 1797.

Progressing from the sublime St. Mark's Basilica to the worldly Doge's Palace, it seems fitting to descend next to the dark

and dank prison rooms that are also open to the public and attached to the palace via the Bridge of Sighs (so called because of the sighs presumably emitted by prisoners getting their last glimpse of the outside world). The prison maze is a microcosm of the city maze above-to which I am afterward quite happy to return.

FESTIVAL MASKS

Venice is a city of many masks. The masks are sold year-round in Venetian stores and are intended to be worn during the Carnival of



Venice, which traditionally takes place each year just prior to Lent (the Italian carnevale is derived from Latin words for remove and meat). Venice's Carnival, which fell out of favor in the 18th century, was revived in 1979, with great success.





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That night, as I dine at a canal-side restaurant, I fall into conversation with the manager, who is from a neighboring town. He says his relationship with Venice is complicated.

Some people, he says, simply don't want Venice to change—at all. They want it to be frozen in time. And that means young people move away because there is no space for their ideas; it means the dynamism found in other cities—always changing and organic—is missing. I am sympathetic, yet suspect that most visitors are torn: We want the Venetians to have a living, modern city, but we also want to experience the Venice of our dreams.

My pasta with pesto takes a little while to arrive, but it is delicious when it does, and I don't complain. Even so, the manager later brings me a tiramisu on the house, then a *limoncello* on the house, and then a pink carnation. He's not helping to dispel the notion of Venice as a charmed and charming place!

St. Mark's Square (Piazza San Marco) is the heart of Venice, with key landmarks that include a famous bell tower (the San Marco Campanile).

The next day, Thea arrives, and we take the boat shuttle to our hotel on Giudecca Island. across from the Piazza San Marco. (Over the course of three days, I travel so much on water that a rocking motion instills itself into my muscle memory.) We have decided to spend the afternoon feasting on art, so Dorsoduro, the southernmost sestiere of the city, is our goal. Here the American heiress

Peggy Guggenheim bought a half-finished palazzo in 1949 and filled it with a world-class collection of contemporary art that became the Peggy Guggenheim Collection museum. As we walk among the intimate rooms filled with works by Jackson Pollock, Joseph Cornell, Max Ernst (who was, for a

ARTFUL GLASS

Venetian ceilings are often bedecked with glass chandeliers in fanciful forms



and colors. These decorations are often the products of glass factories on the island of Murano, which have been in operation since 1291, when they were moved from Venice proper due to risk of fire. You can take a vaporetto to Murano to visit glass factories.

1

WHEN YOU GO General Information

For travel information and more, visit the City of Venice website at www.comune.venezia.it.



Lodging

Hotel Al Sole, Santa Croce 134/136; alsolehotels.com. The lovely Hotel Al Sole is situated in a 15th century palazzo on a quiet canal—close to major sights, and also not far from the bus station.

Bauers Palladio Hotel & Spa, Via Giudecca 33; palladiohotelspa. com. The Bauers company has several options for accommodations in Venice. Two are in San Marco sestiere, close to the sights; a third, Palladio Hotel & Spa, is quieter, and located on the island of Giudecca.

Cipriani Hotel, Fondamenta San Giovanni 10; belmond.com/ hotel-cipriani-venice. At the eastern tip of Giudecca Island and accessible only by private shuttle boat, the luxurious Cipriani Hotel is worth a splurge.



Dining

Antiche Carampane, San Polo 1911; antichecarampane.com/en. Not far from the Rialto Bridge, this famed trattoria specializes in seafood. The menu features creative modern dishes, but also updates Venetian classics.

Impronta Café, Dorsoduro 3815; improntacafevenice.com/en. Located in the Dorsoduro sestiere, this restaurant's informal interior belies the care taken with the food. Traditional meat dishes, pasta, salads and sandwiches are on offer all day long.

Ostaria Da Rioba, Fondamenta della Misericordia 2553; darioba. com/en. A number of restaurants with outdoor canal-side tables line the quay in Cannaregio, and Ostaria Da Rioba is a standout. Seafood lovers in particular will find plenty to love.



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time, married to Peggy) and others, we agree that half the charm of the museum is the fact that it still feels like a private home; we are even able to sit on the front terrace overlooking the Grand Canal.

What to order

BELLINI

The Bellini cocktail, reportedly created at Harry's Bar in Venice, consists of prosecco and peach puree. The drink's inventor, Giuseppe Cipriani, named the cocktail in honor of Venetian painter Giovanni Bellini.



The traces of Venice's past are everpresent. As I study the facades of palazzos across from Peggy Guggenheim's, I notice that many of the windows are sloped—that the once straight lines of the buildings have rounded and softened as structures have settled into the loose substrate deep beneath them. Venice wears its age beautifully, and though renovation work around town is tireless, an air of fragility infuses the city. How lucky we are that, as the Roman Empire collapsed, the early Venetians fled the conquerors from the North and decided to build in this place surrounded by water from which they could better defend themselves.

In the Gallerie dell'Accademia, the state art museum that we visit next, we are treated to painting cycles by Carpaccio and Bellini, mostly from the 15th century-on huge canvases, they depict historical life in Venice. Looking at the painting Miracle of the True Cross at the Bridge of San Lorenzo (Bellini, circa 1500), which depicts crowds gathered for the procession of a Holy Cross relic, I note that the crowd scene in the painting has changed little from the crowds flowing up and down the bridge today-although our clothing is different.

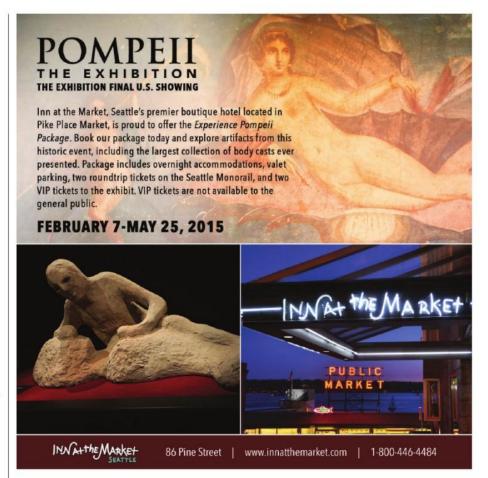
In the evening, Thea and I take a long walk through the Dorsoduro sestiere,

looking for a restaurant recommended to us that we never do find. We don't mind the search—most of the other tourists disappear, and we find the quiet atmosphere and dark canals mysteriously inviting. Every corner turned offers a surprise: a choice of two bridges, a cloister, a patch of green garden, a precariously leaning campanile, a dead end, a gondola workshop. And constantly, where we expect to find a street, there is only water. The effect is pleasurably disorienting.

Finally we turn a corner and stumble upon the Santa Maria della Salute church, a vast, white Baroque wonder with a huge central dome and ornate scrollwork. Venetians began construction on the church around 1631 as an offering to God for ending a particularly ravaging outbreak of plague. We step inside and discover that an evening Mass is taking place before a small gathering of churchgoers.

The next day dawns hot and sunny, and Thea and I decide to take a vaporetto to Lido, one of the lagoon islands that surround Venice-the only island with a real beach. Venetians have been coming here to dip in the Adriatic for centuries. I've read about the Lido in many novels (notably, Thomas Mann's Death in Venice). The sun shimmers on the water in dazzling crystalline white, and the heavy, salty sea receives me like a strangely familiar and glorious bath. After our dip and a spell of sunbathing, we stop for tramezzini, classic crustless Italian sandwiches, at a small bistro. Then it's back on the vaporetto to the northern edge of Venice; we want to experience a different side of the city and have heard that the northern sestieres have the most actual Venetians living in them.

After fortifying ourselves with sea saltand-caramel gelato from Grom Gelato, we start walking down a long, narrow lane called Calle del Fumo in the direction of the Rialto Bridge. Every tiny shop beckons to us. There are glass workshops, printing workshops and a beltmaking workshop. There are shop windows filled with packages of colorful pastas, jars of pesto and Venetian sweets





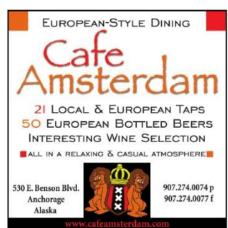
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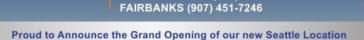












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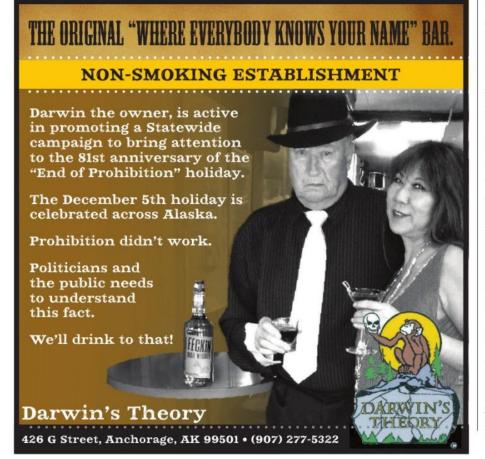
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of all kinds. I wish I had brought an extra suitcase just to fill with these goodies.

Venice has always been a city of businesspeople, either making or trading beautiful objects; the Venetian burgher was almost always a merchant-burgher. As everywhere in Europe, much of the area's manufacturing has headed to other countries, but it is a delight to see that beautiful things are still made here.

Thea and I enjoy playing cat-and-mouse with the yellow signs pointing the way to the Rialto Bridge; diversions we can't resist require elaborate backtracking. And sometimes we lose the trail entirely for a time.

Eventually we make it to our goal, the Palazzo Mocenigo, which was donated to the city by its last owner (a descendant of Count de Mocenigo) and which has been turned into a museum to give visitors an idea of what a circa 18th century palazzo would have looked like. The Mocenigos produced seven doges, and as we pass through the huge rooms decorated with sumptuous fabrics and glass chandeliers from the nearby island of Murano, we can't help but imagine scenes of Venetian intrigue taking place here. The palazzo also features a museum of perfume on the ground floor; Venice was a center of the perfume trade from the Middle Ages, and we are permitted to sniff jars of ambergris, spicebush, civet and musk as we learn about the trade routes and manufacturing processes.

On our way back to the vaporetto station near Piazza San Marco, we get lost one more time. Eventually, we emerge at the Grand Canal, but there's no way to get across it. I say to Thea, "The saying 'You can't get there from here' must have been inspired by Venice." In Venice, you must take the long way around; you must surrender to a leisurely, meandering pace; you must forget the world of grids and speed. And the payoff is exquisite.

Donna Stonecipher writes from Berlin.

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Methods of Motivation

By Heidi Mills

The summer before her 50th birthday, Seattle attorney Ann Carey decided to put her health first.
At the time, she carried an extra 35 pounds on her 5'1" frame, spent most of the day at a desk job, and felt the stress of working up to 60 hours a week at her youth-and-family-focused law firm. As a cancer survivor, Carey knew she wanted to improve her health and better her chances for longevity.

"I wanted to give myself a shot at a third act," Carey says.

Carey ended up hiring personal trainer and professional obstacle-course racer Rose Wetzel to lead her in 6:30 A.M. workouts. Over time, Carey dropped the extra weight and completed her first short triathlon. Now she is training for a Half Ironman. She finds she has more energy for family and work. And she's confident that she's setting herself up for a longer, healthier life.

Like many of us, Carey found that motivating for regular sweat sessions didn't always come naturally. But by finding a deeper meaning for exercise, she has managed to stick with a weekday-morning workout plan for the last five years.

Developing a personal reason for exercise is just one of a handful of techniques

that trainers and exercise-motivation specialists say can keep people on track with workouts—whether they aim to work out a few times a week or daily. Other top motivators include finding a workout that suits your natural preferences, tailoring workouts to your own ability level, finding online support, and developing a specific exercise plan and schedule. People looking for additional support can succeed by exercising with a friend, trainer or group, or by signing up for a race or fitness challenge.

Intrinsic motivation

Research suggests that the people most likely to stick with exercise are intrinsically motivated. Like Carey, they've found some deeper reason for going to the gym or out for a run every day. While a personal moti-

vation may not be immediately apparent to some of us, exercise experts say we can all find a reason if we search for it.

Tim Sinnett, a health-and-fitness coach and the owner of Free Rein Athletics in Seattle, coaches clients to explore the reasons behind their desire to get healthy. Having clients tell him that they wanted to lose weight because they should wasn't enough for him. Instead, Sinnett discovered through conversation that, for example, clients wanted to get healthy so they would be around to play with their grandchildren.

"People get uncomfortable with exercise, and they stop, unless they really believe in the goal they have," Sinnett says.

Cedric Bryant, chief science officer with the nonprofit American Council on Exercise (ACE), says that some people find motivation by exercising for a cause that inspires them. He once advised a friend who was passionate about Seattle Children's Hospital. Signing up for a fundraiser run helped the friend develop a running routine.

Michael Mantell, a behavioral-science consultant, coach, author and speaker based in San Diego, suggests meditation for some people who struggle with finding internal motivation. In one technique he uses, he visualizes a future in which he's accomplished a goal, such as achieving a fit, muscular body. Then he thinks backward, imagining everything he does to reach that point, such as going to the gym, and walking around the house while he's on phone calls. By imagining success, he says, you gain confidence for reaching a goal: "Visualize yourself as already having done it."

Determine your style of exercise

According to Bryant, research suggests that most of us naturally have fitness personality types. Some people gravitate toward social workouts; others are loners. Some need competition; others want adventure.

"The individual needs to understand how he or she is wired," Bryant says.

We are more likely to stay with exercise if we find an activity we enjoy that matches our personal interests and needs. A frugal person won't be happy spending \$100 a session on a personal trainer, Mantell says. Someone who craves interaction won't stick to following a POOX video alone at home.

Wetzel, who trains clients through her Seattle business Rose Runner Sports, has also embraced her role as a professional obstacle racer for Reebok Spartan Race. She's found that she thrives on the challenges that obstacle-course training provides, as it requires her to develop strength and agility in a number of disciplines.

"I've come across a lot of people in the obstacle-race community who were really bored with their routine at the gym," Wetzel says. "They love the variety of obstacle-course racing."

Tailor exercise to your ability level

When working out leads to discomfort and failure, we're less likely to head to the gym.

Experts say that exercise newbies need to attempt workouts that match their abilities, and not try to push beyond their limits. Bryant suggests adhering to the talk test

MOTIVATION TIPS



when beginning an exercise program. If you can't comfortably hold a conversation while working out, you are probably doing too much too soon.

"When exercise isn't scaled to an ability level, the experience is less than optimal," Bryant says. "You then start to associate negative things with exercise."

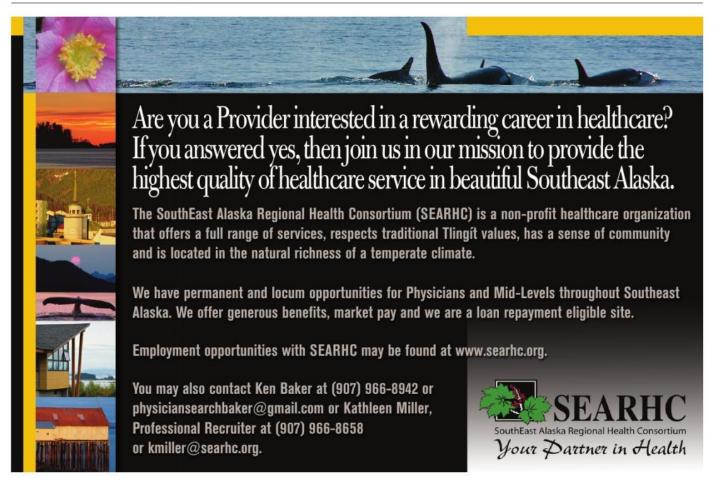
Find support online

For those seeking community or competi-

tion, the virtual world can provide major motivation. Some websites encourage exercise by pitting users against each other in friendly games.

Bryant has seen some find success with the website StickK.com, where users develop commitment contracts for goals and have the option of putting money on the line. If they don't meet their goals, they donate the money to charity.

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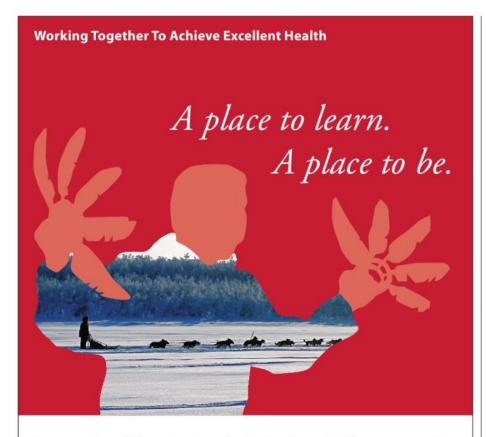
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compare how they fare against their own past performances and against other users on a specific run, bike ride or other activity. Strava users can also connect with friends to share workouts and post pictures from their exercise sessions.

Some aspiring exercisers seek support without competition. For this, Chris Freytag, a certified trainer and senior consultant for ACE, suggests websites that enable users to hire virtual trainers or enroll in classes, such as Wello.com.

Sharing exercise results with friends or acquaintances via Facebook or Twitter can also be motivating for some people.

Develop a workout schedule

A detailed exercise plan encourages consistency in working out.

Freytag suggests putting a workout in your main calendar alongside work meetings and family appointments.

"Schedule exercise like you really mean it," Freytag says.

For some, penciling in a workout first thing in the morning proves most effective. Bryant, with ACE, schedules his exercise for 5:30 or 6 a.m. because he later becomes too busy with meetings, work and family responsibilities.

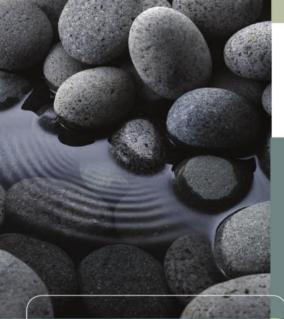
Preparing for the scheduled workout as if it's as critical as a work meeting can help people stick with a plan. Wetzel has friends who sleep in their workout clothes. Mantell puts his gym clothes in a bag in the trunk of his car the night before his morning workout session.

"The more structured and routine you are, the more likely you'll accomplish your workout," Mantell says.

Sign up for an event

Putting a race or competition on the calendar can be an ongoing motivator for training. Ben Greenfield, fitness author and owner of Greenfield Fitness Systems, urges clients to sign up for something, whether it's a triathlon, a 5K run or a weight-loss competition at the gym: "Get something on the calendar to give you external motivation," Greenfield says.

Wetzel uses racing as a way to overcome fears, both for her clients and for



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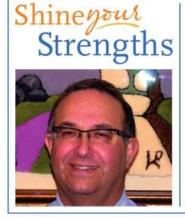
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herself. At age 22, she signed up for her first triathlon because she only knew how to dog-paddle and wanted to conquer her trepidation about swimming. Wetzel took swimming lessons from friends and eventually completed the Seattle Danskin

"Doing something you're excited and nervous about will help you grow as an individual," Wetzel says.

Be social

Exercising with a group or a partner can inspire us to push hard and stick to goals.

Freytag, who teaches group exercise classes, says many people thrive in a social setting. Those who don't want to work out in a large group can consider teaming up with a few friends to hire a trainer for small-group sessions, or enlisting a single exercise buddy.

Miriam Rabitz, an early-childhood special-education teacher in Seattle, found that she stayed motivated to exercise by joining a Masters swimming team. She attends the early-morning sessions because she receives both a good workout and social support.

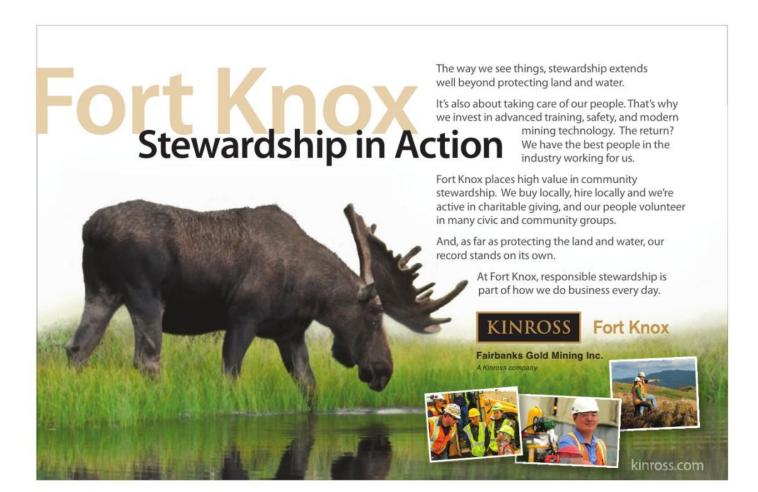
Laura Stumbaugh, a graphic designer in Seattle, says she's always disliked group workouts but found that she loved working with a personal trainer. She dropped 40 pounds through exercise sessions with a trainer, and found that he brought a new level of challenge and variety to her workouts. Stumbaugh also likes that workouts provide structure.

"You know you have to show up because you have an appointment, and you don't have to think about your workouts," Stumbaugh says.

Often, motivating for exercise comes down to finding external support for your own internal drive. Ann Carey discovered success hiring Wetzel for morning training. While Carey's personal motivation for healthy living pushed her, Wetzel held her accountable week after week, regardless of weather or job stress.

"Hiring Rose was one of the best things I've ever done," Carey says.

Heidi Mills writes from Seattle.





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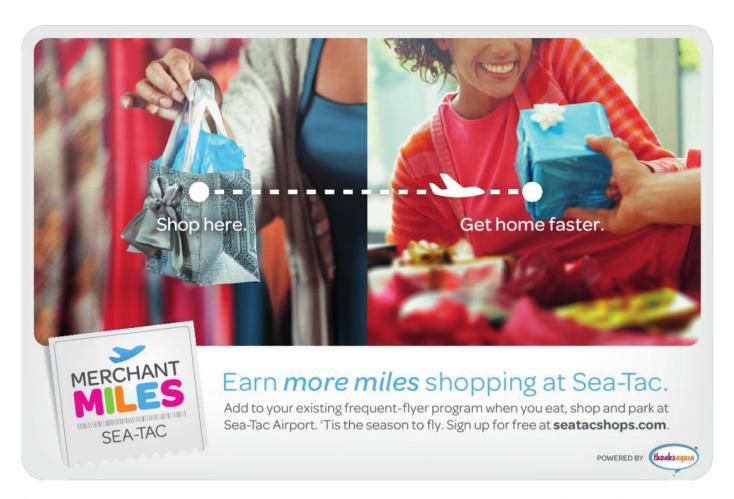


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Cheeky Charm

By Bengt Halvorson

Americans haven't always been big on small cars, but add a significant dose of charm, and make the design trend-setting, and you have some noteworthy exceptions. The Volkswagen Beetle is one, of course. It was a small-car breakthrough in many respects, including its now-iconic design. And sales numbers support its success, with millions of classic Beetles sold in the United States, including a peak of

423,000 Beetles sold in 1968. So it's no real surprise that the Beetle is embedded in our collective memory of the 1960s.

Our image of the Mini Cooper is a bit more mysterious in origin. There were only about 10,000 classic Austin Minis—originally made by British Motor Corporation—officially exported to the United States from 1960 to 1967. How did the Mini become so recognizable to Americans?

In part, it's a testament to the design, styling and originality of the classic Mini. But it's more than that: While few Americans have actually been in an original Mini, the car looms large as a cinematic prop and plot device. Whether in action films such as *The Italian Job* and *The Avengers*, or in quirky roles in the Pink Panther and Mr. Bean films, the Mini has always filled a role

that's sassy, and just a bit cheeky.

The classic Austin Mini, and the Mini Cooper (which was a specially tuned version) were really good cars, as well. As the first small cars to have the combination of front-wheel drive and an economical four-

2015 MINI COOPER

Model type: Sub-compact Price: Starting at \$20,700

\$20,700

Power: 1.5L, 3-cylinder,

134 hp; 2.0L, 4-cylinder, 189 hp

Technology: Head-up display; Sport and Green driving modes; park assist; Mini Connected version of BMW's iDrive electronics controller; adaptive headlights. cylinder engine mounted transversely (sideways), with wheels pushed out farther to the corners, the Minis indisputably reshaped the way small cars were laid out. They broke through the clutter of compact models that were often poorly executed, scaled-down interpretations of that era's standard sedans. And the Minis maneuvered and handled phenomenally well.

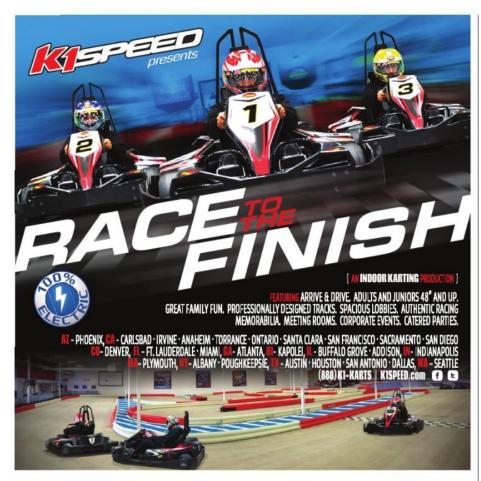
U.S. sales of the Mini were cut short in 1967, due to evolving American regulatory issues. Nevertheless, Minis continued to be available in other markets of the world for several decades. All together, it was the best-selling British car of all time, with about 5.3 million produced from 1959 through 2000.

The Mini was truly rebooted for the 2002 model year, when modern, somewhat larger (and fully U.S.—legal) models engineered by the nameplate's new owner, BMW, first went on sale. To this day, these models are still built in England, and while they carry on many of the old design influences, they pack in amenities and performance to fit modern drivers' priorities.

Although it is still closely tied to BMW, and Mini showrooms are typically located adjacent to BMW dealerships, the Mini has developed into a true brand, and today the extended Mini Cooper family includes Hardtop, Convertible, Coupe, Roadster, Countryman, Paceman and Clubman models (although the latter isn't returning for 2015).

At just 151 inches long, the Mini Hardtop is definitely still mini by American standards, but it's grown closer to other subcompact hatchbacks such as the Ford Fiesta and Honda Fit—and is significantly larger than the modern Fiat 500, another retro-styled mini-car sold in the United States. It's also worth keeping in mind that, compared to that classic Mini, the new model is 2½ feet longer, a foot wider, and 2 inches taller.

The latest Mini Cooper, which made its redesign debut for the 2014 model year, is already considered the third generation of





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These little hatchbacks are top-rate performers, attracting buyers via the same combination of charm and practicality the brand has been offering for nearly 55 years.

the "new" Mini. Although the Cooper Hardtop gets larger, what's under the hood has been downsized. The base engine in the Mini family is now a 1.5-liter three-cylinder that's turbocharged and direct-injected. It's smaller than the four-cylinder that Mini models have had up until now, but don't let that discourage you in any way; this new engine makes 134 horsepower and 162 pound-feet of torque—more in both instances than the previous four-cylinder engine.

The new engine, by all accounts, makes the Mini Cooper quite responsive—and it's quicker than the outgoing model. It can accelerate to 60 mph in as little as 7.3 seconds, while returning up to 30 mpg city, 42 highway, with the standard six-speed manual gearbox (or 29/40 mpg with the six-speed automatic).

Cooper S models, like the one I test-drove around Portland, Oregon, earlier this fall, upgrade to a 189-hp, 2.0-liter four-cylinder engine. It makes 207 pound-feet of torque at just 1,250 rpm, and its turbo can deliver an "overboost" mode for a few seconds at a time to dial it up to 221 pound-feet for quick

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passing or bursts of power. That factors into its quick 6.5-second zero-to-60 time and impressive 145-mph top speed.

As with previous models, the Cooper S has attitude and style in spades, from the cabin design, and the materials and trims, to the driving experience itself. Steering response is quick, and you go around corners feeling as if you're sitting in the center of the car. Throttle response is simply always there, with an exhaust note that's just right.

Both the Cooper and Cooper S include engine stop-start, which smartly stops the engine to save fuel while you're at a stoplight, then smartly restarts it the instant you reduce pressure on the brake pedal.

I did quite a bit of spirited, aroundtown driving with the Cooper S automatic, yet I averaged 28 mpg, which I credit, in part, to that system.

Like their predecessors, all the new Cooper models ride quite stiffly; you tend to feel (and hear) bumps and uneven road surfaces a bit more than in other premium small cars. Mini has tuned out a little more of the harshness with this generation, but you still might find things a little bumpy or busy. If ride comfort is a priority, you might consider the standard Cooper over the S.

The design influence of the original Mini is unmistakable on the outside. For a little extra money you can still opt for countless themes and custom-appearance extras—many of them dealer-installed—including that legendary Union Jack (British flag) roof decal, striping, special mirrors and wheel caps.

Inside, Mini models have offered plenty of quirky features in recent years to support the eccentric image—including an oversized speedometer located at the middle of the dash; rows of aircraft-style toggle switches; and for the convertible, an "openometer" that keeps a log of the time you've spent with the top down.

Some might find the toggle switches to be a little gimmicky, but they're clearly laid out, and many drivers prefer them to touch-screen controls. More clearly on







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Puzzle © 2014 Penny Press, Inc.

the gimmick side is the lighted bar encircling the outer edge of the speedometer and illuminating in different colors depending on your driving style.

More essential is the fact that the Mini Cooper now has a version of BMW's iDrive controller and the accompanying display screen. The control knob is conveniently located just to the right of the parking-brake handle, and just behind the shift lever. It has clear buttons for going back and returning to the home screen, as well as accessing functions for audio and navigation.

With this new generation, high-tech features help drivers stay safe and focused on driving. One example is the new head-up display, which projects the speed and other details onto a small pop-up screen right in front of the driver, in the line of sight. Another is the new LED headlamp system with an adaptive light profile and turning lights. And on the Cooper S, you can opt for magnetic damper control, with Sport and Green settings that tie into the way the car handles, rides and responds.

For those who want a little more versatility and convenience but don't need the rugged cues and higher riding height of the Mini Countryman, there's a new model in the lineup: the Mini Hardtop four-door. The four-door takes the Mini Cooper Hardtop's already larger package and stretches it out with more than 6 inches of additional overall length and nearly 3 more inches of wheelbase, which translates to a bit more backseat legroom and cargo space.

Overall, today's Mini corresponds more closely to mainstream small cars without losing any of that unforgettable design and driving character. Starting at around \$21,000 for the base Cooper or around \$24,000 for the Cooper S, these little hatchbacks are top-rate performers, attracting buyers via the same combination of charm and practicality the brand has been offering for nearly 55 years.

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



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Coca-Cola, Coke Zero, Diet Coke Sprite, Sprite Zero, Seagram's Ginger Ale, Seltzer & Tonic Athena® Bottled Water Juices: Orange, Tomato, Cranberry, Apple and our special blend of Passion, Orange and Guava* Bloody Mary Mix Tazo® Awake® black tea Tazo® Sweet Orange Hot Herbal Tea (caffeine-free) Proudly serving Starbucks® Pike Place® Roast

> The Meals & Snacks card in your seatback pocket displays all our food and beverage options.

Meals & Snacks DECEMBER 2014 Tom Douglas' Cascade Brisket Chili For 25 years, Tont Dougles has been at the epipenter of Seattle's restaurant scene, Now, this three-time James Beard award-winning chef is partnering with Alaska Airlines to bring his iconic flavors to Alaska flyors, Enjoy!

FIRST CLASS

Passengers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and complimentary use of an Inflight Entertainment Player when available.

WINES OF THE MONTH

First Class passengers enjoy fine wines from West Coast vineyards. This month, we're pleased to feature the wines below.



Chateau Ste. Michelle Chardonnay

Washington Fresh, soft style Chardonnay with bright apple and sweet citrus fruit character; subtle spice and oak nuances.



Chateau Ste. Michelle Indian Wells Red Blend

Washington Rich, round, powerful style of Washington fruit; jammy boysenberry flavors from the Syrah with a luscious backbone from the Merlot.



Please join our effort to reduce our environmental footprint by separating recyclable paper, cardboard, plastic, glass and aluminum, and passing these items to flight attendants for recycling. Thank you.

INFLIGHT ENTERTAINMENT

Put Hollywood in the palm of your hand

Enjoy our portable inflight entertainment system, including more than 50 movies, plenty of TV shows, music, discounted Internet access and more.



BLOCKBUSTER HITS



The Maze Runner

PG13; 1:53

Thomas is deposited in a community of boys after his memory is erased, soon learning they're all trapped in a maze that will require him to join forces with fellow "runners" for a shot at escaping.



If I Stay

PG13; 1:47 (available with English subtitles) Life changes in an instant for young Mia Hall after a car accident puts her in a coma. During an out-of-body experience, she must decide whether to wake up and live a life far different than she had imagined.



Into the Storm

PG13; 1:28

When the town of Silverton is ravaged by an onslaught of tornadoes, most people seek shelter, but others run toward the vortex—testing how far a professional storm chaser will go for that once-in-a-lifetime shot.



Dolphin Tale 2

PG; 1:47 (available with English subtitles)
The team of people who saved Winter's life reassemble in
the wake of her surrogate mother's passing in order to find
her a companion so she can remain at the Clearwater
Marine Hospital.



The Hundred Foot Journey

PG; 2:02 (available with English subtitles)
The Kadam family leaves India for France, where they
open a restaurant directly across the road from Madame
Mallory's Michelin-starred eatery.



Jersey Boys

R-edited; 2:10

Clint Eastwood's big-screen version of the Tony Award—winning musical tells the story of the four young men from the wrong side of the tracks in New Jersey who formed the iconic '60s rock group The Four Seasons.

MORE THAN 50 POPULAR MOVIES

- AdventureDrama
- ComedyRomance
- Oscar Winners

- TV SHOWS
- 20 Network Favorites
- TV About Movies
- **REELZ

MORE

- Music
- Discover Hawai'i
- Discover Alaska

PRICING

- Flights scheduled 4.5 hours or longer: \$10 onboard
- Flights scheduled 3.5–4.5 hours: \$8 onboard
- Reserve at alaskaair.com
 24 hours prior to departure
- Complimentary—First Class on flights scheduled 3.5 hours or longer

INFLIGHT WI-FI



Gogo® Inflight Internet is available on nearly all Alaska Airlines 737 aircraft, including all aircraft flying transcontinental routes. With Gogo you can

- Surf the Web, check email, and access social media sites such as Facebook and Twitter
- · Access your VPN
- · Enjoy free access to alaskaair.com

In the air or on the ground, visit gogoair.com for flexible pricing options. Flight attendants will indicate when Gogo is available.

* Gogo Inflight Internet is not available on flights to/from Hawai'i or when aircraft are flying over Mexico.

U.S., HAWAI'I AND MEXICO

Alaska Airlines is proud to serve more than 90 locations throughout the United States, Canada and Mexico. We serve many other cities with our codeshare partners, American Airlines, American Eagle, Delta Air Lines and Delta Connection.

On routes that require a connection to one of our partners, we strive to ensure a smooth transition, which includes the ease of purchasing your ticket with just one call or a visit to alaskaair.com, taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at alaskaair.com.

LEGEND

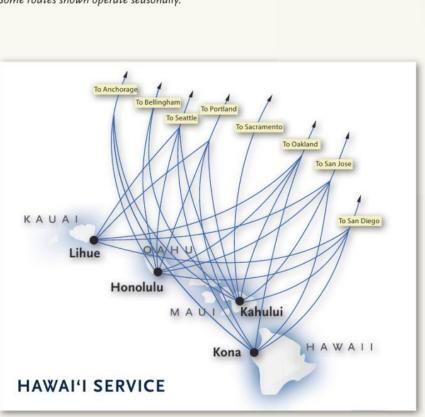
Routes served by:

— Alaşka Airlineş,

— American Airlines — ▲ DELTA

Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.









Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Fort Lauderdale	2697
Honolulu	2677
Los Angeles (LAX)	954
New York City/Newark	2401
Orlando	2553
Phoenix	1106
San Francisco	678
Washington, D.C	2306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
San Diego	933
	550

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

UPCOMING NEW SERVICE

Route	Service Begi
Las Vegas-Mammoth	January 15, 2015
San Diego-Kona	March 5, 2015
Seattle-Washington/Dulles	March 11, 2015



HABLAMOS ESPAÑOL



Amy, Customer Service Agent, San Francisco

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 "A su servicio".

OUR BAGGAGE SERVICE GUARANTEE

We're proud to offer a Baggage Service Guarantee. If your baggage is not at baggage claim within 20 minutes of your plane parking at the gate, you're entitled to a \$25 Discount Code for use on a future Alaska Airlines or Horizon Air flight, or 2,500 Alaska Airlines Mileage Plan bonus miles. If we don't meet our 20-minute guarantee, simply see an Alaska Airlines or Horizon Air Customer Service Agent in the baggage claim area for your voucher.

- · One voucher per qualified passenger, for one or more checked bags.
- Restrictions apply. See alaskaair.com for full terms and conditions.

A NEW WAY TO GIVE FEEDBACK

Visit alaskalistens.com at any point in your journey

Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit alaskalistens.com from any device to take a fast, two-minute survey—



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

OUR FLEET

Alaska maintains a fleet of more than 125 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, with sculpted overhead bins and mood lighting designed to provide a more spacious cabin experience.



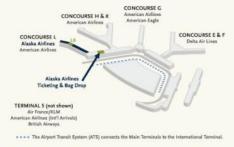
HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

Anchorage International Airport (ANC)



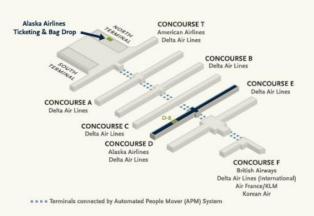
Chicago O'Hare International Airport (ORD)



Los Angeles International Airport (LAX)



Atlanta International Airport (ATL)



Seattle/Tacoma International Airport

(SEA) CONCOURSE C N GATES Alaska Airlines CONCOURSE B CONCOURSE A ting the N, C, S, B Gates to the Main Termi --- Satellite Transit System running between en North & South end of Main Terminal

Portland International Airport



San Francisco International Airport (SFO)



Helpful tips upon landing at SFO from Mexico:

- If necessary, clear all checked baggage through U.S. Customs.
 After clearing Customs, exit to the right through sliding glass doors.
 Pack all duty-free liquids securely.
- in your checked baggage to avoid confiscation by the TSA. Then recheck your baggage with an Alaska Airlines Customer Service Agent at the baggage recheck point in the San Francisco International Terminal.
- Proceed directly down the hall and turn left to the connecting hallways leading to Domestic Terminal 1.
- Continue in the same direction and turn right at the signs for Gates 20–36:
- Alaska Airlines uses Gates 20 and 22.

 Average time from landing to Gate 20 is 40 minutes.

Datos de ayuda a su llegada de México a San Francisco:

- De ser necesario, pase por aduana de los EEUU con su equipaje que documentó.
- Después de pasar aduana, prosiga por la puerta de vidrio corrediza y
- a su su derecha. Empaque seguramente todos los líquidos que adquirió en la tienda libre de impuestos (duty-free) en su equipaje documentado, para evitar ser confiscados por Seguridad (TSA). Después entregue su equipaje al agente de Alaska Airlines en los mostradores, justo afuera de aduana en la Terminal Internacional.
- · Proceda directamente al fondo del pasillo y de vuelta a la izquierda hacia los pasillos de conexiones de la Terminal
- Deberá llegar hasta donde se encuentran las indicaciones para las salas 20 a la 36. De vuelta a la derecha y deberá pasar por seguridad. Alaska Airlines usa las salas 20 y 22.
 El tiempo estimado para el recorrido.
- El tiempo estimado para el recorrido hacia la sala 20 desde que usted aterriza, es de 40 minutos.

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.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6—If not using a passport, leave these lines blank
- · Line 9-Enter "AS" for Alaska Airlines
- · Sign at the "X"

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco
- · Línea 9-Use "AS" para Alaska Airlines
- · Firme en la "X"

TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas



Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form? All travelers

Helpful tips

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

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros.

Datos de ayuda

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

FMM

Who must complete this form?
All travelers except citizens of Mexico
¿Quién debe completar esta forma?
Todos los viajeros, excepto los ciudadanos de México



FEM FOR MEXICAN NATIONALS

Who must complete this form? Citizens of Mexico



FEM PARA MEXICANOS

¿Quién debe completar esta forma? Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

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

MEXICO STATE CODES

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

A GUIDE FOR AIR TRAVELERS

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

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Players, etc.
- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault,

- threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.
- Smoking is not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use
 of items that do not meet FAA
 Regulations or Company regulations.
 This includes the use of seat-belt
 extensions not provided by Alaska
 Airlines, devices that restrict the
 recline of seats, self-heating meals
 or beverages, air filters placed on
 overhead vents and personal air
 purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

IMPORTANT PHONE NUMBERS

CUSTOMER CARE:

800.654.5669 (Mileage Plan, Web Support, Customer Relations)

Toll-Free Reservations Within the U.S. and Canada: 800.ALASKAAIR (800.252.7522)

(TTY 800.682.2221)

En Español: 800.858.5525

From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 800.468.2248

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

from page 140 plastic packaging; its products are designed to return to the earth as nutrients when they are disposed of; and it has worked with suppliers to develop a bioresin made from sugar waste to replace virgin plastic in the few instances where recycled plastic won't work. Aveda's commitment to cradle-to-cradle design is notable even among ecoconscious companies. Although it has more than a dozen certified products, the C2C certification process is more important to Aveda than using the C2C logo. Aveda applies the Cradle to Cradle framework to all of its products, even products it doesn't certify.

"The C₂C certification is a framework that helped us articulate and be clear about what our intent had always been," says Dave Rapaport, vice president of Earth & Community Care at Aveda.

As to why Aveda would go to the trouble of certifying products with no intention of marketing the certification, Rapaport says the process keeps the company rigorous in its design philosophy.

"The process forces a bunch of things to happen that ought to be happening," Rapaport says. "We have to stop and think about things like 'What is the energy required to manufacture this product? Is there a way to make the manufacturing process more efficient?" It makes us that much more conscious and aware of everything, and that has value well beyond the specific products being certified."

Carbon Markets

Boeing rolled out the first of many carbon-fiber planes in 2011, and the company is already looking ahead to what will be done with them when they're retired. Carbon fiber is worth collecting and repurposing not only because it's a durable-yet-lightweight material but also because it allows companies such as Boeing to reduce the waste they send to landfills.

As part of its research into repurposing carbon fiber, Boeing partnered with California-based Oracle Team USA, the 2013 America's Cup winner, which was trying to recycle one of the team's composite yachts. Boeing is also working with sportswear company Russell Athletic, which is making high-performance football shoulder pads with recycled carbon, and the Lotus Formula One racing team, which used 3-D printing technology and recycled excess carbon fiber from Boeing to make parts for one of its vehicles. Boeing is also looking for ways to incorporate recycled carbon fiber into parts for its own airplanes.

In addition to planning for when planes are retired, there are different opportunities throughout the life cycle of a commercial plane to recycle, repurpose and reuse carbon fiber.

"Before you make the fuselage or wings, you have the raw carbon fiber, and in the course of production, you'll have some excess," says Boeing spokesperson Jessica Kowal. She explains that, instead of sending the excess carbon fiber to a landfill, Boeing looks to sell it to companies that might make a product with it. The program is still in its early days, according to Kowal, but given how much

carbon fiber Boeing is beginning to use in its planes, the company is committed to encouraging a market for reuse of this new material.

"In a sense, our goal is to create a market for higher-value carbon fiber to create a demand over time, though something like that is years in the making," Kowal says.

Counters Culture

In 2003, the co-founders of IceStone saw an opportunity not only to divert glass from the waste stream, but also to create green jobs in their home of Brooklyn, New York.

Inspired by terrazzo, a material that's usually poured in place and can contain porcelain, glass, ceramic tile and other materials, IceStone offers precast, durable countertops made from 100 per-

cent recycled glass mixed with concrete. The company's products have been used in major architectural projects that aim to achieve LEED certification in building (including 7 World Trade Center in New York). And IceStone does its manufacturing in a converted 19th century building in the

converted 19th century building in the Brooklyn Navy Yard, where the company has installed skylights to reduce energy usage. The facility also has a water-recycling system that filters 100 percent of its manufacturing water. Any sediment that's

collected is compacted and recycled for agricultural use or for road fill, such as that used for filling potholes.

The mix of colors and shapes in the finished product has made IceStone counters as popular for their looks as for their sustainability story, according to IceStone spokesperson Sarah Corey.

With this, Corey gets at the core value of closed-loop design: It's not just about having a good trash-to-treasure story to tell, nor is environmental responsibility the only focus. It's also about production processes that waste very little, and design strategies that take low-cost materials and turn them into high-value products. It's a business model that reduces waste and cost throughout the supply chain in ways that benefit companies and consumers. Ultimately, it's the sort of thinking that could transform how we all think of products in every industry.

As Bridgett Luther says, "The new industrial revolution is underway. It's just that people haven't necessarily noticed yet."

Amy Westervelt lives in Northern California and writes regularly about green technology and business.





WORD GAMES

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Second In Command

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ACROSS

- 1 European capital
- 7 Civic and Accord
- Render ineffective
- 19 Rabbitlike rodent
- 20 Excite
- 21 Deceiver
- 22 Taft's veep
- 24 Tries for a better take
- 25 Unlocks poetically
- 26 Chinese export
- 27 Summer cooler
- 28 Wander aimlessly
- 29 Measuring device
- 30 Flushed
- 31 Wine cask
- 32 __ Alamos
- 33 Klutz's exclamation
- 34 Be under the weather
- Of dawn 35
- 37 Yokel
- 38 Moolah
- 40 Buchanan's veep
- Sault ___ Marie 45
- 46 Borders on
- 47 Dismiss
- 48 Periodical, for short
- 49 Irish province
- 51 Braveheart director
- 53 Vitality
- 55 Perturb
- 58 Take advantage of
- 59 Wyle of ER
- 62 Merited
- 64 Parisian preposition
- 67 Spring month: abbr.
- Nixon's veep 71 Comic Philips
- Collegiate military group: abbr.
- Utopian
- 75 Sale stipulation
- Ewing's organization: abbr
- Earphones
- 81 Sniggler's quarry
- 83 Suggests
- 85 Arid waste
- 87 Ocean eagle
- 89 Unit of resistance
- 92 ___ man (together)
- 93 Wildebeest
- Teddy Roosevelt's veep
- 99 Forces down
- 101 Still
- 102 Designer's workshop
- Bookkeeping pro: abbr.
- 104 Baseball's Speaker
- 105 Hog's haven
- 106 Jane or John
- 107 Coach Parseghian
- 110 Danish physicist
- 111 Apollo's son
- 112 American author 113 Fluffy, e.g.
- 114 Swallow

- 115 Foravs
- Franklin Roosevelt's veep

100

- 120 Antarctic penguins
- 121
- 122 Pressure_
- 123 Wimsey's creator
- 124 Rico
- 125 Burden bearers?

DOWN

- 1 Thatcher's successor
- 2 Brotherly love
- 3 Like the Capitol
- 4 Regrets
- 5 ___ My Turn
- 6 Trouble
- 7 Derisive sound
- Galena, e.g. 8
- 9 Port in Virginia
- 10 French novelist
- 11 Common ___ old shoe
- 12 Congress member: abbr. 13 Has to have

- 14 Shoemaker's helper
- 15 16
 - - 17 Pattern
 - Gaelic 18
 - 21 Hung loosely
 - 23 Spanish woman's title

 - 31
 - 32 Shoestrings

 - 37

 - 39 ___ Rosenkavalier

 - 41
 - 42 Lyndon Johnson's veep
 - Touch-me-not, e.g. 43
 - 44 Belly
 - 50 Depot: abbr.
 - 52 Refusals

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- Hendrix's instrument Cleveland's veep

- Asian desert
- Arizona city
- 33 Spanky's show
- 35 Pests
- 36 Oedipus ___
- Genetic strand: abbr.
- 38 Composer Bartok
- 40 Fashionable car
- San Luis ____

54 Billion years

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- 56 Actress Rowlands
- 57 Fifteenth day of March
- 60 Primates 61 Keep secret
- 63 Tour de France, e.g.
- Equip with a dike 65
- New Zealand politician
- 69 Relates again
- 70 Hairpiece
- 73 Government group of financial experts: abbr.
- 76 Navy construction worker
- 80
- Towering 82
- 84 Despot
- Military rank: abbr.
- 86 South American boa

- Grow mold
- Curves Dit's counterpart

- Sleep phenomenon: abbr.
- 90 Own, to a Scot
- 95 Over

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- 96 Shower 97 Sprinkler

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- Read the ____ to (reprove)
- 100 Release conditionally
- 104 Ocean motions 105 Weather balloon
- 107 Up
- Kitchen implement Golden ___ (retirees) Slant

108

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113

- 112 Pizarro's conquest
- ___ Alto 114 Narrow opening
- 116 Aura
- 117 Copy a kangaroo
- 118 Sun ____-sen 119 Card game

SOLUTION ON PAGE 184.



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The **2014 FORD ESCAPE** is the perfect ride to make winter in the Northwest a whole lot easier. Its available EcoBoost engine gives you a great mix of power and MPG*. Plus, Escape has an available intelligent 4WD system that helps keep you in control even in the toughest weather. Not to mention other great technology like an available foot-activated liftgate that helps you out when your hands are full. Inside and out, the 2014 Escape is the complete package.

2014 ESCAPE SE 4WD 200A (W/SYNC® & SOUND PACKAGE)

\$219 FOR 24

Red Carpet Lease \$2,909 due at signing**

Security deposit waived.

Taxes, title and license fees extra.

For more info, go to CompareFord.com, then visit Your Local Ford Store today.



Go Further Your Local Ford Store CompareFord.com

*1.6L EcoBoost engine 23 city/ 32 hwy/ 26 combined. ** Vehicle shown may have optional equipment not included with payment. Not all buyers will qualify for Ford Credit Red Carpet Lease. Payments may vary; dealer determines price. Residency restrictions apply. Cash due at signing is after \$1,750 cash back (PGM #50278 & #15204). Lessee responsible for excess wear and mileage over 21,000 miles at \$0.15 per mile. Lessee has option to purchase vehicle at lease end at price negotiated with dealer at signing. Take new retail delivery from dealer stock by 1/5/15. See dealer for qualifications and complete details. 2014 Escape SE 4WD W/SYNC® & Sound package 200A MSRP is \$28,195.



Alpenglow highlights the western flank of Humphreys Peak, in the Coconino National Forest, near Flagstaff, Arizona.

Happy Holidays

Photo by Martos Hoffman / Tandem Stills + Motion



nowing what's next. With success comes complexity, more choices and more responsibilities. Our work is to help you clarify your options and prioritize your opportunities. We help you get a clear picture of the future you desire. And we steward your assets so you can realize your dreams. That is the Laird Norton way. laird **norton** WEALTH MANAGEMENT

Call us at 800.426.5105 or go to: lairdnortonwm.com Independent and privately owned since 1967.