

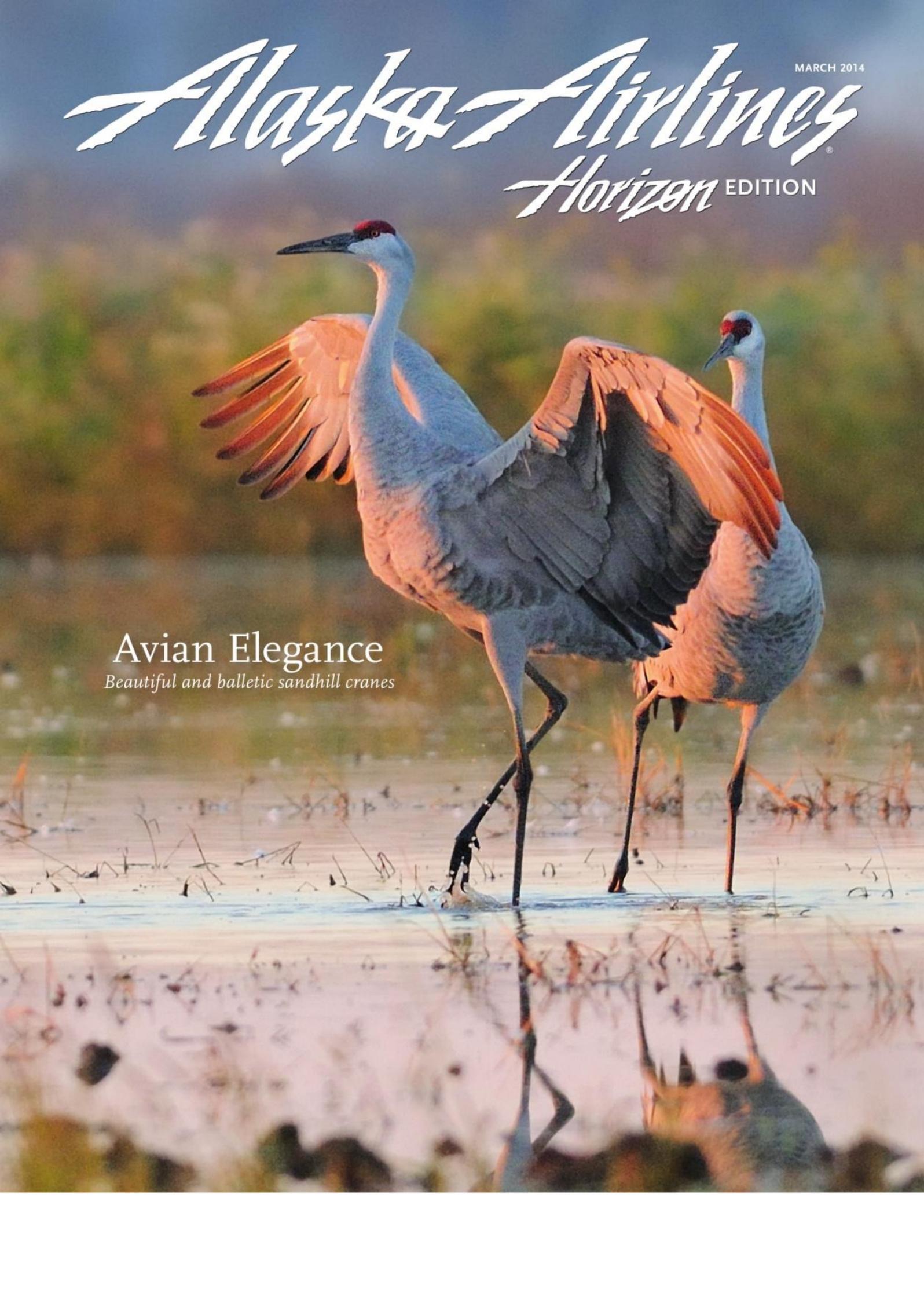
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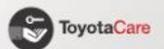
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Cover: A male sandhill crane stretches his wings shortly after dawn as he and his mate begin their day with a dance. Photo by Lon Yarbrough / NaturalMedia.us.

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Brad Tilden
Chief Executive Officer

Why Not Us?

I believe there's nothing more important than educating and inspiring our youth, and it's been my privilege to serve on a couple of college boards. That's why I found so compelling CEO Brad Tilden's report on Super Bowl star Russell Wilson's efforts to help children pursue their dreams. Go Hawks! Go Wilson!

—Glenn Johnson, Horizon Air President and Alaska Air Group EVP

It is our honor this month to shine a spotlight on Russell Wilson, Super Bowl star and Alaska's new chief football officer. For those of us who have been Seahawks fans for a while, all we can say is, "What an incredible ride!" Russell just turned 25 and has been with the Hawks for only two years, but this guy is the real deal. And he's making believers out of a city that hasn't seen a professional team crowned king since the Storm became WNBA champions in 2004 and 2010, and the Sonics won the NBA championship in 1979. So, if you're not a Seahawks fan, I hope you'll indulge the rest of us as we go a little nuts. I've lived in Seattle and the Northwest for 41 years, and I can definitively say I've never seen our region come together the way it has to support this team and its leader.

This is the Northwest, where we are actually very nice, but also known to "keep to ourselves" at first with folks we don't know. Leading up to the Super Bowl, the typical greeting when I passed strangers on the street was, "Go Hawks!" Amazing.

What about Russell Wilson, the team's leader? The first thing we have to say is that he absolutely performs on the field. During the regular season, he threw 26 touchdowns, with only 9 interceptions, and amassed a quarterback rating of 101.2. He ran for more yards in the regular season than any other quarterback to ever play in the Super Bowl. What I like most about Russell Wilson is the way he adjusts his play to help his team win. It's not about him; it's about winning the game.

And while Russell is a terrific athlete on the field, he's also a

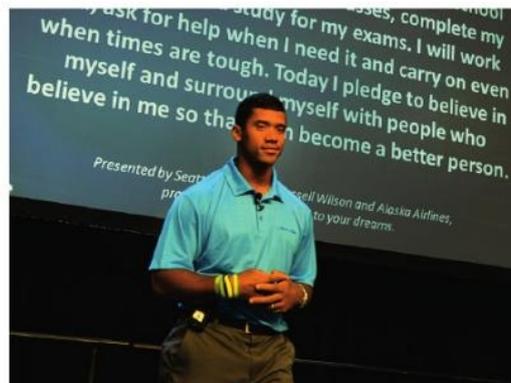
role model off the field. He is wise, disciplined, compassionate and fundamentally a good human being. He gives of himself to Seattle Children's Hospital, to kids in his football camps and to soldiers at our local bases.

At Alaska, we got to know Russell when he led a workshop in our Seattle hangar last summer for more than 600 students from urban high schools and educational programs who accepted the challenge to stay in school, work hard, graduate and pursue their dreams. Russell was relaxed and enjoyed himself with some of our own—including a pilot, flight attendants, an avionics mechanic, a chief dispatcher (who started out loading bags), our director of supply chain and one of our vice presidents, all of whom overcame hurdles to excel in their careers.

Russell had a message for the kids. He told them adversity is opportunity. It is what's going to make them stronger. He told them there is nothing more important than surrounding themselves with the right people. He encouraged them to do the basics, like eat well and prepare themselves for school. He told them he sat in the front of the class at school and that he still does so today as he reviews game films. He told the kids about the challenge his father gave him: "Why not you?" He wrapped this up

by asking them to pledge to work hard, go to class and graduate from high school.

So, we're pretty proud of our "CFO"—Russell Wilson. Russell's inspiring words to his teammates—"Why not us?"—are something we think about here at Alaska as we work hard to be the best airline we can possibly be for our customers. We very much appreciate your loyalty, and I hope we can continue to earn it. Thank you for flying with us today.



Russell Wilson visited Alaska Airlines' maintenance hangar in Seattle in July 2013 to inspire 600 students to graduate from high school and follow their dreams.

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MAMMOTH LAKES, CA

Country-music festival

The award-winning band Whitey Morgan and the 78's will be among the alternative-country groups performing March 28–29 during the Outlaw Snowdown Music Festival at Mammoth Mountain Ski Area.

Headliners will also include The Freightshakers, a group devoted to traditional honky-tonk and rock 'n' roll; Leroy Virgil, a skilled songwriter heralded for his country-rock showmanship; critically acclaimed 23-year-old Lydia Loveless, who fuses country music and punk rock; and Merle Jagger, a trio performing an innovative mix of "amped-up bluegrass, classic country and rock flirting with jam band experimental."

The festival will also include, as weather allows, the Snowdown Throwdown, a rodeo-inspired snowboard jam session near Mammoth Mountain's Main Lodge.



The snowboarding session is open to minors; the music part of the festival is open to those ages 21 and older. Packages for festival tickets, ski-lift tickets and lodgings are available.

Mammoth Mountain also offers winter activities such as tubing, cross-country skiing and snowcat tours.

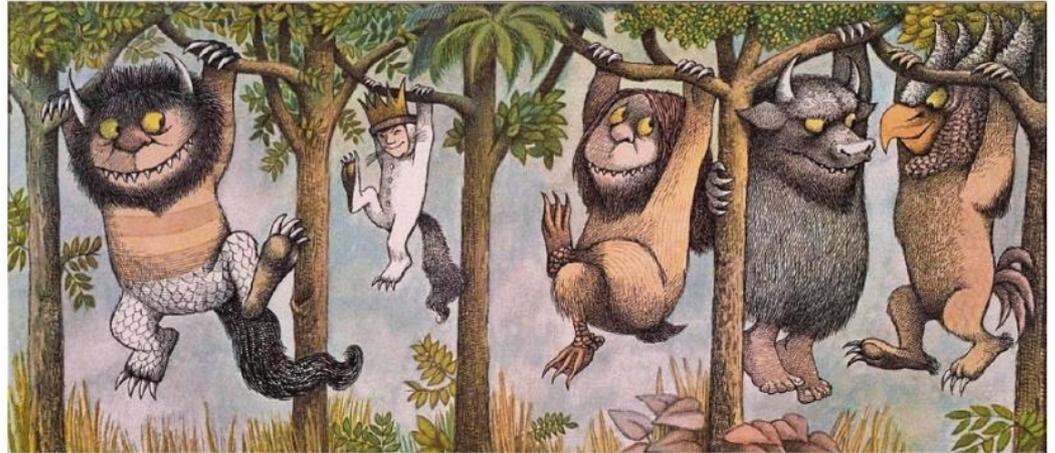
Contact: 949-690-3457; outlawsnowdown.com.

—Heidi Dong

RENO, NV

Exhibit honors Maurice Sendak

A variety of works are included in a tribute to the famous author/illustrator



Maurice Sendak's colorful original paintings of the "wild things" are on view in the exhibit "Maurice Sendak: 50 Years, 50 Works" at the Nevada Museum of Art in Reno, March 1–April 27. The exhibit celebrates the 50th anniversary of Sendak's renowned children's book *Where the Wild Things Are*, which was published by Harper & Row in November 1963, and won the 1964 Caldecott Medal for the most distinguished children's book of 1963.

The touring exhibition, a memorial tribute to Sendak (1928–2012), includes preliminary sketches, original water color studies and lithographs for *Where the Wild Things Are*, as well as for the books *The Sign on Rosie's Door* and *In the Night Kitchen*.

The exhibit also includes artwork such as 10 "Macbeth panels," which Sendak drew in the 10th grade to illustrate a school report on Macbeth, and concept drawings by Los Angeles artist Constantine Sekeris for the 2009 movie *Where the Wild Things Are*, which was inspired by the book.

Sendak drew on his own childhood experiences and feelings to tell the story of a little boy named Max whose mother sends him to bed without supper for being wild in the house. Max's imagination takes him on a journey to a place where the wild things are. While there, he is made king of all the wild things, but in spite of his new power, he feels lonely. He decides to return home, where he finds that his mother has left a hot supper waiting in his room, after all.

Wall displays in the "50 Years, 50 Works" exhibit provide biographical information and

historical context for Sendak's books, which were acclaimed for being among the first children's books to depart from traditional idealistic portrayals of family. The many children who enjoyed Sendak's approach included a little boy named Jim who wrote Sendak a thank you letter. When Sendak replied and included an illustration, Jim liked the drawing so much, he ate it, according to a note from his mom back to Sendak. The artist felt that having his work literally internalized, versus sold for profit, was one of the highest compliments he could receive.

Sendak began his career illustrating the works of other writers; however, by 1956 he was writing as well as illustrating his own texts. Although he was most famous for his career as a children's books author and illustrator, his diverse legacy encompasses various art forms, including writing *Really Rosie*, a musical; designing costumes and sets for various operas and ballets; and writing and designing animated sequences for *Sesame Street*.

The engaging family-friendly exhibit, organized by Opar Inc. and AFA, New York, includes a kid-size sailboat like the one from Max's journey in *Where the Wild Things Are*, artwork hung at a child's eye level and a storytelling area. The museum is pairing the exhibit with activities such as the Preschool Play and Kids' Corner (Sundays, March 16–30), which will include *Where the Wild Things Are*-themed art projects; Wild Things (March 21), a teen art night with local bands, printing workshops and an interactive photo booth; and a Pajama Party film screening of *Where the Wild Things Are* (April 18).

Contact: 775-329-3333; nevadaart.org.

—Madison Cavell

I THOUGHT I WAS ON TOP OF THE WORLD

By Pat O'Day

My career had been spent in radio and rock and roll. I ran the No. 1 radio station in Seattle and on the air when I also started the world's largest rock-and-roll concert company. On this day I was broadcasting my show from the top of Seattle's new skyscraper, the Columbia Tower. I mean, what could be wrong? Well, several things.

I'd been drinking to excess for years. Being on the road with our rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. "Are you kidding?" I thought. I'm no weak, simpering alcoholic or addict. I just like to drink.

The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine." I said, "Ten days, these guys will get off my back and I can drink again, socially of course."

Ten days later I walked out of Schick Shadel Hospital to never, ever, have another drink or any bad substance. My habit, the urges, the desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. **So, may I tell you the rest of the story?**

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



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

He joined with Doctors Lemere and Voeghtlin in search of a solution. It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase overpowering urges of dependency. Those latent cravings simply become overwhelming. So they concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious." **And they did!** Their stunning achievement created a medical treatment that is proven to be very successful. **Logically, you're asking, "What is it they do?"** The answer is two powerful but painless medical innovations were combined to erase patients' habits.

First, they developed a powerful "Counter Conditioning" method that brings the patient to hate the sight, smell, taste and thoughts of using the addictive substance, be it alcohol or drugs. Further medication isn't required to maintain this protective shield.

Second, the doctors introduced medically administered deep sleep therapy. The cleansing of the patient's low self-esteem, guilt, regrets and other emotional burdens are critical to long-term mental health.

Understand that Schick Shadel's approach contends these habits are not the fault of the patient. We live in a world of intoxicants and many people are genetically unprotected from their addictive impact. Such vulnerability is passed from parents to kids, generation to generation.

Following these two treatments, patients can leave the hospital after just 10 days, free from cravings, guilt and destructive habits. The original wonderful individual returns. This success is enjoyed by many thousands of former patients including myself. It's now been 27 sober, happy, healthy years for me. It took no willpower; they simply erased my addictions.

So may I say to you, "Your life on this earth is so very short. You needn't let intoxicants control or wreck it, when eliminating the problem is so quick and easy at world-famous Schick Shadel Hospital."

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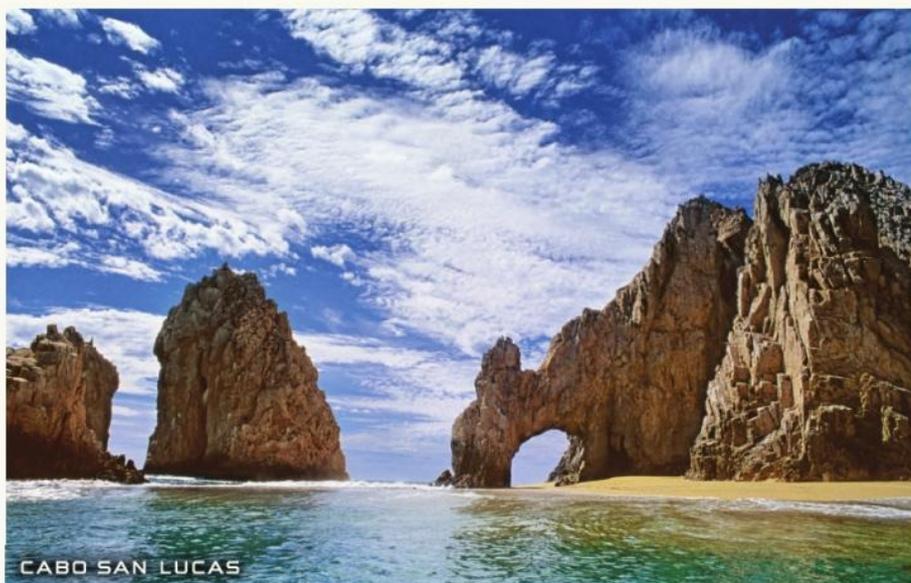
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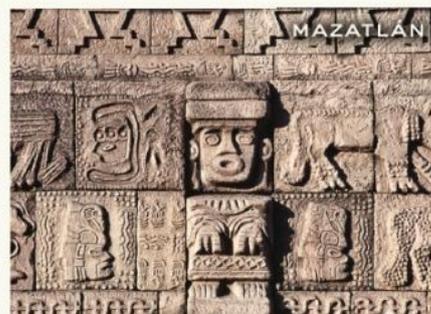
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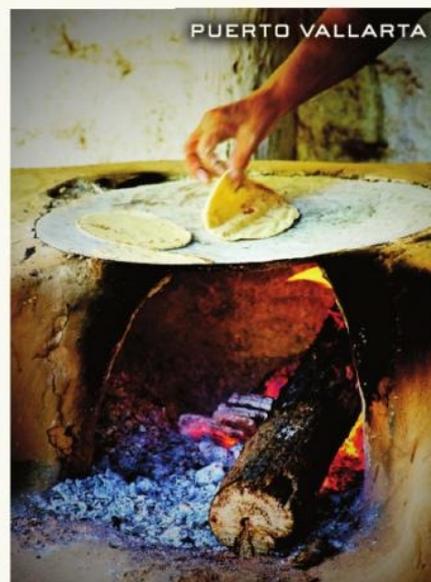
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Lego bricks landmarks

A 4-foot-tall model of the Space Needle, made with 6,800 Lego bricks, is among the 10 Lego sculptures of landmark buildings on display in “Block by Block: Inventing Amazing Architecture,” now on view at the EMP Museum at Seattle Center.

Tacoma, Washington, resident Dan Parker, owner of City Blocks—Tacoma’s Brick Art Center, created the structures, which range from the Burj Khalifa in Dubai to Taipei 101 in Taiwan, to 30 St Mary Axe (aka The Gherkin) in London. On display through April 20, “Block by Block” also includes a play area where visitors can create their own architectural wonders to be added to a “Mini-Megalopolis” community display.

Dedicated to “the ideas and risk-taking that fuel contemporary pop culture,” EMP is also showing exhibits such as “Fantasy: Worlds of Myth and Magic,” “Icons of Science



Fiction” and “Hear My Train a Comin’: Hendrix Hits London.”

Contact: 206-770-2700; empmuseum.org.

—Michele Andrus Dill

PORTLAND, OR

Contemporary Native art

The right half of a photo of Carrie Fisher as *Star Wars*’ Princess Leia and the left half of an Edward Curtis photo of a Native American woman create a single intriguing image in Tlingit/Aleut artist Nicholas Galanin’s 2012 piece *Things Are Looking Native, Native’s Looking Whiter*. By joining the two photos, Galanin seeks to convey the influence Native American culture has had on popular media, says Julie Decker, curator of the traveling exhibit “This Is Not A Silent Movie: Four Contemporary Alaska Native Artists,” which is on view through April 19 at the Museum of Contemporary Craft in Portland, Oregon.

Decker is director of the Anchorage Museum, which collaborated with Los Angeles’ Craft & Folk Art Museum to organize the exhibit. Showcasing pieces that combine traditional Native American artwork, imagery and materials with modern materials and media, the exhibit also features art by Iñupiaq/Athabaskan Sonya Kelliher-Combs,



Tlingit/N’ishga Da-ka-xeen Mehner and Yupik/Iñupiaq Susie Silook. It is an exploration of the connections between the artists’ Native heritage and the modern world, says Decker. She adds that the title “This Is Not A Silent Movie” comes from a quote by famous Native American writer/filmmaker Sherman Alexie, who speaks about the importance of Native voices in moving away from narrow and stereotypical views of Native people—views that Native people had very little influence in shaping.

Galanin blends digital photos and videos with images from the past; Kelliher-Combs creates portraits that combine plastics with materials such as scraps of fur and clothing. Mehner’s pieces feature items such as drums or knives overlaid with digitally projected words or images. Silook creates carved-bone statues of women, showcasing a craft that traditionally was exclusive to the male artists of her culture. Contact: 503-223-2654; museumofcontemporarycraft.org. —Joshua Stollenmaier

AROUND THE ROUTE SYSTEM

news¬es

- “Bob Kolbrenner: In Real Time, Celebrating Fifty Years in Photography” is on exhibit through April 28 at the Monterey Museum of Art in California (montereyart.org).
- Notable wood sculptures by Northwest artist Dan Webb are on view in “Fragile Fortress: The Art of Dan Webb,” March 7-June 15 at the Bellevue Arts Museum, east of Seattle (bellevuearts.org).
- Seattle cellist David Requiro and Manhattan pianist Solon Gordon will perform March 13 as part of this season’s Sun Valley Artist Series concerts (svartistseries.org).
- Talks by speakers such as Gates Foundation co-chairs



Bill and Melinda Gates will be presented at the 30th-anniversary TED—Technology, Entertainment, Design—conference, March 17-21 in Vancouver, BC. The conference can also be streamed live for a fee, and many talks will be available online at no charge after the conference (conferences.ted.com/TED2014).

- The Western Heritage Art Show, featuring works by more than 60 artists, will be March 19-23 in Great Falls, MT (westernheritageartshow.com).
- *The Giver*, based on the Newbery Medal-winning book, will be staged April 26-May 18 by Oregon Children’s Theatre in Portland (octc.org).

Views and Variety

Scenic San Diego offers exceptional activities

by Barbara Beckley





The scene is amazing. As I stand atop a 422-foot cliff and look out over the vast San Diego Bay, it seems like I'm viewing a three-dimensional map. I'm visiting the Cabrillo National Monument's Old Point Loma Lighthouse at the tip of the Point Loma peninsula, and this spot provides a sweeping view spotlighting many notable San Diego attractions.



Left: Beachgoers enjoy sand and waves at Hotel del Coronado on Coronado Island.
Above: The Old Point Loma Lighthouse is a landmark at Cabrillo National Monument.

To the north, I see hundreds of boats docked at Shelter and Harbor islands, which are launching points for activities such as sailing, deep-sea fishing and whale-watching. I can even see all the way past the northern end of the Point Loma peninsula to the coastal cliffs near Mission Bay, which is home to SeaWorld, less than 10 miles from Point Loma.

Between the Point Loma peninsula and downtown San Diego lies Coronado Island and its tidy neighborhoods dotted with cafes, art galleries, elegant gardens and vintage mansions. The iconic Hotel del Coronado is visible on a sugarlike beach that is part of San Diego's 70 miles of inviting shoreline. At the north end of Coronado Island, the Naval Air Station North Island is a reminder that the city is a homeport for the U.S. Pacific Fleet.

To the east across San Diego Bay, chic new condos define Little Italy, one of the downtown area's oldest and most vibrant neighborhoods. Slightly south of

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Above: The vibrant Little Italy neighborhood.

Top right: Impressive Casa del Prado at Balboa Park.

Center right: The San Diego Botanical Building and Lily Pond at Balboa Park.

Below right: One of the many inviting beaches in La Jolla.

Little Italy, hotels, condos and office buildings mark the Embarcadero neighborhood, whose waterfront includes the floating Maritime Museum of San Diego (and its star attraction, the 1863 *Star of India*, which sailed 21 times around the world), as well as the USS Midway Museum, celebrating its 10th anniversary of providing tours of the 1945 aircraft carrier. The Embarcadero neighborhood also includes lively Seaport Village, which offers 14 acres of waterfront shopping, dining and entertainment.

In the hills behind downtown San Diego, I make out the foliage of Balboa Park, home to the San Diego Zoo, while even farther east rise the Cuyamaca Mountains, where hiking trails wind through Cuyamaca Rancho State Park.

To the distant south, I can see buildings in Tijuana, Mexico, one of San Diego's sister cities.

The San Diego area is known for its year-round sunshine and outstanding beaches, from sandy to rocky, providing opportunities for everything from swimming to tide pool exploration. Visitors also enjoy recreation such as surfing, boating, kayaking, fishing, snorkeling, scuba diving, jet pack rides, horseback riding, golfing (the 90-plus courses include top layouts such as Torrey Pines, Aviara and Barona Creek), hiking, bicycling, performing and visual arts, wineries, breweries, and San Diego Chargers and San Diego Padres games; also, San Diego State University hopes to advance in this year's NCAA men's basketball tournament. For more San Diego information: sandiego.org.

After enjoying the view, I enter the Old Point Loma Lighthouse—and the 19th century. The Victorian furnishings recall the years—1855 to 1891—when a kerosene-lit beacon guided ships into the harbor. This lighthouse was decommissioned in 1891 because fog often obscured the light, and that same year, a new, still-operating lighthouse was built in a different location.

The Cabrillo National Monument was named

Additional Attractions



Recreational and Cultural Jewel

The 1,200-acre Balboa Park—the largest urban cultural park in North America—is home not only to the San Diego Zoo, but also to 15 major museums, and numerous gardens, restaurants and performing-arts venues. The first residents of the San Diego Zoo were abandoned exotic animals from the 1915 Panama-California Exhibition.



Unique Communities

Bordered by the Pacific Ocean to the west, the Anza-Borrego Desert and Laguna Mountains to the east, and Mexico to the south, the diverse communities of the San Diego region are spread out over 4,200 square miles. Options for exploration include beach, mountain and desert communities; the urban Gaslamp Quarter; the charming island town of Coronado; and the picturesque village of La Jolla (home to the Birch Aquarium at Scripps).





Flower Fields

At The Flower Fields of Carlsbad, about 35 miles north of downtown San Diego, vibrant giant ranunculus flowers transform more than 50 acres of hills into ribbons of brilliant color, as shown above. From March to May, guests can stroll past oceans of flowers and through beautiful gardens, including a fragrant sweet pea maze, and a spectacular display of red, white and blue flowers planted in the shape of a giant American flag. While you're in Carlsbad, you might also want to visit the Legoland California Resort and Carlsbad Premium Outlets.

—Source: San Diego Tourism Authority

for explorer Juan Rodriguez Cabrillo, who in 1542 led the first European expedition to what is now the U.S. West Coast, according to the National Park Service. Historians believe he anchored his flagship on the eastern shore of Point Loma. A limestone statue honors the landing. Cabrillo National Monument also offers ranger-guided and self-guided walks, including a hike down to an area near tide pools.

Waterfront Neighborhood

From Point Loma, it's just a 15-minute drive to the Embarcadero, where I start my explorations with a tour of the USS Midway Museum. The ship, which saw active service from 1945 to 1992, has been in San Diego since 2004. I'm especially intrigued by the vessel because my uncle was a World War II Navy pilot who flew missions from an aircraft carrier.

I visit the bridge, explore the pilots' ready room, note visitors eagerly awaiting their turns at the two flight simulators, and wander the deck, where 29 restored aircraft are displayed. "That's the type of plane my uncle flew!" I exclaim when I see the Avenger. One of the docents—most are retired Navy personnel—volunteers to take

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My goal is to age in a healthy and graceful manner. All was going well. I had even started training for my first half marathon. Then, out of the blue, I was diagnosed with Undifferentiated Spondyloarthritis (USPA), a chronic, inflammatory disease. Medication combined with the lack of regular exercise caused me to lose muscle mass. My body, once ready to take on a half marathon, became soft and flabby. I practically had to learn how to walk all over again. I had wanted to sign up at the Anti-Aging Center ever since I'd heard about it. This seemed like the perfect time.

I thought the program would balance out my hormones and help me look a bit better from the neck up. I was delighted to discover that it was actually a full body makeover which started with my hormones and moved into every part of my life.

At first, I was concerned that my hormones might swing wildly like they did before I went vegetarian, but they didn't because of the expert care I received. Dr. Upton is the kindest and most patient doctor I've ever had the privilege of working with. He listened to my concerns and started me off slowly with the various treatments.

When the results of my second DEXA scan showed an increase in lean muscle mass, as well as an increase in body fat, I was

disheartened. However, Dr. Upton had the answer. He continued to work on increasing my testosterone to normal levels as I also began strength training.

My next DEXA scan revealed I was on the right track. I finally began to see the results I was looking for, gaining over five pounds of muscle and losing over two pounds of fat.

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my picture in front of the GM TBM single-engine aircraft. "Mission accomplished," I tell him with a grateful smile as he hands back my camera.

Next I take a five-minute stroll south under leafy trees to Seaport Village. The sea breeze feels cool and refreshing. Red-tile roofs, arched porticos and gardens give an Old World feel to the harborfront cluster of approximately 50 shops and restaurants. A carousel carved in 1895 is popular with kids. A free year-round Sunday Concert Series means bands often add a festive note, while street performers show off their skills during the Spring Busker Festival, which will take place March 29–30 this year.

I pop into Safari Animal Collection, a Seaport Village staple for 35 years. It has animal everything, from stationery to ceramic accessories. I also check out chimes, bells, gongs, fountains and birdhouses at Wind Song, then peruse surf and sportswear shops. Finally, I buy a cherry-cream cheese treat at Frosted Robin Cupcakes to enjoy while I relax on a boardwalk bench.

The cupcake is a sweet prelude to an early dinner with local friends at Seasons 52, an upscale grill in the newly designated Headquarters at Seaport District retail destination, which opened in November a block from Seaport Village. Repurposed from the historic former San Diego Police Department headquarters, which was built in 1939 in the Spanish Mediterranean style, with red-tile roofs and picturesque arches, the 100,000-square-foot retail complex adds to the harbor scene.

Seasons 52 has attracted many locals, mostly in business attire on this Friday evening, to enjoy the food and the ambiance. At the piano, a singer is crooning Sinatra songs. I order the happy hour special: a three-wine tasting flight from which I get to select a full glass of my choice, and a huge flatbread draped with cheeses,

onions and blackened steak. It's all delicious, and my friends and I agree to return another night to try main-menu entrees such as cedar plank-roasted salmon and grilled lamb. We might extend our evening at the nearby Gaslamp Quarter, an entertainment hub with pubs and night spots as well as trendy restaurants.

A Whale of a Time

Saturday morning finds me dockside on Harbor Island, ready to speed off on a three-hour whale-watching cruise with Adventure R.I.B. Rides. The outfitter offers year-round whale-watching cruises in a fleet of six-passenger Navy SEAL Rigid Inflatable Boats (RIBs). The boats are retired from naval service, but it's exciting just to imagine a Navy SEAL sitting on the same seat where I'm now sitting. The speed of a RIB—up to 50 knots—allows the boat to zip quickly into the open ocean, increasing the chances of spotting the various whale species that inhabit the coastal waters. We're looking for gray whales. "December through April is gray whale season," Clint Bennett, our captain/guide, explains. Blue whales are typically seen spring through fall, he says. Fin whales, humpbacks and minke can often be spotted much of the year.

Rounding Point Loma, we race off into open water. The San Diego skyline is about four miles behind us when we spot them: first one spout, then a second. Two magnificent gray whales are swimming side by side north toward Alaska after their winter sojourn in Mexico. With methodical precision, they gently break the surface to spout, slowly rolling their huge backs out of the water, their tail flukes showing before they go back under. They surface about every five minutes, much to our joy.

We're the required 100 yards away, but we can hear the whales' breath as they spout and get a good sense of their size, which Cap-



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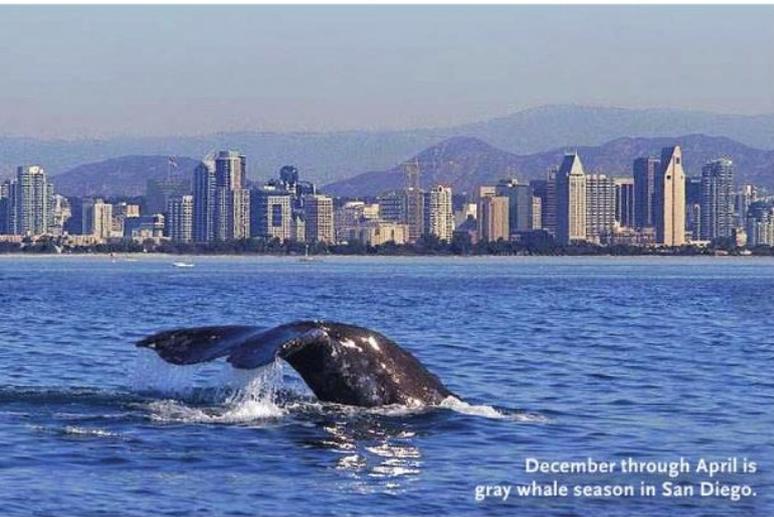
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December through April is gray whale season in San Diego.

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tain Bennett estimates at about 40 feet. The whales are swimming at about 4 knots, and we keep pace until it's time to return to shore. On the way back, we see sea lions lounging on buoys and black-and-white puffins paddling across the water.

Visitors who want to explore under the sea in search of animals such as bat rays and orange garibaldi can take guided snorkeling and scuba diving tours, including dives from La Jolla Cove or La Jolla Shores to enter a 533-acre ecological reserve.

Little Italy Market

After the morning whale-watching excursion, I head to Little Italy, a few miles east of Harbor Island. Each Saturday from 8 A.M. to

2 P.M., the Little Italy Mercato farmers market sets up here, offering six glorious blocks of garden-fresh produce, flowers, hand-crafted items, and artisan foods such as olive oil, cheese, spices and crusty bread.

The year-round market also provides shoppers with beautiful harbor views and a sense of Little Italy's past. From the 1920s to the 1960s, the Embarcadero was home to a huge tuna fleet, manned by Italian fishermen who moved into the neighborhood a few blocks east that became Little Italy. Today, Little Italy is known for its urban style. Trendy condominiums rise between Victorian cottages and 1930s bungalows. Boutiques and cafes line the main thoroughfares.

The scent of fresh-cut flowers fills the air as I arrive at the corner of Date and India streets, and a live trio, with a vocalist, guitarist and bass player, is performing cool jazz. People are sipping cappuccinos at sidewalk cafes. I visit some of the Mercato's 150 stalls, taste-testing heavenly products such as black truffle/garlic/cayenne seed salt and an 18-year-aged balsamic vinegar, made with heirloom Meyer lemon.

For a late lunch, I order a panino, with roasted red peppers, smoked mozzarella, fresh basil and sun-dried-tomato pesto, at Caffe Italia. As I'm finishing my sandwich, melodic church bells toll the hour at Our Lady of the Rosary Church, a 1923 Little Italy landmark, reminding me I have more to explore.

Art Appreciation

An approximately 15-mile drive north takes me to the seaside enclave of La Jolla. The San Diego area has many art venues, but in my opinion the pairing of fine art and dramatic ocean views makes the Museum of Contemporary Art San Diego at La Jolla

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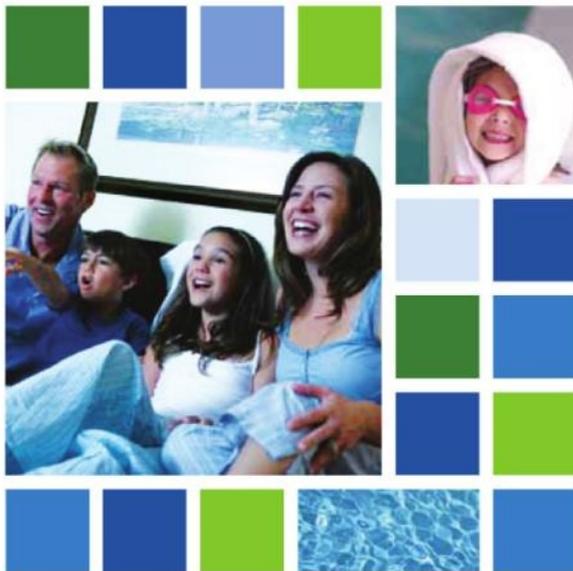
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one of the area's most interesting galleries.

In the permanent-exhibit Edwards Sculpture Garden—a series of grassy terraces overlooking La Jolla's scenic cliffs and the Pacific Ocean—bold unconventional works such as *Big Ganesh*, a fanciful, brightly colored sculpture of the Hindu god Ganesha, make me smile. Other sculptures, such as a journey marker from the egg-shaped, limestone *Three Cairns*, inspire contemplation.

Inside the museum, I'm drawn to the huge windows on three sides of the Kirckman Gallery, which offer a great view of the La Jolla seascape. The exhibit on display in the light-filled gallery features early works by Christo, the Bulgarian-born artist who uses opaque fabrics to cover objects ranging from public bridges to his own smaller works. "XTO+J-C: Christo and Jeanne-Claude Featuring Works from the Bequest of David C. Copley" is running through April 6. Among the 50-plus works are Christo's 1960 *Wrapped Package*, and drawings and collages related to his early wrapped objects, including chairs and road signs.

"Treasures of the Tamayo Museum, Mexico City," May 17 to August 31, will showcase art from one of Mexico's top contemporary art museums, including works by Pablo Picasso and by Mexican artists Rufino Tamayo and Gabriel Orozco.

The Museum of Contemporary Art, which also has a downtown San Diego location, is one of the 90-plus museums in San Diego County (there are about three dozen in the city of San Diego alone), which spotlight everything from anthropology and photography to sports and Native American culture. Some intriguing little-known attractions include the 25th Street Bridge, whose railings are musical pipes; the nation's first legal graffiti art park, Writerz Blok, with more than 10,000 square feet of paintable walls; and the artisan birdhouses of the small, linear Tweet Street Park. The *Find Hidden Art in San Diego* video—<http://vimeo.com/42789927>—produced by the San Diego Tourism Authority, gives an excellent overview. The Tourism Authority also provides extensive information on San Diego's numerous performing-arts offerings.

Main Attractions

For many visitors, no trip to San Diego is complete without exploring the San Diego Zoo and SeaWorld, and I'm devoting my Sunday to these landmark attractions.

At the San Diego Zoo's Conrad Prebys Australian Outback—the zoo's newest

Continued on page 56

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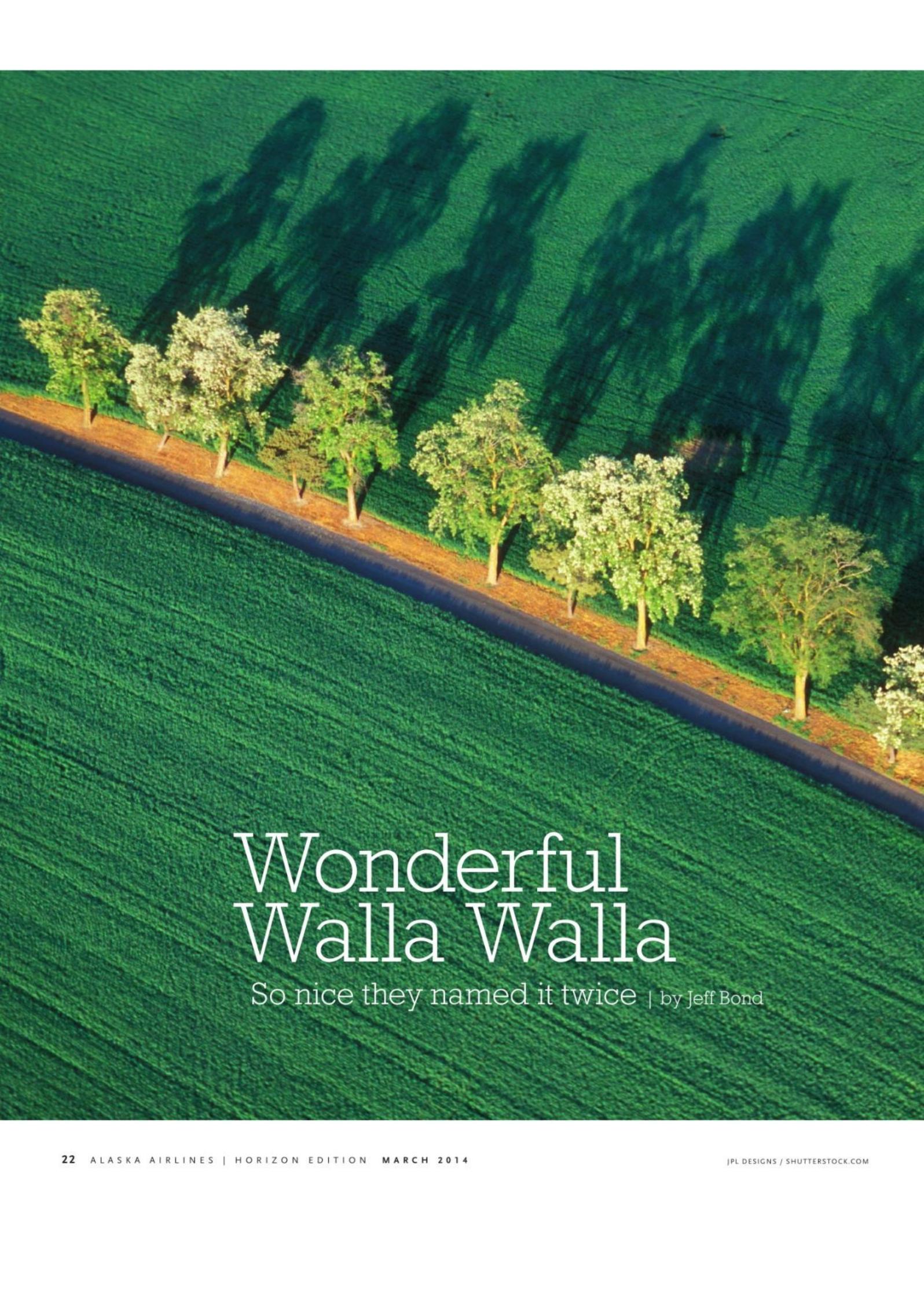
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Wonderful Walla Walla

So nice they named it twice | by Jeff Bond



Green fields of spring wheat glisten in early morning sunshine as I bicycle along Cottonwood Road on the outskirts



of Walla Walla. Fallow fields with unplanted soil look coffee-brown in the dew. A red-tailed hawk soars above, keeping me company for part of my approximately 20-mile ride along country roads that meander through the foothills of the Blue Mountains. ♦ The Cottonwood Loop route, which starts just beyond the southeastern edge of town, is famous for its views. I marvel at the checkerboard

Left: The Walla Walla area is known for its scenic fields, where crops ranging from wheat to asparagus are grown.

Above: With its many excellent bike routes, the Walla Walla region is also becoming an internationally lauded cycling locale.

Right: Walla Walla's charming downtown includes many historical buildings, such as the 1874 Reynolds-Day Building, where Washington's first state-constitution convention took place.





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Above: Walla Walla is a popular golfing destination, boasting highly ranked courses such as the links-style Wine Valley Golf Club. **Below:** Falkenberg's Jewelers owns—and weekly winds—this 1910 clock in front of the Reynolds-Day Building.



of different fields, and when I make a stop to sip from my water bottle at a rural intersection, the mountains—fringed with fir trees and covered with wild grasses—seem almost close enough to touch as they rise before me to the east.

The route's rolling hills are easy to pedal on the 10-speed Giant bike I've rented from downtown Walla Walla's Allegro Cyclery. I cruise by farmhouses and barns. A truck hauling farm equipment passes me, and the driver offers a friendly wave.

The Cottonwood Loop is one of the dozens of cycling routes—for road and mountain biking—in the Walla Walla area, with options for all skill levels, novice to experienced. A detailed Walla Walla Bicycle Map, with elevation information and directions, is available at the town's bike shops and from Tourism Walla Walla.

The Walla Walla Valley is burgeoning as a cycling center, and various races are held here during the spring, summer and fall. Steve Rapp, co-owner of Allegro Cyclery, started one of the largest of the races, the Tour of Walla Walla, in 1997 as a one-day race. Today, the three-day event—April 18–20 this year—involves four different races and attracts more than 500 cyclists from throughout the West, including Alaska, Oregon, California, Colorado and Canada. Another popular event is the Onion Man Triathlon, May 25 this year, in which individuals or teams compete in a 1.5 km swim at Bennington Lake, a 40 km bike ride and a 10 km run.

"The community is very receptive to cyclists," Rapp says. "We have cycling groups who visit from all around because of our great roads, friendly drivers and good weather."

I grew up in Walla Walla, and I always enjoy a getaway that brings me back to the town that famous singer/entertainer Al Jolson (1886–1950) reportedly described as "so nice they named it twice."

Today, the community is known for its wineries—

More Eastern Washington Wine Regions

Washington is the United States' second-largest wine-producing state, with not only the Walla Walla Valley but also numerous other acclaimed wine regions east of the Cascade Range. The below information from the Washington State Wine Commission (washingtonwine.org) and the respective convention and visitors bureaus provides an overview of these regions, which offer activities such as wine touring, golfing, hiking, bicycling, fishing, water recreation, museums, and visual and performing arts.

Tri-Cities

Many of Washington state's oldest and most well-known wineries hail from this area, which appears to have been the cradle of Washington state's robust wine industry. The Tri-Cities offers access to wineries and vineyards in American Viticultural Areas (AVAs) such as Red Mountain, Horse Heaven Hills, Walla Walla Valley, Columbia Gorge, Snipes Mountain, Rattlesnake Hills, Yakima Valley and Wahluke Slope. All but the Columbia Gorge AVA are also part of the larger Columbia Valley AVA.



RICHARD DUVAL

More than 150 wineries are within a 60-mile radius of the Tri-Cities, which has been called the "Heart of Washington Wine Country." Located near the confluence of the Columbia, Snake and Yakima rivers, the region, shown above, is particularly well-known for its golfing (seven courses plus two championship putting courses), along with the 23-mile Sacagawea Heritage Trail. For more information: visittri-cities.com.

Yakima Valley

A third of Washington's wine grapes are grown in this fertile valley. The town of Yakima, near the Yakima River, offers access to the Yakima Valley, Naches Heights, Rattlesnake Hills, Snipes Mountain, Red Mountain and Wahluke Slope AVAs, all of which are also part of the Columbia Valley AVA. Around 100 wineries are located in the Yakima

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Above: The Whitman Mission National Historic Site includes a monument to the Whitman family.

it's listed as one of the world's "10 Best Wine Travel Destinations 2014" by *Wine Enthusiast*—along with its historical sites, charming downtown and outdoor recreation, which ranges from cycling to golfing.

Last year, Fodor's chose Walla Walla as one of the 10 best small towns in America.

Rich History

Named after a local Native American tribe, Walla Walla loosely translates as "the land of many waters," reflecting the valley's numerous rivers and creeks. In 1806, Meriwether Lewis and William Clark stayed with the Walla Walla tribe for a few days on the shores of the Columbia River at a site about 30 miles west of present-day Walla Walla. A

free map of four places near Walla Walla where Lewis and Clark camped is available from Tourism Walla Walla.

In 1836, Marcus and Narcissa Whitman built a mission about seven miles west of what would become Walla Walla. The complex soon developed into a rest stop for travelers on the Oregon Trail. The Whitman Mission is now a National Historic Site, with a museum and self-guided walks to view the marked foundations of mission buildings and enjoy bird-watching. Birds such as flycatchers, vireos and warblers use the historic site as a migratory stop or nesting area. The northern flicker, western screech owl, black-crowned night heron and great blue heron also inhabit the park some or all of the year.

Another notable site is the Fort Walla Walla Museum at Fort Walla Walla Park. The U.S. Army began building a fort at this site, now at the western edge of Walla Walla, in the late 1850s, and the town of Walla Walla—one of Washington's oldest communities—was incorporated in 1862. Thanks in part to an early 1860s gold rush in neighboring

Idaho, Walla Walla County's population swelled to more than 5,000 according to the 1870 census, making it one of the largest counties in Washington Territory.

The Fort Walla Walla Museum displays military, transportation and agricultural artifacts, and the grounds also include a Pioneer Village with 15 original buildings from the area.

Valley, which was the state's first AVA. Popular activities include fishing the Yakima River Canyon and exploring the Yakama Nation Cultural Center. For more information: yakimavalleytourism.com.

Cascade Valley and North Central

Numerous wineries are located in the north and central parts of the Columbia Valley AVA, which includes the Ancient Lakes of Columbia Valley AVA and the Lake Chelan AVA. Ancient Lakes of Columbia Valley, designated in 2012, is the state's newest AVA. It features 65 soil types. The Lake Chelan AVA is also relatively new. It was established in 2009, although immigrants first planted grapes in the region more than 100 years ago.

The town of Wenatchee, at the confluence of the Wenatchee and Columbia rivers, is the air gateway to the region, whose attractions include 50-plus-mile-long Lake Chelan, the new Pybus Public Market and tours of the Aplets & Cotlets factory. For more information: wenatchee.org.

Columbia Gorge

The Columbia Gorge region, about 60 miles east of Portland and about 115 miles southwest of the Tri-Cities, includes the Columbia Gorge AVA and the southwestern part of the Columbia Valley AVA. This region, with vineyards in both maritime and desert areas along or near the Columbia River, is home to more than 20 wineries. Top attractions include the Columbia River Gorge National Scenic Area, the Maryhill Museum of Art and a replica of Stonehenge, shown below. For more information: crgva.org.



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Pullman and Spokane

Many wineries and tasting rooms welcome visitors in the far-eastern part of the state, while Washington State University's viticulture and enology programs are helping to develop the next generation of Washington winemakers (wine.wsu.edu/education). Top attractions in Pullman (pullmanchamber.com) include WSU and its Palouse Ridge Golf Club. In Spokane (visitspokane.com), the Centennial Trail and Riverfront Park are among the recreational gems.

Recreational opportunities in the Walla Walla region also include hiking, horseback riding, fishing, BMX racing and watching Walla Walla Sweets baseball. Visual and performing arts are showcased via local educational institutions and other organizations. Shakespeare Walla Walla performances take place at the historic Gesa Power House Theatre, which also hosts events such as the 30th-anniversary celebration, on March 20, of the Walla Walla Valley wine region. For more Walla Walla information: wallawalla.org.



RICHARD DUVAL

The Walla Walla area is famous for its outstanding wine-related touring and tasting.

Agriculture has played an important role in Walla Walla's history since pioneer times and is still the dominant industry in Walla Walla County. Wheat is the No. 1 crop, with Concord and wine grapes, barley, corn, potatoes, asparagus, peas, fruit such as strawberries and apples, onions and alfalfa also among the significant crops. One of the county's best-known agricultural products is the Walla Walla Sweet Onion, developed specifically by local growers from sweet onion seed brought to the valley by a French immigrant more than a century ago. These gourmet onions are available from mid-June through late August at local stores, farmers mar-

kets and roadside stands. The Walla Walla Sweet Onion Festival, June 21-22 this year, celebrates all things onion, with food, games and entertainment.

The Wine Experience

Wine grapes are the other widely known agricultural product. About 1,800 acres are devoted to wine-grape cultivation in the Walla Walla Valley, and more than 120 wineries are flourishing here.

My wine experience began soon after I arrived at Walla Walla Regional Airport. The Airport Indus-

trial Park is home to many wineries, including award winners such as Buty Winery, Dunham Cellars and Tamarack Cellars. I was also delighted to discover the Port of Walla Walla wine incubators—five buildings, each with space for production and a tasting room—at the industrial park. The incubators are great places to try some of the region's newest wines from up-and-coming talent, such as Victor Palencia, who at age 29 is already an experienced winemaker. Last summer, he launched his own business, the Palencia Wine Company, releasing a delicious 2010 Red Mountain Cabernet Sauvignon marked by berry and chocolate flavors, and an oaky finish.

Following my exploration of airport wineries, I checked in at The Marcus Whitman Hotel & Conference Center in downtown Walla Walla. Located just

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a block north of Main Street, the 12-story hotel is the city's tallest building and one of its most prestigious, having hosted Dwight D. Eisenhower, Lyndon B. Johnson and celebrities such as Shirley Temple. The ornate lobby, which has been restored to look almost exactly as it did when the hotel first opened in 1928, offers a sense of history and luxury, with mahogany paneling, Persian rugs, ferns, an abundance of plush, high-back chairs and an inviting fireplace.

After depositing my luggage in my well-appointed guestroom, I strolled the downtown area, which has won awards for its architecture (many buildings, such as the 1908 City Hall, date back more than a century) and also boasts more than two-dozen tasting rooms. I savored the refreshing, citrusy V-Neck Viognier at El Corazon Winery and Rhône varieties such as Grenache at Maison Bleue. I also stopped by a former auto-repair shop that is now the home of Charles Smith Wines. The winery has a patio perfect for sipping wine such as the dark, full, cherry-flavored Syrah I enjoyed. (During my self-tour I learned that tasting-room hours vary widely by winery, so it's wise to check websites ahead of your visit.)

Back at the hotel for dinner, I joined my father and his wife, who live in Walla Walla, at The Marc Restaurant, recognized last year by *Wine Enthusiast* as one of "America's 100 Best Wine Restaurants."

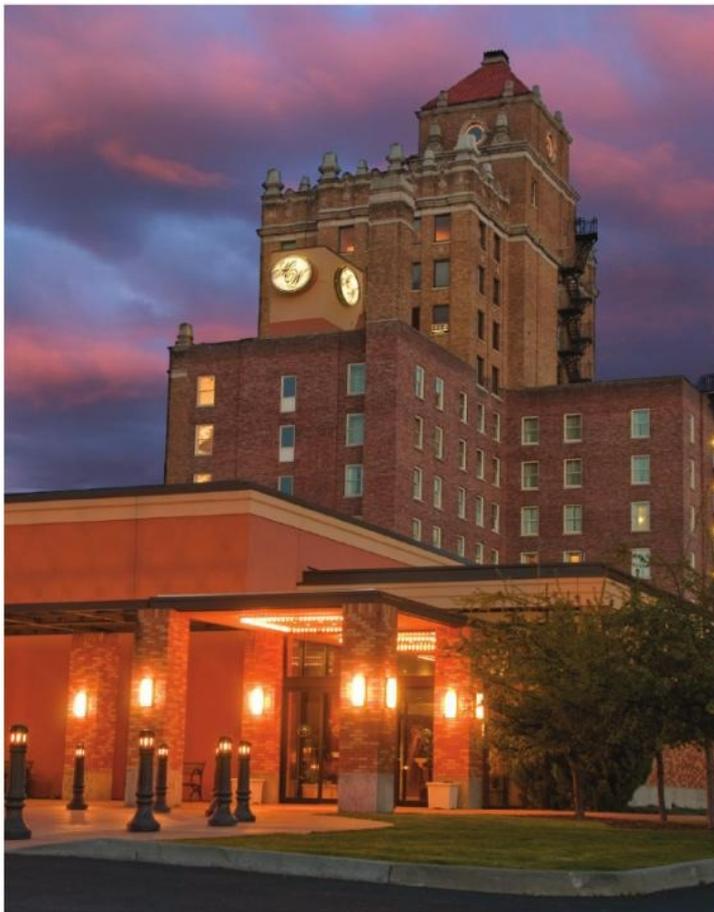
I paired the signature Marcus Whitman Red—an intricate, spicy/floral blend handcrafted for the restaurant by a local winery, L'Ecole N° 41—with a suc-



culent filet of beef from Central Washington's Double R Ranch. The filet was served with a chickpea panisse, kale and a hearty mushroom ragout featuring foraged Blue Mountain mushrooms. When Chef Antonio Campolio came by our table to see how we liked our meals, we assured him they were superb.

The next day, after my invigorating morning bike ride, Imbibe Wine Tours picks me up at the hotel.

L'Ecole N° 41, one of the first wineries in the Walla Walla area, was founded in 1983 in an old schoolhouse.



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Conveniently located in the heart of downtown Walla Walla, The Marcus Whitman Hotel & Conference Center offers luxurious accommodations, just steps away from an abundance of wine tasting rooms. Savor award-winning dining at The Marc Restaurant with James Beard recognized Chef Antonio Campolio, or visit the Vineyard Lounge, which features an extensive local wine menu. Business, pleasure or a combination of both, are the perfect reasons to stay at The Marcus Whitman Hotel & Conference Center.

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Imbibe is one of the companies in Walla Walla that offer personalized tours of the region's wineries. Co-owners Jay Swank and Sam Galano invite customers to fill out questionnaires in advance to help Imbibe determine preferences and the best itinerary.

My six-hour excursion takes me to five wineries—Seven Hills, L'Ecole N° 41, Amavi, Garrison Creek and Gifford Hirlinger—that give me a sense of the industry's diversity. At Seven Hills—located in what was an early 1900s planing mill, near my hotel—winery founder Casey McClellan explains the winemaking process while

I enjoy an excellent Cabernet Sauvignon made with fruit from his own Seven Hills Vineyard. The dark-red wine offers appealing hints of blackberry and cherry.

"One of the nice things about Walla Walla is that it's a really relaxed and friendly wine country," McClellan says. "You can talk to the people on the production side, and they can often stop and chat with you about winemaking."

Next we travel 10 miles west of town to visit one of the most distinctive local wineries, L'Ecole N° 41. One of the first wineries in the area, it was founded in 1983 in an old schoolhouse—the French name trans-

lates to "The School No. 41" in English. There is even a bell that visitors can ring, and chalkboards line the walls of the bustling tasting room. I'm especially taken by the fruity 2012 Chenin Blanc, which includes flavors of apple and lime.

I relax with my tour guide over a lunch of gourmet cheeses, meats and vegetables at Amavi Cellars, where I admire the vineyard-and-mountain view, along with winemaker Jean-François Pellet's skill with Cabernet Sauvignon. My glass of liquid refreshment is particularly memorable for its fruit/acid balance.

At Garrison Creek Cellars, housed in a cathedral-like barn amid a 300-acre vineyard, I enjoy an elegant and smooth 2008 Cabernet Sauvignon that was aged for 31 months in 100 percent new French oak. My last stop is Gifford Hirlinger, where I'm pleased by the 2011 Stateline Red, a fruit-forward blend with blackberry and plum notes.

After my tour, I make it a point to also visit acclaimed Waterbrook Winery, founded in 1984 and now one of the area's largest winemakers, producing about 80,000 cases each year. The winery is known for making a range of quality products, from limited-production to affordable everyday wines. *Wine Spectator* named Waterbrook wines to its list of Top 100 wines of the year in 2009, 2010 and 2012. I sip a glass of rich 2010 Reserve Cabernet Sauvignon—which has lovely tones of mulberry and currant—while admiring the impressive winery and grounds. They include a large patio with a view of the Blue Mountains, a bocce court, and even a pond where once a year, on a day in May, you can get a free fly-fishing lesson.

Golfing the Valley

The next afternoon, I play the Wine Valley Golf Club—one of *Golfweek's* "100 Best Modern Courses" for 2013—feeling energized by the beauty of the day and this excellent links-style layout.

With its ample sunshine and warm weather much of the year, the Walla Walla area is an ideal destination for outdoor activities such as golf. There are various great courses to choose from, and Wine Valley is at the top of the list. Located in the low hills west of Walla Walla, the treeless, championship-caliber, 7,600-yard, par-72 course was carved out of alfalfa and wheat fields, and native grasslands, and has a well-deserved reputation for firm fairways, deep bunkering and undulating, fast greens.

I avoid most of the course's sandy hazards and even make a few pars on my way

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to No. 18. The tee for the long, par-5 finale is at one of the highest points on the course and offers a wonderful view of the valley and the Blue Mountains. As I'm planning my drive, a coyote casually makes its way across the fairway. It is one of a number of animals, including a large heron and various hawks, that my playing partners and I have seen during our round. I've been paired with Mike Martin, a Microsoft employee and avid golfer, and his dentist, Fred Klopfenstein. The two have come from Seattle for a weekend of golf, wine-tasting and fine dining.

Views like the one from No. 18 helped convince Martin to make Walla Walla a frequent getaway destination. He first visited the area in August 2009, when he and a friend played the Wine Valley course, had great meals with local wines and visited some of the tasting rooms. On his second round at Wine Valley during that visit, Martin made a hole-in-one on the par-3 11th. That was the icing on the cake. He began visiting the area on a regular basis—often twice a month spring through fall—and has noticed an increasing number of his high-tech colleagues visiting, as well.

In 2012, Martin bought a condominium in Walla Walla, which has made him popular with his golfing and wine-tasting friends. He says he always enjoys the community and the fine dining, and never tires of the Wine Valley layout because, depending on where the pins are placed, each hole can seem very different from round to round.

Our threesome finishes today's round with long drives from the elevated tee box to the generous downhill fairway. Martin and Klopfenstein work their way toward the pin without any distressing events. I hit one last errant shot, to the right edge of the fairway, but it turns out to be the perfect position for a mid-iron to the two-tiered green, and I manage to two-putt for par.

Wine Valley has proved to be a challenging but enticing course. I can see why Martin and his friends return so often to enjoy it and Walla Walla's other attractions.

"I find that when I host someone here, it's easy to get them to come back," Martin says. "That is the best compliment I can give to the town—people only have to visit once and they seem eager to return." ■

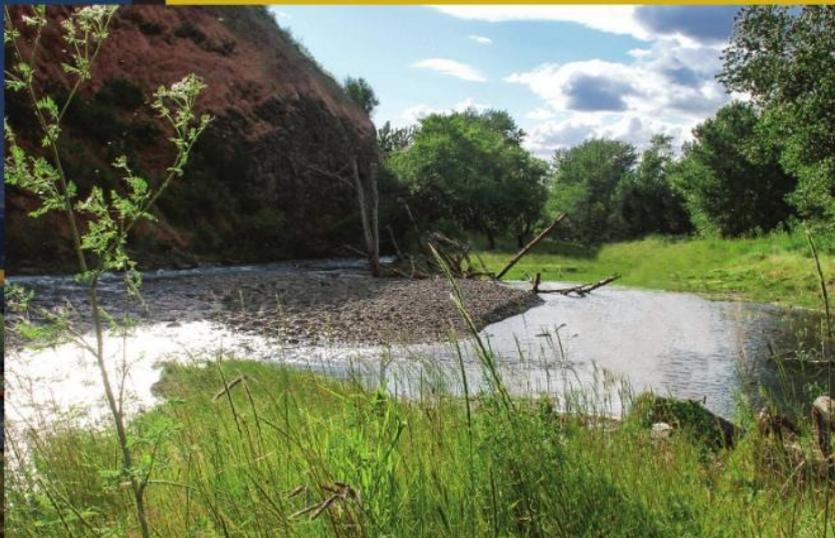
Jeff Bond is associate editor of the magazine.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Walla Walla. For more information on visiting the area, see wallawalla.org.

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Michael Homza PE & Jason Scott CFP: The Walla Walla River Habitat Restoration Project
The river was sick. Decades of human alteration left few naturally functioning places for native fish to spawn and grow. The path to health began with Michael and Jason exploring treatment options with our client and landowner. Levee restrictions were removed, habitat areas restored and a portion of the river was healed. The fish returned, and the community rallied behind the project. To find out more about Michael, Jason and the restored health of the river, visit geoengineers.com/horizon.

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Winged Wonders

From bugling to ballet, sandhill cranes inspire awe | BY MICHAEL SHAPIRO

PHOTOS BY LON YARBROUGH

When we hear his call we hear no mere bird. We hear the trumpet in the orchestra of evolution. He is the symbol of our untamable past. —Aldo Leopold, writing about sandhill cranes in A Sand County Almanac

We hear the cranes before we see them: the rolling-R trilling sounds approaching us from a mile away. Then the birds fly into view, long necks straight out, broad gray wings stretching almost as wide as the horizon, crimson-crowned heads like points of fire in the gathering dusk. After a day out feeding, the sandhill cranes are returning to a wetland near Lodi in California's Central Valley, about 35 miles south of Sacramento. They exuberantly call to their mates and juvenile offspring flapping and gliding in the swoop of birds.

A group of cranes can also be called a herd (in which case the young are called colts), a construction, a dance, a sedge or a siege, although in the air, cranes don't typically fly in big flocks. They stick to family clusters—which generally include one or two youngsters up to a year old—and descend a few at a time from the darkening sky. With a wingspan that can exceed 6 feet, sandhill cranes are among the world's largest flying birds.

During Lodi's annual crane festival in early November, I join a group of about 30 people on a bird-watching tour of the California Department of Fish and Wildlife's Woodbridge Ecological Reserve to see these elegant behemoths coast toward the shallow water, meeting their reflections as they land.

Accompanied by squawking migratory geese, the cranes seek wetland areas where they can spend the night in several inches of water. They can't roost in



Two pairs of mated sandhill cranes take off from a pond at the Cosumnes River Preserve in the Lodi, California, area. Sandhill cranes mate for life.



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A pair of sandhill cranes begin their day with leaping, bowing, singing and a 'kiss.'

Sandhill crane viewing in the western United States

Here are a few of the options:

Alaska

The Anchorage Coastal Wildlife Refuge provides opportunities to view migrating lesser sandhill cranes (the smallest sandhill crane subspecies, weighing about 6 to 7 pounds and reaching about 3 to 3.5 feet tall), April through September. This state-owned refuge also supports a few nesting pairs of lesser sandhills (adfg.alaska.gov/index.cfm?adfg=anchoragecoastal.main).

The **Creamer's Field Migratory Waterfowl Refuge in Fairbanks** is an important staging area, where sandhills stop to rest and feed along their migration route, which may also include the notable Rowe Sanctuary in Nebraska's Platte River Valley. The best time to visit the Creamer's Field refuge is August and September, when more than 3,000 sandhills may be present. The **Tanana Valley Sandhill Crane Festival** takes place August 22–24 this year (creamersfield.org).

Homer is a good place to see lesser sandhill cranes from about mid-April to mid-September. Approximately 200 cranes spend the summer here and are usually easy to view and photograph (cranewatch.org). The **Kachemak Bay Shorebird Festival** will be May 8–11 this year in Homer (homer.alaska.org).

California

Up to 15,000 lesser sandhills use the **Merced National Wildlife Refuge**, about 65 miles from Fresno, primarily



from October through February (fws.gov/refuge/merced).

Up to 2,000 greater sandhills roost along 7-Mile Lane in the **Llano Seco Unit of U.S. Fish & Wildlife's North Central Valley Wildlife Management Area**, about 100 miles from Sacramento, November through March (fws.gov/refuge/North_Central_Valley).

The Altacal Audubon Society chapter of the National Audubon Society plays a major role in hosting the annual January **Snow Goose Festival**, in the Northern Sacramento Valley, that also celebrates sandhill cranes and other birds (snowgoosefestival.org).

The city of Galt, about 30 miles from Sacramento, hosts the annual **Winter Bird Festival**, including tours to see cranes, in early February (ci.galt.ca.us/index.aspx?page=495).

The Lodi Sandhill Crane Association and the city of Lodi host the **Lodi Sandhill Crane Festival** in early November, and offer tours (cranefestival.com).

For more on crane tours in California, go to dfg.ca.gov/delta/cranetour.

Oregon

About 4,000 sandhill cranes stage in the **Sauvie Island Wildlife Area**, about 15 miles northwest of Portland, dur-

Continued on next page

the Central Valley's trees or vineyards—the birds' wingspan is too wide, while their elevated vestigial hind toe is too small to grip the branches. So the cranes seek the protection of water, where the slosh of an approaching coyote or other predator will create an aquatic alarm.

LIKE MANY PEOPLE, I'd heard about these majestic creatures—which may have been named for sand-dune areas they inhabit near waterways in some parts of North America—but hadn't observed them up close. After I learned about the Lodi Sandhill Crane Festival, I signed up for a couple of its tours, led by knowledgeable naturalists and interpretive guides, to discover more about the birds.

Known for their lively mating dances and epic migrations, cranes have long fascinated humans. When sandhill cranes—which form lifelong pair bonds—dance, they jump high, pirouette, bend, hop, strut, kick up tufts of grass, call to one another and tilt their necks skyward in one of nature's most balletic spectacles.

During migrations, cranes typically soar about a mile high, but when it's necessary to fly over mountains, they can travel 15,000 to 20,000 feet above the earth. Sandhills breed primarily in northern North America and extreme northeastern Siberia, and winter in northern Mexico and the southern United States, with some nonmigratory populations in three southern states and Cuba, according to the U.S. Geological Survey's Northern Prairie Wildlife Research Center. Many stop at places such as the Platte River in central Nebraska to rest and refuel during their migrations, while others use the Pacific Flyway, traveling through or breeding in Alaska, western Canada, Washington, Oregon and California.

In an average migratory day, cranes fly 200 miles,

ing spring and fall migrations. The best time to view cranes is mid-March–mid-April (a smaller wintering population is also present October–March). There is an observation platform where cranes can often be seen along Reeder Road (dfw.state.or.us/resources/visitors/sauvie_island).

Ranchlands of the **Silvies Floodplain** near Burns, about 150 miles from Redmond/Bend, host up to 10,000 lesser sandhills during the spring migration, mid-March through mid-April, and also support about 80 pairs of nesting greater sandhills. The Harney County Chamber of Commerce co-hosts the **John Scharff Migratory Bird Festival**, April 11–13 this year, including offering tours (migratorybirdfestival.com).

The **Malheur National Wildlife Refuge**, about 30 miles from Burns, harbors about 200 pairs of breeding greater sandhill cranes. The best times to observe cranes are May and September, although cranes are found here from April through mid-October (malheurfriends.org).

Washington

Up to 20,000 lesser sandhills using the Pacific Flyway stage in the **Columbia National Wildlife Refuge region** near Othello, which is about 50 miles from the Tri-Cities, from mid-March to mid-April. The annual **Othello Sandhill Crane Festival** will be March 28–30 in 2014; it includes tours, as well as lectures and presentations (othellosandhillcranefestival.org).

About 4,000 sandhill cranes stage in the **Ridgefield National Wildlife Refuge and vicinity** in southwestern Washington, about 30 miles from Portland, Oregon, during spring and fall migrations. The best times to view cranes are mid-March through mid-April, and in October. The Friends of Ridgefield National Wildlife Refuge hosts an annual **Birdfest**, October 4 and 5 this year, and offers crane tours (ridgefieldfriends.org/birdfest).

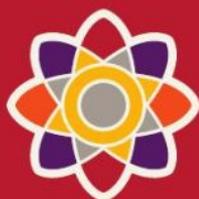
Source: Gary Ivey, research associate, focusing on Pacific Flyway sandhill cranes, International Crane Foundation (savingcranes.org)

but daily distances of 500 miles have been recorded. The longest migrations, from Siberia to Texas or northern Mexico, can span 5,000 miles and take up to a month, says Gary Ivey, a Bend, Oregon–based wildlife biologist and a research associate for the International Crane Foundation.

Aesop celebrated cranes' ability "to rise above the clouds into endless space, and survey the wonders of the heavens, as well as of the earth beneath, with its seas, lakes and rivers, as far as the eyes can reach," notes naturalist Peter Matthiessen in his book *The Birds of Heaven: Travels with Cranes*. Matthiessen also writes that since ancient times, cranes have represented "longevity and good fortune, harmony and fidelity."

Cranes may be the oldest known bird species surviving on Earth, according to the book *Cranes of the World*, by ornithologist and University of Nebraska emeritus professor Paul Johnsgard, who reports research showing that the shoulder structure of a crane fossil found in Nebraska and estimated to be about 10 million years old is identical to that of the modern sandhill crane.

Yet when Aldo Leopold was writing about sandhill cranes in the 1930s for his essay "Marshland Elegy," subsequently published



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in 1949 in *A Sand County Almanac*, populations of these magnificent birds appeared destined for extinction in some areas. They had suffered from habitat loss, flying into powerlines, poisoning and human predation. Some hunters called sandhill cranes, which can stand up to 5 feet tall and weigh 10 to 14 pounds, “flying rib-eye.”

By the 1940s, no breeding pairs of *Grus canadensis* remained in Washington state; only about 200 breeding pairs remained in Oregon; and only five breeding pairs remained in California, according to Audubon California. The species had declined in other places, as well, according to the USGS Northern Prairie Wildlife Research Center.

However, thanks in part to protections included in the Migratory Bird Treaty Act of 1918, sandhill crane populations had begun to rebound in some locations in the first half of the 20th century. Today the continent-wide population is estimated at more than 700,000, according to the research center—a dramatic increase.

On the other hand, the sandhill is still listed as endangered in Washington state, where three of the six sandhill crane subspecies—including the greater sandhill crane, the one that can reach 5 feet tall—

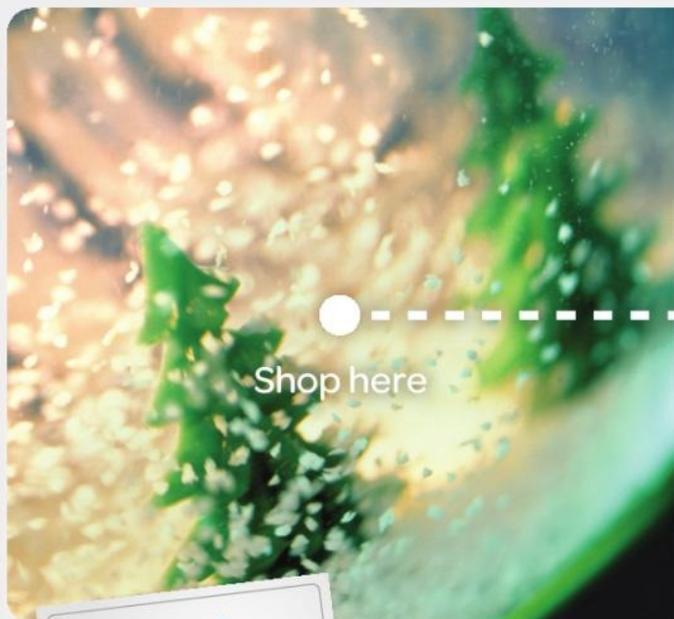


Transmitters such as the one on the crane at right help researchers track the majestic birds, which may migrate thousands of miles.

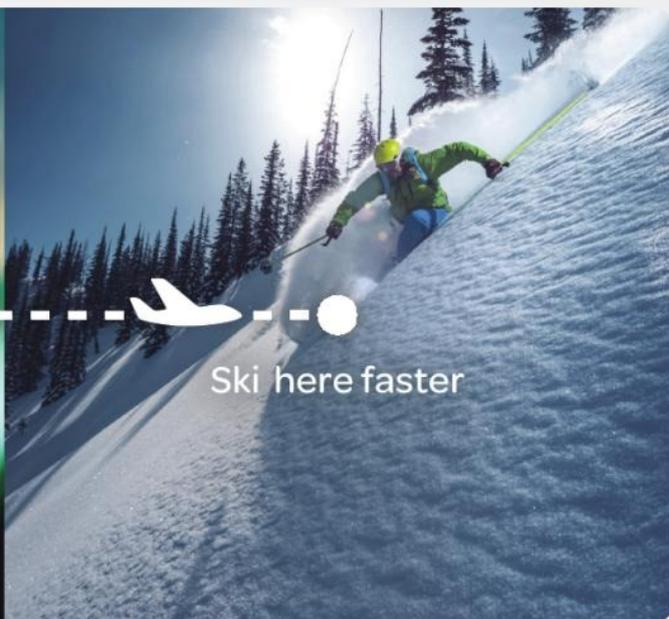
are found. The greater sandhill is still threatened in California, and the Florida sandhill is threatened in its home state, where it lives year-round. In addition, the Mississippi sandhill subspecies and the Cuban sandhill subspecies are listed as critically endangered by the International Union for Conservation of Nature.

Creating and preserving safe habitat is one

of the most important parts of sandhill crane conservation efforts. At the Woodbridge Ecological Reserve’s North Unit, Mamie Starr, a California Fish and Wildlife guide, tells our tour group that cranes look to crop residues in harvested fields for food during the day and need shallow wetlands such as flooded fields to roost in at night. Although cranes are adept at finding and eating grain seed in



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a planted field, they usually arrive in the Lodi area after the harvest season, so unless farmers are planting a winter crop, they are typically welcoming of cranes using their fields for food or roosting. Some farmers already flood their fields to prepare the soil for the next planting, and others flood fields specifically to provide roosting habitat for cranes. "We have lots of cooperation from farmers," Starr says.

Cranes have been coming to the Lodi area for thousands of years, says Kathy Kellogg, a volunteer co-leading the tour and a former interpretive aide with California Fish and Wildlife. But the number of acres of wetlands in California has shrunk from 440,000 to 40,000 since the mid-1800s as a result of commercial and residential development, and agricultural changes that converted open fields to orchards or vineyards where cranes couldn't roost, she says.

"The Lodi area is one of the few places that sandhill cranes can come in our state," Kellogg says. "If we don't continue to support them, they will have nowhere else to go. They'd be homeless."

As darkness envelops the reserve, the cranes quiet down, standing erect to sleep as stars appear. Less than a mile away, cars zip by on Interstate 5, their drivers likely unaware of the wild spectacle nearby.

Did you know?

All cranes engage in dancing, which includes various behaviors such as bowing, jumping, running, stick or grass tossing, and wing flapping. Though dancing is commonly associated with courtship, it can occur at any age and season. Dancing is generally believed to be a normal part of motor development for cranes, and thwarts aggression, relieves tension and strengthens the pair bond.

Source: International Crane Foundation

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THE NEXT MORNING I rise well before dawn. Today's Lodi Sandhill Crane Festival-related tour meets at Hutchins Street Square in the city of Lodi. An enthusiastic bird-watcher gets out of his car, spreads his arms wide and shouts: "It's crane season!"

During the 10-minute ride to the South Unit of the Woodbridge Ecological Reserve, Paul Tebbel, a volunteer for the Sacramento-based preservation group Save Our Sandhill Cranes, comments with a smile, "Cranes are very tall and conspicuous— if you can't find the crane, give up bird-



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The Six Subspecies of Sandhill Cranes

Sandhill cranes, *Grus canadensis*, are further identified by the below subspecies:

Lesser sandhill	<i>G. c. canadensis</i>
Greater sandhill	<i>G. c. tabida</i>
Canadian sandhill	<i>G. c. rowani</i>
Florida sandhill	<i>G. c. pratensis</i>
Mississippi sandhill	<i>G. c. pulla</i>
Cuban sandhill	<i>G. c. nesiotis</i>

Source: USGS Northern Prairie Wildlife Research Center

watching and take up bowling.” He says he’s drawn to cranes because “they are very animated—there is dancing and aggression, always something going on.”

David Moore, a California Fish and Wildlife interpreter and the other guide on the dawn tour, tells us a little about sandhills’ life history. The cranes, which are able to fly about 70 days after hatching in the spring, typically stay with their parents until the next spring. They then join groups of other subadults for one or more years before choosing their lifelong mates. Some choose their mates at around age 2, although most wait until age 3 or later to mate, nest and

have chicks. The female usually lays two eggs a year, with both parents incubating them, although the father’s primary job may be defending the nest. Chicks, which hatch after approximately 30 days of incubation, grow very quickly, gaining up to 10 percent of their body weight in a single day, Moore says. “They grow at a phenomenal rate. Within a few months of development, they grow almost to full size. They need to fly [migrate] that first fall.”

The greater sandhill cranes in the Lodi area are from northeastern California, Moore adds. Their migration, through mountain passes, is only about 200 to 300 miles.

We shiver at a roadside viewpoint by a marshy area as the sky begins to lighten. At this early hour, when there’s little background noise, we can hear distinct crane calls, the males lower than the females. The trumpeting of unison calls, when mated pairs sing out together, rolls across the plain. An adult crane’s trachea is coiled and would reach 4 feet long if stretched out, giving the birds the ability to make a deeply resonant vibrating sound that can be heard over great distances.

The crimson patch atop the heads of the males and females is not composed of feathers but is scarlet skin, Tebbel says. The birds use this patch to communicate by tilting their heads, such as the male’s pointing his patch toward a threat. “It’s as if he’s saying, ‘All right, Hon, let’s get ‘em.’” The sandhills may also flush their patches a deeper red as a prelude to mating.

Steam rises from the marsh as the sun emerges and more cranes wake up. “It’s loudest just before sunrise,” Tebbel says. Ducks and geese take off before the cranes, who “like to sleep in,” he says.

A few cranes start hopping around, the juveniles especially energetic, almost like junior-high kids practicing their steps before their first dance.

“Sandhill cranes love to dance with their mates or with others,” Tebbel says. “They don’t need much of an excuse. They just seem to love dancing. Some say they dance out of sheer joy.”

When the parent of a crane family—mom or dad—is ready for liftoff, he or she stretches his or her neck in the direction the crane wants to fly. Soon the other members of the family lean so far in the same direction that they’re almost parallel to the ground. Then, with a signal we can’t detect, they all take off.

A half-hour after sunrise, it’s mostly silent. “When we first came [to Woodbridge Road at dawn this morning], it gave me



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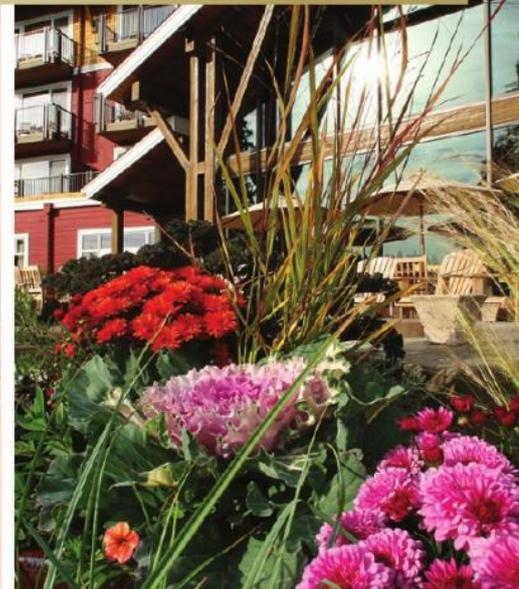
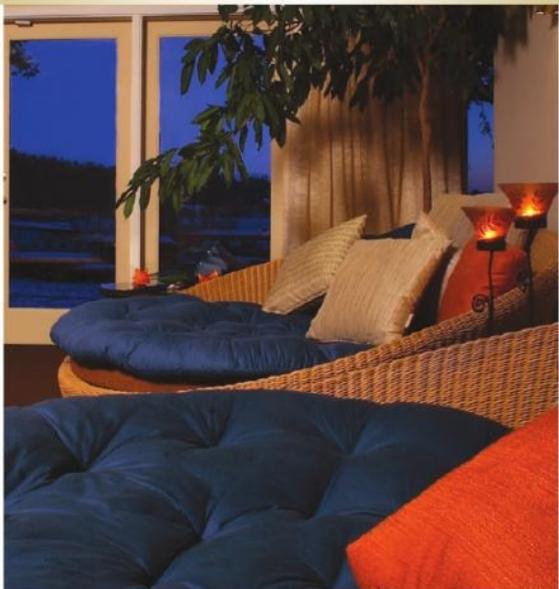
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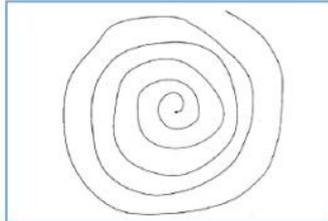
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goosebumps to hear the cranes,” says Lynn Schweissinger, a guest on the tour. “Now it’s like someone turned the sound off.”

A coyote appears near the cranes that haven’t yet taken flight, but they don’t seem too disturbed, knowing that a coyote that doesn’t catch them by surprise is one they can fight off with their beaks and feet.

“The real predators are right here,” Tebbel says, pointing to a powerline. Bird-flight diverters—5-inch disks that sway in the wind and glow in the dark—have been hung along the line to help cranes see it, but some birds still don’t notice the lines in time to avoid them.

Did you know?

Cranes are omnivorous. Sandhill cranes are generalists and feed on a wide variety of plant tubers, grains, small vertebrates (e.g., mice and snakes), and invertebrates such as insects or worms. Sandhills find these foods in uplands and in shallow wetlands.

Source: *International Crane Foundation*

LATER THAT MORNING OUR tour group visits the nearby 9,200-acre Staten Island in the Cosumnes River Preserve, which is owned by The Nature Conservancy and provides habitat for migratory birds. Thousands of geese fly in, joining hundreds of cranes. Several sandhills fly right over our heads, giving us a sense of these birds’ grand size.

The tour is over, but no one wants to leave. “You guys are now officially craniacs,” Tebbel says.

That afternoon at the crane festival, we join hundreds of other craniacs to peruse the paintings and photos on display, learn how to make origami cranes and hear talks about the birds. A festival highlight is a video titled *Natural Encounter* by California wildlife photographer Lon Yarbrough. He calls cranes “a gift of nature” and says they “add a chorus to the valley.” To observe and appreciate cranes, Yarbrough says, “All you have to do is show up.” ■

Michael Shapiro lives in Sonoma County, California; he is also the author of the award-winning book A Sense of Place.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies to many cities that are gateways to areas for sandhill crane viewing. More information about sandhills is available from sources such as the International Crane Foundation (savingcranes.org).

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An Idaho couple have a special room for displaying their car collection.

By Lauren Kramer

One of the best ways to personalize your home is to create a special room that speaks to your interests and passions.

These personal spaces give homeowners a place in their abodes that is unique and highly individual. • “We’ve been doing more and more of these specialty rooms,” says Steven Hensel, principal interior designer at Hensel Design Studios in Seattle, which has created special spaces ranging from a hallway with tall niches for exotic plants to an alcove with a copper soaking tub in front of a forest-view window. • “Homeowners are wanting places in their homes where they can experience something other than the general, typical rooms we’ve furnished for decades,” he says. “And it’s particularly true of empty nesters, who find they have too many rooms once the kids move on. A personalized space is a great way to enhance your life based on your specific needs and activities.” • Below are examples of five such special rooms—a car-display space, a glamour closet, a unique passageway and two Zen rooms—whose unique designs are pleasing homeowners.

Car Showcase

When a woman named Penny and her husband, Richard, started building a 6,700-square-foot home in the Ketchum–Sun Valley, Idaho, area a few years ago, they had to reach a compromise. Richard wanted a log cabin; Penny did not. She got him to forgo the cabin by agreeing to create a room where he could display his hobby. “He’s a car collector,” she says, “so by designing a contemporary home with a space where we could showcase the cars inside, it was a compromise.”

Richard’s car collection includes, among other vehicles, a 1932 Ford Roadster, 1940 Ford pickup, 1942 Ford Woodie, 1957 Chevy Bel Air convertible, 1954 Sun Valley Mercury and 1955 Ford Thunderbird. With the help of Susan Witman Interior Design of Sun Valley, the couple created a downstairs living-and-entertainment room next to the garage. A double-door entry from the garage leads

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to a ramp so that a car can be driven directly into the room's exhibition space to star as a centerpiece.

"It's a pretty clean room because we really wanted to feature the cars," says Witman, an American Society of Interior Designers (ASID) member, who used white walls and fixtures, and concrete epoxy flooring that would not be damaged by car tires. "Special diffused lighting washes the car with a beautiful light."

The vehicle is the only object in the exhibition space, but a half-wall in another part of the large room curves around a playroom/den/TV area with computers, couches, TVs and a kitchen. "That's where our grandkids hang out, and sometimes my husband and his friends watch football or golf down there," Penny says. "We also entertain down there and play cards."

She says she's thrilled with how the room, which is connected to the rest of the house via a glass-paneled staircase, turned out. "It's modern, very white and glassy, and it wasn't designed as a man cave but, rather, to go with the rest of the house and enhance the car," she says. "The car is the centerpiece for the entire downstairs, because you can see it from wherever you are in that portion of the house. And because it leads right out into the garage, it's a natural gathering space when car guys come over."

Glam Closet

Actress Lois Robbins created what she calls a "vogue closet" in her home in the New York City area. The space is a cross between a mom cave and a hope

chest, she says. Robbins—known for her roles in *All My Children*, *One Life to Live* and *Ryan's Hope*, as well as her work in various movies and plays—would purchase the costumes she wore for her shows when given the opportunity, and she needed a place to store them. When she and her husband, Andrew, custom-built a second home in 2008, the vogue closet was born. They designed it themselves.

The 1,000-square-foot, vaulted-ceiling space in the attic of the house has areas for hanging and storing the costumes and Robbins' out-of-season clothes. The room's custom cabinetry is also a repository for her children's baby clothes, old dolls and elementary-school crafts, along with family photographs and an antique child's bed Robbins bought at Sotheby's 22 years ago.

"I've always been a bit of a dresser—I love clothes," Robbins says. "The clothes and costumes that I store there all mean something to me because they were things I wore to special events. One is the outfit I wore to my parents' 50th wedding anniversary. Another is the gown I wore to the Met [Metropolitan Museum of Art] Gala, and there's the hot-pink gown Andrew bought me off a mannequin, at an auction!"

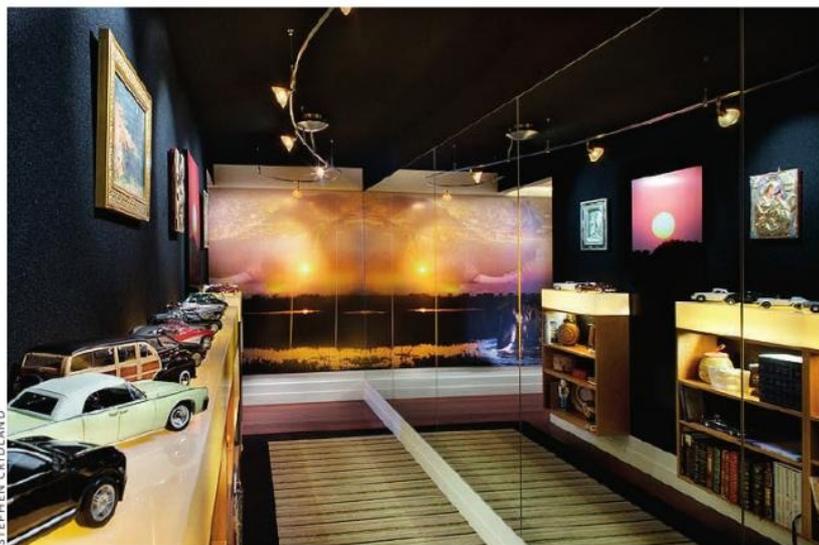
The closet is like a very large keepsake box, Robbins says, a



STEVE DUTCHESEN

Above: A Calgary homeowner turned a basement storage area into a yoga and fitness room.

Below: A Portland condo owner displays his photos and collector's items in a unique hallway.



STEPHEN CRIDLAND

sanctuary she visits daily when she's at the house. "There's a beautiful, big upholstered bench up there, and I often use it as a place to sit and meditate, because it's very quiet," she says. "Every woman should have a room of her own, and this is my special space."

Her daughters love heading to the closet to play dress-up and borrow clothes, she adds, and she envisions her future grandchildren playing there, too.

Passage Gallery

When a radiologist named Tony moved into a condo in Portland, Oregon, in 2009, he wasn't sure what to do with his entry cor-

ridor. The white, 5-foot-wide hallway between the front door and the rest of his living space challenged his decorating and design skills, he says. "It looked like a hallway that you'd find in a warehouse, with nothing in it."

Luckily, interior designer Sam Taylor, owner of Sam Taylor Design in Lake Oswego, Oregon, helped the new homeowner find a solution. Taylor, an ASID member who worked with Tony on the design of the entire condo, knew that his client's collection of model cars, much-loved Greek icons and wildlife photography could be put to good use in the hallway



COURTESY: LOIS ROBBINS

Actress Lois Robbins keeps prized outfits in her custom closet.

space. They would turn an empty corridor into a gallery for Tony's precious collections.

"We blackened the corridor's ceiling and walls, as well as other rooms in the condo, with an acoustic material to soak up sound, and then we added custom medium-density fiberboard cabinets," Taylor says. The acoustic material helps dampen extraneous sound, which is important to Tony because he has some hearing loss. The cabinet shelves showcase the Greek icons, most of which date to or before the 1940s. They include a Madonna icon that Tony's parents brought to the United States in 1948. The shelves also contain the homeowner's model-car collection, while other wall space displays Tony's enlarged wildlife photographs, which are lit by spotlights in the ceiling.

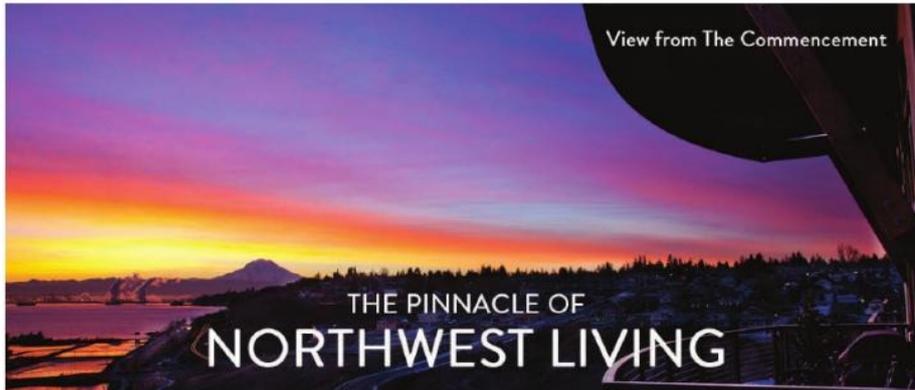
By placing mirrors on the wall opposite the shelves, Taylor was able to make the corridor appear twice its actual size. A rug with a border on three sides also creates a sense of greater size.

Tony is very happy with how the passageway looks, and says he receives compliments from family and friends who visit his home. "You open the door and go, 'Wow!'" he says. "Taylor took the time to make this space truly mine, instead of just creating a nice design. When it was all done, I had a brass plaque made that says, 'Designed by Sam Taylor,' and I hung it on the wall. He was embarrassed, but it was something I wanted to do, as a tribute to him."

Zen Nooks

After 15 years as a yoga enthusiast, Cathy, a homeowner in Calgary, Alberta, felt it was time to have a dedicated yoga room in her own house. She hired Ana Cummings, owner of ANA Interiors in Calgary and a member of the Canadian Decorators' Association, to mastermind transformation of a basement storage area into a permanent yoga and fitness room.

"I wanted a place that could be closed off from the rest of the house, for medita-

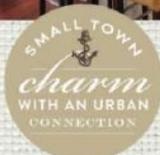


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tion and quiet moments," Cathy says.

Since she has two daughters, she and Cummings knew the room would get used a lot, so the interior designer selected durable cork flooring for the 150-square-foot space, adding a wall of floor-to-ceiling mirrors and a maple ballet bar. Built-in cabinets store exercise gear; lights are on a dimmer to change the mood of the space; and wall niches lined with ivory-colored grasscloth wallpaper hold candles and other items. A pale-green color coupled with a white color that has a hint of gray add a Zenlike atmosphere to the walls and trim.

"It's pretty spartan," Cummings says, "but it has an east-facing window, perfect for morning-sun salutations."

Cathy says she's delighted with her new room. "I love the clean lines and calming ambience in there," she says. "I'm looking forward to using it to improve my strength, stretching and balance work. And I think it will be a good feature for resale of the house, if and when I sell."

Ellen, a Seattle homeowner, was also looking for a quiet Zen room where she could meditate, read and enjoy some alone time. After her children left home, she hired ASID member Steven Hensel from Hensel Design Studios to help her convert her son's old bedroom into her own special space.

"Ellen has a love of all things Asian, so we knew we'd incorporate some beautiful Asian artworks," Hensel says. Ellen found a Buddha she liked, while Hensel added a lounge chair and ottoman for reading, along with a day bed, a custom cabinet for storing items such as candles and meditation music, and an antique Chinese wall hanging. Gauzy sheer drapes woven with glass fibers help to soften the room and provide texture, and they produce a glowing rainbow-prism effect when the drapes are bathed in sunlight.

A corner fountain adds gentle white noise to the room, while a beautiful long-piled wool rug is a soft backdrop for the yoga mat. The key to transforming the room was to keep it as simple as possible while using quality materials, Hensel says. The carpeting is luxurious, Ellen says. "I can walk on it in bare feet and feel like I've gone to heaven."

Since the project was completed this past summer, she's been overjoyed with her private space. "It's a little reprieve where I can go and hang out," she says. "It's very meditative and quiet—a room where I can just escape." ■

Lauren Kramer writes frequently about real estate.

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Crossword

WHERE ARE WE?

ACROSS

- 1 Winged fish
- 6 Nuisance
- 10 Doc
- 15 River craft
- 19 Made of hardwood
- 20 Canine star
- 21 Sharp
- 22 Operator
- 23 Toy (with)
- 24 Underworld river
- 25 Like consomme
- 26 Marceau, e.g.
- 27 The Court State?
- 29 State of Divinity?
- 31 Expensive eggs
- 32 Superman, most of the time
- 35 Bellyached
- 36 Greek messenger
- 40 Touch, e.g.
- 42 Green land
- 44 Jai ____
- 45 Dash
- 46 Good form
- 50 Leg parts
- 52 Judgment
- 53 Lend a hand
- 54 Composer Ned ____
- 56 Jury's decision
- 58 To-do
- 59 Golf feat
- 60 Fan favorite
- 61 African city
- 63 Pay off
- 64 Masculine
- 67 The Graphite State?
- 71 Logical beginning
- 72 "____ Fidelis"
- 74 Put on cloud nine
- 75 Personal IDs
- 77 Austerity
- 78 Three voices
- 79 Internal funds
- 83 Tropical raccoon
- 84 Cadence count
- 85 Complete mess
- 87 Michelangelo masterpiece
- 89 At an angle
- 91 City on the Missouri
- 92 Luxor's river
- 93 "____ La Douce"
- 94 Shelly's Muse
- 95 Drive nuts
- 97 Quick
- 101 Vase-shaped jug
- 102 Actress Tyler
- 103 State of Wedded Bliss?
- 106 The Valley State?
- 112 Lump
- 113 Feudal lord
- 115 Daddy
- 116 British sailor
- 117 Type of lamp
- 118 Layabout
- 119 Take a dip

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
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- 120 Sound off
- 121 Early garden
- 122 Lively music
- 123 Peruvian native
- 124 Twiggy homes

DOWN

- 1 Out of shape
- 2 Cabbagelike plant
- 3 Related
- 4 Forked-tailed bird
- 5 Complete
- 6 Old hat
- 7 Punta del _____, Uruguay
- 8 Optic problem
- 9 Tariff
- 10 Broly's partner
- 11 Showy display
- 12 Formal fight
- 13 Romance lang.
- 14 Made of clay
- 15 Complex dance
- 16 Thai, e.g.
- 17 ____ fatale

- 18 Stair part
- 28 Distress call
- 30 Award recipient
- 32 Mend, as bones
- 33 Serf
- 34 Lacrosse goal
- 36 Owns
- 37 Combined sch.
- 38 "Purple ____"
- 39 The Moocher State?
- 40 Cross
- 41 Hitherto
- 42 Menlo Park figure
- 43 Wineshop section
- 45 Engraved pillar
- 47 The Highway State?
- 48 Exhorted
- 49 Free-for-all
- 51 Grassy layer
- 53 Vibes
- 55 Reminder
- 57 Clerical mantle
- 58 Handful?
- 61 Ta ta!
- 62 Computer key

- 63 Foolhardy
- 64 Painter Chagall
- 65 Bye, Juan!
- 66 On the up-and-up
- 68 Chilean poet
- 69 Cut off
- 70 Edition
- 73 Father, Son, and Holy Ghost
- 76 Canadian prov.
- 78 Not us
- 79 Wagon
- 80 "Hair" do
- 81 Augustan Age poet
- 82 Trickery
- 85 Royal address
- 86 In propinquity
- 88 Burrow
- 90 Vine support
- 91 Sunday seat
- 95 Wire thickness
- 96 King Arthur's resting place
- 97 Mosey
- 98 Caesar, for one

- 99 Treasure-____
- 100 Metropolitan
- 101 Rims
- 102 Andean pack animal
- 104 La Scala production
- 105 Ms. Carter
- 106 First light
- 107 Saga
- 108 Polish
- 109 "Lucky Jim" writer
- 110 Charter
- 111 Windows to the soul
- 114 Baseball stat
- 115 Tire meas.

Solution on page 56.



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**MUCKLESHOOT**
CASINO

Continued from page 20

exhibit, which opened in May—I'm thrilled to watch a Queensland koala slowly wrap its fingers around a eucalyptus branch and turn its teddy bear-like face toward me. The koalas are easy to see in their new outdoor environment as they laze in tree branches that are at visitors' eye level.

The exhibit, three times the size of the old one, provides three acres of expanded and improved habitat for the 23 koalas (the largest breeding colony outside Australia, according to the zoo), as well as unique enclosures for wombats, wallabies, Tasmanian devils and 23 species of Australian birds, including palm cockatoos, one of the largest cockatoo species.

The zoo is home to more than 3,700 animals—representing 660 species—living in naturalistic habitats across 100 acres of varied terrain. The giant pandas, Amur leopards and Andean bears are on my long list of favorites to watch. The zoo also operates the San Diego Zoo Safari Park in the town of Escondido, about 35 miles north of here.

SeaWorld San Diego harbors more than 10,000 animals representing hundreds of species. March 21 through the next 18 months will be an especially good time to visit, as the San Diego park—the original SeaWorld—celebrates its 50th anniversary. The 190-acre attraction is unveiling several new offerings to complement its existing shows, sealife experiences, aquariums and rides, which include the Manta multimedia roller coaster.

Explorer's Reef, expected to open March 21 in commemoration

of the park's March 21, 1964, opening, is designed to enhance the experience near the front gate. Visitors will enter a three-acre courtyard by passing under an immense wavelike sculpture, and then immediately see four huge touch pools teeming with shark pups, rays, horseshoe crabs and 4,000 delicate cleaner fish—ready to gently nibble at your fingers. The touch pools will be shaded by coral-like structures to create the feeling of being under the sea.

While exploring SeaWorld San Diego and the other two U.S. SeaWorld parks, visitors will enjoy surprises throughout the

SeaWorld brand's 18-month celebration, such as increased opportunities for up-close meetings with creatures like penguins and flamingos, and possible gifts or prizes from a Surprise Squad roaming the grounds to give away items such as T-shirts, reserved show seating and behind-the-scenes experiences.

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Barbara Beckley lives in the Los Angeles area.



Giant pandas at the San Diego Zoo.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to San Diego from numerous cities, with new service from Salt Lake City to San Diego beginning June 10. For more information on visiting San Diego, go to sandiego.org.

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Puzzle on page 54.

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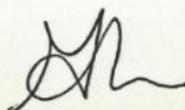
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Angela Marshall,
Administrative Supervisor
in Portland, Oregon.*



Glenn Johnson,
President

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Airport Gate Location Maps	A7

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- › Voice calls of any kind, including VoIP
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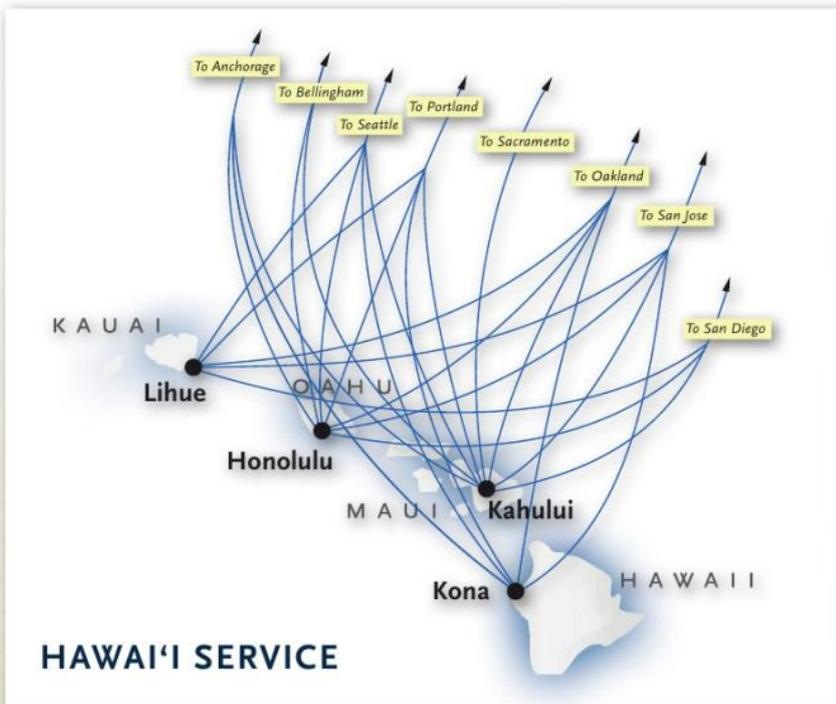
LEGEND

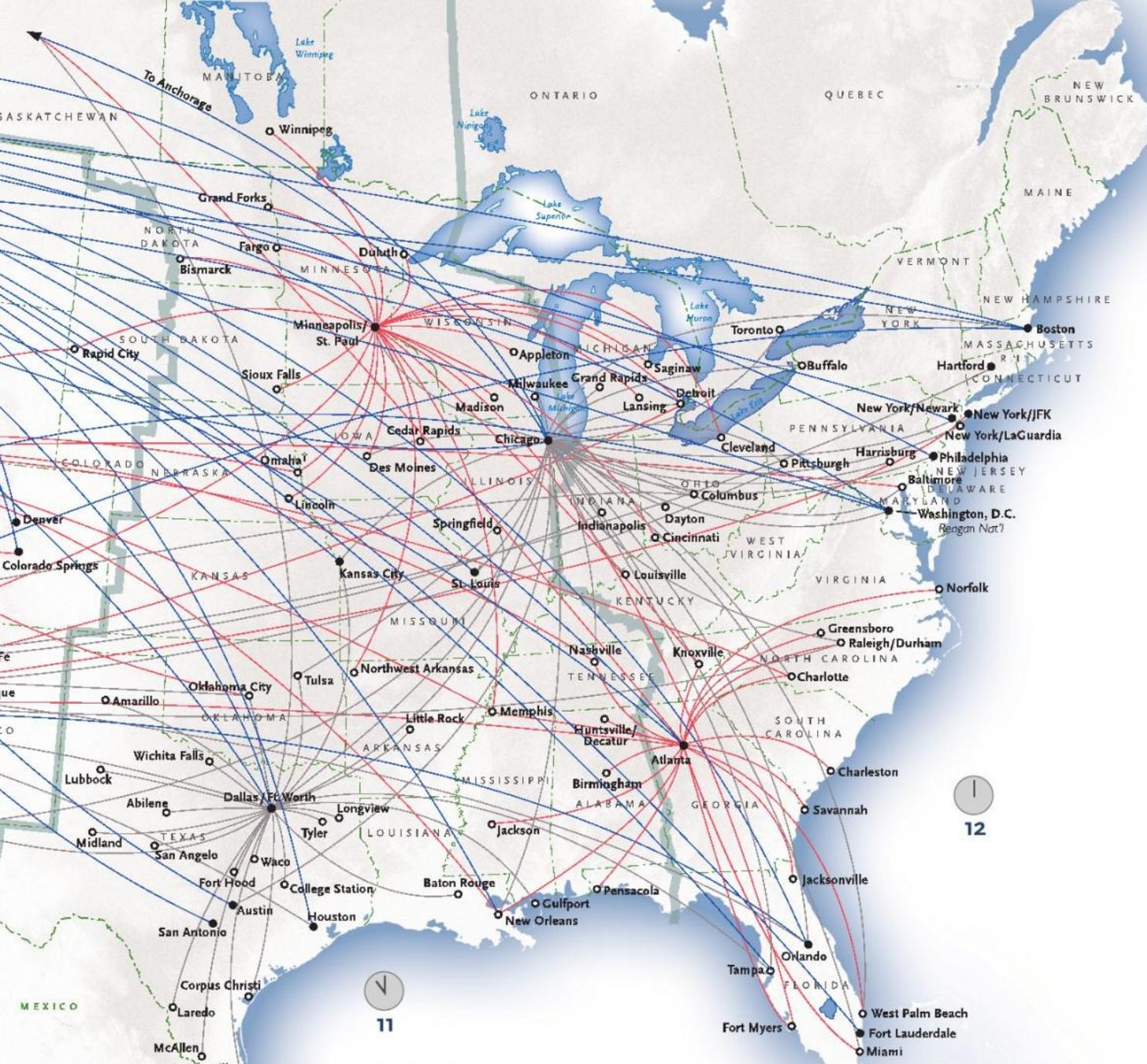
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Denver	1024
Honolulu	2677
Los Angeles (LAX)	954
Fort Lauderdale	2697
New York City/Newark	2401
Phoenix	1106
San Diego	1050
San Francisco	678
Washington, D.C.	2306
Portland &	
Los Angeles (LAX)	834
Phoenix	1009
San Diego	933
San Francisco	550

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Route	Service Begins
Salt Lake City–Portland	June 9, 2014
Portland–Kali spell	June 9, 2014
Salt Lake City–San Diego	June 10, 2014
Salt Lake City–Los Angeles	June 11, 2014
Seattle–New Orleans	June 12, 2014
Salt Lake City–San Jose	June 12, 2014
Salt Lake City–Boise	June 16, 2014
Salt Lake City–Las Vegas	June 16, 2014
Salt Lake City–San Francisco	June 18, 2014
Seattle–Tampa	June 20, 2014
Seattle–Detroit	September 4, 2014



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
Juneau &	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
Ketchikan &	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

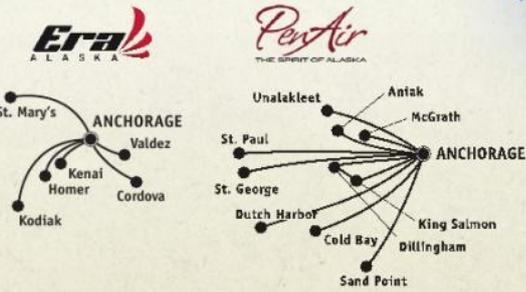
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● Alaska Airlines Cities

Some routes shown operate seasonally.
† Dutch Harbor–Anchorage service operated by PenAir.

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Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Lines 5, 6 — If not using a passport, leave these lines blank
- Line 9 — Enter "AS" for Alaska Airlines
- Sign at the "X"



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¿Quién debe completar esta forma?

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Datos de ayuda

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- Línea 5, 6 — Si no tiene pasaporte, deje esta sección en blanco
- Línea 9 — Use "AS" para Alaska Airlines
- Firme en la "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
- 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 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



FEM FOR MEXICAN NATIONALS

Who must complete this form?

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FEM PARA MEXICANOS

¿Quién debe completar esta forma?

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

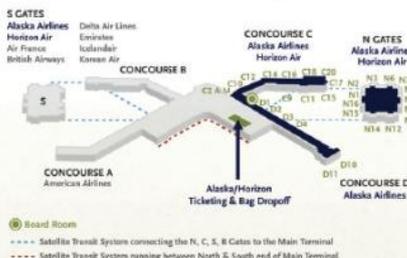
Datos de ayuda

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



AIRPORT GATE LOCATION MAPS

Seattle/Tacoma International Airport (SEA)



Portland International Airport (PDX)



Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



Travel Treasures

Vintage suitcase safeguards keepsakes | BY LORI TOBIAS

The powder-blue bag I took on my first flight in 1979 was just 13 inches wide and 21 inches long, but it held the essentials I thought I'd need for two months away from home. I was 18, and I was traveling about as far as you could go without leaving the country. My journey was taking me from the East Coast to Alaska, to help care for my toddler nephew so my sister could travel with the Air Force for training.

I was anxious and thrilled. Until then, the farthest I'd traveled was a day trip to the Jersey Shore. For this cross-country trip, I'd brought plenty of reading material, but it turned out nothing could compete with the exhilaration of being high over the earth and looking at the scenery below.

As the flight took off, the farmlands, country roads, river and highway that had been the backdrop of my entire life grew smaller and smaller. Soon the landscape disappeared, and we soared above clouds that looked like ocean waves. I sat transfixed.

In Chicago, I rushed from the plane in search of my connecting gate, fearful I'd never find it at an airport that seemed bigger than my hometown. Fortunately, I located the connection point with the aid of a helpful airline agent. In Seattle, I found my next gate with no problem at all, and by the time that last leg to Alaska took off, I felt like a seasoned flier.

As the Alaska Airlines jet headed north, I was entertained by an entire New Jersey basketball team en route to an Anchorage tournament. The flight attendants passed out complimentary champagne to those of legal age, and everyone toasted the team's success. My seatmate also toasted my first flight—and Alaska, which he promised I would love.

More than 12 hours after leaving the East Coast, I stood on the tarmac in Anchorage, marveling at the breathtaking mountains, forest and inlet of this part of the Last Frontier. In that moment, my wanderlust was born.

All these years and many journeys later—journeys made possible in part by the increasing number of Alaska Airlines nonstops between the West Coast and destinations ranging from Philadelphia to Hawai'i—I still have that bag. The snaps

are rusted; the outside is torn; the hinges were reinforced with duct tape by a kindly Alaska Airlines representative the last time I used the bag, before deciding it had earned its retirement. But the inside, stained and faded, is still packed—with mementos. Time passes, and I forget all about that suitcase. Then, usually on a mission to clean out a closet, I rediscover it and lose myself in its contents all over again.

This time, I'm surprised to find a letter from my mother, hidden all these years in the folds of one of the colossal birthday cards she favored. I open an old datebook and out flutters a room receipt from a visit to Washington, D.C., and a ticket to a concert. A satin pocket sags under the weight of campaign buttons, festival pins and other items I expected would be valuable collectibles some day—such as the 1984 Winter Olympics downhill ski-event pin, still in its tiny plastic baggie. A quick browse through eBay suggests I might get \$1 for it. There's also the room key from our honeymoon cruise, a ticket for free drinks in Las Vegas and the shell bracelet from my first trip to Hawai'i.

But of everything stuffed inside that bag, few items bring a bigger grin than that original one-way ticket for my flight from the East Coast. Its handwritten price—\$290.66—copied in carbon triplicate, is tucked inside the boarding-card jacket for the first leg of my first flight, and that jacket is in turn tucked inside the boarding-card jacket for the second leg of the flight. And tucked behind both boarding jackets is my itinerary, scrawled by my

mother on a piece of paper ripped from a pocket-size notebook. Below it, I'd penned my sister's phone number.

I can't say when I started using the travel bag as the vault for so many memories. I suspect it was in those early days of first apartments and meager belongings, when my appetite for travel far outweighed my means to make it happen.

But I held fast to the dreams inspired by my first flight—dreams of exploring a big, wide world and learning more about my place in it. As I've pursued those dreams, I've never been disappointed.

Sometimes I think I need to put all the mementos someplace safer than this old blue bag, but then I remember that they've been just fine here over the course of 30-odd years, so I snap the travel-worn tote shut, and tuck it back in the closet—to again bring back cherished memories on another day.

Lori Tobias now lives on the Oregon Coast.



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