

Alaska BEYOND»

MAGAZINE SEPTEMBER 2018

RUSSELL AND CIARA

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COMMUNITY SERVICE

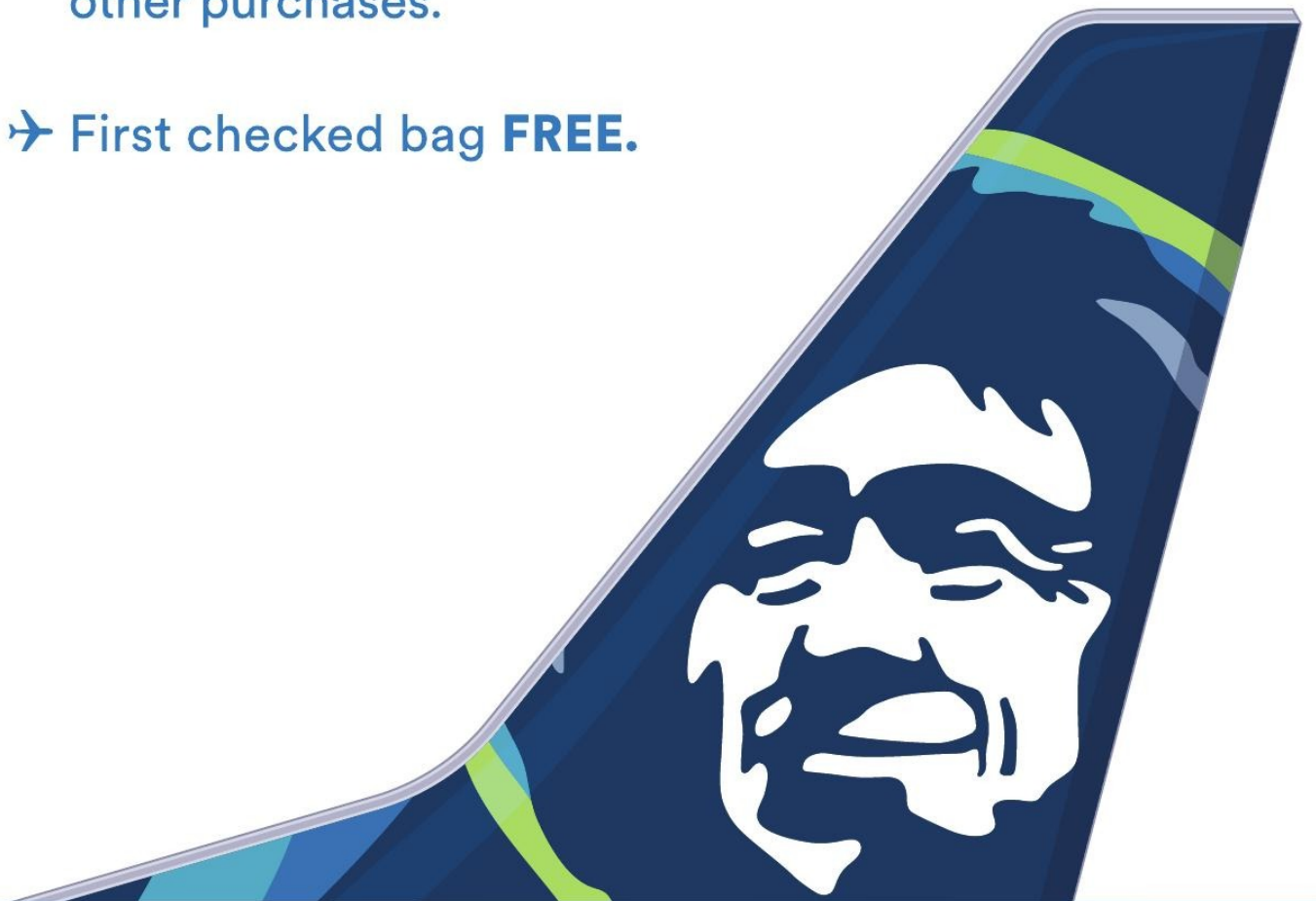


WINE AND DINE
West Coast
vintners offer a
taste of autumn
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**HAWAIIAN
STYLE**
Eating like a local
in the Islands
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EXPLORE WILLAMETTE VALLEY WINE EXPERIENCES NEAR EUGENE

Drink in the views of the abundant landscape of the Willamette Valley while sipping the wines that flourish here. With similar latitude and climate to Burgundy, France; the Willamette Valley is well-suited to growing world-class, cool weather grapes. Especially notable for varietals like Pinot Noir, Pinot Gris and Chardonnay, the Willamette Valley is an internationally award-winning wine region.

The South Willamette Valley has the added benefits of a diverse landscape, including rich terroir, volcanic rocks and silty-clay loam. The combination of all three adds up to an amazing discovery of Oregon's bounty.



Today, Oregon wineries range from large producers to intimate artisanal wine makers. Visitors often discover the individual pouring tastes behind the counter is the winemaker, owner, vineyard operator; sometimes, even all three! Eugene is a perfect spot to embark on a relaxing day-trip through the vines this year.

Take a beautiful 25-minute drive along the Territorial Highway (also known as the Territorial Wine Trail) just northwest of Eugene to visit Bennett Vineyards. Set on the foothills of Prairie Mountain, Bennett Vineyards offers views of the rolling hills and stunning fall colors.

Drive north to one of the six other Prairie Mountain area wineries or take an easy cruise South on the Territorial Wine Trail to the seven wineries of the Lorane terrain. Be sure to stop in at Silvan Ridge. Sip beside the fire and enjoy the far-reaching view.

Head back into Eugene to uncover the urban wine scene. Visit the Oregon Wine Lab to find more fabulous Pinot in the city. With wine created on-site, this winery also pours wines from other local artisanal producers in the state.



Need some extra culinary tips? Discover 21 wineries, restaurant pairings and earn prizes with the Pinot Bingo wine exploration game. PinotBingo.org

Oregon Wine Flies Free! Alaska Airlines Mileage Plan™ members may check a case of wine free on any domestic flight from Eugene, Medford, Portland, Redmond or Walla Walla, WA.

For information and maps to plan your next trip or for directions to the Eugene, Cascades & Coast Visitor Center, go to EugeneCascadesCoast.org/Plan or call 541.484.5307.

DANIEL MOGG / WEST2EAST EMPIRE



Team Wilson

NFL superstar Russell Wilson balances career and community with raising a young family.

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Living on the edge in Cloud City

(Find out how we can take you there, too.)

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Russell Wilson, Ciara and the
family in Los Cabos.

Photo by Daniel Mogg/
West2East Empire.

Volume 42, No. 9

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"My Best 10 offered a comprehensive approach to health, not just a diet or exercise program."

Photos: Arlene Chambers



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10 WEEKS TO YOUR BEST YOU!

There was never any one moment where I intentionally stopped trying to be healthy. I just got to a point where I felt out of shape and thought, "That's it. I guess I feel old now." But I wanted to have more energy and be a better example to my young daughter. The few times I tried to do something on my own, it either didn't work or I ended up injured.

My Best 10 offered a comprehensive approach to health, not just a diet or exercise program. Starting with a baseline set of tests was a great way to understand where I was and see how much progress I made over time. I'd never in my adult life been able to purposefully lose weight (other than after pregnancy), so losing 10 pounds felt like it would be a miracle! But, at the start of the program, both the doctor and the Registered Dietitian thought I should set a goal of losing 20 pounds. I thought they were crazy but I'd give it a try.

I ended up not only hitting the weight loss goal of losing 20 pounds in 10 weeks, but I lost another 10 pounds on top of that – and I've kept it off ever since!

My Registered Dietitian, Erika, was amazing. She designed the meal plan according to what would work best for me. I also learned a lot about healthy eating and how to budget my calories, which has really helped me maintain the weight loss. Tracking what I eat has been key and, if I want to indulge a little, I know how to balance it out.

Within three days of being on the meal plan, it felt like I was having an out-of-body experience. All of my bloating and fatigue disappeared. I also couldn't believe what a big difference it made to be more hydrated. I thought I'd been doing a decent job of drinking water before the program, but when I made a specific point to always be drinking water or getting myself more water, I noticed a huge change. I wasn't hungry as often and my complexion instantly perked up.

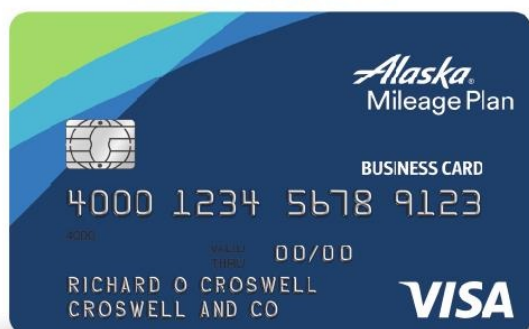
I was also really happy to work with my trainer, Maddie. I have scoliosis, which makes my back very susceptible to injury. I was worried that I'd never be able to really push myself. Maddie was always checking in with me and making adjustments as needed. The exercises became progressively more difficult and, before I knew it, I was exercising harder than I had in a long time. I continue to train with her even after the program. Occasionally, she'll ask me to do an exercise that sounds totally beyond what I think I can do, but then I give it a try and am amazed to see what I'm capable of.

I'm truly in the best shape of my life, and I feel great!

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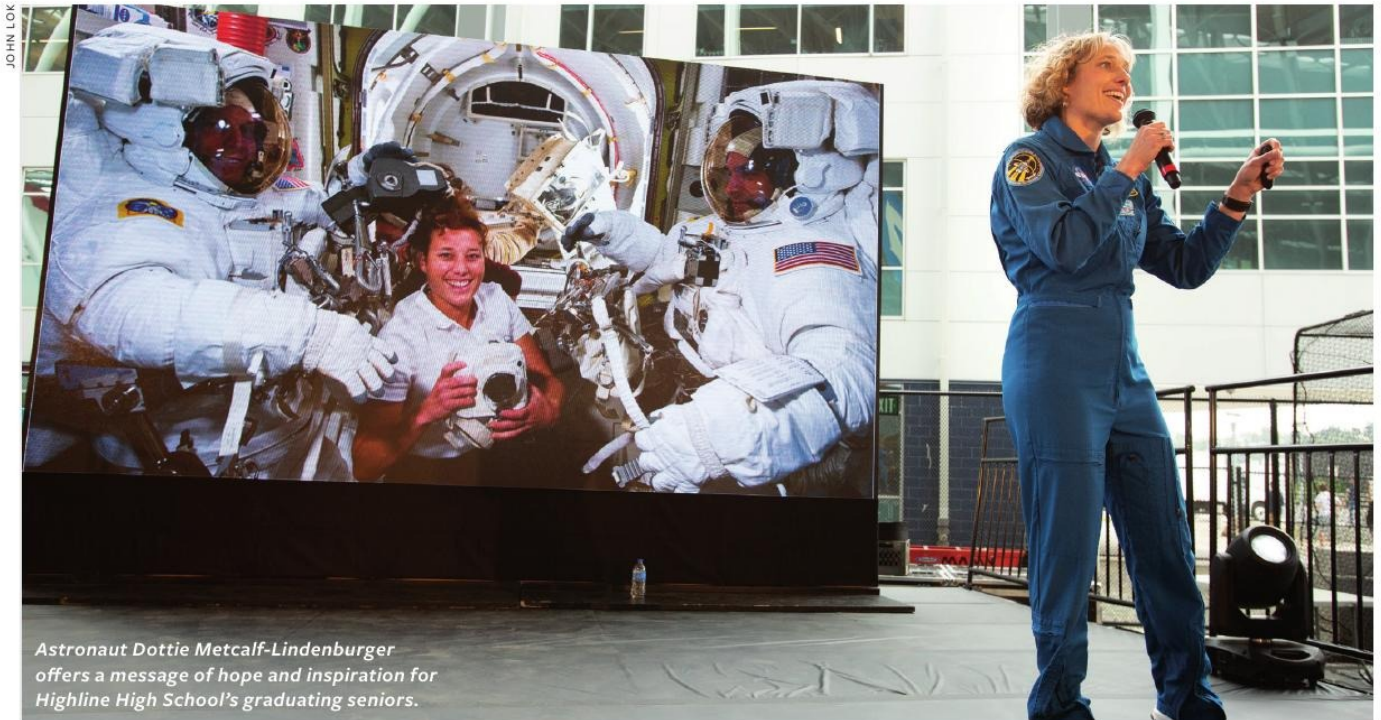
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WELCOME»



Astronaut Dottie Metcalf-Lindenburger offers a message of hope and inspiration for Highline High School's graduating seniors.



Brad Tilden,
Chief Executive
Officer

MAKE FLYING MATTER

» **September is back-to-school month.** *At Alaska, we take the long view—we believe in investing in young people and supporting them to strive and thrive. Here, Diana Birkett Rakow, our VP of External Relations, tells you about how we're working to “create lift,” especially for young people in the communities in which we fly. —Brad Tilden*

My 18-month-old, Eleanor, is pretty independent. She loves testing her boundaries, trying to master the stairs, climbing, challenging gravity, exploring the world. And she's clear about what she wants—when it's time to be picked up, she wiggles her hands up to the sky.

I love her spirit, her drive, and I think it will serve her well. My job is to support her, to show her options, to inspire her to reach and to do good. To do everything I can to give her a chance to be her best self. And right now, I also love it when she just wants to be lifted up and held.

In physics and aviation, lift is created when fluid or particles flow past the surface of a body, creating a force perpendicular to the oncoming flow direction. That flow, plus a pressure differential created by the shape of an airplane wing, drives an airplane safely into the air at take-off. And that's remarkable, no matter how old you are or how many times you fly.

While lift powers airplanes, it also applies to our communities, especially young people and giving them the boost to thrive and succeed. At Alaska, lift isn't just about physics. It's about people: amazing employees who make journeys remarkable; communities that build a stronger future for our kids; and guests who look out for each other and make us who we are. Being a resilient, responsible business requires us to create lift on all fronts.

Earlier this summer, our Chief Football Officer, Russell Wilson, and NASA astronaut Dottie Metcalf-Lindenburger joined Alaska employees at The Museum of Flight to congratulate hundreds of Highline High School's graduating seniors, the day before graduation. Students had to submit their final paperwork and finish tests in order to be there.

I thought of Eleanor when Dottie said, “People can tell me no, but I'll never tell myself no.” And the students listened seriously and then cheered wildly when Russell talked with them about goal-setting, drive, surrounding yourself with good people, and then making good choices for life. And when Russell helped us give out 10 scholarships to help launch the graduates on the next leg of their education journey, they cheered even louder—for each other.

If some of these young people go on to become pilots, maintenance technicians or systems analysts in aviation,



Diana Birkett Rakow,
VP of External
Relations

» WELCOME

we'll be thrilled. But the world also needs nurses, teachers, machinists and coders. And while making aviation careers visible and accessible to kids is important to our industry—it's an even bigger deal to connect, inspire and empower kids to see options, to reach the tools needed to advance in any field, and to choose a path for their future. That's what I hope for my own kids, to see the possibilities and have a chance to go after them, and it should be what we work toward for all.

From aviation mentorship and sports programs to science education and job training, Alaska employees have reached 69,500 young people since 2012. And working alongside incredible community partners, there is more to be done.

Over the last five years, Russell Wilson has been an inspiration. He is passionate about empowering kids, and about lift—from his passes on

the field to his team leadership, his family and beyond. Because Russell shares our values of serving and lifting others, he created the Why Not You Foundation to motivate and prepare kids to be tomorrow's leaders. Read more about Russell, Ciara, their family, and their work together on page 82.

At Alaska, we're inspired by flight and the opportunity it creates—to connect communities and commerce, to learn about each other, to reach family and friends. The world continues to need lift—more people committed to each other's well-being, to treating everyone with respect, to seeking and addressing the root causes of inequality and to building a strong future, together. Russell asks not only "Why not you?" but also "Why not us?" Thank you for helping us ask and answer the question every day. Thanks for flying with us. —Diana Birkett Rakow

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

HAGAMOS QUE VOLAR SEA IMPORTANTE

» **Septiembre es el mes del regreso a clases.** En Alaska adoptamos la visión a largo plazo—y creemos en invertir en los jóvenes y en apoyarlos para que se esfuercen y prosperen.

Diana Birkett Rakow, nuestra vicepresidenta de relaciones exteriores, les cuenta aquí un poco acerca de cómo trabajar para "crear un buen impulso", especialmente para los jóvenes de las comunidades en las que volamos.

—Brad Tilden



Diana Birkett Rakow,
Vicepresidenta de relaciones exteriores

Mi hija de 18 meses, Eleanor, es bastante independiente. A ella le fascina probar sus límites, tratar de dominar las escaleras, subir, experimentar la gravedad y explorar el mundo. Y tiene claro lo que quiere. Cuando quiere que la carguen, agita sus manos hacia arriba.

Me encanta su espíritu, su empuje, y creo que le servirá de mucho. Mi trabajo es apoyarla, mostrarle opciones, inspirarla para que logre lo que se proponga y para que haga el bien. Hacer todo lo que esté a mi alcance

para brindarle la oportunidad de ser ella misma. Y ahora mismo, también me encanta cuando ella solo quiere que se le levante y se le sostenga.

En física y aviación, el impulso se crea cuando el fluido o las partículas fluyen a través de la superficie de un cuerpo creando una fuerza perpendicular a la dirección del flujo que se aproxima. Ese flujo, más un diferencial de presión que se crea por la forma del ala de un avión, impulsa al avión al aire de manera segura al despegar. Y es notable, no importa cuántos años uno tenga o cuántas veces uno vuele.

Si bien el impulso hace que los aviones se mantengan en el aire, también se aplica a nuestras comunidades, especialmente a los jóvenes, y les da el impulso para prosperar y tener éxito. En Alaska, el impulso no se refiere sólo a la física; se trata de personas: empleados increíbles que hacen que los viajes sean extraordinarios, comunidades que construyen un futuro más sólido para nuestros chicos

y clientes que se cuidan unos a otros y nos hacen quienes somos. Ser una empresa responsable con capacidad de recuperación requiere que creemos ese impulso en todos los frentes.

A principios de este verano, Russell Wilson, nuestro director de fútbol, y la astronauta Dottie Metcalf-Lindenburger se unieron a los empleados de Alaska en el Museo de Vuelo para felicitar a cientos de estudiantes de último año de preparatoria que se graduaban de Highline High Schools, el día antes de su graduación. Los estudiantes tenían que presentar todo su papeleo final y terminar sus exámenes para poder estar allí.

Pensé con orgullo en Eleanor cuando Dottie dijo: "La gente puede decirme que no, pero yo nunca me diré que no." Y los estudiantes escucharon con seriedad y luego se alegraron mucho cuando Russell habló con ellos acerca de establecer metas, recorrer el camino, rodearse de buena gente para luego poder tomar buenas

decisiones en la vida. Y cuando Russell nos ayudó a repartir 10 becas para impulsar a los graduados en la siguiente etapa de su jornada educativa, se aclamaron entre sí con más fuerza.

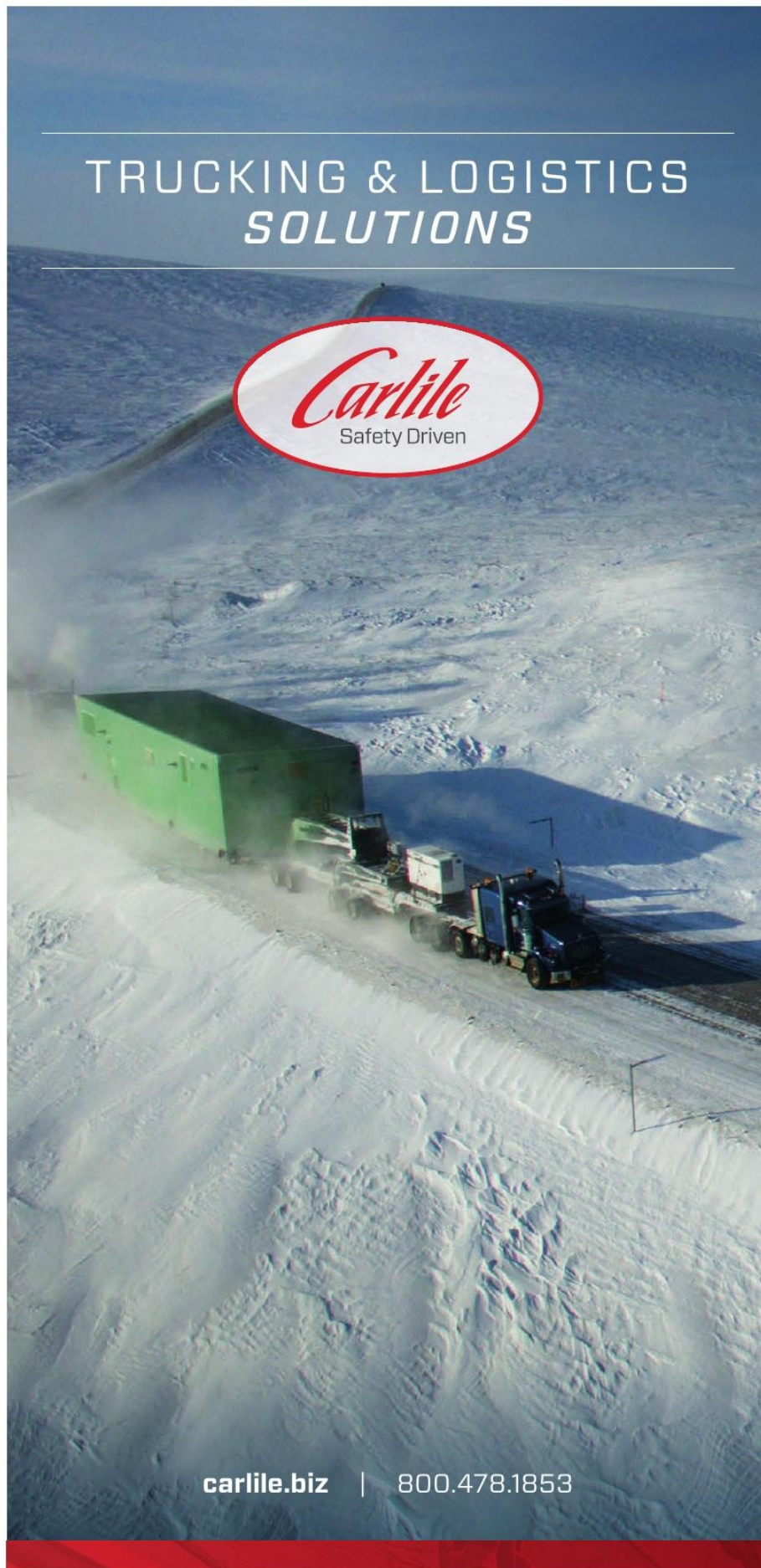
Si algunos de estos jóvenes se convierten en pilotos, técnicos de mantenimiento o analistas de sistemas en aviación, estaremos encantados. Pero también necesitamos enfermeras, maestros, maquinistas y codificadores. Y aunque para el futuro de nuestra industria es importante lograr que las carreras del sector de la aviación sean visibles y accesibles para los niños, es aún más importante conectar, inspirar y empoderar a los chicos para que vean opciones, alcancen las herramientas necesarias para avanzar en cualquier campo y elijan un camino para su futuro. Eso es lo que espero para mis propios hijos; que vean las posibilidades y que tengan la oportunidad de ir tras ellas; hacia allá es donde todos debemos apuntar.

Desde la aviación hasta la enseñanza, pasando por la tutoría y los deportes, la educación científica y la capacitación laboral, hemos llegado a 69,500 jóvenes desde 2012. Junto a los increíbles socios de nuestra comunidad, todavía tenemos mucho por hacer.

Durante los últimos 5 años, Russell Wilson ha sido una inspiración. A él le apasiona empoderar a los niños, y acerca de la fuerza del impulso, desde sus pases hasta el liderazgo de su equipo, su familia y más allá. Puesto que Russell comparte nuestro valor por servir e impulsar a los demás, creó Why Not You Foundation (Por qué no tú), una fundación cuyo propósito es motivar y preparar a los niños para ser los líderes del mañana. Lean más sobre Russell, Ciara, su familia y su trabajo juntos en la página 82.

Russell pregunta no solo “¿Por qué no tú?”, sino también “¿Por qué no nosotros?” Gracias por ayudarnos a preguntar y responder esta pregunta todos los días. Gracias por volar con nosotros. ✈

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IN THE KNOW»

WHAT'S NEW: SUB POP PLANE TAKES OFF

» **Alaska Airlines has signed a deal** with a record label.

To celebrate the 30th anniversary of Seattle's Sub Pop Records, the city's music scene and the airline's West Coast vibe, Alaska has introduced a new look for one of its Boeing 737-800 aircraft. The design features iconic Sub Pop artwork from the last 30 years. Sub Pop is a legendary label in the indie-music world, having launched bands such as Nirvana and Soundgarden in the late 1980s and 1990s. Over the years, it has continued to work with groundbreaking performers and groups, including Father John Misty, Fleet Foxes, Iron & Wine, Shabazz Palaces, The Postal Service, The Head and the Heart and The Shins.

"Partnering with Sub Pop seems natural, as both the record label and Alaska embody Pacific Northwest culture and are focused on supporting the local community," says Natalie Bowman, Alaska's managing director of marketing and advertising.



The Sub Pop decal covers approximately 870 square feet of the aircraft and has 56 panels. It was designed by Jonny Mack, senior visual designer at Alaska, in partnership with Sub Pop's Jeff Klein-smith, who has designed album covers and posters for bands such as Mudhoney, Nirvana and R.E.M.

A team of six Alaska technicians spent a combined 216 hours applying the decal at the airline's Seattle hangar. The plane's first flight took place in early August, shortly before Sub Pop's SPF30 anniversary party at Seattle's Alki Beach.

SUB POP AT THE TERMINAL

Check out the Sub Pop Airport Store near Sea-Tac's C gates. Browse gifts and wares by Pacific Northwest designers, artists and companies. —D.M.

For an interview with Megan Jasper, Sub Pop's chief executive officer, visit blog.alaskaair.com. —Dianne McGinness



CRAFT BEER IS HERE!

» **New brews are onboard.** This summer, guests on Alaska flights began to see an increased variety of craft-beer options from popular West Coast breweries. The addition of new beers, which will rotate seasonally, coincides with updates to Alaska's food menus. A reimagined winemaker program, with rotating options, is also coming soon.

Watch for updates at blog.alaskaair.com.

WHAT'S YOUR STYLE?

The following are the seasonal craft beer selections that are currently onboard.

- **Ballast Point Sculpin IPA** (San Diego, CA)—70 IBUs (International Bittering Units): This beer is our hoppiest. Sit back, relax and listen to your favorite songs while enjoying bright flavors and aromas of apricot, peach, mango and lemon.
- **Lagunitas 12th of Never Ale** (Petaluma, CA)—45 IBUs: This light yet full-bodied ale is bright and citrusy, with tropical flavors that are ideal for a trip just about anywhere on your bucket list. So raise a toast to adventures ahead.
- **Firestone Walker 805 Blonde Ale** (Paso Robles, CA)—20 IBUs: If you tend

to enjoy lighter, balanced beers, try this refreshing brew created for the laid-back California lifestyle. Subtle malt sweetness is tempered by a touch of hops. In the 805 (the brewery's SLO County locale, as defined by its original area code), people have an underlying ethos. As the brewery notes, "The land sets our pace. ... 805 beer goes down like life here. Balanced. Real."

■ **Alaskan Brewing Kölsch** (Juneau, AK)—18 IBUs: This is a perfect beer to crack open while you're hanging out with friends or family, or listening to country music—or maybe classic rock. If you like Alaskan Amber or lighter ales, you should love the crisp cleanliness in every sip of this brew from the great state of Alaska. ✕

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COMMUNITY MINDED

Barb Johnson is an Alaska Airlines Legend of Customer Service

» When Barb Johnson travels, she takes stationery or note cards for writing while on the plane. “I love writing thank-yous,” explains Johnson, a longtime Alaska employee. “I appreciate things that people do.”

Johnson’s appreciative nature, responsiveness and graciousness are among the attributes that made her so effective during a 41-year career with Alaska—characteristics that also helped make her a legend in her community.

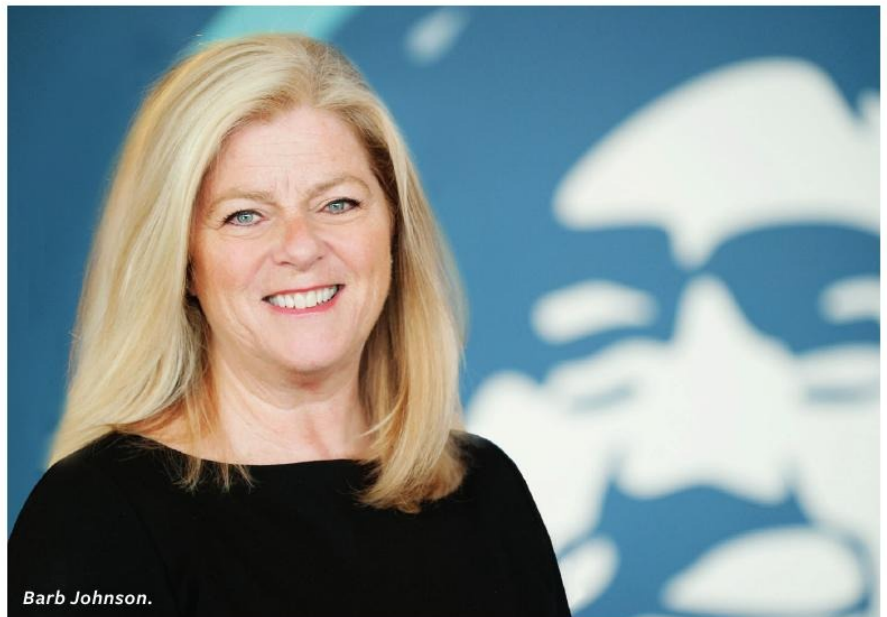
Originally from Seattle, Johnson started with the airline as a Customer Service Agent in Ketchikan, Alaska. After returning to Seattle, she eventually became the executive assistant to John Kelly as he rose to CEO of Horizon Air and, later, Alaska Airlines. When Kelly retired in 2003, Johnson moved to Alaska’s Public & Government Affairs department. In 2011, she became Manager, Community Relations, a position she retired from in July.

Johnson has been a firsthand witness to the company’s growth—from flights in Alaska and to Seattle only, to flights around North America. During her career, she earned a reputation for patience, hard work and compassion.

In her most recent job, Johnson managed relationships closely with nearly 300 nonprofits. Alaska helps with disaster relief and also meets transportation needs through partners such as the Make-A-Wish Foundation, which grants wishes to children with critical illnesses. Johnson says she enjoyed helping to channel the goodwill of Alaska employees, and helping nonprofits provide support for education and people’s basic needs.

“At the end of the day, when you sit back and know you made a difference, that you helped those in need—that’s gratifying,” Johnson says.

While Johnson may love writing thank-yous and acknowledging other people’s efforts, she’s clearly worthy of gratitude herself, for years of service to her communities. —Ben Raker



Barb Johnson.

QUESTIONS & ANSWERS

What has been a guiding principle for you in providing service to others?

I’d ask myself, “How would I want another person to treat me?” And then act how I believed I would want to be served.

What were the best parts of your job?

I’ve enjoyed working with partners to improve opportunities for people who otherwise wouldn’t have them. And our employees want to give so much! I enjoy seeing them gain joy from helping, as well.

What travels have you enjoyed most?

I’ve always liked Hawai’i. My family has also had some success over the years with trips chartering sailboats. I just love blue water.

What are some of your favorite activities outside of work?

I love a great round of tennis with family and friends, or boating, or playing on a beach with my three grandkids. We do lots of looking for crabs under rocks—and putting them back, of course!

KUDOS FROM BARB’S CO-WORKERS

“Barb sets a standard to look up to, with her patience, creativity and quiet leadership.” —Shaunta H., Managing Director, Community Relations, Seattle

“She never looks flustered. She’s calm in the face of the storm.” —Jacqueline D., Sustainability Manager (retired), Seattle

“Barb knows how to marshal the support of the company when a need presents itself—for a single employee with a health challenge or for an entire community a

continent away.” —Joe S., former Senior Vice President, External Relations, Seattle

“In all my years working with Barb, I’ve always had the utmost respect for her integrity, work ethic and compassion.” —Bill M., Senior Vice President—Alaska (retired), Seattle

“The fact is, everyone loves Barb. She’s simply one of the nicest, most caring individuals you’ll find.” —John K., CEO (retired), Seattle



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Lisa P
Tripadvisor

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GIVING STUDENTS A LIFT

Program introduces young people to aviation and aerospace industries

By Jacob Uitti

» **Last month**, students in King County interested in pursuing careers in aviation and aerospace took a step toward making their dreams a reality, thanks to Project LIFT.

LIFT, which stands for Leaders Inspiring Future Talent, introduces college and high school students to these fields, and helps them network and make connections.

The program was created by the Airport Minority Advisory Council Foundation (AMAC), a national nonprofit working to advance the careers of people of color and women in the aviation field.

LIFT events are held throughout the year and as part of AMAC's annual Airport Business Diversity Conference, which was held August 21–25 this year in Seattle.

Sponsored by Alaska Airlines and organized by AMAC and Seattle-Tacoma International Airport, the diversity conference attracted more than 1,000 participants from across the country.

"We were thrilled to share our airport and our region with the AMAC community," says Lance Lyttle, managing director of the Aviation

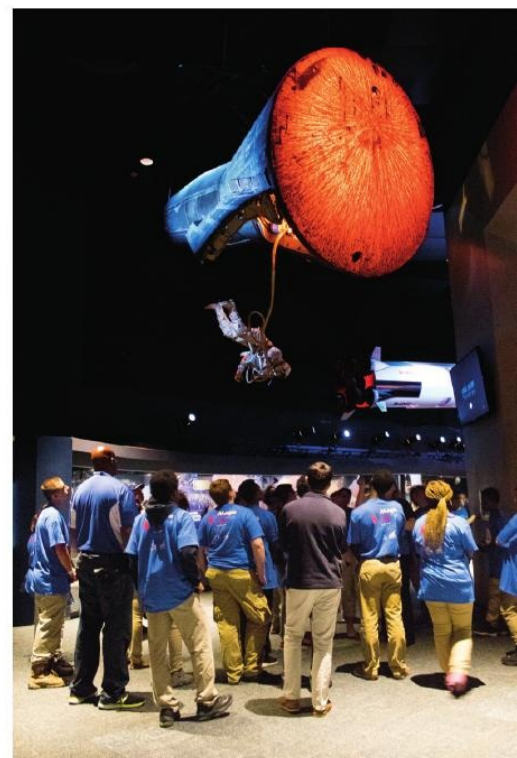
Division at the Port of Seattle. "It was great showing the Seattle area to our peers in AMAC."

While the AMAC conference was held at Seattle's Westin Hotel, Project LIFT events took place at Raisbeck Aviation High School in Tukwila, where local students attended seminars in four tracks: airport operations, engineering, pilot training and aerospace.

Participants attended panel discussions and learned about managing an airport, building airplanes, being a pilot and launching a career in space exploration.

"We have events all over the country to help introduce students to these fields," says April Harrison, AMAC's Project LIFT national chairwoman. "The young people are always very excited, and their parents or adult chaperones are amazed at all the opportunities."

In past years, cities such as Cleveland, Fort Lauderdale, Houston and San Diego have hosted the AMAC conference and related LIFT events. In each city, students are shown aspects of the flight industry and introduced to astronauts and pilots. They receive T-shirts,



water bottles and educational materials.

Harrison says Project LIFT has been inspiring for students and the cities that have hosted the events. She says those cities have gone on to develop programs to help students reach their goals in the aviation and aerospace fields.

"Often, AMAC and Project LIFT will plant a seed," Harrison says. "And then the local airports or cities pick it up and keep it going."

Project LIFT also offers college scholarships to students in financial need. The AMAC Foundation has donated more than \$300,000 in scholarships since its inception in 1997.

"LIFT is an inspiring and an enlightening experience for young people," Harrison says. "Many students don't know all the areas available to them within the aviation and aerospace industries. We help them realize what's available and what's possible." ✈

» **Project LIFT students, above and left, tour Space Center Houston in 2017, where hands-on exhibits and more than 400 artifacts bring space travel to life.**





BARBARA LOST 58 POUNDS

After going through 20/20 LifeStyles, I ran my first 5K! This was a goal that I had talked about for years. I plan to continue to build my endurance and improve on my time, so I've got more 5Ks in my future.

Of course, there's the weight loss as well. However, I really didn't pay attention to the scale throughout the program. In fact, I did "blind" weigh-ins, not looking at the scale when my weight was being measured. For me, it wasn't about a number. It was about improving my health and how I feel. And I couldn't feel better!

"AFTER GOING THROUGH
20/20 LIFESTYLES,
I RAN MY FIRST 5K!"

I knew that I needed to improve my health. Over the years, my weight had continued to creep up but, more worrisome, my cholesterol levels began tipping from normal to high. I had a lack of energy and was generally unhappy with how I was feeling.

20/20 LifeStyles is not about "do's" and "don'ts." It's about how I want to live in order to continue feeling as great as I feel now.

My biggest learning curve? Nutrition. The knowledge I gained from my Registered Dietitian was invaluable and helped me change how I view food. Learning about how my body processes food and how sugar affects how I feel throughout the day was eye opening. I no longer view food as "good" or "bad." I no longer say I can't eat something. Rather, I say "I choose not to" eat it. That has been revolutionary.

Before 20/20 LifeStyles you would find me on the couch all the time, staring at an iPad or watching TV. My energy level

was so low that I'd crash at 4 p.m. I felt blue, was self-critical, and didn't like the way I looked. Going out with friends took a conscious effort instead of being natural and joyful. Since my success with the program, my energy level has increased, I'm more optimistic, my self-talk is positive, and I'm more social.

My entire family has been extremely encouraging. One thing I do every day is to Snapchat my family while on the treadmill. It's a way of holding myself accountable. In the beginning, I purposely didn't include them because I felt that I needed to get this figured out for myself first. I continued to cook for them as always while I followed the recommendations made by my registered dietitian and exercised on my own. They soon began commenting that the food I was eating looked good and wanted some as well. Exercise also became a regular part of our time together. Life is definitely more enjoyable when we're all being active together.



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FLYING WITH KD

By Catherine Sherman

» When Kevin Durant traveled to basketball tournaments as a high schooler, everyone piled into a van. There were no smoothie bars, sneaker-lacing stations or All-Star guest appearances. And definitely no airplanes.

“Playing AAU (Amateur Athletic Union) basketball as a kid was a grind,” Durant recalls. “Most of the teams, mine included, usually didn’t have a lot of financial support, so you were doing everything you could on a dime.”

Today it’s a different story. On July 25, with music pumping through speakers and a photo of Durant’s own wingspan stretching from wing to tail, 46 aspiring athletes boarded Alaska Airlines Flight 35. The KD-branded Boeing 737-900ER made its first appearance during the NBA Western Conference Finals and will be in the airline’s fleet for two years. In late July, the plane made a special trip, transporting four top youth teams from Los Angeles and Oakland to the Bigfoot Hoops Las Vegas Classic.

“Every achievement in youth basketball is a really big one,” explains Durant, Alaska’s Advisor to the CEO. “Some of the top teams in the country compete every year at Bigfoot, so to make it this far is a huge accomplishment.”

From the minute he got on the airplane’s PA system, it was clear Durant was onboard to have some fun with the kids.

The high schoolers had no idea a legend would be joining them. As soon as Durant boarded the aircraft, the plane erupted with cheering. “I was excited but nervous at the same time,” says Leah Howard, a Cal Sparks team junior. “I’ve never met an NBA player.”

“I’ve flown some charters but nothing like this,” says Alaska Captain Ben Corner. “It was pretty cool to see the kids’ eyes light up.”

Every summer, Durant attends youth basketball tournaments to spend time with the players. This was the first time the Golden State Warriors forward has flown with them, and he took advantage of the opportunity to talk with kids who are



» NBA star Kevin Durant made an Alaska flight to Las Vegas special for young basketball players from California.



hoping to make basketball their career.

Sophomore Solomon Jones is one of the youngest players on the I Can All-Stars team, surrounded by seniors getting ready for college. “This trip is a wake-up call,” he says. “You’ve got to keep being you and working toward your goal.”

The event was inspired by KD’s motto, “Rise. Grind. Shine. Again.” His team partnered with Nike and Alaska Airlines to create a unique experience for the players at Oakland International Airport. Not only did they get to meet one of their idols, but each player received a pair of Durant’s signature Nike shoes, the KD11.

While taking selfies with Durant and dancing

with teammates, the high schoolers sampled a protein-packed breakfast bar and personalized their new kicks at a customized-lacing station.

On the last leg to Las Vegas, Durant pushed the beverage cart down the aisle, delivering a signed copy of *Slam* magazine to each player—featuring each one’s picture on the cover.

The KD Flight 35 journey ended in high spirits, but was just the beginning for the 46 players onboard. Throughout the tournament, Durant tried to remind the players why they were in town for the Las Vegas Classic.

“It’s really easy to get caught up and forget that the reason you’re doing it is because you love the game of basketball,” Durant says. ✈



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LEARNING WHILE TRAVELING

» With kids heading back to school

this month, we've asked Alaska Air Group employees to put on their thinking caps and share tips for educational experiences to enjoy while traveling. We inquired about ideas for trips, tours, excursions, historical sites and museums that allow visitors to have fun while learning something new. Additionally, we sought out practical suggestions for keeping kids' minds engaged while traveling. The following is a sampling of the responses.

■ "We have a membership with **The Museum of Flight**, near Seattle, and in addition to the excellent exhibits we enjoy at that museum, another benefit is the **Association of Science-Technology Centers Travel Passport Program**, which grants you reciprocal admission to more than 350 participating museums worldwide [subject to certain conditions]." —*Stephanie G., Manager Engineering, Seattle*

■ "Chicago has excellent museums with programs and activities that are fascinating for actual children as well as children at heart! For starters, there's the **Art Institute of Chicago** and the **Field Museum**. Frank Lloyd Wright's designs are also scattered around the city and its surroundings, with the **Frank Lloyd Wright Home and Studio** located in the suburb of Oak Park, and public tours offered there and at other sites by the locally based Frank Lloyd Wright Trust." —*Sabrina M., Customer Service Agent, Chicago*

■ "One of our favorite trips was to Clearwater, Florida, located near Tampa. We visited the **Clearwater Marine Aquarium**, which was the real-life setting and inspiration for the *Dolphin Tale* movies. We saw the animal hospital, met the dolphins named Winter and Hope, and learned a lot about the aquarium's rescue, rehab and release program." —*Heather A., Customer Care Representative, Seattle*

■ "One of our favorite places to go is **Pearl Harbor** on O'ahu, Hawai'i. There are exhibits appropriate for all ages and lengths of time, affordable food, and things to do for free if your budget is tight. [Check in advance at nps.gov/valr about access to the USS Arizona Memorial, which has required repairs this year.] For learning about Hawaiian history in a beautiful setting, we also love **Pu'uhonua o Hōnaunau National Historical Park**, in the Kona area, on Hawai'i Island." —*Emily D., Customer Service Agent, Anchorage*

■ "No matter where you're going, **check out Groupon** and other similar online coupon services for things to do at your destination. Every city offers something cool, such as tours, kids' adventures and discounts for local restaurants. Keep the kids entertained and learning things while the adults save a few bucks!" —*Timothy C., Flight Attendant, Los Angeles*



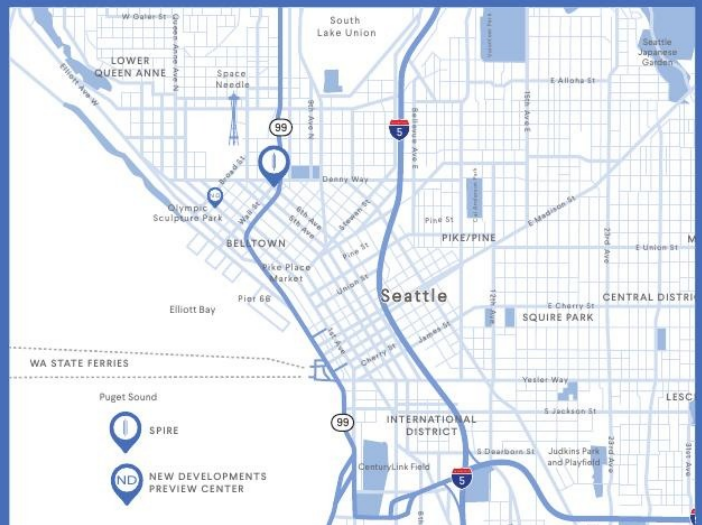
Pearl Harbor, Hawai'i.

KEEPING KIDS' MINDS ENGAGED

- "If we need to include a layover, or if we have options as to which airports we can arrive in or depart from, **I look for airports with children's play areas and interesting art or exhibits.**" —*Emily L., Central Reservations Control Agent, Seattle*
- "A pad of **Mad Libs** is a travel essential, especially on long flights! It teaches my stepdaughter to get creative with words, helps her practice grammar skills and is so much fun for her to read when we finish with a page." —*Amanda L., Customer Service Agent, Bozeman*
- "When my daughter was younger, and we traveled a lot, she knew she would **get a new audiobook for each trip**, and that was very exciting. She'd sit on the plane and color as she listened to a really good (and long) recording." —*Charlie C., Captain, Seattle*

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IRISH STYLE

By Karen Grubb

» Having spent a summer in Ireland many moons ago, studying and experiencing authentic Irish hospitality and food, I was not surprised that I found that same warmth and delicious fare on my recent trip from Seattle to Dublin with Alaska Airlines Global Partner Aer Lingus.

From the friendly and attentive cabin crew to the excellent meal and drink options, and, above all, the comfortable Business Class seats that convert to lie-flat beds, it's clear why Aer Lingus was a winner in the Business Class category of the 2018 TripAdvisor Travelers' Choice Awards.

Legendary Irish hospitality

From the moment I boarded my flights, the cabin crew was the embodiment of attentive service. Prior to takeoff, we were offered juice, champagne or a signature Irish cocktail, and the flight attendants were quick to notice if my drink needed to be topped off. Shortly after takeoff we were offered free Wi-Fi vouchers, and so began the dilemma of deciding whether to surf the web, watch one of a large selection

of movies or get a good night's sleep. On the return flight, the captain encouraged passengers to stand and look out the windows to view Iceland's spectacular Eyjafjallajökull volcano—a nice touch on the captain's part.

Exceptional selections

Just as the Irish love to feed you on the ground, Aer Lingus Business Class demands that you board with a hearty appetite. First canapés, then a starter, then the main course, then dessert. And after dessert? A small helping of ice cream if you've managed to leave any room for it. The inflight menu offers Irish-inspired meals with a modern twist, using fresh ingredients sourced from around Ireland. While touring the country, I had stayed for two nights in Lisdoonvarna, where I ate the best smoked salmon I've ever tasted. Imagine how excited I was to see it listed on the return-flight menu as a starter paired with Toons Bridge Dairy mozzarella and roasted red pepper.

I can't tell you how breakfast was because I slept soundly right through the service flying both directions. On the return flight, however, I awoke shortly before our descent, and the flight attendant kindly offered me coffee and a warm scone, just 30 minutes before we landed.

» The attentive Aer Lingus crew, spacious and comfortable seats, and exceptional inflight menu make for a winning Business Class experience.

Business Class seating

One of the biggest highlights of the flight was the comfortable seat that transformed to a lie-flat bed. I was seated in the middle row, but the center divider provided plenty of privacy, and each seat had ample storage. When fully reclined, with a bed length of 6.5 feet and width of 22 inches, the seat provided ample room to get a good night's sleep. I arrived rested and ready to kick off my adventures, but not really ready to leave the plane. ✈



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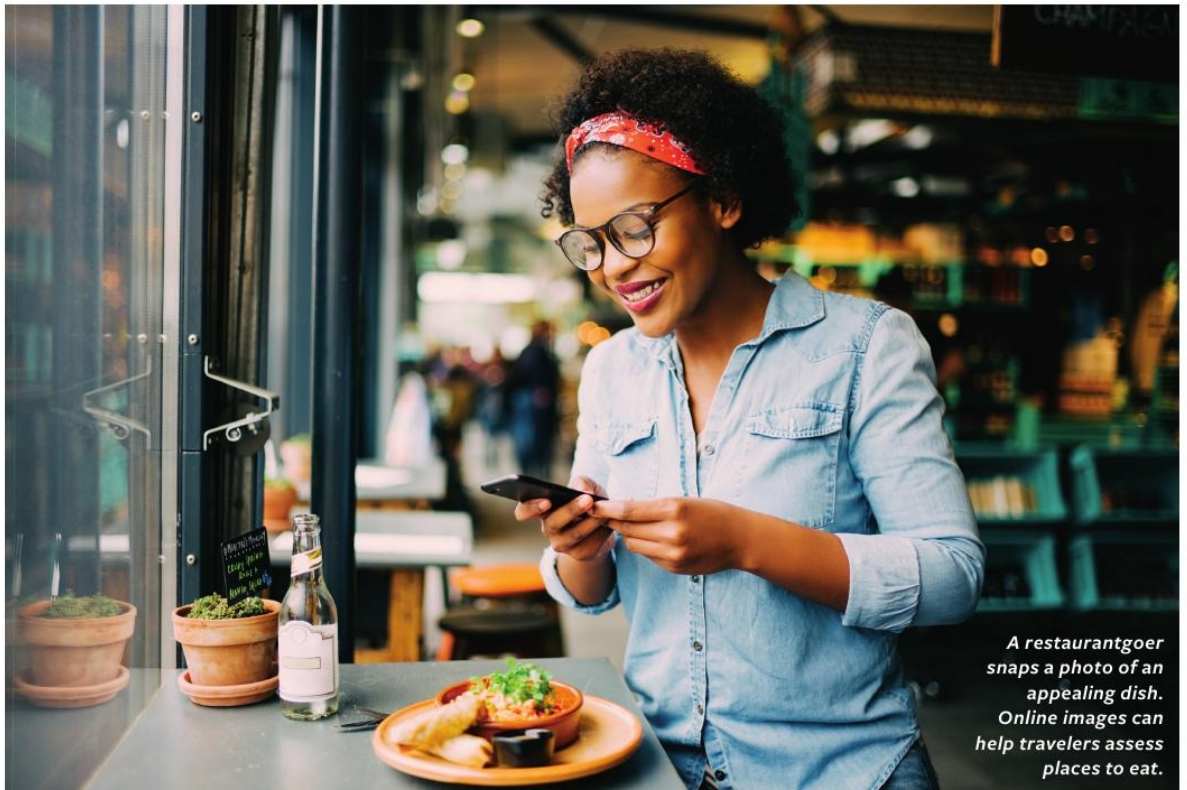
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ON POINT»



A restaurantgoer snaps a photo of an appealing dish. Online images can help travelers assess places to eat.

FINDING FOOD ON THE GO

The art of locating standout dining in new destinations

By Tom Douglas



» My daughter, Loretta, recently asked me

where to go for a delicious dinner while traveling for a conference in Baltimore. I recommended G&M Restaurant and Lounge, just southwest of downtown, for its crab cakes.

Loretta was lucky, because I've actually spent some time in the Baltimore area. Often, I don't have such a ready response. I get similar questions regularly from customers, friends, family members and acquaintances. They assume that, because I'm a chef, I know the secret spots in every city—or, at a minimum, that I'll know a chef in town who will reveal the best noodle house, greasy-but-delicious diner or fancy establishment worth its prices (especially if the boss is paying).

It's true that, when it comes to finding great food, I have a couple things going for me. First, I am a traveler! Second, I've been chefing for quite a while, which does give me some insight into the whos,

whats and wheres of dining in many other cities. That said, just like most people, I still need to do research before I fly off to a metropolis where I have no connections on the ground and zero ideas about the best vittles being plated. So, how do I address this?

Jumping onto Yelp or TripAdvisor is a good place to start, though this approach is always limited by not knowing the tastes and expectations of the numerous reviewers. To me, the photos of the food being described on online sites are more valuable than the reviews themselves. Does the New York Steak look well-seared, with a dark, crackling crust? Are the tomatoes ripe in the photo of a caprese salad? Does the gnocchi look like a pile of goo, or does each pillowlike dumpling, swimming in marinara sauce, look perfectly elegant?

Obviously, photos sometimes just *look* good, and we need food to *taste* awesome, too. Yet I do believe a picture of a carefully plated dish of caramelized

» ON POINT FRESH TAKES

carrots with toasted-cumin and cardamom yogurt served on a rustic terra-cotta platter says more about the identity of the chef and his or her palate than a review saying, “This was really good.” Also, I have eaten in thousands of restaurants and have never written a review on these websites. So I suspect that others have withheld worthy opinions, as well.

How, then, do you get a more complete, distilled view on where to spend your hard-earned dollars? The best way, in my opinion, is to find an expert reviewer to trust. Head to the online food pages of a local newspaper. Identify a writer who speaks to your sensibilities as a diner—someone who gets excited, as you might, about a farmers market meal of charred greens with a freshly fried hen’s egg wrapped in a crusty spinach crepe, and who finds that dish as sultry and satisfying as those served for a sit-down dinner at a hotshot place downtown.

I look for a writer who can put into words my deepest desires related to the rolling carts of a dim sum joint where not a lick of English is spoken, where an understanding of ordering intentions requires only a hand gesture or a selection from a creatively translated menu.

One excellent writer, based in Portland, Oregon, is Karen Brooks. I like Karen because, as it says in her online bio, she eats, drinks and thinks about food basically nonstop for her job as restaurant critic. When I get ready to head south from Seattle, I always check out Karen’s articles for the latest finds and tried-and-true places to eat.

In New York City, my go-to writer/journalist is Pete Wells of *The New York Times*. I find Pete’s writing on food and restaurants reassuring about my craft. His passion for foods—delicate or bold, on the street or uptown, medieval or modern—is well-researched and served with passionate flair. I would trust his recommenda-

tions over many chefs that I know because he lives the pursuit of deliciousness from outside the professional kitchen’s four walls, and is free to roam widely. Sure, Mr. Wells *could* eviscerate a restaurant, but far more likely, you will get a well-considered and constructive review of which components of a menu are already terrific and which concoctions may need re-evaluation from the cook. That is exactly what I want to know before I walk in the door.

At the end of the day, it’s your time and money. Both will be better spent if you identify your desires and align them with those of professionals who can lead you to the promised land of delectable foods served with graciousness. Cheers! ✈

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

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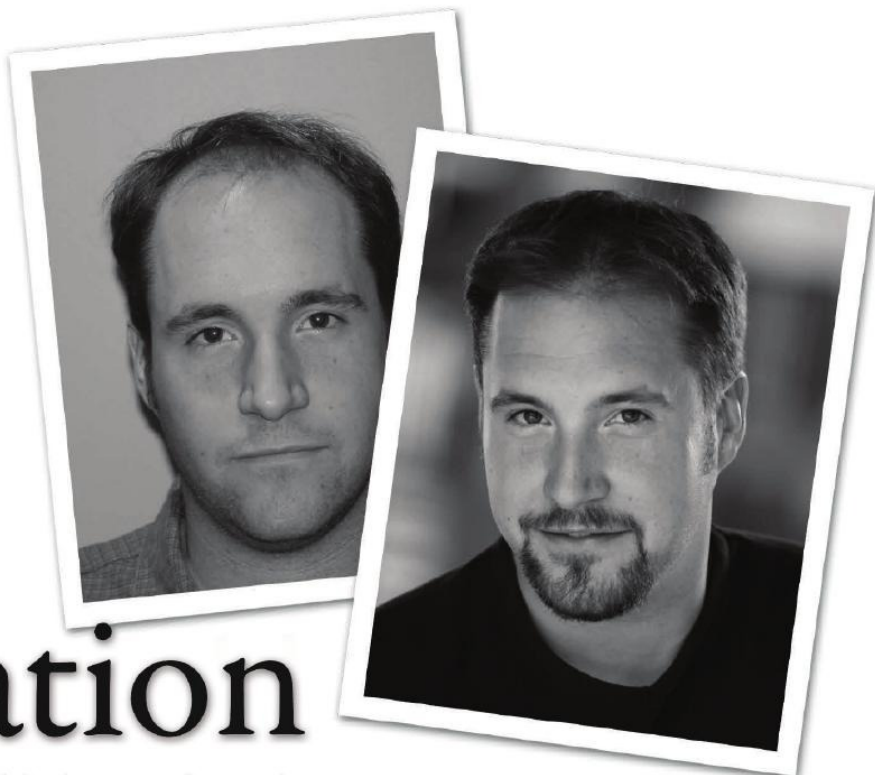
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Brian O. Goertz M.D.
Founder of Hair Transplant Seattle

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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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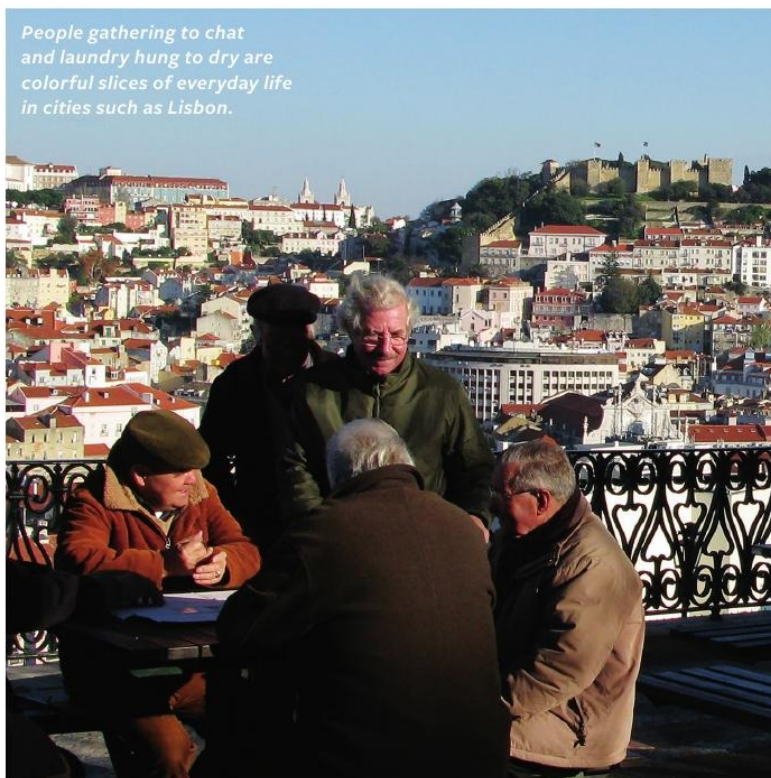
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People gathering to chat and laundry hung to dry are colorful slices of everyday life in cities such as Lisbon.



EVERYDAY EXPERIENCES

A destination's character is shown in residents' daily lives

By Bridget Veltri



» It's a few hours before dusk in Lisbon, and I'm exploring the area around Castelo de S. Jorge. Before entering the castle grounds, I stop for yet another *pastel de nata* (Portuguese egg tart), followed by a wander up one of the many nearby cobblestone residential streets.

I head uphill on a road that is more like an alley, as there are no cars in this area surrounding the entrance to the castle grounds. I'm now away from other travelers, but I'm not alone. The street is lined with colorful two-story homes painted with care. Clothes hanging from balconies billow in the breeze. I hear birds chirping and notice that many of the homes have birdcages hanging in the windows and doorways of their first floors.

An elderly man is walking down the street, and we pass one another with a glance. I turn to see him greet another man of about the same age. They hug, patting one another on the back as they continue

down the road together, chatting in Portuguese. I don't know them, but seeing their outward display of affection for one another reminds me of my grandpa and his brothers.

I'm entranced as much by this moment of everyday Lisbon life as I am by the city's top attractions. It's easy to see why Castelo de S. Jorge, with its Moorish style and medieval charm, draws visitors. And its commanding position high on a hill makes the castle magnificent to look at from afar while also making it the perfect place from which to enjoy a panoramic view of the city below. But to me, watching people go about their lives is just as enthralling.

As I walk back toward the castle, I see a woman on a balcony. She is calling down to another woman, who shouts cheerily back up at her. I have no idea what they are saying, but I know that they are friends.

Portugal is not the only country in which I've taken notice of everyday activities as I've explored a destina-

» ON POINT VIEW

tion. I remember seeing busy bakers up before sunrise in Paris, as they prepared for the morning rush while I hurried off to catch a bus to the Loire Valley. In Indonesia, I watched a sarong-clad woman carefully setting out offerings and incense in Bali as I visited a temple in Ubud. I remember being conscious of the fact that we were two people in the same place, but for vastly different reasons. Reflecting on her reasons added to my appreciation of her culture and enhanced my experience at the temple.

I recall being in the village of Pisac in Peru's Sacred Valley and observing a makeshift red flag hung outside a private home, letting everyone know that the corn-beer beverage *chicha de jora* could be purchased inside.

The Paris bakers, the devout Bali woman and the Pisac flag were all things I encountered while I was looking for something else. While I like seeing famous sites in the cities I visit, I also like immersing myself in a location, and taking

some steps off the beaten path. These slice-of-life moments are the ones I won't find on a postcard. For me, getting a glimpse of how people truly live in a locale is the best way to get in touch with the essence of a place, to feel its true spirit and not just its public persona.

I live in San Francisco, in the North Beach neighborhood, which is home to or near enticing sights for visitors, such as cable cars, Coit Tower, the zigs and zags of Lombard Street, Fisherman's Wharf and Chinatown. I often stop to help visitors who are blankly staring at an iPhone or a map.

I guide them to where they want to go, or to where I *think* they should go. I like helping travelers because I'm proud to live here, and the sense of community in this neighborhood is real and strong. North Beach is very much a small town in a big city.

Since returning from Portugal earlier this year, I have started to wonder what visitors

might be noticing about North Beach as they pass through. Do they take note of the Italian flags painted on the poles of the streetlights and traffic signs in North Beach, distinguishing the boundaries of the neighborhood? Do they see the group of people who gather in Washington Square Park to practice tai chi, or the children playing in the yard of the Salesian Boys' & Girls' Club? While these things are not listed in guidebooks, they shed light on the area and are threads that help weave the character of the community.

I also wonder: Do the Segway-tour participants who practice steering on my quiet street, before they set out, ever notice me smiling down at them from my deck? If so, I hope they remember me as fondly as I remember those two men walking down their street in Lisbon. ✕

Bridget Veltri is a San Francisco-based freelance writer and blogger.



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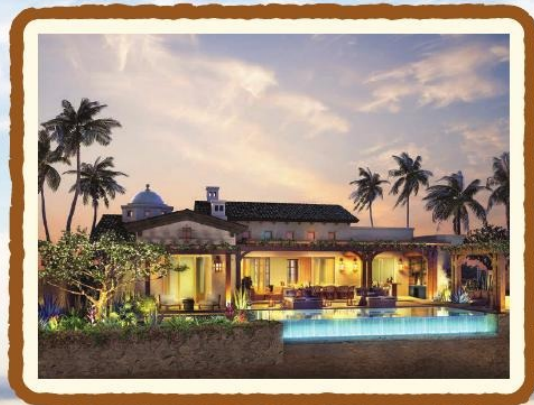
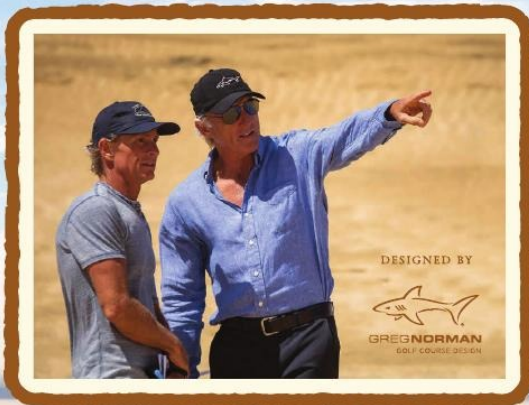
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JETTISON JET LAG

Travel tips to help transition between time zones

By Johnny Jet

» My name is **Johnny Jet**, but sometimes Johnny Jet Lag feels more appropriate. That's because I travel multiple times a week, and I'm constantly changing time zones.

You would think that after more than 20 years as a road warrior I would be immune to jet lag, but the truth is, I'm not. In fact, I don't know anyone who really is. And I don't believe there's a cure-all gadget or concoction for the fatigue that can come from changing time zones. But I do believe there are strategies that can help minimize the effects of jet lag when you travel.

Depending on where I'm going and my schedule, I first try to get a jump on the time change. If I'm traveling from Los Angeles to New York, it's easy. My trick is to start eating dinner and going to bed an hour earlier each day for a couple of days before I depart. Then I take an early morning flight because it forces me to get on local time. Getting up at 4:30 A.M. Pacific time is the same as 7:30 A.M. Eastern time, so it's perfect for getting acclimated.

I always adjust the clock on my laptop en route to my destination to help me mentally shift to the time zone where I'm going.

I also try to eat meals according to the time zone I'm switching to. For instance, if I have a 5 P.M. flight, and it's 1 A.M. in the city I'm flying to, I don't eat a meal right after takeoff. I eat before going to the airport and then several hours later, when I'd normally be hungry according to my destination's time.

When I can, I match my meals aboard the aircraft, too, so if it's 6 A.M. where I'm going, I don't eat a dinner-type meal such as lasagna. I opt for something lighter, such as yogurt or fruit.

Typically, I don't sleep on planes, so I prefer to land in the evening, which allows me to go for a walk, have dinner and then go to bed. Depending on where I'm flying, though,

sometimes the only available flights arrive early in the morning. If that's the case, I take a short nap when I get to my hotel rather than walk around like a zombie all day. But I don't get under the covers or shut the blinds, and I set all kinds of alarms to force myself up. That helps prevent napping too long and thus throwing my internal clock off for the rest of the trip. Then I get up and get out in the daylight, since sunshine is jet lag's kryptonite.

Even when I follow my travel playbook, I know that there's a good chance that a big time shift can cause me to wake up at 2 A.M. The best tip I've learned over the years is to not just lie there struggling to go back to sleep. Instead, I get up. I usually work for a few hours to be productive, or read a book to relax. Then I can go back to sleep for a few hours and wake up ready for a new day. ✈

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



A photograph of four men standing in a paper mill. From left to right: a man with a beard in a black polo shirt holding a yellow hard hat; a man in a blue and black jacket holding a yellow hard hat; a man in a grey polo shirt with his arms crossed; and a man in a black polo shirt and cap. Large rolls of paper are visible in the background.

CLEARWATER PAPER CORPORATION, (LEFT TO RIGHT)
Levi Westra, Engineer, Avista; Ed Arnhold, Account Executive,
Avista; Todd Mooers, Senior Process Control Engineer,
Clearwater Paper; and Mike Lohman, Maintenance Supervisor,
Clearwater Paper

How Avista is lowering lighting costs for companies of every size.

Interior lighting can be a significant portion of a building's electric usage. On average, lighting accounts for 30% of the annual electricity use in commercial buildings. The numbers climb even higher in healthcare environments (43%) and warehouses (80%).

Without a doubt, outdated and inefficient lighting can hurt the bottom line of companies big and small. That's why Avista is helping businesses upgrade to newer, more energy-efficient lighting and technologies by offering valuable incentives and rebates.

Lighting accounts for 30% of the average annual electricity use in commercial buildings.

Large companies like Clearwater Paper Corporation have seen the light. The national pulp and paper product manufacturer upgraded lighting inside its Consumer Products Division building at its Lewiston, Idaho facility.

They swapped out 900 outdated metal halides with higher-efficiency LEDs, saving as much as 325 watts per fixture.

They also installed a control system to optimize lighting for their facility's mix of humans and automation. It consists of a grid of light fixtures, each with separate identification numbers. Using a laptop, employees can program lighting parameters via WiFi.

Lighting can be automatically increased in areas such as their warehouse, where employees work or manned vehicles are detected, or lighting can be reduced where unmanned laser-guided forklifts operate.

"We want to be good stewards of the environment," said Plant Manager Donnie Ely. "So it's great to have Avista's help with energy projects that fit our corporate sustainability goals as well as save money."

The company is saving on maintenance and replacement costs, too, since LEDs have a life expectancy of ten years. Plus, 90% of the fixtures have battery power for emergency lighting, which now stays lit four times longer than the previous system.

This was the third time Clearwater Paper has partnered with Avista to upgrade their lighting. "So far, they've received more than \$1,000,000 in energy-efficiency rebates and reduced their electric usage by over 7,000,000 kilowatt-hours annually," said Avista Account Executive Ed Arnhold.

Mid-sized companies like Parkwood Business Properties are also saving big with Avista's incentives. The Coeur d'Alene, Idaho-based commercial real estate development and property management firm leases a variety of office, retail, and flex-tech space throughout Northern Idaho.

Parkwood partnered with Avista to retrofit interior lighting in its commercial buildings. One building alone—their 700 Ironwood/1919 Lincoln medical building complex, which houses the Cancer Center in Coeur d'Alene—is now saving the company nearly \$78,000 in annual energy costs.

"We're always looking for opportunities to lower operating costs and keep rents as low as possible for our tenants," said Steve Meyer, one of four partners at the firm.

In total, the company has completed 33 interior lighting projects and received more than \$300,000 in rebates from Avista.

"They've done a great job," said Avista Account Executive Sharmon Schmitt. "Altogether, the lighting upgrades reduced their electric usage by 2.6 million kilowatt-hours annually, saving them approximately \$180,000 a year."

Parkwood is also saving over \$50,000 in annual maintenance costs.

"We used to receive up to 20 calls a month to change bulbs," said Parkwood Facilities Manager Jeff Mallett. "Thanks to longer-lasting LEDs, calls have nearly gone to zero."

Avista helps small businesses, too, like the Tin Roof, Spokane's local and national award-winning home furnishings store. The family-owned and -operated company has always been energy-conscious.

"Earlier, we paid to replace our store's older halogen lights with CFLs," said co-owner Jim Hanley. "So when we were approached about Avista's program to retrofit our lighting for free, we jumped at the chance."

As part of the program, the Tin Roof was able to upgrade 20 T-12 lamps to LEDs. They also received a supplemental lighting rebate to do an additional ten lamps.

According to Avista Program Manager Greta Zink, the Tin Roof has reduced its annual electric usage by more than 10,000 kilowatt-hours a year.



PARKWOOD BUSINESS PROPERTIES, (LEFT TO RIGHT) Jeff Mallett, Facilities Manager, Parkwood; Ryan Nipp, Partner, Parkwood; Sharmon Schmitt, Account Executive, Avista; and Chris Meyer, Partner, Parkwood

"Like many small retail businesses, we operate on slim margins," said Hanley, "so the savings we've obtained with Avista's help makes a real difference."

To learn more about Avista's energy efficiency programs, visit myavista.com/bizrebates or email accountexecs@avistacorp.com. All Avista customers may be eligible for energy efficiency rebates.



THE TIN ROOF, (LEFT TO RIGHT) Jim Hanley, Business Co-Owner, the Tin Roof, and Greta Zink, Program Manager, Avista



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SENSATIONAL EXHIBIT

» Dozens of suspended light-blue wool balls emit a winter-inspired scent in *Snow Storm*, pictured here. A large faux-fur-covered wall plays string-instrument sounds as visitors touch the soft surface of *Tactile Orchestra*. These two installations are some of the more than 40 interactive pieces on display in “The Senses: Design Beyond Vision” at Cooper Hewitt, Smithsonian Design Museum, in New York City through Oct. 28. The exhibit explores how multisensory design alters and heightens perception. Installations involve the viewer’s sense of sight, touch, hearing, smell and even taste. While visitors cannot actually eat anything in the exhibit, installations such as the wall of colorful Compartés chocolate wrappers and the accompanying glass-encased preserved chocolate bars are meant to stimulate the viewer’s taste buds.

The exhibit includes accessibility features such as tactile maps of New York’s Upper East Side and the National Mall in Washington, D.C., and Vibeat, a device that turns music into vibration. Installations also feature Braille, and a smartphone app provides visitors with both written and audio context. Visit cooperhewitt.org for more information. —Sophia Scheer

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JUNEAU SCULPTURE MAKES A SPLASH

» In the 1980s, Bill Overstreet, who was mayor of Juneau, Alaska, from 1976 to 1983, traveled to Japan, where he saw a life-size whale sculpture. He thought a similar statue would be appropriate in his home town, where orca and humpback

whales can be seen swimming in Gastineau Channel. Three decades later, his dream became a reality when William Overstreet Park, featuring a realistic 25-foot humpback whale sculpture made of bronze and stainless steel, was completed, in June. A walkway circles the statue, shown above, which is inside a pool.

Artist R.T. “Skip” Wallen says the whale, named Tahku, was built to look

as though it is jumping out of the sea, with fountain elements choreographed by Chris Roy of the Outside the Lines design-build company.

Every half-hour, a five-minute whale breach sequence features mist and fountains breaking the pool’s glassy surface.

For more information, visit facebook.com/juneauwhaleproject.

—Dannie Ray



INDIE FILMS IN LA

» Hollywood is often synonymous with summer blockbusters and megastars. But LA is also home to a bustling independent film scene, which can be explored at the LA Film Festival, Sept. 20–28.

This year’s lineup includes films such as *Simple Wedding*, a romantic comedy about an Iranian-American woman trying to please her parents; *Heaven Without People*, a Lebanese movie about drama at a family reunion; and *Stammering Ballad*, a documentary about a Chinese folk musician who wants to be famous but also has a fondness for rural

folk songs that are declining in popularity.

The festival represents work from 26 countries and includes 40 features and 41 short films.

Entrants are eligible to win awards, some of which are voted on by the audience.

The LA Film Festival is focused on advancing diversity and inclusion in film, and this is highlighted during the two-day We The People summit, which features panelists such as *Los Angeles Times* writer Tre’vell Anderson, and Franklin Leonard, an American film executive who founded *The Black List* publication.

For more, visit filmindependent.org/la-film-festival. —Charlie White

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AMUSING ART

» From Rembrandt's *Self-Portrait in a Cap: Laughing* (1630), shown below, which depicts the painter giving a wry smile, to Robert Crumb's *Zap Comix*, which pokes fun at the 1960s suburban lifestyle, humor can appear in art in many different ways. Still, the emotion is often under-represented in art. Think about it: When is the last time you laughed in an art gallery?

"Sense of Humor" at the National Gallery of Art in Washington, D.C., through Jan. 6, 2019, celebrates humor by showcasing work that puts it front and center.

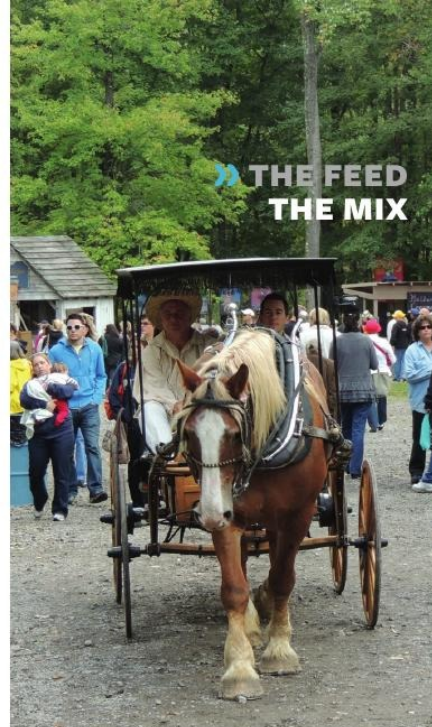


The exhibit offers social commentary through satire, comics and caricatures that date from the Renaissance through the 20th century. Curators hope the exhibit's humor can provoke truths in unexpected and eye-opening ways.

Artwork ranges from *Le Ventre Législatif* (*The Legislative Belly*) (1834), in which Honoré Daumier lampoons French politicians, to *The Advantages of Being a Woman Artist* (1988), in which the Guerrilla Girls address

female underrepresentation in the art establishment. Visit nga.gov for more information.

—Charlie White



COLONIAL GOOD TIMES

» Men and women are clothed in 1750s waistcoats, wigs and dresses

as the fragrance of stone-hearth-baked bread, smoked chicken, pulled pork and Italian roast beef wafts through a crowd. This is the kind of scene visitors can enjoy at the Penn's Colony Festival, Sept. 22–23 and 29–30, about 30 miles north of Pittsburgh.

The Penn's Colony Festival offers an immersive educational look at the French and Indian War era, and features battle re-enactments and historical presentations, plus handcrafted goods and food sold by more than 185 artisans dressed in period attire. Penn's Colony visitors can also enjoy activities such as concerts of Colonial music, tug o' war games, potato sack races and horse-drawn carriage rides. The festival's 18th century-style circus performance features magic acts, unusual skills and glass harp demonstrations, during which music is made by rubbing the rims of water glasses.

Alaska Airlines launches a new Pittsburgh–Seattle route on Sept. 6.

Visit pennscolony.com for more on the festival. —Sophia Scheer

NEW MEXICO LANTERN GLOW

» Residents of Zigong, China, have been making handcrafted silk lanterns for more than 2,000 years, and from Oct. 5 to Dec. 2, a team of artisans from Zigong will showcase this tradition at Dragon Lights, the annual Chinese lantern festival in Albuquerque.

The event, held at the Expo New Mexico, will feature nearly 30 displays handcrafted from steel frames, colored silk sheets and a cumulative 15,000 LED lights. Designs will include a great white shark, which will lure visitors to walk through its glowing mouth, and the iconic golden dragon, which will stretch 40 feet.

The event also features interactive installations, such as a large elephant lantern that changes color as visitors pedal different speeds on an attached stationary bike.

Visitors can also enjoy traditional Chinese performances, such as jar juggling, contortion and plate spinning. For more information, visit dragonlightsabq.com. —Sophia Scheer



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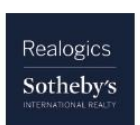


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DOGS ON THE CATWALK

» **Well, Haute Dog!** At this dog fashion show hosted by Canine Companions for Independence—a philanthropic organization that trains and provides Labrador and golden retrievers as assistance dogs free of charge to veterans and others with disabilities—notable Chicago residents walk the runway with either their own pups or Canine Companions trainees. This year's Haute Dog is Sept. 20 at The Peninsula Chicago hotel. Dogs are outfitted in couture pieces from doggie boutique Tails in the City—which carries garments ranging from alpaca sweaters to tuxedo vests—and their human counterparts are dressed by high-end designers such as Alice and Olivia. Canine Companions dogs wear their working vests, pictured below.

Throughout the night, attendees can mingle with Canine Companions dog recipients, who are sharing their stories. The dogs' abilities—such as helping people take off their coats, picking up dropped items and even assisting people with bowling—are being showcased.

Haute Dog also has an LA event on Oct. 14. For more, visit cci.org. —Dannie Ray



FOOD FUN

» **At the Taste of St. Louis,** there's going to be a food fight. One of the marquee components of the free Taste of St. Louis event—which also features food for sale by more than 30 of the region's top restaurants, Sept. 14–16 at the Chesterfield Amphitheater—is the Chef Battle Royale. Eight chefs, including defending champion Trevor Ploeger of Eleven Eleven Mississippi, a Tuscan-style restaurant, are participating in the cook-off.

Taste's Restaurant Row includes offerings from Kimchi

Guys, which serves traditional and fusion Korean food; Sugarfire Smokehouse, which serves St. Louis-style barbecue; and Strange Donuts, which serves both classic and unique doughnuts.

Also at the festival, Science and Citizens Organized for Purpose and Exploration is offering kid-friendly interactive-education opportunities, such as robotics activities.

The festival's market hosts a range of local and national businesses selling products including jewelry and home-improvement goods. Visit tastestl.com for more information. —James Egaran



» **University of Wisconsin rowers** compete in Milwaukee.

watch the boats from more than a dozen bridges and from the Milwaukee Riverwalk.

Competitors, arranged into boats of fours and eights, are split into eight separate races by age and gender. For more information, visit milwaukeeiverchallenge.com. —Sophia Scheer

BOATLOADS OF EXCITEMENT

» **At the 18th-annual Milwaukee River Challenge** on Sept. 15, U.S. men's and women's national rowing team members are headlining races on the famously difficult 3-mile course linking the Menomonee and Milwaukee rivers. About 900 rowers of all ages and from across the country must navigate strong currents, narrow waterways and a 90-degree turn on the course that winds through downtown Milwaukee.

The race starts at 25th and Canal Street and finishes at Schlitz Park, where visitors can find food trucks and gear tents. Spectators can listen to coxswains calling to teammates and



READY FOR SOME FOOTBALL?

» **Last season**, the Philadelphia Eagles overcame an injury to quarterback Carson Wentz and turned to backup Nick Foles, shown above, who helped lead the team to a Super Bowl win over the New England Patriots. Now, a new NFL season—which begins Sept. 6 and runs through the Super Bowl on Feb. 3—rekindles feelings of optimism and excitement for fans of all 32 teams.

Top storylines this year include whether New England can continue its division dominance—the Patriots have won 14 of the last 15 AFC East titles—with a 41-year-old Tom Brady at quarterback. Also notable is Jon Gruden returning to the Oakland Raiders' head coaching job after having worked for ESPN.

In the NFC West, Seattle fans are adjusting to a secondary without Kam Chancellor, who left football, and Richard Sherman, who was signed by division rival San Francisco. But with Russell Wilson playing quarterback, the Seahawks are always a contender. The San Francisco 49ers finished 6–10 last year, but they have hope in quarterback Jimmy Garoppolo, who started and won the last five games of 2017. Both teams are vying to dethrone last year's division champs, the Los Angeles Rams, who had last season's highest-scoring offense. For more information, visit nfl.com. —Charlie White



TO THE LIMITS

» **At Austin City Limits Music Festival**, pop group Chvrches will dance in *Never Ending Circles*; hip-hop artist Childish Gambino will *Have Some Love* for the crowd; and pop artist Paul McCartney will *Come Together* with other musicians as more than 145 musical acts play at Zilker Park, Oct. 5–7 and 12–14.

Other top musicians will include hip-hop artist Travis Scott, indie rock band Arctic Monkeys, and versatile pop artist St. Vincent, shown above.

A food court will feature offerings from businesses such as The Mighty Cone, specializing in fried meat and veggies in tortilla cones; Southside Flying Pizza; and Tinos Greek Cafe. The Barton Springs Beer Hall will have 17 beers on tap in 30,000 square feet of space, where guests can cool off, listen to music and watch sports on big-screen TVs. In a shaded wine lounge, guests can sip international vintages.

Austin Kiddie Limits will have features such as a drum workshop and strolling circus performers. Visit aclfestival.com for more information. —James Egaran

BOOK IT TO MONTANA

» The Montana Book Festival, Sept. 27–30, features writers such as Rick Bass, a multiform author whose works have been included on *The New York Times* and *Los Angeles Times* noteworthy-books-of-the-year lists; Pulitzer Prize–nominated writer Gwen Florio; and Native American novelist Debra Earling, a Guggenheim Fellow. Held at venues such as bookstores, galleries and bars in Missoula, the festival draws thousands of attendees to events including panel discussions, workshops and readings. For more, visit montanabookfestival.org. —Dannie Ray



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Unfortunately, hair loss is usually a progressive condition meaning it worsens over time if left untreated. Hair loss can be devastating at any age and can have severe psychological effects on men and women.

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DAY 1

» The statue at the Lincoln Memorial depicts our 16th president with one fist clenched, which is said to represent his strength and determination, and the other hand relaxed and open, which is said to represent his compassion.



Residing in Portland, Oregon, Jon Trend is a photographer with an eye for finding cool angles, and he uses cityscapes as his natural backdrops. Trend traveled to Washington, D.C., as part of Alaska Airlines' #WeekendWanderer series. For more #WeekendWanderer posts, make sure you're following @alaskaair on Instagram.

blog.alaskaair.com

MONUMENTAL D.C.

» The beautiful architecture in our nation's capital was so captivating, I couldn't put my camera down the entire weekend. From the historical monuments honoring some of our greatest leaders and bravest men and women, to the intricately designed museums that give a nod to ancient times, I was often overwhelmed with inspiration.

Everywhere I went I was called to the details. The way our 16th president's hands are situated on the chair inside the Lincoln Memorial, which is located on the west end of the Lincoln Memorial Reflecting Pool. The African bush elephant that's been at the Smithsonian National Museum of Natural History since the 1950s. The water features in the lush

interior at the United States Botanic Garden Conservatory, which has 28,944 square feet of growing space. The marble columns at the National Gallery of Art. A flower leaning against the wall of the Vietnam Veterans Memorial.

I was impressed that every place I wandered to, hung out at and dined in was spotless. There was just something so sharp and refined about Washington, D.C.

It was amazing to experience a part of the country I had never before visited, and to immerse myself in history and see things I'd only read about in textbooks. Taking photographs in this historical city was fun, and it was surprising how much I was able to do in just one weekend.

DAY 2



➤ The Fénykövi Elephant, made with more than 10,000 pounds of clay, greets Smithsonian National Museum of Natural History visitors.



➤ The United States Botanic Garden Conservatory is home to plants from around the world—from palm trees to succulents.

DAY 3



➤ The National Gallery of Art's rotunda is modeled after the ancient Roman Pantheon. The idea for the 1941 museum came from banker and treasury secretary Andrew Mellon.

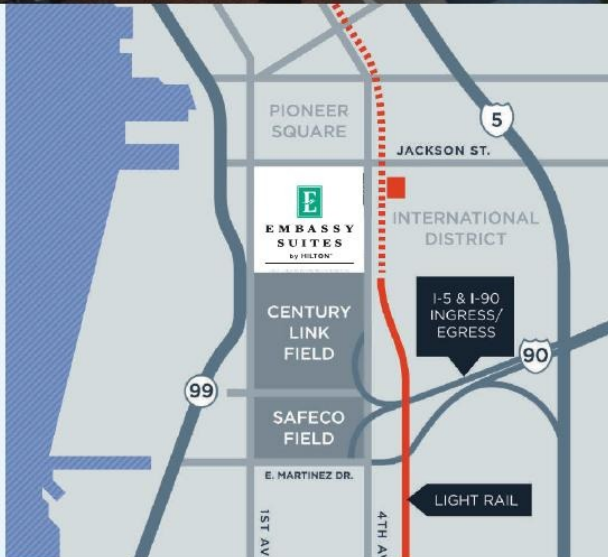


➤ The Vietnam Veterans Memorial lists more than 58,000 men and women who lost their lives in service of their country.



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ENJOYING THE NEW IN NEW JERSEY

A revitalized Newark has become an entertainment center

By Janene Mascarella

» As a New Jersey native who lived in the Newark area while attending college, I have a special place in my heart for the state's largest city.

Most people tend to think of Newark, which is located 12 miles west of Manhattan, as one of the nation's major air, shipping and rail hubs, which is true. However, they may not know that Newark is also a unique and culturally rich community with much to see and do. Today, the city is a vibrant destination and an entertainment center. This movement began with facilities such as the New Jersey Performing Arts Center (NJPAC), one of the state's most diverse performing arts venues. Entering its 21st year, NJPAC presents more than 400 concerts, plays, recitals, spoken-word performances, and other cultural experiences each season. Trevor Noah, host of *The Daily Show* on Comedy Central, brings his stand-up routine to the center September 7–8, and R&B singers Kem and Marsha Ambrosius perform September 15.

Another great entertainment, and sports, venue is the Prudential Center in downtown Newark. A top concert location and home to the NHL's New Jersey Devils, the center welcomes more than 2 million visitors a year. A few of the center's shows include Paul Simon on September 15; Bruno Mars, October 1–2; Maroon 5, October 6; and Nicki Minaj and Future, October 7.

While at the Prudential Center, stop by The Grammy Museum Experience and see "The Taylor Swift Experience." The exhibit takes you behind the scenes of the 10-time Grammy Award winner and pop star, who has sold more than 30 million albums in the United States and has about 130 million single downloads.

Football fans will want to make the 10-mile trip north to the Meadowlands to see MetLife

Stadium in East Rutherford. MetLife is the only stadium that is home to two NFL teams, the New York Jets and the New York Giants. It also regularly features top soccer matches, including the U.S. Soccer Men's National Team hosting Brazil on September 7.

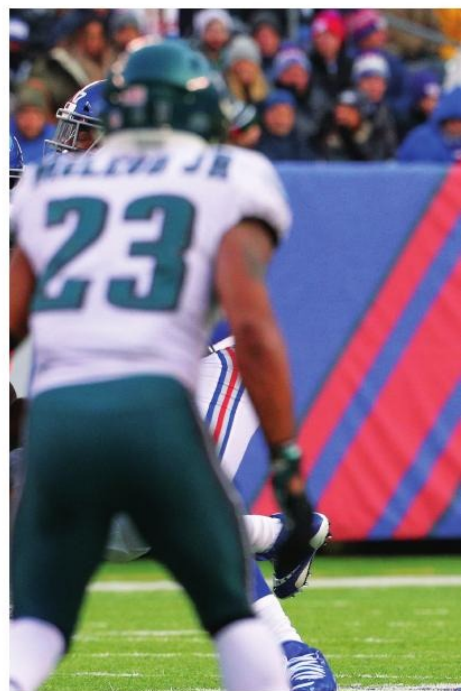
For outdoor fun, visit Branch Brook Park, which is nearly 4 miles long and has 360 acres of lawns, playing fields and winding paths, as well as various streams, pools and lakes. The park is hosting the African Caribbean Music Festival on September 8, as part of the Essex County Summer Music Concert Series. Still, the park is best known for April's Cherry Blossom Festival, when the park's 5,000 cherry trees are in full bloom. The weeklong festival attracts thousands of people and features a fun run, tours and a variety of activities.

The Cathedral Basilica of the Sacred Heart adjoins the park and is a magnificent structure that resembles the great cathedral in Reims, France. The cathedral is the fifth largest in North America, and Pope John Paul II per-

formed a prayer service there in 1995.

A great spot for taking a fall stroll is Newark's Riverfront Park. The park's vibrant Orange Boardwalk has views of the Passaic River. You can relax on the shoreline, hop on a boat tour or rent a kayak for an outdoor adventure.

Riverfront Park is steps away from the Ironbound neighborhood, which has a large Brazilian, Portuguese and Spanish population.



CLOCKWISE FROM TOP LEFT: RICH GRAESSLE / ICON SPORTSWIRE VIA GETTY IMAGES; LIZ CLAYMAN; NEWARKHAPPENING.COM (2)



» **Clockwise from top left:**
New York Giants quarterback Eli Manning plays at MetLife Stadium. Newark's Marcus B&P restaurant expands the city's culinary scene. The Grammy Museum Experience features a Taylor Swift exhibit. Batalá New York, an all-female percussion band, performs during a Brazilian Festival Parade.

Newark's Brazilian heritage is celebrated in September with a variety of cultural events, including the Brazilian Festival Parade. Held September 2, the parade features Brazilian music, food vendors, dancing and more. For a list of the city's festivals, visit the events calendar at newarkhappening.com.

Food is one of the best ways to explore the city's heritage. The Ironbound neighborhood

has more than 170 restaurants, with many offering Brazilian, Portuguese and Spanish dishes. A local favorite is Marisqueira, offering Portuguese seafood at its best. A fixture in the neighborhood for decades, the restaurant serves dishes such as garlic shrimp and hake, simmered with sweet onions and served with potatoes and a sliced hard-boiled egg.

You can't get much more traditional than Hobby's Delicatessen & Restaurant. A Newark landmark, Hobby's still pickles its own corned beef and is known for its large sandwiches. Located a block from the Prudential Center, Hobby's is a great place to gather to cheer on the Devils before every home game.

One of the city's newest and most acclaimed restaurants is Marcus B&P (the "B&P" stands for bar and provisions). Opened in 2017 by celebrity chef Marcus Samuelsson, the restaurant offers the chef's trademark cornbread and an eclectic mix of hearty comfort food, ranging from chicken and waffles to pizza, steak fries and grits. ✈

Alaska Airlines offers daily flights to Newark Liberty International Airport. For information or to book a ticket, visit alaskaair.com.



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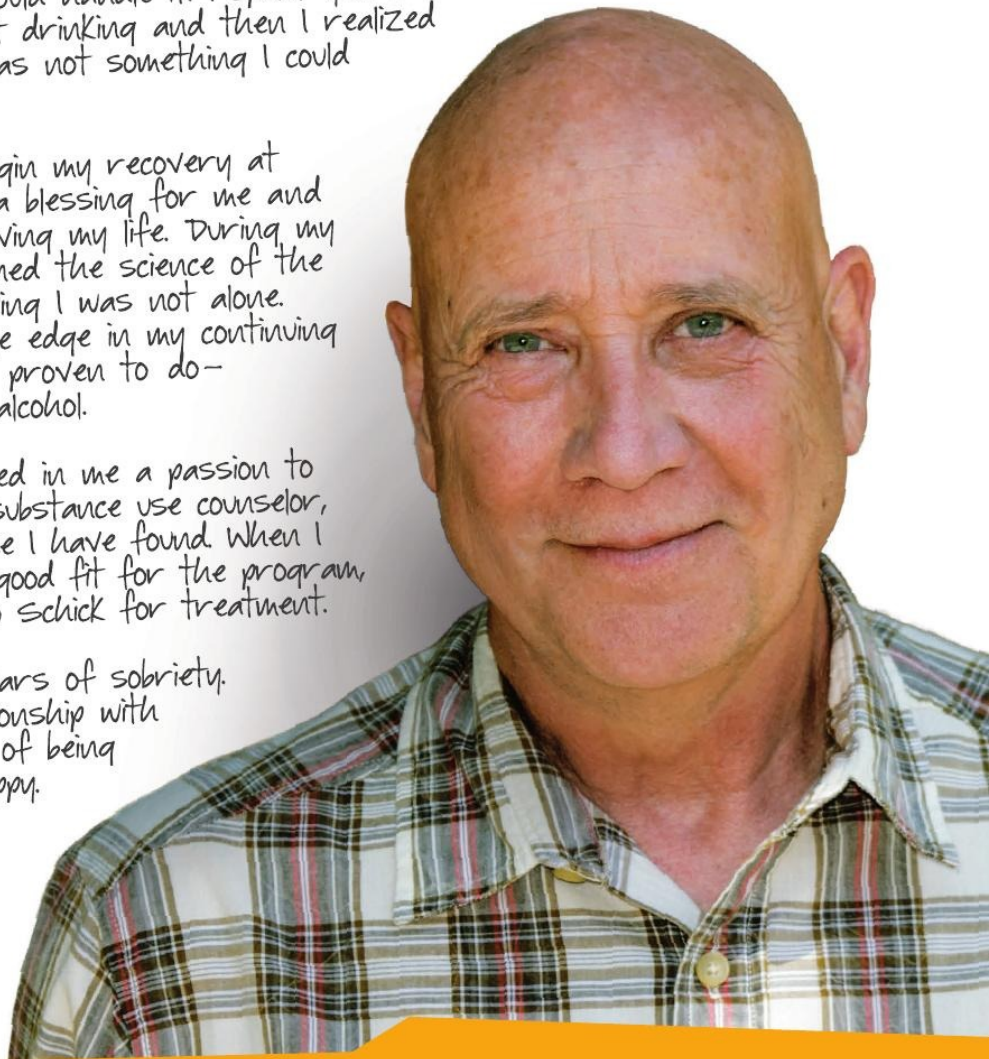
I found the help I needed to begin my recovery at Schick Shadel Hospital. It was a blessing for me and I credit the treatment with saving my life. During my ten-day stay at Schick, I learned the science of the disease and the relief of knowing I was not alone. The treatment gave me a huge edge in my continuing recovery—as it is scientifically proven to do—by removing my cravings for alcohol.

My experience at Schick instilled in me a passion to become a psychotherapist and substance use counselor, helping others to find the peace I have found. When I have patients who seem like a good fit for the program, I wholeheartedly refer them to Schick for treatment.

I am so grateful after six years of sobriety. I now have a wonderful relationship with my wife and revel in the joy of being a grandfather. My soul is happy. Yours can be, too.

Thank you Schick Shadel!

— Greg



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MINNEAPOLIS RIVERFRONT STROLL

By Berit Thorkelson

» **Early European settlers flocked** to what is now Minneapolis' riverfront to harness the power of the St. Anthony Falls, a natural cascade on the Mississippi River. Today, most visitors come to the Minneapolis Riverfront District for the attractions and views of the water and city. A variety of urban parks, cafes, museums and other sites line the nearly 2-mile downtown loop along both sides of the river, at the base of Minneapolis' glass-and-steel skyline.

Start where Chicago Avenue meets South Second Street—ideally on a fall Saturday morning, when the Mill City Farmers Market is in full swing. Grab breakfast pizza or cardamom doughnuts, and take in the local art, live music, cooking demos and bounty of produce—fresh from area fields—all filling the pedestrian mall and connected shed, where trains once unloaded grains to be milled into flour.

The market sits between the Mill City Museum (a structure built within the stone ruins of what was reportedly once the world's largest

flour mill) and the Guthrie Theater, a stunning space for plays. The Guthrie also has two fantastic vantage points for river views and first-rate selfies: the cantilevered Endless Bridge, which extends 178 feet toward the river, and the ninth-floor Amber Box, which looks similar to a supersized, glass-enclosed Lego brick connected to the side of the building.

From the Guthrie, head northwest up West River Parkway to a pair of easy-to-explore historical sites. Mill Ruins Park lets visitors wander amid more riverside remains of the city's former flour-milling empire, which raised the global corporations General Mills and Pillsbury. And, at the observation deck of the Upper St. Anthony Lock and Dam visitors center, guests enjoy views, exhibits and—late May through September—ranger-guided tours onto the lock walls.

» **A walk along the Mississippi River offers city-skyline views, left. Mill City Museum, shown during an outdoor event, right, is built inside factory ruins.**

Nearby, the 1883 Stone Arch Bridge, a graceful former railroad bridge that once supported 80 passenger trains a day, now allows passage for pedestrians and bikes. Amble over it into Father Hennepin Bluff Park's more than 8 acres of green space and riverside trails.

The park is located in St. Anthony Main, a historical neighborhood born in the mid-1800s and now centered on a cobblestone street lined with a handful of restaurants. On a warm day, find a tree-shaded seat at Aster Cafe—with arguably the best view in all the city—for a meal, dessert or drink as the Mississippi rolls past the sparkling skyline. ✈

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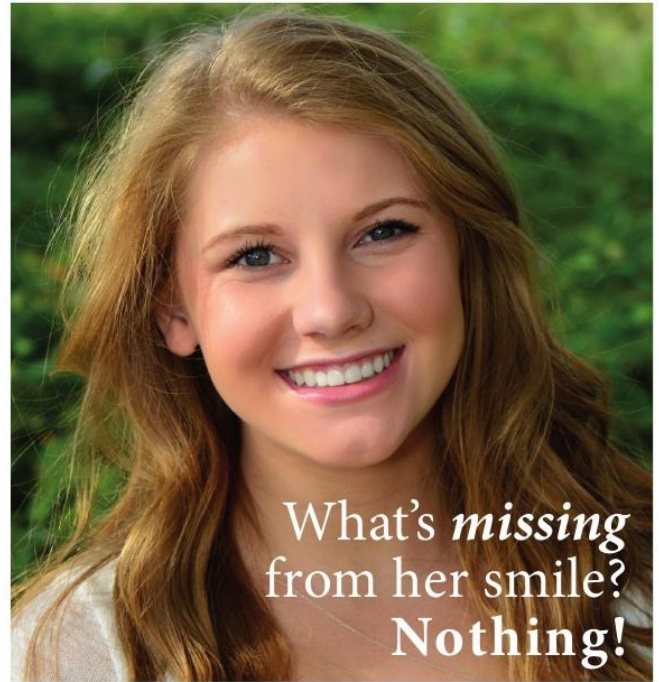
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Jordan's Story

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

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



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

"Dr. Keller changed my life!"

- Jordan

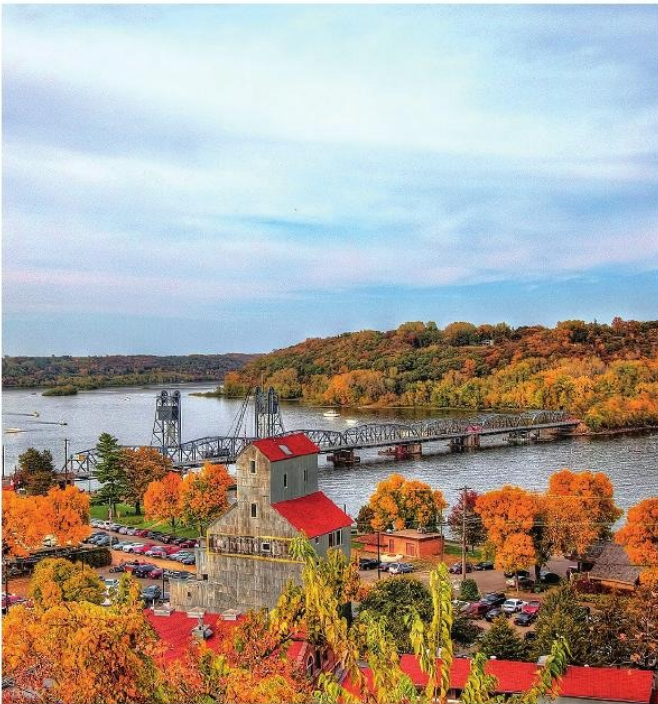
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MINNESOTA ROOTS TOWN

By Berit Thorkelson

» When Minnesotans talk about great small towns, Stillwater—touted as the state’s birthplace—generally tops the list. And for good reason. Nestled in the St. Croix River Valley, about 30 miles east of Minneapolis, Stillwater has long been considered a one-place-fits-all destination for foodies, families, nature lovers, history buffs and shoppers. Especially in fall, when orchards are filled with harvest events, and the tree-cloaked valley blazes with color, it’s easy to fall in love with this town.

Downtown Stillwater is often bustling on weekends and may be best explored without a car. Plan to get an early start and park in one of the lots near the river. From the riverfront area, have a look at the 1931 Stillwater Lift Bridge that crosses the St. Croix to Wisconsin. Formerly a highway span, the bridge is being renovated for pedestrians and bikes and is scheduled to reopen in 2019.

You can find a number of intriguing independent businesses in the brick buildings in the town’s core between Main Street and the river.

Shops here cater to a variety of tastes, with antiques, art, candies, clothes and more. One of my favorites: Mara-Mi, a local specialty paper and gift boutique, with a small cafe tucked into a corner of its open, airy space.

Stillwater’s ever-evolving mix of casual and high-end restaurants is also worth exploring. I love the inventive, individualized, wood-fired pizzas cooked in under 5 minutes at QuickFire Pizza. Other highlights are the fine wines and local, seasonal food at Domacin Restaurant & Winebar, and 70-plus specialty tropical cocktails at The Tilted Tiki Tropical Bar & Lounge.

Enjoy the company of knowledgeable guides and your fellow visitors on foodie or ghost tours available downtown, or try one of the self-guided walking versions, available by


» The riverside town of Stillwater is especially picturesque with its fall foliage, left. One way visitors can tour the area is by Segway, right.

visiting <https://www.ci.stillwater.mn.us>, under “Visitors.” Wheeled options include trolley, Segway and even 13-person “BierCycle” tours (steered by an operator and powered by fellow beer lovers). There is also a self-serve bike rental station on Water Street.

If the nearby pretty ribbon of the St. Croix calls to you, catch a ride on an old-fashioned paddlewheel boat, rent a standup paddleboard or kayak, or hire a gondola imported from Venice, Italy. All are aptly aquatic ways to enjoy your time in the pretty river city of Stillwater. ✈

MORE TRIPS FROM MINNEAPOLIS

- **Red Wing:** This Mississippi River town is known for its pottery and Red Wing Shoes.
- **St. Paul:** The state capital is Minneapolis’ twin and neighbor, connected by light rail.



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HIGHLIGHTING HEIRLOOMS

By Adriana Janovich

» It isn't just the color, although the Boston Marrow squash is quite stunning, with a rich and vibrant orange-red hue inside and out. It's the texture—"nice and soft, but not stringy"—and the earthy, gently sweet flavor that sold Mike Jones on the ingredient. As chef and owner at **Mizuna** in Spokane, Washington, he's had it on the fall menu for about 10 years. He pairs his signature squash gratin—a mixture of squash, heavy cream, nutmeg, goat cheese, garlic and seasoned bread crumbs—with anything from roast chicken to pan-seared scallops. But the treatment is always fairly simple. "The thing about heirloom fruits and vegetables is that less is more," Jones says. "You don't have to do too much to them. They have really great flavor. You want that flavor to shine."

Highlighting these varieties is "emblematic of eating seasonally and locally," says Seattle cookbook author Kim O'Donnel. Her 2017 **PNW Veg** cookbook features many heirlooms—from mayocoba beans to emmer, an ancient wheat. The "heirloom" designation refers to varieties grown from seeds that are open-pollinated, saved and handed down from generation to generation—like treasure. They haven't been crossbred for multiple generations or genetically modified. And they taste largely the same as they did when our great-grandparents grew them.

"When these kind of ingredients come back after having fallen off the culinary map, it's encouraging," O'Donnel says, noting she sees more

and more of these varieties on restaurant menus every year. "It's a bonus when you see them. It means chefs have gone out of their way to explore working with that ingredient. That's somebody with a culinary curiosity."

Jason Knibb, executive chef of **Nine-Ten Restaurant and Bar** in the Grand Colonial Hotel in San Diego, is one such chef. His tomato salad remains on the menu through late September and features a variety of heirloom tomatoes, as well as burrata cheese, cucumber, watermelon, pickled corn, purslane, fresh parsley and basil, tomato-and-corn vinaigrette, curry oil and rustic-bread crumbs. In the past, Knibb says, heirlooms "were neglected because they didn't look 'good.' When you look at an heirloom tomato, for example, it's dimply, and there are blemishes. But once you get to the meat of it, the flavor is unbelievable." ✈

» Heirloom tomatoes are showcased in a fresh summer salad at **Nine-Ten Restaurant and Bar**.



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CLASSIC COCKTAILS

By Brad Japhe

» The first recorded use of the word *cocktail* to describe an alcoholic beverage dates back to 1803. In other words, bartenders have been perfecting the craft since the Jefferson administration. And cocktails evolved as quickly as the country that birthed them. The seemingly simple combination of spirits, sugar, water and bitters was soon elevated to an art form by Jerry Thomas, considered the father of American mixology. In the mid-19th century Thomas literally wrote the book on how to mix drinks (*Bar-Tender's Guide*). Many of his original recipes are still found on menus today. If you want an authentic taste of the past, you just need to know what to order.

San Francisco's association with spirits is about as old as the city itself. During the Gold Rush of the mid-1800s, saloons sprouted up on practically every street corner to serve the endless parade of prospectors coming to find their fortunes. The East India Cocktail was a typical beverage, combining ingredients that would have been popular at the time: brandy, raspberries, bitters, orange Curaçao, cherry liqueur. **Salt House** taps into the city's liquid legacy with an alteration of the East India Cocktail called Old Fitzzy's Girl (recipe at right)—with Irish whiskey in place of brandy and a slightly sweet walnut liqueur stepping in for the Curaçao. "It's a riff on a pre-Prohibition cocktail that first popped up in 1882," explains bar lead Gabe Cothes.

In San Francisco's Mission neighborhood, **Elixir** honors its location on the site of an 1858 saloon. Here you'll find the Friar Serra Flip, named for Junípero Serra, the legendary priest who established multiple missions during the time of American independence. The drink is a rich, egg-infused blend of sherry, citrus and Bols Genever—a Dutch spirit that was widely available in the pre-Prohibition era. "The Friar Serra Flip is light enough for regular service, yet rich enough for a dessert drink," says Elixir



proprietor H. Joseph Ehrmann, who stencils angel wings onto the cocktail's frothy head. "The ingredients are all from the 19th century, making it a drink similar to what was served back then."

For all Jerry Thomas' pioneering recipes, he remains most famous for his flashiest formulation: the Blue Blazer. A combination of Scotch whisky, boiling water and sugar is lit on fire and transferred back and forth between two mugs—at arm's length—creating a streak of blue flame as it arcs from vessel to vessel.

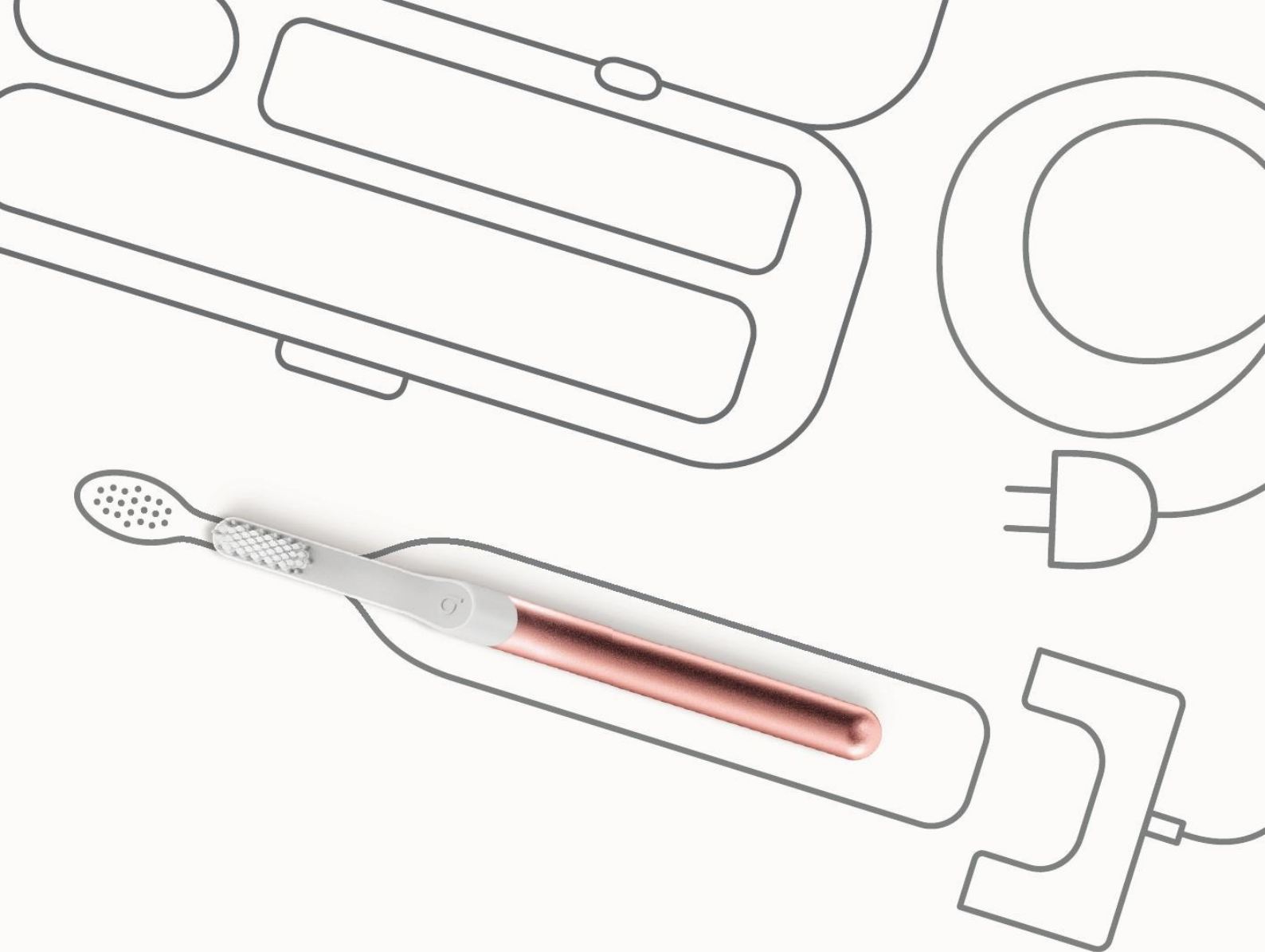
"Jerry Thomas was the original rock-star bartender, and the Blue Blazer was his guitar solo," says Russell Davis, owner/bartender at **Academia** in Austin, Texas. "In my career, I've been known to play with fire, and I love the

OLD FITZY'S GIRL SALT HOUSE, SAN FRANCISCO

1 ½ ounces Jameson Irish whiskey
¾ ounce raspberry shrub
¼ ounce *nocino* walnut liqueur
1 teaspoon maraschino cherry liqueur
3 dashes Angostura bitters

balance of remaining calm while rallying the excitement of a crowd. The execution of the Blue Blazer is no different. You have to respect Jerry Thomas for inspiring generations of bartenders to learn to create a drink so awe-inspiring and timeless."

Enjoy it this fall, much the same way your great-great-grandparents might have sipped it 150 autumns ago. ✕



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THIS STONE IS ROLLING

Singer-musician Allen Stone stays busy with a new album, tour and upcoming wedding

By Jacob Uitti

» When soul singer **Allen Stone** released the video for *Brown Eyed Lover*, the lead single for his forthcoming, currently untitled album (scheduled for release in early 2019), viewers saw a confident performer in a cozy studio surrounded by his longtime touring band. The video, which shows Stone lamenting the distance apart that he and his fiancée endure while he's on tour, hints at the singer in a new stage of life—one in which the powerfully voiced and expressive singer is focused on finding satisfaction through his own hard work rather than making his name with flashy production.

Since landing on the national stage in 2011 with his hit single *Unaware*, Stone has rarely taken a break. While he technically lives in Spokane, Washington, he is on the road more than three-fourths of the year. Still, Stone is grateful for the work. For him, effort is a marker of success. And while touring can be a grind, it's also paying off. In April, the hit TV show *American Idol* showcased Stone as a guest coach and *Unaware* as a featured song, which he sang as a spirited duet with contestant Dennis Lorenzo.

"I don't want difficulty to go away," Stone says. "I don't want struggle to go away. When you wake up and get out of

bed, you should have a rock to push up against. But that rock is your companion, your homie. Without that, it's [creative] death."

For Stone, the artistic challenge most recently took the form of working tirelessly in a recording studio in Nashville, Tennessee, where he and his regular band spent weeks laying down tracks for the songs that would make Stone's upcoming album. For his first two LPs, Stone enlisted professional studio musicians he hadn't played with previously. But on this third album, he wanted to lean more on the chemistry his band has built up on the road.

"Musically," says Stone, "the new record is definitely different. I've been touring with the same guys for five years, and a huge part of this record was bringing them into the fold." The result is a jubilant album rich with camaraderie. "I'd written music before from a place of angst," he recalls. He says his best songs previously came from being mad at something, and that this record was about searching for a different inspiration.

Stone's renewed joy for music was evident when the golden-voiced performer premiered the album's second single, *Warriors*, in July, at the Special Olympics USA Games Opening Ceremony in Seattle. Venturing into the crowd and high-fiving the onlooking and enthusiastic athletes, Stone wore a wide grin as he sang. "I've never had so much fun playing music than at that opening ceremony," he says. "It was pure joy."

While his creative work continues to bring him happiness, it's Stone's relationship with his fiancée that is his ultimate foundation. "I'm more serious about the long game now," says Stone, who recently took up yoga and improved his health habits. "And I think that comes from being in a relationship I'm ecstatic about—that's a support system. One that I can see myself in for the rest of my life."

Of course, the show must go on. And that next means a three-month North American tour kicking off this fall and concluding with two Seattle shows in mid-December.

Returning to the Emerald City always has significance for Stone. And travelers passing through Seattle-Tacoma International Airport may even periodically hear his voice (along with voices of other local performers) welcoming them to town via the PA system, because Stone recorded audio for the Sea-Tac Airport Music Initiative in 2012.

"Seattle is where I see the most support," says Stone. "It's where I made a name for myself. So coming back to Seattle at the end of the tour is going to be a really welcome experience."

For song samples and more information about Stone's tour dates and new album, visit allenstone.com. ✂

» In July, **Allen Stone** performed a rousing rendition of his single *Warriors* at the Special Olympics USA Games, on Alaska Airlines Field at Husky Stadium in Seattle.



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MODERN-DAY MAKAHIKI

By Will McGough

» When iconic winter swells arrive and powerful, majestic waves take center stage on O'ahu's North Shore, top surfers from around the world come to harness the waves' power.

During this time, I join other spectators at places such as 'Ehukai Beach or Sunset Beach to dig my toes into the sand and watch these expert surfers perform.

For admirers of nature's wonders, it's arguably prime time in Hawai'i. In addition to the big waves, increased rain showers prompt waterfalls to gush, creating scenes of unparalleled beauty throughout the Islands.

On the Hawaiian calendar, this season is known as Makahiki, a five-month period that begins in October and marks a transition to the new year. It is viewed as a time of rest and rejuvenation for the land and its people.

Historically, large-scale efforts in farming, fishing, building and battling were set aside and substituted with family time, offerings of appreciation to gods and chiefs, and games and athletic competitions. Afterward, refreshed by the break, Hawaiians would return to their regular lives in February or March with fields revitalized and fish stocks replenished.

In the past, native Hawaiians felt that surfing during "big wave season" was too risky. However, there are many locations throughout the Islands where it is safe to take part in water activities during winter. For instance, first-time surfers will usually find friendly waves on O'ahu's Waikiki Beach during Makahiki.

Generally, the large waves are found on the northern and western sides of the Islands, most famously on O'ahu's North Shore. While spectators watch, experts who are daring and skilled enough ride these famous winter waves in surfing events such as Vans Triple Crown of Surfing (scheduled for late November or early December this year, with event timing determined by ocean conditions).

Many Makahiki traditions continue.

Schoolchildren take part in traditional games such as *'ulu maika*, in which a player must roll a hockey puck-shaped rock between two sticks stuck in the ground. Kids and adults also participate in other physical challenges, such as tug-of-war, spear throwing and *haka-moa*, where two opponents, each holding one of their own legs with one hand, try to pull the other to the ground. Cultural observations are

held on all islands, including competitions and ceremonies on Moloka'i, January 24–26, organized by the Ka Molokai Makahiki Organization.

Back on O'ahu's North Shore, I watch great surfers paddle out to greet the large swells. Understanding the season's historical roots makes me content to stay dry and leave the big waves to the professionals. ✈



» O'ahu's North Shore is famous for its winter surfing, top. Haka-moa, above, is a traditional game played during Makahiki season.

Lee Fisher

POSITION: Manager, Gatehouse & Equipment Control

LOCATION: Anchorage, Alaska

DATE HIRED: May 21, 2003

NOTES: Deep experience, familiar with all Alaska ports. Goes the extra mile to get the job done. A hard core road and fat bike racer that can be found on two wheels more often than two feet. Rides for fun and local charities, logging more than 3,500 miles last year.



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VINTAGE VOGUE

Modern pieces with an old-school twist

By Dannie Ray

» Whether you're back to school, back to work, or just back to fall, September is a perfect time to switch up your style, and vintage-inspired pieces are a timeless way to do it. Stand out from the crowd with these 1940s-, '50s-, '60s- and '70s-inspired items that bring decades-old fashion into the modern day.



Outfit your whole family in Hawai'i-inspired **Alfred Shaheen Blue Tapa Tapestry** items from **Unique Vintage**. Shaheen is credited with popularizing the Hawaiian shirt in the 1940s and '50s, and these cotton prints will make anyone feel like a true islander (\$54-\$158; unique-vintage.com).



Show off your passion for the outdoors with a **Rainier Mod Sun Raglan Tee** from **Parks Project**. The stylized Rainier emblem and the slim-fit, three-quarter-sleeve baseball cut, channel retro nature vibes, and the cotton blend is designed to keep you feeling cool (\$40; parksproject.us).

Inspired by screen queen Katharine Hepburn's signature style, these **Hepburn 1940s Golf Shoes** by **Royal Vintage** are intended for everyday wear. Available in green and white, or brown and white, the 1.6-inch-heel shoes feature an all-leather lining and lace-up closure, as well as versatile removable fringes (\$160; royalvintageshoes.com).



Embrace your inner flower child with a pair of **Grooving Mood Wide-Leg Pants** from **ModCloth**. The gros-grain polyester fabric adds an extra layer of authentic flair to these high-waisted floral flares, which also feature an elastic waistband and a side-zip closure (\$85; modcloth.com).



The **Jenny Dress in Deep Sea Dive** from **Pinup Girl Clothing** is designed in collaboration with Charles Phoenix to flatter sizes XS to 4X with its 1960s-inspired fit. The boned bodice and flared skirt give off a vintage aesthetic, while pockets give the dress a modern update and make it suited for many situations, whether at home or on the go (\$178; pinupgirlclothing.com).



The **San Francisco Seals 1940 Vintage Ballcap** from **Ebbets Field Flannels** is a reproduction of the Minor

League Baseball team's cap. The hat is modeled after one worn by Lefty O'Doul, a player who mentored greats such as Joe DiMaggio and Willie Mays, and later managed the Seals from 1935 to '51 (\$49; ebbetts.com).

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BACK-TO-SCHOOL TECH

Innovations to enhance learning experiences

By Sophia Scheer

» This fall, as thousands of college students head to classrooms, lecture halls and dorms, they can journey forward with school supplies that go beyond the basics—and experience learning assisted by useful and fun technologies. The following products make great back-to-school gifts and can be enjoyed by nonstudents and working professionals, as well.



Canon Ivy mini photo printer:

Students can enhance dorm decor by using the Ivy to print 2x3-inch photos in seconds. This compact printer uses a zero-ink technology to print with Ivy Zink Photo Paper (which has a peel-and-stick backing). Download the Canon Mini Print app to edit photos and send them wirelessly from a compatible device (\$129.99; usa.canon.com).



Great Useful Stuff Deluxe Combo Charging Station:

Promote dorm-room tidiness with this bamboo-wood organizer designed to hold and charge up to six devices at once with USB and wireless tech. It has two slots for phones, three slots for tablets or e-readers, and one wireless-charge station for a Qi-enabled device (\$50; greatusefulstuff.com).



Scanmarker Air: This penlike tool scans type and sends it to devices via Bluetooth to create editable digital text. Scan class handouts directly into Microsoft Word, Google Docs and other file formats. The Scanmarker app also features an integrated text-to-speech function to translate (and read aloud) text in more than 40 languages (\$99; scanmarker.com).



Rocketbook Everlast:

Use this notebook and its accompanying Pilot FriXion pen to write or draw on reusable pages, then scan to a device with Rocketbook's free app. Great for taking notes, Everlast allows students to erase ink after scanning, using an included microfiber cloth (\$34 for either 32 letter-size or 36 executive-size pages; getrocketbook.com).



Kodak Pocket Portable Projector:

Designed to project images and video onto any flat surface, this slim gadget can create an 80-inch display from 12 feet away—and features adjustable focus. Students can give in-class presentations or avoid the need for a TV by routing inputs through included cables (\$199.99; kodakphotoplus.com/products/kodak-pico-pocket).

MORE SCHOOL STUFF

■ ASTI Sound + Sleep Mini:

Get a good night's sleep despite roommate noise with 48 audio settings to block unwanted sounds (\$67.95; soundofsleep.com).

■ Kensington Combination Laptop Lock:

Laptops are central to today's educational experience. This lock fixes compatible, non-Mac laptops to any solid anchor (\$29.99; kensington.com).

■ Kindle Paperwhite:

Students can purchase and annotate textbooks or novels by using this front-lit e-reader designed to work for up to six weeks on a single charge (\$119.99; amazon.com).

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TWO NEW LOCATIONS FOR TEEING IT UP

By Jeff Wallach

» **Unique golf-course layouts** in Oregon and Mexico are providing ample reasons to pack your clubs and head for the airport.

In Oregon, Silvies Valley Ranch begs a visit not just for the quality of its golf, but also for the vision behind what may be one of the best new American resorts.

The working ranch, outside the small town of Burns, located about 130 miles southeast of Bend, has a theme that reaches beyond logos and furnishings. However, Pendleton blankets, deep leather couches and vast raw-beamed accommodations have been well-coordinated to create a carefree cowboy vibe.

Silvies' love-the-land ethic is evident in acts of restoration across the property—from the preservation of original homesteads to the re-creation of natural habitat.

The resort's golf course, designed by Dan Hixson, may also elicit a few unrestrained "yee-haws." The 18-hole course is set up in such a manner that it can be played as two separate layouts, thanks to the clever use of different tee boxes and a total of 27 greens.

While there are no water features on any of

the 18 holes, 100 gorgeously sculpted bunkers may distract from this realization. Fescue fairways throughout are as wide and open as the surrounding skies.

Hixson's separate nine-hole par-3 Chief Egan course rolls through a mountain meadow along Paiute Creek. Hixson also devised yet another layout, known as McVeigh's Gauntlet, a collection of seven difficult holes playing through steep hills for a few final golf challenges.

Another fun aspect of Silvies golf is the introduction of goat caddies. The ruminants are trained to carry your clubs in special bags strapped to their backs, and they will not try to change your grip.

A second new golf complex gaining rave reviews is located on Mexico's Baja Peninsula.

» **Goat caddies, above, carry golf clubs in specially created bags at Silvies Valley Ranch in Central Oregon. TPC Danzante Bay Golf Club in Loreto, Mexico, features the par-3 17th hole, right, with a green perched above the Sea of Cortés.**

After renovating many of the golf world's top tournament venues, architect Rees Jones opened TPC Danzante Bay Golf Club in Loreto earlier this year, and it's one of his best and most enjoyable courses yet. Despite encompassing valleys, arroyos, dunes and desert terrain, Jones included something missing from many big-name golf designs: fun. Danzante proffers fairways that are difficult to miss, green complexes that are fair, and many ways of playing most holes—all of which offer views of the Sierra de la Giganta mountains or the shimmering Sea of Cortés.

While the course layout romps up and down secluded canyons, the journey is breezy and laid-back, with open pathways, and hole contours and bunkering meant to keep even errant shots in play. Four holes stretch across an inland dune; three wander into beachfront dunes; and the layout boasts 250 feet of elevation change. Anticipation builds throughout the round for the course's signature hole, No. 17, a downhill par-3, where the green perches precariously on a rock outcropping surrounded on three sides by the sea. It will be the rare golfer who hits only one ball to this eminently alluring target.

For a great family outing, try Danzante Bay's nine-hole putting course inspired by The Himalayas putting green at St. Andrews Golf Links in Scotland. ✈





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ISLAND STYLE

Hyundai's Kona takes its cues from Hawai'i, where relaxation is as important as adventure

By Bengt Halvorson

» With the Kona, Hyundai has a curvaceous and audacious vehicle that's as much at home heading to the trailhead as it is heading to the shopping mall. Comparable in form to the Kia Soul, Subaru Crosstrek, Toyota C-HR and Jeep Renegade, the Kona starts at \$19,000 and offers ruggedness paired with in-cabin amenities to create a comfortable ride and a surprisingly sporty driving experience.



Raising Eyebrows

The Kona's unique front-end styling features slim headlights that look like eyebrows.



What's inside

The Kona's cabin is a nice contrast to the bold, youthful exterior. In the Ultimate version I tested, that meant dark, well-coordinated trims, supportive leather seats, a head-up display, and an Infinity eight-speaker sound system with Android Auto, Apple CarPlay, Siri and Google Now support—plus three years of Hyundai's Blue Link that, among other features, connects to a suite of Amazon Alexa-capable devices.

The interior has ample capacity (despite the Kona's overall length of just 164 inches) thanks to the tall roof and elevated seating position with enough headroom all around. There's space for two adults (or three kids) in back. The Kona's 19.2 cubic feet of cargo area is plenty for the weekly grocery run, and the rear seatbacks fold flat to 45.8 cubic feet for a Costco stockup or trip to Ikea.

What's under the hood

The Kona SE and SEL models have a 147-horsepower, 2.0-liter four-cylinder engine and a six-speed automatic transmission. The Kona Limited and Ultimate models upgrade to a 175-horsepower 1.6-liter, four-cylinder turbo engine and a seven-speed dual-clutch automatic transmission—a combination that packs a lot more punch with 195 lb-ft of torque at 1,500 rpm. The Kona is an even better drive in Sport mode, which quickens shifts and firms up the steering. Across the model line, drivers can choose between front-wheel and all-wheel drive.

This fall, Hyundai expects to offer a Kona Electric model with a 64-kWh battery pack that brings an EPA driving-range rating of 250 miles or more. The all-electric motor's 201 horsepower and 291 lb-ft of torque could make it the quickest-accelerating Kona. ✈



*Enjoying family time
in Los Cabos: Russell
and Ciara with Sienna
and Future Jr.*

TEAM WILSON

SUPERSTAR COUPLE RUSSELL WILSON AND CIARA BALANCE CAREERS AND COMMUNITY WITH RAISING A YOUNG FAMILY | BY JIM CAPLE

When Russell Wilson and Ciara were planning their wedding, they initially wanted to get married somewhere in the United States, he says. Then they switched to Europe. "It was summertime, so it was too hot to do the islands or anything. We would have been sweating like crazy," Wilson says. It took a little time to decide exactly where in Europe the celebrated quarterback of the Seattle Seahawks and the Grammy-winning R&B singer/songwriter would wed.

"We were literally looking up places to go, and sure enough, we saw a site in Liverpool," Wilson says. "That's where the Beatles were from, and I was like, 'It's home to a great tradition and great music. Let's go there.'"

In July 2016, they married at the gorgeous Victorian-era Peckforton Castle, which looks somewhat like the *Downton Abbey* manor, located about 35 miles outside of Liverpool where they had their rehearsal dinner at the Titanic Hotel. Included on the short guest list of close friends and relatives were several of Wilson's teammates.

"Just going to England and seeing the wedding, it was an amazing time," says Seahawks wide receiver Tyler Lockett. "Being able to see a different side of Russell. You see the football side, you see the off-the-field side, and you see the happi-

ness he had when he was getting married. That was one of the best feelings I've had."

The fact that Wilson got married abroad is little surprise considering that he loves to travel. Just this past summer, the Chief Football Officer for Alaska Airlines went to three other continents, with stops in China, England and southern Africa.

"Ciara is better known than I am there, that's for sure," Wilson says of the couple's Africa trip, which was a quasi-honeymoon since the two had only a short honeymoon following their wedding because of their packed schedules.

"Traveling is great," Wilson says. "You get to see people and to meet people, and you get to hope they will change the world."

"One of the cool things I got to do was play football with kids in townships in Africa. That was pretty amazing because they had never seen football before, and their fascination with it was amazing. It was so cool to see how good they were and how great they could throw the football."

"It touched my heart, and hopefully it touched theirs."

No doubt it did. Wilson is devoted to kids and completely comfortable not only having fun with kids and teaching them about sports, but also being an engaging and inspiring role model.

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Clockwise from top: Wilson puts on a football clinic for local kids on a recent trip to China; Grammy Award winners Ciara and Kelly Rowland present a holiday show at Seattle Children's; Wilson, Alaska's Chief Football Officer, inspires a group of recent graduates in the Seattle area.



When the Seattle Seahawks opened training camp in late July, Ciara was there for the first day, along with their young daughter, Sienna, and Ciara's 4-year-old son, Future. Sienna was born a year into Ciara's marriage to Wilson.

Of his daughter's birth, Wilson says: "That's the greatest miracle of all. I am super grateful for that. Me being a stepdad, too, and just being able to lead."

Sienna is not yet a year and a half old, but Wilson says she is already a sports fan who also knows some of her mother's dance moves. Asked whether Sienna will go into sports and music like her parents, Wilson replies, "She'll have it all."

That would be no surprise: Ciara is known worldwide as a singer/songwriter, dancer, actress and model. Several of her songs have reached No. 1 and No. 2 on the Billboard Top 100, and her albums have been extremely successful.

She's earned five Grammy Award nominations

and she won a 2006 Grammy for the music video *Lose Control*.

"She's the best mother," Wilson says. "She reminds me of my mom. Just how much love she gives to our kids, and to people in general. I'm a warmhearted person, I think, but when I met her, and got to be around her more and more, she made me better. That's what you want in love, someone who can make you better. She also is in an awesome point in her career right now."

Similarly, Wilson is a superb quarterback for the Seahawks. In addition to leading the Seahawks to their first Super Bowl championship in the 2013-14 season, he was Seattle's first quarterback to throw for 4,000 yards in a season—which he's done twice. He's also run for more than 3,200 yards and 16 touchdowns over the last six seasons, including 849 yards and six touchdowns in 2014.

"On the field, he's fast and makes plays," says Seahawks linebacker Bobby Wagner. "You don't know how to cover him because he runs as soon as you come to try to tackle him, and he throws the ball over your head. He's super fast."

"He just can't get past me," Wagner adds with a laugh, "but he can get past everybody else."

In addition to the physical skills, Wilson is lauded for his ability to stay highly motivated, even when his team is losing late in the game. Seahawks



JOHN LOK



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head coach Pete Carroll vividly recalls moments when Wilson has been on the sidelines in such a situation and saying, “We’re going to win this game!”

“It’s just his undying spirit,” Carroll says. “When that shows up and I see what comes out of it, he just loves the challenge. ... That’s my favorite thing with Russell over the years, and I can’t wait for it to happen again.”

Football is not Wilson’s only sports passion. He also played baseball in college, well enough to be drafted by the Colorado Rockies—he played two summers in the minors. He played a spring-training game this spring with his favorite team as a kid, the New York Yankees, who acquired him from the Texas Rangers last winter.

“I just want to perform every time I step on the field,” Wilson says of sports. “I want to be the best in the world every time I get a chance.”

That athletic drive runs in his family. His sister, Anna, currently plays for the Stanford basketball team. His brother, Harry, played football and baseball at the University of Richmond.

“It’s a blessing. We’re all super competitive, we all love sports, we all love winning,” Wilson says. “Our parents did such a good job of raising us. Encouraging us rather than discouraging us. They were always big influences in our lives.”

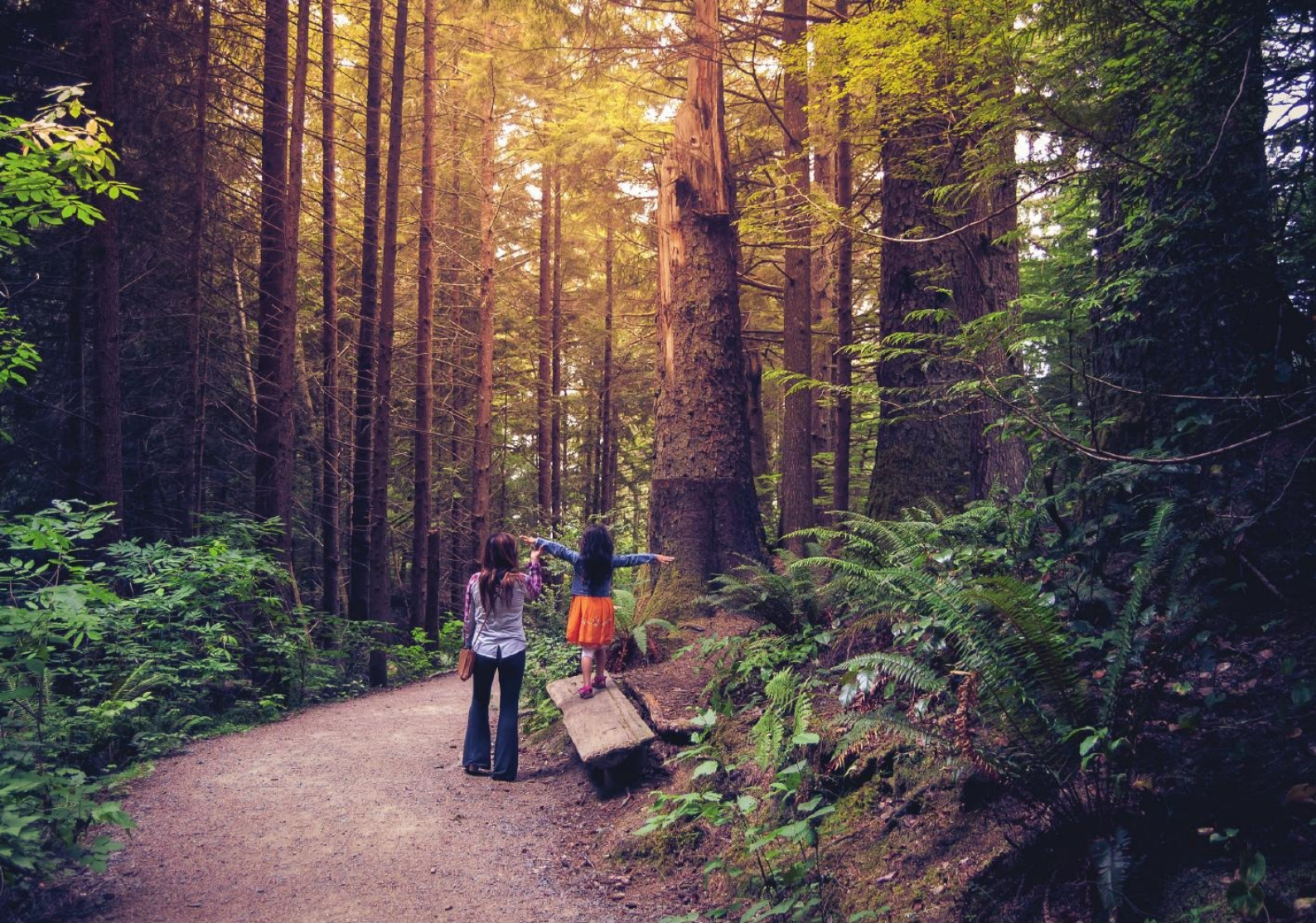


“HE’S NOT AFRAID TO WALK INTO THE ROOM AND BE WITH THESE KIDS AND GIVE THEM THE SAME KIND OF INSPIRATION HE GIVES ON THE FIELD,” SAYS ALLISON BROADGATE.

Which is no surprise, either. Wilson’s late father, Harrison Wilson III, played baseball and football at Dartmouth, on his way to becoming a lawyer. Russell’s mother, Tammy, had a career as a legal nurse consultant. And then there was his grandfather, Harrison Wilson Jr., who played multiple sports, coached basketball at Jackson State and served as president of Norfolk State University.

*Top: Many patients, their family members and staff at Seattle Children’s hospital celebrate Blue Tuesday for Wilson’s weekly visits.
Bottom: The Seattle Symphony accompanies Ciara at a benefit concert that raised nearly \$1.4 million for Wilson’s Why Not You Foundation.*





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vides an interesting link for the quarterback who is a devoted contributor to charities for children. Among those causes in his hometown are Seattle Children's hospital, the Strong Against Cancer campaign and his own Why Not You Foundation. Launched by Wilson in 2014, Why Not You raised nearly \$1.4 million while hosting a concert featuring Ciara, Macklemore, Ryan Lewis and the Seattle Symphony at Benaroya Hall this past May.

As a professional, Wilson says, he respects the pedigree and talent he was born with and now employs in his NFL career.

"A lot of people forget that God gifted us with great talent to play football [and an opportunity to play] in such an entertaining sport where everybody watches us," Wilson says of NFL players. "But a lot of times, people forget that we're also humans. The reality is, we have families. We have people we care for and love. So you always have to have your priorities straight. For me it's God first, then it's family, taking care of Ciara and the kids, and then, obviously, football. Everything else follows suit.

"I'm grateful every day that I get to do what I get to do."

Peckforton Castle, where Wilson and Ciara were wed, served as a hostel for physically handicapped children during World War II. That history pro-

Allison Broadgate, director of Strong Against Cancer, says Wilson has, for several years, been visiting patients at Seattle Children's hospital every Tuesday during the football season and as many Tuesdays as he can the rest of the year. She says the day is called Blue Tuesday because so many of the hospital staff and patients' family members wear Seahawks gear for Wilson's visits. He'll spend time with three to six children each time, and when Broadgate informs them a special guest is about to arrive, she says their eyes will bug out, and some will ask expectantly, "Is it Russell Wilson?"

"I would love people to know how truly genuine Russell is and how really, truly amazing he is with our patients and their families," Broadgate says. "He's not afraid to walk into the room and be with these kids and give them the same kind of inspiration he gives on the field. That is a gift for each and every one of them, and for the hospital."

Clockwise from top: Russell and Ciara promote the Strong Against Cancer campaign; Ciara visits young cancer patient Kristian after his father, Kenny Thomas, won Ciara's Level Up dance challenge with a video of him dancing for Kristian; Russell coaches kids at his Russell Wilson Passing Academy.





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Ciara visits patients at Seattle Children's, as well, and last Christmas she sang holiday songs and also danced. "She's phenomenal," Broadgate says. "Her connection with the patients and families, and especially the moms. It's so touching and wonderful."

Wilson also has joined Alaska Airlines in an annual There's No Time to Sleep event in the Highline Public Schools district, south of Seattle, during which students are encouraged to go to college and pursue careers.

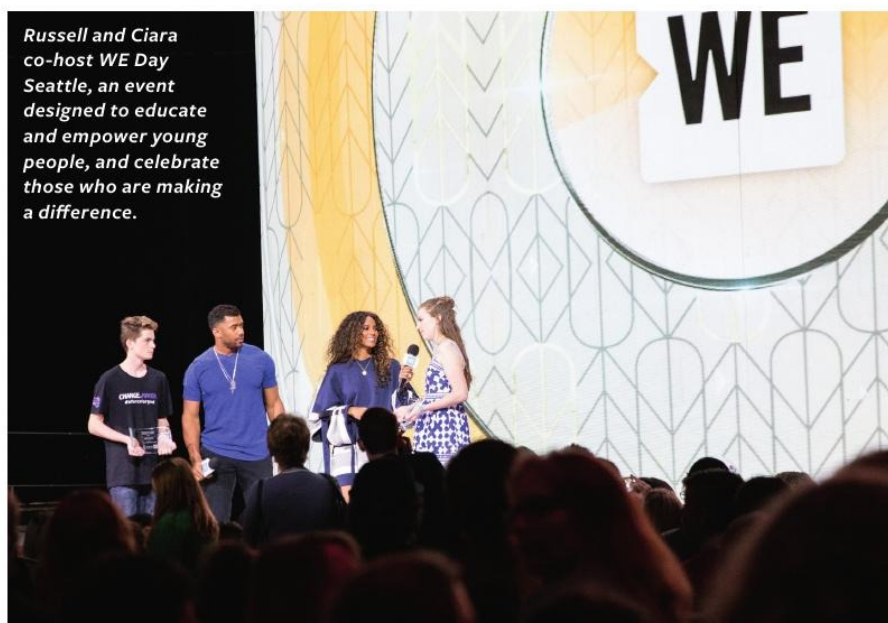
He sets an impressive example: Wilson graduated from North Carolina State University in just three years with a degree in communications, and then went on to play one season at the University of Wisconsin-Madison, where he was enrolled in a master's program in educational leadership and policy analysis.

It was that interest in education and youth development that attracted the attention of Alaska Airlines.

"There's a responsibility," Wilson says of his charitable work. "I think God has given talent and so much influence, but there is also a responsibility. Loving people and serving and giving back are crucial. I love kids, and that's why I do so much with Seattle Children's. That's why I do so much with the Why Not You Foundation. We're raising millions of dollars for cancer and doing other amazing things, as well."

As dedicated as Wilson is to the Seahawks and charities, he is also committed to a future beyond football as an investor and business owner. In 2017 he started TraceMe, a company focused on connecting fans to athletes and celebrities,

with Amazon founder Jeff Bezos, Alibaba co-founder Joe Tsai and YouTube co-founder Chad Hurley involved, as well. He co-founded the Good Man Brand men's clothing line in 2016, launched West2East Empire, a brand-management company, and holds equity interests in Luvo (a frozen-food company), Juice Press (an organic food company) and *The Players' Tribune* (a media company that gives athletes a platform for connecting with fans, founded by Wilson's favorite athlete growing up, Derek Jeter).



"THERE IS A RESPONSIBILITY," WILSON SAYS. "LOVING PEOPLE AND SERVING AND GIVING BACK ARE CRUCIAL. I LOVE KIDS, AND THAT'S WHY I DO SO MUCH WITH SEATTLE CHILDREN'S."

Such varied interests, each embraced with the same level of passion Wilson exhibits on the field, have earned him a high level of respect.

"Russell is just a great person. You see it in the everyday world around him," says Seahawks receiver Lockett. "He's the same off the field as he is on the field. To me, since I got here, he's been like a big brother, kind of showing me the ropes and introducing me to opportunities that a lot of guys in the league may not ever get. I

learn a lot from him, different ways to go about things, whether it's in football or marketing or things in life.

"Whatever it is that we're talking about, he's already given me a lot I can carry with me."

Wilson has another trip to England coming up.

On October 14, the Seahawks will play against the Oakland Raiders in north London's Wembley Stadium.

He's looking forward to returning to London, but says there are other places he wants to visit.

"I really want to go to Bali," he says. "And Mykonos, Greece. That would be cool. And Italy. I love food, so Italy would be good. That would have to be after the season. But those places would be cool. I really want to go to Brazil, too."

He talks about the people he'll meet and the opportunities to talk with them about their families and their dreams.

"I love the cuisines; I love the histories; I love

the cultures just in general. I love the children," he says. "There are things that touch my heart and warm my heart. That's why I love traveling."

Wilson acknowledges that he wasn't able to travel much when he was younger, as a busy young athlete trying to make his way. Now, he says, "It's really about the cultures we encounter and what we can learn from them and how we can help, hopefully, expand the love and growth and people's minds about dance and about sports and about music in general, and about life and giving back. I'm grateful for that."

As he looks forward, he says he's grateful for experiences that will help him be a better leader, as an athlete, a husband and a father. ✕

Jim Caple is a freelance writer working from Seattle.

For more on Russell Wilson, watch his interview with retired Alaska Airlines Captain Mike Swanigan. The video is featured on flights with Beyond Entertainment—visit AlaskaWiFi.com.

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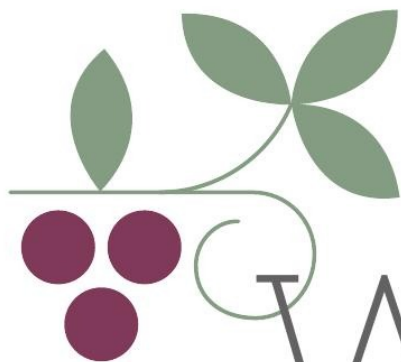
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Pizza with a 2015 Renaissance Pinot Noir is a favorite autumn meal for Keira LeFranc, the winemaker for Stag's Hollow Winery in British Columbia's Okanagan Valley.





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Fall Wining & Dining

Food-and-wine pairings for the cooler
autumn weather *By Kerry Newberry*

When the leaves take on saffron hues and the season turns to sweater weather, it's time to revisit comfort food and autumnal wines to enjoy brisk fall evenings. Autumn calls for slow-cooking and soul-satisfying stews, rich risottos, homemade pizzas and fondue parties. After a day of foraging for mushrooms or hiking through misty mountain meadows, there's nothing like getting together with family and friends for dinner.

With that in mind, we asked some of the top winemakers from California to British Columbia to share a few of their favorite ways of warming up fall nights and the perfect wine to uncork to make any dinner gathering a celebration.

California

Rhonda Carano, CEO, Ferrari-Carano Vineyards and Winery, Sonoma County (ferrari-carano.com): I really enjoy a rich risotto to soothe away the fall blues on a chilly night. This one-pot northern Italian classic is extremely versatile, and the sky is the limit for adding flavorful ingredients. I remember one dinner in

Milan, Italy, where I was served a blueberry and porcini mushroom risotto. It was incredible. I ended up in the kitchen talking to the *nonna*, or grandmother, who made it. Throughout the year you can find great seasonal ingredients to make any risotto exquisite.

In the fall months, there is nothing more comforting and satisfying than risotto Milanese. Just a few ingredients, and it's pure magic—a splash of white wine (Ferrari-Carano Chardonnay), white onions, a high-quality chicken stock, arborio rice, Parmesan cheese and the star of the dish—saffron.

It can be served with a main course, such as the Italian trademark *osso buco*—a cut of meat including a marrow bone—or on its own, and paired with red or white wine. I enjoy risotto Milanese with our voluptuous Reserve Chardonnay from Napa Valley's Los Carneros American Viticultural Area, which brings out the creamy richness of the risotto.

For a red wine option, I love Ferrari-Carano's Siena from Sonoma County, a medium-bodied Sangiovese blend. The upfront fruit aromas of strawberry, cherry and plum give the risotto an uplifting taste experience.

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best ethnic eateries, and you've got
the makings of a perfect food-and-
wine centered getaway.

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» **Clockwise from above:** Rhonda Carano, CEO of Ferrari-Carano Vineyards & Winery, says risotto Milanese, with Chardonnay, is her go-to fall meal. A rich cheese fondue is Koenig Vineyards winemaker Greg Koenig's dish of choice, served with his Three Vineyard Cuvée Syrah.

gardens and look for the picturesque cluster of Portuguese cork trees. Then visit the enoteca, or wine-tasting bar, in the underground cellar for a tasting of limited-release and reserve wines.

More California wineries to visit

Benziger Family Winery: Take the biodynamic-vineyard tram tour at this legendary family

ranch and estate outside Glen Ellen. The tour includes exploring Benziger's wine cave and tasting the winery's award-winning vintages (benziger.com).

Holdredge Wines: John and Carri Holdredge's Healdsburg tasting room is housed in a charming red barn that dates back to the 1800s. Try small-batch Pinot Noirs, as well as wines from Holdredge's second label, Oscuro, which features lesser-known Italian varietals such as Montepulciano and Schioppettino (holdredge.com).

Kunde Family Winery: Enjoy the winery's most unique tasting experience, which includes a private cave tour and a coach tour of the estate that takes you to a hilltop tasting deck for great wine and wonderful views of Sonoma Valley (kunde.com).

Idaho

Greg Koenig, winemaker, Koenig Vineyards, Snake River Valley (koenigvineyards.com): When the season shifts, our attention turns to hearty meals.

One meal that we especially look forward to is cheese fondue—a wonderful Swiss tradition that is a great way to gather around a cozy table with family and friends. The recipe and technique are very simple. However, there is something about melted cheese that always seems like a celebration.

The aromas of rich cheese, white wine, garlic and fresh baked bread perfectly match with either our 2017



Chardonnay Bitner Vineyard or a big red wine, such as Syrah. Our go-to wine is the Three Vineyard Cuvée Koenig Vineyards Syrah, which is rich with blackberry and cherry fruit alongside rich tannins that cut through the cheese. Pair it all with a simple green salad and candlelight, and fall is a very happy season, indeed.

When you visit: Don't miss the spirits. About 2 miles south of Koenig

Vineyards is Koenig Distillery, where Greg's brother, Andrew, who apprenticed with a master distiller in the Austrian Alps, produces small batches of bourbon, classic eau-de-vie fruit brandies, rye whiskey and vodka.

More Idaho wineries to visit

Sawtooth Winery: Discover stunning views of the Snake River Valley at Sawtooth's new 2,200-square-foot tasting room, located near Williamson Orchards & Vineyards. Try exclusives such as the Trout Trilogy collection that pays homage to the area's famed fly-fishing. The single-varietal series includes wines such as Carmenère, Malbec, Petite Sirah and Syrah (sawtoothwinery.com).

Telaya Wine Co.: Earl and Carrie Sullivan's urban winery is located on Boise's Greenbelt (a 25-mile-long bicycle and pedestrian path). Taste wines made with fruit from the Snake River Valley on their patio with views of the Boise River (telayawine.com).

Williamson Orchards & Vineyards: Head to the Sunnyslope Wine Trail, near Caldwell, Idaho. This is part of the Snake River Valley AVA, and a great place





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to taste wines at this fourth-generation family-owned-and-operated business. Try robust reds (Sangiovese and Syrah) while enjoying views of the Owyhee Mountains (willorch.com).

Oregon

» **Lynn Penner-Ash, below right, founder and winemaker at Penner-Ash Wine Cellars, enjoys grilled lamb, top, served with her 2015 Estate Vineyard Pinot Noir.**

Lynn Penner-Ash, winemaker/founder, Penner-Ash Wine Cellars, Willamette Valley (pennerash.com):

As autumn rolls around, I look to simple, tasty fare that is easy to prepare but very satisfying. I gravitate toward dishes that can easily incorporate kale and rosemary into our Sunday suppers—which usually include a few of our friends.

Our favorites are lamb popsicles rubbed with a rosemary, garlic, sea salt and olive oil paste and then grilled. We serve them with red potatoes sliced in half, brushed with olive oil and a light sea salt sprinkle, and baked at a high heat to brown. The kale is introduced into the mix via a Caesar salad made with finely chopped kale, chopped hard-boiled eggs, grated Parmesan cheese and a dressing of olive oil, lemon juice, minced garlic and a chopped anchovy fillet or two.

Of course, our Sunday suppers are served with Oregon Pinot Noir. For this meal, I'd open our 2015 Penner-Ash Estate Vineyard Pinot Noir, and since we also enjoy drinking our friends' wines, a bottle of the 2012 Bethel Heights Aeolian Pinot Noir.

Pinot is a perfect match for this dish because its bright, fruit-driven nature complements the earthy richness of the lamb.

When you visit: For a culinary adventure, stop at Durant Olive Mill & Durant Vineyards (formerly Red Ridge Farms), located about 10 miles south of Penner-Ash. You can walk through a grove of olive trees and taste various extra-virgin olive oils made at the on-site mill (durantoregon.com).

More Oregon wineries to visit

Abacela: Earl and Hilda Jones were among the first Northwest winery owners to commercially grow and produce wine from the Tempranillo grape. Visit their winery and estate vineyards about 10 miles southwest of Roseburg to taste Tempranillo vintages and other Spanish-inspired wines, such as Galician-style Albariño (abacela.com).



Cowhorn Vineyard & Garden: Barbara and Bill Steele's beautiful tasting room, about 20 miles southwest of Medford, is designed to be free of toxic chemicals and is one of the first tasting rooms in the U.S. that was built to achieve net zero energy usage, which means the facility produces at least as much energy as it uses. Get the fascinating facility's design story while tasting rich Rhône-style wines at the Steeles'

117-acre destination biodynamic farm and winery in the Applegate Valley (cowhornwine.com).

Montinore Estate: Established in 1982, the family-owned vineyard, located in the Forest Grove suburb of Portland, maintains it is the largest producer of certified estate wines made from biodynamic grapes. Try Montinore Estate's Pinot Noirs made from the fruit of 30-year-old vines, and sample unusual single varietals such as Lagrein and Teroldego, which pay tribute to the family's deep Italian roots (montinore.com).

Washington

John Freeman, winemaker, Waterbrook Winery, Walla Walla (waterbrook.com): The transition from summer to fall is typically a blur of activity for us at Waterbrook Winery. We have fruit coming into the cellar from our vineyards that must be immediately crushed, fermented and aged. Which is why it's not unusual to find me in the winery at all hours to ensure our wines have their best possible start.

During these long days, I rely on comfort foods that are delicious and feed my soul—but don't require a lot of work in the kitchen.

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» **Winemaker John Freeman, right, of Waterbrook Winery, enjoys a hearty beef stew with a glass of *Mélange Red Blend*.**



When you visit: Bring your appetite. Sierra Grden, the corporate chef and food program manager for Waterbrook's parent company, offers a Reserve Merlot burger, made with Angus beef that has been marinated in Merlot wine. She adds caramelized Walla Walla sweet onions, cooked in a reduced Merlot wine sauce.

More Washington wineries to visit

Chateau Ste. Michelle: Go behind the scenes at the state's largest winery, located in the town of Woodinville, about 20 miles northeast of Seattle. At the winery's beautiful château, you can take part in tastings and tours. The winery's Summer Concert Series at its outdoor amphitheater concludes September 15 with Lyle Lovett & His Large Band (ste-michelle.com).

Maryhill Winery: Visitors to this destination winery, located about 20 miles northeast of The Dalles, in the Columbia River Gorge National Scenic Area, can taste bold reds such as Merlot and Cabernet Sauvignon while enjoying views of Mount Hood and the magnificent Columbia River.

Listen to live music on the vine-covered terrace on weekends through the end of September. Maryhill also has a tasting room with live music in downtown Spokane. In early 2019, Maryhill will open a third tasting

room in Vancouver, Washington (maryhillwinery.com).
Seven Hills Winery: One of Walla Walla's oldest producers, the winery offers tours of its facility set in a 1900s-era brick building that once housed a woodworking mill. After the tour, enjoy a barrel tasting and a flight tasting of the winery's award-winning Bordeaux varietals (sevenhillswinery.com).

I add a healthy dose of wine, which when simmered all day helps to tenderize the beef and also adds plenty of flavor. I pair it with some crusty bread and our Waterbrook *Mélange Red Blend*, which has an undercurrent of vanilla and spices such as cinnamon and nutmeg.

room in Vancouver, Washington (maryhillwinery.com).

Seven Hills Winery: One of Walla Walla's oldest producers, the winery offers tours of its facility set in a 1900s-era brick building that once housed a woodworking mill. After the tour, enjoy a barrel tasting and a flight tasting of the winery's award-winning Bordeaux varietals (sevenhillswinery.com).

British Columbia

Keira LeFranc, winemaker, Stag's Hollow Winery, Okanagan Valley (stagshollowwinery.com): Harvesting the fruit is our busy time of year. The harvest usually begins during the first week of September and can last for three months. It's a time when we must crush the fruit and begin the winemaking process.

One of my favorite meals during this time of year is pizza. I'm a mushroom fan, and the winery's owners, Linda Pruegger and Larry Gerelus, returned from a trip to Italy with a jar of truffle cream, which we recently put on the crust of a pizza with some olive oil. The truffle cream gives the pizza an earthy flavor. We topped the pizza with mushrooms, mozzarella, Parmesan cheese and arugula.

All of these fresh ingredients create a perfect match for our fruit-driven and earthy 2015 Renaissance Pinot Noir, which is a blend made from our Stag's Hollow Estate Vineyard and Shuttleworth Creek Vineyard.

When you visit: Take the scenic route, and explore all the dramatic vistas British Columbia's wine region offers, including the jewel of the valley, Okanagan Lake, which measures nearly 85 miles from north to south.

More British Columbia wineries to visit

Road 13 Vineyards: Located on the Okanagan Valley's renowned "Golden Mile Bench," the family-owned winery makes a Chenin Blanc from some of the oldest vines in the region (road13vineyards.com).

Summerhill Pyramid Winery: Tour the winery's actual pyramid and taste certified organic wines, followed by a farm-to-table lunch at the winery's Sunset Organic Bistro (summerhill.bc.ca). ✈

Kerry Newberry writes from Portland.

Alaska Airlines Mileage Plan members can check their first case of appropriately packaged wine free on flights from many destinations in California, Idaho, Oregon and Washington. For details, visit alaskaair.com/wine.



EXPLORING DALLAS

The Big D offers many attractions

By Leah Shafer

» I first began visiting the Pecan Lodge a few years ago. I had heard the raves about the restaurant's pit-roasted meats that are cooked over a custom blend of oak and mesquite woods.

The combination creates a distinct flavor and has helped the restaurant develop a devoted following, which includes The Food Network's celebrity chef Guy Fieri. In 2012, Fieri featured Pecan Lodge on his program *Diners, Drive-Ins and Dives*, and the rest is history.

When I arrive at the lodge on a recent afternoon for lunch, a line of customers snakes out the front door and around the side of the sage-green brick building. The lodge's tagline, "Just like homemade, but with slightly less cursing," alludes to what should be the official pastime of the Lone Star State—cooking meat.

Preparing and eating barbecue in

Dallas engenders a sort of neighborliness among people, whether it's at a family picnic or standing in line with the delicious smells from the pits wafting out the restaurant's front door. I chat with the friendly folks around me as we compare notes on local barbecue.

I make my way inside the restaurant and examine a chalkboard menu, deciding on the popular plate with a beef brisket, one of the best tests of a chef's barbecue skills, as the centerpiece. It will be flanked by ribs and pulled pork, with a side of fried okra, and Aunt Polly's banana pudding for dessert. Now *this* is a quintessential Dallas meal.

After a scrumptious lunch, I stroll the nearby Deep Ellum neighborhood, which is known for being one of the city's most progressive and eclectic areas, with nightclubs, live music, unique shops, great

NEAR & FAR»



restaurants and art galleries against a backdrop of dozens of colorful murals on the walls of neighborhood buildings. The images include historical, funny and abstract images, as well as a few famous Dallas citizens, such as the late musician Stevie Ray Vaughan.

A walk through Deep Ellum offers a worthy introduction to Dallas' vibrant culture. This neighborhood is a place where window-shopping and people-watching are at its finest, as visitors and locals rub shoulders with students from Southern Methodist University.

Touring the Big D

One of the fastest-growing cities in the nation, Dallas is home to more than 1.3 million people. It is part of the larger Dallas-Fort Worth area, which has more than 7 million residents.

Known for being spread out, the Dallas metropolitan area has been working in recent years to make neighborhoods increasingly more pedestrian-friendly. One such area is the Bishop Arts District in the North Oak Cliff neighborhood, which, like Deep Ellum, has developed

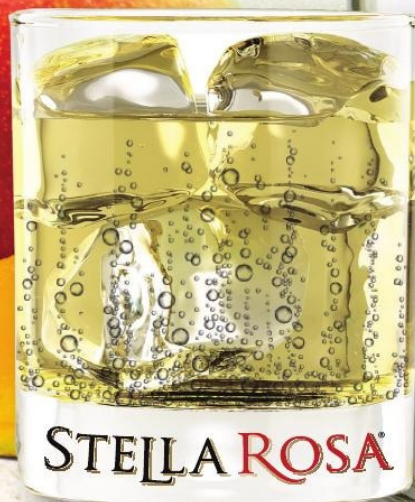
» Clockwise from far left: the Walking Tall Traveling Man sculpture in the Deep Ellum neighborhood. Music Thursdays in Klyde Warren Park. A mural of musician and Dallas native Stevie Ray Vaughan.



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into one of Dallas' top destinations.

Located about 5 miles southwest of downtown Dallas, the arts district features dozens of boutiques, bars, coffee shops and art galleries. The dining ranges from French cuisine at Boulevardier and American bistro dishes at Oddfellows to some of the best slices of apple pie in the city at Emporium Pies.

A short distance south of the Bishop Arts District is the Dallas Zoo, where more than 2,000 animals live on more than 100 acres. A little farther southeast, you'll find the Great Trinity Forest, one of the largest urban hardwood forests in America.

Reaching more than 6,000 acres along the Trinity River, the forest offers a serene spot for hikes that feels far removed from the bustle of the city.

Local Favorites

Blogger and journalist Candy Evans has built an impressive following with her real estate blog candysdirt.com. The following are two of her favorite Dallas locations.

Highland Park Village: The Mediterranean Spanish-style development, which opened in 1931, is considered one of the first planned shopping centers in the United States. Get fabulous sandwiches, scones and wine at Royal Blue Grocery. I always take visitors to Reese Witherspoon's Draper James shop, which includes her collection of clothing, handbags and home decor items. Then, it's time for serious window shopping at top stores such as Balenciaga, Cartier, Chanel and Dior (hpvillage.com).

Keller's Drive-In: With three Dallas locations, Keller's is a local tradition and offers old-school drive-in meals, with a focus on burgers, fries and beer. There is even a jukebox playing CDs ([facebook.com/Kellers-Drive-In-126497860738502](https://www.facebook.com/Kellers-Drive-In-126497860738502)). —L.S.

» The "Ultimate Dinosaurs" exhibition, right, is at the Perot Museum of Nature and Science. Rush Hour, below, by George Segal, is one of the works in the Nasher Sculpture Center's outdoor exhibition space.



Heart of Dallas

I like to catch a free ride on the Dallas D-Link bus from the Bishop Arts District to downtown's Dallas Arts District. One of the largest art districts in the country, it is anchored by the acclaimed Dallas Museum of Art, with more than 24,000 works spanning 5,000 years of human creativity.

I am amazed at the variety of works at the museum, ranging from ancient South American artifacts to paintings by a wide array of American and European masters, such as Hopper, Monet, O'Keeffe, Pollock and Van Gogh. Next door, the more inti-

mate Nasher Sculpture Center features one of the foremost collections of sculptures in the world, with works by Calder, Giacometti, Miró and Picasso on display inside the center and outside on the Nasher's beautiful grounds.

I also like to walk to the nearby Winspear Opera House, a visually stunning building with vibrant red glass interior panels, visible through a 60-foot glass facade in the front of the building. The grounds include a 3-acre park with a reflecting pool.

The Dallas World Aquarium is also in



» NEAR & FAR DALLAS

the area. In addition to featuring many rare and exotic sea creatures, you also can walk through a reproduction of the Orinoco rainforest, which includes animals such as the three-toed sloth.

A few blocks north of the aquarium is the Perot Museum of Nature and Science in downtown's Victory Park area. The Perot is a striking 14-story cubelike structure. Its 11 permanent exhibit halls include a variety of scientific exhibits. One of my favorites is the T. Boone Pickens Life Then and Now Hall, which houses an extensive collection of dinosaur skeletons and rare fossils.

Currently, the museum is hosting the "Ultimate Dinosaurs" exhibition, through January 6, 2019. The exhibition includes exotic and rare species of dinosaurs from the Southern Hemisphere, including the *Giganotosaurus*, the bigger cousin to the



Corinthian Bed and

Breakfast: Known as one of Dallas' most romantic hotels, the Corinthian, located about a mile north of Deep Ellum, is a grand 1905 Victorian house converted into a five-unit B&B. The inn is rich with antiques, ambiance and atmosphere (corinthian-bandb.com).

LODGING

↑ **Chijmes Hotel:** For a cozy and unique experience, book a room at the newly opened independent hotel and event center in the Bishop Arts District. Housed in a refurbished church with a steeple, the boutique hotel features 12 rooms, each of which is decorated in the style of a destination from the owner's travels, including Barcelona, Beijing and Machu Picchu (www.chijmesdallas.com).

The Joule: This hotel in the central business district has been described as a luxury art gallery. The Joule features small- and large-scale works by a variety of artists, including Roger Hiorns and Andy Warhol. However, it might be best-known for a rooftop infinity pool that juts out 8 feet beyond the edge of the hotel, offering breathtaking views from the pool and from the street below (thejouledallas.com). —L.S.

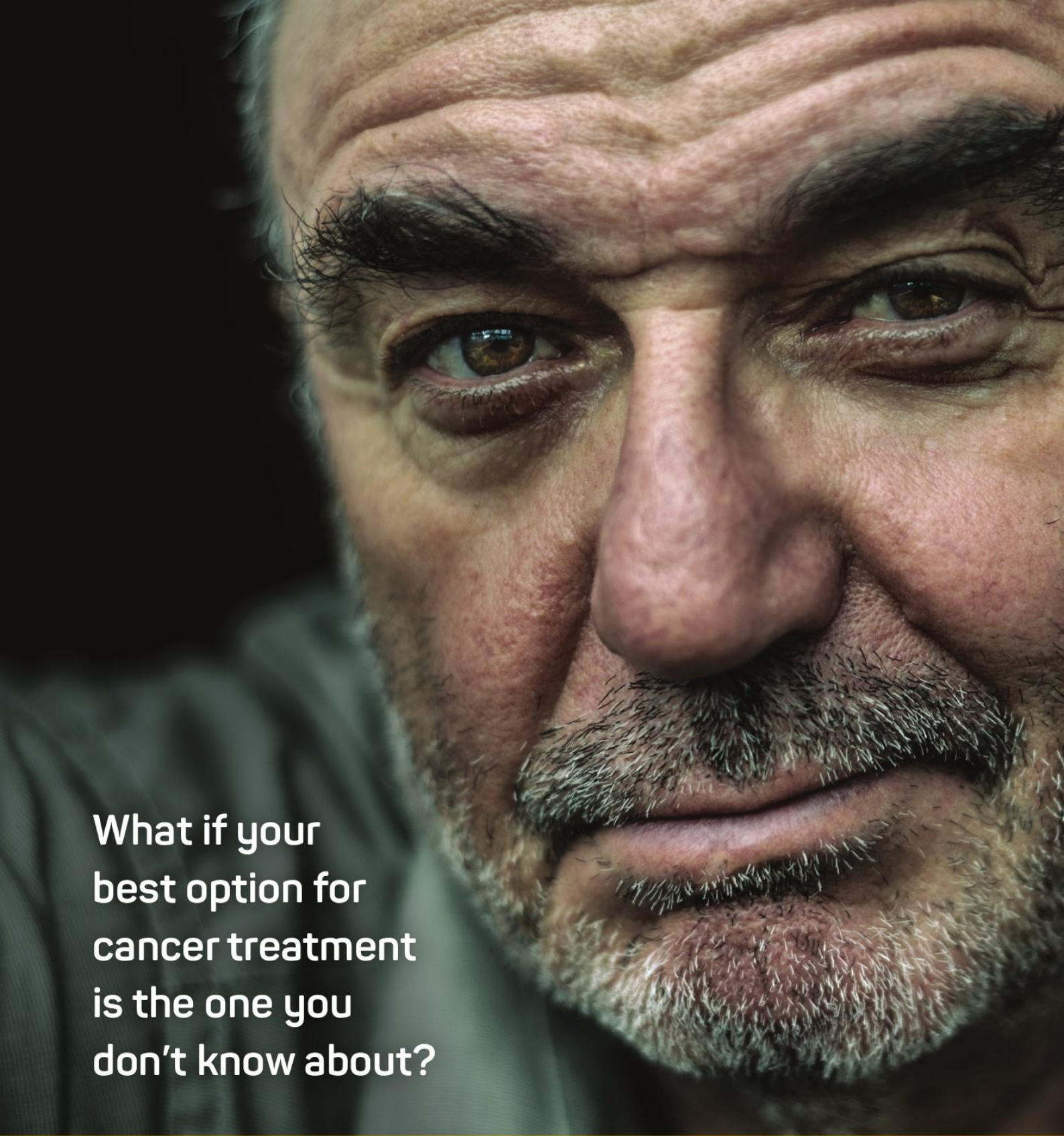


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» The Dallas Arboretum and Botanical Garden features the Pumpkin Village, September 22–November 21, in which 90,000 pumpkins, squashes and gourds are used to make houses and displays.

famed meat-eater *Tyrannosaurus rex*.

Also be sure to visit the unique Klyde Warren Park, a 5.2-acre green space in the heart of the city that sits on a shield over Woodall Rodgers Freeway. The park has created a soothing bridge over the highway for those strolling in the downtown area. It offers multiple daily activities, ranging from tai chi and African dance to yoga and poetry readings.

You can walk the paths of the park's botanical garden and see a variety of native plant species.

Other Dallas attractions

To see more parts of the city, hop on the M-Line trolley to visit the Uptown Neighborhood. This vintage streetcar will take you to the West Village shopping district.

Shopping, like barbecue, is serious business in Dallas, and at West Village,

you can eat in style and shop upscale brands. Be sure to buy pastries at Bisous Bisous Pâtisserie, and enjoy the public art while you peruse bespoke shops such as Rye 51, Abi Ferrin Flagship Boutique and Nicole Kwon Concept Store.


Farther north in Central Dallas is where you find the George W. Bush Presidential Center on the campus of Southern Methodist University. The facility's museum has artifacts and items that help tell the story of the 43rd president's two terms in office, 2001 to 2009. Multimedia exhibits also present information about the critical decisions President Bush made while in office.

Those looking for a natural retreat from the city will like White Rock Lake in the East Dallas area, which is one of the city's top recreation spots. The lake is home to the popular Dallas Arboretum

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

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

Life before It's Just Lunch?

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

It's Just Lunch Matchmakers:



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What was working with a matchmaker like?

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

Best part of the IJL experience?

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

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

What makes you two a great match?

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

Advice for singles considering IJL?

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

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Papé team members work strategically with customers to identify the best end-to-end solutions and equipment to get the job done. Outstanding, unparalleled customer service is what Papé customers have relied on for eight decades. It's what sets Papé apart from the competition.

Since 1938, when E.C. Papé began the tradition of consistent, quality customer service with his Allis-Chalmers dealership, Papé has become part of the foundation upon which the West was built through his belief in an honest deal and a firm handshake. From selling, servicing, and supporting the equipment used to build Interstate 5, to modifying a Caterpillar 225 excavator into the very first log loader, Papé has been at the forefront of innovation in the relationships between the customer, dealer, and manufacturer.

Premier capital equipment, customer service, and innovation are the main ingredients in Papé's reputation and growth throughout the West. In 1990, the business expanded to include Hyster dealerships in Oregon, Washington and California. The Papé Group, Inc., was then formed to better represent the variety of industries served and capital equipment offered. Since then, the organization has grown to include Ditch Witch underground construction equipment, John Deere Construction & Forestry, Kenworth Trucks, and John Deere Agriculture & Turf. Papé continues to innovatively improve customer uptime by exploring the benefits of emerging technologies in farming, logging, construction, and warehouse solutions. Papé works with its partners to integrate technological advancements with targeted applications that maximize a customer's efficiency and profitability.

Each branch of Papé works with premier capital equipment manufacturers to keep customers moving. With divisions like Papé Machinery Construction & Forestry, construction workers have access to drone technology that gives them valuable site data and information required to streamline their workflows. Farmers who work with Papé Machinery Agriculture & Turf not only have the John Deere equipment they need, but also the technology that the JDLink platform delivers to remotely connect owners and managers to their equipment.

The agricultural products harvested by Papé Machinery Ag & Turf equipment are hauled to their final destinations by trucks sold and serviced through Papé Kenworth. The Hyster equipment from Papé Material Handling coupled with the warehouse storage systems from Engineered Products supports supply chains up and down the West Coast. From safety solutions to telemetry-enabled Fleet Services, Papé Material Handling remains a pioneer in warehousing solutions.

Today, Papé's footprint is represented throughout Oregon, Washington, California, Nevada, Idaho, Montana, Wyoming, Arizona, and Alaska. As Papé looks to the future, innovation, expansion, and community involvement continue to be our driving force. Papé will always be dedicated to keeping your business moving.

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DINING

Bob's Steak & Chop House:

Dining in Dallas doesn't get much more iconic than Bob's, one of the city's best steakhouses. There are five locations around the Dallas-Fort Worth area. Signature cuts include a prime côte de boeuf bone-in rib-eye. (bobs-steakandchop.com).

Chicken Scratch restaurant and The Foundry bar:

Located in West Dallas, Chicken Scratch restaurant and The Foundry bar feature a large courtyard with picnic tables. Order a plate of buttermilk fried chicken and meltingly tender orange-honey biscuits, and a drink from The Foundry. On Friday and Saturday nights, the yard is hopping with live music (cs-tf.com).

Mariano's Hacienda: Enjoy a Tex-Mex meal and a frozen margarita. Try the slow-roasted beef brisket in handmade flour and corn tortillas (www.laharanch.com). —L.S.

and Botanical Garden, which includes hundreds of thousands of plants in the 66-acre green space.

From September 22 to November 21 this year, the arboretum features the internationally acclaimed Pumpkin Village, in which houses and displays are made from more than 90,000 pumpkins, squashes and gourds. These gardens, with more than 150,000 fall-blooming plants throughout the grounds, are another example of how Dallas offers a special beauty all its own. ✈

Leah Shafer writes from Dallas.

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MARVELOUS MADRID

Savoring the flavors of Spain's capital city

By Candace Dempsey

» We arrive fashionably late at Restaurante Amazónico, one of Madrid's most chic dining spots, because dinner before 9 P.M. is not customary in Spain's capital. Near the end of a one-week gastronomy adventure, we can't wait to dine amid tropical foliage in a simulated jungle. The cab drops us off in the upscale Salamanca neighborhood, and we walk past new motorcycles gleaming under amber street lamps to enter the restaurant. It attracts a nicely dressed but not snobbish clientele, including celebrities, executives, famous artists and local couples out for a romantic evening or a fun time with friends.

After a brief wait, we stand in front of the doorman, a genial man in a stylish gray uniform. We're eager to try dishes from Amazónico's eclectic menu: South American-style meats, fish grilled over a wood fire, Spanish steaks, Indian tandoori salad and Japanese Kobe beef. But first we must get past the velvet rope. Are we on the list? When will we get in?

The doorman checks out our party, made up of two Spaniards and three Americans. Then he smiles and lifts the velvet rope. It turns out our tour guide, Teresa, booked ahead. She's the only Madrileño (resident of Madrid) among us. In a city where top chefs are rock stars, she's wired into the impressive food culture. Madrid boasts more than 3 million residents, and another 3 million-plus in the metropolitan area. That's a lot of people to feed. Madrileños do it with style.

A young woman escorts us through Amazónico's bustling artificial rainforest. Taking us past the open kitchen, aromatic with the scent of grilling meats, she finds us a table near a garden courtyard. Per-



fect for people-watching—a favorite local diversion. A server arrives at our table to shave slices of mouthwatering roasted beef. After enjoying a dazzling number of small plates chosen by Teresa, we wrap up a delightful evening with clusters of brightly colored miniature ice cream cones, each one a different pop of flavor.

» Dine outdoors with views of beautiful Plaza Mayor, above; watch world-class flamenco dancing at Corral de la Morería, right; or see historical landmarks such as the Royal Palace of Madrid, below.



CLOCKWISE FROM TOP LEFT: DANIEL HERNANDEZ RAMOS / GETTY IMAGES; COURTESY CORRAL DE LA MOREÑA; SLOW IMAGES / GETTY IMAGES

Many summers ago, I came to Madrid the first time by rail with my sister, Sherry. We were recent college graduates in T-shirts and jeans, hungry and thirsty. The train dropped us off at Atocha Train Station (opened in 1851), a grand edifice of steel and glass in Madrid's lovely historic center. We were immediately charmed. Built on land populated since the Stone Age, settled by the Moors in the ninth century, reshaped by conquerors and kings, the center is compact and walkable.

As Sherry and I discovered, you can get to know Madrid by following the crowds. Wander through the city's main squares, Puerta del Sol and Plaza Mayor, and El Rastro open-air market, open on Sundays. Stroll the Gran Vía to see such landmarks as the Edificio Metrópolis. Explore neighborhood markets, museums, cafes and the famous tapas bars.

I've been returning to Spain's largest city to eat for many years. In 2017, Britain's *The Telegraph* called Madrid "the most exciting place to eat in Europe."



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Exploring food is a fabulous way to experience the city's unique neighborhoods, rub shoulders with locals, and rest up between attractions. In the historic center you can enjoy dishes from all over the country and graze far into the night, indulging yourself, with or without companionship. Sitting at a tiled counter or little iron table, you can enjoy a glass of local wine on a terrace, taking in fairy-tale views of brightly lit palaces and soaring cathedrals. “*De Madrid al cielo!*” or “From Madrid to heaven!” is a popular saying.

The city began a culinary revolution more than 20 years ago. Now, it's experiencing a buzz for hip rooftop restaurants that offer gourmet food and incredible views. As of 2018, seventeen Madrid restaurants have Michelin stars.

On my current tour, I also learn to feast with my eyes at the world-renowned Prado Museum, on the Paseo del Arte (Art Walk), along with two other star museums: Thyssen-Bornemisza Museum and Reina Sofía Museum. Led by a Prado guide, we search for paintings inspired by food, always a Spanish preoccupation.

» An extensive collection of European art can be viewed at the Prado Museum.



The Prado boasts one of the world's leading art collections, including many Spanish still-life paintings: beautiful, realistic images of fruits, bread, wine, birds and fishes. The museum calls Juan Sánchez Cotán “the most original contributor to the genre in Spain.” Don't miss his delicious *Still Life with Game, Vegetables and Fruit* (1602), painted in oil on canvas.

Luis Meléndez's oil-on-canvas *Still Life with a Chocolate Service* (1770) makes us hungry for nearby Chocolatería San Ginés, where crowds have lined up for hot choco-

late and freshly made churros since 1894.

Next, we wander over to Mercado de San Antón, about a 20-minute walk north into Chueca, a charming barrio of food shops, bars and nightclubs. We pass many restaurants offering three-course fixed meals (*menú del día*).

We arrive at the market at 2 P.M.—late for us, but just right for Spaniards. Many restaurants open for lunch around 1:30 P.M. Crowds pour in at 2 P.M. for a hearty meal, which can last for several hours.

Side Trips

■ **Toledo:** Famous as the subject of El Greco's landscape paintings, the UNESCO World Heritage-listed town (left) is a 30-minute train ride southwest from Madrid's Atocha Train Station. Highlights include the El Greco Museum, Jewish Quarter and Tornerías Mosque.

■ **Bodega del Real Cortijo:** The lovely winery is built into a cave and offers guided visits and tastings, about 30 miles south of Madrid, near the Royal Palace of Aranjuez. —C.D.



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Visiting San Antón is like touring a three-story food court filled with mouth-watering cheeses, meats, seafood, bread, fruits and vegetables artistically displayed in open cases. Looking for lunch, we head for the restaurant and bar on the top floor. La Cocina de San Antón is an informal place to go for cocktails, lunch or dinner, with stunning city views.

At the restaurant, we nibble on mushroom croquettes, sliced meats, and bits of goat and sheep cheeses. Then a server shows us how to slice *jamón Ibérico de bellota*, aka the world's most-expensive ham. We'd already noticed the whimsical pig statues displayed in Madrid shops in homage to this famous bit of pork. It has a sweet, slightly floral taste. Not to be confused with Italian prosciutto (a major faux pas that I make), this delicacy comes from large pigs that roam the oak forests on the border between Spain and Portugal, feasting on acorns during their final months.

Servers slice Ibérico into paper-thin strips. Served at room temperature, it can be enjoyed alone or on a cheese platter, with rustic tomato-rubbed bread, or in egg dishes. Naturally, it's lovely when paired with Spanish wine or sherry. We eat slices on thin rounds of toasted, crusty bread. I realized how costly this ham was when Martha Stewart appeared on the TV show *Chopped* that incorporated the ingredient. "The Ibérico ham is about \$200 a pound," she said. "The guys who own the biggest yachts in the world have Ibérico hams hanging in their larders in those big ships."

Before we set out each day in Madrid, we enjoy a bountiful breakfast of Spanish and American classics in our five-star hotel, the Villa Magna, located on the quiet end of Madrid's fashionable Milla de Oro (Golden Mile) shopping district.

When I need a coat to keep me warm in the evenings, because Madrid's Mediterranean climate turns cool in the fall, I stroll the neighborhood, noting Chanel, Casa Loewe (an upscale Spanish brand)



» *Chocolatería San Ginés, above, has been open since 1894 and serves delicious churros and hot chocolate, right. Find clothing or souvenirs at El Rastro Sunday market, below.*



and other posh shops. At Zara (also a Spain-based company), I purchase a beautiful blue wool coat with silver buttons.

Although this visit to Madrid centers on new and renovated establishments such as Amazónico and San Antón, we also enjoy some classics. We spend a lovely evening at Corral de la Morería, a

famous flamenco venue. This being Madrid, the world-class performances come with drinks and a nice Spanish dinner in a colorful historical building near the Royal Palace. The stage is small and intimate. Our table seems to shake as the brightly dressed performers stamp their feet and click their castanets to live music.



» NEAR & FAR MADRID



OLEG ZNAMENSKY / SHUTTERSTOCK.COM

DID YOU KNOW?

Francisco de Goya, whose masterpieces can be seen in the Prado Museum, once worked at Restaurante Botín—now called Restaurante Sobrino de Botín (above). It's billed as the world's oldest restaurant, having been founded in 1725, near iconic Plaza Mayor. —C.D.

I also cherish the day we walk through the lush grounds of the Royal Palace and then stroll through Plaza Mayor and Puerta del Sol—repeating a long-ago journey with my sister. The streets are full of Spanish families having a wonderful time in the open air. When we feel hungry, we do as the locals do. We check out the wine bars, pubs and markets that radiate from Madrid's plazas.

Small bites usually come free with beer or wine, or you can pay for larger plates to share at the tables. Try my favorites: fried cod, fried calamari sandwiches and croquettes. When you get lost, try your Spanish (however fractured) out on the locals. They're proud of Madrid and will put you on the right track.

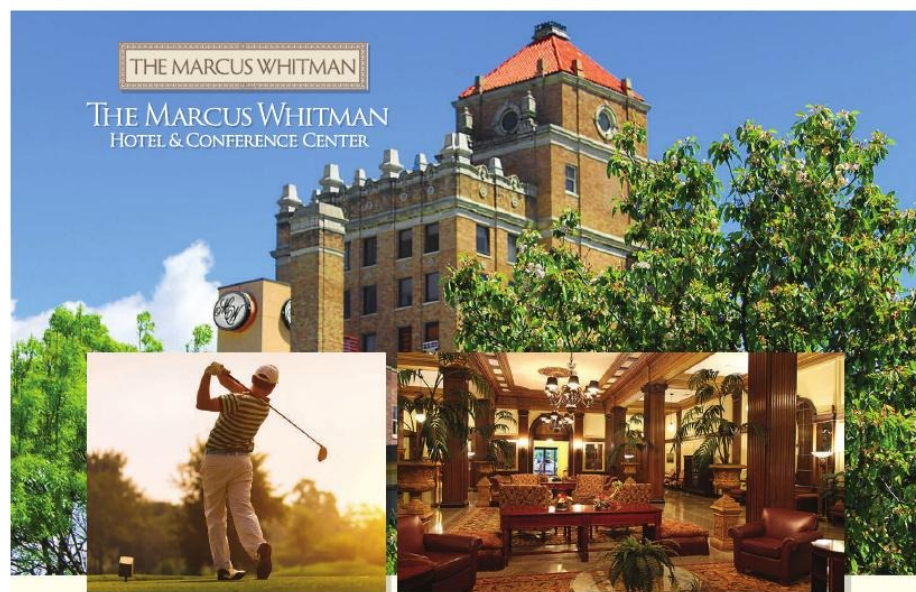
In the end, I agree with Miriam González Durántez, author of *Made in Spain: Recipes and Stories from My Coun-*

try and Beyond. "It is simply impossible to understand Spain without understanding its food. Food to a Spaniard is a source of pride, a way to live; it is central to our identity. You can say pretty much anything to a Spanish person and have a fair chance of making up with a proper apology, but if you insult our mothers, our food, or—worse—the food of our mothers, then that's it."

I suspect Madrileños hear mainly compliments. Their delicious cuisine will keep me coming back again and again. ✕

Candace Dempsey is a Seattle-based adventure-travel writer.

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Hawai'i CUISINE:

What do you want?

The Aloha State
is a foodie paradise, whether
you're looking for local
ingredients, cutting-edge
cuisine, authentic experiences
or celebratory splurges

By Catherine Toth Fox

WHENEVER I TRAVEL, I make a list. It's not a list of important items to pack, but a comprehensive rundown of what I want to eat—and it often has notes about great restaurants for distinctive dishes. There was the restaurant in Chigasaki, Japan, that served crab in every course, even dessert. And the patisserie in Paris that sold artisanal ice cream sandwiches using macarons instead of standard cookies. And the dim sum spot in Taipei known for its handmade soup-filled pork dumpling. Tasting the flavors of a place—in Athens, Greece, or in Athens, Illinois—is a big part of the experience of traveling.

Growing up in Honolulu, I have been fortunate to live in a place where finding essentially anything I craved—traditional Vietnamese pho, fresh 'ahi poke, even beef-filled piroshki—is within a 20-minute drive. The restaurants in the Hawaiian Islands are as diverse as the people living here, with multicultural flavors, locally grown ingredients and a wide range of dining options—from hamburger steak and gravy served at old-school drive-ins to fresh local seafood prepared by traditionally trained chefs in high-end hotel restaurants. Hawai'i has something for every eater, for every occasion, on every island.

Choose your own Hawai'i dining adventure with some of the following options—depending on what you prioritize for your dining experience.

You want TO TRY SOME OF THE HOTTEST RESTAURANTS

THE MILL HOUSE, MAUI

The Mill House opened in July 2015, in the former banquet hall of the Maui Tropical Plantation, once a bustling epicenter of sugar cane production. Helmed by Executive Chef Jeff Scheer, the restaurant focuses on local produce, grown in the adjacent emerald-green Waikapū Valley. In fact, the menu changes according to seasonality and the availability of ingredients. (And yes, The Mill House also would fit naturally in the “Local Flavors/Ingredients” section of this story.)

Scheer breaks down his own meats and makes his own cheeses, pickles and jams. And the cocktail list is brimming with local flavors: the Shrub Royale uses Pau Maui vodka and pineapple-vanilla shrub, and the Waikapū Planters Punch pairs KōHana Hawaiian Agricole rum with cold-pressed sugar cane, an homage to the crop grown and processed on Maui for more than 150 years.

It's immediately obvious that this restaurant is intimately connected with its

spectacular surroundings: “The Mill House has stunning views into Waikapū Valley,” says Dania Novack-Katz, the publisher of *edible Hawaiian Islands* magazine. “Then you realize the food you're enjoying is actually grown right in that view” (millhousemaui.com).

NOM KAUA'I, KAUA'I

It started in 2015 with a red food truck that parked on the side of the road in the town of Kapa'a. Chef/owner Thomas Fuquay and his wife, Alicia, started serving Southern-U.S. fusion food using local ingredients, and it was a hit.

Three years later, the couple has opened a brick-and-mortar full-service restaurant in Kapa'a, serving Southern-style breakfast and lunch. Try creative dishes such as the Cheeky Moco, with braised beef cheek served on a fried coconut grit cake, smothered in housemade brown gravy and topped with an egg served sunny side up. Or savor the biscuits and gravy, with buttery biscuits made fresh every morning by Fuquay. He also whips up his own banana bread, russet potato chips, waffle batter, fruit compotes, aioli, dressings, jams and hot sauces.

Though the cuisine at Nom Kauai is heavy on the Southern charm, a lot of the ingredients are from the island, including the beef for the burgers, taro for the vegetarian patties, and coffee from locally roasted beans (nomkauai.com).



The exquisite dishes shown here are served in a beautiful Maui setting (facing page) at The Mill House.



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PIGGY SMALLS, O'AHU

Executive Chef/owner Andrew Le likes to refer to Piggy Smalls at Ward Village as the little brother of his first restaurant, the award-winning *The Pig & The Lady* in Honolulu's Chinatown. The older sibling is known for its innovative Vietnamese street food; Piggy Smalls is more playful and casual, with creative combinations such as the pho-strami dip, a sandwich stuffed with brisket (seasoned with pho and pastrami spices and smoked all day), toasted pickled mustard seeds and a side of Le's signature pho broth. Another highlight is the sizzling Kaua'i shrimp draped with a spicy chorizo butter and fried garlic. There's also pho with ginger, calamansi citrus, broth made with locally pastured chicken, and freshly made rice noodles. The weekend brunch menu is equally fun, with original cocktails and a variety of unique sweet and savory dishes, such as housemade cinnamon rolls, pressed in a waffle maker, with butter-scotch, toasted macadamia nuts and, for an extra few bucks, crispy bacon (thepigandthelady.com/piggysmalls).

SENIA, O'AHU

The buzz surrounding the opening of Senia (pronounced SEN-yah) in Honolulu's Chinatown started almost a year before it actually opened in December 2016. The restaurant had a social media following before the first dish was served. Chef/owners and Per Se restaurant alums Chris Kajioka and Anthony Rush were active on Twitter and holding heavily Instagrammed pop-up dinners in cities where they had worked, including New York City and San Francisco. Even *The New York Times* ran a story on Senia four months before it opened.

What was the fuss about? The chefs, with three combined decades of experience in some of the world's top kitchens, serve whimsical, stylish, imaginative food. Standout dishes include the charred cabbage, a gorgeous wedge of sweet Caraflex

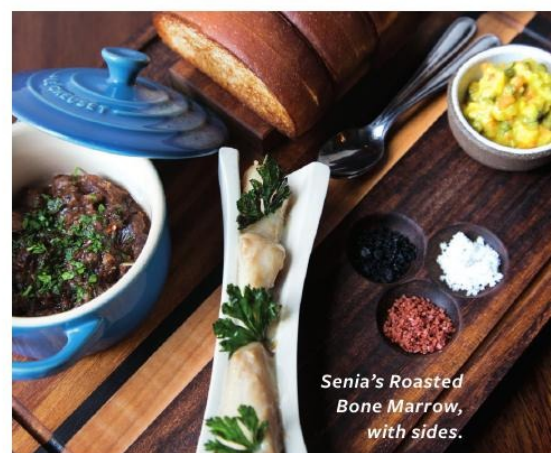


The stylish dining space at Piggy Smalls reinforces its contemporary feel.

MORE HOT SPOTS

- **LINEAGE, MAUI:** Expected soon at The Shops at Wailea, this new opening by chef Sheldon Simeon (of *Top Chef* fame) will feature shareable dishes inspired by his own family's Filipino and Hawaiian recipes.
- **OVER EASY, O'AHU:** Brunch has never been more popular in the Islands, and this Kailua destination serves unique dishes, such as *kālua* pig hash with Okinawan sweet potatoes; a custard French toast crusted with Cinnamon Toast Crunch cereal; and a brunch bowl with avocado, soft eggs, housemade yogurt, spinach, tomato jam, candied bacon and microgreens.
- **PAI HONOLULU, O'AHU:** Executive Chef/owner Kevin Lee's experience working in several Michelin-starred restaurants shows in complex and carefully plated dishes, such as a *kampachi* crudo with a *liliko'i* vinaigrette, and a jellyfish *somen* noodle dish with cucumber and Sichuan peppercorn. —C.T.F.

cabbage, cooked down and dusted with moringa powder, with a salty seaweed-based vinaigrette and a green goddess emulsion. There's the roasted bone marrow with beef cheek marmalade, paired with Hawaiian sweet rolls. And the *tako* "a la plancha," a dish that pairs the Mediterranean style of steaming and grilling octopus (*tako*) and adding *lap cheong* (a sweet Chinese sausage) and XO sauce.



Senia's Roasted Bone Marrow, with sides.



Halimaile General Store's Seafood Curry features local ingredients.

The 50-seat restaurant also features an eight-seat chef's counter, which faces the open kitchen. For \$185 you can get a customized tasting menu that changes often.

"This [tasting menu] is really the best expression of the season and moment," Kajioka explains. "It allows Anthony and I to choreograph an experience through ingredients and techniques we have learned through the years. ... Chinatown has really become the center for young and creative restaurants and bars" (restaurantsenia.com).

You want TO EXPERIENCE LOCAL FLAVORS/INGREDIENTS

HALI'IMAILE GENERAL STORE, MAUI
The original Hali'imaile General Store was just what its name described: a one-stop shop for plantation workers in Upcountry Maui, where they could buy everything from groceries to household appliances.

In 1987, chef Bev Gannon took over the lease and, the following year, opened a restaurant on this spot surrounded by pineapple fields and many miles from the nearest resort. Her focus on farm-to-table cuisine has made this restaurant one of the best and most beloved on Maui.

The menu features local fish and chips, with the fresh catch battered in beer from Maui Brewing Company. There is also coconut seafood curry with fresh island fish, shrimp, day-boat scallops and vegetables, all steamed in coconut milk and combined with a housemade curry paste. Then there's the seasonal mango-lobster pinwheel, with mangoes grown in nearby Yee's Orchard, hearts of palm from Hawai'i Island, local avocado, Maui onion and *liliko'i* (passion fruit, found in the vinaigrette) that grows on Gannon's own property.

Gannon's crowning dessert is the scrumptious Hali'imaile pineapple upside-down cake, which showcases the sweet Maui Gold pineapple (hgsmaui.com).

MERRIMAN'S WAIMEA, HAWAI'I ISLAND

Thirty years ago, chef Peter Merriman opened his first restaurant, Merriman's, in the picturesque town of Waimea. As one of the founding members of the Hawai'i Regional Cuisine movement—which launched in 1991 with the goal of encouraging restaurants to use and promote locally grown ingredients—he has become a champion for Hawai'i's farmers, ranchers and fishers.

Merriman has since opened nine other restaurants, including the first Merriman's Honolulu in the newly developed Kaka'ako neighborhood this year. Yet his flagship Waimea location on Hawai'i Island is still the iconic destination for experiencing his creative blends of local flavors, including Korean-spiced Kaua'i shrimp; lamb from nearby Kahua Ranch topped with a chimichurri sauce made with Maui onions; and a decadent pot pie filled with locally caught Ke'ahole lobster and locally grown vegetables.

"Merriman's Waimea is reminiscent of your auntie's house, where you come in, and it feels like family dinner every time, even 30 years later," Merriman says. "Many of our guests have been coming here for years to celebrate their milestones, for Sunday dinner or whenever they're back visiting on-island" (merrimanshawaii.com).

MUD HEN WATER, O'AHU

The food that Honolulu-born chef Ed Kenney cooks at this innovative Kaimukī-neighborhood restaurant—one of four that he runs in Honolulu—is a modern interpretation of the Hawaiian dishes he grew up with. The restaurant's name is a reference to a legendary natural spring



Merriman's Waimea, on Hawai'i Island, serves a pot pie with Ke'ahole lobster.

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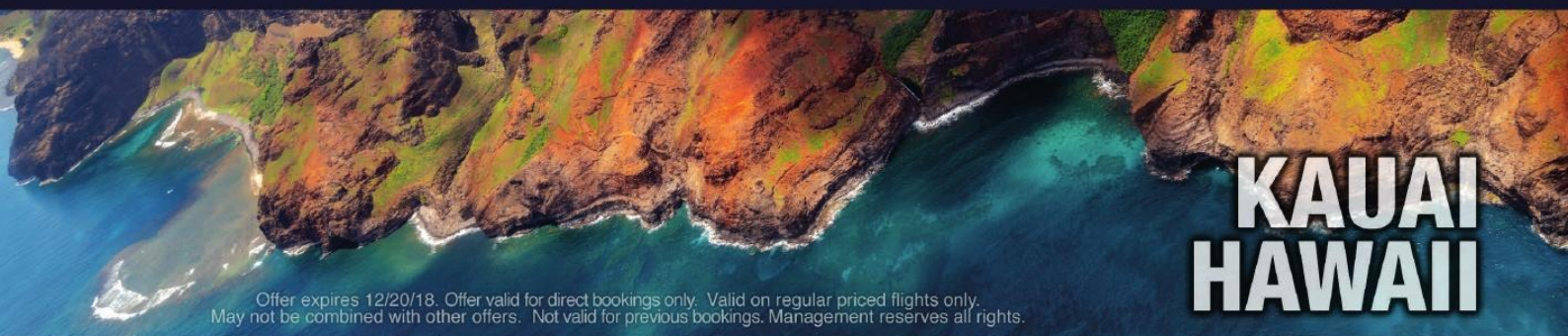
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MORE PLACES THAT FEATURE LOCAL FLAVORS AND/OR INGREDIENTS

- **'AI LOVE NALO, O'AHU:** The Medi Bowl—with taro falafel, fire-roasted baba ganoush and beet hummus—is alone worth a trip to this quaint vegan cafe in Waimānalo that specializes in Hawaiian and Hawai'i-inspired dishes.
- **MOON & TURTLE, HAWAI'I ISLAND:** The menu at this acclaimed Hilo eatery features a host of local ingredients, such as wild boar from Kulana Foods and frisée from Dam Fine Farms. —C.T.F.



Diners enjoy the patio seating at Mud Hen Water on O'ahu.

that once supported native waterfowl in the area. The dishes here emphasize small plates, and the menu changes subject to ingredient availability. Kenney is particular about using as many local ingredients as possible, from the sustainably caught fish to the veggies grown on O'ahu farms. The *he'e lū'au*, a humble stew of cooked taro leaves and *he'e* (octopus) in coconut milk, speaks to the clever way Kenney blends different culinary inspirations. The braised octopus is made as is sometimes done in Italy and Spain—grilled to give it a crispy, smoky exterior—and the dish is enhanced with local flavors, from toasted coconut to sesame seeds.

"It's comfort food and reminds me of growing up and enjoying a meal with family and friends," Kenney says (mud-henwater.com).

You want TO EAT WHERE LOCALS EAT

HAMURA SAIMIN STAND, KAUAI

Opened in 1952, Hamura Saimin Stand in Lihue is a landmark on Kauai.

Housed in a converted Army barracks and painted a distinctive periwinkle, this family-run restaurant serves what many

consider the best *saimin* in the Islands. Saimin is a simple, local-style soup dish that uses curly egg noodles—as opposed to the flat noodles you find in ramen—in a hot broth garnished with fish cake, green onions and *char siu* (sweet roasted pork). The noodles are made daily at the family-run factory nearby. The Hamura Saimin Stand's dishes are quintessential comfort food for locals, and this place is almost never empty, even on rainy afternoons (places.singleplatform.com/hamura-saimin-stand).

SIDE STREET INN, O'AHU

Prominent local chefs, including James Beard Award winner Alan Wong, take out-of-town friends to this hyperlocal restaurant on Kapahulu Avenue.

"It's almost like *Cheers*, where everybody knows everybody," says Wong, who started eating at Side Street back in the 1990s (at its original location on Hopaka Street). "It's just a friendly atmosphere, easy, casual, comfortable, relaxing." Though the beloved chef/owner Colin Nishida passed away recently, the restaurant continues, with loyal patrons enjoying the famous pan-fried pork chops, fried rice and Korean *kalbi* short ribs—all served family-style (sidestreetinn.com).

TIN ROOF, MAUI

Opened in April 2016, Tin Roof is easily one of the most popular lunch spots in Kahului, due, in part, to the tasty local-style, walk-in-only comfort food it offers. Credit chef/owner Sheldon Simeon, who was a finalist on seasons 10 and 14 of Bravo's *Top Chef*. The Hilo-born chef has created a menu of local favorites, including the popular Mochiko Chicken Kau Kau Tin with chicken that's brined overnight, then battered, fried twice, and topped with housemade sauce, aioli and mochi crunch. It's served with salted cabbage and has rice, kale or garlic noodles. The Poke Bowl changes daily, depending what fish is



Tin Roof's Mochiko Chicken Kau Kau Tin includes chicken thighs marinated overnight and fried twice.

MORE LOCAL FAVORITES

- **KEN'S HOUSE OF PANCAKES, HAWAII ISLAND:** This Hilo landmark has been serving since 1971. Its menu is pages long, with everything from malted Belgian waffles topped with macadamia nuts to *kālua* pig with cabbage. It proudly advertises being open 24/7 and 365 days a year.
- **RAINBOW DRIVE-IN, O'AHU:** This old-school drive-in has served great plate lunches for more than 50 years. Try the mix plate: barbecue beef, fish and boneless chicken, with two scoops of rice and a serving of macaroni salad or slaw, all for under \$10.
- **TAMURA'S EXPRESS, MAUI:** This small shop has poke bowls with fresh 'ahi from the Honolulu Fish Auction. Guests can customize their bowls, too, with ingredients such as shrimp tempura and garlic chicken. — C.T.F.

delivered, and the Beet Box, with roasted and fried beets topped with kale and garlic aioli, is a great vegetarian option. You can order online and pick up at the restaurant (tinroofmaui.com).

You want TO CELEBRATE A SPECIAL OCCASION

ALAN WONG'S HONOLULU, O'AHU

This restaurant perched on the third floor of an office building in Honolulu has come to define local-style fine dining. The farm-to-table menu created by James Beard Award-winning chef/owner Alan Wong, along with an impressive wine list and intimate ambiance, have made this one of the island's go-tos for special occasions.

"We have always tried to stay [true] to our original intent, which was for our

guests to taste Hawai'i when they dine here," Wong says.

Since it opened in 1995, Alan Wong's has showcased the rich bounty of the Islands. The goat cheese and roasted-beet salad features local products, the seafood stew is packed with North Shore Farms tilapia and Kualoa Ranch shrimp, and the dry-aged porterhouse steak is from Makaweli Ranch on Kaua'i (alan-wongs.com).

KAUAI GRILL, KAUA'I

World-renowned chef Jean-Georges Vongerichten created the menu at the signature restaurant at the luxurious St. Regis Princeville Resort, and it's full of robust flavors and decadent dishes. Specialty entrees might include a whole Kona lobster served with young beets and crystallized ginger vinaigrette, Kaua'i shrimp

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Hawai'i CUISINE



'Ulu Ocean Grill provides a sophisticated dining experience in a spectacular seaside location.

with caviar and horseradish panna cotta, and Wagyu beef that melts in your mouth. The restaurant offers vegetarian and gluten-free options, too. The view of Hanalei Bay is also breathtaking—a perfect place to catch a sunset (stregisprinceville.com/dining/kauai-grill).

'ULU OCEAN GRILL, HAWAII ISLAND

The view alone at the oceanfront 'Ulu Ocean Grill at Four Seasons Resort Hualālai makes this one of the most romantic spots on Hawai'i Island. Diners can sit outside, under the stars, and listen to the waves lap against the shore. Much of the restaurant's menu is sourced locally, and its seafood offerings—from the charred local octopus to the 'ahi poke with ogo (seaweed), Maui onions and white soy sauce—are exceptional. A fun twist on a

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Hawai'i CUISINE

MORE LOCATIONS FOR CELEBRATIONS

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- **MAMA'S FISH HOUSE, MAUI:** Serving on Maui for more than four decades, Mama's Fish House, with its coconut grove and charming Polynesian decor, is a go-to place for special occasions. There are lobster tails from Tristan Island, Makaweli Ranch tenderloin filet, and crispy mahi-mahi rolls with a Hāmākua mushroom brandy sauce. The menu even names the people who reeled in your fresh catch—in notes such as this: "Ahi caught by Ikaika Galicinao trolling in rough seas off Moloka'i." —C.T.F.

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local favorite is the 'ahi loco moco, with 'ahi tartare swapping in for the traditional loco moco's hamburger patty, and sweet soy sauce glaze replacing basic brown gravy. Another standout is the Berkshire pork belly, which comes with whipped tofu, Hilo-grown corn and edamame (fourseasons.com/hualalai/dining).

NO MATTER THE TYPE of culinary experience you seek, Hawai'i has what you want. ✈

Writer Catherine Toth Fox covers food, travel and more from O'ahu.

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as well as advice on what it takes to get accepted at colleges, and information on funding options, can be useful. The University of Nevada, Reno keeps its information up-to-date on several of these types of websites, including Naviance, Cappex and Chegg, so that the university will be listed when it matches a given student's needs.

The university also provides an interactive online tour of campus on its own website that might encourage prospective students to learn more. For instance, a virtual stop at the school's Davidson Mathematics and Science Center notes that an ongoing lecture series that has featured acclaimed scientists such as Neil deGrasse Tyson and Bill Nye the Science Guy is hosted in the center's auditorium. The idea is for the website to entice students to visit, but nothing can beat an actual in-person visit, Maples says.

He adds that the school is working to make sure its website and internet resources are smartphone friendly. "Students want to do everything on a phone. We've made it as easy as possible—they can sign up for a tour and even apply for admission all on their mobile phone."

popular at a given college and types of activities around town—that current students or alumni at a school can answer. Wright says he also found WSU's own website helpful, especially the UChat section, through which he could type his questions and get

specific answers from current student employees called Cougar Connectors. He says the people he interacted with online seemed very friendly, and the WSU website also offered ample financial-aid

and scholarship information. He liked the videos on WSU's YouTube channel, as well. "Just to see what the area is like was so cool," he says. The videos included scenes from WSU's sports program and provided information on the school's research facilities.

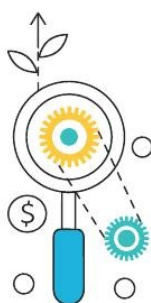
He was able to determine that for his undergraduate pre-med years, WSU had what he needed, such as a pre-med advising office that conducts mock interviews to help students prepare for actual admissions

interviews with medical schools and that advises students on which classes they should take to help them get into and succeed in medical school.

The size of the Pullman campus, with slightly more than 20,000 students, also appealed to Wright. "Talking with my high school counselor, I said, 'I think this is a great place for me,'" Wright recalls.

He suggests that prospective students follow the university's Facebook page or Twitter accounts to get a feel for the school and student life. The university president regularly uses Twitter to pass on information about the school and what's going on, which makes students feel a stronger connection to him, Wright says. WSU's student government also has its own web accounts, and the undergraduate student body president regularly tweets, as well, Wright says.

Social media hashtags are a popular tool WSU uses to help connect prospective and current students via social media platforms, says Randi Niehenke, the university's associate director of the Office of Admissions and Recruitment. Prospective students can search for hashtags to find out what current students are up to and see photos of special campus events. WSU



SEARCHING FOR INFORMATION

Internet search tools were crucial to David Wright's college-selection process. Wright, who is now a sophomore at Washington State University in Pullman, was born in the state of Washington, but he had lived overseas most of his life because his father's career as an aerospace engineer meant the family was stationed many different places. Wright was a high school student in South Korea when he decided he wanted to be a pre-med undergraduate student, taking classes that would help him get into medical school.

Wright started his search with a program now called Niche. It allows searches based on criteria ranging from majors to student life. It also gave Wright ideas for fun things to do around Pullman, and provided an in-depth look at the university. Another online tool Wright recommends is College Confidential, where you can post questions—such as what programs are most

Admissions also answers telephone queries, so students can choose to call if it's more convenient than the Admissions Office UChat option.

WSU also finds out about interested students from online sites such as the college search engine Cappex. Students can type in information such as the state they are from, their GPA and their desired major. If they wish, Cappex will send the student's information to relevant schools. Staff can then send information to these potential students. And WSU recently held a live event using Skype, in which students in rural Alaska could ask questions and hear all about campus life at WSU, Niehenke says.

ONLINE LEARNING

Christine Billera wasn't sure if she would be staying in Washington, D.C., where she had a job managing corporate education programs. She wanted to go back to



college, but she didn't want to be tied to a particular place. She began her college search for an online-degree program by scanning rankings on *U.S. News & World Report's* website. She then did more online research about top schools and narrowed her search to two that she felt offered excellent programs. She ultimately chose Oregon State University's Ecampus. The tie-breaker was the school's website.

"It cannot be overstated how important a friendly website is,"

she says. "One website's message was, 'We're amazing, and you want to be one of us.' But OSU's message was, 'You are one of us.'"

That digital impression made the difference for Billera. She is now working on OSU online bachelor's degrees in business administration and Spanish. She

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says she's been pleased with her choice, though she cautions that even more than in a brick-and-mortar school, you have to put in time and energy to feel connected to the class community.

OSU has several tools to help familiarize prospective and current students with the school. The Enrollment Services team has webinars on financial aid, admission steps and next steps that can be emailed to students, says Amy Theis, assistant director of Enrollment Services. More webinars are launching this fall. Additionally, the OSU Office of Financial Aid has a scholarships database that students can use.

Ecampus, which offers more than 50 accredited online degrees, both undergraduate and graduate, has a brief movie-trailer-style video introducing the program, as well as more than a dozen short course demos that show how the online learning works. Demos even

include a look at an award-winning virtual 3D microscope that was developed by OSU faculty and mimics an actual physical microscope for online students studying subjects such as cell biology.

OSU has several tools to help familiarize prospective and current students with the school.

Beyond the demos, three people on the fourth floor of OSU's Valley Library regularly answer phone queries and respond to questions posted to the OSU Ecampus Facebook page.

"Prospective students are not going to find everything they

need by social media alone," says Theis. "It's more from in-depth conversations. We have had people say, 'Give us your pitch,' and we chuckle a little about that, because whether they're looking into us by phone or by digital means, we're not trying to sell people—it's more giving information for them to decide." ✕

Michelle W. Martin is a freelance writer based in Seattle.



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LEARNING TO SUCCEED



UNIVERSITY PROGRAMS HELP STUDENTS THRIVE / BY M. SHARON BAKER



Margarita Buenrostro began picking blueberries at age 14 so that she could start saving money for college. She lived in a rural Eastern Washington community, and she knew her parents wouldn't be able to fund her university degree, but she didn't let the financial challenges deter her.

Besides finding ways to earn money, she jumped at the chance to attend Shades of Purple, a two-day University of Washington student conference for minority high school students, designed to encourage them to pursue higher education. She participated in Shades of Purple during her junior year of high school in 2015, and as part of the conference, she wrote a personal statement that highlighted her desire to study business.

That statement led to an invitation to participate during her senior high school year in a University of Washington Foster School of Business program called Young Executives of Color. The free nine-month college-pipeline program annually helps 175 students, many of whom would be first-generation higher-education students, learn how to prepare for college. It also offers

professional development, mentorship and exposure to business opportunities.

The only cost for Buenrostro was transportation to the UW campus in Seattle one Saturday a month for nine months. Each of those Saturdays, she and her family—including siblings who are triplets, three years younger than she is—got up around 5 A.M. and made the long trip over Snoqualmie Pass to the university. Buenrostro spent the day attending classes and workshops. Sometimes the family didn't get home until 9 P.M. if traffic was bad.

"It was what I needed to do for my career," says Buenrostro, now 20 and majoring in informatics and finance at the Foster School.

Andy Marzano, associate director of Undergraduate Diversity Services at Foster, notes that African-Americans, Latinos and Native Americans are under-represented in corporate leadership, and traditionally it has seemed as if women and people of color weren't welcome in prominent business positions. To change that narrative, he says, the Foster School launched the

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Young Executives of Color program in 2006 and now has more than 900 alumni, including Buenrostro.

Participation in the YEOC program helped her obtain a YEOC scholarship for her first year at the UW, and she received scholarships from other sources for her sophomore and junior years. She'll be pursuing scholarships for her senior year, as well.

She begins her junior year at the UW this month, after completing a summer internship at an accounting and consulting firm in Seattle. "The Foster School's programs have made all the difference in being able to achieve my college goals," Buenrostro says.



SUCCESS STRATEGIES

Wanting all students to succeed, universities have developed a variety of support options to help students get to college and to enhance their learning experience at the university. For instance, peer tutoring is available at many schools, including Whitworth University in Spokane, Washington. Whitworth students have access to academic support through the Student Success program, which provides information about options such as math labs, supplemental instruction and world-language tutoring.

Many universities offer online workshops, such as the Time Management, Test-Taking Strategies and Reading Strategies workshops from Washington State University, as well as live workshops and presentations. WSU also has programs such as in-person peer tutoring and online e-tutoring from graduate students, and programs to support students who are entering college from foster care.

And at Saint Martin's University, a small, private college in Lacey, Washington, Ann Adams, the associate dean of students and the director of Career Development, created a program to encourage students to think about their college-exit strategy starting in their freshman year. Since use of the career-placement center is voluntary, students often didn't get around to taking advantage of its services until their fourth year, she says. So she created an incentive program—students earn T-shirts—for accomplishing annual tasks that vary from creating a resume to attending a business-etiquette workshop to landing an internship or job.

The university also continually encourages students to find a trusted mentor. "It's very important that students have a go-to person they feel comfortable with beyond their assigned academic adviser," Adams says. It could be a faculty member, a staff member, or an



University students can benefit from assistance such as faculty mentoring and peer tutoring.

upperclassman resident adviser assigned to provide support to students living in an on-campus residence hall, as long as the student makes a connection and has a network of support,

she says. "We're always asking 'Who's your person?'"

For Hawai'i native Jase Kugiya, who graduated from Saint Martin's in May with a bachelor's in social work, Adams was his "person." Kugiya, now 23, met Adams when she was teaching his freshman seminar class, and he visited her at the Career Center at least once a week as he researched a major and looked into graduate programs to pursue after getting his bachelor's degree. Adams helped him with mock interviews for various campus jobs, as well as with career exploration and graduate-school applications.

"Ann is truly a catalyst for student success post grad," says Kugiya, who starts his graduate studies at the University of Michigan School of Social Work this month. "Ann was instrumental in my growth as a person and a professional. There's no doubt in my mind I'll be successful at the University of Michigan and into the future because of the skills I've learned from her."



HELPING COLLEGE COMMUTERS

San Diego State University dove deep into student data in 2010 to discover which students were struggling the most, says Randy Timm, dean of students. The data revealed nine different groups of commuters, which make up about 40 percent of the student body. The largest commuter group lived at home with their parents, drove from border communities, was low income, 70 percent minorities, and needed remediation in writing or math.

"One of the things we learned through focus groups

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with commuter students was that they have a different mindset,” says Eric Rivera, SDSU vice president for Student Affairs. “What we wanted for them and what they wanted was different. They were trying to figure out how to spend the least amount of time on campus, because they often had job and family demands, and we wanted them to spend more.”

Daphne Joie Best Calaguas lives with her parents and three siblings about 25 minutes away from campus. “As a freshman, I was really scared about not being able to get as involved as everyone else,” says Calaguas, now a junior. “Most activities and club meetings happen in the evening, and as commuters, we have a special struggle because we can’t just go back to our dorm rooms. We still have family at home we need to help and interact with.”

Starting with a group of 15 students in 2011, SDSU created a support community called Casa Azteca through which commuters could make friends, receive academic support, create relationships with faculty and staff, and learn about on-campus activities.

In 2015, that initial program grew into Commuter Success Pathways, which offers additional ways to connect students to the university and help them be successful. The program pairs freshmen with student mentors, places commuters in classes together and offers learning communities. By fall 2017, more than 90 percent of commuters—1,070 students—were participating in Commuter Success Pathways, says Timm.

Rivera adds that the graduation-rate gap between the overall SDSU student population and the traditionally underrepresented student

populations, which include many commuters, has dropped from 21 percent to 7 percent.

Calaguas credits the connections she made through mentors, Commuter Success Pathways and Timm for her initial success, as well as the creation of a Commuter Center space added in 2013. The space has a refrigerator, a coffee maker, a printer and a television, plus comfortable seating and conference rooms. It's a place to store or eat her lunch, take a break during the day, and meet, talk or work with other commuter students.



ASSISTANCE IN LOOKING AHEAD

Fernando Lira, a sophomore at Pacific University Oregon's College of Business in Forest Grove, a Portland suburb, is benefiting from a program created by Jim Goodrich when he became dean of the College of Business in 2017. He wanted to strongly prepare students for the job market. Landing a full-time job after graduation "is much, much different today than it was when I was a student," he says.

Goodrich put together a rigorous program of preparation for students that includes helping them find internships and exposing them to different career opportunities, and he hired a placement coordinator, Wanda Frazier.

Lira formed a tight bond with Frazier, who helped him land a summer internship this year with a major life insurance company, and she recruited him to the Business Club executive board. The club provides mentoring and networking opportunities for students, and demonstrates leadership skills and extracurricular in-

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MEETING THE NEED

A number of nonprofits are helping low-income and first-generation prospective college students make it to college and succeed there. Here are a few examples:

→ **College Track** (collegetrack.org), based in Oakland, California, is a national nonprofit organization with multiple centers. In partnership with the Kevin Durant Charity Foundation, it is expanding this fall into Maryland, with two more centers planned for Washington, D.C. College Track annually makes a 10-year commitment to 3,000 students—87 percent of them first-generation—starting before high school and supporting them through college graduation.

→ **College Success Foundation** (collegesuccessfoundation.org), based in Bellevue, near Seattle, supports underserved students in Washington state and the District of Columbia. These include low-income students, students of color, foster youths and first-generation college students. More than 9,500 CSF-assisted students have graduated from college. College Success Foundation provides an integrated system of supports and scholarships, starting as early as middle school, to help students "finish high school, graduate from college and succeed in life."

→ **Students Rising Above** (studentsrisingabove.org) is a nonprofit operating in California's Bay Area. SRA helps low-income, typically first-generation college students attend four-year colleges and pursue a career. So far, SRA has sent nearly 800 students to college. SRA provides personal support ranging from internship preparation and placement to financial support from college through graduation and into the workforce. —M.S.B.

volvement to prospective employers.

After graduating from college, Lira wants to work in a field such as international relations, international markets or financial investments.

He is excited for future opportunities his college education will give him, especially since he grew up in a small agricultural town in southwestern Oregon. He took advantage of high school opportunities such as working as a student teller and a student branch manager for a Rogue Credit Union branch at his school, and participating in the Oregon ASPIRE (Access to Student Assistance Programs In Reach of Everyone) mentoring program. The program matches adult volunteer mentors with middle and high school students to help them develop plans beyond high school.

"A lot of people in my community recognized I was very motivated and my work ethic was high," Lira says.

Val Cowan, a southwestern Oregon specialist for a federally funded program, Trio, that places advisers in high schools to help prospective first-generation college students with post-high school planning, was both his Trio and ASPIRE mentor. She helped him and other students visit colleges and complete financial-aid forms. She also helped Lira identify scholarship opportunities, including one that led to Lira's receiving a coveted four-year Ford Family Foundation Scholarship.

He credits his ability to enter college, succeed there and look forward to a rewarding career to the support of helpful people and programs, including the connections he's made on campus. "I am very appreciative of what I've received," he says. ✕

M. Sharon Baker is a Seattle writer.



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Visitors can see the northern lights glowing across Alaska, including on a photo tour, shown here, at the Eklutna Tailrace fishery near Anchorage.

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HERE & NOW »



UP IN LIGHTS

Aurora borealis is a showstopper in Alaska

By Eric Lucas

» Usually, when a curtain unfurls across a great stage, it marks the end of the show. Here on Chena Lake near Fairbanks, the show is just beginning: Aurora borealis has appeared, a banner of shimmering viridian that spans the limitless sky. In times past, a chorus of “Awesome!” would have been the primary sound coming from the two dozen viewers on our guided trip, but this is 2018, and instead cellphones and long-range camera lenses are aimed upward, clicking continuously, as the amateur shutterbugs hold their breath.

Still, there are a few remarks. “Can you hear the static? Listen.”

“Right there, a touch of red. See it?”

And: “Catch any fish?” That’s what my fiancée, Nicole, asks me.

Yes, I have, in fact. Four landlocked salmon through the ice in local guide Reinhard Neuhauser’s frozen-lake shack that serves as both a fishing venue and a warming hut—the latter a welcome amenity on a frosty mid-March night.

Nicole and I are on an outing with Alaska Fishing and Raft Adventures, and we dash in and out between angling and aurora. In the hut, our guide is frying the fish for a mid-evening supper once we return inside from the cold.

“Cold” is only 10 degrees. Chilly by my Puget Sound standards, but balmy for winter in Fairbanks. The mild night

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also reveals the secrets of aurora viewing in Alaska. The northern lights, which occur when solar particles smash into atoms and molecules in the Earth's atmosphere, can be seen almost any clear night, mid-August to mid-April.

My favorite time of year to see the lights is in March, because it's not usually subzero; the skies are clear most of the time; and with the spring equinox nigh, there's plenty of daylight for outdoor activities, such as dogsledding, fat-bike riding, Nordic skiing and more.

Though the aurora can be seen anywhere from Juneau up to the Arctic coast, the Alaska Interior around Fairbanks enjoys two advantages: The North Pacific weather that clouds up coastal locations is blocked by Denali and the Alaska Range, and Fairbanks is under what geophysicists call the "auroral oval," a circumpolar ring that fluctuates but is usually about 180 miles wide and is where the aurora is most active most often. It's no coincidence that one of the leading scientific facilities devoted to the aurora is the Geophysical Institute at the University of Alaska Fairbanks, which produces a daily aurora forecast.

There are seemingly infinite ways to see the northern lights in Alaska. In Fairbanks, these include departing your motel room at 1 A.M. to scan the sky; signing up for one of Neuhauser's "fish, cook and view" evening tours; and traveling to Chena Hot Springs, where you can see the lights while relaxing in a thermal pool.

In Anchorage, longtime Alaska photographer Jody Overstreet leads evening photo tours during which she helps visitors understand the intricacies of this delicate art, with everyone dashing outside from her heated van when the lights appear.

It's all easier than most would-be aurora visitors think. I've deliberately set out to see the northern lights four times—and been successful all four.

But there is one popular aurora impression that's absolutely true: The sheer sensation of standing beneath an indigo sky on a midwinter night with your breath turning to ice fog. This is one of Earth's peerless experiences.

The French poet Arthur Rimbaud likened the aurora to a "kiss rising to the eyes of the sea."

I am sure he meant the great sea of the entire universe, and we are grateful spectators to this electric romance. ✕



NORTHERN LIGHTS VIEWING SITES

From the streets of Anchorage to the sparse Arctic terrain, the aurora can often be seen dancing across Alaska's night sky during the fall and winter. Experts at the Alaska Travel Industry Association shared the following ideas for viewing the northern lights.

■ **Southcentral Alaska:** At the Glen Alps Trailhead, located in the southeastern part of Anchorage, visitors can watch the northern lights flash across the city's skyline. Another option in town is at the end of Northern Lights Boulevard, which is a beautiful spot to view the aurora shimmering above Cook Inlet. Visitors can also see the lights from the Eagle River Nature Center, less than 30 miles east of Anchorage, or in the Knik River Public Use Area, less than 45 miles northeast of Anchorage.

■ **Interior Alaska:** Less than 30 miles northwest of Fairbanks, Murphy Dome, the site of a former Air Force

station, offers clear views of the night sky.

North Pole, Cleary Summit and the Chena River State Recreation Area are also popular spots for aurora viewing in the Fairbanks area.

■ **Arctic Alaska:** See the lights in Coldfoot, which is one of the few communities above the Arctic Circle that's accessible by road. Tour operators such as Northern Alaska Tour Company can safely get travelers to the town, located more than 250 miles north of Fairbanks on the Dalton Highway. Another place for remote aurora watching near the Gates of the Arctic National Park & Preserve is in Bettles. It's the smallest incorporated city in Alaska—the population is 12.

Visit travelalaska.com/things-to-do/winter-activities.aspx for more ideas on where to see the northern lights. —Charlie White

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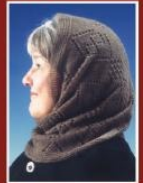
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FREMONT

Quirky and fun

By Christy Karras

» **Lucky for me**, the center of the universe happens to be within easy walking distance of my house.

At least, that's the case according to residents of Seattle's Fremont neighborhood. The Fremont Chamber says that many locals have considered Fremont the center of the universe since the early 1970s, based on factors such as gravitational pull that draws people back again and again. In 1994, the Metropolitan King County Council issued a proclamation making that status official. The proclamation also stated that Fremont is a "State of Mind" and "an ImagiNation based on the freedom to dream."

Whether Fremont is the center of the universe or not, it undoubtedly has a distinct retro-meets-modern feel that makes me want to wander there. I like to check out what's new in the boutique shops—or what's old, in the case of Fremont Vintage Mall, one of my favorites for its collection of midcentury furniture. And I've bought everything from antiques to handmade crafts to seasonal fresh vegetables at the year-round Fremont Sunday Market.

For relaxation, I like to sit on the bank of the Fremont Cut portion of the Lake Washington Ship Canal (which connects Puget Sound, via Lake Union, to Lake Washington) and watch boats slide by. For a night out, friends and I frequently enjoy Fremont's diverse bars and restaurants. We might play billiards at the Ballroom or dance to a funk band's mellow beats at Nectar Lounge.

The neighborhood's laid-back vibe turns electric during Fremont's many festivals. At one of Seattle's largest Oktoberfest celebrations—taking place September 21–23 this year, coinciding with the Bavarian version's opening weekend in Munich—we don our dirndls and lederhosen, and tote miniature mugs to sample some of the 100 beers on

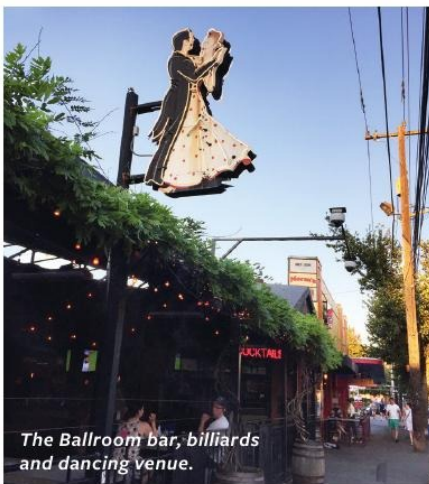
offer. Less-traditional Oktoberfest events include chainsaw pumpkin carving and feats of strength. I particularly enjoy participating in the stein-hoisting competition, even though I'll never win it.

The neighborhood is also known for appeal-

ing Fremont Canal Park, which has water-viewing benches and is a community gathering space. The park is adjacent to a section of the approximately 20-mile Burke-Gilman Trail, which is popular with pedestrians and bicyclists. The local stretch of the trail parallels the



The Fremont Rocket and nearby model of Saturn.



The Ballroom bar, billiards and dancing venue.



The neon Rapunzel on the Fremont Bridge.



Dinosaur topiaries near the Burke-Gilman Trail.

water in Fremont, making it one of my go-tos for a tree-flanked stroll. Look for the long-necked fluffy dinosaur topiaries that appear to graze where the trail meets the bottom of Phinney Avenue North. Mama dino is about 66 feet long, more than twice her baby's size. Thousands of ivy plants have been used to create the pair.

Pedestrians and cyclists are also welcome on Fremont's distinctive drawbridge, built in 1917 and painted bright blue and orange. Voters chose the blue in an informal poll during a 1984 street fair, while the orange is a nod to the bridge's previous color, which various locals loved.

See if you can spot the neon Rapunzel whose yellow hair flows down the side of one of the bridge

towers. She's kept watch over the bridge since local glass artist Rodman Miller installed her in 1995. ✂

Writer Christy Karras loves exploring the area dubbed "the Fearsome and Frolicsome Fiefdom of Fremont" in the Metropolitan King County Council proclamation.

A FEW FREMONT FAVORITES

■ Theo Chocolate (theochocolate.com):

Housed in a red-brick factory, formerly a street-trolley barn, Theo offers tours that include samples of its organic delectables.

■ Uneeda Burger (uneedaburger.com):

This casual eatery serves up big, sloppy burgers with creative toppings, as shown below. A few doors away, **Paseo** (paseorestaurants.com) makes some of Seattle's best Caribbean sandwiches.

■ Portage Bay Goods (portagebaygoods.com):

One of the many carefully curated shops lining Fremont's business district, it stocks Seattle-centric gifts and cards. (Who doesn't need a pin depicting a giant sloth climbing the Space Needle?)

■ The George & Dragon (theegeorge.com):

An old-school British pub-themed soccer bar, it's one of the city's best places to meet fellow fans.



■ Jive Time Records (jivetimerecords.com):

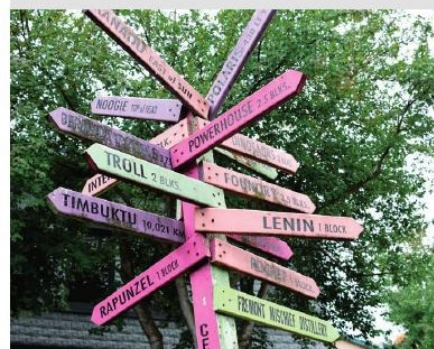
Albums line the walls at this old-school

record shop, above. And the also-popular **Daybreak Records** (daybreakrecordstore.com) is just up the street.

■ Ophelia's Books (opheliasbooks.com):

Three levels feature used books of all kinds, and a tortoiseshell cat adds to the ambiance. —C.K.

HYSTERICAL MARKERS



» During the Oktoberfest "Street Scramble" (September 23 this year), teams embark on a treasure hunt of sorts, trying to visit around 30 specified locations in 90 minutes or less. Or, you can easily create similar fun any time of year: Just download a walking-tour map from fremont.com/map/fremont-walking-guide, which includes a list of so-called "Hysterical Markers"—where informative (and often cheeky) plaques describe offbeat Fremont offerings.


Start at the multicolored **Center of the Universe signpost**, shown above, at the intersection of N. 35th St. and Fremont Ave. N., which helpfully points toward notable landmarks.

The most famous of these is the **Fremont Troll**, one of our must-dos when my husband and I host visitors. The 18-foot-tall concrete giant under the Aurora Bridge is more friendly than scary, and a favorite selfie location.

Cast-aluminum patrons in the **People Waiting for the Interurban** sculpture remind us that an electric-railway line used to run to downtown Seattle, according to Mark Ukelson, owner/guide of The Fremont Tour. Anyone is welcome to decorate the sculpture as long as they agree to eventually clean it up, so the waiting passengers, including a dog with a human face, usually sport colorful hats and scarves, he says.

One of my personal favorites is the approximately 50-foot-tall **Fremont Rocket**, on which the neighborhood's motto is inscribed: "De Libertas Quirkas," or "Freedom to Be Peculiar." (Nearby is a 24-foot-diameter Saturn.) —C.K.

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LOCAL FILM FESTS

» **Northwest filmmakers and Northwest films**—from Washington, Oregon, Idaho, Montana, Alaska, British Columbia and the Yukon—are being showcased at the Northwest Film Forum's **Local Sightings Film Festival**, Sept. 21–29, in Seattle's Capitol Hill neighborhood.

More than a dozen feature films, and around 70 short films, are expected to be screened. The festival also includes parties, artist talks, discussions, workshops and networking events.

Scheduled feature films include *North of Blue*, an experimental animation inspired by the natural landscape of Canada's Yukon.

Special events include a screening of the 1963 film *It Happened at the World's Fair*, starring Elvis Presley (co-presented with the Seattle International Film Festival). Another special event is the Indigenous Showcase (co-presented with Seattle-based Longhouse Media), featuring the documentary *Mele Murals*, about the power of modern graffiti art and ancient Hawaiian culture to inspire a new generation of Native Hawaiians.

For more information about the

film festival, visit localsightings.org.

MORE FILM FESTS

A few of the many additional upcoming options:

Conscious Cartoons International Animation Festival, featuring animated shorts from around the world, with socially conscious, humanist themes, Sept. 14–16, Vashon Island, southwest of Seattle (consciouscartoons.org).

Issaquah International Film Festival, Sept. 15–16, in Issaquah, east of Seattle, presented by the Seattle International Film Festival (siff.net). Alaska Airlines is a SIFF sponsor.

French Cinema Now, Sept. 27–Oct. 4, SIFF Cinema Uptown in Seattle's Queen Anne neighborhood (siff.net).

Manhattan Short Film Festival, Sept. 27–Oct. 7; 300 venues across six continents, including several Puget Sound-area locations, are showing the same short films on varying dates, with audience members voting on finalists (manhattanshort.com).

Tasveer South Asian Film Festival, Sept. 28–Oct. 7, at five different Puget Sound-area cities (tasveer.org).

Tacoma Film Festival, focusing on new independent films, Oct. 4–11, in Tacoma, south of Seattle (tacomafilm-festival.com).

Twist: Seattle Queer Film Festival, Oct. 11–21, at four Seattle locations (twistfilmfest.org).

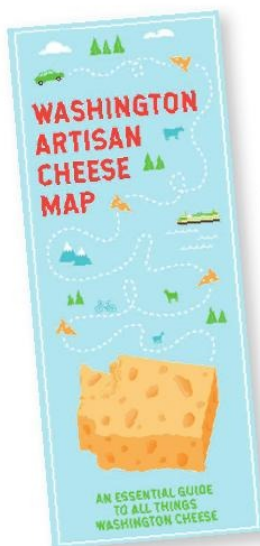
Kinofest German-language film festival, Oct. 19–21, SIFF Film Center at Seattle Center (siff.net).

Seattle Polish Film Festival, Oct. 19–28, at SIFF Cinema Uptown and SIFF Film Center (polishfilms.org).

National Film Festival for Talented Youth (24 and under), Oct. 25–28, at various Seattle venues (nffty.org). ✈



» **Top and right: The Local Sightings Film Festival attracts audiences who enjoy films with Northwest connections.**



GO TO: Cheese Festival and Touring

Meet more than 20 of Washington state's artisanal cheesemakers and sample their cheeses during the **Washington Artisan Cheesemakers Festival** (for ages 21+) at the Seattle Design Center, Sept. 15. The festival includes beer pairings and a cheese seminar. Or, for

self-touring at your convenience, download the **Washington Artisan Cheese Map** (left), which includes information on 60 of the state's cheesemakers, such as type of production (cow, goat or sheep cheese), onsite retail shops and classes available. The map also presents interesting cheese facts, such as how seasons affect cheese production and flavors (washingtonartisancheese.com).

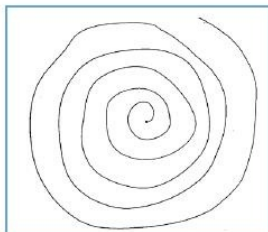
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■ Items ranging from a 1930s quilt made with materials such as ribbons and fabric scraps to a 2011 dress crafted with yellow “caution” tape (above) are on view in the 180-piece exhibit **“Make/Do: A History of Creative Reuse”** at the **Washington State History Museum** in Tacoma, south of Seattle, through Dec. 6. The museum is also exhibiting “Sleight of Hand,” about regional connections to magic and magicians, through Jan. 20 (washingtonhistory.org).

■ **“Design with the 90%,”** an exhibition highlighting global efforts to develop affordable and sustainable shelter, food, drinking water, sanitation and health solutions, will be on view Sept. 13–May 19 at the **Bill & Melinda Gates Foundation Discovery Center**, near Seattle Center. The Discovery Center explains that the exhibit title underscores the concept that design is not just about creating products and services for the wealthiest 10 percent of the world (discovergates.org).

■ Enjoy Greek food, wine, beer, music and dancing during the **St. Demetrios Greek Festival**, Sept. 14–16 in Seattle’s Montlake neighborhood, northeast of downtown (seattlegreekfestival.com).

■ See top fall fashions during **Fashion Week at The Bellevue Collection**, in Bellevue, east of Seattle, Sept. 19–23. The week includes specialty events such as the Independent Designer Runway Show featuring unique fashions of Northwest designers (fashionweekbellevue.com).

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■ **Pacific Northwest Ballet** is celebrating the birth-year centennial of Academy Award-winning dance legend Jerome Robbins (1918–1998), who choreographed numerous ballets and Broadway



shows, including *Fiddler on the Roof* and *West Side Story*. PNB presents the **Jerome Robbins Festival**, Sept. 21–29 at Seattle Center, with various celebratory dance programs (pnb.org).

■ Popular local acts, along with comedians from other locales, are performing during **SketchFest Seattle 2018**, Sept. 21–29 at Pike Place Market in downtown Seattle (sketchfest.org).

■ Get a feel for what life was like at Fort Nisqually, south of Seattle, during the fall of 1857. Campfires and candlelight will illuminate the **Fort Nisqually Living History Museum** at Point Defiance Park in Tacoma during evening tours, Oct. 5 and 6. More than 100 historical interpreters—portraying trappers, settlers, blacksmiths, cooks and others—will bring the past to life. The site includes two of the original 1830s buildings constructed by the Hudson's Bay Company near the delta of the Nisqually River (fortnisqually.org).

■ **The BrickCon Lego Convention**, Oct. 6–7, at Seattle Center, will include hundreds of hobbyist displays, an opportunity to meet builders, and a Building Zone where kids can create Lego masterpieces (brickcon.org).

■ Focusing on 21st century jazz, the **Earshot Jazz Festival** will be Oct. 7–Nov. 4 this year, with internationally and locally acclaimed musicians performing at various Seattle-area venues (earshot.org). ✈



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THE CHARMS OF LAKE OSWEGO

The small community offers art and history

By Susan G. Hauser

» **While strolling** on a flower-basket-festooned street in Lake Oswego, I chance upon a scene that is testament to the flourishing arts scene of this small town that lies less than 10 miles south of Portland, along the Willamette River. Seattle artist Ken Turner is overseeing the installation of his 78-inch painted metal sculpture *Costume*, guiding workers in its precise sidewalk positioning.

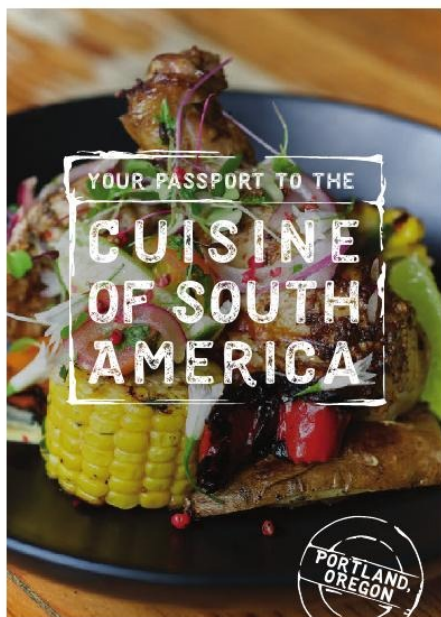
Turner's sculpture will grace the downtown streetscape for the next two years as part of the Arts Council of Lake Oswego's Gallery Without Walls program, which brings art to the city's public spaces. Turner's piece brings the number of permanent and loaned artworks on display in the city to 79. The ubiquitous hanging flower baskets, which total 250, serve as colorful complements to the town's abundance of art, planters, trees, the lake itself and the

Willamette River—all of which help make this quiet suburb such a peaceful haven.

With its wide sidewalks, expansive art-filled plazas, fountains, attractive boutiques and dining options, the city of Lake Oswego might cause some visitors to feel they have been transported to an exotic locale. Enjoying a plate of powdered sugar-dusted beignets and a cup of chicory coffee just steps away from the Willamette River at NOLA Doughnuts might bring the Mississippi River in New Orleans to mind. Indulging in an éclair and café au lait from St. Honoré Boulangerie at tree-shaded Millennium Plaza Park could be reminiscent of a sidewalk cafe in Paris.

The plaza is part of a charming waterfront area that wraps around the northeastern end of Lake-wood Bay, part of Oswego Lake. Millennium Plaza Park hosts a variety of events, including the town's

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Oswego Farmers' Market, which is held on Saturday and runs through October 13 this year. On a recent weekday, I watched a large group of area residents at the park practicing the smooth and synchronized movements of tai chi.

Adjacent to the plaza along First Street is a sparkling new addition to downtown: The Windward, a mixed-use development with high-end residences, retail shops and restaurants. A Salt & Straw ice cream shop has opened in the development, and a Bamboo Sushi restaurant is slated to open its doors this fall.

The community is built around the 405-acre Oswego Lake, which is privately owned by a corporation of lakefront property owners. Just to the east of the lake is the Willamette River, which runs parallel to State Street.

The city has nearly 30 public parks and recreation areas, including the George Rogers Park and Tryon Creek State Natural Area, both of which feature prominently in the history of the area's



» The Saturday Lake Oswego Farmers' Market in Millennium Plaza Park attracts shoppers from far and wide.

involvement in the iron industry.

George Rogers Park, straddling Oswego Creek between the river and the lake, is home to what appears to be a stone temple. In reality, it's all that is left of an 1866 furnace, which was built by the Oregon Iron Company to make metal from ore mined at nearby Iron Mountain.

While the industry lasted only a few decades in the area, the Oswego Iron

A FESTIVAL OF FUN

Feast Portland offers world-class food and beverages

By Danielle Centoni

» Strings of lights twinkle against a sapphire twilight sky as I work my way through the Feast Portland Night Market crowd. The amiable food revelers around me are swaying to the music being played by a nearby DJ, and we are all in a celebratory mood.

The Night Market, which this year is sponsored by Alaska Mileage Plan, is held at Zidell Yards, and is one of Feast Portland's most popular events. Now in its seventh year, Feast—with Alaska Airlines Visa® card as a presenting sponsor and the official credit card partner—is a food



» Chef Gregory Gourdet of Portland's Departure Restaurant.

festival like few others in the Northwest. Feast events, for food lovers 21 and older, are held at various locations in the city, September 13–16 this year, and include top chefs and drink experts. However, what I like best is how the festival celebrates the food and drink artisans from the Pacific Northwest.

This year's first event is a quirky '80s vs. '90s cooking competition that pits one team of chefs, preparing popular

» HERE & NOW PORTLAND

Heritage Trail (a map is available online at ci.oswego.or.us/parksrec/oswego-iron-heritage-trail) shows how various sites around the community are connected to the iron industry, including Rogers Park and what's left of the 1866 furnace; the Prosser Mine Site at Iron Mountain Park, just west of Oswego Lake Country Club; and Tryon Creek State Natural Area, site of a former charcoal pit used to convert Douglas fir trees into fuel for the iron furnace.

Foothills Park, on the Willamette directly east of downtown, has a more artistic focus. People strolling there will encounter a small grove of basalt columns fashioned by Portland sculptor Frank Boyden, with engraved lines or whole poems by the late local poet William Stafford (1914–1993).

Stafford, who taught at nearby Lewis & Clark College, served as Consultant in Poetry to the Library of Congress, a position now known as U.S. Poet Laureate, and as Oregon State Poet Laureate from 1975 to 1990. ✂

1990s dishes, against the other team, cooking 1980s-era dishes. The event will include Portland's own Gregory Gourdet of Departure Restaurant.

Other main events include the Alaska-sponsored Friday Night Market: Ring of Fire, Saturday's meat-centric "Smoked!" and the Grand Tasting, a two-day showcase of the Northwest's best artisan foods and beverages. While most events are sold out, special event packages are still available. To learn more, visit feast-portland.com.

Alaska Airlines is offering a special 10 percent discount for passengers flying to Portland from Alaska Airlines-served cities (except Prudhoe Bay and cities in Hawai'i) between September 10 and 19 of this year. Visit feastportland.com/travel/air-travel for details. ✂



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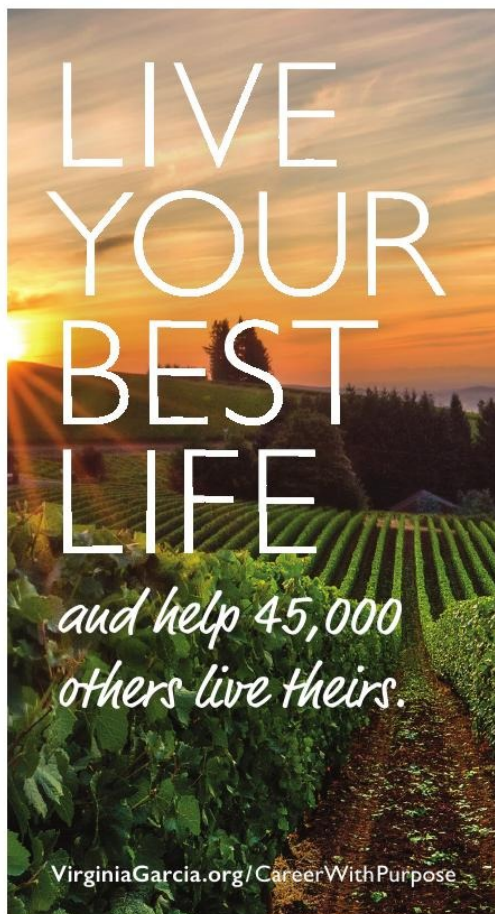
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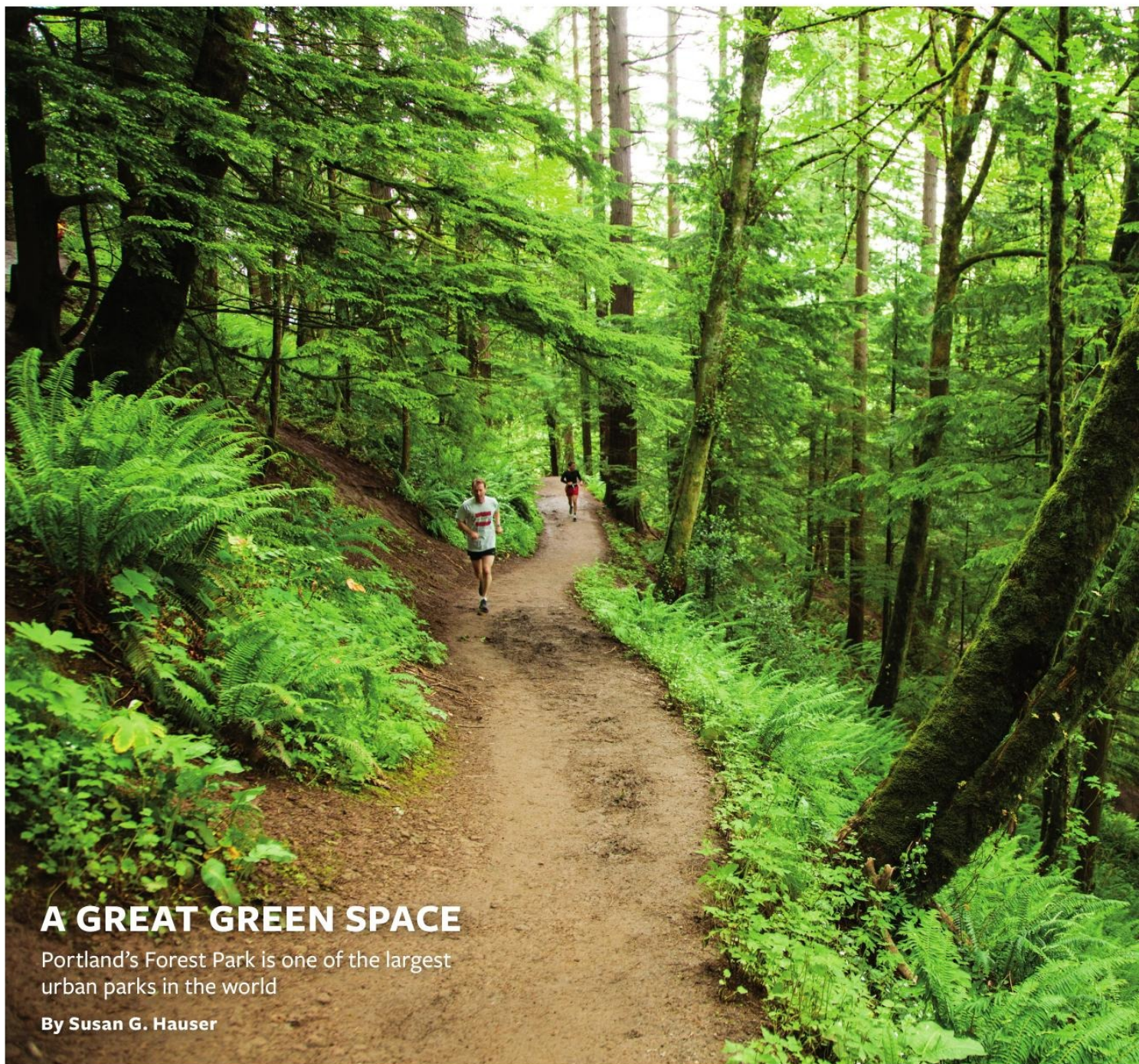
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A GREAT GREEN SPACE

Portland's Forest Park is one of the largest urban parks in the world

By Susan G. Hauser

» I was attending an evening event at the Portland Japanese Garden in Washington Park recently when I looked up and saw tiny figures moving high on a hillside trail among the tall trees to the northwest. I nudged my companion and said, "I've been there!"

I knew exactly where those hikers were,

near the 1.5-mile marker on the Wildwood Trail, which meanders for 30 miles through the roughly 5,200-acre Forest Park, along Portland's West Hills. The hikers had reached a spot with a magnificent view of Portland, crowned by snowy Mount Hood in the distance.

Forest Park is one of the largest city parks in



projects all over the country, ranging from park systems to university campuses to state capitols. They wrote a 1903 report to Portland officials recommending that a public park be created from part of Portland's forested hills on the western edge of the city.

In September 1948, Forest Park finally became a reality. The park means that, thanks to the Olmsteds' foresight, many Portlanders can be placidly strolling along a quiet, leafy trail within minutes of leaving their work.

One of the ways to tour the area is by walking the Wildwood Trail, which begins in the beautiful Hoyt Arboretum, near the Oregon Zoo and the World Forestry Center in Washington Park, a short distance south of the much larger Forest Park. Side trails lead to other attractions such as the Portland Japanese Garden and the famous Portland International Rose Test Garden.

As the trail runs north for about 4 miles, hikers reach the 16,000-square-foot Pittock Mansion, which is on the southern edge of Forest Park. Henry L. Pittock, a wood and paper magnate and the publisher of *The Oregonian* newspaper, completed the 46-room mansion in 1914. It is open to the public for a fee, and the property offers spectacular views of Portland, Mount Hood and sections of the Cascade Range.

Another popular trail is the 0.8-mile Lower Macleay Trail, which begins in Lower Macleay Park, near the Willamette Heights neighborhood. The trail, which is paved and wheelchair-

accessible for about a quarter mile, travels southeast up into the hills of the park, until it connects with the Wildwood Trail at the Stone House. This moss-covered rock structure is also known as the Witch's Castle. Originally built as a restroom in 1929, the Stone House has become a famous landmark over the years.

From there, hikers can walk the Wildwood Trail and go either southeast toward Pittock Mansion, or north farther into the park. Hikers traveling north will enjoy the beauty and calm of the area and explore other intersecting trails, including the popular Leif Erikson Drive, which begins where Northwest Thurman Street ends. The trail was built in 1914 as an access road for intended housing, until the slide-prone landscape was deemed unsuitable for homes.

Vehicle-free, the wide, 11-mile trail is a favorite with runners and mountain bikers. A long section of Leif Erikson Drive is also marked with white concrete posts every quarter mile, so hikers know where they are and how far they've come.

In June of this year, the feature film *Leave No Trace*, with part of the story set in Forest Park, was nationally released. The movie is based on the novel *My Abandonment*, which was inspired by the true story of a father and daughter who lived in the park for years before being discovered.

Apparently this 70-year-old gem of a city park is finally ready for its close-up. ✕

» *Portland's lush and green Forest Park, left, covers more than 5,000 acres. It is a favorite outdoor area for hikers, mountain bikers and runners. Winter, right, is a 3-year-old female bontebok, a species of African antelope. She is among the Oregon Zoo's newest animal residents, having arrived in early July.*



the world. New York's Central Park measures a mere 843 acres. Forest Park is a green space with more than 80 miles of trails that criss-cross this peaceful urban wilderness. The park was inspired by the Olmsted Brothers, John Charles and Frederick Law Jr., the famed landscape architects who designed

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Models show off designs at a past year's LA Fashion Week event.

CALIFORNIA STYLE

The Golden State's free-spirited design scene is flourishing this fall

By Kathryn Drury Wagner

» If the term “California fashion” conjures images of Vans checkerboard sneakers and ocean-salt-crunchy hair, you're not entirely off-target. The beach-chic style—inspired by Golden State locales such as Santa Cruz and LA's Venice neighborhood—is timeless. So, too, is that Big Sur bohemian, macramé-filled 1970s aesthetic—the one embraced by young Instagrammers who haven't met a fringed purse or fig plant they didn't love.

Yet California fashion design is more than a golden-light-dappled nostalgia. It's an ever-evolving style, fueled by each generation of visionary designers and a growing number of sophisticated fashion events.

Take LA Fashion Week (October 6–10; March 2019 dates to come; lafw.net), which is celebrating its third year in 2018 and has a new permanent partner/venue: the sleek Petersen Automotive Museum on Miracle Mile. LA

Fashion Week showcases 20 to 30 designers twice a year, with an emphasis on LA brands. It also includes designers from elsewhere in the Americas, Asia and Europe.

“Los Angeles is the hub of California fashion,” says Dean Demange, the media and public relations director for LA Fashion Week. “There are a lot of designers who live here or have moved here, because it's such an art-filled city, and fashion is considered art. The two industries need each other to survive. LA is proving to be more than music and cinema.”

LA isn't the only place in the state cultivating modern styles. In Northern California, designer Lesley Evers, who started her eponymous business 10 years ago, has gained a following for her comfortable and totally pulled-together womenswear. She lives in Oakland and is inspired by California women's casual style. Evers notes, “People hear ‘Bay Area,’ and they some-

times expect neutral tones, but California has always been about color.”

Evers creates the artwork for her own textiles and has her clothes made right in Oakland. She has customers on the East Coast, as well as in the West, and has two stores in the Bay Area (one in Oakland, and another in Corte Madera). One famous fan of her work is the mayor of Oakland, Libby Schaaf.

Historical fashion centers such as New York City and Paris still garner much of the industry's spotlight, but working in California also has its advantages.

“You don't have to think seasonally,” says Leah Redmond, the owner/founder of the LA-based brand Gordon. She appreciates the opportunity for lightness in the California style: “New York is about all the things you put on, and California is about all the things you take off.”

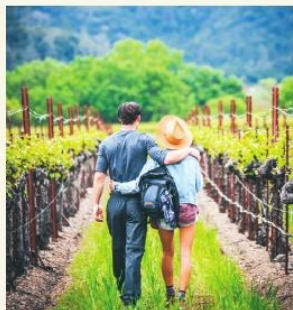


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FALL FASHION EVENTS IN CA

■ Through Oct. 21, The Getty Center in Los Angeles is presenting the exhibit **"Icons of Style: A Century of Fashion Photography, 1911–2011,"** with more than 160 photos, costumes, illustrations, vintage ads and magazine covers (getty.edu).

■ Experience innovative tech wearables, "immersive retail" and other futuristic concepts at **San Francisco Fashion Week 2018**, Sept. 21–30 (sffw.co).

■ Opening at the de Young Museum, **"Contemporary Muslim Fashions"** (Sept. 22, 2018–Jan. 6, 2019) explores diverse Muslim dress codes and styles (deyoung.famsf.org).

■ In Costa Mesa, **South Coast Plaza** is known for fine-jewelry events. An example: Van Cleef & Arpels will hold an exhibition (Oct. 4–14) to celebrate the anniversary of its Alhambra collection (southcoastplaza.com).

■ **Fashion Week San Diego**, Oct. 12–14, has designer runway events, trunk shows and fashion awards, as well as insider business workshops (fashionweeksd.com).

■ There's always a reason to dress up in Greater Palm Springs—such as to attend **Modernism Week** (fall preview Oct. 18–21; tickets go on sale Nov. 1 for Feb. 14–24, 2019 events; modernismweek.com). —K.D.W.

Redmond has worked in the fashion world on both coasts. California inspires her to produce clothing in a thoughtful, eco-friendly way. She does all her own cut work, working with smaller orders to avoid sitting on extra inventory, and turns scraps of fabric into labels, pockets or bags instead of throwing out material.

Redmond is also interested in working with recycled fabrics. In her Highland Park and Eagle Rock neighborhood stomping grounds, she has seen a move toward restaurants that

have highly curated food menus, such as a mere 10 or so items—and she sees this mind-set trickling over into fashion.

"It's all about having fewer items, well-made, and produced by local people," Redmond says. "I think a lot of designers here are interested in doing things in a new way. California is very freeing. Working here, you can feel that." ✂

Writer Kathryn Drury Wagner lives, shops and often wears flip-flops in Los Angeles.



» Lesley Evers, top left at her Oakland store, features casual yet fashionable styles, such as those modeled at top right. LA-based designer Leah Redmond, above, focuses on eco-friendly designs, left.

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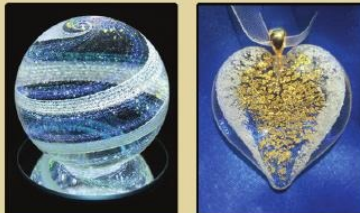
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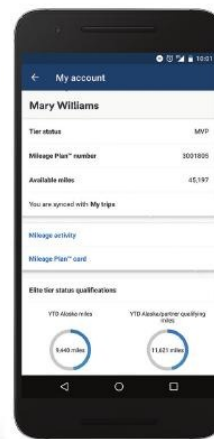


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First Class Wines

Featured wines this month.



Canon 13 Chardonnay

California, Santa Lucia Highlands

Opens with floral accents followed by stone fruits. Flavors show more tropical character on the palate with a delicate hint of white chocolate.



Pendulum Red Blend

Washington, Columbia Valley

Cherry and toasted oak on the nose lead to flavors of plum, clove and raspberry that round out this well-balanced wine with a long finish.

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- Marvel's The Avengers
- The Secret Garden
- The Devil Wears Prada
- Where the Wild Things Are
- Anywhere But Here
- The Post
- Maze Runner: The Death Cure
- Father Figures
- Ferdinand
- Love, Simon
- The Greatest Showman
- Geostorm
- Dunkirk
- The House
- Moana
- Big Hero 6
- Beauty and the Beast (2017)
- Tangled
- Mulan



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Artist	Song
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Xavier Rudd	<i>Walk Away</i>
Real Estate	<i>Darling</i>
William Fitzsimmons	<i>Learning to Fly</i>
Iron & Wine	<i>Right for Sky</i>
Damien Jurado	<i>Percy Faith</i>
Yuno	<i>No Going Back</i>
Doyle Bramhall II	<i>Rich Man</i>
Milo Greene	<i>Move</i>
Damien Jurado	<i>Allocate</i>
La Luz	<i>Walking into the Sun</i>
The Outdoor Type	<i>Rumination</i>
Andreas Moe	<i>Ocean (Take the Dive)</i>



Plus, check out our featured Sub Pop album of the month:

Luluc
Sculptor

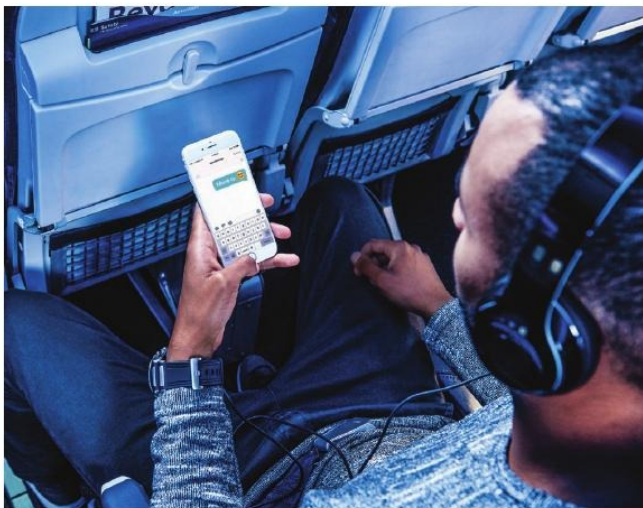
Luluc's third album, *Sculptor*, can be consumed loud: While the band's music is at times masterful in its minimalism, it is anything but quiet in impact. When NPR's Bob Boilen named 2014's *Passerby* his album of the year, he wrote: "I've listened to this record by Australia's Luluc more than any other this year. These songs feel like they've always been."

You're now cleared for text-off.

Never miss a thing when you can text for free using Wi-Fi. Text your friends from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

- Free texting is for text-based messages only. Photos and video are not supported.
- Both you and your recipient must have one of the compatible apps.
- Free texting is available only on flights with Gogo or Viasat Inflight Internet.

Inflight, go to AlaskaWiFi.com to get started.



Go online.

Inflight internet is available on all of our Airbus, Boeing and Embraer 175 aircraft, when flying over the continental U.S., Canada and parts of Alaska. Internet is also available on flights to Hawaii operated by Airbus aircraft.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

It's great to be able to stay connected while you fly, but inflight Wi-Fi is different from the Wi-Fi you may be used to.

- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: avoid sending while in air.
- Bookmark or favorite AlaskaWiFi.com to quickly access inflight internet.
- Huh? Live Help is available on flights within the coverage area. FAQs are at your fingertips on all flights.

Rent one of our premium entertainment tablets.

On most flights over 3.5 hours, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games and music. Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.

Not offered on aircraft with seatback screens.



NEW MOVIES ON THE TABLET:



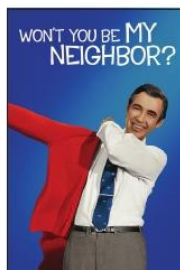
Solo: A Star Wars Story



Deadpool 2



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The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.*

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MVP GOLD

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- All MVP® benefits, plus:
- Waived ticket change fees on Alaska
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*Miles flown on PenAir and Ravn do not count toward elite status qualification.



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10,000 miles	1,401 to 2,100 miles	Portland–St. Louis
12,500 miles	More than 2,101 miles	New York–Seattle

* Plus taxes and fees from \$5.60 each way. Award availability and pricing may vary.

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Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/mileage-plan.



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Melbourne, Australia
Qantas



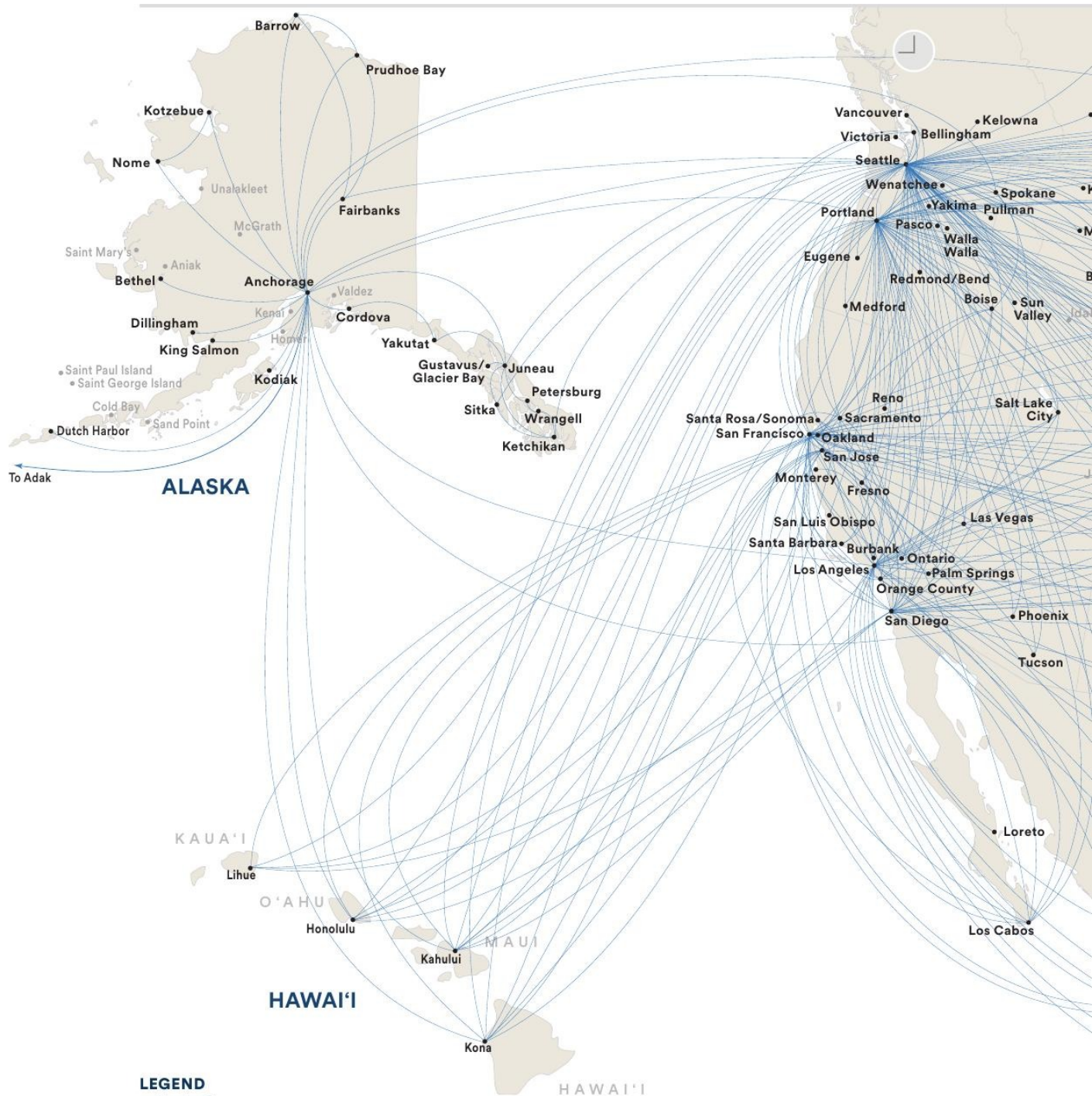
Reykjavik, Iceland
Icelandair



Hong Kong, China
Cathay Pacific

Where we fly

115+ destinations and counting.



LEGEND

- Destinations
- Partner destinations
- Alaska Airlines routes

UPCOMING NEW SERVICE

Route	Service Begins
Seattle, WA—Pittsburgh, PA	September 6, 2018
San Diego, CA—Spokane, WA	October 1, 2018
Sacramento, CA—Kona, HI	December 20, 2018
Seattle, WA—Columbus, OH	March 19, 2019



Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

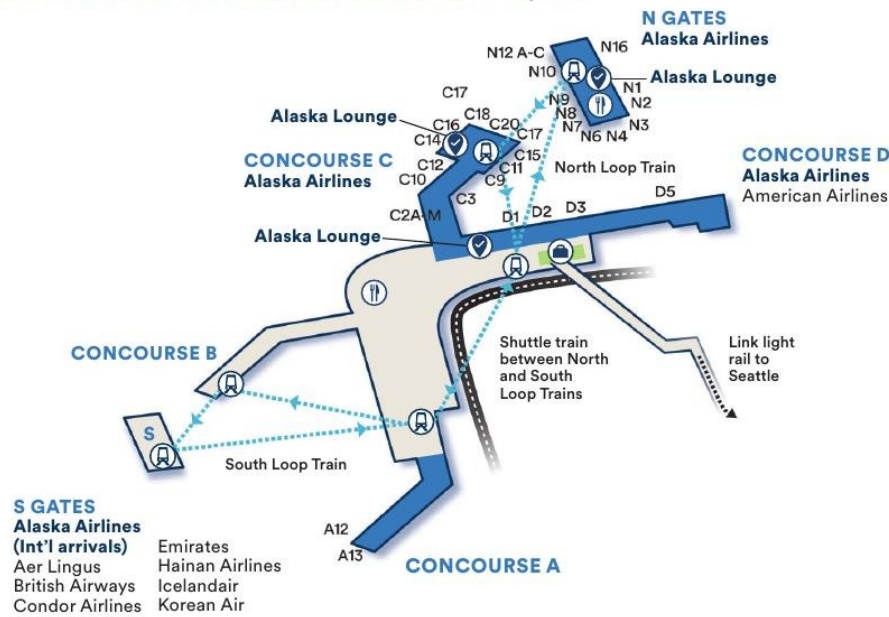
Some routes shown operate seasonally.

Airport terminal maps

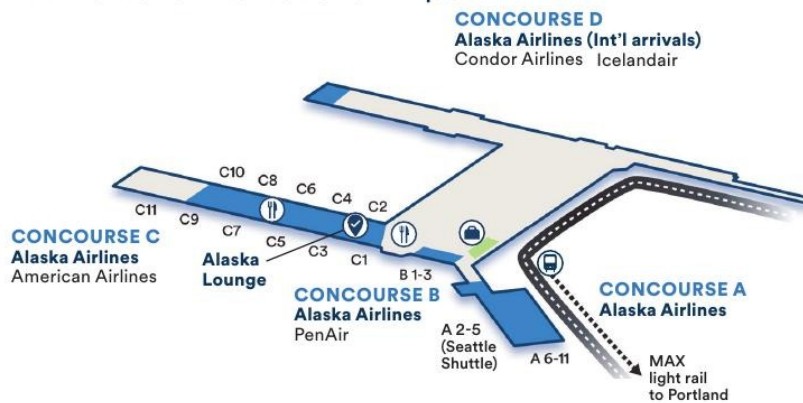
SEA Seattle/Tacoma International Airport

Tip: Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.

Tip: Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



PDX Portland International Airport



Tip: Heads up: We fly out of more than one terminal at SFO, please check your boarding pass to ensure you arrive at the correct gate.

Tip: Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.

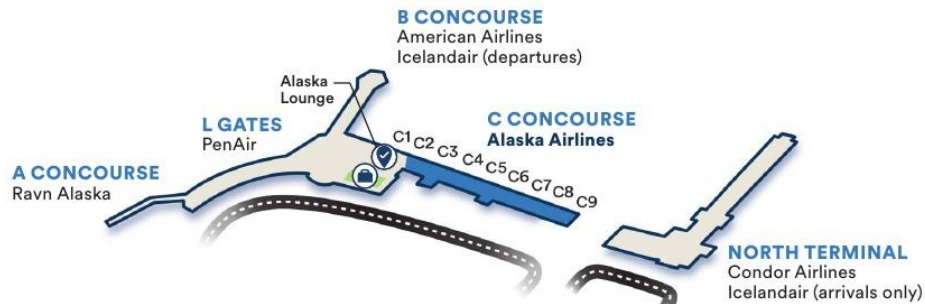
SFO San Francisco International Airport



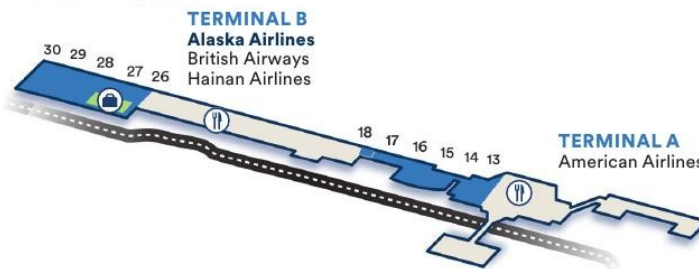
LAX Los Angeles International Airport



ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paper-work, TSA Pre✓® eligibility and access to expedited entry in other countries. Apply at www.cbp.gov.

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

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

Helpful tips

- Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- Customs declaration forms are unnecessary.
- Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption).
- Lines 5, 6—If not using a passport, leave these lines blank.
- Line 9—Enter “AS” for Alaska Airlines
- Sign at the “X.”

INTERNATIONAL TRAVEL TIPS TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

TO COSTA RICA

- All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a \$29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area. The fee is included in the price of tickets purchased after June 1, 2016.

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

QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

DECLARACION DE ADUANA

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección.
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco.
- Línea 9—Use “AS” para Alaska Airlines.
- Firme en la “X.”

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

Your safety and comfort

SEATS

- Seat belts must be fastened whenever the “FASTEN SEAT BELT” sign is on. Keep your seat belt fastened at all other times when seated, in case of rough air.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Seat-belt extenders are not allowed in exit rows. They can tangle and obstruct access to exit doors.

CARRY-ONS

- All carry-on bags must be placed under a seat or in an overhead bin for takeoff and landing.
- Prior to takeoff and landing, service items provided by our inflight team must be picked up.

LAVATORY

- Guests are requested to use the lavatory in their assigned cabin.

PETS

- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

CREW AND GUEST SAFETY

- Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a guest's behavior.
- We respect the privacy and well-being of our guests and employees. We do not tolerate inappropriate verbal, digital or physical conduct of any kind, including sexual harassment, invasive photography, and assault. Please report unwelcome behavior to an employee immediately. Any crime committed onboard is considered a federal offense.

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling and Bluetooth headphones
- Cellphones (prior to door closure only)

TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle-safety conditions, and the restraint must be certified for use in motor vehicles and aircraft with an FAA-approval sticker.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Guests are expected to drink responsibly and behave in a safe and respectful manner at all times.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

DEVICES

- During taxi, takeoff and landing, larger electronic devices, such as laptops, must be stowed.
- 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, FaceTime, Skype) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, handheld games, etc.

OTHER PROHIBITED ITEMS

- We prohibit 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.

The Federal Aviation Administration (FAA) and Alaska Airlines have set these rules and regulations to assure your safety and comfort.

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Customer care:
800.654.5669
(Mileage Plan,
Customer Care)

Toll-free
reservations:
Within the U.S.
and Canada:
800.ALASKAAIR
(800.252.7522)
(TTY 800.682.2221)
alaskaair.com

En Español:
800.858.5525
From Mexico:
001.800.252.7522

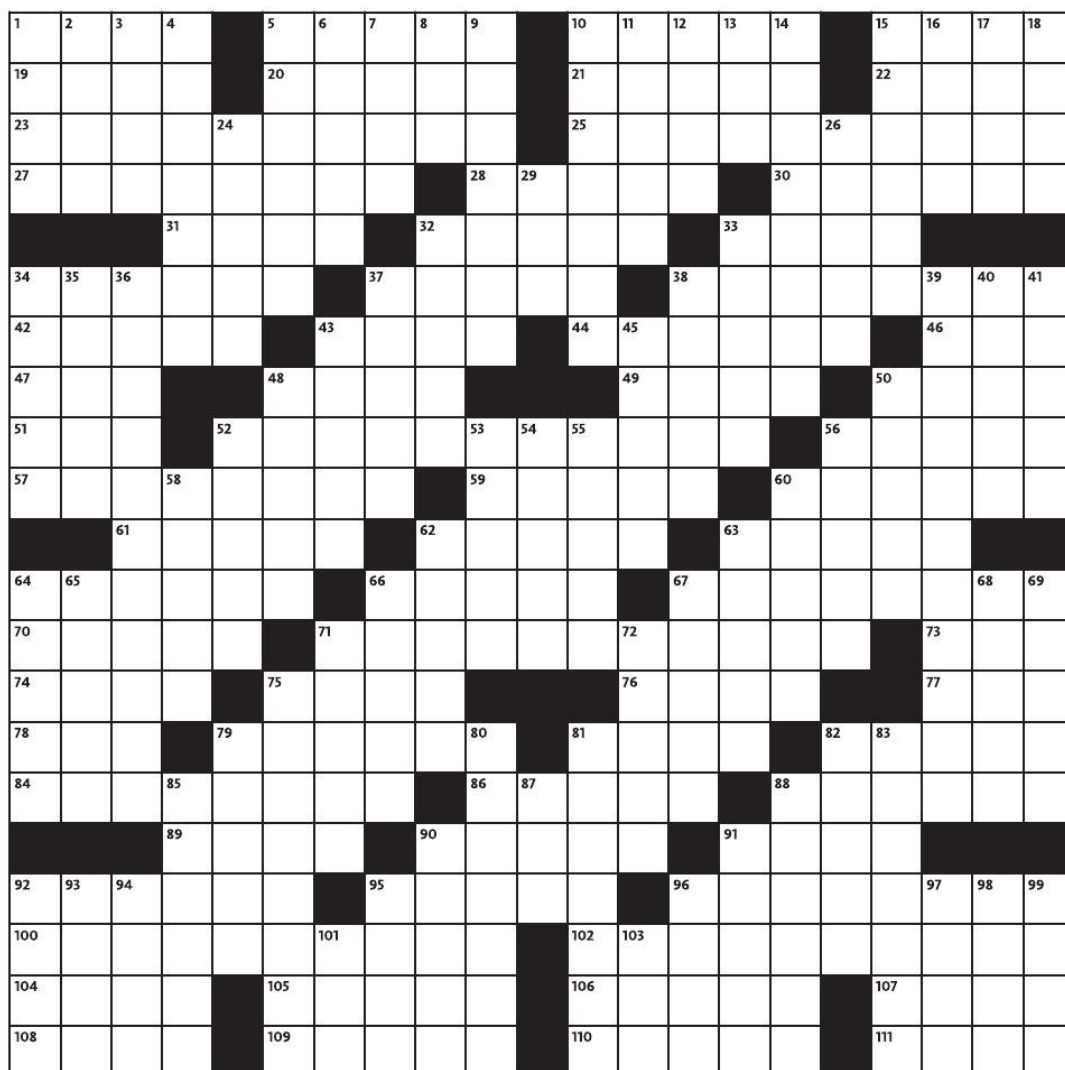
Alaska Airlines
Vacations:
844.762.0087
vacations.alaska-air.com

Not allowed during flight

- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- AM/FM radios or TVs
- Personal air purifiers
- Remote-control toys
- Electronic cigarettes

ACROSS

- 1 Own
 5 Gauchos' gear
 10 Types
 15 Best
 19 Leaf angle
 20 Inclined
 21 Stern with a bow
 22 Expanse
 23 Adventists' designation
 25 Superfluous one
 27 Pacifies
 28 Sacred work
 30 Colorful bird
 31 Level
 32 Philanthropist
 33 Fountain find
 34 Manage
 37 Net
 38 Catholic leaders
 42 Plants
 43 Take off
 44 Waits on
 46 Seine sight
 47 Letter from Greece
 48 Base
 49 Confrere
 50 Kukla's lady
 51 Stray
 52 Use hindsight
 56 Combining form for "world"
 57 Hideaways
 59 Ins and outs
 60 Small perch
 61 Auditoriums
 62 Saps
 63 Breakfast sweetener
 64 Faux shirt
 66 Gloss
 67 Salve
 70 Rhone city
 71 Tough questioning
 73 Hopping Aussie
 74 Scan
 75 Tibia
 76 Honey bunch
 77 Eyesore
 78 Funny couple
 79 Rubbernecked
 81 Campus figure
 82 Stockpile
 84 Abandoned
 86 Decreases?
 88 Enlaced
 89 Alger's beginning
 90 Torment
 91 Place in office
 92 Sarge's directive
 95 Dangerous damsel
 96 Art protectors
 100 Intuition
 102 Quaver
 104 Dagger of yore
 105 Wrongs
 106 Offense
 107 Qom's land



- 108 Slangy sleuths
 109 Records
 110 Drift
 111 Breton

DOWN

- 1 Fastener
 2 Skating feat
 3 ____ Zapata!
 4 Voter
 5 Struck
 6 Alternate
 7 Orb covers
 8 In the style of
 9 Blocked
 10 Sieves
 11 Wicker willow
 12 Whole lot
 13 Produce edging
 14 Tall glass
 15 Hummus ingredient
 16 Snack in a stack
 17 Skin
 18 Transaction
 24 Nigerian currency
 26 Legal orders
 29 Some gametes
 32 Early orbiter
 33 Inlets
 34 Following
 35 Signal light
 36 Postal option
 37 Hurly-burly
 38 Implore
 39 We and me, but not them
 40 Sweetie
 41 Man of La Mancha
 43 Factions
 45 Rapiers' kin
 48 Powdery
 50 Assembly
 52 Graf rival
 53 Paint additive
 54 Pierced

- 55 Overturn
 56 Brasserie list
 58 Did a fall job
 60 Force units
 62 Your, formerly
 63 Fathered
 64 Ventured
 65 Goodnight girl
 66 Stallone co-star
 67 Double curves
 68 ____ Dame
 69 Trifled
 71 ____ Life!
 72 Keyboard wood
 75 Play's scenery and such
 79 Reduce drastically
 80 Ramble
 81 Link
 82 Strip
 83 Colossal
 85 Speaks pompously
 87 Future fish

- 88 Wobble
 90 Train track?
 91 Jerk
 92 Sec., e.g.
 93 Prong
 94 Suit
 95 Smart aleck
 96 Opposed, in
 Dogpatch
 97 Raced
 98 Footnote abbr.
 99 Remitted
 101 Stowe character
 103 Rage

SOLUTION ON PAGE 198.

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LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

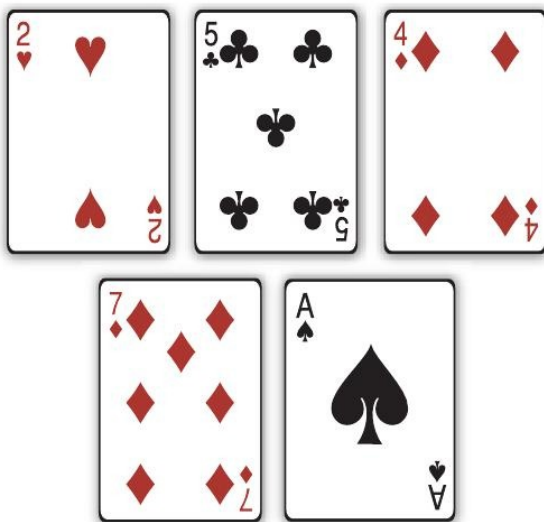
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	

DEFINITIONS

- | | | |
|--------------------------|--|---------------------------|
| 1. Watchband, for one | 8. Thin (a liquid) | 15. Morning lawn moisture |
| 2. Engrossed (in) | 9. Handy | 16. Barbecue site |
| 3. Bit of butter | 10. Turned (a tape) back to the starting point | 17. On the crest of |
| 4. Breakfast staple | 11. Awe | 18. Fitting |
| 5. Obvious | 12. Monotonous hum | 19. Think highly of |
| 6. Poet Sandburg | 13. Courted romantically | 20. Stuck in the mud |
| 7. Sewed layers together | 14. Had debts | 21. Certain Muslim ruler |

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- Exactly one card is between the two black cards.
- Neither the two nor the seven is on the bottom.
- The ace is somewhere above the two.
- The five is directly above the four.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram FAST. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1 NEON	2 SLAP	3 EDIT	4 FERN	5 HIGH	6 FAST
7 MILE	8 DUMB	9 SOWN	10 MEAT	11 CURL	12 BATS
13 RIOT	14 MOAT	15 JINX	16 EARL	17 HOSE	18 LUGE
19 ROAR	20 NEWT	21 MEAL	22 PERT	23 FARM	24 BOLD
25 VOLT	26 PULL	27 WHAT	28 MAKE	29 MYTH	30 ZINC
31 LANE	32 PIER	33 DAWN	34 SOCK	35 MAZE	36 BUFF

SOLUTIONS ON PAGE 199.

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VILLA DEL PALMAR LORETO
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www.tomdouglas.com

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LYNDEN, INC.
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MATSON
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www.spanalaska.com

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www.nortonsoundhealth.org

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www.arcticslope.org

SOUTHCENTRAL FOUNDATION
www.southcentralfoundation.com

SOUTHEAST ALASKA REGIONAL
HEALTH CONSORTIUM (SEARHC)
www.searhc.org

TANANA CHIEFS CONFERENCE
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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 198.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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CROSSWORD ON PAGE 192.

HAVE	BOLAS	SORTS	TOPS
AXIL	ATILT	ISAAC	AREA
SEVENTH	DAY	FIFTH	WHEEL
PLACATES	MOTET	ORIOLE	
TIER	GIVER	COIN	
AFFORD	CLEAR	PONTIFFS	
FLORA	SHED	SERVES	ILE
TAU	MEAN	PEER	FRAN
ERR	SECOND	GUESS	COSMO
RETREATS	ROPE	S DARTER	
HALLS	TIRES	SYRUP	
DICKEY	SHEEN	OINTMENT	
ARLES	THIRD	DEGREE	ROO
READ	SHIN	BEES	STY
ENS	STARED	COED	STORE
DESOLATE	IRONS	TWINED	
RAGS	AGONY	SEAT	
ATEASE	SIREN	ACETATES	
SIXTH	SENSE	EIGHTH	NOTE
SNEE	EVILS	CRIME	IRAN
TECS	TAPES	TENOR	CELT

SUDOKU ON PAGE 197.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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S	1. STRAP	2. RAPT	3. PAT	R
E	4. CEREAL	5. CLEAR	6. CARL	E
Q	7. QUILTED	8. DILUTE	9. UTILE	D
U	10. REWOUND	11. WONDER	12. DRONE	W
O	13. WOODED	14. OWED	15. DEW	O
I	16. PATIO	17. ATOP	18. APT	O
A	19. ADMIRE	20. MIRE	21. EMIR	D

CARD SENSE

The bottom card isn't the two or seven (clue 2), ace (clue 3), or five (clue 4), so it is the four. Also by clue 4, the five is second from the bottom. The ace is second from the top (clue 1). By clue 3, the two is third from the top. By elimination, the seven is on top. In summary, from top to bottom: seven of diamonds, ace of spades, two of hearts, five of clubs, four of diamonds.

ANAGRAM MAZE

The path through the maze, with only one anagram given for each, is 6. fats; 12. stab; 18. glue; 17. shoe; 16. real; 10. team; 9. owns; 3. diet; 2. pals; 1. none; 7. lime; 13. trio; 14. atom; 20. went; 21. male; 27. thaw; 33. wand; 32. ripe; 31. lean.

1	2	3			6
7		9	10		12
13	14		16	17	18
	20	21			
		27			
31	32	33			

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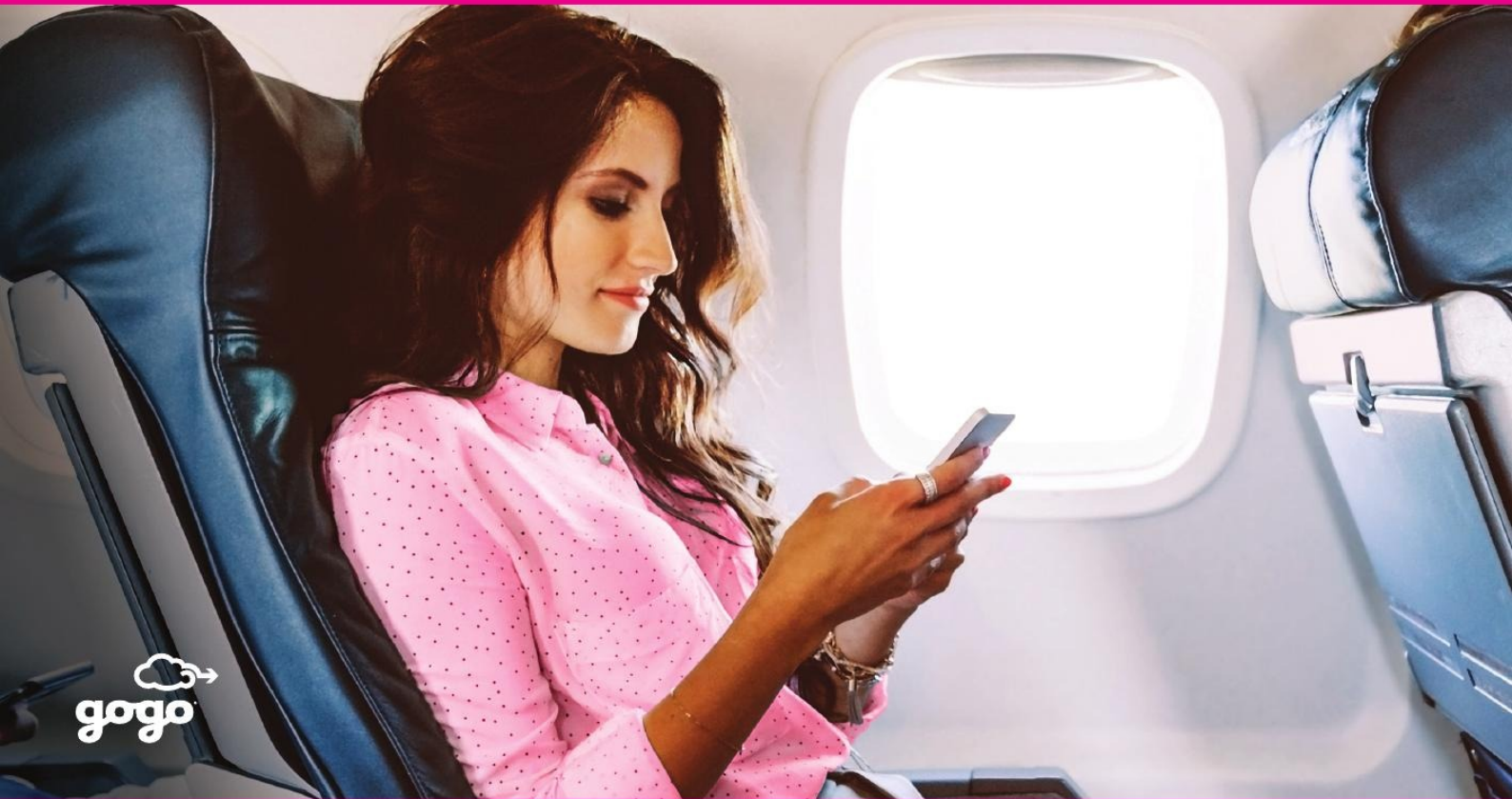
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