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Morningstar Large Cap Value Peer Ranking (based on total returns)

January 31, 2015	1 Year	5 Year	10 Year
BVEFX Percentile Ranking %	40th	27th	8th
Number of Funds in Peer Group	1,296	975	667

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Standardized performance data current through the most recent quarter-end can be obtained by calling 800-551-3998 or by visiting www.beckericap.com.

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Spirit of Alaska



Brad Tilden,
Chief Executive
Officer



A TOAST—TO THE PLANET

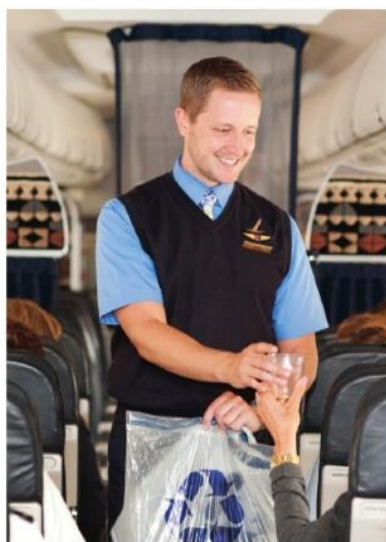
Our own Joe Sprague's got a passion for Alaska and the Pacific Northwest—and for beer! Here he shares how we're tapping into some special partnerships this month to raise a glass for Mother Earth. —Brad Tilden

Raise your hand if you like beer. If your arm shot up, I'm with you. Like a lot of folks, I really enjoy a nice craft beer: an amber, a pale ale and, increasingly, an IPA. Enjoying the hoppy deliciousness of a microbrew is another example of how great it is to live in this beautiful corner of the world. With Alaska, Idaho, Montana, Oregon and Washington rating among the top 10 states in the nation for microbreweries per capita, there's a strong argument to be made that this is the center of the craft-beer universe.

True story: The first beer I ever enjoyed (after turning 21, of course) was an Alaskan Amber. I was home from college for the summer, and when I opened the refrigerator at my parents' house in Juneau, there was this cool-looking brown bottle with a picture of a fishing boat on it. The beer could not have been fresher, having been brewed only a couple of miles away at what was then a new concept—a microbrewery. The Alaskan Brewing Company was one of the first craft breweries in the country and has been going strong now for nearly 30 years. I've been a fan almost as long.

Our team here at Alaska Airlines has been delighted to serve Alaskan Brewing's award-winning beers on our flights for nearly 10 years. Not only does Alaskan Brewing make world-class beer, but we share their roots in Alaska, their entrepreneurial spirit and their focus on environmental sustainability. Alaskan Brewing supports the cleanup and preservation of waterways and coastlines from Alaska to California and from the Great Lakes to the

Gulf Coast, using a percentage of sales of the company's Icy Bay IPA to fund grants for environmental projects through the initiative Coastal CODE (Clean Oceans Depend on Everyone).



This month we're partnering with Alaskan Brewing on additional efforts to keep our communities green. We'll be offering their tasty Icy Bay IPA on all of our flights for only \$5. In addition, Alaska Airlines will be giving \$50,000 to The Nature Conservancy to support its respected efforts to protect and restore the Emerald Edge on the coastlines of Washington and Alaska.

While this is a fun way to promote Earth Month, Alaska takes very seriously its commitment to be the airline leader in environmental stewardship. Our employees are proud of the fact that the International Council on Clean Transportation has named us the most fuel-efficient

airline in America for four years in a row, and that our industry-leading onboard recycling efforts help reduce our environmental footprint.

These efforts include teaming up with others to foster new approaches to caring for the environment. A great example comes out of the University of Washington's Foster School of Business. The Alaska Airlines Environmental Innovation Challenge takes place this month, bringing together innovative and entrepreneurial college students from around Washington—40 teams applied this year, to be pared down to 22 finalists. Students create actual prototypes, like new catalytic converters for marine engines, digesters that turn spoiled produce into fertilizer and a technology to recycle cotton clothing into new fabrics. The folks at the UW call it a "science fair on steroids." These students showcase their passion as well as their innovation as they compete not only for prize money, but to be leaders themselves in making a difference for our environment. (Learn more about the Challenge on page 35.)

We salute these students, along with our friends at the Alaskan Brewing Company. Perhaps even better than a salute would be a toast—with an Icy Bay IPA, of course! Thanks for flying with us.

—Joe Sprague, Senior VP,
Communications and External Relations

Read more about Alaska Airlines' efforts toward environmental stewardship at alaskaair.com/sustainability.

El Espíritu de Alaska



Brad Tilden,
Jefe Ejecutivo



¡UN BRINDIS — POR EL PLANETA!

Nuestro propio Joe Sprague, vicepresidente mayor de comunicaciones y relaciones exteriores, siente pasión por el Estado de Alaska y la región noroeste del Pacífico—¡y por la cerveza! En esta edición, nos cuenta cómo estamos aprovechando algunas asociaciones

especiales este mes para levantar nuestras copas y brindar por la Madre Tierra. —Brad Tilden

Levante la mano si le gusta la cerveza. Si levantó el brazo instantáneamente, yo estoy con usted. Al igual que mucha gente, realmente disfruto el tomar una rica cerveza artesanal: una ámbar, una malta pale ale y, cada vez más, una pale ale india o IPA. Más allá de los tonos deliciosos del lúpulo, gozar de una cerveza de diseño es otro ejemplo de lo fabuloso que es vivir en este precioso rincón del mundo. Alaska, Idaho, Oregón y Washington se encuentran entre los 10 estados de la nación con más micro cervecías per cápita, así que se podría argumentar que este es el centro del universo de la cerveza artesanal.

Una anécdota real: La primera cerveza que disfruté (después de cumplir los 21, por supuesto) fue una Alaskan Amber. Acababa de llegar a casa de la universidad en verano y cuando abrí el refrigerador en el hogar de mis padres en Juneau, vi una botella marrón con un diseño genial y un dibujo de un barco pesquero en la etiqueta. Habría sido imposible encontrar algo más fresco, ya que la habían elaborado a tan solo un par de millas de distancia en lo que en ese entonces era un concepto nuevo: una micro cervecía. La Alaskan Brewing Company fue una de las primeras cervecías artesanales del país y, después de 30 años, sigue tan fuerte como siempre. Yo soy un fan desde hace casi tantos años.

Aquí, en Alaska Airlines, nuestro equipo ha estado encantado de servir las galardonadas cervezas de Alaskan Brewing Company en nuestros vuelos desde

hace casi 10 años. No solo elaboran cerveza de primera línea, sino que compartimos las mismas raíces del estado de Alaska, el mismo espíritu emprendedor y el enfoque en la sustentabilidad ambiental. Alaskan Brewing respalda la limpieza y la conservación de las vías navegables y los litorales marinos desde Alaska a California y de los Grandes Lagos a la costa del Golfo de México al emplear un porcentaje de las ventas de su Icy Bay IPA para financiar subvenciones de proyectos medioambientales a través de la iniciativa Coastal CODE.

Este mes, nos hemos asociado a Alaskan para hacer un esfuerzo adicional a fin de que nuestras comunidades sigan transitando la senda ecológica. Estamos ofreciendo la deliciosa Icy Bay IPA en todos nuestros vuelos. Además de ofrecer un descuento a nuestros clientes, Alaska Airlines donará 50.000 dólares para apoyar la reconocida labor de The Nature Conservancy dirigida a mejorar la gestión de recursos y la restauración costera en los estados de Washington y Alaska.

Aunque esta es una manera divertida de promover el Mes de la Tierra, Alaska Airlines se toma muy en serio su compromiso de ser la aerolínea líder en gestión medioambiental. Nuestros empleados se enorgullecen del hecho de que el Comité Internacional de Transporte Limpio nos haya escogido como la línea aérea con el consumo más eficiente de combustible de Estados Unidos cuatro años seguidos.

Estos esfuerzos comprenden la aso-

ciación con otras organizaciones para fomentar nuevas maneras de cuidar nuestro entorno. La Foster School of Business de la Universidad de Washington nos da un gran ejemplo. El Desafío de innovación ecológica de Alaska Airlines, que tiene lugar este mes, invita a estudiantes universitarios innovadores y con espíritu emprendedor de las cercanías de Washington: este año se inscribieron 40 equipos de los que quedarán 22 finalistas. Los estudiantes crean prototipos reales, como convertidores catalíticos nuevos para motores marinos, digestores que convierten las frutas y verduras podridas en fertilizante y una tecnología para reciclar ropa de algodón y transformarla en tejidos nuevos. Nuestros amigos de la UW le dan el nombre de “feria científica en esteroides”. Estos estudiantes muestran su pasión y su espíritu innovador al competir no solo por los premios en efectivo, sino para convertirse en líderes que marcan la diferencia en relación con nuestro medio ambiente. (Lea más sobre el Desafío en la página 35.)

Desde su innovación medioambiental hasta un espíritu emprendedor que los ha llevado a elaborar productos estupendos para ayudar a nuestro planeta, saludamos con admiración a los participantes en el Desafío de innovación ecológica de Alaska Airlines junto a nuestros amigos de Alaskan Brewing Company. Más que saludarlos, probablemente sea más oportuno que brindemos a su salud, ¡con una Icy Bay IPA, por supuesto! Gracias por volar con nosotros. —Joe Sprague

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AT AGE 61 I'M JUST BEGINNING

I had been going to a naturopath and started HRT a few years ago. It worked for me, until my naturopath informed me that I'd been on HRT too long and my health risk was increasing with use. She set me up on an unsuccessful regimen to wean me off and I finally gave up.

A year later (after suffering night sweats from fear rather than hot flashes), I was informed that the new information on the medical scene indicated bio-identical hormones (unlike bio-similar) were perfectly safe and may even have many health benefits. She suggested I do some homework and make a decision for myself.

The Anti-Aging program had recently opened at PRO Sports Club. I had already been through the 20/10 weight loss program and respected the club's professional approach to health. I took some friends and went to the Anti-Aging introductory seminar. I wondered what the program might have to offer that my naturopath wasn't already providing. After some more research, I decided to work with Anti-Aging expert Dr. Joe Upton.

I was so glad that I chose the Anti-Aging program. Using a combination of natural herbs and bio-identical hormones tailored to my needs, I was soon on a healthy path.

But it didn't stop there. The Anti-Aging program included state-of-the-art testing of my cardiovascular system, bone density, the health of my skin, and much more. The results helped me make improvements in my exercise plan, skincare regimen, and select supplements most beneficial for my health. There is a synergy of good health that explodes with an approach like this.

While some of my friends are talking about winding down their lifestyle, at age 61, I feel like I'm just beginning. With a new career as an author and speaker (Define Your Life – Design Your Home), I have the energy and stamina to keep up with my dreams.

I'm a firm believer that excellent health makes everything in life more enjoyable. The Anti-Aging program at PRO Sports Club has been an excellent partner in my pursuit of healthy living.

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WHAT'S NEW



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NEW SERVICE TO MEXICO FROM ORANGE COUNTY

A fun-filled vacation in Mexico should soon be even more accessible for customers in the Los Angeles area. Alaska Airlines has submitted an application to begin nonstop service from Orange County, California, to Los Cabos and to Puerto Vallarta, Mexico. Pending approval from the U.S. and Mexico governments, the year-round service, operated with Boeing 737s, will begin this fall—just in time for a sunny winter break.



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FOCUS ON SUSTAINABILITY

Alaska Ranks Tops in Efficiency

For the fourth year in a row, Alaska Airlines has been ranked No. 1 in fuel efficiency, in a report released by the International Council on Clean Transportation, a nonprofit research organization based in Washington, D.C. The study highlights key factors in airlines' efficiency performance. Not surprisingly, technology has a strong impact, as does aircraft-fleet age. Alaska owes its

top ranking—actually a tie for first place this year—in large part to its young Boeing 737 fleet and use of turboprops on regional flights, according to Dan Rutherford, the ICCT's program director for aviation and one of the paper's co-authors. Other efficiency factors include direct routing and taxiing with a single engine instead of two.

Making an Impression

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



Duane Gaither,
Alaska Airlines
Legend

First impressions tend to last. They can set the tone for a new employee, helping to guide a career.

David Booker, Alaska Airlines’ Customer Service Manager in Nome, knows that well. He recalls the day in 2007 when, as a new hire, he met Duane Gaither on the Anchorage station ramp.

“Duane was already a bit of a legend, a guy we all looked up to,” Booker says. To his surprise, early that cold morning, as he crawled into the hold of a 737, there was Duane right behind him.

“Without a word, or hesitation, he climbed into the forward pits and helped me stack, and we got that flight out. I remember that day as if it were yesterday. Duane’s willingness to help a junior guy, and do whatever it takes to depart a flight on time left an impression.”

“I’m just one of the guys out there,” Duane says modestly. “I’m just one of the team trying to make sure the planes get out and, you know, the team’s only as strong as the weakest guy.”

That weakest link will never be Duane,

who, for 30 years, has been a quiet leader on the ramp in Anchorage. Whether it’s figuring out how to deal with a load that appears to be too large to fit in the belly of a plane, optimizing a load plan for fuel economy, coordinating teams to work more effectively, or hustling paperwork to the flight crew, he thrives on efficiency.

“He is an incredible leader, always keeping an open mind and offering constructive feedback, and is always part of the solution,” says Anchorage Ground Ops Manager Jeff Carlson.

Duane, who grew up in Salem, Oregon, is an outdoorsman who moved to Alaska a year after graduating from high school. His experience since then has made him a valuable resource for Alaska Airlines’ expanding operations. Duane spent three months helping on the ramp in remote Bethel, Alaska, for example. And when the company changed ramp-operations contractors in Maui, Duane was asked to spend a couple of months there, not only getting the contractor up to speed on Alaska’s routines and pro-

cesses, but imparting to the workers a bit of his own personal work ethic.

Duane recalls the first time he met Alaska CEO Brad Tilden, when Tilden traveled to Anchorage and asked for a tour of the ramp from the station’s newest Legend. At the time, Duane’s wavy locks were hanging far past his shoulders—not his usual corporate look. He and the older of his two daughters (he also has a son) were well into a year dedicated to growing their hair long for Locks of Love, to benefit cancer patients.

Tilden, like many others at Alaska Airlines, appreciates Duane’s selflessness. Duane has accumulated a wealth of information and shares it readily with new hires as well as managers. If he doesn’t immediately have an answer, co-workers know they can count on Duane to quickly come up with what they need.

“I’m just a pretty simple person,” he says. “I’m the kind of guy who tries really hard to do it right.”

And certainly that dedication leaves a lasting impression. —Paul Frichtl

VOLUNTEER SPIRIT

Fulfilling Aviation Dreams

Inside a small Seattle-area hangar, the parts and components of a two-seat airplane are coming together, piece by piece, built by teenagers, guided by mentors.

Alaska Airlines supports young aviators through a nonprofit called TeenFlight Puyallup, created two years ago to help ignite a passion for aviation.

“Every perfect rivet, every perfect line that you see, that was all done by the students,” says Alaska line inspector Scott Burdeaux. “Every scratch and every ding, that was done by the students, too. If



The TeenFlight Puyallup team.

they fail, we help them make it right. That’s how they learn.”

The program is free for students, who learn the basics of aircraft maintenance and receive ground-school training as they work toward a sport pilot’s license. About 10 mentors donate their expertise. “We share the love of aviation and the joy of working with the next generation of mechanics, engineers and pilots, and knowing that

we play a slight part in fulfilling their aviation dreams,” says TeenFlight President Kevin Behrent. —Cole Cosgrove

EXTRA²⁷ORDINARY

ZAGAT® RATING



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



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Lutheran Univ.
Interests:
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Outdoors*

Desirée Schlitt →

*Pharmaceutical
Sales Consultant
Educ: BA, Univ. of
Washington
Interests:
Running, Fashion,
World Travel*

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

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

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

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

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

M: I'd ask, "Are you looking for a relationship or not?" With online dating you never know who's on the other side of the line. IJL had better quality people who were interesting. It truly was an experience that was tailored for me.

Describe your first meeting with an IJL matchmaker?

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

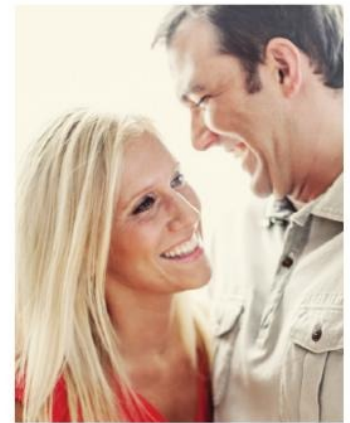
Tell us about your first date with one another.

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

What was your favorite part about dating through IJL?

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

Find out what an It's Just Lunch matchmaker can do for you by calling **1-800-858-6526** or visit **ItsJustLunch.com**.



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When it comes to matchmaking, our success is unmatched!

23 YEARS

Of changing lives one match at a time.

+ 2 MILLION

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

66%

Of singles surveyed say chemistry is more important than compatibility. A computer can't detect that!

20 MINUTES

Amount of time most people need on a first date before they decide if they want to see their date again.

70%

Of people prefer to date someone in a different profession vs in the same industry.

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It's Just Lunch Matchmakers



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AMY BRINKMAN



SARA DARLING



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LOS ANGELES, CA

Gifts for a Fabulous 50

As the Los Angeles County Museum of Art celebrates its first half-century this month, it will unveil the special exhibition “50 for 50: Gifts on the Occasion of LACMA’s Anniversary” (April 26–September 7) to highlight the diversity of its collections.

With more than 120,000 pieces of art in total, LACMA has one of the largest holdings in America. In the exhibition, the museum will share 50 or more new and exceptional donated works from various time periods, locations and art movements. The exhibition will include acclaimed pieces such as the 1860 painting *The Virgin and the Host* by Jean-Auguste Dominique Ingres and the 1962 silkscreen-on-linen *Two Marilyns* by Andy Warhol. LACMA’s new gifts will be revealed to the public when the exhibition opens on April 26 with a free-admission day. Call 323-857-6000 or visit lacma.org to learn more. —Tanya Friedland

LACMA BIRTHDAY TIE-INS ...

- “Unframed,” ongoing; the museum’s blog highlights a different piece of art from LACMA each week.
- “Lens Work: Celebrating LACMA’s Experimental Photography at 50,” through July 4; select photos from the permanent collections.
- 50th Anniversary Gala, April 18; an advance showing of “50 for 50” for donors, trustees and friends of the museum.

Roy Lichtenstein, *Interior with Three Hanging Lamps* (1991), oil and Magna acrylic paint on canvas.

CIRQUE ON THE STRIP

Once solely the realm of magicians, singers and comedians, entertainment in Las Vegas is now largely defined by the whimsical and creative sensibilities of a company of artists based in Quebec. Indeed, no entertainment troupe is more memorable or prolific in Vegas than **Cirque du Soleil**. Eight Cirque shows currently call Vegas home, each hosted by a different hotel and each with its own personality.

The newest show in the Vegas lineup is **Michael Jackson ONE** at Mandalay Bay, a tribute to the King of Pop with acrobatics, energizing dance performances and technical wizardry set to Jackson's greatest hits.

One of the classic Vegas Cirque shows is the water-themed **"O,"** at the Bellagio. The floor of this show's stage rises to create a surface for performers to walk across. Seconds later, it falls to create a pool for diving and synchronized swimming. Cirque du Soleil recently introduced a new way to see "O" from VIP suites. Seven box suites provide a premium experience, complete with champagne or wine, chocolate truffles and a private cocktail server.

Visit cirquedusoleil.com to learn more. —*Johanna Werther*

Also in Vegas ...

- **CRISS ANGEL Believe**, at Luxor Hotel & Casino
- **Kà**, at MGM Grand
- **Mystère**, at Treasure Island
- **The Beatles LOVE**, at The Mirage
- **Zarkana**, at Aria Resort & Casino
- **Zumanity**, (for adult audiences) at New York-New York



The Zebras are playful characters in the Las Vegas Cirque du Soleil show "O."

SEATTLE, WA

A Showcase of International Films

The works of filmmakers from around the world will be on screen at the 41st-annual **Seattle International Film Festival** (May 14–June 7). The 25-day-long cinematic celebration will present more than 450 screenings—features, documentaries, archival films and shorts. This year's film programs will include African Pictures, Asian Crossroads and Films4Families.



With films from about 80 countries, and annual attendance of about 150,000, SIFF is recognized as one of the most significant film festivals in North America.

The SIFF website allows visitors to search in advance by themed categories such as "Love," "Make Me Laugh," "Open My Eyes," "Thrill Me" and "Show Me the World."

Alaska Airlines is the official airline of SIFF. For more information about the festival, visit siff.net. —*Katy Wong*



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A NEW CENTER OF CULTURE IN JUNEAU

Walter Soboleff believed that sharing cultures was a key strategy for shaping a better world. The revered Tlingit leader had an oft-quoted saying: "Respect people. Respect yourself, too, and other people will respect you."

Cultivating understanding and respect for Alaska Native culture is the aim of the new **Walter Soboleff Center**, which will open in downtown Juneau on May 15. Conceived and built as a focal point for indigenous art, lifestyles and enterprise, the 30,000-square-foot facility will hold exhibitions about Southeast Alaska's Native peoples. Classes, performances, festivals and other community functions will also take place at this bold new venue.

The building's centerpiece will be an impressive 17-by-12-foot engraved-glass screen created by celebrated Tlingit artist Preston Singletary. The rest of the first floor will display traditional and modern art, and objects representing three Southeast Alaska indigenous cultures: Tlingit, Haida and Tsimshian.

To learn more, visit www.sealaskaheritagecenter.com. —Eric Lucas

The late Walter Soboleff is shown here in Tlingit clan regalia.

Also of note ...

A new exhibition of Kwakwaka'wakw masks at Bill Reid Gallery in Vancouver, B.C., demonstrates the continuing vitality of this ancient art form. Shaped by traditional chief Beau Dick and other master carvers, the works in "**The Box of Treasures: Gifts from the Supernatural**" (showing through September 27) illustrate the masks' spiritual nature and the artistic heights their makers achieve. Visit billreidgallery.ca.



Beau Dick, Bakwis Mask (2014).

BRIAN RHODES



Gears in Motion

Top cyclists roll through the Golden State

Over the course of eight days next month, cyclists from 18 international and domestic teams will traverse 724 miles of varied terrain in the **Amgen Tour of California** (May 10–17). Kicking off in the state capital, Sacramento, and moving through 12 other host cities, the tour will take riders over mountains, across deserts and down the Pacific Coast to the finish in Pasadena.

Throughout the race, spectators can watch the competition up close. At Mount Baldy, east of LA, fans can cheer on cyclists as they grind up grueling switchbacks on May 16. The next day, fans will gather in Pasadena at the Rose Bowl Stadium to watch the winner of this classic American tour cross the finish line.

Visit amgentourofcalifornia.com for more information. —Hannah Tyne

UPCOMING NORTHWEST CYCLING ...

- Alaska Airlines is teaming up with Seattle-based Cascade Bicycle Club to host the **Alaska Airlines Flying Wheels Summer Century**, in Marymoor Park, near Seattle, on May 30. With a full 100-mile ride and three other route lengths offered, the event will allow riders to select their level of challenge. Visit cascade.org.
- The **Group Health Seattle to Portland presented by Alaska Airlines** (July 11–12) will once again connect Seattle and Portland via a 200-mile ride. The STP is the largest multiday bicycle ride in the Northwest. Visit cascade.org.

Which person could have a problem with drugs or alcohol?



Any of them!

Addicts are not just strangers on the street. They are the people standing next to you – sons, daughters, husbands, wives, friends, co-workers and neighbors.

If you know a life that is being shattered by addiction, Schick Shadel Hospital can help, with an exclusive therapy 80 years in the making.

With the #1 success rate in the nation for alcoholism,* our 10-day inpatient program treats addiction to drugs and alcohol as a medical problem and detox is comfortable so patients can focus on treatment.

We also provide education, personal counseling, family counseling, sober support and a solid foundation to begin a new, balanced life of hope, happiness and sobriety.

65,000 former patients can't be wrong.

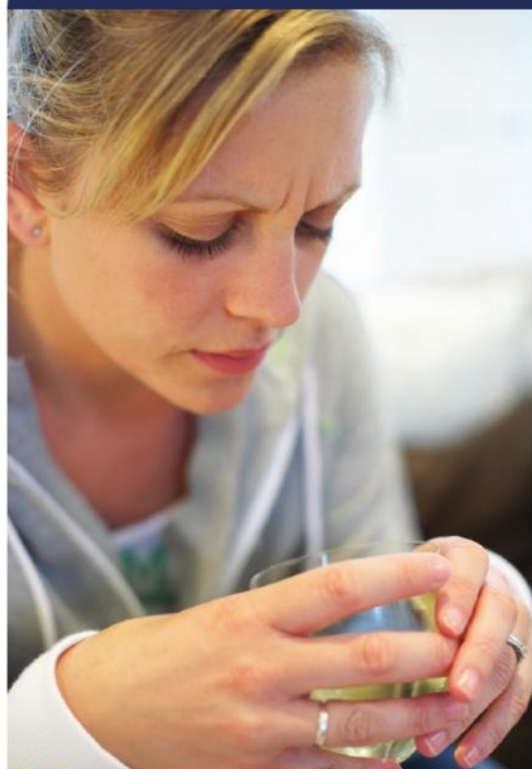
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HOSPITAL

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* Based on results of a verified, independent survey of former patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.
** Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.



Give Us Ten Days and We'll Give You a New Life.

Drugs and alcohol will kill you. If addiction is controlling your life or the life of a loved one, it's time for an immediate change. Just 10 short days at Schick Shadel Hospital can get you back on track and free of cravings. With the #1 success rate in the nation for alcoholism,* Schick Shadel's treatment is provided by physicians, nurses and counselors in an atmosphere of compassion and understanding.

Research-validated counter-conditioning is the cornerstone of our medical model, because it reduces the physical cravings for substances through re-training the memory and associations with the sight, smell and taste of drugs or alcohol. This counter-conditioning is provided in tandem with minimal sedation interviews which are designed to get at the individualized substance use triggers for each patient.

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

Whether it's alcohol, methamphetamines, marijuana, cocaine, opioids or heroin, we can help. 10 short days at Schick Shadel Hospital is a transformational experience that is nothing short of miraculous.

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Dr. Thomas Kang

Dr. Brian McKay

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

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

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything

with just a few visits. We reduce your time in the dental chair to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

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

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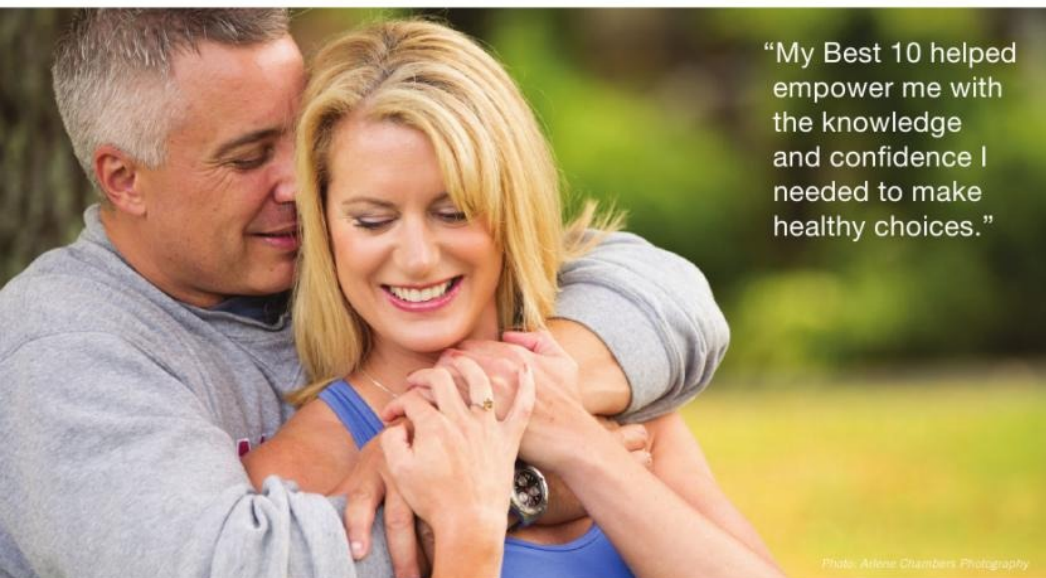
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"My Best 10 helped empower me with the knowledge and confidence I needed to make healthy choices."

Photo: Aileen Chambers Photography



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



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before

While I've always led an active and healthy life, a few years ago I was diagnosed with multiple sclerosis (MS). This disease is something you live with and manage throughout your life. I decided that MS didn't have to dictate my lifestyle or limit my goals and ambitions. I

could choose to be proactive in managing my wellness, and the My Best 10 program became an important ally in that choice.

As a wife, mother of two teenage girls, and full-time management consultant, I lead a full life. Having put on a few extra pounds over the years, I was motivated to stop this upward trend.

More importantly, I was inspired to prevent the progress of this disease. My Best 10 gave me a whole new set of tools to do so. The nutritional advice I received along with a consistent exercise program became just as important for my wellness as the medical treatment I received. Engaging in physical activity and avoiding a sedentary lifestyle are important for my brain health and central nervous system.

The program was both intense and luxurious. The My Best 10 team supported and helped me with everything, including managing all my appointments on my already busy schedule.

My always-smiling trainer was my sunshine at 5 a.m., making my workouts fun and giving me a positive start to my day. I never missed an appointment with her and have continued training with her even after the program ended.

What makes me happiest is that I remain in remission and symptom-free. The program has helped both what you see on the outside and also what you cannot see inside. Even my brain looks healthier. An updated brain MRI compared to one taken at the start of the program shows stability and no evidence of active disease. In fact, no changes in my therapy were recommended and I didn't even need to meet with my neurologist. This is huge considering that prior to the program, my doctors were adamant that I begin more aggressive medical therapy.

I couldn't be more thrilled! There are many factors that contributed to my success including an on-going commitment to myself, a supportive family, gaining the knowledge of balanced nutrition, regular exercise, and more.

While I cannot control life and my situation, I can control my attitude, my actions, and the choices I make. My Best 10 helped empower me with the knowledge and confidence I needed to make healthy choices. I highly recommend My Best 10 for any woman who wants to manage her health – and feel beautiful while doing so.

mybest10.com

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4455 148th Avenue NE, Bellevue, WA

Green Goods

The demand for eco-friendly products inspires creativity and inventiveness *By Hannah Tyne*

As consumer savvy about sustainability continues to grow, so does the market for products that support greener lifestyles. In response, companies have adopted increasingly ingenious approaches to creating socially and environmentally responsible products—and have generated a wide variety of planet-friendly items that do not skimp on style. From pillows made from sailcloths to bags made from leather seats or tents, the wide array of products available today makes it increasingly easy to go green for gifts and everyday purchases—and to enjoy doing so.



2



3



1

ECO-FRIENDLY GIFTS & GEAR

1 MARICLARO BAGS

Discarded leather seats from Alaska Airlines planes get a second chance to fly after being transformed into sleek and stylish travel bags. When Alaska began replacing its seats, it teamed up with Canadian designer Mariclaro to save the leather from ending up in a landfill. Each handcrafted bag features a number of zippers and pockets that are useful to travelers. The collaboration is part of Alaska's broader commitment to sustainability. (mariclaro.ca/shop/en)

2 SEA BAGS PILLOWS

Made from recycled sailcloths, these earth- and ocean-friendly pillows bring nautical style to your living room. Totes and accessories made from sails are also available from Sea Bags. (seabags.com)

3 MASTRAD PUREFIZZ SODA MAKER

Reduce your consumption of carbonated drinks in bottles and cans with the Mastrad Purefizz Soda Maker. The sealable stainless steel bottle holds a recyclable carbonator to instantly infuse drinks with zip. (shopmastrad.com)

4 MAPLEXO JEWELRY
Blending fashion with sustainability, Portland-based Maplexo makes high-end jewelry and accessories such as earrings and cuff links from recycled skateboards. (maplexo.com)

5 TERRACYCLE UPCYCLED TENT DOPP KIT

Pack toiletries in this lightweight, fold-up, water-resistant bag made from reclaimed tent materials. (terracycle.com)



4



5

ECO-FRIENDLY APPS

Carma

Connects commuters to carpooling networks to reduce CO₂ emissions; carmacarpool.com.

Charity Miles

Allows users to earn money for exercise and to donate earnings to select charities; charitymiles.org.

GoodGuide

Lets users scan bar codes or search names to evaluate products' health, environmental and social impacts; features 250,000+ reviews; goodguide.com.

Seafood Watch

Created and updated by the Monterey Bay Aquarium; helps users choose sustainable seafood; seafoodwatch.org.

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CITYSCAPE

A Spotlight on the Capital

The National Mall in Washington, D.C., has long been America's leading civic and symbolic center. Bordered by the U.S. Capitol Building to the east and the Lincoln Memorial to the west, Constitution Avenue to the north and the Jefferson Memorial to the south, the mall is home to numerous monuments, including those honoring Presidents George Washington and Franklin Delano Roosevelt; The Reverend Martin Luther King Jr.; and soldiers who served in World War II, the Korean War and the Vietnam War. Many of the Smithsonian Institution's 19 world-class museums are also located here. The museums are free to visit and contain many of America's great historical treasures. The following are a few of the attractions on the mall. —Jeff Bond

The National Cherry Blossom Festival, an annual springtime celebration, will continue through April 12, with events, performances and a fireworks display (on April 4).



White House

The **National Museum of Natural History** is home to more than 126 million specimens and artifacts. Currently on display is the exhibit "The Last American Dinosaurs: Discovering a Lost World," featuring "Stan," a 14-foot-tall *T. rex* cast.



Visit the **National Gallery of Art** and see Vincent van Gogh's self-portrait painted in 1889. The painting is one of many prized art treasures at the museum, which contains one of the finest collections of paintings and sculptures in the world.



United States Capitol

See the Wright Brothers' original 1903 airplane, Charles Lindbergh's *Spirit of St. Louis* and the Apollo 11 Command Module at the **National Museum of Air and Space**. At left, astronaut Edward White was the first American to walk in space.



CAPITAL CUISINE

Three dining options in Washington, D.C.

SONOMA RESTAURANT AND WINE BAR

A local favorite located a few blocks southeast of the U.S. Capitol, the restaurant's menu ranges from burgers to braised lamb shank. It is also known for offering an exceptional Sunday brunch. (sonomadc.com)

THE PARTISAN

This Penn Quarter restaurant has a menu offering more than 30 different types of sausages. Vegetables, fish and fowl are treated with the same expertise. It has won rave reviews for its vast wine selection. (thepartisandc.com)

LE DIPLOMATE ►

Attracting many top politicians (First Lady Michelle Obama has eaten here), the French bistro serves classic dishes, including escargots, onion soup gratinée, beef bourguignon and fresh shellfish. (lediplomatedc.com)



You've never tasted steak
like this before.



This is a true Japanese "A5" 100% Wagyu Beef Zabaton steak. It was flown in fresh from the Kagoshima Prefecture in Southwest Japan so that you can enjoy the outstanding flavor created by its distinct marbeling. John Howie lets you choose from a variety of steaks, from USDA prime to the world's finest Japanese Wagyu all cooked to perfection. They say the flavor of a steak is enhanced by its marbeling. Judging by this photo, you are in for quite a treat.



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**HIKING TIP**

Many people hike the Grand Canyon in summer and end up needing to be rescued for heat-related health problems. Avoid such hazards—and have more fun—by going in spring or fall. Also, carry plenty of water at any time of year.

HIKING HIGHLIGHT: THE GRAND CANYON

The spring months between the departure of winter and the onset of summer heat provide one of the best times of year for an adventure in the Southwest's signature landform—the Grand Canyon. Here, Seattle-based adventure journalist Peter Potterfield describes a classic canyon hike.

CANYON SOUTH RIM TO COLORADO RIVER (AND BACK)

Distance: 16.5 miles roundtrip

Elevation gain: 4,400 feet (on return)

Details: 2–3 days; strenuous; best hiked late September through early June; permits and reservations required to hike overnight, camp at Bright Angel Campground or stay at Phantom Ranch

Gateways: Phoenix, AZ, and Las Vegas, NV

Contact: Grand Canyon National Park Backcountry Information Center: 928-638-7875; nps.gov/grca

A LAND FEATURE large enough to be seen from space, the Grand Canyon is best enjoyed at close quarters. To walk down through the layer-cake Colorado Plateau—from Kaibab limestone to Coconino sandstone to Bright Angel shale, to the Vishnu Complex at the Colorado River—is to take a foot journey like no other.

From Las Vegas or Phoenix, drive to the South Rim entrance of Grand Canyon National Park. Staying in lodgings within the park means you can stroll out to the rim in minutes. Vehicles are not allowed on the rim road, so take the first bus in the morning to the South Kaibab trailhead for a start into the canyon at dawn.

The route leaves the rim and descends 7 steep miles on the ultra-direct South Kaibab Trail to the Colorado River, crossing the water via the Kaibab Suspension Bridge (aka Black Bridge) to Bright Angel Campground. Once at the bottom, pitch a tent in the campground, or check in at Phantom Ranch. Linger as long as you can by the river, ideally at least a day, exploring the canyon's inner sanctum.

Get a predawn start hiking out via the Bright Angel Trail. On this route, you will ascend to Indian Garden, and then back up to the South Rim. Reliable water (about halfway along) and a gentler grade make this trail a less rigorous route than South Kaibab for climbing out, even though it's longer. —Peter Potterfield

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

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

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

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

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

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

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

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



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SEATTLE, WA

Innovating for the Earth

Students compete to find clean-tech solutions to environmental problems *By Ben Raker*

A window that harnesses solar energy and sends electricity down its edge to feed the power grid; a hair dye with gold particles that limits the need for reapplications and reduces the chemicals sent down drains; road barriers that use old tires otherwise destined to be burned or sent to landfills—these are among the many concepts developed by entrepreneurial student teams in an annual competition hosted by the University of Washington Foster School of Business.

The 7-year-old competition is operating for the first time this year as the **Alaska Airlines Environmental Innovation Challenge**, in honor of the airline's commitment to a decade of event sponsorship. The challenge calls for each team to define an environmental problem, find a solution to the problem, and present the market opportunity and impact potential of their solution, along with a working prototype.

"We are thrilled that it's Alaska Airlines sponsoring this competition as a Seattle-based company working hard to reduce its environmental footprint," says Connie Bourassa-Shaw, who oversees the challenge as director of the Foster School's Buerk Center for Entrepreneurship.

Students from colleges and universities throughout the Northwest are encouraged to apply; 40 teams did so this year. Of these teams, 22 were selected for Demo Day on April 2 at Seattle Center's Exhibition Hall. On this day, students pitch to more than 150 judges from the local envi-



The Voltaic team, which won the Grand Prize at the 2011 Environmental Innovation Challenge, invented a drivetrain to convert any car from gas to electric power.

ronmental and entrepreneurial communities, receiving feedback on the viability of their idea and suggestions on how to improve it. In 2015, the competition is awarding \$37,500 in total prizes from a variety of sponsors, including \$15,000 for the team that wins the Grand Prize.

Past years' winners have gone on to launch companies, win grants and earn equity funding. Team HydroSense won the inaugural challenge in 2009 for a water-use-monitoring technology, launched a startup and was acquired by the tech company Belkin.

Bourassa-Shaw says that judges at the challenge's final presentations have repeatedly called the day they come to the event their "most hopeful day of the year."

"You really want to feel that the generation coming out of college will be contributing to addressing environmental problems," says Bourassa-Shaw. "These students have a passion for the environment and for innovation."

For more information, visit eic.washington.edu.

APRIL 22 IS EARTH DAY, a worldwide event involving more than 22,000 organizations in 192 countries. According to the Earth Day Network, more than 1 billion people participate in activities each year. Visit earthday.org.



Above: A member of the 2013 team H₂O works on technology to use water to convert UV, visible and infrared light into electricity. **Right:** PolyDrop, the 2013 Grand Prize winner, created a polymer coating to conduct electricity; this can be used in aerospace to reduce an airplane's weight, improve fuel efficiency and lower costs.





wsu.edu/125

INSPIRING COURAGE

Famed news broadcaster Edward R. Murrow discovered a world of possibilities at Washington State University.

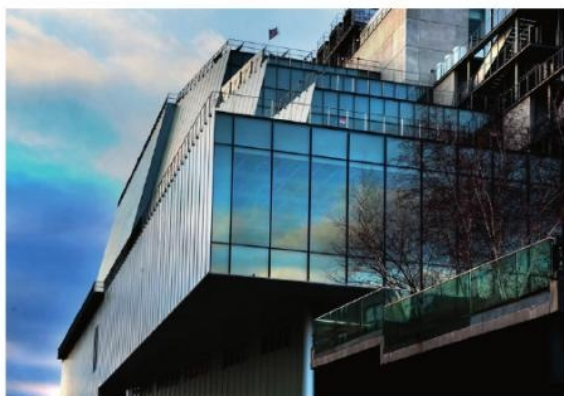
Here he was inspired to excel in the classroom, broaden his world view, and hone his speaking skills. That created the foundation for a 25-year career in which Murrow's name became synonymous with **personal courage, integrity, and an unending quest for truth.**

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Architect Renzo Piano used bold geometric forms in his design for the new Whitney Museum building.

NEW YORK, NY

The Whitney Expands

With sweeping views of the Hudson River and nearby High Line Park, the new home of the Whitney Museum of American Art will open its doors to the public on May 1, expanding the famed museum's exhibit space greatly in its new 200,000-square-foot building. Pritzker Prize-winning architect Renzo Piano designed the structure to be a worthy backdrop for the museum's world-class works, such as those in the inaugural exhibition "America Is Hard to See" (May 1–September 27). The facility includes large indoor, outdoor and column-free galleries; a plaza to bring visitors together at the dramatically cantilevered entrance; and areas for new educational programs. Call 212-570-3600 or visit whitney.org to learn more. —Sophia Lizardi



BOSTON, MA

Democracy Brought to Life

Built on the concept that democracy requires participation and understanding, the interactive, educational Edward M. Kennedy Institute for the United States Senate recently opened to the public (on March 31). The institute is housed in a sleek white building next to the John F. Kennedy Presidential Library and Museum. It holds a full-scale replica of the U.S. Senate chamber (shown above), along with an expansive museum space that details Senate history and process. Each visitor to the institute receives a tablet computer that interacts with exhibits and allows for hands-on experiences. Middle school and high school groups can participate in Senate Immersion Modules, which allow them to role-play as senators and to vote on contemporary and historical issues. To learn more, call 617-740-7000 or visit emkinstitute.org. —Tanya Friedland

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Grown in fertile volcanic soil and roasted to perfection, the coffee of the Ka'ū District of Hawai'i Island is not simply made—it's crafted. Along with the Kona area, to the northwest, Ka'ū has become a respected player on the world coffee stage for its smooth and flavorful beans.

The Ka'ū Coffee Festival (April 24–May 3) will honor the people and traditions associated with the region's award-winning brews. In addition to tastings, the festival will offer guided hikes, farm tours and stargazing. The fun culminates on May 2 with music, dancing and baristas showcasing various brewing tools and techniques. Call 808-929-9550 or visit kaucoffeefestival.com for more information.

—Hannah Tyne



CALENDAR

Through April 30, "Jazz Then and Now," artifacts and art; American Jazz Museum, Kansas City, MO; 816-474-8463; changinggallerykc.org

Through May 3, "Funky Turns 40: Black Character Animation Art from Black Cartoons of the 1970s," an exhibition featuring some of the earliest positive depictions of African-American characters on TV; Northwest African American Museum, Seattle, WA; 206-518-6000; naamn.org

April 15–18, 2015 U.S. Adult Figure Skating Championships, top U.S. competitors; Salt Lake City Sports Complex, Salt Lake City, UT; 2015usadult-championships.com

April 17–August 16, "The New Frontier: Young Designer-Makers in the Pacific Northwest," innovative works by local designers; Bellevue Arts Museum; Bellevue, WA; 425-519-0770; bellevuearts.org

April 26–May 3, Eat! Vancouver Food + Cooking Festival, workshops, chef dinners and more; BC Place and locations citywide, Vancouver, BC; eat-vancouver.com

May 15–17, Mayfest, music, food, beer, Chicago Kids Day, and the Chicago Pet Pageant and Expo; Chicago, IL; starevents.com/festivals/mayfest



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Growing Green Kids

Guiding children outdoors is a gift for the whole family *By Matt Villano*

THERE ARE A NUMBER OF ICONIC SIGHTS you hope to witness when you visit Yosemite National Park with your kids. El Capitan is one, Yosemite Falls another. You might even get a glimpse of Half Dome.

A “giant” bobcat isn’t on the list.

Imagine my surprise, then, when my 4-year-old daughter and I were tossing rocks into the Merced River one evening last fall and she exclaimed, “Daddy! Look at the big kitty!”

The kitty *was* big. Bigger than a golden retriever—or so it seemed. The creature had been scouting for food along the riverbank when we spotted it. Then, just as my daughter exclaimed, the cat froze, staring at us with eyes the colors of moss and gold. I remember the colors because the cat was not far away.

I stood up, with my daughter behind me, to make sure the animal understood it should keep its distance, and after a moment the bobcat moved along in search of less garrulous company. The whole experience lasted 20 seconds. They are 20 seconds of Yosemite my daughter will remember forever.

Which was exactly the point of the trip: to create the memories in nature that will inspire my children to keep coming back.

Outdoor exploration always has been a big part of my life. Growing up near New York, I escaped to the woods of local state parks whenever possible. After college, I moved from the canyons of Manhattan to the comparative open spaces of Seattle. Since then, I’ve visited more than two dozen national parks. The grandeur therein has moderated my Type A personality, calmed me and helped me to appreciate every second of this life.

Yosemite is one of my faves, and I had been awaiting the time my oldest daughter would be able to appreciate the landscape that inspired conservationist John Muir 150 years ago. I didn’t want to postpone this too long: A 2010 Kaiser Family Foundation study found that the majority of young people today average more than seven hours a day of electronic media use, or 53 hours a week—more than a full-time job. While my wife and I significantly limit our kids’ screen time, it’s a cultural epidemic.

To be honest, I wasn’t sure how our kids would respond to four days in and around the wilderness.

Thankfully, they loved (most of) it. On a hike from our hotel,

The Ahwahnee, out to Mirror Lake, the girls stopped to feel moss on a granite boulder, then hopped off trail to find fairies hiding in the woods. On a bridge over a creek, they grabbed pinecones and played a version of “Pooh Sticks,” dropping the

cones over one side, then rushing to the other to see which would emerge first.

One night, after my older daughter went to bed early, I took my little one (age 2.5) out in the stroller, which inspired her to serenade the night sky (and me) with *Twinkle, Twinkle Little Star*.

Both girls had recalcitrant moments. They hate bugs, and there were lots of those. And even the most amiable toddlers can’t hike 2 miles without complaints.

But the lasting impression of our experience in Yosemite was exactly what we hoped it would be: avid curiosity. Since we returned, the girls have been asking when they can “have new adventures outside.” They’ve requested longer hikes. They want to camp. They even have suggested that we bring sketchpads to draw what we see.

The fact that they’re asking for more nature is a win. The fact that they want to slow down to experience it means they already understand something it took me decades to learn. That my wife and I get to provide this to them is a gift we all share together. I’ll remember these moments the rest of my life, too.

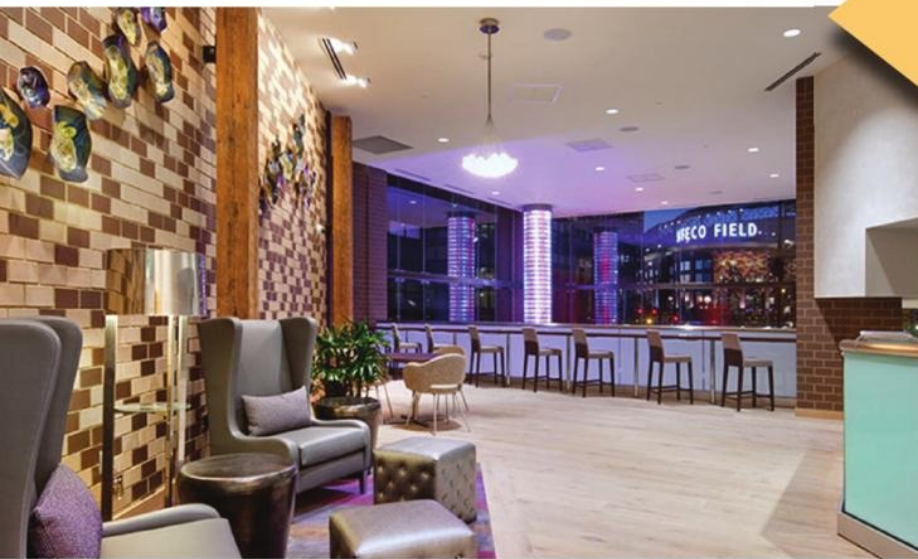
Matt Villano is a writer and editor in Healdsburg, California.



Matt Villano's family explores Yosemite National Park.



One day outside can make a huge difference in the lives of young Americans—and in American life. The National Park Trust’s annual event invites school pupils to plan their own park trip; visit kidstoparks.org.



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EL GAUCHO SUPPLIER SPOTLIGHT: OREGON'S ANDERSON RANCH

By Chris S. Nishiwaki

Farm-to-Table dining has evolved from a fad to a way of life for many American lamb ranchers because they heighten the locavore experience, going from feed, to farm, to fork.



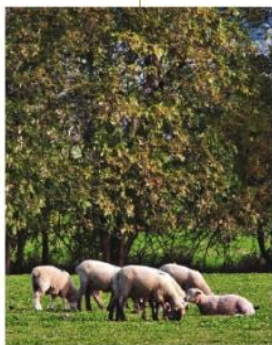
Reed Anderson of Oregon's Anderson Ranch grows the grass on which his sheep graze, raises the animals, processes them on site, and carefully selects his customers based on his stringent demands for quality.

Many American lamb ranchers are involved in every step of the process, like Anderson and his wife and business partner Robyn, up to the plate in front of guests at fine dining restaurants such as El Gaucho.

"El Gaucho is a great local company," Anderson said. "The thing I tell people is I don't sell to everybody. I only sell to people who will treat the product right."

The farm-to-table philosophy is no fad for the Anderson's: Reed is a fourth generation sheep farmer; his sons Jake, 28, and Travis, 26, are now the fifth generation in the business.

Anderson Ranch is one of over 82,000 sheep operations in the country. Many of them are family owned and operated with the families intimately engaged in the entire process, ensuring quality and freshness for consumers.



IMPORTANCE OF TERROIR

Similar to the concept of "terroir" in wine, the quality of lamb reflects and adapts to its fertile surroundings. That is why the Anderson family's farming practices ensure that their flock has the best of everything, and that their diet never includes hormones or grain. For the Andersons, watching grass grow

is exciting stuff. It translates to happy animals and a superior product for diners. Anderson Ranch's sheep graze on over 1,000 acres of their land providing plenty of nutrients year round and abundant space for them to roam. The Northwest's notorious rainfall lends to the terroir that makes the local grass superior and abundant. The Willamette Valley grows up to 90 percent of the world's grass seed.

"You can taste the care and quality of Anderson Ranch lamb—they are great El Gaucho partners."

Chad Mackay—President, El Gaucho Hospitality

"It is important for us to control and know what our sheep are eating,"

Anderson said. "That's why we insist on controlling the growth of the plant for the sheep's diet."

The Anderson Ranch flock drink well, eat well and live well. The family ensures a stress free environment by surrounding his sheep with guard dogs and guard llamas, rather than protecting them with restrictive fencing. This

healthy living means lamb naturally contains many essential nutrients; it is an easy fit for healthy diets and is an excellent source of protein, vitamin B12, niacin, zinc, and selenium while still being a good source of iron and riboflavin.

The Andersons built their own facility last year to process their animals, allowing



Reed and Travis Anderson

them to control the quality and timing of the process, catering to the needs of retailers and restaurants such as El Gaucho, and ultimately the consumer.

"We do a better job trimming," Anderson says. "We are more conscious on the cutting specifications. I think it's just because we have control of the product from conception to the plate."

All of this expertise and care produces the highest quality lamb, which is why El Gaucho Restaurants all proudly serve only Anderson Ranch lamb.

"We want people to have a great experience with our product. When someone is having a 50th wedding anniversary we want to be a highlight of that event. El Gaucho has those same concerns in mind."

"Anderson Ranch is the benchmark for quality, consistency and integrity. Their lamb always exceeds our guests expectations. As a chef, it is my goal to make sure we are delivering on flavor. When working with Anderson Ranch Lamb, I know Reed and his family have the same goal."



*Matt Brandsey
El Gaucho Seattle
Executive Chef*

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PARKS & Recreation

*An active approach is the best way to experience
America's "most glorious heritage" BY ERIC LUCAS*



The Yellowstone River and its Lower Falls are among the many geologic forces constantly at work reshaping Yellowstone National Park, as are geysers, such as Old Faithful, upper right.



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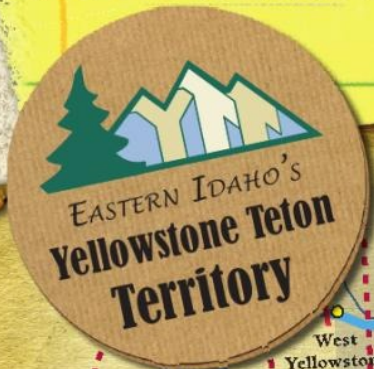
"We have fallen heirs to the most glorious heritage a people ever received, and each one must do his part if we wish to show that the nation is worthy of its good fortune."
—Theodore Roosevelt

The color of the mountain sky is a shade of blue only seen at high elevation, a pure hue that seems to have an underlying layer of magenta. It defies the eye to find the color's ultimate depth. If you look long, it shimmers.

But at the moment, at 7,000 feet in Yellowstone National Park, on a warm morning along a most exceptional bike trail, my attention is diverted by a shower feathering the air. I've paused next to Castle Geyser's bubbly spout of vaporous water, and the light breeze casts droplets my way. I take off my helmet, stand astride my bike beside the pavement, absorb the fire-hose sound and breathe deep in air spiced by nearby pines.

My wife, Leslie, and I picked up bikes in the morning in Old Faithful Village and began a leisurely ride down the Biscuit Basin Trail. Once upon a time this was a road that carried cars past the dozens of

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Hikers pause to take in the serenity of the Grand Canyon, left, while rafters enjoy the exhilaration of a Colorado River float.



geysers, hot pools, springs and fumaroles here, but the road was closed to cars in 1972—one of the first in a long line of measures the National Park Service has taken to improve the visitor experience and sustainability ethos at parks (see page 49), and, frankly, to get visitors out of their cars to experience the parks more personally.

That's by far the best way to visit America's best parks. And it's easy to accomplish. As parks godfather Teddy Roosevelt said, "The beauty and charm of the wilderness are his for the asking, for the edges of the wilderness lie close beside the beaten roads of the present travel."

My experience at Yellowstone on an early-autumn trip captures the idea perfectly. The valley holding Old Faithful contains the world's greatest concentration of geysers, with more than 150. They sport colorful names such as Spasmodic, Spiteful, Daisy, Mortar, Beehive, Comet and Splendid. One has the hiss of a leaky balloon. One sounds like a soup pot and another like a washing machine. Their waters soar skyward nearly 200 feet; slant off at 70 degrees like a garden hose aimed wrong; boil and bubble and susurrate endlessly.

Riding our bikes along the path, what used to be one of Roosevelt's "beaten roads," provides opportunities to marvel at these works of Earth's plumbing. Toward the end is the colorful, almost humorous, burble and fuss of the Grotto Geyser. Ten feet tall at most, it might be considered a

leprechaun among hydrothermal features, as these are technically known.

By the time we've reached this point, after a half hour of pedaling and gawking, the path is almost unpopulated. It's just over a mile from Old Faithful Village, but it's more like a mile into a wilderness valley. When we head off the paved path onto a gravel trail that leads down-valley to our destination, Biscuit Basin, we see no one during the further 1-mile ride across pine-studded meadows. In the distance, we can hear the rush of cars along the road. The irony is obvious: 3 million people a year come here, but simply by hopping on bikes for just over a mile, we have left behind crowds, vehicles, bystanders and commo-

Chickadees flash in the pines. Stray fumaroles plume steam off in the flats. The rush of the Firehole River overwhelms whatever distant noise we might hear.

Sightings of wildlife such as grizzly bears enhance a visit to Alaska's Denali National Park & Preserve.



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Misting skies nurture the mossy cathedrals of old-growth forest in Washington's Olympic National Park.

tion. Chickadees flash in the pines. Stray fumaroles plume steam off in the flats. The rush of the Firehole River overwhelms whatever distant noise we might hear.

I've had similar experiences in many national parks—in fact, in most parks that I've visited.

■ At **Grand Canyon National Park**, along the South Rim, it is just a half-hour hike down the Bright Angel Trail to reach a point from which the cliff's edge above is

hard to discern. Here, within the walls of the canyon, your psyche is clasped much more tightly by the imposing, implacable rock that surrounds you. Strangely, it seems to me that the canyon bottom—the silver shimmer of the Colorado River—is *farther* than it appears from the rim above. I know it's an illusion, perhaps shaped by my entry, however brief, into Roosevelt's "edges of the wilderness."

I have just a morning here and cannot go far, but in a sense I am already way past

the ordinary: Just 5 percent of Grand Canyon Village visitors ever go below the rim.

"Pretty amazing," I remark to a fellow hiker at a bend in the trail. "Completely," she agrees. I think we are both describing our brief ventures as much as the scene itself. Again, there's no one else about.

■ At the far end of **Denali National Park & Preserve**, after a 92-mile bus ride along the one park road to the remote settlement of Kantishna, after gazing at the mountain, hiking across the tundra, admiring a 5-foot caribou bull and picking wild tundra berries, I grab a fly rod at Kantishna Roadhouse. Just behind the lodge is Moose Creek, a supple coil of river that's home to wild grayling. I cross over to spend the afternoon fishing.

It's 72 degrees. The late-August sun already has autumn's lean as it casts about in early-golding cottonwood and birch leaves. The river water clasps the light and

Towering ramparts of Navajo sandstone bear the rich hues of the American southwest in Utah's Zion National Park.





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DAY
1

Sequoia National Park

STOP 1 - CRYSTAL CAVE
STOP 2 - GIANT FOREST MUSEUM
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STOP 4 - TUNNEL LOG
STOP 5 - GENERAL SHERMAN TREE

DAY
2

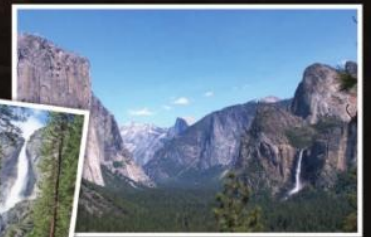
Kings Canyon National Park

STOP 1 - GENERAL GRANT TREE
STOP 2 - ZUMWALT MEADOW
STOP 3 - PANORAMIC POINT
STOP 4 - KINGS CANYON
STOP 5 - WUKSACHI LODGE

DAY
3

Yosemite National Park

STOP 1 - MARIPOSA GROVE
STOP 2 - WAWONA PIONEER VILLAGE
STOP 3 - GLACIER POINT
STOP 4 - TUNNEL VIEW
STOP 5 - YOSEMITE VALLEY



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Grand Prismatic Spring in Yellowstone National Park.

SUSTAINING OUR NATIONAL PARKS

EACH DAY, thousands of **Yellowstone National Park** visitors walk on, lean on, even sit on, decks, benches and viewing platforms made not of wood but recycled plastic. The most conspicuous such facility is the viewing platform at Old Faithful Geyser. At approximately 50,000 square feet, this 1998 installation is just slightly smaller than a football field, and bears up well under the weight of 25,000 visitors who come to watch the geyser each day.

Our national parks are bastions of nature whose memorable landscapes and compelling history call for great care. In our parks, sustainability should reach its peak. What was here a century ago ought to remain, untrammelled, a century from now.

"We're the stewards of a very special place," says Yellowstone spokesman Al Nash. "It's incumbent on us to take extra care with sustainability.

"If not us, who?"

Who indeed: America's National Park Service manages 407 parks that welcomed close to 300 million visitors last year. That's a lot of people and impacts, and in all the parks, officials and concessionaires are adopting sustainable practices.



JACOB W. FRANK / NPS

IN THE REMOTE reaches of Alaska's **Denali National Park & Preserve**, the 7,400-square-foot Eielson Visitor Center, served by a fleet of buses only, is way off the grid (63 miles from the nearest power line). The center makes use of solar power, small-scale hydroelectric generation, earth embankment, natural lighting and other design features. Reopened in 2008, the facility achieved LEED Platinum certification—a first for a National Park Service building.

AT GRAND CANYON, water conservation is a key issue—all the water used at the South Rim's Grand Canyon Village comes from springs across the canyon near the North Rim. It's piped down the canyon, then huge pumps force the water up 5,000 feet to the Village. Half the energy used by the complex is required to drive those pumps.

That's why lodging operator Xanterra has installed water-saving fixtures, such as low-flow toilets and faucets, in as many places as possible.

The company also collects all the used kitchen grease and oil from its four restaurants and uses it to fire the boilers on the antique steam engines it runs several times a year on its Grand Canyon Railway line from Williams to the South Rim. In 2014 that amounted to 8,700 gallons of oil put to use.

Most famously, Xanterra feeds virtually all its kitchen waste to the mules that haul visitors down the Bright Angel Trail to the canyon bottom. Manure from the mule paddocks is gathered and shipped to a composter, who sells it to local produce farmers.

AT GLACIER BAY NATIONAL PARK & PRESERVE, managers designed and built a small tool that safely exhausts the last propane in the ubiquitous small steel bottles used by campers. With a small hole then punched in the bottles, they can be recycled. The park also recycles glass, crushing it into material for use in paved surfaces. Overall, the park recycles 40,000 pounds of material a year.

AT KENAI FJORDS NATIONAL PARK, CIRI Alaska Tourism, which operates dayboat tours from Seward into the park, last summer introduced a custom-built catamaran, the *Callisto Voyager*, that is 40 percent more fuel-efficient than traditional monohull boats. CIRI's Kenai Fjords Tours also recycles all its used motor oil, using it to heat the company warehouse, saving \$9,000 a year in heating costs. And KFT now serves green beans instead of corn-on-the-cob at a wilderness lodge it operates on Fox Island. "That may seem like a small thing, but forgoing corn-on-the-cob significantly reduces the waste we haul off the island," says CIRI spokeswoman Dee Buchanon.





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SUNNY deserts are not the only places for solar power. The 16 photovoltaic arrays atop staff buildings at Point Reyes National Seashore, north of San Francisco, yield 98,000 kilowatt-hours a year—about a third of the park's electric needs—and save \$18,000 a year in power costs. "Yes, we are a foggy place," concedes park-facilities-management specialist Sara Hammond. "But the sun's rays are just refracted by the fog, and solar cells work better in cool climates anyhow. So we do fine."

AT ARCHES NATIONAL PARK, just outside Moab, the park service installed six PV arrays at remote Devils Garden Campground, largely replacing the previous power source: noisy, polluting diesel generators. The solar arrays spare 2,500 gallons of diesel fuel a year that used to cost as much as \$20,000 a year.

AUSTIN ADVENTURES began with tours into Yellowstone three decades ago and has developed its own sustainability philosophy along with those at the parks. The company's guides use stoneware rather than paper dinnerware on trips.



"Yes, our guides have to wash them every night, but after all these years, national parks are still our top destination, and Yellowstone is the most popular of all," says founder Dan Austin. The company takes about 2,000 people a year into national parks, so that means that at least that many plastic bottles, and paper plates, are saved on a daily basis.

"We expect these places to be as pristine as possible, even with all the millions of visitors. It's crystal clear that sustainability overall is a key part of sustaining our business."

As Teddy Roosevelt said, our national parks are a most glorious natural heritage. —E.L.

TOP: COURTESY: POINT REYES NATIONAL SEASHORE;
BOTTOM: COURTESY: AUSTIN ADVENTURES

bends it amber. The pockets along the west bank hold 12-inch grayling just waiting for my Renegade fly. As I admire each fish, the famous grayling iridescence is buoyed by the light and the leaves and my own open-eyed relaxation, as if my spirit has shed a shirt for three hours.

"Catch anything?" a lodge staffer asks as I rack the rod back in the mudroom.

"Everything," I explain.

■ In **Olympic National Park**, walking up the Quinault River Trail, I stop to scrape aside the forest-floor duff beneath a stand of old-growth cedars, maples and hemlocks. Sure enough, as a forest biologist had told me, I find bare, poor mineral soil and rock just below the 6 inches of decaying needles and leaves. We think of these ancient woods as lush vegetative preserves—and they are, but not because the ground itself is rich. It's the sky above, unleashing writer Timothy Egan's "good rain," the clean Pacific air, mild temperatures and long days of summer that grow these magnificent giants.

My simple toe-scrape revelation makes these trees all the more wondrous. They carve their own place in modest ground. In fact, they are the manufacturers of their own fertilizer: The mosses and fungi that live in the branches high above gather up nitrogen from the air, and then release it into the ground when they fall. What a marvelous natural example of that clichéd 1990s business phrase, a win-win situation!

It's winter, the sky is misting and there's no one else about, and I've found great wonder high above, and at my feet.

■ In Utah's **Zion National Park**, a stroll just 300 feet up a side canyon reveals an oddity: green-tinted chalky water in small pools left from a cloudburst the day before. It's a memorably odd color contrast in a place dominated so thoroughly by towering ramparts of Navajo sandstone, which typically bears the rich hues of peach and corn in the southwest sun.

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I suppose that up this gully somewhere is a vein of cuprous clay that, scoured by rain, tinges the creek in the malachite hue that signifies copper. I run my fingers through the water, which is warm and evaporating fast. It's an ephemeral gem, weather-born turquoise that I'm lucky to chance upon. When I look later, my photos have the elements of the scene, but they fail to capture the evanescent surprise of it.

My memory suffices, though.

Even the simplest moments can create a lasting memory. Yellowstone, which is peerless in many ways, holds innumerable opportunities for quiet realization despite its immensity and visual impact. All the springs, pools, geysers and other features are places of marvel, yes, but sometimes, even at the most vivid spots, my recollection is not the actual sight but the experience.

Grand Prismatic Spring, for instance, is one of the most memorable natural sights anywhere, a steaming pool of sapphire water caught in a basin that changes from emerald to indigo, ringed by vermilion and persimmon mineral deposits. The pool's mist swirls and dashes upward like stray thoughts. The air is scented like old iron. The open plateau surrounding the spring has been pocked by bison hooves and strafed by hot sun.

"When you're here, you feel like you're at the moment of creation," famed documentary filmmaker Ken Burns says of Yellowstone.

As Leslie paces farther on, seeking a better photo angle in the mist, that's exactly what I feel. There's not a soul to be seen elsewhere on this boardwalk right by the spring. The mist obscures most everything but that blue sky. The spring's colors are fervid examples of nature's alchemy, like none I ever made as a boy with a chemistry set.

Many Native peoples considered such geologic features the places where the present world emerged, portals into a different dimension that feeds our own

with life and warmth. Standing here, by myself, that idea seems perfectly sensible.

"Thirty years ago, when I started guiding people into the parks, the apocryphal saying was that the average visitor spends six hours in Yellowstone—5½ of those in their car," recalls Dan Austin, founder of Austin Adventures, one of the oldest active travel-tour operators. "Most visitors get no more than 100 feet from a parking lot.

"That may not be quite as true now, but still today, when you head past that 100-foot threshold, it's almost like you're in the park by yourself," Austin continues. "It opens up a whole new world. It intensifies the moment and heightens your awareness. It seems imperative to me."

Later that day, we are driving toward Canyon Village and I spot an inconspicuous trail sign: "Ice Lake." Here, the park's famous fires roared through in 1988, and the half-mile trail to the lake is one of the best areas to witness the remarkable renewal of the forest. Lodgepole pines have already reached past 25 feet along the trail. At lake's edge, downed logs reach in a welter into the water, which is nonetheless clear and compelling in the sun.

On a whim, I plunge in. I swim out, oh, 6 feet: It's not ice, but not balmy, either. I pull up on a log to sit in the sun. An osprey calls across the lake. Ravens grouse nearby.

"That's as far as you're going to swim?" Leslie jests.

"It's plenty. Nothing to prove here," I reply.

But there is actually plenty proven, here. The equation of parks, walking, swimming, biking and just breathing equals an idea as magnificent as anything on our continent. It rests in my spirit, still. ▲

Eric Lucas is contributing editor at Alaska Beyond Magazine.

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**Leaders in sustainability are forging
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GREEN Trailblazers

Nontoxic couches and clothing, a responsible food system, green jobs, and an energy system that produces more power and fewer emissions—there is a lot of green innovation going on in the world, and along with the necessary environmental cautions about everything from chemical impacts to climate change, it's important to celebrate victories and the people who are pioneering new visions. Here we discuss four green trailblazers who are working hard to make tomorrow's world a better place.

VAN JONES

Activist, attorney, author, CNN correspondent, social entrepreneur

Van Jones is a man on a mission—or rather, many connected missions. In the last year alone he has led efforts to stimulate “green-collar” jobs (jobs in environmental and clean-technology fields), developed programs to teach low-income youths to write code, launched a campaign to engage America’s churches in environmental causes and worked on reforming prisons.

It’s all part of a plan Jones put into motion more than a decade ago to craft policies and programs that simultaneously address poverty and environmental issues.

In his 2008 book, *The Green Collar Economy*, Jones wrote: “The green economy should not be just about reclaiming thrown-away stuff. It should be about reclaiming thrown-away communities.”

Since the publication of that book, Jones—a journalist and Yale-educated lawyer turned nonprofit founder and crusader for human rights—has added several impressive lines to his bio, as a special adviser on green jobs to the Obama Administration (in 2009), as a CNN correspondent, and as founder of Dream Corps and co-founder of Rebuild the Dream (organizations that advocate for and create new economic opportunities). He has also continued working with several nonprofits he



ZACH GROSS

Van Jones was one of the earliest advocates of the “green jobs” movement, an effort to increase employment in clean-tech and environmental fields.

helped found earlier: the Ella Baker Center for Human Rights, Color of Change, and Green For All.

Jones’ 2012 book, *Rebuild the Dream*, traces his path from grassroots organizer to White House adviser, and reframes his proposal for the country in broad terms—situating people’s rights to environmental well-being within the context of overall rights to better livelihoods and lives. That’s the version of the American Dream he’s

putting forth today, as he and his teams prepare to roll out a new campaign for the organization Green For All as well as the new Green the Church program.

“At some point, I realized my dedication to building a green future was actually a subcomponent of a bigger commitment—to helping to create a better future, period,” says Jones. “Today, I want to close prison doors and open doors of opportunity—into a new, green economy. I want to see urban

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youths who know how to create their own apps, put up their own solar panels, grow their own organic food.”

This vision is not merely green for green’s sake; environmentalism without corresponding social progress has never been the focus for Jones. He prefers to address multiple social issues together.

“Our urban youths need 21st century jobs, not 19th century jails,” he says. “They need access to the tools, training and technology that will let them create a future that works for them. So I am fighting for that.”

For more information about Van Jones and his work, visit vanjones.net. ■

ARLENE BLUM

Scientist, author and mountaineer

In January 1977, biophysical chemist Arlene Blum and biochemist Bruce Ames, both of the University of California, Berkeley, published an article in the journal *Science* stating that Tris, a chemical flame retardant widely used on children’s pajamas, was a mutagen. Their research, alongside findings by the National Cancer Institute, had an immediate impact. By April, the U.S. Consumer Product Safety Commission had banned the chemical Tris in children’s pajamas, and it has not been used since.

Last year Blum once again celebrated a success over Tris, this time working on improving standards with furniture manufacturers. The tireless septuagenarian has no plan to stop. She’s now working as director of the Berkeley-based Green Science Policy Institute (which she founded in 2008), to further reduce unnecessary uses of flame retardants and to educate people about how to avoid certain chemicals that contain harmful compounds.

In the decades between her first work on Tris and her more-recent work in this area, Blum followed her other career path of climbing mountains. After being told

that women had no place in high-altitude mountaineering, Blum set about proving that they did. She led the first all-woman ascent of Denali, the highest peak in North America, in 1970. She took a 15-month trek through eight countries between 1971 and 1973 on which she climbed multiple peaks. She was the first American woman to attempt to summit Mount Everest, in 1976. And, in 1978, she led the first American/first all-woman ascent of Annapurna I, often considered the most dangerous of the world’s tallest peaks (those above 8,000 meters, or 26,247 feet).

In the decades between her scientific work exposing the health risks of chemical flame retardants and more-recent work in this area, Arlene Blum followed her other career path of climbing mountains.



Arlene Blum, shown here in the Goat Rocks Wilderness of Washington state, is an accomplished chemist and mountaineer.

COURTESY: ARLENE BLUM

Besides being an exceptional scientist and mountaineer, Blum has proved to be an able writer, penning *Annapurna: A Woman’s Place* (1980) and *Breaking Trail: A Climbing Life* (2005).

It was nine years ago that Blum made her return to science, finding herself dismayed that Tris had made a comeback, this

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—Amory Lovins***

time in furniture as a primary flame retardant used in foam. An obscure fire-safety regulation in California was mandating heavy doses of chemical flame retardants. And because of the size of the California market, its law had become a de facto national standard. On top of this, Blum found that the retardants did not actually improve fire safety. So she set her sights on fixing the problem. In 2013, after nearly eight years of meetings and studies, and a high-profile series on the topic in the *Chicago Tribune*, California Governor Jerry Brown revised Technical Bulletin 117, which eliminated the need for flame-retardant chemicals in furniture.

"For nearly four decades, the old standard led to some of the most harmful chemicals around in our furniture, dust, wildlife, and human population—especially children," Blum says. "That's all been changed."

While the phasing out of furniture with flame retardants is what Blum calls a "messy transition"—stores still have plenty of inventory—she says the manufacturing process of foam has changed. It is her understanding that a lot of manufacturers are now making only foam for furniture without flame retardants, she says.

Blum and the Green Science Policy Institute have turned their attention to two main goals: changing standards so that chemical flame retardants are not used unnecessarily, and educating consumers and manufacturers about six classes of chemicals the institute has found to be most problematic (including bisphenols and fluorinated waterproofing).

In many cases, flame retardants used in building insulation are ineffective or

Amory Lovins, the founder of Colorado's Rocky Mountain Institute, is a leader in the clean-energy field.

unnecessary, according to Blum. The same goes for flame retardants used in electronics cases to meet a standard that products not ignite if they come into contact with a small flame. It's this type of unnecessary use of chemicals that Blum wants to see disappear.

Meanwhile, the Green Science Policy Institute's Six Classes program has been successful at educating thousands of consumers, as well as representatives of some of the largest manufacturers and retailers in the country, about the health impacts of particularly dangerous chemicals, how to avoid them and what alternatives exist.

The program's success has made Blum optimistic. "I'm encouraged by how manufacturers and retailers are listening to the message of reducing the use of whole classes of harmful chemicals," she says. "Can you imagine if major retailers and manufacturers cut their use of harmful chemicals by 50 percent? That would reduce many long-term health problems."



JUDY HILL LOVINS

To learn more about the work of Arlene Blum and the Green Science Policy Institute, visit greensciencepolicy.org. ■

AMORY LOVINS

Author and expert energy consultant

As a 42-year veteran of the energy industry, Amory Lovins has been banging the drum about renewable energy since long before putting solar panels on your roof seemed like a smart idea. Today, via the nonprofit consulting firm Rocky Mountain Institute that he co-founded, as well as through his writing, such as in the book *Reinventing Fire* (2011), Lovins is working on the ambitious goal of getting the United States entirely off fossil fuels by 2050.

It sounds like an unreasonably idealistic goal, except that Lovins is both a verifiable genius and a highly practical man. He's also someone who has been obsessed with energy for most of his life. By the age of 22

he was a research fellow at Oxford (by way of Harvard), but he left the university in 1971 because it wouldn't allow him to pursue a doctorate in energy. Two years before the 1973 oil embargo, energy wasn't considered a topic worthy of its own PhD. Lovins thought otherwise. He moved to London in 1972 to pursue his interests. Since then, he has spent decades consulting on energy issues with businesses and government leaders in more than 60 countries. And he has, over time, accumulated 12 honorary doctorates from various universities in the United States and elsewhere.

By age 36, he had won the math-focused Mitchell Prize and the Right Livelihood Award, often called the "alternative Nobel Prize," with his then-wife, L. Hunter Lovins (who has continued her own work in sustainability since they parted in 1999). He's won other awards, too, including a Heinz

Award (for "extraordinary accomplishments in alerting the world to the enormous potential of energy efficiency and renewable energy resources"), a MacArthur Fellowship and the first Onassis Foundation Delphi Prize (for "essential contribution toward finding alternative solutions to energy problems").

In 1982 the Lovinses co-founded Rocky Mountain Institute, which they described as "an independent, entrepreneurial, nonprofit think-and-do tank." Since then Amory Lovins has consulted on everything from large-scale building retrofits to national transportation systems, to all manner of renewable energy projects. In *Reinventing Fire*, the most recent of more than 30 books he has penned, Lovins lays out a path to a vibrant 2050 U.S. economy with no use of oil, coal or nuclear energy, and one-third less

use of natural gas. He proposes to achieve these aims through tripling efficiency and quintupling renewables, all without any actions by the U.S. government.

Lovins respects the different motivations for social and environmental change: "Whether you care most about profits, jobs and competitive advantage; about national security; about environmental stewardship; about Creation care [religiously motivated care of God's creation]; or about public health, it makes sense and makes money to follow the path toward an efficient renewable energy system," he says.

According to Lovins, adopting such a system could save the country \$5 trillion (even without assigning dollar values to emission reductions and other environmental benefits), grow the U.S. economy 2.6-fold, strengthen national security and cut fossil carbon emissions by 82 to 86

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TAKE OFF WHAT DIETING WON'T

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

"Heather was the ideal candidate for SmartSculpt," says Cosmetic Dermatologist Dr. Daniel Levy. "It allows me to precisely target stubborn pockets of fat and eliminate them in a single treatment. Most importantly, general anesthesia is not required, so it's much safer than traditional surgery and the recovery is swift."

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

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

"It has been a great experience throughout. Dr. Levy and his staff are so wonderful and friendly. The one thing I love is that it feels

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

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

"I can't quite believe how my whole life feels easier. My husband is also thrilled. He says he needs to write a thank-you note to my trainer and Dr. Levy. The results have been amazing!"

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"If you like *any* of those outcomes—any one or more—you can support this transition without needing to like *every* outcome or agree about which outcome is most important," Lovins says. "Focusing on outcomes, not motives, can turn gridlock and conflict into a unifying solution to our common energy challenge."

Lovins is a member of the National Petroleum Council and was invited to speak to more than 150 oil CEOs recently at an international conference. He says he was surprised to see how many of the business leaders thought that they, rather than new and emergent competitors, would dictate the transformation of their market.

"That's what the horse-and-buggy industry thought, too," Lovins points out. "But Henry Ford thought differently, and he won."

Whether energy companies are ready or not, Lovins believes a big transformation is underway. The United States is already on the *Reinventing Fire* path for efficiency and is ahead of its targets for renewable energy, he says. According to Lovins, renewable systems cost very little to run once installed, while new coal and oil sources cost more to install and maintain. "Who will win that game?" he asks.

Learn more about Amory Lovins and his work at rmi.org. ■

SIMRAN SETHI

Author, educator, news correspondent

You might recognize Simran Sethi from her appearances on *The Oprah Winfrey Show* and *The Ellen DeGeneres Show*, or as an environmental-news correspondent for NBC News, contributing to *NBC Nightly News*, *The Today Show*, CNBC and MSNBC. Named "the environmental messenger" by *Vanity Fair* and a top-10 eco-hero by the U.K. newspaper *The Independent*, Sethi has spent most of





Simran Sethi informs audiences via several media platforms about the value of sustainable food choices and environmentalism.

her career translating complex environmental issues for a mainstream audience. Sethi says she genuinely feels that every person can contribute to the greater health of communities and the planet.

She spent more than two years working on a forthcoming book about the declining biodiversity of food sources, titled *Bread, Wine, Chocolate: The Slow Loss of Foods We Love*, which is due out in November. She is concerned that the world may one day not include some of her favorite foods (if source crops are eliminated by environmental impacts), but Sethi says the last thing she wants is for people to feel bad about the world or themselves. "I don't want to intellectualize the issues too much, or to preach to the choir," she says. "I want to reach as many people as possible and empower them to make good choices. The good news is, we can. The solutions to saving the foods we love are in our hands—and are delicious.

"We all have more power than we realize. But we've become a bit misguided because of the glut of shallow information. We are told to 'Go organic' and 'Eat local,' but we have little context for how these decisions impact our lives or what to do

continued on page 173

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The Triumph of **CLEAN** ENERGY

Wind and solar power the West

BY JUSTIN GERDES



On Alaska's scenic and remote Kodiak Island, self-reliance has been a key attribute for millennia—whatever you need, you provide it yourself. The indigenous people who have long lived here once inhabited sturdy earthen structures that required large roof timbers. Since the island used to have no trees, the Alutiiq people would literally “fish” for logs drifting by in the current.

So, when it recently came time to replace a large crane in Kodiak's harbor, a hub for fishing, shipping and marine industries, self-reliance meant the community needed a way to supply large bursts of electric power for short periods

Standing tall on Pillar Mountain above town, these wind turbines have helped Kodiak Island achieve energy self-sufficiency.



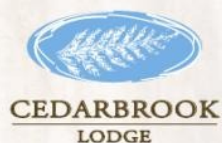
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The Chuniisax Creek powerhouse supplies virtually all the power needed on Alaska's remote Atka Island.

of time. No problem—Kodiak has been leading the way with inventive energy answers for years. In fact, the entire island relies almost completely on renewable energy (wind and hydro) and welcomed the challenge of adapting this to high-intensity industrial power uses.

It was time to replace an aging, diesel-powered shipping crane at the town's port with a larger, more powerful unit powered by electricity. But, when operating, the new crane will demand nearly 20 percent of the island's 17- to 18-megawatt average power supply. "It's good for economic development for our community, but we had to have a way to make it work on our system," says Darron Scott, president and CEO of Kodiak Electric Association.

So, this summer, Kodiak Electric will install two 1-MW flywheel energy storage systems. Flywheels can discharge instantaneously to provide short bursts of power, without degrading the overall voltage of the island's electric grid. "When the crane is in operation, the flywheels will work with the crane to help smooth out the load. When the crane is offline, they will work to take pressure off the battery storage system," says Scott. When the new crane comes online next fall, Kodiak will be ready.

Kodiak's readiness is an excellent metaphor for the renewable energy industry

Kodiak homeowners paid 4.5 percent less for electricity in January 2014 than in January 2001.

throughout the United States. While alternative energy sources are most intriguing, and useful, in remote locations such as Kodiak, the Hawaiian Islands and other places not on continental power grids, wind and solar, long considered exotic supplements to the nation's electric supply, are

becoming mainstream in many places.

Last year, the renewable portion of the U.S. energy supply surpassed 14 percent—a level the Energy Information Administration once predicted would occur in 2040. Every type of clean energy is on the increase, except geothermal and hydro. Wind, solar, biomass: the total in the first half of 2014 was 10 percent higher than a year earlier. Recent announcements from major corporations such as Apple and GM committing to almost 500 MW of renewable energy solidify the transformation.

And all this is despite the oil price slump.

Kodiak citizens like to think they have shown the way for the entire country.

Eight years ago KEA's elected board decided that 95 percent of the electricity

The La Ola Solar Farm is one facet of Lāna'i's campaign to boost energy self-sufficiency.





Energy savings? Grocery Aisle 6.

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

Ann Carey (left)
Commercial Account Executive
Avista Utilities

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

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

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

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

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

ADVERTISEMENT

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



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

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



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

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

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

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

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

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

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

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

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

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



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

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

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

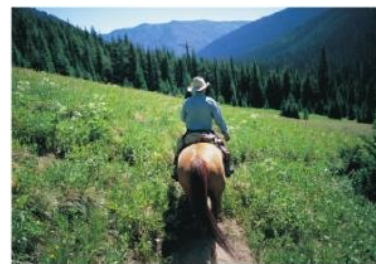
Along with the greater energy savings, Groh is very happy with the store upgrades, especially the lighting: "Everything looks a million times better," he says. "It was well worth the money."

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This new Danish 8-MW offshore wind turbine can provide power for 13,000 households.

“Renewable energy projects across the globe are now matching or outperforming fossil fuels.”

delivered to Kodiak’s 13,000 residents would come from renewable energy sources by 2020. At the time, the utility derived 80 percent of its power from a hydroelectric plant and 20 percent from diesel-fired generators. The board’s goals were simple: lower fuel costs and emissions and reduce the volatility of their customers’ electric rates. The easiest way to

meet all three goals was to ditch diesel fuel.

In 2009, the first phase of the energy transition brought installation of three 1.5-MW wind turbines at the Pillar Mountain Wind project, on a ridge just above the town of Kodiak. The turbines performed so well, says Scott, Kodiak Electric soon decided to add more. By the end of 2014, the utility had brought online three more 1.5-MW wind turbines. It also added a third 10-MW turbine at its Terror Lake hydroelectric plant, and installed a 3-MW battery storage system.

Steady winds helped Kodiak Electric sail past its 2020 clean energy target with years to spare. At the end of 2014, clean energy supplied 99.7 percent of the utility’s electricity, with the diesel-fired generators used only as a last resort. By nearly zeroing out diesel, Kodiak Electric reduced its annual fuel bill by \$4.5 million. Electric rates would be 20 percent higher if the utility

POWER IN NUMBERS

The presence of an average-sized rooftop solar PV system adds **\$15,000 to the resale price** of a U.S. home



The cost of electricity from utility-scale solar photovoltaic power plants has **declined by 50 percent** since 2010

1 in 9 Hawaiian residences have rooftop solar panels, the highest percentage in any U.S. state (house on O’ahu shown at right)



Total installed U.S. wind power capacity hit **65,879 MW** at the end of 2014, enough to power about **18 million** average American homes

Global investment in clean energy was \$310 billion in 2014, **up 16 percent** from \$268 billion in 2013

Kodiak Island’s Pillar Mountain Wind Farm has **saved 7,255,345 gallons of diesel** since July 2009



More Americans now work in the solar industry (**174,000 jobs**) than in coal mining (80,000 jobs)



The U.S. solar industry installed one solar project every **2.5 minutes** in 2014

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CLEAN ENERGY

had to burn diesel fuel, says Scott.

Utility customers are accustomed to regular, escalating rate hikes as the years pass. Not so in Kodiak. For the same amount of power, a residential customer paid 4.5 percent less in January 2014 than she did in January 2001. "We're not getting any kind of inflationary pressure right now," notes Scott. "We're actually going the opposite direction with our costs. There are not too many commodities out there doing that right now."

IN HINDSIGHT, IT IS CLEAR that Kodiak Electric's decision to bet its future on renewable energy was remarkably prescient. From 2009 onward, as officials in the United States, China, Europe and elsewhere dedicated more support to renewable energy—the federal stimulus signed into law in February 2009 alone included \$90 billion for clean energy—deployment of carbon-free electricity, especially wind and solar power, soared. The United States installed 22 times more solar in 2014 than in 2008, according to GTM Research.

All this deployment begat cost reductions and efficiency improvements. Danish manufacturer MHI Vestas will soon deploy an 8-MW offshore wind turbine that can power 13,000 Danish households. New finance tools, such as agreements enabling homeowners to lease rather than own rooftop solar systems, boost renewables—thus helping homeowners in Hawai'i, where one in every nine homes has rooftop solar.

"Renewable energy projects across the globe are now matching or outperforming fossil fuels, particularly when accounting for external factors like local pollution, environmental damage, and ill health," says Adnan Z. Amin at the International Renewable Energy Agency.

Historians may cite February 2015 as the month when the incumbent electric power system, dominated by planet-warming fossil fuels, gave way to the momentum of cheap renewable energy.



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Photos: Rachel Davidson

"I pay better attention to what I eat and the activities I do."



PAUL LOST 175 LBS

When I stood on the scale at the doctor's office and saw it read nearly 450 pounds, I was in disbelief. At that time, I could look at myself in the mirror and see a large, but not overly fat person. But numbers don't lie. So I began dieting and lost some weight, but not enough. So I joined yet another weight loss program, lost a bunch of weight... and gained it all back again when the program was over.

I had heard about 20/20 LifeStyles from a friend, who had great success, and decided to try it. It turned out to be the best decision of my life.

Every part of the program was so amazingly educational. With my trainer I learned more than just how to exercise. I discovered what my body is capable of doing. He was always encouraging me and telling me that I could do it when I had doubts – and then I would actually do it! My dietitians were equally amazing, teaching me how to eat to not be hungry. They helped me discover what foods would leave me hungry, and gave me food options that tasted good and left me feeling satisfied. Group counseling was probably the best, though. It's so helpful to have a support group of guys who are in the same situation and talk to them about what works and what doesn't, and how to handle tough situations. There's also some accountability when you run into them while working out and get that extra bit of motivation.

The 20/20 LifeStyle videos that accompanied the program drilled a few things into my head. I was astonished by how much fat some food contains and how bad for your health refined

sugar really is. And I'll always remember Dr. Dedomenico saying, "Where are you going to put that?" Now when I want to eat something unhealthy, the image from the video of the handful of fat pops up and I ask myself, "Where do I want to put that on my body?"

After getting rid of all the over-the-top sugar, fat, and salt content in my everyday foods, everything tastes so much better. Bell peppers taste like candy, and Brussels Sprouts, roasted with a touch of olive oil and pinch of sea salt, are my new favorite food. I could eat a bowl of them every day. And to think that two years ago, I hated Brussels Sprouts!

I've become much more mindful. Not only do I pay better attention to what I eat and the activities I do, but also to what's happening around me. When it's time to eat, I think about what I'm eating. Likewise, I'm much more aware of everything else I do.

It used to hurt to sit in chairs with arm rests because the arm rests would dig into my thighs so much. Now I can sit in a chair like a normal person and not feel any discomfort. Every time I sit down in one of those chairs, I smile.

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CLEAN ENERGY

On February 10, Apple announced it would pay \$848 million over 25 years to purchase the output of a 130-MW solar farm in Monterey County, California, expected to come online by the end of 2016. The next day, Google announced a 20-year deal to buy 43 MW of power from a re-engineered wind farm to be

Renewable energy in the Pacific Northwest

Seattle began using renewable energy in 1905, when the Cedar Falls hydro-electric plant came online. Seattle City Light became the nation's first carbon-neutral utility in 2005. As in Kodiak, customers benefit: Seattle electric rates are lowest among the 25 largest U.S. cities. In Portland, half the city's power is from renewable sources.

Eastward, the interior Columbia Basin provides about 40 percent of the nation's hydropower (for more information visit cleanhydro.com). Meanwhile, wind power in Washington and Oregon, almost 6,000 MW, is roughly equal to that in California—but far below Texas' 12,350 MW.

constructed by NextEra Energy in Altamont Pass, home to some of California's first wind power plants. On February 17, General Motors purchased 34 MW of wind power for its manufacturing operations in Mexico. Citigroup committed \$100 billion to finance renewable energy and energy efficiency projects on February 18. That same day, health care giant Kaiser Permanente agreed to purchase 153 MW of wind and solar power from NextEra Energy, and to install 70 MW of solar arrays at its California facilities in a deal with NRG Energy. On February 26, Google weighed in again, announcing a \$300 million investment in rooftop solar in a deal with SolarCity.

Apple's mega solar deal will power all the company's California stores and

offices, its headquarters, and a data center, CEO Tim Cook told an audience at a Goldman Sachs technology conference in San Francisco. The agreement is the largest solar procurement deal signed by a company that isn't a utility, according to Bloomberg New Energy Finance (BNEF). That so many CEOs, answerable to shareholders for earnings, feel confident investing hundreds of millions of dollars in clean energy is evidence the business case has been made. "We expect very significant savings," said Cook.

Don't expect the slump in the price of oil, down about half since June 2014, to slow renewable energy. In much of the world, oil does not compete with renewables for power production. "In the near term, the drop in oil prices is not going to have much of an impact on wind and solar installations," Adam Sieminski, administrator of the U.S. Energy Information Administration, said in January. "A lot of the demand for wind and solar additions in the U.S. is supported through tax incentives and state programs that require a certain percentage of electricity to come from renewables."

"Last year we were talking about the lowest cost solar in the world being 8 cents, this year we are talking about 6-cent solar; that's a 25 percent drop. So, yes, oil has dropped 50 percent, and most people expect it will go back up a bit; meanwhile the best clean energy is dropping 25 percent and it's not going back up," Michael Liebreich, founder and chairman of the Advisory Board, BNEF, recently told BioRes.

BUT IN PLACES such as Hawai'i and rural Alaska, even at prices as low as \$50 per barrel, oil doesn't make sense. Customers of Hawaiian Electric Company (HECO), which supplies power to 95 percent of the state's residents, recently paid 33.8 cents/kWh, three times more than on the mainland. According to a National Bank of Abu Dhabi report, a recent bid for *continued on page 160*



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Centennial City

Anchorage honors its past and is optimistic about its future

BY SARAH HENNING

ON JULY 10, 1915, pioneers gathered at a remote location in Southcentral Alaska to bid for town lots in a brand-new settlement that then consisted of several hundred tents scattered across the lowlands along a place called Ship Creek. The 2,000 or so hardy souls gathered on the shores of Cook Inlet had come to extend an existing rail line northward from Seward to Fairbanks, at that point the two main cities in Alaska outside the Panhandle.

More than two years later, on October 24, a locomotive pulling hopper cars filled with coal departed Chickaloon, Alaska, 80 miles north of Ship Creek, headed south along the newly lengthened Alaska Railroad. The coal was bound for U.S. Navy ships, which were sailing into the world's first global conflict. At the end of the train's three-day journey, it pulled into the young small city that had just recently been officially named "Anchorage" by the U.S. Post Office.

Modern Anchorage's glistening office towers are a far cry from the tents that sprang up along Ship Creek in 1915. Anchorage Trolley guides explain the city's colorful history to thousands of visitors every year.

On July 10, 2015, an intercontinental Boeing 747 will coast to a stop on the tarmac at Ted Stevens Anchorage International Airport. The plane—let's say it is carrying automotive electronic parts—is bound for London, where it will offload its cargo, reload and head back to Asia. While in Anchorage, it will take on fuel, provide rest for its flight crew, and as it does so, transfer a bit of money from Asia to Alaska in sales of jet fuel, food and lodging and other necessities.

Both events illustrate a truism about human life that applies perfectly to Anchorage on its 100th birthday: The more things change, the more they stay the same.

The city that began life as a commercial transfer point and energy center—a “crossroads city,” it's often called—remains just that. When that first coal train reached Anchorage, that was the end of the line for the moment, and the coal was loaded on ships for passage to Sitka.

Today, the city's airport is a hub for both intercontinental and domestic cargo. Overall, 2.9 million metric tons of cargo a year move through TSAIA, one of the six busiest cargo airports in the world. Alaska Airlines is the leading domestic cargo carrier at Anchorage, transferring 84 million pounds of cargo between the rest of the United States and the dozens of Alaska cities the airline serves.

But while the basic nature of a place may endure, its facets change constantly. Today Anchorage holds

major regional headquarters for oil companies such as BP, ConocoPhillips and ExxonMobil; as well as dozens of smaller companies that provide supplies and services in Alaska's 21st century resource grounds, the North Slope. The boomtown that was a tent encampment for approximately 2,000 people now has



COURTESY: VISIT ANCHORAGE

passed 300,000. It's the largest in Alaska, the most northerly city of its size in the Western Hemisphere.

The encampment that sprang up on Ship Creek held a few more hints about Anchorage's character.

Consider the city's name. Legend says it was

TENT CITY REVIVAL

Enjoy a pop-up museum, hands-on family activities and more July 25 & 26 at Delaney Park Strip adjoining downtown Anchorage, where the festival grounds will fill with tents, reminiscent of Anchorage's humble beginnings in 1915.

The festival is hosted by one of the city's first organizations, the **Anchorage Chamber of Commerce**, to celebrate its own 100th birthday. Festival tent displays will be designed to transport visitors through the city's eras of economic expansion, including the roaring 1920s when the Alaska Railroad ruled and the 1970s when oil held sway.

Summer visitors can look forward to many more centennial events, including several **exhibitions at the Anchorage Museum**, a **summer solstice festival** downtown June 20, and an Anchorage Bucs/Glacier Pilots Fourth of July **Throw-Back Baseball Game**.

Learn more at anchoragecentennial.org.



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COURTESY: VISIT ANCHORAGE (2)

Anchorage's business community began life in tents or, a little later, in colorful clapboard buildings along 4th Avenue downtown. Today, it has grown to include such sparkling facilities as CIRI's new Fireweed Business Center (below).

and the store, "the anchorage," and the name stuck. Here, you might buy denim work clothes, lye soap and tinned ham. Not very exciting, but practical.

Today, Anchorage gourmets are excited about the new Torchon Bistro, especially chef Shana Whitlock's signature Torchon Taster: Eight sophisticated pork bites, including a heritage hog spare rib with Alaska spruce tip dry rub, pork belly confit, cracklins with truffled Alaska sea salt, and house-cured bacon dipped in dark chocolate. If diners may still be spotted wearing denim garb, well, that's Alaska.

Look past the ambiance and time gap, and you find two entrepreneurs who identified a need and seized an opportunity. As Anchorage marks its centennial, the business community marks 100



COURTESY: CIRI

derived from a beached steamship called the "Berth," which an enterprising merchant had brought to this end of Cook Inlet to create a ready-made dry-goods store. Locals just called the boat,

ANCHORAGE TIMELINE

~500 AD—Dena'ina Athabascan people settle in the Cook Inlet region

1778—British explorer Captain James Cook sails into Cook Inlet

1867—United States buys Alaska from Russia

1914—Congress authorizes railroad from Seward to Fairbanks

1915—Ship Creek becomes construction camp

1916—Post Office formally names community Anchorage

1917—First coal shipments from Chickaloon to Anchorage; population is 4,000

1920—City of Anchorage incorporates

1922—First airplane (a Boeing seaplane) reaches Anchorage

1923—Rail line to Fairbanks completed

1935—Residents celebrate winter at the first Fur Rendezvous

1940—Anchorage population is 3,000

1941-45—World War II brings construction of Fort Richardson and Elmendorf Field

1949—First traffic lights, on Fourth Avenue

1951—Highway between Anchorage and Seward opens

1954—Anchorage Community College opens; now University of Alaska Anchorage

1956—Chosen All-America City, first of four times

1959—Alaska statehood; Alyeska Resort opens

1960—Population reaches 83,000

1964—Alaska earthquake devastates Anchorage

1965—Alaska Airlines starts service to Seattle from Anchorage

1968—Oil is discovered at Prudhoe Bay



KEN GRAHAM / ACENTASKA.COM

Alyeska Resort's aerial tram opened in 1992.

1975—Anchorage city and surrounding borough merge

1980—Population is 175,000

1990—Population reaches 226,000

2000—Population reaches 260,000

2008—Dena'ina Civic and Convention Center opens

years of DIY spirit. "If you don't have that pioneering streak in you, you don't last long here," says Bill Popp, president and CEO of the Anchorage Economic Development Corporation (AEDC). "We don't think ordinary up here: Alaska doesn't allow us to."

It was true in 1915, and it's true today: Far removed from other major metropolitan areas, if Anchorage needs a product, or service—or even an entire industry—the city makes it happen. Entrepreneurship isn't a trend; it's a necessity.

Historically that has encouraged homegrown startups, whether they are general stores housed in steamships or restaurants on solid ground. Even though contemporary Anchorage has no shortage of familiar chain restaurant logos, the city's also been able to retain beloved local spots such as Lucky Wishbone (est. 1953), Arctic Roadrunner (est. 1964) and Wee-B's (est. 1990), where 89-year-old owner Jim Bookey still helps bake buns, cut potatoes, and grind beef, buffalo and elk meat.

Through Anchorage's history, entrepreneurs have risen to meet the needs of workers drawn here by

Alaska's core industries—resource production, government and transportation.

Before Anchorage was built, indigenous Dena'ina Athabascan people fished and hunted in the area (and traded with interior Native peoples). But there was not an Alaska Native village on the site. In 1913, there were just seven homesteaders in what is now the Ship Creek neighborhood.

A year later, the federal government announced plans to complete a railroad line from Seward to

Ship Creek, the site of Anchorage's tent city, still has strong salmon runs that draw anglers every summer.



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The Tony Knowles Coastal Trail connects downtown to Kincaid Park for hikers and bike riders and, in winter, skiers.

Fairbanks; and in 1915 workers arrived at Ship Creek. The project was partly meant for hauling coal from the nearby Mat-Su area to port for export either overseas or to the Navy's base in Sitka. The government also saw Alaska as a military base to help protect newly acquired lands in the Pacific, including Hawai'i.

"This town of Anchorage is growing fast ... Every steamer brings individuals who wish to start something here," reported the *Knik News* on June 19, 1915.

Businesses sprang up overnight to serve government rail workers, creating a sea of white canvas tents between Cook Inlet's Knik Arm on the west and the Chugach Mountains to the east. Archival photographs show tents with slapdash signs for businesses long gone: Two Girls Waffle House, U & I Lunch Room & Bakery, 3 in 1 Laundry.

Some on Fourth Avenue were lucky enough to have clapboard buildings along the short, elevated



DESIGN PICS INC / ALAMY

wooden sidewalk. Those included Miss Mac's Lunchroom, California Pool Room and Cigar Store, and Finklestein & Shapiro Clothier (where newcomers could also purchase tents in order to start their own businesses).

Few buildings from that era remain. One of the



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KNIK NEWS, JUNE 19, 1915

This town of Anchorage is growing fast ... Every steamer brings individuals who wish to start something here. In prospect, we have a bank, a lighting system, a water system, a telephone service, a cement, brick and block manufacturing plant, a cold storage plant, a wholesale mercantile establishment and other highly important enterprises ... All this leads to but one conclusion—and that is that Anchorage is destined to evolve into one of the most important towns of Alaska.

survivors is the Kimball Building on the corner of Fifth Avenue and E Street, which opened in 1915 as a dry goods store with an adjacent livestock pen. The building has housed general stores since. Currently it features the tourist-friendly

Historic Anchorage Hotel once boasted a private kennel for those who arrived on dog sled.

Kobuk Coffee Co., which sells tea, coffee, candy and gifts. Just a block away, Historic Anchorage Hotel opened in 1916 and was expanded in 1936; the hotel boasted crystal chandeliers and a private kennel for those who arrived on dog sled. Guests included Walt Disney and Will Rogers. Recently updated, the hotel is on the National Register of Historic Places.

The city's second big growth boom came during World War II, when the opening of Fort Richardson and Elmendorf Airfield helped push the population from 3,000 in 1939 to 46,000 in 1951. The third, and most memorable, surge came after vast reserves of oil were found on Alaska's North Slope; construction of the Trans-Alaska Pipeline began in 1974,



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The Skin Cancer Center is conveniently located in the quaint Tacoma suburb of Gig Harbor, an hour from Seattle and 45 minutes from Sea-Tac International Airport.

Housed within Harbor Plastic Surgery Center adjacent to St. Anthony Hospital, The Skin Cancer Center has a Medicare-certified ambulatory surgery center which allows patients to have reconstructive surgery immediately following their Mohs surgery (cancer excision) in the same outpatient setting.

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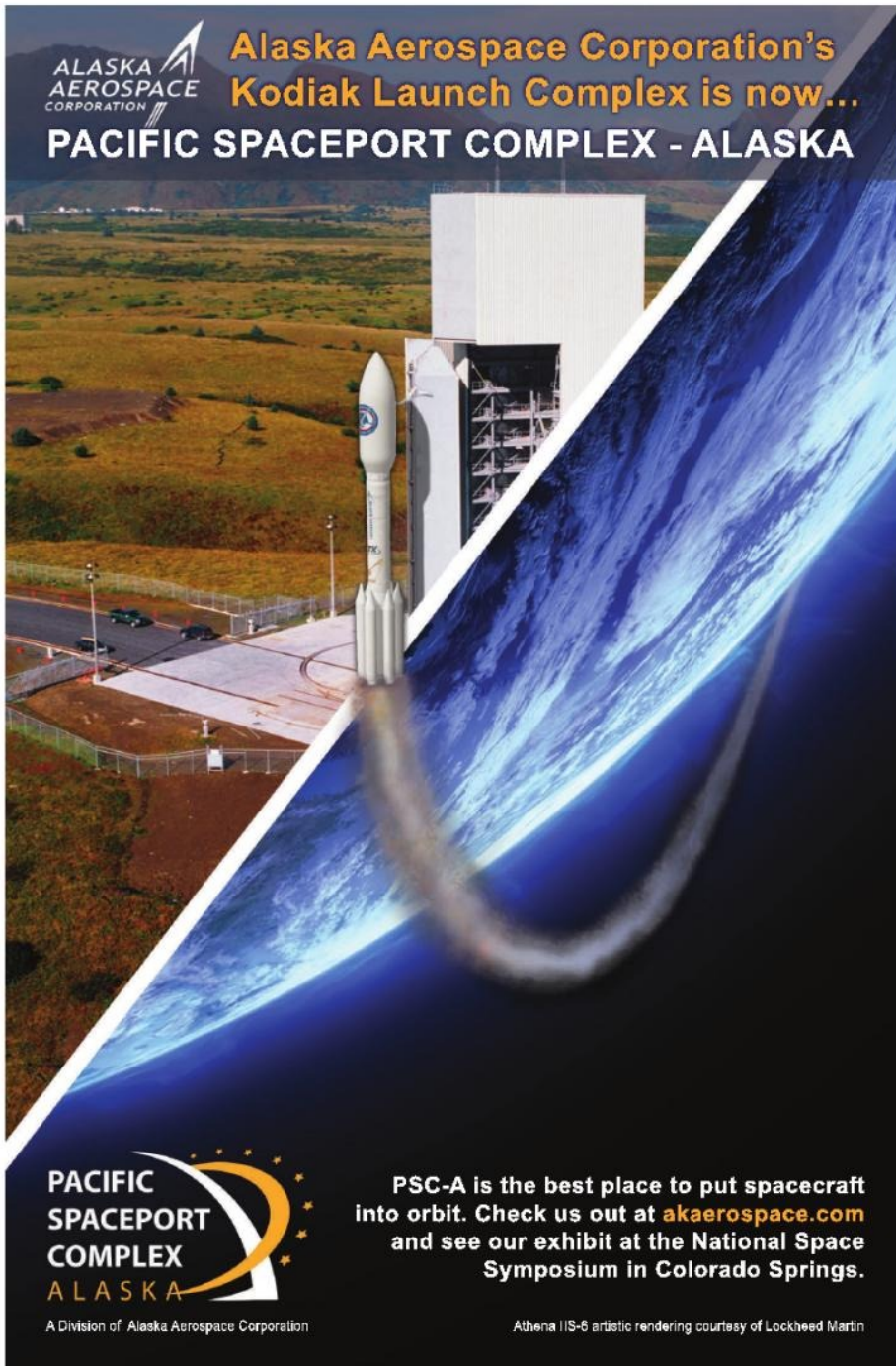


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Athena IIS-6 artistic rendering courtesy of Lockheed Martin

ANCHORAGE History

WELLSPRING OF WEALTH

After almost half a century as one of North America's petroleum industry capitals, Anchorage is looking ahead to a year of turmoil in the global oil industry with ... optimism.

"Yes, oil is half the price it was a year ago," observes University of Alaska Anchorage's Bob Poe. "But most observers figure the price will recover as the year advances, and the nature of the industry in Alaska means it is going to remain strong here. The majors up here consider this an opportunity to accomplish acquisitions, existing production is financially viable at current prices, and major new projects are on tap.



GLENN ARONWITZ

Just as it did a century ago, the Alaska Railroad remains a key facet of the Anchorage economy. Here, a train hauls equipment along Turnagain Arm south of the city.

"I've seen \$10 oil three times already in my life, and each time Alaska's oil industry got stronger and better," Poe declares. "I'm optimistic."

He's not the only one: Alaska's Department of Labor and Workforce Development is predicting that Alaska's oil industry will add 200 jobs this year—fewer than last year, but still an increase. As a whole, ADLWD expects the state's workforce to remain steady at 336,700 jobs, with declines in government jobs offset by gains in hospitality and leisure, health care and construction, among others.

—Eric Lucas

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and its completion in 1977 inaugurated the state's modern identity as an energy capital. The oil was 800 miles north; but companies such as British Petroleum and ARCO built regional headquarters facilities in Anchorage.

A famous natural disaster helped lead to that, observes longtime Alaska business figure Bob Poe, former state energy official and now an assistant professor at University of Alaska Anchorage.

"After the 1964 earthquake, Anchorage underwent the kind of rebuilding you



The 1970s Alaska Pipeline project brought huge growth to Anchorage.

rarely see in urban areas," Poe says. "New roads, public buildings, municipal services—all of a sudden this was a spiffy new city, with maritime access, and it looked very good to the oil companies."

Further growth dates to 1971 and the federal Alaska Native Claims Settlement Act, which acknowledged that neither Russia nor America had ever entered into any treaties with Alaska Native people, and so land and resources were returned in the form of 13 Alaska Native regional corporations and more than 200 village corporations.

In just four decades, the 13 regional corporations have grown into global operations bringing in more than \$10 billion in revenue annually. Though their actual home headquarters (like the oil companies') lie far afield in places such as Barrow, Kotzebue and Kodiak, many have offices in Anchorage—including 11 of the big regional Native corporations.

To diversify the local economy, Anchorage is looking to Alaska Native

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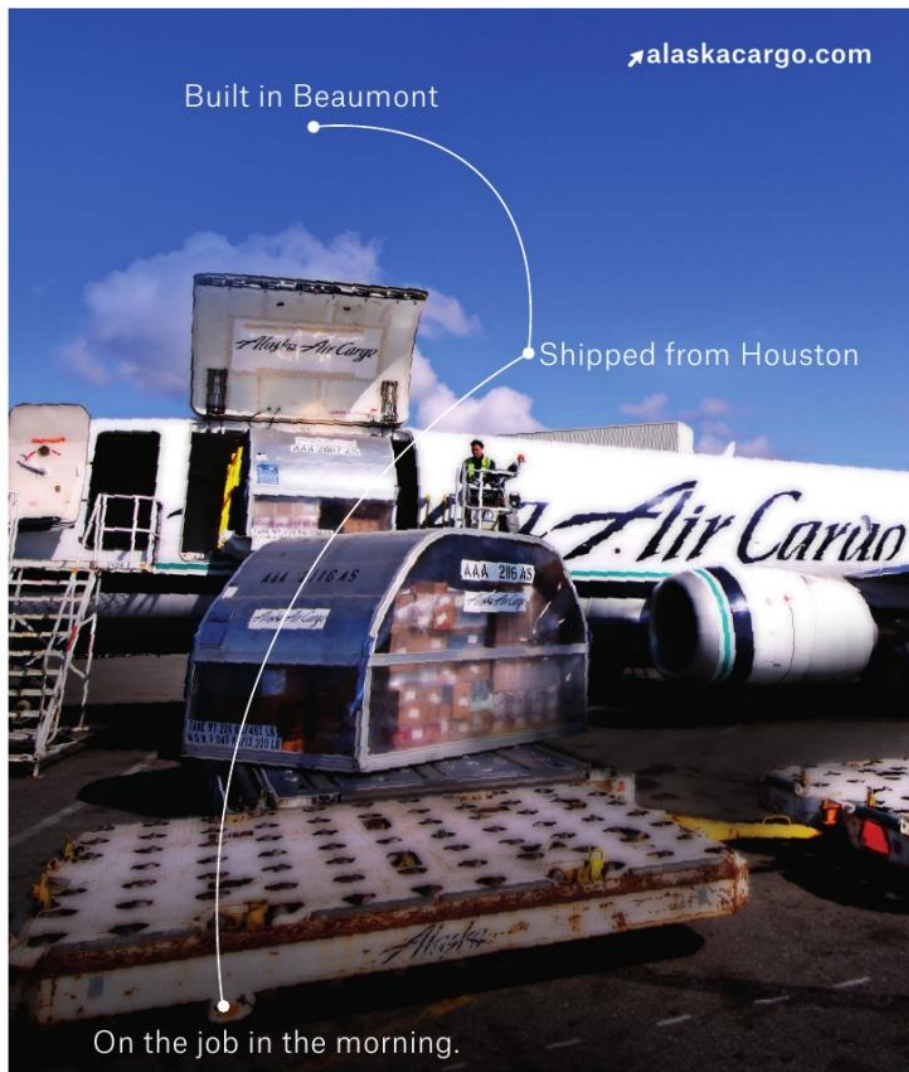
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ANCHORAGE History

corporations such as CIRI to lead the charge. With 1.3 million acres of land and subsurface rights, CIRI is among the largest landowners in Southcentral Alaska. The corporation initially specialized in oil field services and government contracting, but is increasingly expanding into more sustainable territory, including alternative energy development and tourism: CIRI operates the Fire Island wind farm most Anchorage visitors see on their approach into the air-

"An elder from Ahtna once said: We had to put down our hunting rifles and pick up briefcases."

port, as well as lodges in Seward and Talkeetna and tour boats in Resurrection Bay. In 2013, CIRI's net income was more than \$21 million and its shareholders' equity was nearly \$629 million, according to the company. It employs hundreds in Anchorage, and is currently building a multimillion-dollar, 110,000-square-foot office complex, the architecturally striking Fireweed Business Center, in midtown Anchorage.

"The Alaska Native corporation structure is one of the most successful indigenous business stories in the world," says Kim Reitmeier, executive director of the ANCSA Regional Association.

"An elder from Ahtna once said: We had to put down our hunting rifles and pick up briefcases," Reitmeier says.

All the Native corporations' missions include commitments to educational and cultural revitalization. According to Reitmeier, 13 percent of 2013 net income was donated to Native nonprofits, and an additional 5 percent was contributed to scholarships meant to expand their leadership capacity and trained workforce.

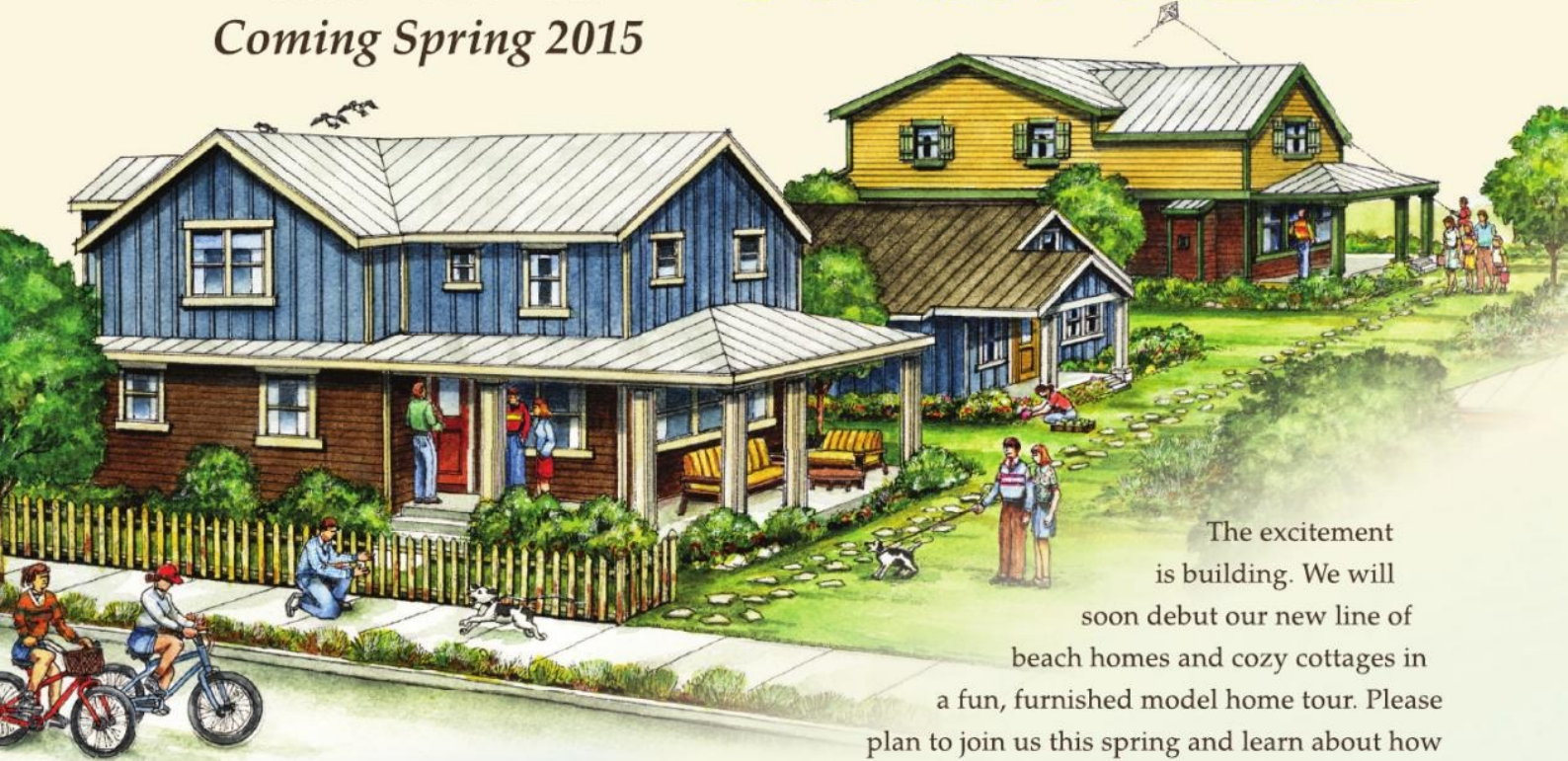
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ANCHORAGE History

Seven of the Alaska Native corporations are run by Alaska Native CEOs who either weren't born yet or were small children when ANCSA was signed. They include CIRI CEO Sophie Minich, who holds a degree in finance from UAA.

Not all Native businesses operate under the ANCSA banner. The Oomingmak Co-operative in downtown Anchorage, which opened in 1969, is owned by about 250 Alaska Native women who knit and sell fine clothing made of *qiviut* ("kiv-ee-ute"), a softer-than-cashmere wool from musk ox that is eight times warmer than sheep wool.

Native businesses are linked in some way to every one of the city's growing industries, which the AEDC's Popp says include air cargo, health care, telecom-



The midtown Lake Hood floatplane base is the world's busiest.

munications and tourism.

About 1 million people visited Anchorage in 2014, according to the city's tourism bureau. In this centennial year, expectations are high for visitor numbers, especially for authentic attractions such as the Historic Anchorage Hotel. As in other sectors, there's high demand in tourism for many kinds of specialty local experiences.

"Homegrown companies offer flight-seeing trips, fishing, glacier hikes, photo treks, beer tastings, and the list gets longer every year," says Julie Saupe,

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president and CEO of Visit Anchorage.

One visible example is Anchorage Trolley, which is celebrating 20 years of narrated historical and scenic city tours. The bright red trolleys offer more than 1,000 tours a summer from downtown to must-see spots such as Lake Hood's floatplane base and Earthquake Park.

Company president Cyrus Aldeman comes from a long line of Alaska entrepreneurs: His ancestors moved to Alaska in 1917, and in the early days their enterprises included farming (and for a short

a dining experience to Anchorage equal to any major city elsewhere," she says.

"Our economic development strategy is simple," explains Bill Popp, predicting strong continued growth for the next century. "We'll just keep improving the things that make up the exceptional cultural and business ecology of Anchorage—good schools, excellent infrastructure, a safe

community, a healthy, educated population, a vibrant creative community, incredible recreation opportunities and top-notch cultural amenities.

"We aim to be the No. 1 city to live, work and play." ▲

Sarah Henning is an Anchorage-based writer and public information officer.

"We Alaska business owners know that up here we're on our own, so we stick together and help each other out."

time making a little moonshine from the potatoes). Aldeman's parents started Anchorage Trolley in 1995 on his 5th birthday. Now he runs the company with some help from siblings and a cadre of tour guides, all longtime Alaskans.

"Since my family first came here, we were all about Alaska," Aldeman said. "We Alaska business owners know that up here we're on our own, so we stick together and help each other out."

Torchon Bistro owner Whitlock felt that community support when she opened her restaurant last year.

In the early 2000s she moved from Alaska to New York when she realized her career goals required experience "Outside," as Alaskans call the rest of the world. When she returned, she opened her bistro to boost the fact that Anchorage has refined dining options comparable to food centers elsewhere. She cures her meats in-house, buys directly from Alaska farmers, and can emulsify with the best of them. "I just try to bring



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Melting Pot

Cultural diversity enriches Anchorage

BY SUSAN SOMMER

"NAMASTÉ," I SAY TO THE WAITER, bringing my palms together with fingertips up in the traditional Asian greeting. I'm at the Yak & Yeti Himalayan restaurant, right in the middle of Anchorage, Alaska, to enjoy cuisine I remember from my youthful journeys in Asia. Here, our assortment of Tibetan, Nepalese and Indian dishes comes in hot copper bowls. Hindi music and aromas of curry spices waft from the kitchen. The food is, frankly, even better than I remember from 20 years ago. I make a point to spin the prayer wheel beside the front door on the way out.

This marvelous dining experience is just one of innumerable unlikely cultural gems in Alaska's largest city of 301,000.

That is, seemingly unlikely ... until you look more closely to discover that, at its centennial, this is among the most culturally diverse and dynamic cities in the United States.



The Charlotte Jensen Native Arts Market during Fur Rendezvous attracts Native Alaskan artists from all over the state. The Anchorage Market and Festival draws visitors and residents from May to September to browse crafts, produce and local foods such as birch syrup.

ROY NEESE, COURTESY: VISIT ANCHORAGE (2)



In many ways, Anchorage still fashions itself a frontier town—we mush dogs down historic 4th Avenue during the ceremonial Iditarod start; we shoo bears from our backyards and moose from our apple trees; we hunt and fish to fill our freezers. But we've also grown up into a modern metropolis of citizens whose ranks include people from around the globe. Got a yearning for pho? Choose fine dining or a crowded hole-in-the-wall. Need a Somali interpreter? We have several. Want to buy a locally made Inupiaq ivory carving? No problem.

Living in Anchorage has brought me many cultural initiations: I first ate dolmathes at the Alaska Greek Festival; I first heard a man speaking Hmong in a classroom at the University of Alaska Anchorage; and I first saw an LGBT pride parade near the grassy Park Strip. Although I live here, I often feel like I'm traveling while out and about with all the food choices, multicultural events and clips of conversations I overhear in Spanish, Yup'ik, Korean and other tongues I can't place. No wonder—99 lan-

guages besides English are spoken in local homes.

In fact, Anchorage School District demographics have changed dramatically over the last couple of decades. In the early 1990s, students were 74 percent white. Now that number is 43 percent, with Asian or Pacific Islanders making up 16 percent, multiracial students 15 percent, and Hispanics 11 percent. Three of Anchorage's high schools are tops

LANGUAGE LAB

One-fifth of Anchorage School District students speak a language other than English at home. The most common are, in order, Spanish, Hmong, Samoan, Tagalog and Yup'ik. Altogether, 100 languages can be heard echoing through school hallways, including Bosnian, Chinese, Hebrew, Japanese, Lao, Navajo, Portuguese, Sinhalese, Tamil, Zuni and many others.

So, besides the usual "Hello!", greetings around Anchorage may be:

"Hola!" (Spanish)

"Nyob zoo!" (Hmong)

"Tālofa!" (Samoan)

"Kumusta!" (Tagalog)

"Camai!" (Yup'ik)

"Xin chào!" (Vietnamese)

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JODDY OVERSTREET / JODDY PHOTOS (2)



Above, detail from a totem at Nesbett Courthouse downtown. A Yup'ik performer at Alaska Native Heritage Center (right) typifies Anchorage's status as an indigenous culture capital.

in the nation (yes, in the whole country) for ethnic diversity. I grew up learning only English. Although I still retain snippets of Spanish and French from high school, and know a handful of Hindi, Nepali and Italian words, perhaps I'd best take some language classes to keep up with my neighbors!

Anchorage is famous for enticing visitors who've planned only a short trip to stay once they fall under the spell of the midnight sun; many members of a hiking meetup group I'm in fit that model. One is a teacher from Norway; another a former American expat who lived in Vietnam. Newcomers might also be military personnel or spouses stationed at Joint Base Elmendorf-Richardson. Some living here are college students from abroad or rural Alaska. Others arrive as refugees from troubled regions of the world. Social service agencies say refugees enjoy the city's supportive atmosphere and safe environment.

One summer day while perusing the booths at a local farmers market, I come upon Nepalese refugees selling vegetables. I recognize the type

of hat the man wears—a topi—and learn that this produce stand is a regular market feature; it's part of the Catholic Social Services Refugee & Immigration Services program, which also provides translators to those in need, job skills training, and life skills for navigating their new home. A Nepalese woman steps in beside the man, and the three of us bumble our way through my purchase of kale, mizuna and radishes, smiling and nodding and laughing, just as it was when I trekked in their country.

I've tried making naan, fresh rolls, and wild game sausage from scratch, but my creations never taste as

good as what I've eaten at local restaurants. Specialty grocery stores in Anchorage stock everything from quail eggs to salted jellyfish. I visit New Central Market, which is tucked at the end of a complex that also houses Indian and Korean restaurants, one afternoon on the advice of a friend who raves about

ONLY IN ANCHORAGE

- **The Anchorage area** population passed 301,000 in 2013, according to U.S. Census estimates.
- **The municipal boundaries** stretch more than 50 miles from Portage Glacier to Eklutna—making Anchorage, at 1,955 square miles, almost as large as Delaware.
- **The average annual precipitation**, 15.7 inches, would make the city a desert—in a warmer climate. But the average high temperature is a mild 65 in July; and 20 in January.
- **Anchorage has 135 miles** of paved, off-street recreation trail; plus 300 miles of unpaved trail.
- **Midsummer daylight** is 19 hours, 21 minutes.
- **The city includes** almost 750 square miles of wilderness, largely within Chugach State Park.
- **Chugach State Park**, which is almost completely contained inside the Anchorage municipal boundaries, is one of the four largest U.S. state parks, at 495,000 acres.
- **The Lake Hood Seaplane Base** near Ted Stevens Anchorage International Airport has up to 500 arrivals and departures on busy summer days.
- **Anchorage is almost** equidistant between Taipei and Brussels—close to 4,600 air miles.
- **The three largest minority groups** in Anchorage are Asian, 8.9 percent; Hispanic, 8.6 percent; and Alaska Native/American Indian, 8.1 percent. African-American residents number 6.3 percent—and multiracial residents are 7.8 percent.

ROY NEESE, COURTESY VISIT ANCHORAGE



An Alaska treat made with reindeer meat is found at M.A.'s Gourmet Dogs food cart on Fourth Avenue downtown.

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ANCHORAGE Culture

their fresh Thai basil for sale (she's right—it's huge and cheap!). The massive jars of fresh kimchi in the cooler strike me as almost too cumbersome to carry; they put my pint-sized efforts to shame. Just down the road is an old standby shop for European delights—Alaska Sausage and Seafood. The store carries old-world chocolates and condiments as well as mouth-watering sausages, and the butcher shop in the back provides meats to order. And whenever I want fresh tortillas, I buy Taco Loco

Summertime itself is a carnival in Anchorage, for the long hours of daylight and nonstop recreation.

brand, made fresh daily here, widely available in grocery stores, and as good as any elsewhere in the United States.

As much as I love to eat, I also love to play and meet new people. Anchorage delivers plenty of opportunities.

One highlight of Fur Rendezvous, which arrives in late winter just in time to save us all from cabin fever, and focuses on goofy outdoor activities and hundreds of community events, is the huge Alaska Native arts market held in the Dimond Center mall. I keep my eye open for possible gifts. Maybe an exquisitely woven Aleut basket? Maybe an Inupiaq sealskin purse? Perhaps a pair of Athabascan beaded moose-hide mittens? I'm quickly overwhelmed with choices and voices from villages afar—and from artists who make their homes right here in the city.

Woven throughout Anchorage's fabric in general, Alaska Native culture flavors everyday life in the form of thousands of jobs at Alaska Native corporations, the Alaska Native Tribal Health Consortium

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and the Alaska Native Medical Center. And many common local place names that roll smoothly off the tongue of residents are of Native origin—Knik River, Chugach State Park, Dena'ina Center, Eklutna Lake, Alyeska Resort. The latter name, of course, is the Aleut word for "great land" from which the state's very name is drawn.

At the annual Meet the World gala, another community event during Fur Rondy, educational booths as well as music and dance performances reveal the melting pot Anchorage has become. Attendees get a "passport" that explains beliefs, traditions and nuances of the varied populations; I especially like the cacophony of sounds as well as the vivid costumes—they're a veritable jubilee of color that contrasts nicely with a monochromatic winter.

Summertime itself is a carnival in Anchorage, for the long hours of daylight and nonstop recreation. But several official midsummer celebrations recognize culture and diversity. The city holds 10 days of Juneteenth activities, which attract African-American residents and a



Anchorage residents savor fine dining—and great ethnic food.

wealth of other revelers honoring the end of slavery in the United States.

Also in June, the Polynesian Association of Alaska puts on the Polynesian Culture Flag Day; 2015 marks the 10th anniversary of Samoan, Hawaiian, Tongan, Fijian, New Zealand, and other Pacific island peoples gathering in traditional clothing to sing and dance, feast and simply enjoy a day outdoors.



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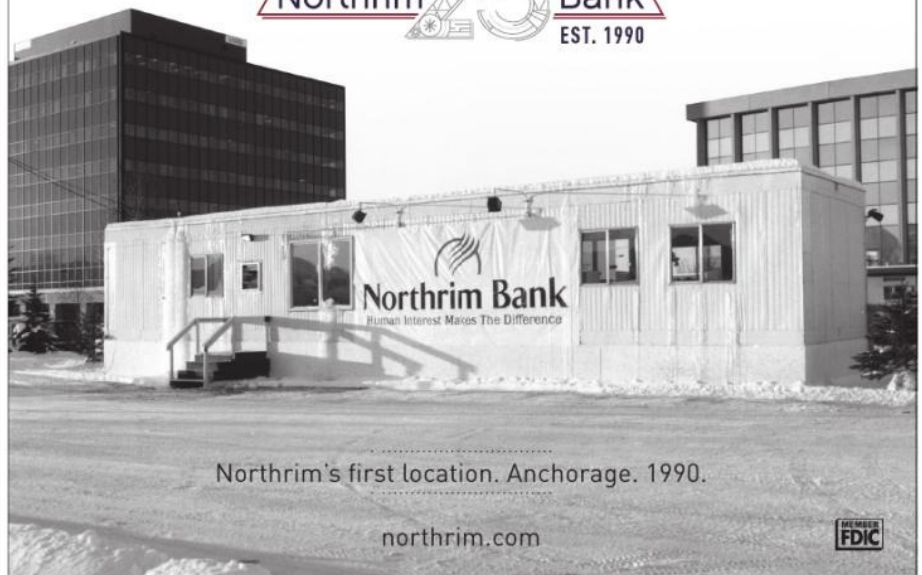
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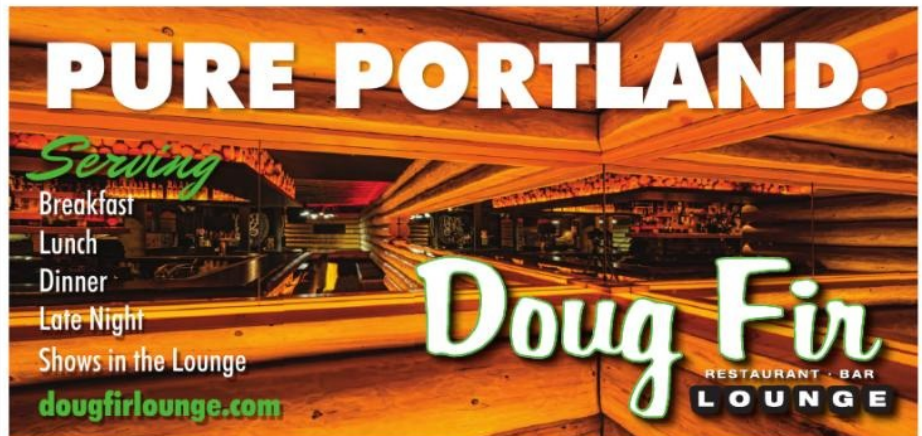
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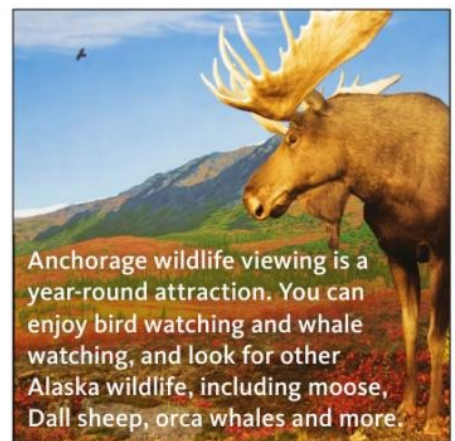
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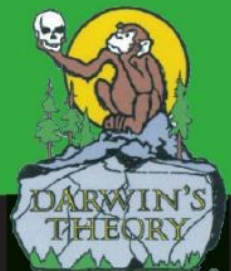
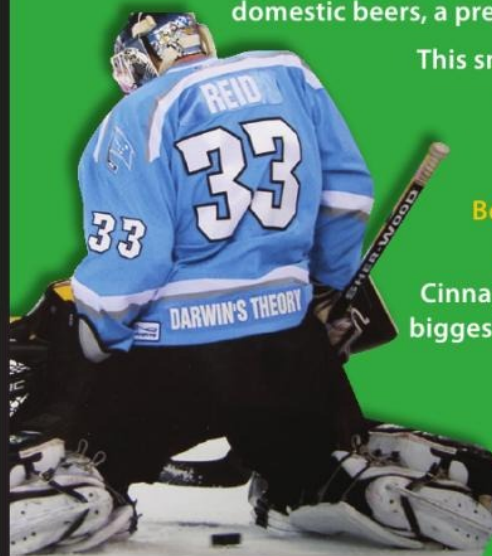
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One August, I decide to check out the Alaska Greek Festival; a friend and her daughters who are half Greek come with me. In the taverna tent, my friend and I each get a glass of wine, and then we feast on gyros, souvlaki, spanakopita and baklava. Dancers entertain us, their arms linked, their feet tapping and stomping; all of us in the audience clap in time.

Hispanics in Anchorage share an important tradition during Dia de los Muertos (Day of the Dead) every fall. Local artists and community groups create altar exhibits; musicians play; and participants, their faces painted like colorful skulls, dance, eat and continue an ancient tradition of honoring the deceased. A community altar space is set up for anyone to place an offering for loved ones who've passed on. To assist the Hispanic community with work permits and travel and to promote commercial trade, an expansive Mexican Consulate opened here several years ago across from the Anchorage Museum at Rasmuson Center.

One of Anchorage's oldest neighborhoods, Mountain View, is the most ethnically diverse census tract in the entire United States. One reason is the mix of ethnic backgrounds here, unlike larger urban centers where people of the same background cluster in one district. According to University of Alaska Anchorage associate professor of sociology Chad Farrell, the city's small size discourages the de facto segregation one sees in neighborhoods within larger cities. This equation, Farrell says, puts Anchorage ahead of the game in a trend that is reaching most U.S. urban areas.

"Almost all American cities are becoming more diverse," Farrell reports, "but it's happening faster here. Anchorage is pulling ahead of the pack in diversity."

I'm happy to live in this blend of humanity—Anchorage has been voted the worst-dressed, the third-brainiest and America's

"Almost all American cities are becoming more diverse ... but Anchorage is pulling ahead of the pack."



BOB WALDROP, COURTESY: GREAT LAND TRUST

The Great Land Trust has preserved numerous natural habitats in Anchorage, such as this estuary at Campbell Creek.

best winter vacation destination—and I'd have to add, it's one of the easiest cities in which to make cultural connections. Here in Anchorage, residents and visitors can enjoy French crepes for breakfast, strike up a Spanish conversation at a park, sample a schnitzel at lunch, dine in the evening on wild Alaska salmon, and finish the day at a high school football game where the players perform a Māori haka dance before kickoff.

Outsiders picture this as a remote and exotic place. Both are true, relatively speaking; and we who live here still call the rest of the country "Outside." But Anchorage is no longer culturally remote, and if we are truly exotic, it's at least as much because of the human diversity here as because of our geographic distance. The world has come here, and our city celebrates that. ▲

Susan Sommer is based in Eagle River, a north-easterly Anchorage neighborhood.

PLAYGROUNDS of Paradise

*Beautiful natural attractions, a colorful
cultural landscape and a relaxed lifestyle make
Hawai'i ideal for family vacations*



By Ilima Loomis



"Let's race to the bridge!"

I watched my 7-year-old daughter dig her paddle blades into the cool, calm water as her kayak surged forward up the **Hanalei River**, past the tangled branches of overhanging *hau* trees and the gently clacking stands of bamboo. She had begged to share a two-person kayak with her favorite aunt, my sister-in-law, Anne. Then they left me in their wake.

"Not fair!" I laughed. "Two against one!"

Seeking a warm-weather winter destination, my Canadian in-laws had booked accommodations for the family on Kaua'i's North Shore. For a whole glorious week in November, we walked to the beach, surfed the waves in Hanalei Bay, explored the island's lush valleys, and spent long evenings cooking, laughing and sipping wine—three generations under one roof.

For the first few days of our Kaua'i vacation, Anne and her husband, Tim, took turns with the surfboard, while my husband and my father-in-law played on a gentle section of the shoreline with our daughter. I walked the 2-mile stretch of sandy beach with my mother-in-law. By Wednesday we were ready for something different, and renting kayaks to paddle the Hanalei River seemed like the perfect adventure we could all do together.

With Hawai'i's breathtaking natural beauty, plethora of outdoor activities and culture that holds quality of life as a core value, the Aloha State has long been an ideal vacation destination for families. Boasting plenty of attractions that are accessible to all ages and ability levels—plus a tradition of treasuring *keiki* (children) as well as *kupuna* (elders)—it's especially well suited to multigenerational groups.

Whether you come from a clan of adventurers eager to hike on an active volcano, culture aficionados in search of museums and historic sites, or beach lovers content to spend time in a bliss of surf, sand and sun, the diverse offerings of the Hawaiian Islands have something to offer every family.

Kayaking on the calm, verdant Hanalei River is a favorite activity of visitors to Kaua'i's North Shore area.



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O'ahu boasts a variety of attractions, ranging from water sports at Kailua Beach Park (top) to historic sites such as Honolulu's 'Iolani Palace (above) and the statue of King Kamehameha I (right).

O'ahu

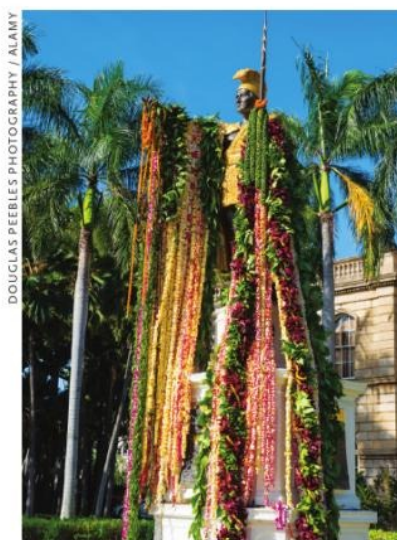
My daughter was only 3 years old when my mother and I first took her on a girls' trip back to O'ahu, the island where we both grew up. Among the museums, beaches, restaurants and cultural attractions, we found so much to do that we've since made the trip to this island an annual event.

Known as "The Gathering Place" since ancient times, O'ahu is still the most populous and developed of the Hawaiian Islands. The island may be best known for its fun Waikīkī scene of surf, sand and shopping, but there's a lot more to it than bustling beaches and towering hotels. Venture out of the Waikīkī area and you'll discover a city that's steeped in history and teeming with youthful culture.

In the **Hawai'i Capitol Historic District**, in Honolulu, you'll find some of the island's most beautiful architecture and historically important sites, all within a compact downtown. Start at **'Iolani Palace**, the home of Hawai'i's last ruling monarchs and the only royal palace in the United States. The Coronation Pavilion on the palace grounds was built for the 1883 coronation of King Kalākaua, sometimes called "The Merrie Monarch," and Queen Kapi'olani. The area near the bandstand is still used for outdoor music and hula performances. In the palace, children can imagine themselves being presented at court in the opulent throne room, check out the

royal bathtub and toilets in the private suites, and view the private rooms of Queen Lili'uokalani, Hawai'i's last monarch.

Within easy walking distance you'll find additional historic sites, including the **bronze statue of King Kamehameha I**, famous for uniting the Hawaiian Islands in 1810; the nearly 173-year-old **Kawaiaha'o Church**, which was painstakingly constructed of coral slabs; and the **Hawaiian Mission Houses Historic Site**, where kids can peek into the restored homes of the 19th century Protestant missionaries—the first Christian missionaries in Hawai'i. Enjoy free admis-



DOUGLAS PEEBLES PHOTOGRAPHY / ALAMY

Mark Your Calendar

Check out these upcoming family-friendly events:

> **'Ohana Day** (first Saturday of each month; Līhu'e, Kaua'i; kauaimuseum.org) Enjoy family-oriented demonstrations, lectures and more at Kaua'i Museum.

> **East Maui Taro Festival** (April 25; Hāna, Maui; tarofestival.org) Learn about Hawai'i's staple food, and dare kids to taste *poi* and other delicacies at this cultural celebration in remote Hāna.

> **Mele Mei** (May 1–31; multiple venues, O'ahu and Hawai'i Island; melemei.com) Take part in a monthlong celebration of Hawai'i's music, including the Nā Hōkū Hanohano Awards (May 23).

> **Waikiki Spam Jam** (May 2; Waikīkī, O'ahu; spamjamhawaii.com) Enjoy Hawai'i's favorite canned meat, and meet the mascot "Spammy," at this event that benefits the Hawaii Foodbank. Alaska Airlines is an event sponsor.

> **Hawai'i Book and Music Festival** (May 2–3; Honolulu, O'ahu; hawaiiibookandmusicfestival.com) Along with readings and author signings, experience local music, hula, food, and other family-oriented activities and entertainment for *keiki* (kids).

sion and family activities, such as games from the 1800s and candle making at the museum's open house from noon to 4 P.M. on April 18. Or stop by for an outdoor picnic and a concert honoring the district of Wai'anae from 5:30 P.M. to 8 P.M. on May 9.

A short drive or bus ride from downtown, the **Honolulu Museum of Art** features extensive collections of Asian and Pacific art in addition to Western masterpieces. Visitors under 17 get into the museum for free; they also get in free to the Doris Duke Theatre for most films and concerts.

To the northeast of Honolulu, on the far side of the Ko'olau Range, the **community of Kailua** is one of O'ahu's favorite beach towns. Order smoothies at **Lanikai Juice**, then head to **Kailua Beach Park** to build sand castles, and surf or swim in gentle waves.

For a more adventurous outing, pack a picnic and plan a day trip to O'ahu's North Shore. The **Kamehameha Highway** offers a scenic drive along the island's Windward Coast, with plenty of opportunities to stop for a dip at secluded beaches when conditions are right (note that weather and beach



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conditions vary by time of year). Or stop in the town of Lā'ie and introduce youngsters to the diverse cultures of Hawai'i and the Pacific with a visit to the **Polynesian Cultural Center**. Here natives of island nations such as Fiji, Tonga and Aotearoa (New Zealand) share their traditions, games and dances. The center also hosts a popular lū'au and the *Hā: Breath of Life* evening show. A new selection of shops and restaurants opened at the center's renovated Hukilau Marketplace in February.

Once you arrive on the North Shore, unpack your picnic and stop to watch the action at **Sunset Beach**, **Banzai Pipeline** or **Waimea Bay**, some of the world's most iconic big-wave surfing destinations. During the calm summer months, beginners of all ages can learn to ride the waves with a lesson at one of the area's many surf schools. When you're ready to get out of the sun, spend the afternoon exploring the various shops of nearby **Hale'iwa**, where the kids will enjoy sampling shave ice, a favorite local treat that resembles a fluffy snow cone.

Maui

With its quaint small towns, pastoral countryside and expansive beaches, Maui offers a more laid-back

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Found in Translation

Locals honor the Islands' traditional culture by incorporating numerous Hawaiian words into their daily lives. Send kids on a linguistic scavenger hunt by telling them to listen for these common terms. —I.L.

- > **aloha**: love, hello, good-bye
- > **honu**: green sea turtle
- > **keiki**: child
- > **kōkua**: to help out
- > **mahalo**: thank you
- > **'ohana**: family
- > **'ono**: tasty
- > **pau**: finished
- > **pūpū**: snack



alternative to the bustle of Hawai'i's urban centers. Maui is also one of the world's top destinations for windsurfing, kiteboarding, snorkeling and other ocean sports, making it a paradise for active families.

In historic Lahaina, Maui, families enjoy shops and shave ice (above) or cool off in the shade of a 142-year-old banyan tree (left).

A string of family-friendly resorts stretches along the West Maui coastline, and typically splendid beach weather, as well as plenty of safe places to swim, make this part of the island, from Lahaina to just beyond Kā'anapali, an ideal home base. Several resorts front picture-perfect Kā'anapali Beach, a 3-mile stretch of white sand with some of the best swimming on the island. Visit Black Rock, a promon-



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tory jutting out from the beach, for spectacular snorkeling within easy swimming distance of the shore.

While on the West Side, spend a day strolling **historic Lahaina**. In the 1800s, Lahaina boomed as a whaling town, and it was the seat of the Hawaiian Kingdom from 1820 to 1845. Today, you can shop for gifts along the old-timey waterfront—and when you do, be sure to stop at the **Wo Hing Museum** for a look at how the town's earliest Chinese immigrants lived. When the kids are ready for some unstructured fun, let them play around in the shade of Lahaina's 142-year-old banyan tree.

On the way out of West Maui, make time to stop at the **Maui Ocean Center** for an up-close look at some of Hawai'i's underwater inhabitants. Little hands can gently hold sea stars and urchins at the tide pool, while the whole family can get the feeling of standing on the seafloor in the aquarium's 54-foot-long acrylic tunnel as sharks, rays and other open-ocean fish glide overhead. Check the center's online calendar for family-friendly events. Older kids might enjoy "Sleep With the Sharks," an overnight campout near the shark tank.

Outstanding resort experiences can also be enjoyed in sunny **South Maui**. From bustling Kihei

JIM CAZEL / PHOTORESOURCEHAWAII.COM



Maui's Ho'okipa Beach Park is a top windsurfing destination for adult family members.



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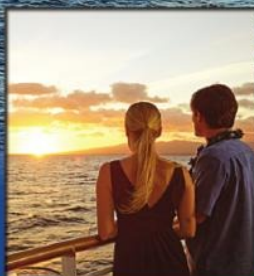


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to upscale Wailea, you'll find plenty of family-friendly dining options, plus some of the best beaches on the island. Try the local favorite, **Keawakapu Beach**, which offers warm water, gentle waves and public showers for rinsing off sand.

There are other interesting areas to explore while you're visiting Maui. For example, head to the surfside town of **Pā'ia** on Maui's North Shore for lunch at the **Paia Fish Market**—or, for a splurge, at the legendary **Mama's Fish House**—and then drive a few minutes up the road to watch some of the world's best wind-surfers carve the legendary waves at **Ho'okipa Beach Park**.

While the long drives might make these a no-go for younger kids, adventurous families might consider tackling the famous **Hāna Highway**, along Maui's northern coast, or making the trek to the summit of the island's dormant volcano



CAROL BARRINGTON / ALAMY

Wooden statues (*ki'i*) stand near the shoreline at Pu'u'honua o Hōnaunau National Historical Park, near Kona, on Hawai'i Island.

at **Haleakalā National Park**. The 10,023-foot peak can get chilly near the top—it even saw a bit of snow during a winter storm earlier this year—so bring enough jackets to bundle up. Ambitious travelers who make the journey will be rewarded with spectacular views of the summit basin and an opportunity to see rare native species such as the threatened silversword, which blooms once in its potentially decades-long lifetime.



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When conditions allow it, visitors to Hawai'i Island can watch from a boat or a safe place on shore as lava flows into the sea.

Hawai'i Island

It might seem surprising, but there were cowboys in Hawai'i decades before they emerged in the American West. Get the authentic *paniolo* (cowboy) experience with a trail ride in the heart of Hawai'i's cattle country. Tours at **Kahua Ranch** on the slope of the Kohala Mountains offer sweeping views of Hawai'i Island's high plains. After you've worked up an appetite, head down the hill to **Village Burger** in the town of Waimea for a grilled-to-perfection patty of local Wagyu beef.

If you prefer your horses much smaller—and underwater ... and not actual horses—visit the **Ocean Rider Seahorse Farm**, near Kona International Airport. Guided by biologists, the farm's tours offer an up-close introduction to baby and adult sea horses and sea dragons, including an opportunity to hold these gentle, slow-moving creatures.

The **Kona Coast** is renowned for its vibrant marine life, so to swim with sea animals in their natural environment, head to the beach for some snorkeling. Just note that federal law prohibits feeding or approaching marine mammals,



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and that state and federal authorities recommend maintaining respectful distances from other animals.

Sheltered from larger waves and easily accessible by car, Pu'uhonua o Hōnaunau National Historical Park is a family-friendly place to explore the reef. Kids will quickly spot the area's distinctive yellow tangs, and you can offer a prize to the first person to see and name with correct pronunciation Hawai'i's state fish, the humuhumunukunukuāpua'a (or triggerfish).

When you're ready to get out of the water, explore the park's City of Refuge. In ancient times, when someone had broken a law, they could find sanctuary here. The site is still considered a sacred place, so remind children to be as respectful as they would be in church.

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Fun in the Sun

Kids from colder climes may love soaking up the sun, but Hawai'i's low latitude means those rays are more intense than they are back home. Protect tender skin from a sunburn with these tips:

- > **Get the right SPF.** Even if you use a lighter sunscreen at home, you'll need SPF 30 or higher here.
- > **Reapply, reapply, reapply.** A lotion might claim to be water-resistant, but sand, waves and towels can still wipe it off. Reapply each time kids emerge from the water, or every 2 hours.
- > **Consider alternatives to aerosols.** Spray-on sunscreens may send more product into the air than onto the skin, and kids end up breathing it in.
- > **Don't forget the ears.** The back of the neck and the tops of the feet are other often-overlooked spots.
- > **Don't save sunscreen for beach days.** Kids and adults should wear sunscreen any time they venture out. Take extra care when you travel up a mountain such as Maui's 10,000-plus-foot Haleakalā, because UV rays are stronger at high altitudes. —J.L.

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Kona is one of the island's most popular visitor attractions, **Hawai'i Volcanoes National Park**. Hawaiians revere this place as the home of the volcano goddess Pele, and it's easy to share their awe as you gaze at the destruction and new life caused by this powerful force of nature. Active families will enjoy the chance to get out of the car and stretch their legs. The park offers a wide variety of hikes for different ability levels. If you're traveling with a stroller, try the paved **Devastation Trail** (1-mile out-and-back) into a section of forest that was buried by cinders in a 1959 eruption.

The pleasant East Hawai'i Island town of **Hilo** makes a good home base for trips into the park. Excite your favorite science geek with a visit to the town's **'Imiloa Astronomy Center**, a museum and planetarium established to educate the public about the world-renowned observatories at the summit of nearby Mauna Kea, the tallest peak in the Hawaiian Islands.

At the end of the day, your family members can stretch their legs in the 30-acre **Lili'uokalani Gardens** along Hilo's sleepy waterfront. The expansive, Japanese-style garden has koi ponds, bridges, pagodas and a teahouse to explore.

Kaua'i

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JOEL CARILLET / ISTOCK



Waimea Canyon, dubbed the "Grand Canyon of the Pacific," has various drive-up viewpoints and hiking options.

Park (1993) and *Pirates of the Caribbean: On Stranger Tides* (2011).

In Lihue—near the airport—stop in at shops such as the Koa Store for keepsakes made of Hawai'i's luminous native wood. Or snack on savory and sweet pastries at Hanalima Bakery.

Then visit the nearby Kilohana Plantation for a taste of the sweet life once enjoyed by Hawai'i's sugar barons. Here, visitors can also wander through a luxurious 16,000-square-foot homestead built in 1935 by the owner of the sprawling Grove Farm plantation, and youngsters will enjoy climbing aboard a replica sugar cane train to explore some of the park's roughly 105 acres.

Driving south, stop at Po'ipū Beach to enjoy the sand and swimming. This soft white beach is a favorite spot for rare

Just Try It!

Hawai'i's most traditional food is *poi*, a thick, usually purple-gray paste made from the cooked root of the taro plant. Since ancient times, poi has been considered by Hawaiians to be the staff of life—similar to bread for Westerners or rice for many Asian cultures. Visitors love to joke about finding it distasteful, but if you try it with your family, you might be pleasantly surprised by the mild, refreshing taste. When served cold and prepared properly, poi makes the perfect accompaniment to a salty meat, such as the lu'au favorite, kalua pork. —I.L.



Hawaiian monk seals to pull out and warm themselves in the sun. If you're lucky enough to see one, watch and photograph from a distance—not only is it illegal to approach these endangered marine mammals, but they've been known to nip.

Before moving on from Kaua'i's southern shore, stop at nearby

Spouting Horn Park to watch a column of seawater shoot from a natural blowhole.

About 19 miles west of Po'ipū, turn north at Waimea and head into **Waimea Canyon State Park**, in northwestern Kaua'i, to admire the views. Dubbed "The Grand Canyon of the Pacific," Waimea Canyon is a 10-mile-long gorge, up to 3,000 feet deep in places, carved by a river flowing from rainy Mount Wai'ale'ale. The short **Iliu Nature Loop trail** is an easy walk through native vegetation that affords spectacular vistas of the Waimea and Waialeale canyons.

Continuing north into Kaua'i's western interior, you'll find more natural wonders in **Kōke'e State Park**, a 4,345-acre preserve of native rain forest surrounded by the dramatic cliffs of the Kalalau Valley. Outdoorsy families like to stay in the area's lodge or cabins, and even day-trippers can enjoy the park's many hiking trails. For example, try the 1.8-mile **Kawaiko'i Stream Trail** for a scenic stroll alongside a babbling brook. The park also offers trout fishing and plum picking in season.

There are other adventures to be found on Kaua'i's east side and North Shore areas, which you reach by heading north from Līhu'e. One of the highlights of the east side of the island is **Wailua River State Park**, where families can take calm-water kayaking trips or standup paddleboard journeys (or get ferried) into the vibrantly green inland forest.

It's in the north that you find **Hanalei Bay** (and the Hanalei River, where my family kayaked). If the bay's light-colored sand, sparkling water and backdrop of

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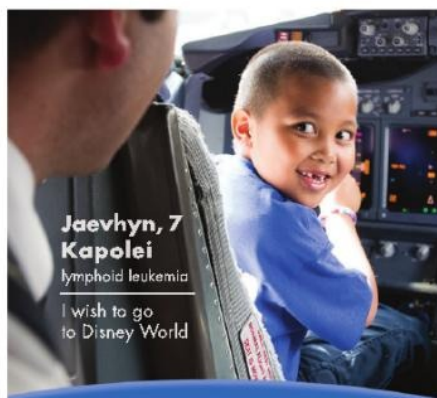
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dramatic cliffs look familiar, that might be because this photogenic shoreline was featured in films from the classic *South Pacific* (1958) to the George Clooney drama *The Descendants* (2011). The bay offers options for various swimming levels—you'll find children learning to surf in the protected, shallow water of the beach's west end, while strong surfers can paddle out to a challenging break.

After the beach, wander into **Hanalei town** to shop for keepsakes and to refuel. The line out the door at Bubba's Burgers might give you pause, but a juicy "Double Bubba" is worth the wait.

AS WE WAITED FOR our flight home from our trip to Kaua'i, my daughter and I talked about the best parts of our family reunion. With Anne's help, my daughter had caught a wave—and stood up—on a surfboard for the first time. Our shoulders were still pleasantly sore from paddling kayaks, and we'd followed the directions of a local friend to a swimming area where we'd jumped off a rope into the water.

In the end, we agreed that our favorite moments were the quiet times in between activities—chatting on the deck of our beach house while sheltered from a passing squall or strolling into town with Grandma in search of ice cream.

No matter what your clan loves to do, there's one must-do for any family vacation, and that's simply spending time together. Hawai'i provides the perfect settings to do this. ▲

Ilima Loomis lives on Maui with her husband, daughter and two fun-loving dogs.

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Chambers Bay Golf Course, site of the 2015 U.S. Open, will be a worthy challenge

By Jim Moore

This June, the golf world will turn its collective gaze to a picturesque—and virtually treeless—swath of green fairways, swales, sandy mounds and hillocks along the shores of Puget Sound.

Chambers Bay Golf Course in University Place, located about 10 miles southwest of downtown Tacoma and about 40 miles south of Seattle, will host the U.S. Open, June 18–21. The championship is often considered the most difficult of professional golf's four major annual championships. It is a test of skill, stamina and concentration that is only rivaled by the British Open.

At many professional tournaments, players may need to shoot 15 under par or even 20 under par to win. At the U.S. Open, the courses are so challenging that if you can shoot even par, you often will have a chance to win the championship.

That describes Chambers Bay to a tee. The par-72 course, which will be reconfigured to be a par-70 during the championship, is going to play very tough and long—about 7,800 yards, depending on how the United States Golf Association (USGA) configures certain holes. It is a links-style course that has much in common with the classic seaside Scottish courses where the game was developed and the British Open is played.

The track has little in common

with the perfectly manicured, tree-lined layouts that we most often see here in the United States. At least one scribe has even given Chambers Bay the moniker “America’s St. Andrews” because of the Puget Sound–area layout’s perceived similarities to the historic Scottish course.

What the players will find when they arrive in June is a layout by Robert Trent Jones II that is a natural fit to the contours of the waterfront property. *New York Daily News* sports columnist Hank Gola played Chambers Bay last fall and wrote a glowing review that sang the layout’s many praises, even writing, “The course appears to have been there forever.”

A Links Layout

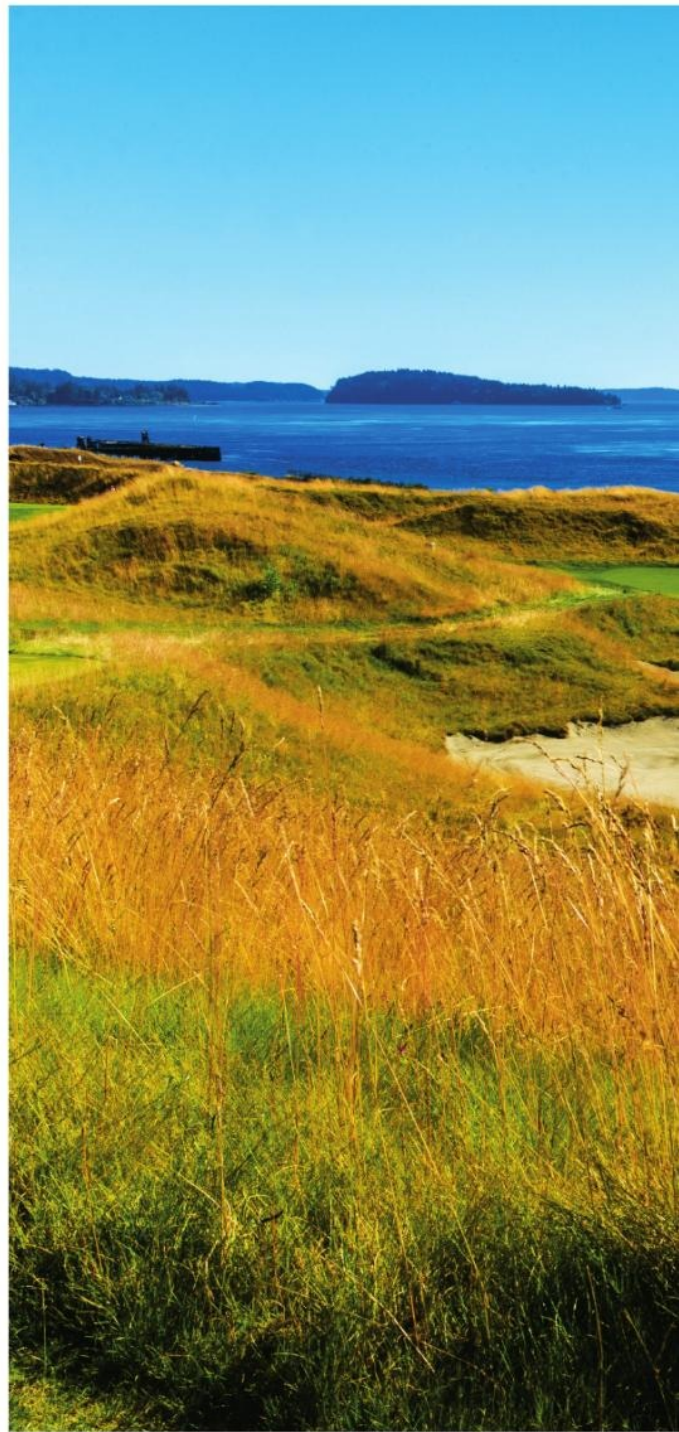
As with all U.S. Open courses, the fairways will be narrower and the rough will be longer than at just about any other tournament. The USGA wants to reward accuracy and penalize wayward shots. However, Chambers Bay will be a surprise for many of the players and viewers, who may be expecting lush green surroundings and majestic Douglas firs, which are the norm at Northwest courses.

Like a true linksland course, there are no trees in play. One iconic lone fir tree stands far behind the 15th green and, unless one of the pros makes a major mistake, will not be a factor. The absence of trees comes with benefits for those attending the championship. Nothing will obscure

views of the action or the scenery. At many places on the course, patrons can watch golfers tee off on one hole and putt out on another.

To the uninitiated, the course may have a slightly scruffy look, which is due, in part, to the many sandy areas and natural landscaping. It is also the result of fescue grass being used for the fairways, greens and rough. When fescue is allowed to grow, it

The lone fir behind the 15th green at Chambers Bay Golf Course has become one of the layout’s iconic images.





Championship Caliber

USGA PHOTO

becomes a golden-red color, giving these areas a dried-out appearance.

Every shot will require more thought than on a conventional track. From the first tee to the last green, Chambers Bay won over USGA officials with its variety. On many holes, players will have to decide whether they should hit high approaches to the flagsticks in hopes of getting the ball close to the cup or try low

approaches that land short and bound onto the putting surfaces, a style often used at the British Open. There are other holes where the sloped greens will require players to land their approaches away from the flagsticks and allow the balls to funnel downhill toward the holes.

“Ultimately, it means that the players with the best imagination, the players who know Chambers Bay,

have studied Chambers Bay, are really going to have an advantage,” USGA Executive Director Mike Davis says.

The USGA has also made changes to the course, including to the par 3s. The tee box on the par-3 ninth was moved, and the hole was lengthened to 220 yards. The par-3 15th will be an interesting hole to watch, with the length varying from 145 yards one day to an amazing 245 yards the next.



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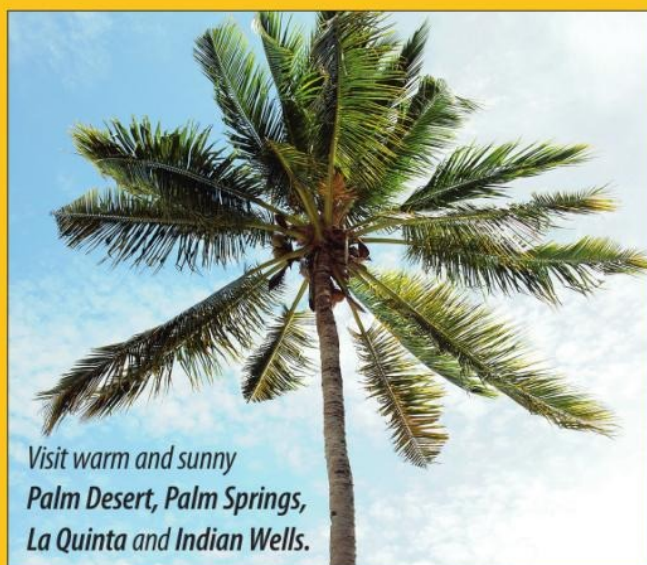
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Also, for the first time in U.S. Open history, certain holes—the first and the 18th—will alternate between being played as a par 4 and a par 5. When the tees on the first hole are placed back to create a par 5, the tees on the 18th will be moved forward, creating a par 4. On other days, when the first hole is configured as a par 4, the 18th will be played as a par 5.

Finishing in Style

What a finishing hole the 18th should be. Expect plenty of drama on this mammoth layout that will play about 600 yards when configured as a par 5 and 520 yards when fashioned as a par 4. From the tee box, the players will see plenty of trouble anywhere they aim their drives.

Bunkers and swales guard the landing areas for drives, as well as second shots, with one yawning fairway pot bunker near the green that is so deep it has steps for players to use when getting in and out.

Running along the right side of the fairway is an extended bunker that is sure to swallow many errant drives. Next to the bunker, in the rough, are a series of distinctive concrete walls and pillars that are the remnants of the site's industrial past.

If the 18th fairway weren't difficult enough, wait till the players reach the difficult short grass. Davis says the multitiered green has the most undulations and humps of any putting surface on the course.

The weather may also match the British Open more than the usual U.S. Open venues, where heat and humidity are often a factor. Along Puget Sound, expect a little bit of everything—rain, wind, sun and clouds. It could be warm, but probably not humid.

The USGA's Davis is a fan of Chambers Bay, and says he loves the course's sandy site. "If a golf course is built on sand, it is always going to be better than if it was built on heavy soils and clay, because it drains bet-

Players to Watch



DAVID CANNON / GETTY IMAGES

Among tour players with ties to the Northwest, Tacoma native **Ryan Moore** has the best chance of qualifying for the U.S. Open and contending for his first major championship at Chambers Bay Golf Course.

Moore, who was born in Tacoma and raised in nearby Puyallup, not far from where the course is

located, was a highly successful amateur player, winning the U.S. Amateur, the Western Amateur, the U.S. Amateur Public Links and the NCAA Individual Championship in one miraculous golf season in 2004. He has gone on to win four PGA tournaments and earn more than \$20 million since joining the PGA Tour in 2005. Moore has played Chambers Bay several times over the years, including during a 2007 Skins Match with Bubba Watson and fellow Tacoma native and touring pro Michael Putnam.

Moore's knowledge of the layout and local conditions might give him an advantage over other members not familiar with the links course. As of mid-March, Moore was 28th in the Official World Golf Rankings. He has to remain among the world's top 60 to qualify for the tournament.

Other local favorites include Michael Putnam and his younger

brother, Andrew Putnam. Both are members of the PGA Tour after finding success on the Web.com Tour. They were born and raised in Tacoma and still live in the area. However, the two were not eligible as of mid-March and may have to go through the qualifying process of playing local and sectional tournaments to be part of the 156-player field.

Leading the pack of players who are expected to be contenders this year is the world's top golfer,



MIKE EHLMANN / GETTY IMAGES

Rory McIlroy, who, at the age of 25, will be seeking his second U.S. Open trophy and his fifth major championship. Others who are expected to be in contention this year include Jason Day, Rickie Fowler, Jim Furyk, Sergio García, **Dustin Johnson**, Graeme McDowell, Patrick Reed, Justin Rose, Adam Scott, Jordan Spieth, Henrik Stenson and Bubba Watson. Another player to watch is Martin Kaymer, who won the 2014 U.S. Open at Pinehurst by eight strokes over Fowler and Erik Compton. Only six players in history have won back-to-back U.S. Open championships. Will Kaymer, who also won the 2010 PGA Championship, be the seventh?

Fan favorite **Phil Mickelson** is also expected to be in the field at Chambers Bay. Mickelson, who has won five major championships, has never won the U.S. Open but has finished second in the tournament an astounding six times.

Then there is Tiger Woods, who hasn't won a major championship since beating Rocco Mediate in a playoff at the 2008 U.S. Open at Torrey Pines. Woods has won 14 major championships and remains four behind Jack Nicklaus, the all-time leader. However, early in 2015 Woods was still struggling to return to form after undergoing back surgery in 2014.

—Jim Moore



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SAM GREENWOOD / GETTY IMAGES

QUALIFYING FOR THE U.S. OPEN

Tour players qualify for the U.S. Open field if they are among the top 60 point leaders, including ties, in the Official World Golf Rankings, as of June 1. Players also qualify if they have won the U.S. Open in the past 10 years or have won one of the other majors in the past five years; were part of the 30-player field at the 2014 Tour Championship; were one of the 10 players with the lowest cumulative scores at the 2014 U.S. Open; or were one of the last three winners of The Players Championship. The winner and runner-up of the 2014 U.S. Amateur Championship also qualify, if they remain amateurs at the time of the U.S. Open.

Pros who don't already qualify can join about 10,000 applicants from around the world who will compete in a series of tournaments to fill about 70 positions. The pros as well as the amateurs with a 1.4 handicap or better compete in one of 111 local 18-hole tournaments played in the United States. The top 500 or 600 players move on and join about 500 other players, who were exempt from the first round, to compete in one of the 36-hole sectional qualifying tournaments located around the nation, Europe and Japan. Approximately 70 players from the sectional qualifying tournaments will win places in the field of the U.S. Open. —Jeff Bond

ter," he says. "You get a bounciness to a golf course. ... You think about what's going to happen when your ball lands, where it's going to roll."

The use of fine fescue on the entire course also factored into the USGA's decision to choose Chambers Bay for the host of the U.S. Open. "[The ball] bounces and rolls on fescue," Davis says. "There's almost a skid to the ball, and it just makes for more enjoyable golf that requires more imagination, and it's more thought-provoking for a championship. When you get that combination of sand and fescue, it's really a great one-two punch."

Breaking the Rules

Despite all the praise for Chambers Bay, the choice of the course as the site of the U.S. Open was a major surprise to the golf world. Only the most respected courses, with extensive histories, are usually considered

Golf 2015

to host America's national golf championship. It's virtually unheard of for a relatively unknown municipal course to be chosen.

Chambers Bay was able to break all the rules. The course opened in June of 2007 and was chosen as the site of the 2010 U.S. Amateur Championship and the 2015 U.S. Open a mere eight months later. The course's background is also much different from the pedigree of most Open venues. Over the years the site has been home to many industrial operations, including sand and gravel mines.

Another issue for Chambers Bay was that the PGA Tour has no regularly scheduled events in Washington state. The Champions Tour has an annual tournament in the state: The Boeing Classic at TPC Snoqualmie Ridge. Otherwise, the PGA has not hosted a regular tour event



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in the area since the 1960s, and the LPGA Tour has not been here since the 1990s. Sahalee Country Club on the Sammamish Plateau, east of Seattle, did host the 1998 PGA Championship and the 2002 World Golf Championship–NEC Invitational. However, there have been no PGA tournaments in Washington since.

Chambers Bay ended up hosting the 2015 U.S. Open thanks to a mix of luck and planning. Former Pierce County Executive John Ladenburg gets much of the credit for the course having been built. After the sand and gravel mines shut down operations in 2003, the site's reclamation began. The sandy area, originally known as Chambers Creek was perfect for a golf course, and Ladenburg, who is now a Tacoma attorney in private practice, determined golf was the best way for the land to generate revenue.

However, his plan was larger than just a quality public course. He wanted a layout that would attract golfers from around the world and even perhaps host a U.S. Open Championship. The success of the 2002 U.S. Open at Bethpage Black, a public course in New York state, had also inspired Ladenburg.

Famed course architect Robert Trent Jones II agreed that the site had the potential to be a U.S. Open-worthy course. Jones even had golf bag tags created with the inscription "Chambers Creek, Site of the 2030 U.S. Open."

However, Ladenburg knew it would be difficult to reach such a goal.


"I told my staff, 'Remember, there are about 14,000 courses in America and the U.S. Open has been played on less than 50. Do the math. We have to do everything perfectly to host a U.S. Open.'"

Throughout the course's development, Ladenburg invited key members of the USGA to visit the site and give their opinions. Davis conferred with architect Robert Trent Jones II about the course and came to agree that Chambers Bay had all the elements required for a major venue, including a local government and a course architect willing to do whatever was necessary to bring a U.S. Open to the area.

Beyond developing a unique links layout in the Puget Sound area, the course

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was designed with a much larger footprint than most 18-hole courses, allowing room for grandstands and an estimated 50,000 attendees to walk the track without interfering with play. Ladenburg's team went to other golf events and measured the size of the corporate tents to make sure they could be accommodated at Chambers Bay.

Then, in December 2007, Davis called Ladenburg to say that the Winged Foot Golf Club in New York state—site of five U.S. Opens, including the 2006 championship—had voted against hosting the event in 2015. Later that day, Ladenburg sent an official invitation for the USGA to hold the U.S. Open at Chambers Bay. About three months later, Ladenburg got the call that his course had been chosen to host the 2010 U.S. Amateur and the 2015 championship.

"I was criticized by a lot of people for this project. I had spent a lot of political capital to get the course built," Ladenburg says. "It was a huge political risk. But without risk there is no great reward."

The 2010 U.S. Amateur event was a success, and the region's golf enthusiasts have made the USGA feel at home. The championship round tickets sold out at a record pace, and volunteers filled 4,500 positions in two days. As of mid-March there were only a limited number of practice-round tickets still available.

As for the future, the USGA has already announced that they look forward to developing a long-term relationship with Chambers Bay and the Northwest.

"We feel it's a great site," Davis says of the Pierce County course. "There's the excitement in the community we want, and we would like more U.S. Opens to come [to Chambers Bay]. The course is too unique not to have more U.S. Opens. We want to come back." ▲

Jim Moore is a writer and a co-host of the radio show "Danny, Dave and Moore" on 710 ESPN Seattle.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to the Seattle-Tacoma area. For more information on Chambers Bay, the site of the 2015 U.S. Open, go to chambersbaygolf.com.

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LPGA star Michelle Wie swings an all-Volt Nike Vapor driver with distinctive green highlights.

NIKE GOLF

Just as we can rely on spring to arrive each year, we can also rely on a variety of golf manufacturers to tout new designs and technical innovations to help with everything from weather protection to injury prevention and, of course, perfect ball launch and trajectory for the new golf season. The following are a few of the most interesting items being pitched (and chipped) at golfers this year.

For those who want to try a new way to maneuver around the course, you can now pedal between shots on **The Golf Bike** (thegolfbike.com), a wide-tired bicycle with a back rack to carry your clubs. If you would rather surf between holes, try the **Golf-Board** (golfboard.com), a motorized four-wheel surfboard that resembles a

wide scooter. Winner of the best new product at the 2014 PGA Merchandise Show, the GolfBoard totes you and your golf bag as if you were riding on a grassy wave. While it does require some balance, this cool innovation promises to reduce the time it takes to play a round, reduce turf wear and attract a younger audience. The **Golf Skate Caddy** (golf-skatecaddy.com) is a similar ride. However, it offers a seat and will rev up to 12.5 miles per hour.

Driving for Show

Known more for wedges and irons, **Ping** is introducing three versions of its new **G30 Driver**. The standard edition has a higher moment of inertia (MOI), meaning that the weight of the club is distributed in such a way that it is more forgiving of bad shots.

The club also features turbulator technology—a crown feature that improves aerodynamics and reduces

drag like a spoiler on a race car. The black metal ridges on the black crown also frame the ball nicely. The SF Tec version should help players who tend to miss the shot to the right—a polite way of saying slicers. The LS Tec is a low-spin version for better players who create faster clubhead speeds (ping.com).

From **Wilson Golf**—a brand that is once again becoming a technology leader—comes the **D200**, the lightest adjustable driver in the marketplace. The club is designed to deliver the most distance on all hits, even those off-center ones.

"It was tough to get all this great technology into such a small, lightweight package," says Michael Vrska, Wilson's global director of innovation. However, they managed, and the club features an adjustable hosel that offers three lofts and six shot shapes, from standard to draw (wilson.com).

Nike's highly adjustable **Vapor**



From top: Ping G30 Driver, Wilson D200 and the Nike Vapor Speed Driver.

Clockwise from below: The Nike Vapor Iron, Mizuno's JPX-850 Iron and the Ping Glide Wedge.

Driver, available in three models (Speed, Pro and Flex) and with different shafts for low, mid and high launches, is one of the sleekest new drivers on the market. Its electric-green highlights shouldn't distract from the big stick's new FlexFlight technology, which integrates a carbon-enhanced backing that moves the club's weight to maximize ball speed and provide distance while forgiving off-center hits. All that will make more sense when you smash your first drive off the tee—and even more sense if your contact with the ball isn't quite perfect (nikegolf.com).



fairway wood, with more adjustability than in an early presidential candidate. Tour Edge's brazing process binds titanium and steel in a way that creates a lighter club, and a revolutionary laser-beam bonding process adheres the cup face to the body.

The technology ensures accurate minuscule welding points, causing the ball to spring off the clubface with greater power (touredge.com).

Cleveland Golf's new CG Black Hybrids use lower-swing MOI and a lower center of gravity to increase launch angles. By lowering the MOI, the clubs offer a higher head speed and greater distance with the

same effort (clevelandgolf.com).

The first thing you'll notice about the new **Vapor Irons** from **Nike** is the most alluring grip you've ever felt on a golf club. The Vapors come in Pro, Pro Combo and Speed versions.

The Pro Combos combine the shorter irons from the Pro set and longer irons from the more-forgiving Speed set. Nike's innovation is to shift the center of gravity more toward the toe of the club.

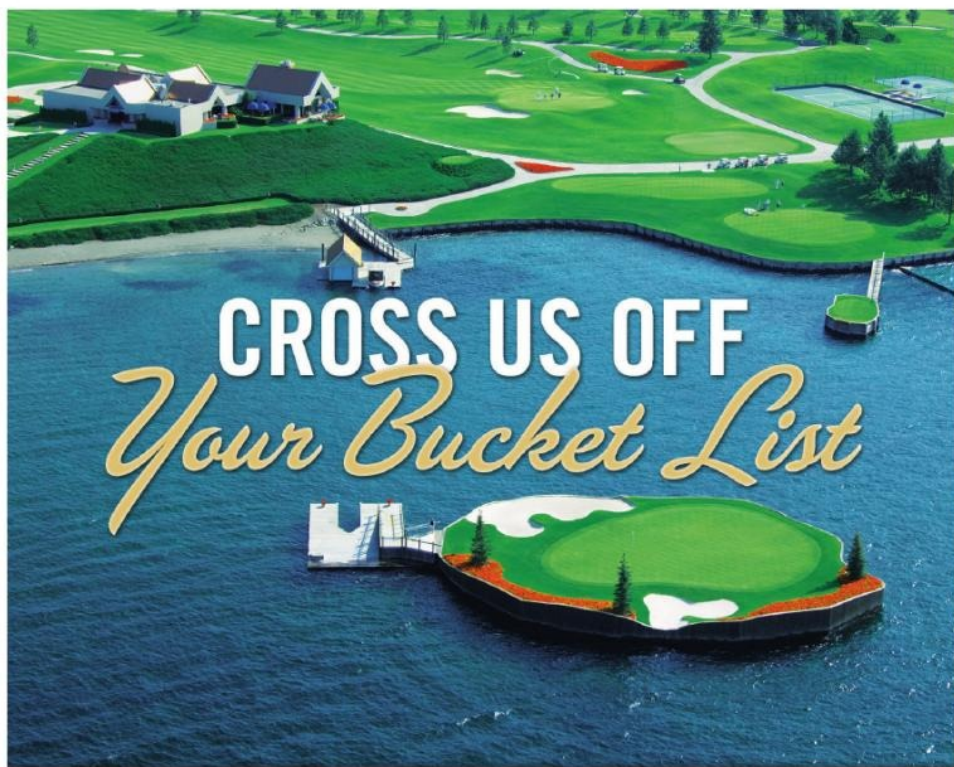
The result is that the irons resist twisting on off-center hits and produce less vibration, thus offering more forgiveness and greater distance (nikegolf.com).

Six years in development, the **JPX-850** forged irons from **Mizuno** incorporate boron into the company's Grain Flow Forging process to help the new clubs overcome the distance limitations of traditional forged irons.


Power from the Fairway

The new **E8** adjustable fairway woods from **Tour Edge's Exotics** line combine inspired design, state-of-the-art manufacturing, and the highest-grade materials in a






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The materials are 30 percent stronger, allowing for a thinner face and greater ball speeds. The clean, sleek clubface—Mizuno's thinnest ever—is strategically reinforced by a power frame cavity that moves weight to the corners of the clubhead for maximum forgiveness to accompany increased distance. Mizuno's new clubs prove you don't have to give up distance to play forged irons. Mizuno also offers more than 10 shafts and 25 grips, so you can find just the right fit (mizunousa.com).

Around the Greens

Ping debuts its silky **Glide** wedges

this season in three sole widths to accommodate players with different types of swings. Those with steep attack angles will benefit from the W or



wide version. The wider sole delivers more bounce and is more forgiving. The clubs come in two different groove geometries for varying wedge lofts—the higher lofts deliver more spin. The attractive chrome finish also sheds water well (ping.com).

If you are unhappy with your putter, **Cure Putters** may have the answer. The company's RX models are adjustable in two ways: First, you can change the lie angle (the angle at which the shaft extends from the putter head to your hands). Second, you can adjust the head weights by adding or removing metal discs at the back of the putter heads. Cure also helps eliminate torque or twisting during the putting stroke, thus increasing the likelihood of center hits (cureputters.com).

Helpful Accessories

Spring golf is not always the warm, dry activity we'd like it to be. **Jones**

Golf Bags help those of us who are willing to rough it by playing in actual weather. Jones has been producing iconic old-school single-strap bags since 1971. They feature a vintage flair without frippery and are made for golfers who walk and carry their clubs. This year Jones unveils two all-weather bags that resist the elements. My favorite is the stand bag version, featuring seam-sealed zippers, an easily gripped handle, a full-length outerwear pocket and an exterior umbrella sleeve. It even includes a velour-lined valuables pocket and club dividers that are topped with faux fur. The dividers stay dry underneath a snap-on hood (jones-golfbags.com).

While most golfers think of compression in terms of the power



From left: The Cure RX Putter and the Jones Stand Golf Bag.

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applied to the golf ball by the clubhead, **Zensah** offers compression with several new wearable technologies.

The compression arm warmers, as well as the full-sleeve tops and socks, are designed to help support muscles, promote blood flow and deliver more oxygen to cells to help them work more efficiently.

The products are designed to reduce swelling, help prevent muscle tears, speed recovery and decrease the delayed onset of soreness. Athletes in other sports (think Dwyane Wade of the NBA's Miami Heat) have been wearing a similar arm warmer for years. Zensah now produces an argyle-patterned sock, which is targeted at the golfing audience (zensah.com).

Supporting my long-held notion that golf can be an adventure sport (especially when you go searching for errant shots), I've discovered that the best golf pants ever created were actually designed for rock climbers. **Prana's** stretch **Zion Pant** might be surprised to be included in the golf gear category, but I have found no better or better-looking brand for playing golf.

The four-way stretch fabric resists abrasions (when your backswing includes dodging a cactus, for example), dries quickly and travels well.

The Zion also comes in a lined version and one that converts to shorts when you unzip the lower pant legs. Prana's corporate focus on preserving the environment and supporting local communities fits with golf's focus on sustainability and conservation (prana.com).

Adding to the various gadgets that help you know distance and locations on the golf course, **Sony's** new **SmartWatch 3** offers a free one-year download of **Golfshot's Pro GPS app**, allowing you to access crucial information on the course without the clumsiness of consulting a phone or range finder. The app presents hole details and distances to hazards and the pin. It keeps score and even offers

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Sony's new SmartWatch 3 offers a free year of the Golfshot Pro GPS app.



recommendations on club choice. The app has a high-resolution and highly visible screen

with voice, touch and gesture input options. Off the golf course, the SmartWatch 3 stores music, provides weather and travel information, reminds you of appointments and much more (golfshot.com).

New Ways to Play

With the number of golf rounds played each year going down, many in the industry are looking for alternative forms of recreation to help increase golf's popularity and keep the sport healthy.


A new sport getting plenty of attention is **footgolf**, which involves kicking a soccer ball on existing golf courses. Of course, this game also requires a 21-inch "cup" in the place of the usual golf hole.

A new startup called **FlingGolf** (fling-golf.com) sells a product that's more lacrosse stick than golf club for utilizing golf courses in yet another way. Rather than flinging your 3-iron in anger, use the patent-pending **FlingStick** to launch a traditional golf ball as far as 200 yards down the fairway with a jai alai-like throwing motion.

The sport is made for walking since you only need one club, and, if you are careful with your aim, it can be played alongside traditional golfers. When your ball is on the green, you can use the side of the FlingStick like a putter.


We will have to wait and see whether footgolf or FlingGolf ever catch on with the general public. In the meantime, those of us who still enjoy pursuing the royal and ancient game the old-fashioned way will have plenty of new gadgets and equipment to try out on our favorite courses. ■

Jeff Wallach is a Portland, Oregon-based freelance golf journalist.




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Coastal Wonders

The San Diego area offers a wide range of activities | By Don Ayres



Above: The Seaport Village on San Diego's waterfront is known for its shops, restaurants and activities. Right: San Diego-area beaches offer excellent surfing.

On an early spring day, I stand high above the Pacific Ocean at Cabrillo National Monument and see a puff of mist that indicates a gray whale is surfacing in the cobalt-blue waters. After the whale has passed, I put my binoculars down and take a moment to survey my surroundings. To the east of where I'm standing on San Diego's Point Loma peninsula, I see beachgoers playing in front of the iconic Hotel del Coronado. Farther east, sailboats slice through the waters of San Diego Bay and the tall buildings of downtown San Diego rise in the distance. I breathe in the salty ocean air, feel the warm Southern California sun on my skin and think to myself how amazing it is that I get to live here.

San Diego's mild climate and an average of 266 days of sunshine per year make "America's Finest City" the perfect place for a getaway full of outdoor activities. The following are just some of the many attractions that have helped the city become one of the nation's most popular destinations.

Walk the Waterfront

A leisurely stroll along the waterfront's Embarcadero shows the importance of the maritime industries to San Diego. Start



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Clockwise from upper left: A staircase leads down to the Sunset Cliffs Natural Park on the Point Loma peninsula. A kayaker paddles near the Caves of La Jolla. Balboa Park, the cultural center of San Diego, is celebrating its 100th anniversary this year. La Jolla's Torrey Pines is home to two of the nation's finest public golf courses.



your walk at the waterfront's Seaport Village to enjoy the boutiques, buskers and restaurants. As you continue north, visit the USS *Midway* Museum, which gives visitors the opportunity to explore the nation's longest-serving aircraft carrier, which was active from 1945 to 1992.

A little farther north along the Embarcadero is the San Diego Maritime Museum, home to 10 historic vessels, including the *Star of India*, which was built in 1863 and, according to the museum, is the world's oldest active sailing ship.

From the Broadway Pier, a few blocks north of the USS *Midway*, you can take a 15-minute ferry ride across the bay to visit Coronado, a thin peninsula that is often thought of as its own island.

A 2-mile walk along Orange Avenue will bring you to Hotel del Coronado, with its red-roofed turrets and picturesque beaches, considered to be among the best in the nation.



Celebrating at Balboa Park

The 1,200-acre park is in the midst of a yearlong celebration to commemorate the opening of this urban oasis as the venue for the 1915 Panama-California Exposition. Today, the park is home to various gardens, including the Japanese Friendship Garden, and more than a dozen museums, with themes ranging from space to natural history to local sports stars. To celebrate the centennial, the park will be holding various events throughout the year, including monthly concerts through May at the Reuben H. Fleet Science Center. Catch a free Sunday afternoon performance at the outdoor Spreckels Organ Pavilion or enjoy a show at The Old Globe theater, which

hosts an annual summer Shakespeare festival and the annual winter production of *How the Grinch Stole Christmas*.

The park's Spanish Colonial Revival architecture is sure to impress, with the most amazing structure being the California Building, built in 1915 and now the home of the San Diego Museum of Man. For one of the hottest tickets in town, make an appointment to ascend the stairs of the 198-foot-tall California Tower. From the eighth-floor observation deck—103 feet above the ground—visitors can view the park, downtown San Diego and the Coronado Bridge. Book a visit near the top of the hour and you'll experience the tower's electronic chiming.

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Balboa Park is also the starting place for the annual Rock 'n' Roll Marathon, held May 31 this year. It features musical acts at every mile marker of the race. For a full listing of the park's anniversary events, visit CelebrateBalboaPark.org.

Exploring San Diego Zoo and the San Diego Zoo Safari Park

One of Balboa Park's most popular attractions is the San Diego Zoo. Spreading over 100 acres, the zoo contains more than 3,700 animals. The newest addition to the zoo is the Conrad Prebys Australian Outback exhibit, which provides a more natural environment for unique Australian creatures ranging from koalas to wallabies to wombats. People naturally gravitate to the zoo's three famous giant pandas—adults Bai Yun and Gao Gao, and their offspring, Xiao Liwu, which can be seen in their bamboo-laden habitats. The zoo has other newborn animals, as well, including a western lowland gorilla born December 26. Take a gondola ride on the Alaska Airlines Skyfari Aerial Tram to get a comprehensive view of the entire zoo.



Clockwise from top: Visitors in an open truck at the San Diego Zoo Safari Park enjoy close contact with a group of giraffes. Cyclists ride along the Mission Bay Bike Path at Pacific Beach. A gray whale dives into the waters near downtown San Diego.

For a different animal experience, travel 32 miles northeast of San Diego to visit the San Diego Zoo Safari Park. The 1,800-acre park includes large roaming pens where herds of gazelles and giraffes graze on the grounds around a watering hole, while carnivorous jungle cats prowl in their separate expansive domains.

The Africa Tram is a great way to see different areas of the park and listen as guides interact with the animals, including a number of young such as a Masai giraffe, a black rhino and four African lion cubs that were born last summer. You may also get a glimpse of Nola, believed to be one of only five northern white rhinos left on the planet. Alaska Airlines is the official airline sponsor of the San Diego Zoo and the San Diego Zoo Safari Park.

HIKING THE SAN DIEGO AREA

With hikes that range from beaches to mountains, there's a San Diego trail to interest everyone. Here are two notable routes:

The Cabrillo National Monument offers two easy walks. The Coastal Trail is a short 1-mile path that gives visitors a look at tide pools teeming with sea life. On the other side of the park, the 2.5-mile Bayside Trail starts at the old lighthouse and winds down the hill to Ballast Point, where in 1542 Portuguese explorer Juan Rodriguez Cabrillo became the first European to set foot on what is now America's West Coast.



The Old Point Loma Lighthouse offers spectacular views of the ocean and downtown San Diego.

The Cedar Creek Falls Trail in Ramona, about 35 miles northeast of downtown San Diego, offers challenging terrain on a 4-mile hike that ends at the Devil's Punchbowl, a natural pool circled by imposing 75-foot cliffs and a waterfall. —D.A.



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Whale-Watching

The life cycle of the gray whale is a story of motion. As arctic ice slowly encroaches during mid-autumn, thousands of these majestic creatures set out on a 7,000-mile trip from their Alaskan feeding grounds to ancestral calving lagoons in the waters of Mexico's Baja Peninsula. The city's location gives whale-watching enthusiasts the unique opportunity to be right in the middle of the longest-known annual migration of mammals on Earth, as the whales travel south from October

The biggest difficulty in playing Torrey Pines is focusing on golf, instead of the natural beauty of the setting and the dramatic views of the ocean waves crashing against the cliffs below.

to February, and then return to Alaska from January to June. The best time to see gray whales off the San Diego coast is between December and March. However, April affords a good chance to catch a glimpse of a mother with a newborn calf in tow, as the young ones need more time to prepare for the journey. Boat excursions are available to see the migrating whales. You can also catch a glimpse of them from any coastal bluff.

While gray whales dominate the seascape from December to April, the rest of the year provides ample opportunities to see several other species of marine mammals, including dolphins, humpback whales, the occasional orca and even blue whales.

Golfing at Torrey Pines

One view of the iconic layouts and beautiful views of Torrey Pines Golf Course

Puzzle on page 174.



Puzzle © 2015 Penny Press, Inc.

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and you will know why the two layouts are considered among the finest public courses in the United States.

The South Course, which stretches 7,050 yards from the blue tees, was the site of the 2008 U.S. Open, where Tiger Woods outdueled Rocco Mediate to win his 14th major championship. It is also home to the final rounds of the annual Farmers Insurance Open held in late January. The North Course is shorter in length—playing about 6,600 yards from the blue tees—but requires a greater variety of shots.

San Diego has miles of trails, paths and bike lanes that offer cyclists wondrous views, plenty of variety and minimal interaction with traffic.

As challenging as the two courses are, the biggest difficulty here is focusing on golf instead of the natural beauty of the setting and the dramatic views of the waves crashing against the cliffs below this picturesque layout.

Cycling along Mission Bay

San Diego has miles of trails, paths and bike lanes that offer cyclists wondrous views, plenty of variety and minimal interaction with traffic. The Mission Bay Bike Path is an easy 12-mile loop that circumnavigates the bay, and includes Mission Beach and Pacific Beach.

For a midride break, throw down a towel and stretch out at any of the beaches that ring Mission Bay, a 4,600-acre water wonderland that includes miles of shoreline, as well as a network of islands, inlets and waterways.

Mission Bay is also a great place to get out on the water with a rented paddle-

board, sailboat or windsurfer.

For a more challenging bike ride, pedal along the Bayshore Bikeway on Coronado. The 24-mile route winds through the peninsula's cozy neighborhoods and along the beach before heading down the Silver Strand and passing through the towns of Imperial

Beach, Chula Vista and National City on the way back into downtown San Diego.

Kayaking the Caves of La Jolla

In the La Jolla neighborhood of northern San Diego, you'll find seven large sea caves, which have long *continued on page 160*

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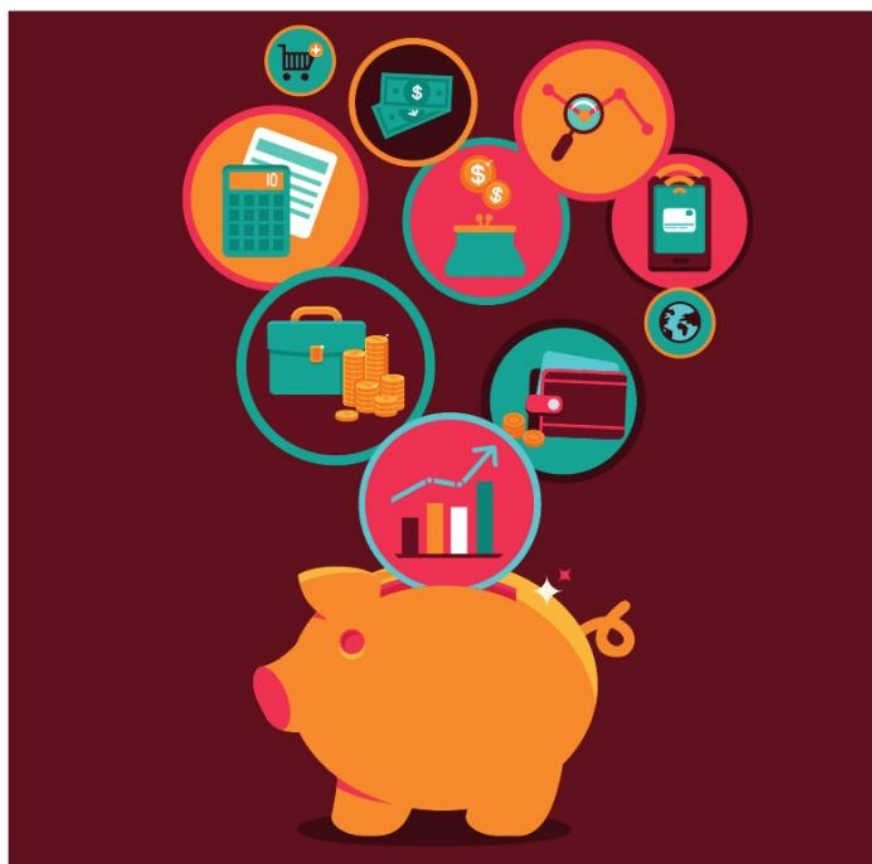
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Saving for the Future

By M. Sharon Baker

At the beginning of this year, lifestyle and relationship authors Warren and Betsy Talbot walked to their favorite restaurant in Andalucía, Spain, to perform their yearly evaluation. ■ The former Seattleites have written such books as *Dream, Save, Do: An Action Plan for Dreamers Like You*, published in 2013; and *Married With Luggage: What We Learned About Love by Traveling the World*, published in 2014. The meeting

was part of the couple's annual assessment of their financial fitness. "We typically take a couple of days to do a full annual review of our lifestyle, money, business and personal goals," says Warren Talbot. "It's a time to look at our entire life—what works, what doesn't, and how we want to move forward into the new year."

This annual review is crucial for the Talbots, who are in their early 40s and saved more than \$100,000 to support

themselves as they began traveling the world in 2010. With careful planning, their nest egg lasted the first two years of their scheduled four-year world tour. However, they knew they needed an income to continue traveling. Their plans also changed last year when they bought a home in Andalucía with the money they had previously saved for moving back to the United States. Now, they rely on several projects, including new writing opportunities, to

support their lifestyle. Such a change makes it even more important for them to be aware of their spending.

"We still track our expenses on a daily basis via spreadsheet, so we can look at the categories of spending and see exactly where our money went," Warren Talbot says. "A look back on the previous year helps us determine if we spent our money wisely. Some things work, and some things don't. Most things just need tweaking."

It's not just world travelers such as the Talbots who need to closely monitor their spending. Financial experts say that whatever your lifestyle, annual or even quarterly reviews are necessary to stay financially fit. However, there is a lot more to financial health than just keeping an eye on the numbers. The following are money tips from financial experts across the country on what individuals and families can do to achieve financial fitness and, like the Talbots, follow their dreams.

Live Within Your Means

Do your best to eliminate debt, which can hamper or even extinguish any financial dream, by figuring out just how much debt you have.

Erin Condon, president of Boston-based Upromise, a college-savings service created by Sallie Mae, says find out your total debt load. "Don't live in denial. Not knowing your total amount of debt won't make it go away," Condon says. "Understanding the amount of money you owe to different loan providers will help you to see the big picture and make you aware of any next steps you might need to take."

Once you know how much you owe, the next step is working toward a debt-free lifestyle, says Chantay Bridges, a Los Angeles coach, Realtor, speaker and writer. She says reducing household debt requires rethinking priorities, which may mean going without the latest gadgets or fashions until your finances are under control.

Thomas Nitzsche of ClearPoint Credit Counseling Solutions in Atlanta, Georgia,

often tells clients to “act your wage,” meaning that their lifestyle should match their income, with room for savings. He says living like a college student today will lower your stress and help you live like a king later in life. In addition, “Ditch the ‘I deserve this’ mentality when it comes to immediate gratification,” he says.

Make difficult choices that will help you

reduce your debt and become financially healthy. Shop around for less expensive home and car insurance for the same coverage, and don’t use credit cards except for emergencies. “Don’t be too proud to cut cable, to live with someone, or to cut back on Christmas,” Nitzsche says. “Look at ways to save as opportunities to increase income rather than as depriving yourself.”

You also need to learn your FICO score—an important measurement of consumer credit risk, which is based on your financial history. You can request free credit reports from the three main credit agencies—Equifax, Experian and TransUnion—which collect consumer financial data. Then make sure to take care of any unpaid bills or other financial issues on the reports.

“FICO is more than just a number, it can affect everything, from getting employed to the interest rate on your car loan,” says Ted Jenkin, a Certified Financial Planner and founder of Oxygen Financial Inc. of Atlanta, Georgia.

Stick to a Budget

An important aspect of living within your means is developing a realistic budget. Track your spending and monitor your progress toward clear financial goals, says Mindy Cray, CFP, a financial-planning coach with Creative Money in Seattle.

Whether you live from paycheck to paycheck or consider yourself financially comfortable, tracking every penny is well worth the effort. “Some of the high-net-worth clients I work with pinch pennies like nobody’s business,” says Bridget Burgess, client adviser at Seattle’s Laird Norton Wealth Management. “They are aware of every penny, every cost, every expense, and they focus on maximizing the efficiency of every financial move they make.”


Such moves include saving money. Experts say to treat savings as an expense in the budget, with money automatically going into a savings account, just like paying a bill. Also save a portion of any extra money that comes your way, such as a pay raise or a bonus, and develop an emergency fund that can cover three to six months of fixed and variable household expenses in case of a financial crisis. Some planners advise building a separate “rainy day fund” to be used to pay for dental bills and brake jobs.

Sharon Gueck, a financial planner


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Reduce Home Fees

A home is the largest single investment most families will ever make, and there are ways that you can reduce the cost dramati-

cally. One of the best ways to cut the cost of a home is to make one extra mortgage payment a year.

At first that may sound almost impossible, but with planning and effort, it can be achieved, and the results are amazing. "[An extra payment each year] will knock seven years off of a 30-year loan," says Jenkin. "Plus, paying down your mortgage will

relieve your financial stress if you have a life change or a career change."

One way to make that extra payment is to pay half your mortgage every two weeks. Over the course of a year, you would make 26 payments, or 13 full mortgage payments.

If extra payments aren't possible, you might find some interest savings by paying half of a mortgage on the 15th of the month and the balance on the last day of the month. You would still pay the usual 12 annual mortgage payments. However, if the bank holding your loan allows for partial payments and calculates

"We treat this evaluation as a dream-making activity, something that will enrich our lives and our relationship. ..."

loan interest each day, then this method could cut your mortgage payments by a number of months during the course of the loan.

For those looking to refinance a home, experts say to be sure and shop for the best home loan rates and fees.

Fund Retirement

Another important part of any budget is putting money aside for retirement. Financial planners say individuals should try to invest as much as 15 percent to 20 percent of their gross earnings in a qualified retirement plan. Such plans can be through an employer or through an individual retirement account (IRA).

"It's best to start saving as early as possible, even if it's only a small amount," says Kurt Walsdorf, Pacific Northwest Consumer Bank Regional Executive for Bank of America. "Saving with an employer-sponsored retirement fund is a great beginning point. If you establish consistent and disciplined

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Kevin Gallegos, vice president of the Phoenix operations for Freedom Financial Network, advises clients to dig deep and "find" extra cash to allocate toward retirement savings. "It is not hard for many people to find an extra \$500 during the course of a year with some focus and effort," he says.

Becker Capital's Sharon Gueck also tells clients that they need to understand how Social Security and Medicare work and determine the optimal plan for using the two programs to best serve their unique circumstances.

Enjoy the Process

Becoming financially fit is easy if you take small steps every day to understand where your money is going, and how you can make it work for you.

"Spend less than you earn and save what's left." That is the simple strategy that allowed the Talbots to travel the world, write books and buy a house in Spain. It's also the advice they give to readers of their book *Dream, Save, Do*, in which they also counsel readers to make an annual review a priority and not a chore.

"We treat this evaluation as a dream-making activity, something that will enrich our lives and our relationship going forward," Warren Talbot explains. "When we changed our attitude about the planning, it changed our success rate with our goals."

To reinforce this notion, they end their annual review with a celebration—a nice meal and a bottle of champagne or cava now that they are in Spain.

"No one said this process has to be dreary," he says. ▲

M. Sharon Baker is a Seattle-based writer.

Readers are advised to always seek the advice of financial experts when dealing with debt issues, developing a budget, buying a home or planning for their retirement.

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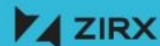
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Islands of Wonder

A visit to the Galápagos is revealing—and memorable

By Marlene Goldman

My blue-tinted sneakers seem to be challenging the laws of nature on the Galápagos Islands: For a brief moment I have become the surrogate mother of a wandering young blue-footed booby. The spindly-legged, wide-eyed creature looks up at me with misguided affection, as if the word *Mama* is on the tip of its beak. Though its own feet have yet to take on their eventual deep blue hue, mine must be close

enough for this little one to follow behind as I walk carefully through its North Seymour Island home.

As our tour group continues on to another colony of birds, my new friend

grows wary. The juvenile looks up, realizes its error, and waddles back home.

Charles Darwin called the Galápagos a “living laboratory of evolution,” after spending five weeks in the archipelago off the

coast of Ecuador in 1835, onboard his famed HMS *Beagle*. The isolated habitats made it possible for Darwin to study how plants and animals adapt to their surroundings, which sparked his famous work, *The Origin of Species*.

My 21st century Galápagos voyage is onboard the M/Y *Eric*, a 20-person yacht run by the Ecuador-based, family-run Ecoventura tour company. Our group hails from an array of countries and spans all ages, from a youthful Irish backpacker to a

The giant tortoise is among the Galápagos Islands' most famous (and most easily photographed) animals.

Ecoventura dining rooms feature gourmet menus using locally sourced ingredients from providers who grow and harvest sustainably.

group of fifty-something Israelis. We are here during the summer and fall season of *la garua*, which translates to misty, cool mornings and choppy waters. It takes a full day for us to get our sea legs.

Our trip takes in more than a half-dozen islands, each one completely different from the next. Here, man is really one with the animals. Birds, reptiles and sea life have no fear of humans. On one island, curious sea lion pups sniff our feet, while mothers placidly watch nearby. Iguanas are so plentiful one must be careful not to step on them. On another island, a Nazca booby mother with a new hatchling lets us stand just inches away photographing the newborn.

It's like a giant petting zoo, or as our guide calls it, "a zoo without cages." It is, however, strictly forbidden to touch. "If you touch the animals, like the baby sea lions, you are killing them," he warns during our introductory talk. Their mothers will no longer care for their young if they smell like us.



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The rules are strict to help keep the islands pristine.

In 1959, the government of Ecuador declared 97 percent of the land area of the Galápagos Islands a national park, and in 1998 the Galápagos Marine Reserve was

established, protecting the waters around the archipelago, which lies along the equator, 560 miles west of mainland Ecuador. Today, in an effort to regulate the influx of more than 160,000 tourists a year, visitors to Galápagos National Park must be accompanied by a licensed naturalist guide and stick to marked paths. In other words, in this "zoo" it's the humans who have keepers and boundaries.

We chart a course starting from San Cristobal, the political capital of the Galápagos, and one of four inhabited islands in the archipelago, which together are home to more than 30,000 people. This is one of the two main spots visitors fly to for a

The aptly named blue-footed booby is another colorful Galápagos resident that's easy to capture on camera.

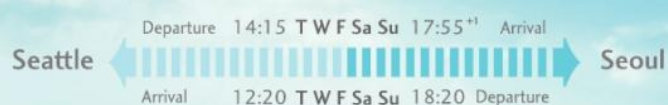


What to order: ENCEBOLLADO

For a true taste of coastal Ecuador, many restaurants and vendors in the Galápagos serve *encebollado*, a fish stew traditionally made with tuna, cassava root, tomatoes, onions, cilantro and spices. Garnishes include *cebollas encurtidas*, pickled onion rings, as well as lime wedges or hot chile sauce. Though *encebollado*, which in Spanish loosely translates to "cooked with onions," can be eaten any time of day, it is most often served for breakfast or brunch. Servers often accompany it with plantain chips, which give it a crunchier texture if crushed up into the stew, and sometimes it is served with bread to sop up the flavor.



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Like so many animals found in the Galápagos, this sea lion on Española almost seems to be posing for visitors.

Galápagos journey. One of our excursions leads us to a sea lion colony at Punta Pitt, passing over a volcanic landscape dotted with spiny shrubs, and the fleshy leaves of the endemic *Sesuvium* plant.

Along the way we spot a prehistoric-looking lava iguana completely unperturbed by our presence. We race to photograph from all angles, though there is no rush, as it barely moves. We forge on to the sea lions and spend an hour near mothers and babies, a peaceable coexistence between man and sea mammal until a spat breaks out between a mother and juvenile.

Our guide explains it is probably an older baby getting kicked out while the mother tends to her youngest, pointing to a pup that is caught in the fracas. The teenager finally sulks away.

During the trip, our evenings commence with a summary of our sightings and a preview of the events for the next day, which usually consist of two landings, one for snorkeling, and the other for walking around the islands wildlife spotting.

We visit Genovesa, known for its population of red-footed boobies, which mostly

reside in the trees, preening themselves with their long blue beaks. Our guide says the boobies usually have only one hatchling that lives, and if more survive often the older sibling or even the mother will kill them—Darwin's survival of the fittest in action.

The elegant white and black Nazca boobies prefer the ground and let us wander among their nests. We watch one baby trying to figure out how to work its giant feet. Genovesa is also home to the smallest marine iguanas in the Galápagos, many stacked on top of each other in reptilian pileups.

I am transfixed by one Nazca booby cleaning her young, when I hear the call, "Whales!" Far offshore we spot two hump-



STEVE BLOOM IMAGES / ALAMY

Tender cactus shoots are among the favorite foods of the terrestrial (land) iguanas on Santa Fe Island.

ONLY IN GALÁPAGOS

The Galápagos Islands are home to many fascinating species. Among them:

Galápagos giant tortoise: Pinta Island's famous giant tortoise, Lonesome George, spent the last 40 years of his 100-year life here. It is estimated that 25,000 wild tortoises live here now. They are among Earth's largest tortoises, reaching 5 feet and 550 pounds. A close relative is found on the Indian Ocean's Aldabra Atoll.

Marine iguana: These iguanas are unique among lizards in that they forage in the sea. One threat to them has been predation by introduced cats. The iguana population has been estimated between 200,000 and 300,000.

Flightless cormorant: The only cormorant in the world that cannot fly is found on Fernandina and Isabela islands. About 1,600 individuals remain.

Galápagos penguin: The second smallest penguin species is the only one found north of the equator. The population has been decimated over the years by El Niños and has about 2,000 individuals remaining.

Finches and mockingbirds: The 13 finch species evolved from a common ancestor, adapting differently to each locale. So did the islands' mockingbirds—perhaps helping Charles Darwin to conceive his theory of evolution.



Most Galápagos visitors travel aboard small cruise ships, such as Ecoventura and Lindblad/National Geographic. Seattle-based **Un-Cruise Adventures** (un-cruise.com) inaugurates Galápagos trips in early 2016.



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Galápagos Islands

back whales practicing their water ballet, breaching in and out of the waves in synchronized jumps. We race back to our dinghy and try for closer views, but by the time we get there, they have disappeared.

Frigatebirds highlight our afternoon walk on North Seymour Island. We watch the male magnificent frigates fly overhead with red balloon pouches on their chests. The male takes 20 minutes to inflate the massive scarlet gular sac under its throat during courtship displays. On the ground, the bird waits for a female to arrive, making a warbling noise and shaking its wings to attract attention. We also find massive land iguanas, distinguished by their coarse yellow skin and giant bumpy heads.

The delicate balance and adaptation of species to each island also presents itself in the Galápagos flora. One example our guide notes is the prickly pear, or *opuntia*, cactus, food for the land iguanas and giant tortoises. On islands such as Genovesa, where no animals feed on *opuntia*, they have soft rather than rigid spines, encouraging pollination by birds.

Other land outings include a scenic walk over lava flows on Santiago, as we tiptoe around marine iguanas and the iridescent sally lightfoot crabs that cling to the dark volcanic rocks. We also climb 375 steps for views of Pinnacle Rock and other formations on Bartolomé. On Isabela Island, we hike up an arid hillside at Tagus Cove, lined with the stark gray-white bark of the Palo Santo, or holy stick tree, for an overlook of the brackish Darwin Lake, which is saltier than the sea.

On our landings and walks we view everything from the radiant tiny vermilion flycatchers to Darwin's finches to the endemic flightless cormorants, which stand on the rocks at Fernandina Island, showing off their small dysfunctional wings. At Española, we visit a waved albatross colony and marvel at their takeoff and landing abilities in a gusty, wet wind. The baby albatross don unruly



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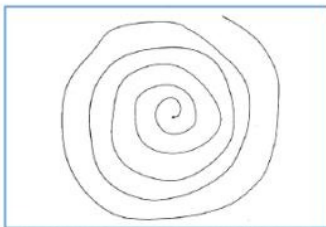
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Galápagos Islands

plumage, like a bad perm. We tiptoe past unprotected eggs for a closer view of an elaborate beak-to-beak courtship dance.

But the clear highlight is the snorkeling in the Galápagos, encountering everything from curious sea lions to scores of tropical fish. The clarity of the water around Espinosa Point off the coast of Fernandina Island allows me to focus on each species—giant damselfish, bumphead parrotfish, king angelfish, to name a few. Several lightning-quick Galápagos penguins scoot by as I swim toward a group of marine iguanas picking algae off the underwater rocks.

While my eyes are fixed on the variety of colorful sea life, suddenly I see swimming toward me a green sea turtle, roughly the size of a dining room table. At first unnerved by the sight of this massive beast, which can weigh 600 pounds, I am soon on the hunt for more. At Española, we encounter a whole new range of species—my first shark sighting, a tranquil-looking whitetip reef shark.

To maintain the delicate ecosystem of the Galápagos requires constant scientific research and conservation efforts. Our tour spends half a day at the Charles Darwin Research Station, on Santa Cruz Island. A main focus for the station over the years has been its captive breeding program for giant tortoises and land iguanas. We meet Super Diego, a male tortoise imported from the San Diego Zoo who has helped increase Española Island's tortoise population from a low in 1965 of 14 to today's number at over 1,700. "Now he's a granddaddy of a lot of Dieguitos," our guide says.

Other victories include the removal of 50,000 feral goats from Pinta Island in an attempt to restore the giant tortoise population there. The famous find was Lonesome George in 1971, the last known surviving Pinta Island giant tortoise, who passed away in 2012 without ever reproducing. Ongoing projects include the attempt to conserve threatened birds such



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as mangrove finches, Galápagos penguins, and flightless cormorants.

The research station, which is currently under threat of closure due to funding shortfalls, was established by the Charles Darwin Foundation, which was contracted by the government of Ecuador more than 50 years ago to provide the scientific input into the management of Galápagos National Park. Other conservation organizations include the U.S.-based Galápagos Conservancy.

Despite all the protections, the park wardens have a daunting job in patrolling such an expansive area, including the entire Galápagos Marine Reserve, which covers roughly 51,000 square miles. Illegal shark and tuna fishing is a continuous problem and the sea cucumber population over the years has been decimated by illegal harvesting.

The islands face numerous trials in trying to balance competing demands from local fishermen, the growing tourism industry, and increasing population in the Galápagos. Despite the continued challenges, I am encouraged by the concerted effort to preserve these islands in much the state Darwin himself found them over a century ago. My marvelous journey here shows that human perspectives can evolve just as much as the wild creatures that make these islands an unsurpassed nature preserve.

In the Galápagos, everybody learns something, every day—even a young blue-footed booby that mistook a visitor for Mom. ▲

Marlene Goldman is based in San Francisco.

Use Mileage Plan miles to visit Ecuador's Galápagos Islands via partner airlines American Airlines, LAN and AeroMexico. For more information or to enroll in Mileage Plan, please visit alaskaair.com or call 800-654-5669. For more information on the islands, visit the Galápagos Conservancy at galapagos.org.



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2015 GMC Canyon.

Sensibly Smaller

By Bengt Halvorson

“Bigger is better” is an adage that Americans have long bought into. And that seems to have held especially true for pickup trucks. Today’s full-size trucks have inched up in size, shouldered up in stance and bulked up in general brawn, to the extent that in many cases they’re boasting the payloads and tow ratings of their heavy-duty and super-duty counterparts of just a decade ago. ■ But there are some signs that the

tide might be turning as more Americans discover that the full-size and heavy-duty trucks that do well at work sites, or when pulling a boat, can be quite a handful for daily driving and in-town errands.

While the new-truck market still lacks a true compact truck, the cast of mid-size possibilities has become far more interesting this year with the introduction of several new trucks, and the true standouts are General Motors’ new-for-2015 Chevrolet Colorado and GMC Canyon pickups.

These models pose a new “inside-out” value proposition for truck shoppers who like the cabin appointments of full-size trucks but don’t necessarily need the bulk or the burly bragging rights.

The Colorado and Canyon don’t do anything radically different, such as switch

to aluminum body parts or turbocharged engines, as the new Ford F-150 does. They stick to a familiar steel-body, steel-frame layout, but have features that will appeal to those who plan to commute with the truck during the week and haul recreational gear on the weekend.

Forget about the old two-seat, standard-cab configuration. The Canyon and Colorado come in extended cab and crew cab models only. Among those, there are three variations: extended cab or crew cab models with a longer 6-foot-2-inch bed, or a crew cab version with a shorter 5-foot-2-inch bed length. Overall dimensions of the Canyon and Colorado make them about 6 inches narrower than the full-size Chevy Silverado and GMC Sierra, as well as about 4 inches lower. And since there are so many ver-

sions of the full-size pickups, figure the length, in general, at a foot or two shorter.

Meanwhile, cargo boxes for these mid-size trucks range up to a generous 74 inches long by 55.5 inches wide and nearly 22 inches tall.

Effectively, you’re getting near a full-size truck’s cargo box without all the bulk everywhere else.

ANOTHER SURPRISING THING about these trucks is what’s under the hood: In all but the bigger crew cab styles, the base engine is a 2.5-liter direct-injection four-cylinder, making 200 horsepower and 191 pound-feet of torque.

The engine definitely sounds like a four-cylinder, so, yes, those craving the big-truck sounds of a V-8 may not be on board with the compromises. But the four doesn’t disappoint in its performance when you’re carrying a light load, and it can tow up to 3,500 pounds—plenty for a smaller boat or pop-up trailer.

Part of what makes the four-cylinder work well is the quick-reacting six-speed automatic transmission. While four-speeds were the norm with the last generation of GM mid-size trucks, having two extra gears helps greatly to lower revs while cruising on the highway, and to make sure the engine stays in its perkier ranges when you’re accelerating or need to muster up a quick pass.

And for those who don’t find that quite enough—or those who do plan to tow often, or haul heavier loads—there’s an available 3.6-liter V-6 that’s a big step up in power and performance. It makes 305 horsepower and 269 pound-feet of torque, which puts it in the same ballpark as the V-6 versions of the Toyota Tacoma and Nissan Frontier, and with a \$250 trailering package you can boost its tow-rating maximum to 7,000 pounds.


Pickups usually come with a pretty substantial gas-mileage penalty versus cars. Yet with the four-cylinder in the Colorado and Canyon, that generalization doesn’t


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seem to hold true. In a week and about 135 miles of driving—mostly short trips around town—I averaged nearly 22 mpg, which isn't significantly lower than what you might see in most mid-size sedans.

The test truck was, admittedly, one of the most fuel-efficient models of the lineup: a rear-wheel-drive Canyon SLT Extended Cab, which has EPA fuel economy ratings of 20 mpg city, 27 highway.

Some potential buyers might consider waiting for the 2016 model year, when a big 2.8-liter turbo-diesel four-cylinder engine will join the lineup, offering even better mileage numbers while meeting or beating the V-6's towing and hauling numbers.

There are plenty of other advantages to going a size smaller, including a shorter turning radius than most full-size trucks, and a better, more relaxed driving experience wherever lanes are narrow, space is tight or the roads become curvy.

These trucks also now include four-wheel disc brakes with four-piston front calipers and Duralife brake rotors—which, GM says, offer double the service life. All four-wheel-drive models include an electronically controlled transfer case with 4WD low and high modes, while an automatic-locking rear differential is available in most models—and standard in the off-road-focused Colorado Z71 or Canyon All-Terrain models.

What's probably the most impressive about the Canyon and Colorado, even in four-cylinder form, is that they're super-refined inside. If you've ever spent time in a compact or mid-size pickup and remember the noisy cabin, the unsettled ride, and the bargain-basement quality of nearly every material and trim piece inside, then it's worth resetting your expectations, because these trucks offer a very different experience. Front seats are super comfortable and supportive (GM points to a dual-firmness foam in their construction). Triple-sealed doors and ample noise insulation mean that road and wind noise are kept out.

The truck in which I spent most of my

time was an extended cab version, which has small, rear-hinged back doors as well as two very modest back-seat spaces—and you may be challenged to fit in child seats.

Crew cab models include much more space for back-seat occupants, with a bench seat that's potentially ample enough for three. It's probably the way to go if you have

GMC CANYON

Model type: Mid-size pickup

Base Price: \$20,120

Power: 2.5L I-4, 200 hp; 3.6L V-6, 305 hp

Technology: Chevrolet MyLink 8-inch diagonal color touch-screen system with Bluetooth and navigation; OnStar with 4G LTE Wi-Fi hotspot connection; Forward Collision Alert; Lane Departure Warning; rear-vision camera.

The Colorado is offered in WT, LT and Z71 trims, while the Canyon comes in base, SLE and SLT models. Among these truck lines, the Canyon SLT is the most luxuriously equipped, and its standard equipment list includes automatic climate control, leather upholstery, and heated and power-adjustable front seats. The mid-



a family and want to drive the truck daily.

In back, you'll find cargo solutions that will work just fine for the homeowner who's carrying project materials one week-end, then Jet Skis the next. The Colorado and Canyon include a two-tier loading design that can split the bed into upper and lower sections—for better storage (and concealment) of work tools, for instance. And there are 13 standard cargo tie-down locations included—to be used with movable tie-down rings that are available.

The Colorado and Canyon are the first trucks in their market segment to include a standard rear-vision camera system—quite an asset when parallel parking. GM says that the optional Forward Collision Alert and Lane Departure Warning systems—designed to warn you of potential collisions or danger—are also segment firsts. GM's OnStar telematics services, available on any of these trucks, remain at the leading edge, offering conveniences such as remote unlocking, vehicle location and roadside assistance, and the automaker now offers 4G LTE capability that essentially turns the vehicle into a wireless hot spot.

grade Canyon SLE—essentially the equivalent of the Colorado LT—includes many of the items that daily drivers want in their vehicles these days, such as dual USB ports, cruise control, remote keyless entry, a tilt/telescopic steering column and upgraded interior trims with a soft-touch material throughout the dash.

THE CANYON SLT I drove also included tubular assist steps, a spray-on bedliner, premium Bose audio, an upgraded Color Touch infotainment system with navigation and the Driver Alert Package. The cost of options on the test truck amounted to \$2,500, bringing the total to \$33,245—in the vicinity of 10 grand less than a full-size truck with the same feature set.

Circling back to the “bigger is better” mantra, I'm not convinced it still applies to pickups. Based on what you get with the Colorado and Canyon—at a lower price, with lower running costs—it looks a lot like a little smaller is just right. ▲

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



CHUCK BERRY / EYEONALASKA

The Fire Island Wind project, west of Anchorage in Cook Inlet, is often visible to passengers in planes on approach to the city's airport.

200 MW of solar in Dubai was 5.84 cents per kWh, without subsidies.

Existing law requires Hawai'i's utilities to supply 40 percent renewable electricity by 2030; HECO has committed to delivering 65 percent renewable electricity by then. Pending legislation would eliminate Hawai'i's dependence on costly imported oil for electricity production by raising the Renewable Portfolio Standard to 100 percent by 2040.

Blue Planet Foundation Executive Director Jeffrey Mikulina in Hawai'i predicts the recent oil price drop will be fleeting. "What we're seeking is a true long-term hedge by investing in a clean energy future. One where we don't have to worry about the price of oil, or the price of any fossil fuel, because our fuel will be free, and we will be making investments in our own infrastructure to harness Hawai'i's indigenous resources."

Many residents of rural Alaska, meanwhile, routinely pay 40 cents or more per kWh for electricity, and have yet to see any savings from the oil price drop. "We pay the world commodity oil price. We've never received some sort of 'hometown' discount for oil," says Chris Rose, executive director, Renewable Energy Alaska Project. He adds that many remote communities in the state buy oil once a year in spring, and it arrives in early summer or fall, before ice makes waterways impassable. Thus the fuel burned

by diesel generators powering these communities in the winter of 2015 was purchased when oil traded above \$100 per barrel.

To help ease the financial burden for some rural Alaskans who pay up to 50 percent of household income for energy, the state legislature created the Alaska Renewable Energy Fund in 2008. To date, the fund has disbursed \$250 million to 277 projects that, in 2014, displaced nearly 15 million gallons of diesel fuel.

A typical example is the 284-kW hydroelectric installation completed on remote Atka Island, in the far southwest Aleutians, in 2012. The new plant supplies all the 60-resident island's electric power, plus some of its heat. The highly efficient "run-of-the-river" installation (there's only a small diversion dam) can operate with flows of 18 cubic feet per second—barely a trickle by hydroelectric standards.

"We've become pretty good at integrating renewables. We've learned a lot. It's definitely challenging, but worth it, too, when you see the 15 million gallons of fuel saved last year. That's a lot of cost savings for communities that really need it," says Sean Skaling at Alaska Energy Authority.

In places like Atka and Kodiak, "alternative" energy is not really alternative at all. It's commonplace and mainstream. In other words, the sun is shining for clean energy, and Western locales are leading the way. ▲

Justin Gerdes is a California journalist specializing in energy and environmental topics.

from page 137 captured the imagination of visitors. Guide services such as La Jolla Sea Caves Kayaks lead groups of visitors into the formations, which include Clam's Cave, a chamber with 10-foot ceilings and light that streams in from several different openings. In the waters below, bright orange garibaldi fish dart by, while sea lions look on from their perches on the rocks above the water.

Surfing at the local beaches

Riding a surfboard on waves along the county's 70-mile coastline remains one of the ultimate San Diego experiences.

The San Diego area's coastal geography produces swells that will challenge surfers of any skill level.

The area's coastal geography produces swells that will challenge surfers of any skill level. For beginners, outfitters such as San Diego Surf School will help you learn the ropes. Novices will like the surf north of Moonlight State Beach in Encinitas, which offers some of San Diego's best breaks for first-timers. For spectators, there are few sights more impressive than the kite surfers who harness wind to launch from the waves at Cardiff State Beach.

Surfing is only one of the many adventures to be found in San Diego. The area's natural beauty and unique experiences will create memories to last a lifetime. ▲

Don Ayres is a San Diego freelance writer.

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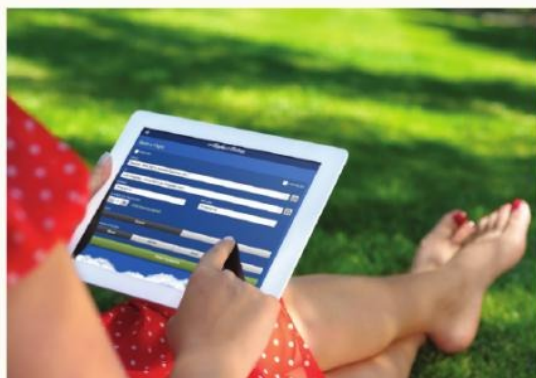
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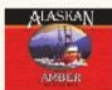


Liquor \$7 USD

Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut Espresso Vodka
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Courvoisier Cognac
Baileys Irish Cream

Premium Beer \$7 USD

Alaskan Amber
Alaskan Icy Bay IPA
Corona (to/from Mexico)
Kona Longboard Island
Lager (to/from Hawai'i)



Beer \$6 USD

Miller Lite
Budweiser

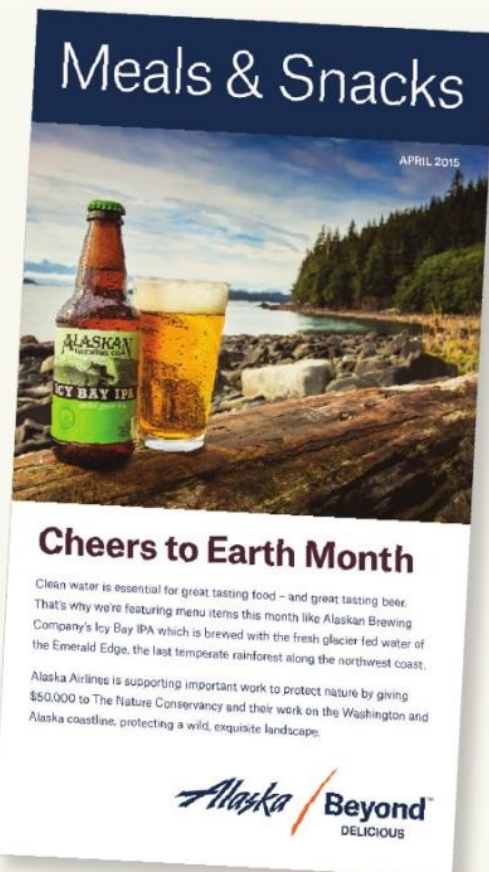
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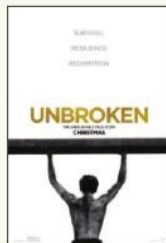
The Hobbit: The Battle of the Five Armies
PG13; 2:24



Big Hero 6
PG; 1:48



Night at the Museum: Secret of the Tomb
PG13; 2:02



Unbroken
PG13; 2:17

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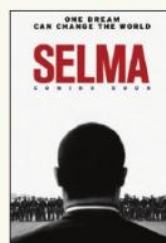
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The Hobbit: The Battle of the Five Armies
PG13; 2:24



Selma
PG13; 2:08



Into the Woods
PG; 2:05



Taken 3
PG13; 1:49

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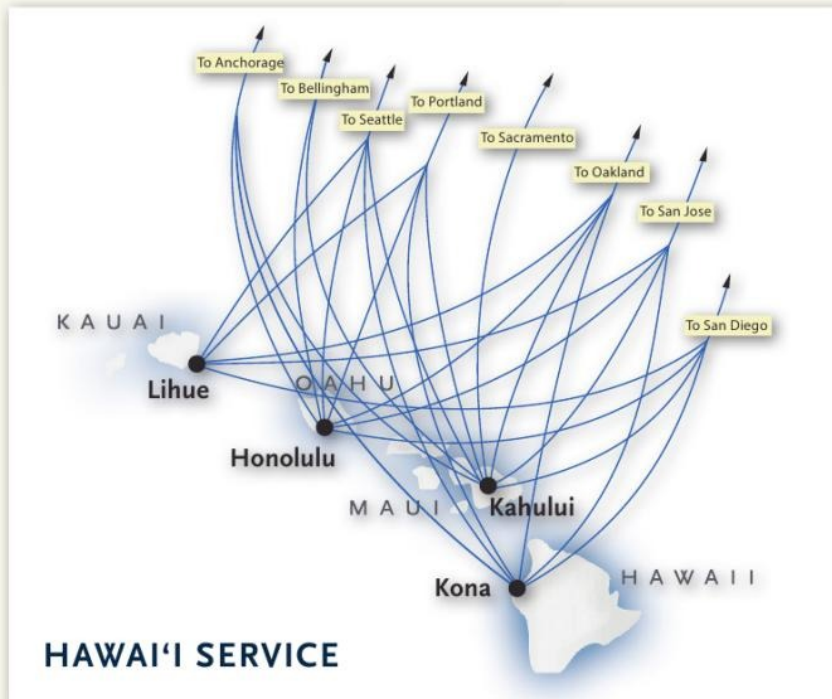
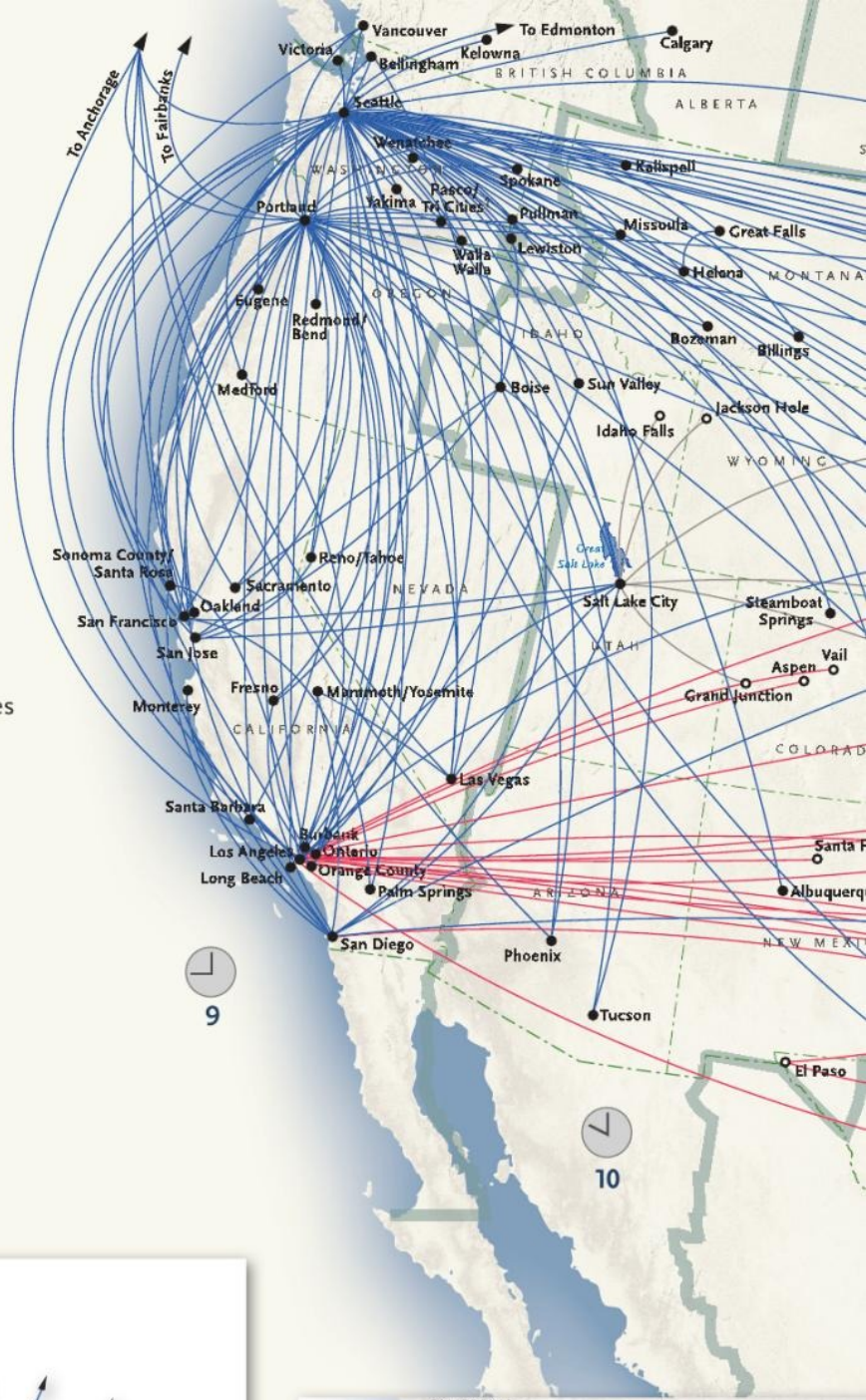
LEGEND

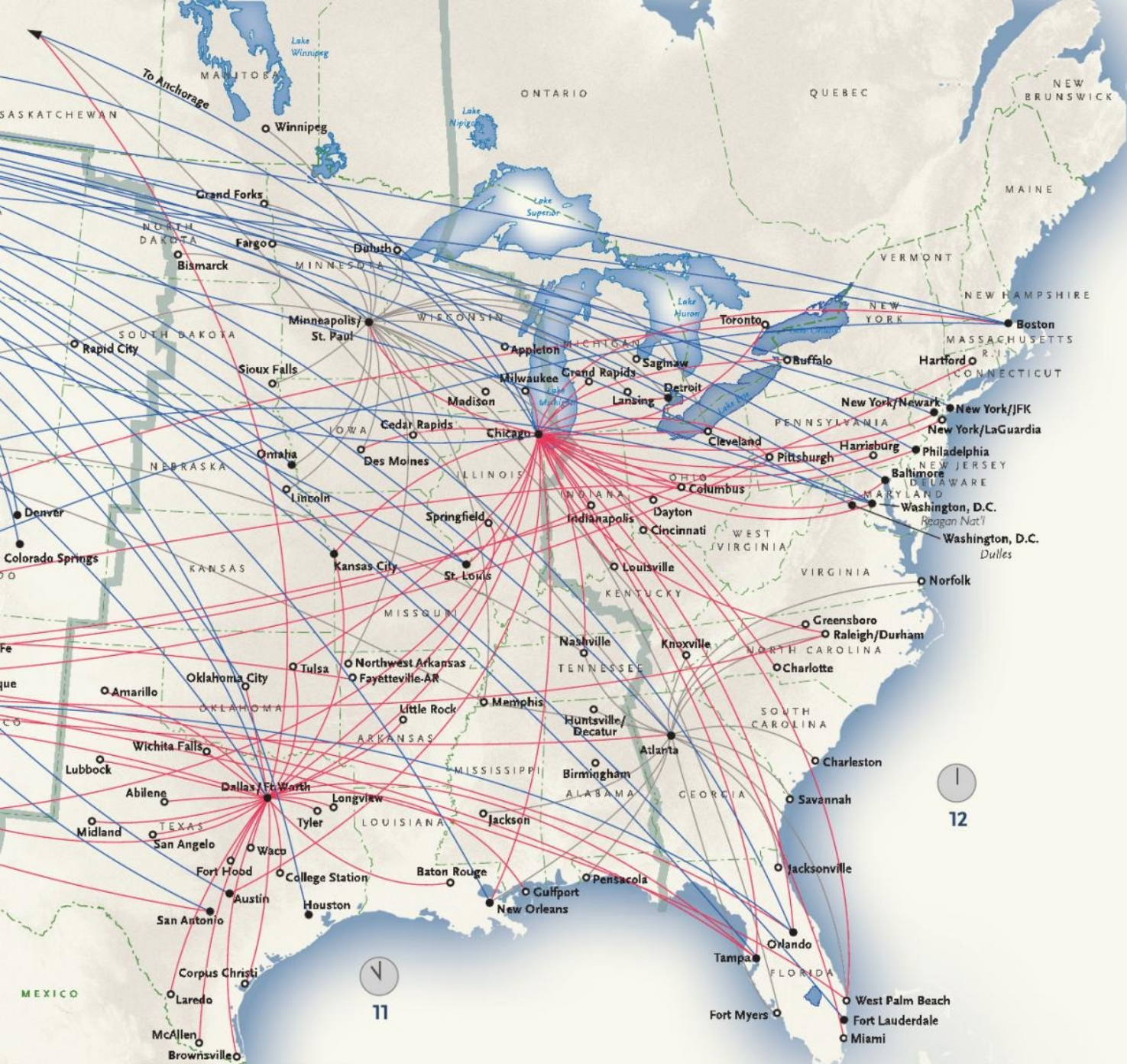
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Denver	1024
Fort Lauderdale	2697
Honolulu	2677
Los Angeles (LAX)	954
New York City/Newark	2401
Orlando	2553
Phoenix	1106
San Francisco	678
Washington, D.C.	2306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

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Seattle–Milwaukee	July 1, 2015
Seattle–Oklahoma City	July 1, 2015
Seattle–New York/JFK	Sept. 16, 2015

ALASKA



ALASKA MILEAGE

Between	Mileage
Anchorage &	
Cordova	160
Kodiak	252
Fairbanks	261
King Salmon	289
Dillingham	329
Bethel	399
Nome	539
Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

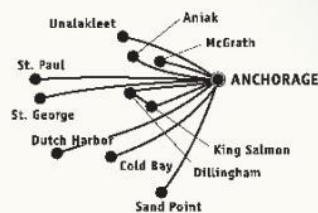
Between	Mileage
Fairbanks &	
Barrow	503
Seattle	1533
Chicago	2785
Between	Mileage
Juneau &	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
Between	Mileage
Ketchikan &	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

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- Información sobre formularios aduaneros e inmigratorios en la página A11

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Alaska maintains a fleet of more than 125 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, with sculpted overhead bins and mood lighting designed to provide a more spacious cabin experience.



B737-900/900ER



B737-800



B737-400F



B737-400C



B737-400



B737-700



Bombardier Q400
Operated by Horizon Air



Bombardier CRJ-700
Operated by SkyWest Airlines

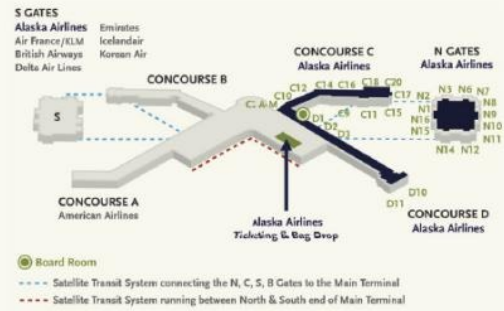
HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

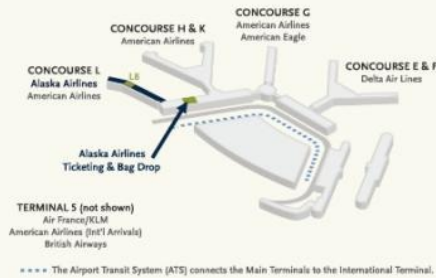
Anchorage International Airport (ANC)



Seattle/Tacoma International Airport (SEA)



Chicago O'Hare International Airport (ORD)



Portland International Airport (PDX)



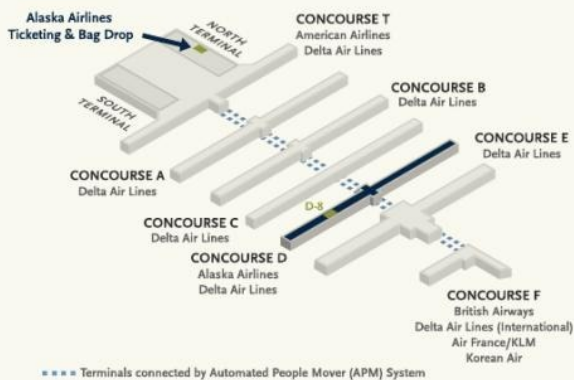
Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



Atlanta International Airport (ATL)



San Diego International Airport (SAN)



CUSTOMS AND IMMIGRATION

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

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

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6—If not using a passport, leave these lines blank
- Line 9—Enter "AS" for Alaska Airlines
- Sign at the "X"

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco
- Línea 9—Use "AS" para Alaska Airlines
- Firme en la "X"



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

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

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros.

Datos de ayuda

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



FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

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

Datos de ayuda

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



MEXICO STATE CODES

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

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

A GUIDE FOR AIR TRAVELERS

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

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

IMPORTANT PHONE NUMBERS

CUSTOMER CARE:

800.654.5669
(Mileage Plan, Web Support, Customer Relations)

Toll-Free Reservations Within the U.S. and Canada:

800.ALASKAAIR
(800.252.7522)

(TTY 800.682.2221)

En Español:
800.858.5525

From Mexico:
001.800.252.7522

Alaska Airlines Vacations:
800.468.2248

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

Allowed on the Ground and in the Air



- › Laptops (must be stowed for taxi/takeoff/landing)
- › Tablets/smartphones (Airplane Mode after door closure)
- › Wireless mouse/keyboard
- › e-readers
- › Media/CD/DVD players
- › Noise-canceling headphones
- › Cellphones (prior to door closure only)

Not Allowed During Flight



- › Voice calls of any kind, including VoIP
- › Devices with cell service enabled
- › AM/FM radios or TVs
- › Personal air purifiers
- › Remote-control toys
- › Electronic cigarettes

"Taste is the gateway to saving biodiversity."
—Simran Sethi

Continued from page 63 when these choices are in opposition. Most consumers see a certification like Fair Trade and think it's a signal of quality and equity, but, in reality, there's no understanding of what those labels mean for consumers, farmers or the environment."

The key to saving biodiversity, Sethi says, is transforming people's experiences with food, and deepening the relationships with "our most intimate commodity."

By sharing stories about the people behind our food, and helping consumers to understand food as a part of culture and to associate certain tastes with certain places, Sethi hopes to make everyone more conscious of what they are eating and drinking, and the impacts those acts have on the world. "Taste is the gateway to saving biodiversity," she says.

For Sethi, that means meeting people where they are and giving them ways to experience and celebrate good food, not lecturing people about their food choices. "There are people in the food movement who approach these issues in condescending ways and have made people feel kind of ashamed for how they eat," she says. "They have made *me* feel bad."

Instead of asking people to entirely change their diets, Sethi recommends that people start with small shifts such as switching to sustainably raised meats and trying small-batch, local options of foods when possible. "I want to be part of a conversation that makes people feel good, that helps people remember that even small choices they make can be transformative," she says.

Visit Simran Sethi's website at simransethi.com. ▲

Amy Westervelt writes from Northern California about green technology and business.



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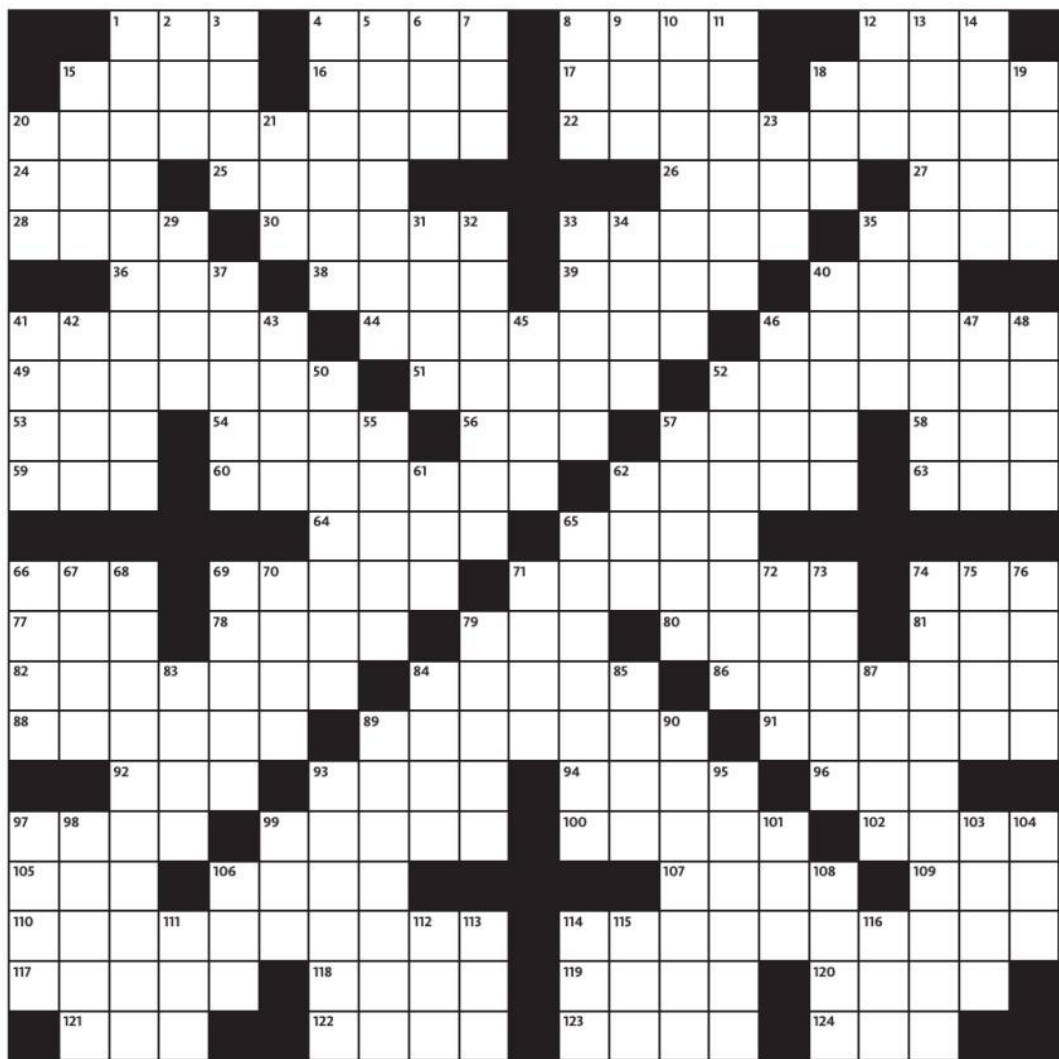
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ACROSS

- 1 Follower of Delta or Sigma
 4 Trade
 8 Biblical prophet
 12 Rate per hund.
 15 Toledo's state
 16 Summon
 17 Survive
 18 Mirthful sounds
 20 Breakfast goodies
 22 Starchy potful
 24 Foamy brew
 25 ____ *We Got Fun*
 26 Civil disorder
 27 Cost-report letters
 28 Greek peak
 30 Lowly ones
 33 Thorny
 35 Donne or Dryden
 36 Type measures
 38 Crack
 39 Varnish ingredients
 40 Wire measure
 41 Enumerate
 44 Dark-green green
 46 Soap base
 49 Marine mollusk
 51 Drudge
 52 Fragile
 53 ____ choy (plant)
 54 Turnpike
 56 Units of wt.
 57 Hideout
 58 Corn spike
 59 Compass pt.
 60 Manors
 62 Mountain group
 63 Saratoga Springs, e.g.
 64 Zealous
 65 Indian music
 66 Computer-key label
 69 Ship room
 71 University board
 74 Crony
 77 Senator Symington
 78 Causes trouble to
 79 Shoot the breeze
 80 Track
 81 ____-Wan Kenobi
 82 Sigh
 84 Beans
 86 Shadowboxed
 88 Total
 89 Crab's cousin
 91 Prize
 92 GI's address
 93 Hand over
 94 Flightless birds
 96 Curved shape
 97 Nimble
 99 Cloys
 100 Descends gradually
 102 Kett of the comics
 105 Crumple
 106 Slant
 107 Seine feeder
 109 Greek goddess



- 110 Fruit dish
 114 Brunch fare
 117 Water nymph
 118 Froster
 119 Take offense
 120 Scoundrel
 121 United
 122 Oracle
 123 *Driving ____ Daisy*
 124 Units made up of ft.

DOWN

- 1 Dairy dessert
 2 Hasten
 3 Tad
 4 Quick breads
 5 TV's mountain family
 6 ____ *That Jazz*
 7 Park and Peyton: abbr.
 8 French peak
 9 Chinese leader
 10 Two-toed bird
 11 Discolorations
 12 Ballet step

- 13 Valentine's gift
 14 Brownish gray
 15 Hoot and night
 18 Spicy
 19 Sputter
 20 ____ Paulo, Brazil
 21 Slit
 23 Disney's ____ *Story*
 29 Indigo
 31 Fuzzy surfaces
 32 Divulged
 33 Serbs, e.g.
 34 Gait
 35 Actor Brad ____
 37 Supply
 40 Watered silk
 41 Broccoli ____
 42 Black
 43 Son of Seth
 45 Snares
 46 Goody-goody
 47 Wallop
 48 Juno's counterpart
 50 Fit for intake

- 52 Loony
 55 Bette or Sammy
 57 Aged beer
 61 ____ can
 62 Trashy newspaper
 65 Monies back
 66 Existence: Lat.
 67 Confound
 68 Creamy delight
 69 City on the Nile
 70 Yorkshire river
 71 Butts
 72 Pointers
 73 List of candidates
 74 Meat cuts
 75 ____ in your bonnet
 76 Tops
 79 Jeers
 83 Shrill
 84 Comstock, for one
 85 Half: pref.
 87 Level, in London
 89 Salad base
 90 Tiebreakers

- 93 Channel port
 95 Small boats
 97 Former ugly duckling
 98 Fruit-bearing tree
 99 Brother's sib
 101 Compass pt.
 103 Dealer's gratuity
 104 Enzyme suffix
 106 Mr. Koppel
 108 Unearthly
 111 Youth
 112 So-so grade
 113 Bungle the job
 114 Board VIP
 115 French yes
 116 Contemptible man

SOLUTION ON PAGE 136.

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Colorful tulip blossoms stripe the rich farmland of the Skagit Valley, about an hour north of Seattle, each spring. The Skagit Valley Tulip Festival runs throughout the month of April.

Photo by Dan DeLong

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A black and white photograph of a middle-aged man with short hair, wearing a dark suit jacket over a light-colored button-down shirt and dark trousers. He is leaning against a large, textured stone wall, looking upwards and to the left with a contemplative expression. The lighting creates strong shadows on the wall.

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