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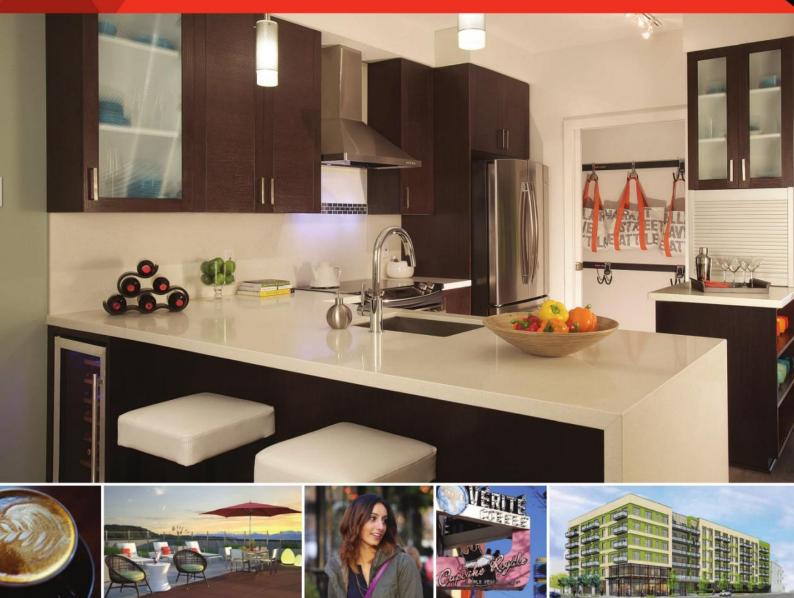
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Contributing Editor ERIC LUCAS

Editorial Interns

JEFFREY GIULIANI, GRACE QIAN Contributing Writers

DAVID ARMSTRONG, GEOFFREY ARNOLD, RENEE BRINCKS, MARGOT KAHN CASE, CHRISTINE DELSOL, BILL FINK, MARLENE GOLDMAN, BENGT HALVORSON, JEAN HAMILTON, SUSAN G. HAUSER, CHANEY KWAK, HEIDI MILLS, LORA SHINN, FRANCESCA STEELE, EAGRANIE YUH

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# Spirit of Alaska



Brad Tilden, Chief Executive Officer

#### **CHAMPIONS**

It's possible that this editorial, as well as the cover and story inside, will make things a little difficult for some of Alaska's Seattle-based people, myself included. But it has to be said—the Portland Timbers are champions! On December 6, they defeated the Columbus Crew by a score of 2–1 to become the 2015 MLS Cup Champions. And as you'll read on page 38, Timbers fans everywhere are rejoicing.

The Timbers had a season for the ages, despite a bumpy start with some injured players. But they went into high gear for the playoffs. They beat the Vancouver Whitecaps in the Western Conference Semifinals, FC Dallas in the Western Conference Championship (taking a commanding 3–1 lead in the first leg), and went on to defeat Columbus in the MLS finals.

But for me, the most exciting match of the playoffs was the first, against Sporting Kansas City in the Knockout Round. In case you missed it, let me set the scene for you. It's a home game in Portland, and the Timbers are up by a goal late in the game. Timbers fans are going nuts. And then, with just 3 minutes to go, KC punches in a goal to force overtime. To say the tension in Providence Park is thick would be a serious understatement.

They begin 30 minutes of overtime, and KC scores first, appearing to have clinched the win. But with only 2 minutes left, we score again. Extra time ends with the score 2–2. I know: You've got to be kidding, right? Now we start penalty kicks.

Five players on each team get a free shot on goal. One by one, five balls are kicked by each side, and each scores three. We're still tied. At this point, Timbers fans are breathing into paper bags, literally willing their guys to win. Now the teams go through their remaining players, each taking a penalty kick. At this stage, if one team scores and the other doesn't, it's over. They go through all of their position players, 10 in total, and the score remains tied—each team has made six penalty kicks. Unbelievable.

Now it's down to the goalkeepers. First our keeper, Adam Kwarasey, shoots against Sporting KC's keeper, Jon Kempin. It's a low, hard shot to the left, and he scores! Sporting KC's turn, and Timbers fans can barely watch. Kwarasey steps into goal. Kempin fires the ball left, and Kwarasey deflects it. And just like that, it's over, and Portland has won. Most of the crowd is screaming; some are crying. Some collapse from exhaustion. The game is the longest PK shootout in MLS history.



Timbers players bring the MLS Cup home to Portland.

At Alaska Airlines, we have been extraordinarily proud to be the official airline and jersey sponsor of the Timbers since their entry into the MLS in 2011. We have come to know Owner/CEO Merritt Paulson and President of Business Operations Mike Golub well, along with many of the coaches, staff and players. These are good folks who are doing things the right way, and it is fantastic to see them achieving this level of excellence.

Most of you will know and appreciate that one of the greatest rivalries in soccer is between the Portland Timbers and the Seattle Sounders. And so, my writing this from Seattle is what my kids would call—awkward. I am hoping that our customers—and maybe even a few Sounders fans—can take pride in the Timbers' amazing accomplishments. After all, in sports, it's all good. Sports bring us together. They make us proud of who we are and where we're from, and they celebrate the best of the best.

The Portland Timbers are champions. To the entire Timbers organization, to the community of Portland and to the Timbers Army (a veritable force of nature itself), we salute you. —*Brad* 

# El Espíritu de Alaska



Brad Tilden, Jefe Ejecutivo

#### ¡CAMPEONES!

Es posible que este editorial, así como la portada y la historia adentro, hagan las cosas un poco más difíciles para algunos de nuestros empleados de Alaska Airlines con base en Seattle, incluido yo. Pero hay que decirlo, ¡el equipo de los Timbers de Portland es campeón! El pasado 6 de diciembre, derrotaron al Columbus Crew con un marcador de 2–1 para convertirse en los campeones de la MLS del 2015. Como podrán

ver en el artículo en la página 38, los fanáticos de los Timbers en todas partes se regocijan con el triunfo.

Los Timbers tuvieron una temporada histórica, a pesar de un comienzo áspero con algunos jugadores lesionados. Pero entraron en marcha para las finales. Derrotaron a los Whitecaps de Vancouver en las semifinales de la Conferencia oeste, Dallas FC en el Campeonato de la Conferencia occidental (tomando una imponente ventaja de 3–1 en el partido de ida) y finalmente derrotaron al Columbus Crew en la final de la MLS.

Pero para mí, el partido más emocionante de las eliminatorias fue el primer juego, contra el Sporting Kansas City en la ronda de octavos de final. En caso de que se lo hayan perdido, permítanme ilustrar la escena para todos ustedes. Jugando como locales en Portland, los Timbers se colocan a la cabeza con un gol casi al final del juego. Los fanáticos de los Timbers casi se vuelven locos. Después, con tan sólo 3 minutos por jugar, KC anota un gol forzando el tiempo extra. Decir que la tensión en el estadio Providence Park era enorme sería una grave subestimación.

Comienzan los 30 minutos de tiempo extra y KC anota primero, con lo que parecía darles la victoria. Pero con sólo 2 minutos antes del final, anotamos otra vez. El tiempo extra termina con el marcador 2–2. Lo sé, ¿esto debe ser una broma verdad? Ahora darán inicio los tiros penales.

Cinco jugadores de cada equipo tienen un tiro libre. Uno por uno, cinco tiros por bando, y cada equipo anota tres goles. Todavía seguíamos empatados. En este momento, los fanáticos de los Timbers necesitando oxígeno, literalmente transmitiendo el poder a sus jugadores. Ahora los equipos pasan a sus jugadores restantes, cada uno tomando un tiro de penal. A este punto, si uno de los equipos anota y el otro no, es el fin. Todos los jugadores han realizado un tiro cada uno, 10 en total, y el marcador continua empatado, cada equipo ha anotado 6 penales, increíble.

Ahora todo queda en manos de los porteros. En primer lugar nuestro portero Adam Kwarasey, dispara contra el portero del Sporting KC Jon Kempin. ¡Un disparo fuerte, abajo a la izquierda y anota! Toca el turno al Sporting y los fanáticos de los Timbers apenas pueden verlo. Kwarasey se encamina hacia la meta. Kempin dispara la bola hacia la izquierda y Kwarasey lo desvía. Y así en un segundo, termina todo y Portland gana el partido. La multitud emocionada grita, algunos lloran. Algunos colapsan por el agotamiento. El juego es el partido definido en tiros penales más largo en la historia de la MLS.

En Alaska Airlines, estamos

extraordinariamente orgullosos de ser la aerolínea oficial y los patrocinadores de la camiseta de los Timbers desde su inicio en la MLS en el 2011. Hemos llegado a conocer el propietario y director general Merritt Paulson y Presidente Mike Golub, junto con muchos de los entrenadores, el personal y los jugadores. Son gente buena que está haciendo las cosas bien, y es realmente fantástico verlos alcanzar este nivel de excelencia.

La mayoría de ustedes saben que una de las mayores rivalidades en el fútbol es entre Portland Timbers y Seattle Sounders. Y así, yo escribiendo esto desde Seattle es lo que mis hijos llamarían—una locura. Espero que nuestros clientes e incluso algunos de los fanáticos de los Sounders-puedan enorgullecerse de este increíble logro de los Timbers. Después de todo, así es esto del deporte. Los deportes nos unen, nos hacen sentir orgullosos de quien somos y de donde venimos, y nos invitan a celebrar lo mejor de lo mejor.

Los Timbers de Portland son campeones. A toda la organización de los Timbers, así como a la comunidad de Portland y el ejército de fanáticos de los Timbers, (que representan una auténtica fuerza de la naturaleza), los felicitamos. —*Brad* 





# KATHY WILL TELL YOU... HEALTH IS A JOURNEY, NOT A RACE

Whoever said "patience is a virtue" must have struggled with weight issues. Believe me, I know because I fought with weight my entire lifetime.

I'm sometimes amazed that I actually lost 100 lbs, not once – but twice! And regained it all again. The second time, no matter what I did, the weight just wouldn't come off. When I visited my doctor for a physical and she suggested blood pressure medication, I knew something had to change.

I started looking for answers. Luckily, a couple of my close friends had gone through the 20/20 LifeStyles program and highly recommended it. They convinced me to attend the introductory seminar. I came away impressed.

A follow-up session with one of the doctors sparked my interest further. He told me that he could also help me with the arthritis in my foot from a prior climbing accident. I was so fascinated by the total approach to health – the exercise, nutrition and counseling – that I committed to joining the program. For the first time, in a very long time, I began to see the path back to my authentic self.

For one thing, I'd never worked with a personal trainer before. And now, even after the program, I haven't stopped and don't plan to. Over time, I've formed strong bonds with all three of the amazing trainers I've worked with. They've helped me stay safe, avoid injury, and gradually increase the intensity of my workouts. They even helped me with the appropriate activity to help break up the arthritis in my foot.

My dietitian was at the core of my program. I learned about meal planning, tasty-yet-healthy recipes, as well as maintaining correct portion

sizes and food combinations. I now love exploring new foods, especially vegetables, and a healthy change for me has been to select fruit as my carbohydrate instead of starch.

I lost 109 lbs (exceeding my goal weight!) and a recent biometric scan indicated that all my numbers are in the normal range. I'm so excited by this! My energy level is off the charts. I enjoy hiking, biking, walking, running, weight lifting, stand-up paddle boarding, canoeing – and I recently completed two 5Ks and a 10K.

My whole family has been affected by my new lifestyle. We're all much more active together. I can't believe how much more confident I feel, both personally and professionally. This is my new lifestyle.

My best friends and I have always supported each other on our journeys towards healthier lives. We participate in runs and walks together. We're planning our first retreat together that we hope to become an annual tradition.

Support is key on this journey. If you're ready to lose weight, take my advice and seek the support you need at 20/20 LifeStyles. Then, take it one step at a time. Learn to love movement and incorporate it whenever possible. Keep putting one foot in front of the other. It's a journey, not a race.





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

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

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

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

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

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

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



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#### **FOCUS ON SUSTAINABILITY**

#### New Coolers, Less Waste

Keeping service items fresh onboard is important, and Alaska has traditionally used #6 Polystyrene (aka Styrofoam) coolers to do so, but the airline was going through nearly 400 of them each month. To reduce such use of nonsustainable materials inflight, Alaska's onboard food-and-beverage team found a new durable cooler made of #5 Polypropylene. Polypropylene (often used in yogurt tubs) is a less toxic, more recyclable, and more durable alternative to Styrofoam. The results? Monthly replacements have dropped from 380 to 90.



#### PEOPLE BEHIND THE SPIRIT

#### A Job Well Done

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



Jonathan Horning, Alaska Airlines Legend

Amy Dittbrenner recalls hearing a request come over the ramp-area radio. A baggage-handling agent was looking for some help moving a cart of bags from the terminal bag well. Dittbrenner, a station supervising manager in Anchorage, wasn't surprised a few minutes later to see Jonathan Horning pull up beside a plane, towing the carts behind a tug. She'd only been working with Jonathan for two months, yet was already impressed by his consistent willingness to jump in and help, she says. She then watched as Jonathan, noting that the crew loading the back of the plane was fully engaged with their workload, went to the front of the aircraft and began hoisting bags from the carts onto the conveyor. He then climbed up into the belly of the plane to stow the bags.

"Well, we got that plane out on time," Jonathan says. "That's what matters."

As a ramp lead, Jonathan makes sure that planes get loaded according to plans developed for each flight at a central operations center in Seattle. Each passenger load is unique. The composition of baggage heading from Anchorage to Kotzebue might be entirely different than for a plane bound for Honolulu. Alaska is also a major cargo carrier, especially within the state of Alaska, where U.S. Mail factors into loads, as well.

Balancing the weights and volumes across the length of the plane is important, and just how that load is handled is critical to the airline's promise to connect passengers with their bags within 20 minutes of arrival at a gate.

As a team leader, Jonathan makes sure the load plan is followed safely, efficiently and on schedule. Most of the time, it's pretty routine, but if a flight is running late, Jonathan knows how to handle the pressure. He is quick to credit his team for performing at a high level, but those same team members say it is Jonathan who routinely steps up and takes the initiative to help.

Jonathan started with Alaska Airlines in the summer of 1992. He'd been working in Anchorage for an airline named MarkAir Express, running deliveries. He remembers taking a trip with his parents to Seattle and from his window watching an Alaska Airlines ramp crew loading a plane. "They looked like they were having fun. Working hard and really enjoying what they were doing together," Jonathan says. "I decided that was a job I could see myself doing."

A few months later, he made the switch to Alaska. Four years later, he was promoted to lead.

For Jonathan, an honest day's work is important. That's the way he was raised. He likes manual labor, a job well done and making sure that people are taken care of—co-workers as well as customers. If he hears a call over his radio requesting assistance with boarding a passenger in a wheelchair, he'll hustle up the stairs to the jetway to lend a hand.

Anchorage Ground Operations Manager Dawna Swihart says she appreciates Jonathan's can-do spirit. "He doesn't talk about roadblocks. He just finds ways to get a job done," she says. —Paul Frichtl

#### **VOLUNTEER SPIRIT**

#### Ruff Duty

Nearly a dozen Alaska employees at Seattle-Tacoma International Airport recently volunteered to help more than 45 dogs and puppies that are in training to become support animals as 80 human trainers practiced the check-in and boarding process.

The exercise will help prepare dogs being trained by Guide Dogs for the

Blind in Everett, Washington, to be comfortable with air travel when they eventually guide their disabled owners on trips. The program included check-in, TSA screening, riding on the



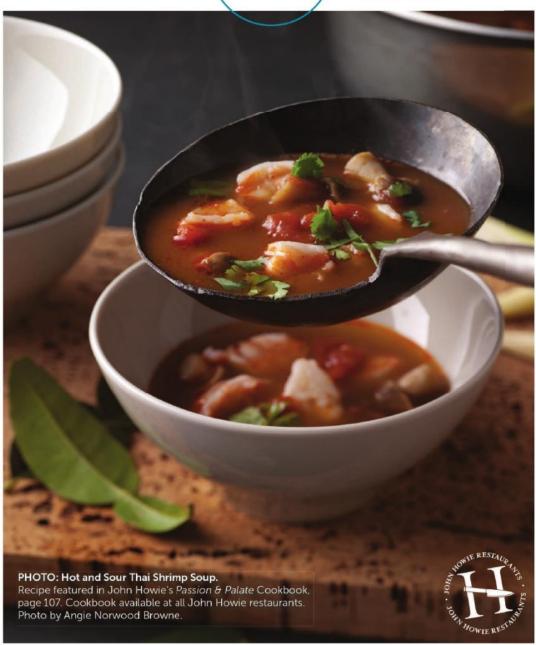
Guide dogs training for travel at Sea-Tac.

airport train, waiting in the boarding area and aircraft boarding, says Michelle King, manager of station engagement. Once the dogs and their people were on board, an inflight supervisor answered questions about the onboard experience.

After the dogs were taken to the pet-relief area and baggage claim,

they each received a pair of Alaska wings, a blanket and a dog bone in an Alaska Airlines—logoed backpack."We are constantly trying to open doors for travel," King says. —*Christy True* 



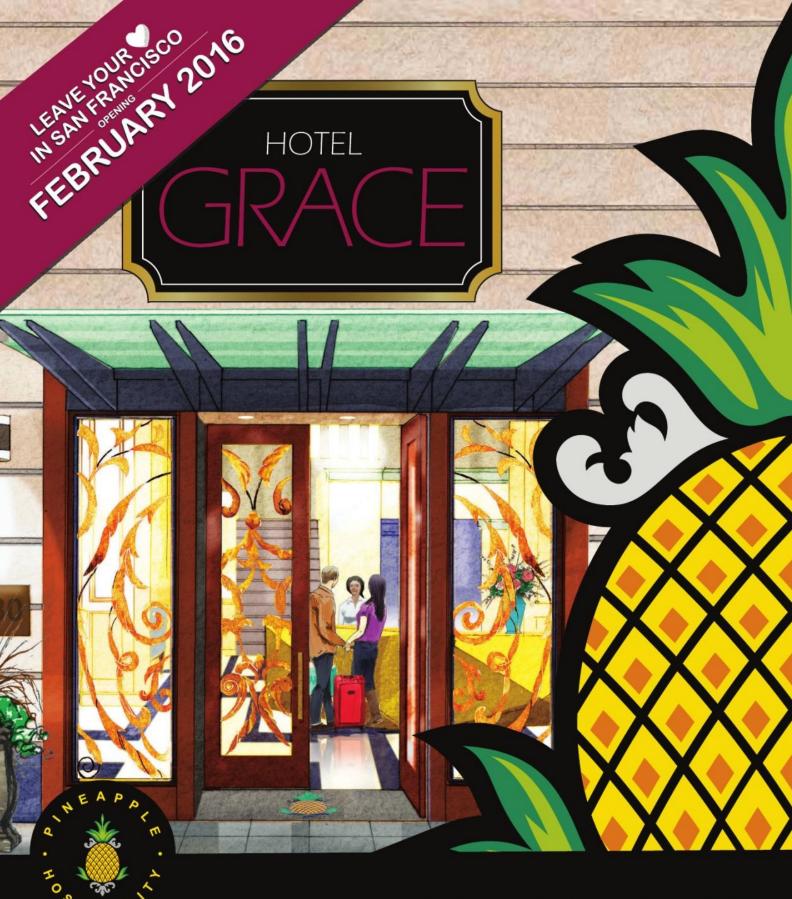




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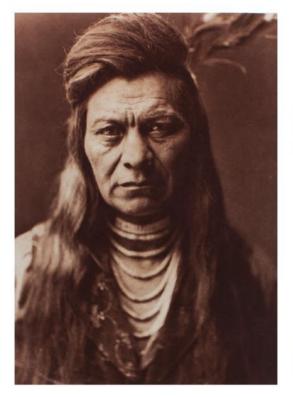




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PORTLAND, OR

#### **Native American Photography**

Edward Curtis, who created the expansive 2,000-plus photos and 20 volumes of *The North American Indian* (published between 1907 and 1930), is unrivaled for the scale of his work photographing Native American tribes. The exhibition "Contemporary Native Photographers and the Edward Curtis Legacy: Zig Jackson, Wendy Red Star, Will Wilson," February 6–May 8 at the Portland Art Museum, presents about 75 images and documents by Curtis, along with an equal number of works by contemporary Native photographers responding to his work.

The exhibition aims to address complex

issues surrounding Curtis' art and legacy. His work was extensive but, some say, idealized and narrow in its depiction of American Indians as a vanishing race.

Featured artists were chosen because their work is directly responsive to Curtis' art.

Portland-based Wendy Red Star deals with stereotypes and aims to show diversity among Native Americans, while Zig Jackson challenges romanticized portrayals. Will Wilson is known for involving his subjects in the process of creating images.

To learn more, call 503-226-2811 or visit portlandartmuseum.org. —Jeffrey Giuliani

Above left: Edward Curtis, Black Eagle, Nez Percé (1911), photogravure from Curtis' The North American Indian.

Above right: Wendy Red Star, Untitled (2015).

**NATIONAL HAVE FUN AT WORK DAY** is celebrated on January 28. In recent years, faculty and staff at the University of Washington, in Seattle, have used the unofficial holiday to stage fun events. Past activities have included the World's Largest Kettlebell Class, in 2014, and an event in 2015 in which thousands of UW employees performed a dance with umbrellas, to the tune of Taylor Swift's song *Shake It Off*.



#### Musical Masterworks

The circa-1728 Artôt-Alard violin (shown at left), a rare work by master violin maker Antonio Stradivari (1644-1737), is being displayed for the first time in the United States, in the

exhibition "Stradivarius: Origins and Legacy of the Greatest Violin Maker," at Phoenix's Musical Instrument Museum, January 16-June 5. Celebrating the art and evolution of the violin, the exhibition will feature this and other rare instruments by Italian masters. Modern instruments, and tools and designs from Stradivari's workshop in Cremona, Italy, will also be on view, and audiovisual displays will help guests explore violin making. The exhibit is a collaboration with the Cremonabased Museo del Violino and Friends of Stradivari.

The museum will present a concert series alongside the exhibition, with a diverse lineup to include acclaimed folk violinist Mark O'Connor and the multitalented Midori Gotō. An "Experience Italy" exhibit finale on June 4 and 5 will involve gallery talks and family-friendly hands-on activities. Call 480-478-6000 or visit mim.org. —Grace Qian

#### Also of note ...

**Tucson Desert Song** Festival, Jan. 20-Feb. 7; three weekends of choral, orchestral, chamber and solo performances by celebrated classical artists, along with talks and master classes; multiple locations, Tucson, AZ; 888-546-3305; tucsondesertsongfestival.org.

#### RENDEZVOUS IN ANCHORAGE

The 81st Fur Rendezvous will fill the streets of downtown Anchorage, February 26-March 6, with distinctive activities-including sled dog races (shown at right, at a past year's event), an outdoor hockey tournament and a fireworks extravaganza.

This year's Fur Rondy, as it is commonly known, will also feature relatively new events, such as the Rondy DASH, a scavenger hunt that was highly popular in its 2015 inaugural year, and the

third-year Great Alaska Talent Competition, which includes preliminary shows on February 27 and 28, and finals on March 6.

Fur Rondy began in 1935, when Anchorage was still a fledgling town. Local Vern Johnson planned a winter festival to coincide with miners and trappers coming to town with goods to sell. The event has been held each year since.

For more information, visit furrondy.net. - Jeffrey Giuliani



Also in Anchorage ... Anchorage Folk Festival, Jan. 21-31; a free folkmusic and arts festival; workshops, jam sessions and more; multiple venues; anchoragefolkfestival.org.

Great Alaska Beer & Barley Wine Festival, Jan. 22-23; brews from Alaska and beyond; William A. Egan Civic and Convention Center: auroraproductions. net/beer-barley.html.



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NEW YORK, NY

#### Paws on Parade

Man's best friend will take center stage as The Westminster Kennel Club Dog Show returns to the Big Apple, February 15-16, for its 140thannual event. Spectators can watch breed judging and junior showmanship preliminaries in daytime sessions at Piers 92/94. Junior

finals and group judging will be conducted in the evenings at Madison Square Garden. The Best In Show competition will take place February 16. The public can also observe competitors at daytime events at the piers, where dogs are presented by breed and visitors are able to interact with owners, handlers and breeders. The breed-competition winners qualify for group judging, and group winners compete for Best In Show honors. On February 13, the Saturday before the show, the third-annual Masters Agility Championship at Westminster and the American Kennel Club's Meet the Breeds events will be held at Piers 92/94. For more information, call 212-213-3165 or visit westminsterkennelclub.org.

-Grace Qian

38 JUDGES, from North

America and Europe



The beagle Ch. Tashtins Lookin For Trouble (above) was Best In Show at The Westminster Kennel Club Dog Show in 2015. Other top dogs included the poodle GCH Dawin Hearts On Fire (Non-Sporting winner, top left) and the Skye terrier GCH Cragsmoor Good Time Charlie (Terrier winner, left).



140TH CONSECUTIVE YEAR in 2016.

**BREEDS** in show

199 ....

7 new BREEDS recognized for 2016 show 7GROUPS: Sporting, Hound, Working, Terrier, Toy, Non-Sporting, Herding



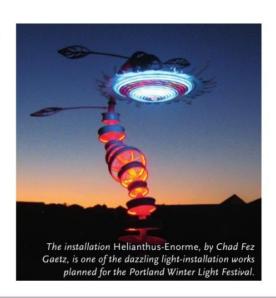
#### A Winter Light Spectacle in PDX

Art installations incorporating lights will illuminate the City of Roses at the inaugural Portland Winter Light Festival, February 3-6. Showcasing large-scale, sculpturelike pieces and projection art primarily created by local artists, the festival will be held mostly at the Oregon Museum of Science and Industry campus, with some events held elsewhere in town.

The festival aims to present art incorporating the lesser-used medium of light projection, allowing festivalgoers to see colorful displays and animations projected on large buildings. In addition to the art, the festival will present learning opportunities related to the science of light.

Festivities will also include events such as a nighttime bike ride, which invites participants to illuminate their bikes to help create a glowing caravan.

For more information, visit pdxwlf.com. -Jeffrey Giuliani







It's rare to hear about a love story that starts on an airplane. When single, we all secretly wish that the romance of meeting someone while traveling just might happen to us.

ennie Bowen Steed's idea of finding love changed on a flight when she saw an ad for It's Just Lunch, a personalized matchmaking service for busy professionals. The ad read like a good friend who could introduce her to single, professional men she wouldn't have the opportunity to meet on her own. Today, Bowen Steed is married to her IJL match Greg Steed. We sat down with Greg and Jennie to learn about their dating experience, lifestyle, and why they chose to invest in their pursuit of relationship happiness.

#### Why did you join IJL?

G: I'd been divorced for about two years, and it was a hectic time career wise. My company was in a transitional phase, and it demanded a lot of my time and effort, so I didn't have time for much else.

#### Favorite first date memories?

G: I was attracted to her right away. On the second date there was a real chemistry. Then it evolved very, very quickly.

J: When Greg and I started talking, I discovered we had similar careers. I remember the conversation was so easy and comfortable. When I shared my date feedback with my IJL matchmaker, I let her know that Greg and I had made arrangements to attend a big award dinner at his country club. The minute I walked in, I knew he was a consummate gentleman. He was attentive and made sure I was introduced to everyone.

#### How did IJL compare to your online dating experience?

G: Online dating isn't easy, it's work. I've got a full-time career; I didn't need another job. With IJL they did everything for me. You're busy with your career and everything else going on - IJL was just easier. The caliber of matches was much

#### Best part about dating thru IJL?

G: Besides choosing all my matches I would say the scheduling of my dates. They call you and ask what your schedule is like, so you don't have to worry about it. If I said I was available Wednesday or Thursday this week and Sunday next week they would find a way to fit dating into my schedule.

#### What would you tell a friend who was interested in IJL but was tentative about making the investment?

G: At the end of the day what is your end goal? Then I'd ask, what's the cost of being happy worth to you? The kinds of people who choose IJL aren't fooling around. It's not someone on the Internet just looking to meet a ton of people and date up a storm. It was definitely worth it for me.

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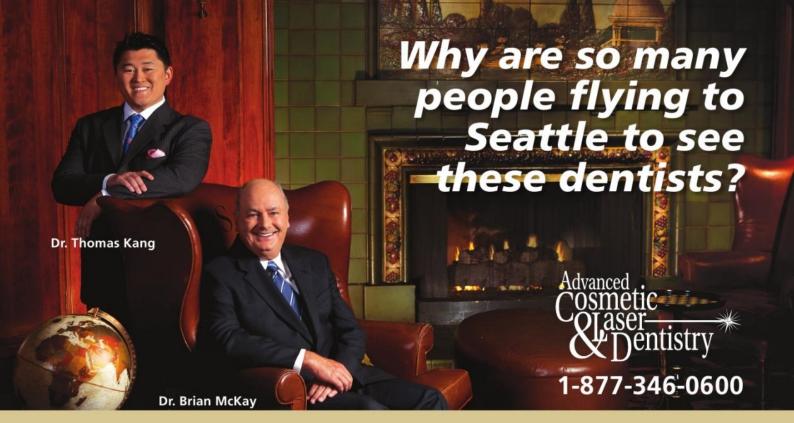






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### RACHEL LOST 25 LBS & **O YEARS IN 10 WEEKS**



After I entered my 40s. I became increasingly dissatisfied with how I looked and felt. Although I stayed moderately active, my weight had crept up. But I couldn't seem to find a clear plan for correcting this change and looking and feeling the way I wanted to.

I'd read about the My Best 10 program and although the stories were compelling, I wasn't quite ready to explore that option. However, I found myself returning to the website and wondering if it could truly help me attain my goals. When we sold our house, it seemed like the perfect opportunity.

My goal was to lose about 25 lbs, as well as get off my high blood pressure medication. And I'm happy to say that I achieved those goals - and so much more!

Once I had made the commitment, I was fully on board. I loved having weekly nutritional meetings, which kept me motivated and answered my questions or concerns. I loved the way my trainer was educated enough to help me not only with the exercise, but also answered other dietary questions or concerns I had on a moment-to-moment basis. I felt extremely supported by the entire staff. I also loved the fact that the program doesn't just focus on diet and exercise, but allowed me to explore my skin, hair and the way I looked.

Having the facials and massages during times when I was feeling overwhelmed with everything helped considerably.

Focusing on all aspects of my body and physical health opened the door, giving me the freedom to explore my emotional health as well. I started looking through a different lens at myself, my life and my future.

I had so many "A-ha" moments! Oh, I shouldn't "save" my calories so I can eat a full dinner. They should be spread out throughout the day to keep everything balanced. Oh, the cardio is not only extremely important, but it feels good too. Oh, my skin looks amazing! Oh, I can wear more form-fitting clothes now because I'm proud of how I look. And, best of all, my blood pressure is normal to low for the first time in about 20 years.

These days, I refuse to give up my daily exercise routine. So I continue to feel great. I know how to get back on track if I have a couple of days of overeating, so getting back to my target weight doesn't feel like a struggle or burden. I rediscovered how much I enjoy eating vegetables and have reduced the amount of carbs I eat. Even several months after ending the program, I'm just a couple of pounds off my target weight - but I'll be back in just a few days!

I truly found this program life changing. I've recommended it to everyone I know. I loved, loved, loved the program and who I am as a result.

NASHVILLE, TN

#### All-Stars on Ice

Bridgestone Arena, home of the National Hockey League's Nashville Predators, will host the 2016 Honda NHL All-Star Weekend, January 30 and 31 (with NHL Fan Fair events January 28–31). Along with the event's first appearance in Nashville, big changes are coming to the competition's format. Instead of

each conference fielding a team to play one standard-length game, the four divisions will each send a 12-player squad for a tournament of short games. The games, all played on January 31, will be 20 minutes long and played three-on-three, which opens up the games for higher scores. Each of the NHL's 30 teams will have at least one player representing its franchise. The skills competition will be on January 30 and will include competitions for hardest shot, fastest skater and more. Visit nhl.com/allstar. —Jeffrey Giuliani



A Mardi Gras parade participant throws a — bag of prized beads to spectators at a past year's Mardi Gras celebration.

#### LIFE IS A CARNIVAL IN NEW ORLEANS

Doubloons, trinkets and beads will again rain down from parade floats to spectators during the Mardi Gras New Orleans celebrations in February. This year's Mardi Gras, or "Fat Tuesday," falls on February 9, the day before Ash Wednesday. The main celebrations in New Orleans will commence two weeks in advance, during the Carnival season, a time celebrated in events worldwide. In New Orleans, visitors can join the revelry as they watch float-making krewes parade their organizations' elaborate floats through the streets. Other events include concerts, parties and more. For more information, visit neworleansonline.com/neworleans/mardigras.

—Grace Qian

#### More Carnival ...

#### Carnaval de Mazatlán,

Feb. 4–9; Mazatlán, Mexico; the beautiful oceanfront Malecón will be the stage for parades and parties; mazatlantoday.net (English).

#### Bud Light Grand Parade,

Feb. 6; downtown St. Louis, MO; floats take on this year's theme of "Carnival Bowl XXXVII: All Things Sports"; mardigrasinc.com.

Gaslamp Quarter San
Diego Mardi Gras Parade
& Celebration, Feb. 6;
Gaslamp Quarter, San
Diego; krewe parade, live
dance and more;
sdmardigras.com.

#### CALENDAR

Through Feb. 21 "A Voyage to South America: Andean Art in the Spanish Empire," 17th— 19th century artwork; Art Institute Chicago, Chicago, IL; 312-443-3600; artic.edu

Through Feb. 21
"Creatures of Light:
Nature's Bioluminescence," live animals,
models, activities; Perot
Museum of Nature and
Science, Dallas, TX; 214428-5555; perotmuseum.org

Jan. 1–11 Palm Springs International Film Festival, 180+ films from 60+ countries; sponsors include Alaska Airlines; multiple venues, Palm Springs, CA; psfilmfest.org

Jan. 19–Feb. 7
PuSh International
Performing Arts Festival,
live acts from around the
world; multiple venues,
Vancouver, BC; 866-6088284; pushfestival.ca

Jan. 25–30 National Cowboy Poetry Gathering, poetry, music and storytelling about ranching and the West; Western Folklife Center, Elko, NV; westernfolklife.org

Jan. 28–31 Farmers Insurance Open, a PGA Tour event; Torrey Pines Golf Course, San Diego, CA; 858-886-4653; farmersinsuranceopen.com





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FIELD GUIDE

#### **Chocolate Artisans** of the West

Whether you favor bonbons or single-origin dark chocolates, the following are six chocolatiers, chosen by Eagranie Yuh, author of The Chocolate Tasting Kit, that every chocolate lover should sample.



#### **Ritual Chocolate**

#### PARK CITY, UT

The home to the Sundance Film Festival is also known for Ritual Chocolate, which makes its exquisite bars from just two ingredients: cacao beans and sugar. The bars are wrapped in packaging with images of animals from the cacao beans' country of origin, such as a lemur for Madagascar. The factory and retail store offers tours, chocolate drinks and weekly coffee tastings (ritualchocolate.com).



#### **Bar au Chocolat**

MANHATTAN BEACH, CA

This special chocolate is the creation of Nicole Trutanich, a one-woman show who turns small

batches of cacao beans into various types of chocolate that are more akin to art than food. Trutanich expects to open her own shop in the Manhattan Beach area this spring. Until then, you can buy her treats at Wally's Wine and Spirits, Lulu's Nouvelle and online (barauchocolat.com).



#### **Dandelion Chocolate**

SAN FRANCISCO, CA

The Mission District's Dandelion Chocolate sources cacao beans directly from growers and makes single-origin chocolate that reflects the beans' inherent flavors. For example, the Ambanja, Madagascar, bar is zingy with a hint of citrus fruit, while the Camino Verde,

Ecuador, bar tastes like fudge on toast. Grab a hot (or cold) chocolate drink and wander to the back of the shop to watch the chocolatiers at work (dandelionchocolate.com).



#### Fran's Chocolates • SEATTLE, WA

Founded in 1982 by Fran Bigelow, Fran's Chocolates now has four locations. While most famous for salted caramels, shown above (the Obamas are big fans), Fran's also has a stunning collection of fresh bonbons, chocolate-dipped nuts and fruits, and luscious gourmet chocolate bars (franschocolates.com).

#### Cocanú · PORTLAND, OR

You'll find Cocanú at some of the area's finest chocolate spots, including the two Cacao stores in downtown Portland. Flavors range from the gourmet Abeja (dark chocolate, baked milk

and bee pollen) to the whimsical Moonwalk (dark chocolate, cacao nibs and Pop Rocks). The chocolates are hand-crafted by founder Sebastian Cisneros. He even makes the fleur-de-lis embossed in wax that seals each parcel (cocanu.com).

#### Theo Chocolate . SEATTLE, WA

ABEJA

Theo Chocolate is one of the largest craft chocolate makers in the United States. Located in Seattle's Fremont neighborhood, Theo starts with ethically sourced cacao beans and turns them into delectable chocolate. Take a factory tour to see beans get roasted, peeled and crushed. The chocolate makes its way through a series of fascinating steps before emerging as bars and bonbons. And it's all fair-trade and certified organic (theochocolate.com).



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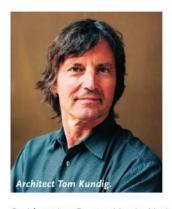
PROFILE

#### Lessons from Landscapes

Seattle architect Tom Kundig reinvents spaces, connects to locations By Margot Kahn Case

At **Studhorse**, an exquisite home in Winthrop, Washington, a giant rock sits at the center of a cluster of buildings. It is a focal point, a place to set a drink and a reminder of the land that was here well before the house was built.

In the buildings around it, hand cranks open windows and reconfigure walls to allow for views and access between spaces. The casual-yet-breathtaking,



modern-meetsnature design is textbook work from **Tom Kundig**.

Kundig, a
Seattle-based
architect, is the
recipient of
numerous awards,
including the 2008
National Design
Award from the

Smithsonian Cooper-Hewitt National Design Museum. His latest book, *Tom Kundig: Works*, features recent projects set in varied landscapes around the world.

Born in Merced, California, and raised in Spokane, Washington, Kundig has connections to the land that run deep. He spent his formative years climbing mountains in Washington. "Climbing taught me how to understand failure, and how to assess risk, and how to work hard," he says. It also likely taught him a thing or two about topography and perspective.

"The Pacific Northwest is a big landscape," he says. "As a kid growing up in it, I think it gave me a sense of a larger world, of our position in this larger cosmos."

From choosing materials that blend into the surrounding environment to siting a building for maximum day lighting, Kundig's history and biography are reflected in his work. There is the influence of his



architect father (who was supportive when Tom initially steered away from architecture) and his summer jobs at sawmills, where he learned the dynamics of wood. Before choosing architecture, he studied sciences at the University of Washington. His study of physics informed many of his legendary "gizmos"—the gadgets that open entire walls of windows, or move a wall to make one room into two—designed with his longtime collaborator, Phil Turner.

Kundig's own home, the **Hot Rod House** in Seattle, is named after another influence: the 1960s and 1970s hot rod culture that Kundig observed growing up in Spokane. "It was a culture of reinvention," says Kundig of the car tinkerers he watched on his street. "They would take a commodity and then reinvent it, give it their own take. And I learned that this was the spirit of the artist, to look around and recognize the common denominator and provoke another way of thinking."

After more than 30 years in architecture, reinvention remains an important part of Kundig's style. When the Tacoma Art Museum commissioned Olson Kundig (at which Kundig is a principal and owner) to replace the building's entrance and add the new Haub Galleries wing, Kundig had the opportunity to reinvent the museum's relationship to its site. His design repositioned the entrance and included a tall entrance canopy, open lobby space, floor-to-ceiling gallery windows, sliding screens to allow variable exhibit lighting, and earthy colors and materials that emphasize sustainability. The overall effect is to make the space more welcoming. In the museum's new iteration, it "invites people in," Kundig says. "It opens its doors to the city."

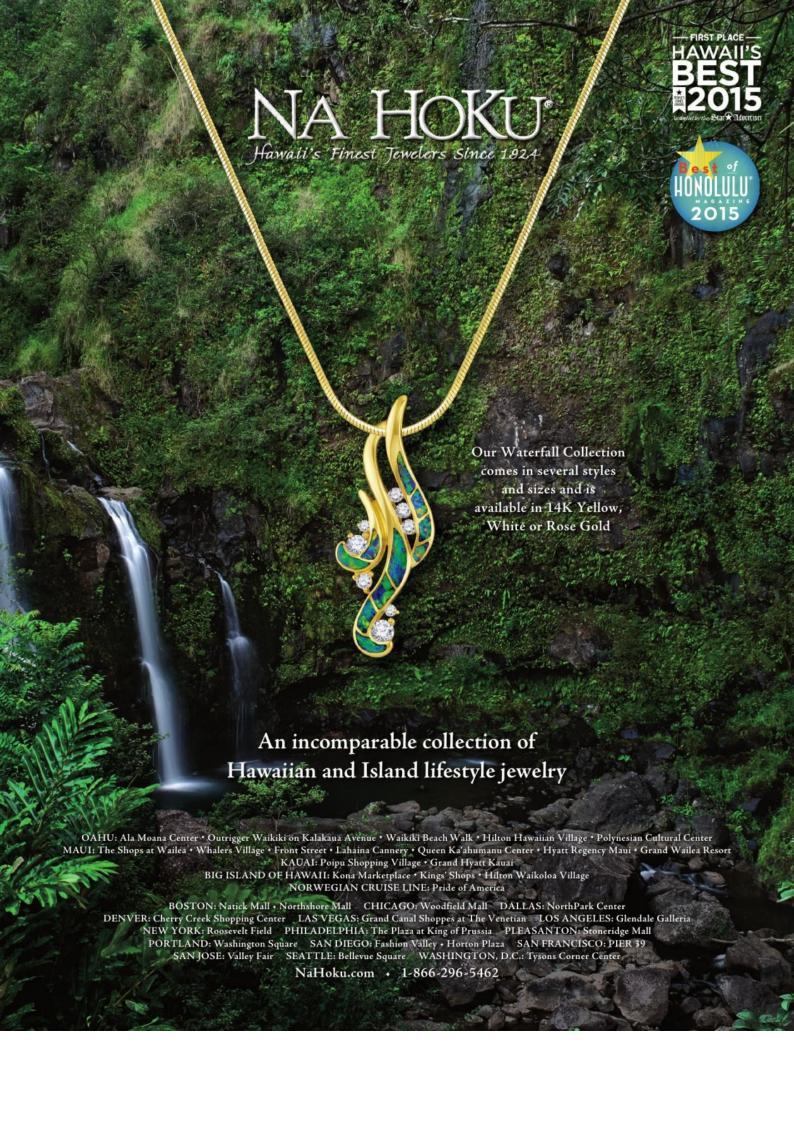
Nineteen of Kundig's latest projects—including Studhorse, the Tacoma Art Museum and others from New York to Seoul—are featured in his new book, published by Princeton Architectural Press. Learn more about Tom Kundig's work at olsonkundig.com.

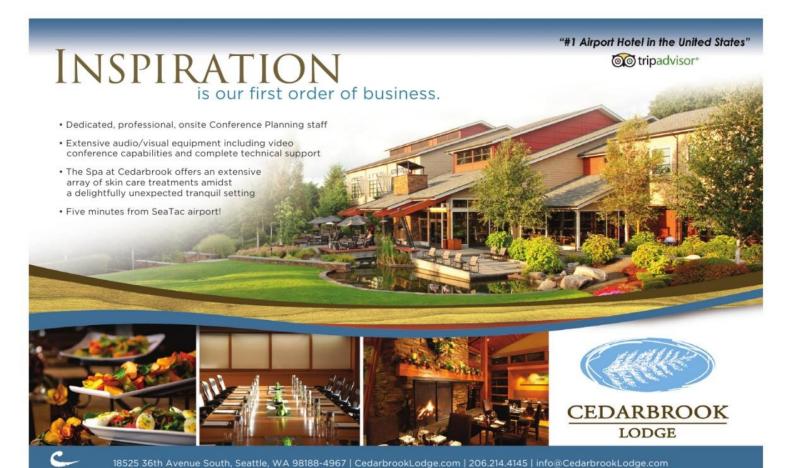


Top: The 2012 Studhorse project, in Winthrop, Washington, features a low profile that blends into its surroundings, and gadgetry to move walls and reconfigure spaces.

Above: The Haub Galleries addition at the Tacoma Art Museum (2014) includes open, adaptable spaces with exposed mechanisms.

CLOCKWISE FROM TOP, BENJAMIN BENSCHNEIDER (2); KYLE JOHNSON





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TOP 100 CITY SPOTLIGHT

### Seattle Arts & Culture

New and upcoming attractions in and around the Emerald City

### **Collected Works**

➤ Showing in Seattle through April 17, at the Northwest African American Museum, "The Harmon & Harriet Kelley Collection of African American Art: Works on Paper" is a wide-ranging presentation of artworks from the 19th, 20th and 21st centuries.

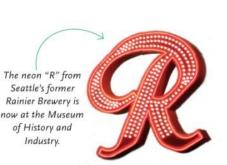


The exhibition includes 68 pieces by renowned and lesser-known artists. Among the types of work represented are drawings, paintings, etchings, color screen prints and lithographs, including Jacob Lawrence's *Carpenters* (1977, color lithograph; above).

This month, the NAAM will host classes on painting with media used by artists in the exhibition. The NAAM will also partner with the Seattle Art Museum on an upcoming lecture series about African-American art. Call 206-518-6000 or visit naamnw.org for more information. — Grace Qian

Also of note ...
The Children's Film
Festival Seattle,
Jan. 21–31, at the
Northwest Film Forum,
will showcase more than
165 films from 40
countries, with hands-on
workshops and more.
Visit childrensfilmfestivalseattle.org.

February is Seattle
Museum Month, in which
guests staying at one of
58 Seattle hotels will get 50
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more than 40 participating
museums throughout
the Puget Sound region.
Visit seattlemuseummonth.com.





Kehinde Wiley, Shantavia Beale II (2012), oil on canvas.

### The Portrait Revisited

► Featuring one of today's leading American artists, the exhibition "Kehinde Wiley: A New Republic" will be shown at the Seattle Art Museum, February 11—May 8. The traveling collection includes about 60 works—paintings, sculptures, videos and stained-glass windows.

Many of Wiley's subjects are young men and women of color. He casts these subjects as icons of self-empowerment, drawing on elements of various artistic styles, including aristocratic 18th-century portraiture. His bright colors, realistic detail and use of dramatic backdrops have rapidly made him an American art favorite.

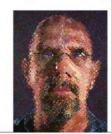
The exhibition is also showing in Fort Worth, Texas, through January 10, before it travels to Seattle.

To learn more about the Seattle showing, call 206-654-3210 or see visitsam.org. —Francesca Steele

### **New Space Opens with Human Figures**

Pivot Art + Culture, a new space with a mission to make art accessible to the public, recently opened its doors in the Allen Institute building in Seattle's South Lake Union neighborhood. The 3,000-square-foot ground-level gallery retains elements of the

original building's history as an auto dealership, including large display windows and a terra-cotta facade.



The space is displaying "The Figure in Process: de Kooning to Kapoor 1955–2015," through February 28. This exhibition features works by more than 20 contemporary artists and explores the human figure in paintings. Future plans for the gallery are still being determined. Visit pivotartandculture.org. —Jeffrey Giuliani

Chuck Close, Self-Portrait (2007), screenprint.

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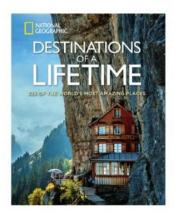
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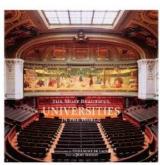
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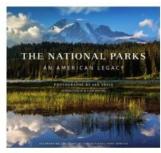




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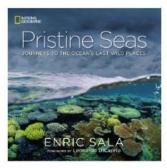


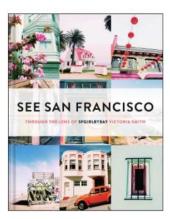


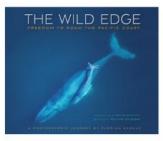












## **Places on Pages**

Recent photo books highlight Earth's natural and human-made wonders By Jeffrey Giuliani

From the stunning northern lights of Alaska to the beauty of America's national parks to exotic destinations abroad, the world is filled with phenomenal sights. Some are found only in the wild, such as the majestic grizzly bears of Yellowstone. Others reflect humanity's ingenuity, such as the massive skyscrapers of New York and the world's most exquisite university buildings. The following recently released books represent virtual journeys within themselves and also provide glimpses of places that just may inspire readers to plan future travels.

### DESTINATIONS OF A LIFETIME

National Geographic Photos of stunning wonders from around the world to inspire dreaming of dramatic adventures.

## THE MOST BEAUTIFUL UNIVERSITIES IN THE WORLD

Guillaume De Laubier & Jean Serroy; Abrams
From America's Ivy
League institutions to
Oxford, Cambridge and
beyond, this book takes
readers to higher
education's vaunted
places of learning.

### THE NATIONAL PARKS

Ian Shive; Insight Editions
Award-winning photographer Shive honors
America's expansive
parks from coast to
coast. Released in
advance of the National
Park Service's 2016
centennial.

### **NEW YORK AIR**

George Steinmetz; Abrams
New York's broad
expanses of urban
architecture, from
Manhattan to Queens to
Brooklyn, are portrayed in
this collection of aerial
photography.

## THE NORTHERN LIGHTS

Daryl Pederson & Calvin Hall; Sasquatch Books
Photographers Pederson and Hall showcase in full color the breathtaking natural phenomenon of the aurora borealis.

### **PRISTINE SEAS**

Enric Sala; National Geographic With striking images and informative text, this book portrays the vibrant colors and life forms of Earth's vast oceans, from subtropical reefs to frozen Arctic waters.

### SEE SAN FRANCISCO

Victoria Smith; Chronicle Books Readers explore San Francisco's quirky neighborhoods and shops with the editor of the design-and-lifestyle blog sfgirlbybay.com.

### THE WILD EDGE

Florian Schulz; Braided River From Baja California to the Beaufort Sea, this book explores the splendor of the Pacific coast's gorgeous shorelines and bountiful wildlife.

### Also of Note ...

Photo books about wildlife:

Grizzly Thomas D.
Mangelsen & Todd
Wilkinson; Rizzoli
International Publications,
Inc. Grizzly bears journey
through the Greater
Yellowstone region.

The Living Bird Gerrit Vyn; Mountaineers Books Seattle-based photographer Vyn records the wonders of North American avian species.

The Wild in You Lorna Crozier & Ian McAllister; Greystone Books Wildlife photos; environmentally themed poetry.

Wildlife Photographer of the Year: Portfolio 25 Rosamund Kidman Cox; Natural History Museum Winning photos from the museum's 2015 international competition.



## Portland Timbers Win the 2015 Cup

BY GEOFFREY ARNOLD

he Portland Timbers and Timbers Army faithful had waited 40 years for this moment and they certainly weren't going to let a driving rainstorm prevent them from celebrating.

"You can't stop us. We are the Rose City," echoed throughout the streets of downtown Portland as fans yelled one of the familiar chants heard during Timbers games at Providence Park.

Longtime fans of the newly crowned MLS champion Portland Timbers weren't going to miss celebrating a historic moment in the rich history of soccer in the city. Thousands of fans lined up along Broadway Avenue to celebrate the Timbers' first championship in franchise history—going back to the Timbers' early days in the North American Soccer League.

The Timbers stunned Major League Soccer with an unexpected run to the championship. Led by top scorer Fanendo Adi, midfielders Diego Valeri and Darlington Nagbe, and a defense anchored by newcomers Liam Ridgewell and Nat Borchers, the Timbers defeated the Vancouver Whitecaps in the Western Conference semifinal and FC Dallas in the conference final, and captured the MLS Cup championship on December 6 with a 2–1 win against Columbus Crew SC.

"I just had a sense that we were going to be winning the Cup this year," Timbers team owner Merritt Paulson says. "And we did."

Paulson, never shy about expressing his emotions, ran a victory lap around fans gathered on the field after the game—an estimated 2,000 Portlanders made the journey to Columbus for the match, and he soaked up the chants of "Merritt Paulson, Merritt Paulson."

The championship serves as sweet vindication for Paulson. Fans have criticized him in recent years for not spending the money to bring in a big-name player, but he always believed in the philosophy of signing a core group of very good players who fit into a system. Paulson also never wavered in his belief in General Manager Gavin Wilkinson. It was Wilkinson who unearthed Adi, who scored 16 goals in 2015, setting a new Timbers MLS-franchise record. Wilkinson also signed Argentine midfielder Valeri, who scored the first goal 27 seconds into the championship game, the fastest goal in MLS Cup championship-game history, and who was named the Most Valuable Player of the game. Wilkinson was also instrumental in helping third-year Timbers coach Caleb Porter develop the club into an MLS champion.

Rodney Wallace, a wing player Wilkinson acquired during the team's inaugural MLS season in 2011, scored the Timbers' second goal in the game, and the Timbers held on for the win.

Suddenly, the Timbers needed to arrange a victory parade in a hurry. The victory parade and celebration was scheduled for Tuesday, two days after the championship game, but fans didn't wait to celebrate. They began in Columbus, following the game. The next day, hundreds of fans donned their hats, scarves and jackets, and proudly wore their gear to greet team members when they arrived at Portland International Airport.

"I dreamt of this. I had visions of this," Porter told the crowd at the airport. "Honestly, it motivated me to one day bring home a trophy."

Porter hoisted the shiny silver MLS Cup high into the air. The crowd roared. Paulson, players and coaches took turns addressing the crowd.

And the party still had a long way to go. No MLS champion had received a full parade. Portland, with its history in soccer and its long drought of championships in any major professional sport, would be the first. The fans started lining up along Broadway hours before the scheduled noon parade. The chants started long before the truck carrying the players started making its way along Broadway. Team mascot Timber Joey revved his trademark chainsaw from a log truck out front. Thousands of fans followed the trucks down the street, chanting





Opposite: The Timbers stop for photos in front of Alaska Airlines' special team jet.
Above: Defender Nat Borchers controls the ball against Columbus.
Left: Portland's Rodney Wallace scored the Timbers' second goal.
Below: A crowd turned out at Portland International Airport to celebrate with the team.

every step of the way. The celebration moved on to Providence Park where executives, coaches and players, along with about 9,000 of their closest friends, continued the daylong celebration.

They finished off the night with a loud rendition of the Queen classic *We Are The Champions*. ▲



# The Benefits of Working with a Specialty Lender

### By Daniel Rehm

btaining a loan to expand your business can be a challenge if you don't work with a lender familiar with your industry. A lender who understands the special nuances can help guide you through the process—especially if you're new to owning a business. That's where a specialty lender comes in.

Working with a specialty lender can set you and your business up for success with the right loan solution, and he or she can help you along the way—whether you are new or looking to expand. There are also unique industry-related factors that must be considered when starting or expanding your business and seeking the optimal loan. Your specialty lender can be your guide and help you through the process, making it smoother, faster and easier for you.

Here are the top five reasons to work with a specialty lender who knows your industry:

- 1. Industry knowledge: Many specialized industries, such as those that are agricultural or medical-related, have financial profiles that conventional business loans do not accommodate. An intimate understanding of industry norms and trends allows your specialty lender to determine if the loan request is within industry standards.
- 2. Contacts: Seeking a loan doesn't just include your loan officer in the process. Many others can be involved as well, and involving the right people at the right time can be a challenge. Specialty lenders know who needs to be involved in the process, and their referral networks are extensive. That can allow for a much smoother, faster transaction since these contacts have worked with your specialty lender in the past. It also doesn't require that you, as the borrower, need to do it all yourself.

- 3. Experience: Having a specific focus on your industry, your specialty lender can help you avoid common challenges when seeking a loan and can act as your mentor during the process. A meaningful working relationship can be instrumental to your ongoing success. Your lender's industry knowledge and referral networks can help you long after the loan paperwork is signed.
- 4. Loan structures: Being familiar with your industry and its needs, specialty lenders can offer loan structures that suit your particular industry, rather than try and fit you in an off-the-shelf loan product. The loan terms and rates will be more suited to your industry, which can help save you money over the life of the loan.
- 5. Access to expanded services: Your specialty lender can also identify other banking services such as cash management, mortgages, private banking and investment services that can help you achieve your financial goals—both for your business and for yourself.

There is no predetermined formula for a business loan, so working with a specialty lender who has deep knowledge of your industry can ensure your experience is as smooth as possible.



Daniel Rehm is a Vice President of Commercial Banking with over 10 Years of specialized Ag Lending experience. HomeStreet is a full-service community bank offering consumer, commercial, and mortgage services to customers throughout the Western U.S. Daniel and the Richland Commercial Banking Team

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# Water Play

Enjoying one of Hawai'i's most precious resources **By Bill Fink** 

ackpacking down the Kukui Trail into Waimea Canyon in the heart of Kaua'i, I was alone in a rocky green wilderness far from the

surf spots and palm-shaded beaches that most people envision when they think of Hawai'i. Mountain goats scrabbled up impossibly steep slopes above, and feral pigs grunted deep in the underbrush as I made my way along dry red clay trails.

And yet Hawai'i's waters were still key to my experience. Once I reached the canyon floor, I filtered water for my canteen from the swiftly flowing river, then dropped my pack with a huge smile as I came upon a piece of hidden H2O paradise: a waterfallfed swimming hole, 50 feet wide, a dozen feet deep, and on this hot day at least, presented for the pleasure of me alone. I dove in to swim in the blissfully cool waters, enjoying liquid energy that propelled me onward for days. In a sense, my swim had infused me with the true Hawaiian spirit-one theory for the island chain's name is that it comes from the words ha, the sacred breath of life, and wai, which means freshwater.







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Visitors to the Islands can all find their own way to immerse themselves in this sacred substance by trying out some of the near-limitless number of water activities available across Hawai'i. There's a whole lot more to experience in the waters around the Hawaiian Islands than just standing ankle deep in the ocean in front of your resort with a mai tai in your hand (although this is a perfectly sensible option). Water sports can be as placid as floating face down with a snorkel in the bathtub-warm, fish-filled waters of O'ahu's Hanauma Bay; as serene and scenic as guiding a stand-up paddleboard through a calm bay; or as novel and fun as kayaking down old irrigation canals on Hawai'i Island. Wherever you go in the Islands, there's a water sport to suit your interests and abilities.

### SURFING

I stood on O'ahu's North Shore, gazing in awe at surfers riding the perfectly shaped 15-foot waves at the famed Banzai Pipeline, feeling like I was an extra in a classic surf movie, while well-toned men and women trotted with their boards to the ocean and effortlessly paddled into the lineup. The professional surfers and experienced locals carved their boards all over the waves like a school of dolphins, ripping impossible cutbacks and drops close enough to shore to fully showcase their talents to the gathered onlookers, like me. This was the Hawai'i of films such as *The Endless Summer* and *Blue Crush*, of lilting songs celebrating the surfer scene and the culture that surrounds it.

Fortunately, the Hawaiian Islands offer plenty of opportunities for the uninitiated to dive into the iconic sport of surfing in a less challenging, more comfortable environment. The best place to start is Waikīkī Beach on Oʻahu, where you can not only

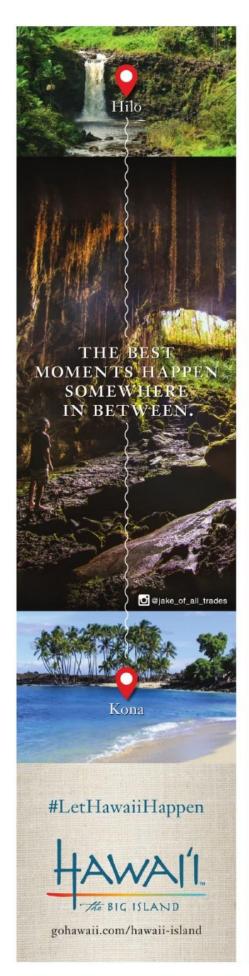




learn how to surf, but can learn all about the history of surf culture on the Islands. Most cities have statues of politicians or old war generals, but in Waikīkī they have Duke Kahanamoku, whose statue (usually sporting some colorful lei) commemorates his role as a surfer, Olympic champion swimmer, and cultural ambassador as the early 20th century leader of the "Waikīkī Beach Boys," a group of local water experts who have introduced generations of mainlanders to the water sports of Hawai'i.

Nowadays, the Royal Hawaiian and Sheraton Waikiki continue the beach boys (and girls!) tradition with a contracted group of water sports instructors who can help even the most novice, water-averse Maui's Upper Hanawī Falls exemplifies the Islands' numerous freshwater pools.

Near-shore waters off all the Islands are great locations to try out paddleboarding.





visitor appreciate the allure of surfing. Waikīkī Beach Services, which runs the program, is owned by Ted Bush—whose grandfather was one of the original Waikīkī Beach Boys. Bush declares: "Working as a Waikīkī Beach Boy doesn't feel like work. This is the best office in the world!"

The surf at Waikīkī Beach is tailormade for beginners, with small waves
rolling steadily toward the beach. Paddling out on a massive 10-foot longboard
may seem awkward, but the board's large
size provides stability enough for almost
anyone to hop on top and shout to the
world, "LOOK AT ME—I'M SURFING!!!," which you'll be able to hear

"Working as a Waikīkī Beach Boy doesn't feel like work. This is the best office in the world!"

about a dozen times in any given day on this beach. You'll see locals giving their young kids, barely able to stand on land, their first surfing lessons here; and you'll be equally awed by grizzled old guys riding their boards to shore like they're on their morning commute.

If you're not into the long boards or the short boards, feel free to hit the shore break with no board at all, and try out some bodysurfing. This can be as simple as standing in waist-deep water and jumping forward with a shoulder-high wave and riding it a dozen feet to shore, or making like a sea otter, wearing your own hand and foot fins to help catch the waves and maneuver in deeper water.

Bodyboarding, utilizing a 3-foot-long polyethylene board like one finds in swim classes, is probably the easiest surf style to learn, riding waves in on your



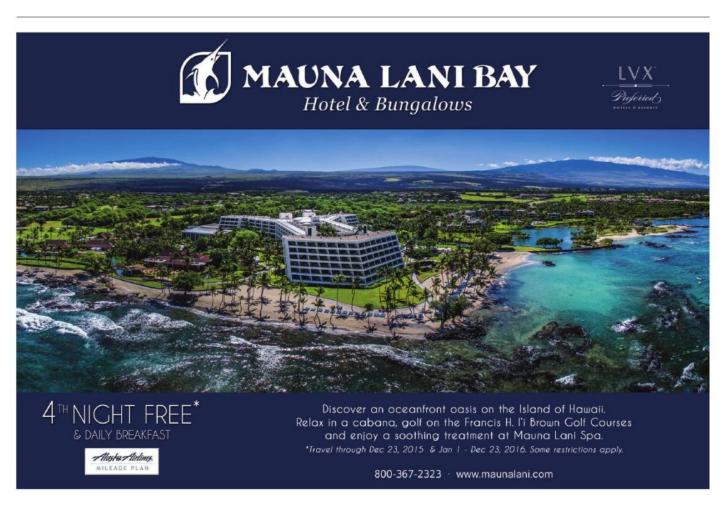


belly on the board (using swim fins is hugely helpful in catching waves). As always in Hawai'i, be aware of ocean conditions—go where the locals do to avoid potentially dangerous shore breaks or rocks (as I can personally attest after an ill-fated bodyboarding facial). The soft sands of Hapuna Beach and White Sands Beach on the Big Island are well

known as bodyboarding havens, with experts throwing amazing flipping and spinning tricks on the smallest of waves.

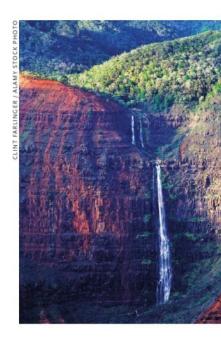
Stand-up paddleboarding (SUP) is another permutation of surfing.
Performed by standing on a modified longboard with an extended paddle, SUP is a sport

that's a good full-body workout while cruising through fine views on flat waters, although in Hawai'i many people can be seen navigating the boards into surf. Beginners should stick to calmLeft: O'ahu's Hanauma Bay Nature Preserve is a prime snorkeling spot. Below: Outrigger canoes introduce visitors to an ancient Hawaiian sport.









water days and protected bays. The summer months on O'ahu's North Shore are great for training on SUP, as are a host of other bays protected by breakwaters.

No waves? No problem. Outrigger canoeing is a traditional Hawaiian water sport that not only has historical significance in the Hawaiian Islands as a mode of transport and community activity, but is a great way to burn off the calories of those hotel breakfast buffets. Many Island resorts provide canoes and classes for guests to try it out, while true enthusiasts can visit local competitive clubs.

### SNORKELING AND SCUBA

As fun as riding on top of the waves may be, there's so much going on beneath the surface of Hawai'i's waters that snorkeling and scuba diving in the Islands, to see what lies below, are among the most popular activities here.

Floating face down in Hanauma Bay on O'ahu, I felt like I had become a character in *Finding Nemo*. Through my snorkeling mask I was up close and personal with a kaleidoscope of marine creatures including bright blue and beaked parrot fish, yellow butterfly fish, shimmering silver goatfish, and gently



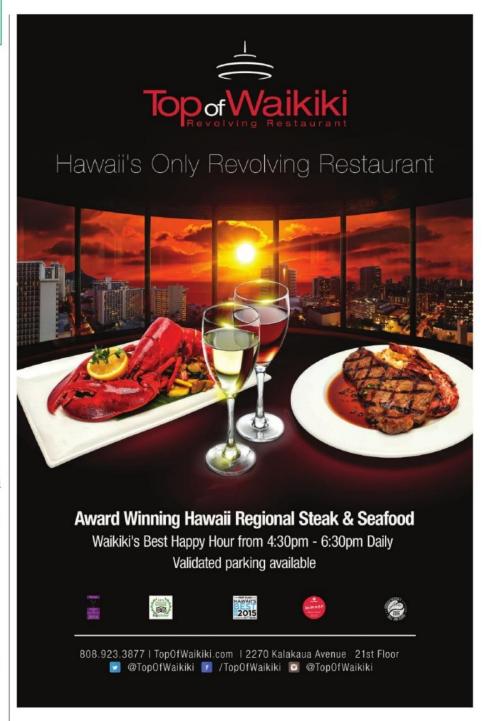


Water is a key element in Kaua'i's Waimea Canyon.

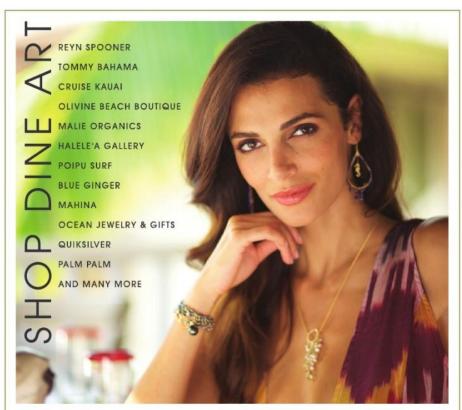
paddling green sea turtles. With so many fish so close to so many people, it seemed like an artificial aquarium or an amusement park attraction, but it was a natural phenomenon. With my head down amongst the fish I imagined Hawai'i's coastal waters as they might have been a thousand years ago, teeming with innumerable species, humans still a small blip on the local sonar.

If you want to delve deeper in the waters, then Hawai'i is one of the world's best scuba diving destinations, particularly in the summer months when calmer weather combines with the clear waters to provide underwater vistas of fish and occasional shipwrecks; exploring sea turtle–filled underwater lava tubes provides something completely different. Hawai'i Island's Kealakekua and Hōnaunau Bays are noted scuba spots, as are the reefs near Maui at Molokini, the partly submerged volcanic crater.

Night diving with manta rays off the Big Island in Keauhou Bay is a life-listworthy activity in which you float among these alien-looking creatures like you're in the middle of a sci-fi movie. Spotlights







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The Shops at Kukui ula





from boats and platforms attract the plankton upon which the rays feed, and they gather in large numbers. Despite their size (up to 16 feet) and menacing appearance, these creatures are harmless to people—they are not stingrays. The extra-wary can watch from land at nearby resorts.

To see the biggest creatures in the sea, it's best to stay above the waterline and go for a whale watching tour, a hugely popular activity across the Islands, particularly from January to March when thousands of



Humpback whales are a favorite sight in winter.

humpback whales migrate here to breed. The west coasts of Maui and the Big Island and both the north and south shores of Kaua'i are prime viewing areas. Book ahead for tours in the prime season, or if you feel lucky, just ride the regular ferry boat from Maui to Moloka'i or Lāna'i and chances are you'll see some whale action. I was treated to a free show during one trip, with a couple humpbacks breaching only a few hundred yards away (which seems pretty close, as these guys are BIG).

### FRESHWATER ADVENTURES

Hawai'i's water-based sports and attractions aren't limited to the Pacific Ocean. Whether it be kayaking or rafting through Kaua'i's freshwater rivers, swimming in a hideaway pool beneath a secluded waterfall like I did in Kaua'i's Waimea Canyon, or slipping into the pond below the more easily accessible waterfall in the Waimea Valley gardens



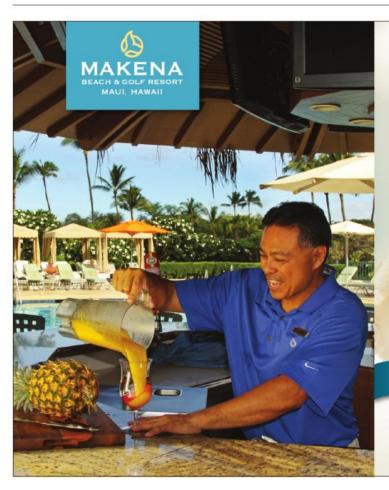
Hawaiʻi water sports

in Hale'iwa, O'ahu, there are plenty of opportunities for a fresh dip to cool off after a hike. The Waimea Valley nature park initially seems like just another mainstream tourist attraction, but if you actually stop to explore the cultural exhibits and the botanical gardens en route to the waterfall, you can learn about the significance of water in traditional farming culture in this "Valley of the Priests." For ancient Hawaiians, water flowing from the mountains to the

The headlands on Hawai'i Island's southern tip offer superb vantage points for admiring the ocean. valleys wasn't just an amusement, it was a life-giving force for their terraces of taro.

Nowhere is this connection between

Hawai'i's waters, sports, and farming more uniquely visible than when you're "flumin' da ditch" with Flumin' Kohala on the Big Island. That is to say,



"THE MAIN THING THAT STRUCK ME ABOUT THIS RESORT WAS THE PEOPLE. All the staff - valet, reception and housekeepers were super friendly. They went above and beyond to help wherever they could." - TripAdvisor review

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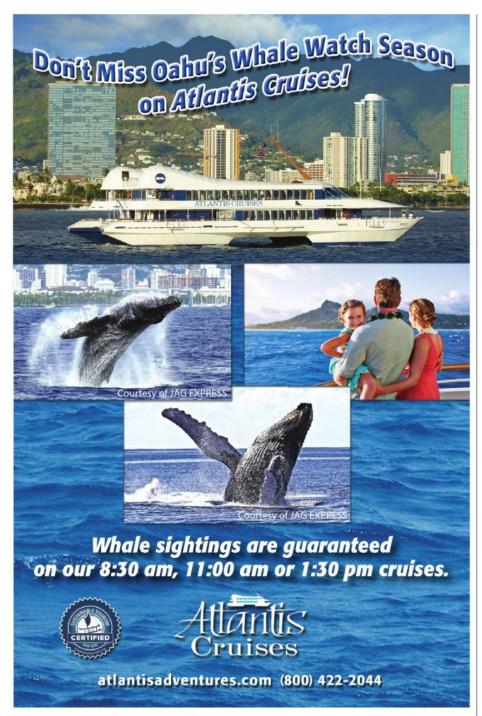
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Puzzle on page 158.

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Puzzle © 2016 Penny Press, Inc.

riding a kayak down 3 miles of the IIO-year-old Kohala irrigation canal through concrete channels, hand-carved tunnels and open ditches, past verdant private lands which were once the recipients of these waters for massive sugar cane plantations. Perhaps you, as Jack London did, will "get the splendid romance of ... what these engineers have done ... diverting the streams over the edge of this valley thousands of feet here in the clouds."

If floating down a canal or swimming below a waterfall seem a bit too placid, then Hawai'i still has the adventurer's adrenaline water sports needs covered: How does rappelling down a waterfall sound? It seems crazy, but actually it's rather reasonable. Rappel Maui starts with training and safety instruction, ropes you into a fail-safe harness, and has been carefully guiding kids as young as 10 down 30- to 50-foot waterfalls since 2007. With the surrounding jungle, flowing waters and hidden rock crevices, you'll feel a bit like Indiana Jones as you descend into new territory where hidden treasures undoubtedly await.

### A SIMPLE SWIM

Up the western coast of the Big Island of Hawai'i I sat at the beach watching more than a dozen hard-core athletes training for an upcoming Ironman Triathlon by swimming endless laps across the placid waters of Kailua Bay. But I wasn't the only interested onlooker-midway through the training session a school of dolphins appeared and began darting through the swimmers, jumping out of the water and circling around to play again amongst these funny finless fish. The swimmers stopped their rigorous routine, forgot about the time ticking on their watches, and just treaded water with goofy smiles on their faces, gawking at these "native Hawaiian" water dwellers. (Though it's illegal to approach

## Hawai'i water sports



Rappelling down a waterfall is a popular Island aquatic sport, as in this Maui example. Careful training precedes the actual activity—and a freshwater swim follows.

dolphins, it's fine to stay put if they approach you.)

And it can be as simple as that—just kick off your flip-flops and swim into some calm bay and you too can experience the "sacred breath of life" of Hawai'i's warm waters. You may be lucky enough to be joined by a school of dolphins, a wandering sea turtle; or you may just enjoy a backstroke in the supportive salty waters with some friends, looking up at some puffy clouds, then float around like a jellyfish and let your worries drift away into the open seas.

### THE MIGHTY PACIFIC

On the Big Island of Hawai'i, I traveled to the southern shores to hike to the "Green Sand" beach, whose sands looked to me more shiny black, its waters not good that day for swimming. So I wandered to Ka Lae, the southern tip of the island, and thus the southernmost point of the United States. I was metaphorically blown away by the scene.

The wind whipped around me, the ocean pounded the rocks far below the









### **H2O Happenings**

- ☐ Duke Kahanamoku Beach Challenge (April 24, O'ahu): This one-day event brings competitive water sports, outrigger canoe races, free entertainment and a craft fair to the Duke Kahanamoku Beach and Lagoon on Waikīkī.
- ☐ Honolulu Triathlon (May 15, Oʻahu): This Olympic-distance triathlon based at Ala Moana Beach Park features a 1.5K swim along the shore for spectator viewing, a 40K bike course along Oahu's south shore, and a 10K double-loop run.
- ☐ Maui Jim OceanFest (June 3-5, Maui): This two-day ocean festival at Kā'anapali Beach comprises 10 separate sprint races.

☐ Duke's Ocean-Fest (August, O'ahu): The annual event honoring Hawaiian

legend Duke Kahanamoku (right)

features a variety of ocean sports that were close to his heart, including surfing, paddleboard racing, swimming, tandem surfing, surf polo, volleyball and more.

- ☐ Queen Lili'uokalani Canoe Race (September 1-5, Hawai'i Island): The Queen Lili'uokalani Race is the world's largest long-distance canoe race, with competitions for many types of canoe and standup paddleboards.
- ☐ Waikīkī Roughwater Swim (September 5, O'ahu): One of the top open-water swimming races in the world traverses a point-to-point course of nearly 2.5 miles. The "fin division" allows swimmers to wear fins (of any shape or size) and take a fish and sea turtle sighting tour as they navigate the course.
- ☐ Na Wahine O Ke Kai (September 25, Moloka'i/O'ahu): This prestigious women's Moloka'i-to-O'ahu canoe race attracts paddlers from all over the world. More than 70 women's teams race to cross the challenging Kaiwi Channel.
- ☐ Ironman World Championship (October 8, Hawai'i Island): Witness 1,700 of the strongest triathletes compete in one of the biggest challenges that sports has to offer. The endurance test includes a 2.4-mile swim, 112-mile bike ride, and a 26.2-mile marathon run.

## Hawai'i water sports

## Island Activities

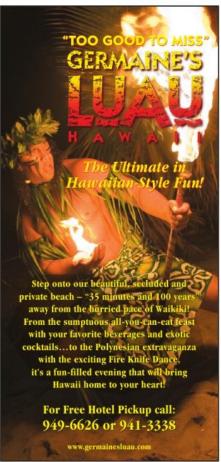


Hawai'i's warm waters and broad sand beaches are perfect for family fun.

steep cliffs. I gazed out to sea appreciating for perhaps the first time how limitless the Pacific Ocean must have
seemed to the original inhabitants of
the Islands, who may have first sighted
this exact spot upon their arrival. Thousands of miles separated me from the
nearest land to the south, some tiny
speck on the way to Polynesia. Still,
easily visible all around were fishing
boats, traps and mooring areas, for the
area is rich with fishing catch—angling
is not just a sport here, as it supports
many people's livelihoods.

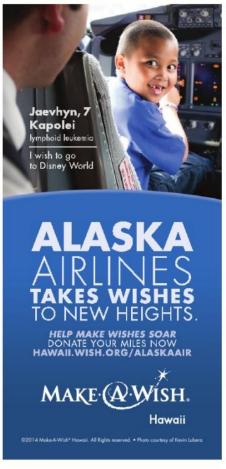
Near the trailhead, in an empty green field, stood an ancient temple built like a bunker, its heavy stones the only material strong enough to resist the constant winds. The Kalalea Heiau was (and still is) a shrine used by people fishing the rough seas, giving their offerings in a plea to whatever forces control the mighty Pacific. It made me reflect that, however many visitors flock to Hawai'i to enjoy water sports, all these activities, the fishing, swimming, paddling and wave riding in all their various modern forms, had their origins as life skills for an ancient people whose traditions remain as solid in Hawai'i as the foundation of this simple rocky shrine.

Bill Fink is based in Northern California.











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## San Francisco Revisited

Exploring new and classic attractions in the City by the Bay

By David Armstrong



"We shall not cease from exploration / And the end of all our exploring / Will be to arrive where we started / And know the place for the first time." —T.S. Eliot, Little Gidding

I HAVE LONG BEEN INTRIGUED by these evocative words, even if I didn't fully under-

stand them. As time has passed, I've put my own interpretation on Eliot's words, recognizing how a deeper understanding of a familiar place can be triggered by travel—by departure and return.

For me, the place is San Francisco. I wasn't born there, but I came of age there,



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Mah Jong cocktail tables, design Roche Bobois Studio.

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living and working in the city for more than two decades. My wife and I live to the south now—in Carmel-by-the-Sea. Still I return to San Francisco to see it through the fresh eyes of a traveler. Even as I happily sample the latest and greatest in this dynamic city, I revisit longtime favorites, from the cable cars to the waterfront to the Golden Gate.

I BEGIN MY LATEST EXPLORATION of the city with a ride on a rolling national historic landmark: a cable car. I hop on the metal-wheeled, manually operated conveyance at the foot of the Powell Street hill at Market Street, near the glittering shops of the Westfield San Francisco Centre.

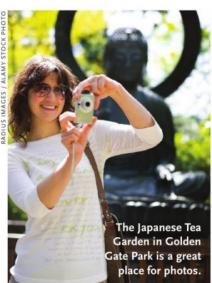
Standing on the outside running board, I grip a pole for the rumbling 9-mile-per-hour climb on the Powell-Hyde Line. For me, this is more than a ride. It was on a cable car, ascending **Nob Hill** as I am now, that I first felt like a San Franciscan.

I don't know where my fellow cable car riders are going today, but the members of this diverse group, with their engaging variety of accents and attire, seem to have one thing in common: They are having a good time, listening to the rhythmic clang of the hand-rung cable car bell.

Our cable car rumbles past Union
Square with its palm trees and outdoor cafe tables. We take in heart-catching views of
San Francisco Bay at the crest of Nob Hill, near Sacramento Street, at the western edge of Chinatown. We slow where Powell intersects Washington and Jackson streets, and we gaze east between buildings toward San Francisco Bay.

The route turns left, and eventually right again as we enter the Russian Hill area, rolling past large, well-kept homes and 1920s apartment buildings. The cable car pauses near the top of Lombard Street, with its familiar line of vehicles inching down the hilly and famously curving stretch, as virtually everyone takes videos and snaps photos of the east-facing bay view.

After riding through town, I hop off the



cable car near its terminus at Aquatic Park, on the panoramic northern waterfront. To my left as I face the park is the handsome red-brick Ghirardelli Square and its popular shops installed in a historic former chocolate factory. Moored nearby is the giant 1886 square-rigger *Balclutha*. The ship

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shares the San Francisco Maritime National Historical Park with attractions such as the 1939 Aquatic Park Bathhouse Building, a gleaming structure with the sleek lines of an ocean liner. This building now houses an engaging maritime museum.

At Beach and Hyde streets, I slip into the bustling, jovial Buena Vista Cafe, which introduced a now-famous Irish coffee recipe to America back in 1952. Here I sip a perfect mix of rich hot coffee and Irish whiskey, topped with thick whipped cream.

Then I set off on foot to Fisherman's Wharf.

I didn't visit Fisherman's Wharf often when I lived in San Francisco. But absence has changed the way I experience the city. Walking east along the wharf, on Jefferson Street, I pass a food-stall worker dressed in

white who is stirring a steaming crab pot, a woman behind a shop counter handing heaping ice cream cones to a beaming boy and girl, a family tearing off pieces of hot sourdough bread and tucking into bowls of clam chowder. These sights lift my spirit as the smell of salt spray refreshes my senses. I

wonder at why I didn't appreciate the wharf more when I lived in town.

Continuing my bayside stroll, I veer right along The Embarcadero, heading toward downtown. Much has changed since I first walked this route. Driven by the arrival of high-tech and new-economy companies such as Twitter, Uber and Salesforce, the city is more of a young person's town than before, fused at the hip culturally and financially with Silicon Valley. Though San Francisco has always welcomed new developments and reinvention, the city is even more of a transformative place than I remember—with a fervid embrace of social and technological innovation.

That focus on innovation is exemplified by the **Exploratorium**, San Francisco's





I'm excited by all the changes and new offerings in San Francisco. ... I also value old favorites.

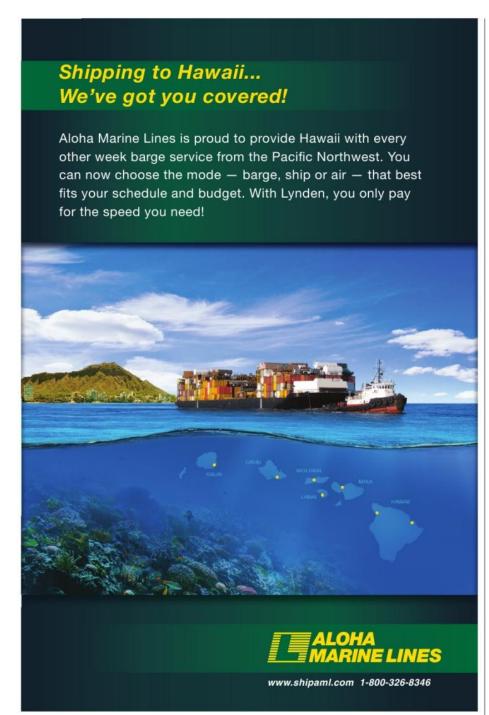
long-established and recently relocated and revamped museum of "science, art and human perception," which opened its bayside location in 2013 with 330,000 square feet of space in total—indoor and outdoor. The Exploratorium (which was originally located across town at the Palace of Fine Arts) revolutionized the idea of what a museum can be when it opened as a

hands-on, interactive institution in 1969. Its inspiring model has since been emulated all over the world.

I pass part of an afternoon at the Exploratorium's new, expansive location on Pier 15. The bigger space has allowed the museum to add to its already famous range of interactive elements. It's an inviting, family-friendly place, with an everchanging, free-admission outdoor area covering 1.5 acres and paid-admission areas that have more than 600 exhibits—including those in the recently installed "Science of Sharing" exhibition, which explores the dynamics of social interaction.

The Exploratorium is a bayside gem too multifaceted to absorb in a single visit. I enjoy the Fisher Bay Observatory Gallery and Terrace. Its "Visualizing the Bay" exhibit includes a 3-D, interactive map in a room looking out over the water—the map incorporates information about natural forces, such as tides and fogbanks, and human data, such as income distribution, that shape the Bay Area.

The City by the Bay will get another new/old museum this year, when the San Francisco Museum of Modern Art opens in May with its downtown home remodeled and expanded into a state-of-the-art facility. The new venue will feature a refreshed





architecture, three times its previous exhibit space, new performance areas and the new Pritzker Center for Photography. At the opening, the museum plans its first showing of more than 600 works promised to the museum.

Other museums around the city are hosting major new exhibitions in 2016. These include the venues of the Fine Arts Museums of San Francisco. The Legion of Honor is presenting the West Coast premiere of "Sublime Beauty: Raphael's 'Portrait of a Lady with a Unicorn," January 9-April 10, which features one of the Italian master's most intriguing works. This museum will also display "Pierre Bonnard: Painting Arcadia," February 6-May 15, an exclusive U.S. show of works from France that trace the artist's role in Modern Art's transition from Impressionism to abstraction. At the de Young Museum, within Golden Gate Park, the world-premiere exhibition "Oscar de la Renta," featuring more than 130 ensembles by the fashion icon, will run March 12-May 30.

### I'M EXCITED BY ALL THE CHANGES

and new offerings in San Francisco, and I'm curious about what will come next. That said, I also value old favorites such as Golden Gate Park.

When I was a resident San Franciscan, I lived on a Richmond District hill from which I could see the Pacific and hear the breakers late at night. Partly for that reason, I often gravitate toward the ocean-facing end of Golden Gate Park, near where the park ends at the northsouth Great Highway, with Ocean Beach just beyond. Unlike many parts of town, the western reaches of Golden Gate Park haven't changed much lately. Two wooden windmills built just after 1900 still stand tall near the coast. The 1930s wall murals in the seaside Beach Chalet building still vividly depict San Francisco life during the Great Depression. Playful kids still operate radio-controlled toy boats on Spreckels Lake, inside the park.

### San Francisco Attractions



Joggers and walkers still orbit the simple dirt track around the park's **Polo Fields**, accompanied by the resonant baritone of foghorns marking the Golden Gate Strait a few miles north.

From the park's watery western edge, I take a spectacular drive north past the Cliff House restaurant, then northeast along El Camino Del Mar and eventually Lincoln Boulevard to the incomparable Golden Gate Bridge. Once there, I take a right at the last San Francisco exit before the toll plaza and park in the visitors' parking lot. I walk the fenced east sidewalk to the middle of the noble, burntorange span. I peer inland over San Francisco Bay toward Alcatraz Island and the East Bay hills, with the Pacific at my back. An in-line skater scoots by. Lovers link arms. A sea breeze rises as sleek, white sailboats tack on the bay.

Looking east at America from the Golden Gate Bridge, my exploration ceases, if just for a moment. I feel that I've arrived at a still point in a turning world. The moment passes, and I'm back in the bustling city. And, as it always has been, it's a very good place to be.

A longtime San Francisco resident, David Armstrong now lives in Carmel-by-the-Sea.

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IAN DAGNALL / ALAMY STOCK PHOTO

## Around the Bay

Communities in the San Francisco Bay Area offer varied charms

By Christine Delsol



san Francisco Bay is ringed by many enticing destinations. Whether you head north to the vineyards of the Napa and Sonoma valleys, south to the country's high-tech centers of San Jose and Silicon Valley, or east to the Oakland area's diverse offerings, you'll find a world of distinctive attractions that enhance the Bay Area's appeal.

### Wine Country

1. Sterling Vineyards gondola: In the Napa

Valley, you won't find a better vantage point for surveying vineyards than a perch on this aerial tram. Bird's-eye views unfold as you climb to the winery's hilltop, 300 feet above town. sterlingvineyards.com

2. The Hess Collection: This Napa venue includes a 100-plus-year-old vineyard and winery. The Hess Collection, which houses a three-story museum, is one of a growing number of Napa Valley wineries that double as grand art repositories. hesscollection.com

64 ALASKA BEYOND MAGAZINE JANUARY 2016

- 3. Russian River Valley: Cool-climate grape varietals thrive along the river's winding path west to the ocean. This valley is home to boutique wineries as well as large operations such as Korbel Champagne Cellars. The valley also has endearing small towns, including Sebastopol, which turned an old apple processing plant into The Barlow, an artisan market, restaurant and arts complex. rrvw.org
- **4. Sonoma Plaza:** This large town square began life as the center of a Mexican-era mission outpost and later became the capital of the California Republic when American settlers—who were greatly

### Also of note ...

### O Francis Ford Coppola

Winery: An estate winery with a film museum, restaurant and swimming pools (pools open seasonally). francisfordcoppolawinery.com

### O Graton Resort & Casino:

A gaming and culinary center located conveniently between San Francisco and Sonoma wine country. gratonresortcasino.com

### O Napa Valley Wine Train:

A rolling restaurant with vineyard views from vintage Pullman cars. winetrain.com

### O Oxbow Public Market:

An artisan-food emporium in Napa, from the developers of the revamped San Francisco Ferry Building. oxbowpublicmarket.com

outnumbered by the Mexican authorities then in control—won the 1846 Bear Flag Revolt. Adobe buildings and narrow alleys now house shops, galleries, restaurants, tasting rooms and the landmark 1933 Sebastiani Theatre. sonomavalley.com

### Oakland/East Bay

 Oakland waterfront: Stand-up paddleboarding, canoeing, water taxis and



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catamarans complement the waterfront dining and nightlife in and around Jack London Square, where the namesake author once spent time. The Port of Oakland offers free harbor tours, June through October. portofoakland.com

2. Old Oakland: This historic district remains from Oakland's 19th century boomtown days, when its gingerbread Victorian homes were at the city's heart. These houses, which have been restored, now hold browse-worthy shops, tantalizing restaurants and intriguing galleries.

**3. Berkeley:** Known for its lively spirit and as a center of the 1960s free-speech movement, the city has also been a pioneering force in the rise of artisanal food. Downtown's legendary **Chez Panisse** now has many culinary compatriots nearby.

### Also of note ...

old-oakland.com

O Lake Merritt: An idyllic body of water (actually a tidal lagoon) at the center of Oakland, with city views and a host of new restaurants nearby. *lakemerritt.org* 

O Oakland Museum of California: Inviting and eclectic art, history and natural-science exhibits. museumca.org

O Paramount Theatre: A 1931 Art Deco masterpiece with an extensive music and theater repertoire. paramounttheatre.com

● Temescal Alleys: Locally owned specialty shops and cafes in early-1900s horse stables. temescalalleys.com

The 307-foot-tall **Sather Tower** (aka "The Campanile") punctuates the **UC Berkeley campus** and offers commanding city, bay and mountain views. *berkeley.edu* 

### San Jose

1. The Tech Museum of Innovation: Once

### San Francisco Bay Area

you've found your way to San Jose, stop No. I might well be this engaging display of device-driven magic. Multisensory exhibits and an IMAX theater take technology's applications far beyond typical home and office use. thetech.org

### Also of note ...

O Children's Discovery

Museum: An entertaining educational venue. cdm.org

O Rosicrucian Egyptian

Museum: Billed as the largest collection of ancient Egyptian artifacts in Western North America. egyptianmuseum.org

O Santana Row: A shopping mall meets playground meets upscale neighborhood. santanarow.com

O Winchester Mystery

House: This eerie 1884 Victorian was owned by rifle heiress Sarah Winchester. winchestermysteryhouse.com

- 2. San Pedro Square: San Jose's oldest district reflects the past and present of this city on the rise. The area features the 1797 Peralta Adobe and the 1855 Victorian Fallon House. Contemporary restaurants offer worldly flavors to arts, theater and nightlife patrons, among other visitors to the area. sanpedrosquare.com
- 3. History Park: At this outdoor museum within Kelley Park, 32 relocated vintage 1800s-onward replica buildings are arrayed like a small town. This life-size diorama includes trolleys and a replica of an 1880s electric light tower reportedly studied by Gustave Eiffel while he designed his similar (though more famous) Paris tower. historysanjose.org

Christine Delsol writes from the Bay Area.

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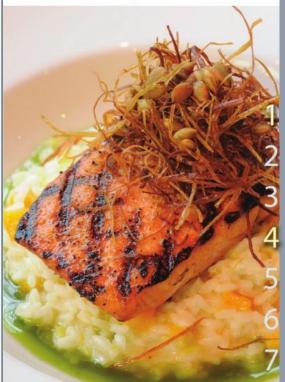




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San Diego, CA osetrafishhouse.com

Houston, TX tonymandolas.com

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

Virginia Beach, VA lynnhavenfishhouse.net

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

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

### The Bay Gets the Bowl

San Francisco Bay Area Sports

By Jeffrey Giuliani

Super Bowl 50 is scheduled for February 7 at Levi's Stadium in Santa Clara. Home of the San Francisco 49ers, the stadium opened for the 2014 season and won its bid to host a Super Bowl before it was even completed. Along with the game, the Bay Area will host related attractions, including the following:

O Super Bowl City, a free fan village, will be open January 30-February 7 in downtown San Francisco's Justin Herman Plaza. It will feature family-friendly activities and events.

The NFL Experience, billed as an NFL theme park, will also be open January 30-February 7, at San Francisco's Moscone Center. This paid-admission zone will have activities for fans, including an area to try kicking field goals. It will also host autograph

SUPER BOWL 50

sessions with current and former players.

O In A Concert of Champions, the San Francisco Symphony will accompany NFL Films footage from football's past; February 3 and 4 at Davies Symphony Hall.

SF Beer Week 2016, January 22-31, will be Super Bowl-themed in honor of the game.

### Also in Bay Area Sports ...

- The Golden State Warriors are the toast of the Bay. After a 2014-15 season that gave the team its first NBA Championship since 1975, the Warriors launched a blistering 2015-16 campaign, with 2015 NBA MVP Stephen Curry leading his squad to the best start in NBA history. Alaska Airlines is a sponsor of the Golden State Warriors.
- 🗘 Alaska also sponsors soccer's San Jose Earthquakes, who nearly made the playoffs in 2015 and look to be in the mix in 2016.
- The San Francisco Giants have won three of the last six World Series. The Oakland Athletics seem to be a perennial sleeper pick.
- Raiders have high hopes for the future with quarterback Derek Carr. The San Francisco 49ers also look ahead to return to historical greatness.

The Oakland



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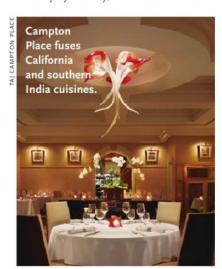
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# Food in Focus

Culinary enjoyment in the Bay Area
By Chaney Kwak

IT'S TRUE THAT SOURDOUGH is so synonymous with San Francisco that its active ingredient is called *Lactobacillus sanfranciscensis*. Yet there's much more to the Bay Area's food scene than tangy bread. In fact, few other areas take dining as seriously as the City by the Bay, where California's



abundant produce meets the city's experimental spirit and multicultural roots. This month, San Francisco's Restaurant Week, January 20 through 31, is a great time to sample many culinary offerings via prix-fixe menus. But you can also take a culinary tour through town any time of the year.

In the city center, Campton Place Restaurant (340 Stockton St.; 415-781-5555; camptonplacesf.com) marries the cuisine of chef Srijith Gopinathan's southern India roots with California staples. Campton Place recently earned a second Michelin star; it is one of 30-some Bay Area restaurants with one or more stars from Michelin. The menu changes regularly but may include hors d'oeuvres such as carrot and pea kebab (with tomato butter, caramelized onion and a paratha crust) and entrees such as tender lamb slow-cooked with biryani spices. Quince Restaurant (470 Pacific Ave.; 415-775-8500), another downtown option

with two Michelin stars, highlights contemporary cuisine with Northern California ingredients. Oro (8 Mint Plaza; 415-974-1212; orosf.com), in a tucked-away square, displays diverse global influences in plates that include Manila clams in *nduja* sausage broth, and salted-date ice cream. And newly opened Dirty Water (1355 Market St.; 415-792-5101; dirtywatersf.com), with 52 rotating beers and 100-plus wines by the glass complementing its meat-centric "American Primal" menu, is among several establishments transforming an urban stretch of Market Street into a culinary hub.

Take a stroll from Market Street to visit the hip Hayes Valley neighborhood, which has numerous popular restaurants and indie boutiques. Make sure to try the driedporcini doughnuts at **Rich Table** (199 Gough St.; 415-355-9085; richtablesf.com) and a nightcap of continued on page 155

#### Other Bay Area Food Classics

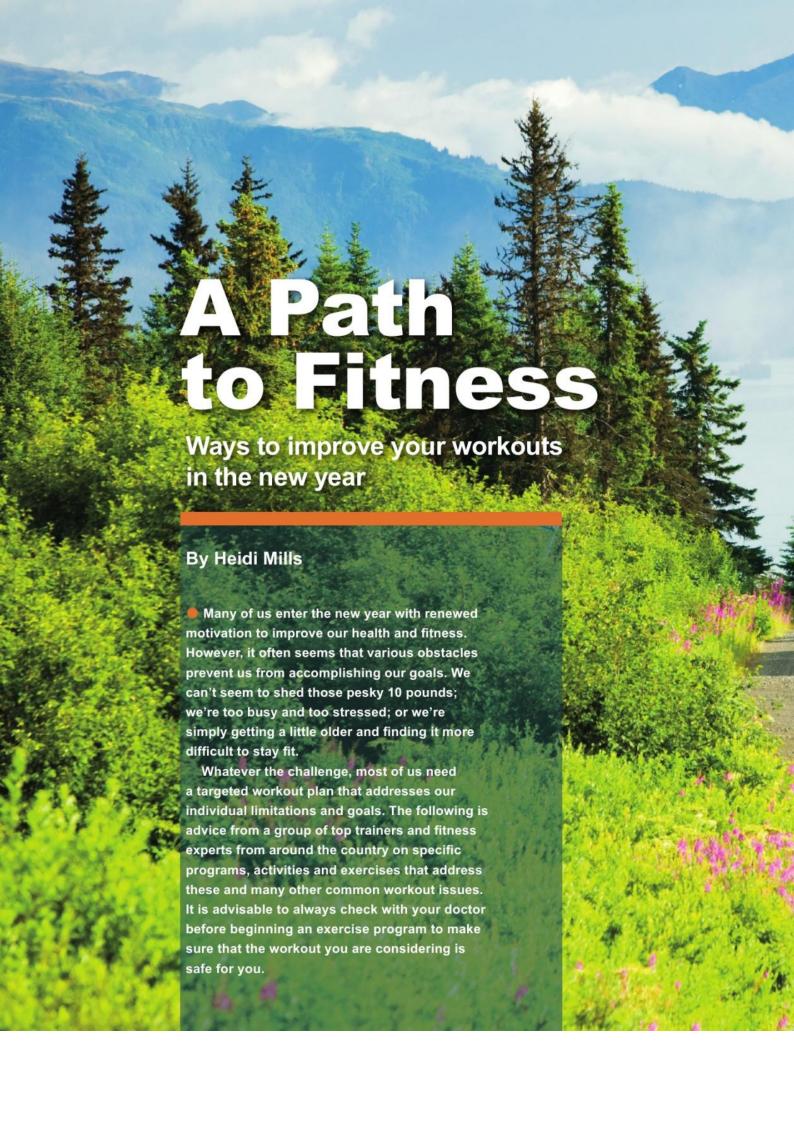
#### O North Beach Restaurant

(1512 Stockton St.; 415-392-1700; northbeachrestaurant. com) has been a popular destination since 1970, noted for Tuscan classics and home-cured prosciutto.

Many argue the origin of the jumbo-size Mission-style burrito. The humble Mexican restaurant El Faro (multiple locations; 415-647-3716), which opened its first site in the Mission District in 1961, has one of the strongest claims on being the birthplace of this San Francisco classic.

#### O The Old Clam House

(299 Bayshore Blvd.; 415-826-4880; theoldclamhousesf.com), since 1861, is famous for cioppino seafood stew, one of the city's iconic offerings. —C.K.







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#### **Workouts to Lose Weight**

If you are aiming to shed a few pounds, one of the best ways is to increase the number of calories you burn by raising the intensity of your workouts, fitness experts and trainers say. In recent years, high-intensity interval training (HIIT) has become increasingly popular. It involves performing short bursts of vigorous exercise, and then taking short rest periods between rounds. Classes, phone apps and trainers use the HIIT approach. "High-intensity interval training provides the biggest bang for your buck," says Tim Sinnett, owner of Seattle-based Free Rein Athletics.



Too busy for exercise during the workday or while traveling?
Skip the elevator and take the stairs whenever possible.

Another form of HIIT is the tabata, a fast-interval workout in which you perform eight 20-second rounds of the same exercise, with a

est in between each can be applied to ups to cycling sprints,

Jumping squats

an example of a

high-intensity

(shown above) are

IO-second period of rest in between each round. The formula can be applied to anything from push-ups to cycling sprints, and the idea is that a muscle group is maxed out to fatigue by the end of each four-minute tabata set.

Rebecca Scritchfield, a health and fitness specialist based in Washington, D.C., says that interval workouts can be applied to any activity. Instead of an easy jog on the treadmill, for instance, a runner could alternate short sprints with jogging or walking to increase the caloric burn. "When you add intense intervals, a person enters a fat-burning mode that keeps their metabolism working at a higher level for longer," Scritchfield says.

## Workouts for Those Who Avoid the Gym

For someone who prefers not to spend time inside a gym, home workouts can be an easy alternative. Ben Greenfield, fitness

#### Russell Wilson's Healthy Habits

Known for his athletic ability and outstanding leadership skills, Seattle Seahawks quarterback—and Alaska Airlines' Chief Football Officer—Russell Wilson is one of the NFL's elite players. We recently asked Wilson a few questions about his training and diet programs.



- Q: How long and often do you work out during the off-season?
- A: During the off-season, I work out five days a week for three to four hours each day.
- Q: What types of exercises do you perform?
- A: I lift, do speed training, agility training, quarterback footwork, boxing, cycling, paddleboarding, yoga and swimming. To build muscle mass, I focus on heavy weights and fewer reps. To strengthen my cardiovascular system, I swim.
- Q: What are your workouts like during the football season?
- A: There is more of a focus on maintaining the strength built up in the off-season, with an emphasis on recovery and flexibility to avoid serious injury.
- Q: How has your workout changed since you became a professional athlete?
- A: I train twice as long and twice as hard. I also never let myself plateau. My workouts are always evolving.
- Q: What advice would you pass on to the average person wanting to work out like a professional athlete?
- A: Seek the advice of a professional trainer and nutritionist.
- Q: Give us a sense of your diet. What foods do you eat, and which do you avoid?
- A: I focus on a high-protein, good-calorie diet, and avoid simple sugars at all costs.
- Q: What kind of snacks do you eat?
- A: I eat raw almonds, fruits, and vegetables with hummus.
- Q: What is your guilty pleasure? The one snack or dessert you can't resist?
  A: A root beer float.
- Q: What advice would you give someone about what to eat in order to perform at one's peak?
- A: I would tell them to stay away from sugar and dairy as much as possible. Both cause serious decline in athletic performance.

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coach at Greenfield Fitness Systems and the author of the book *Beyond Training*, suggests buying a set of dumbbells, a yoga mat, stability ball, a medicine ball and a resistant tube with handles that is made for working out. The combination of gear enables a wide range of strength, core, cardio and flexibility exercises.

However, a complete home workout can be equipment-free. The exercises could include crunches, jumping jacks, push-ups, sit-ups, squats, lunges and planks—an exercise that requires holding your back and legs in a rigid straight line while resting on your forearms. Sinnett suggests first having at least one session with a trainer to learn a variety of fundamental exercises.

Andrea Metcalf, a fitness expert based in Chicago, calls dancing her favorite "nonexercise" gym alternative that requires no special equipment. "Turn on the music, and start tapping your feet, swinging your hips and moving your arms," Metcalf says.

And don't forget about the great outdoors. Rose Wetzel, a personal trainer and a professional obstacle-course racer with the Reebok Spartan Pro Team, says she does many of her workouts outdoors, and suggests others treat their neighborhood as a gym. She runs trails in local parks and heads to playgrounds to swing on the monkey bars while wearing a weight vest.

"I literally play," Wetzel says.

Scritchfield recommends that those who shy away from large gyms should seek out niche classes in boutique facilities. Yoga studios, specialty cycling classes or rock-climbing gyms can all appeal to people who don't like the vibe of a traditional gym.

## Fitting in Exercise With Young Kids

Parents of young children are often juggling work and parenting duties, and can find it challenging to make the time for working Parents should include their kids in exercise when possible, whether at home, in the gym or while swimming in a pool.

out. Fitness experts suggest incorporating the kids and their activities into your exercise plans.

Scritchfield recommends taking advantage of downtime during a child's sporting events or classes to get your own exercise. That could mean walking laps around the track during their soccer practice, or jogging through the local neighborhood during your daughter's 45-minute dance class.

James Louthan, a senior personal trainer at Pro Sports Club in Bellevue, Washington, creates a workout around trips to the playground. He swings on the monkey bars, does push-ups off a platform, steps up and down from a bench, or grabs a swing with both hands, leans backward and pulls himself up, creating a body row.

Parents should include their children in exercise, when possible. Metcalf often welcomes children when she trains clients in their homes.

She encourages the kids to exercise alongside their parents by performing jumping jacks or burpees, four-step exercises where you squat down with your hands on the ground, kick your feet back while keeping your arms extended, bring your legs back up to a squatting position and jump up to a standing position.

Scritchfield likes doing challenges with kids, such as racing them up and down the

#### Core Exercises

Strengthening core muscles, including those in the back and abdomen, helps you perform at your best. The following are four main core exercises.



#### 1/CRUNCHES

With your legs raised in a 90-degree angle, lift your head and shoulders off the floor and then lower them back down.



#### 2/PLANKING

The isometric exercise requires you to hold your legs and back in a rigid straight line while resting on your forearms.



#### 3/PUSH-UPS

Lie down facing the floor, keeping your back rigid. Press down on your hands to raise your body, then lower yourself to the floor.



#### 4/STRETCHING

Stretching your muscles can help improve your range of motion, enhance athletic performance and decrease risk of injury.



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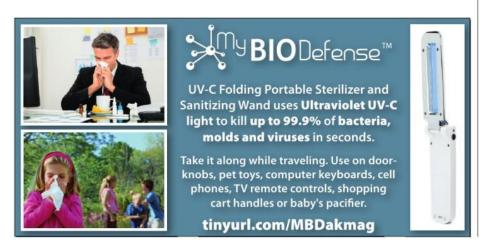
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#### **Fitness**

driveway or playing hula-hoop or hopscotch with them.

Small children can even be used as weights and held during squats or situps. Greenfield swims with a child on his back or while one kickboards in the lane next to him.



If you can't make it to the gym, experts suggest trying exercises in the home, such as dancing while doing chores.

Greenfield believes that his children will benefit from the sessions as much as he will. He cites a study done at the University of Essex that showed children's physical fitness was a result of how fit they perceived their parents to be.

#### **Workouts for People Who Travel**

Hopping on airplanes and living in hotels on a regular basis can make regular exercise more challenging for even the most motivated individuals.

If the daily schedule is truly packed to the limit with flights and meetings, fitness experts suggest reverting to basic physical activity. That could mean parking in the spot farthest from the front entrance of a building, taking the stairs instead of the elevator or walking around the inside of the airport.

For those who can fit in a brief workout session during travel, Metcalf suggests scheduling exercise for first thing in the morning, before any other activities. Later in the day, meetings and social



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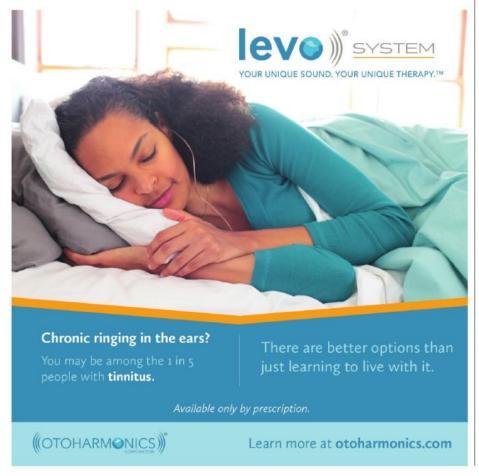
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#### **Fitness**

hours can run right through workout times

When exercising on the road, both Greenfield and Wetzel favor hotel staircases. They treat the stairs as interval workouts, adding lunges, squats, pushups, or jumping jacks between landings or while waiting for an elevator at the top to ride back down to the bottom.

Frequent travelers can also fit in short exercise sessions in their own hotel room. Scritchfield suggests bringing along a workout DVD or downloading workout apps on your phone that provide ideas for quick exercise sessions.

### Exercise for Those Short on Time

It's easy for busy people to forgo exercise because they don't think they have enough time to devote to it. For those with truly packed work calendars, fitness experts suggest finding ways to multitask. Instead of sitting down for a meeting, suggest a walking meeting around the office neighborhood. Rather than eating lunch at your desk every day, take to minutes to eat and then spend to minutes going for a quick walk. Instead of sitting in an office chair all day, acquire a standing desk.

The multitasking exercise approach can be incorporated into basic household activities, as well. Scritchfield suggests walking the family dog first thing in the morning. When putting away clean laundry, do squats in between moving clothing from the basket to the dresser. Hold a plank on the floor for a minute while cooking something on the stove for dinner. Do calf raises by pushing up on the balls of your feet while putting away the dishes. "Figure out how you can combine housework and working out," Scritchfield says.

Lawrence Biscontini, a health and fitness expert, recommends wearing fitness trackers to encourage daylong movement. He programs short messages or sets his device to vibrate to remind

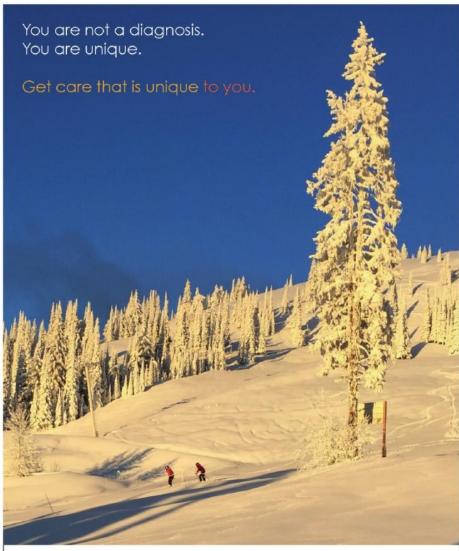
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#### **Fitness**

him to get up and walk around, even if it's just going from the desk to the water fountain.

Devote a short amount of time to an intense exercise session, Greenfield says, which allows you to maximize the burn with challenging, intensive movements for short periods of time. Two of his favorites include rowing sprints on an ergometer and kettlebell swings.



Many seniors find exercising can improve their strength and balance, which tend to diminish with age.

Chris Freytag, a Minnesota-based fitness expert and founder of Get Healthy U, likes tabata interval workouts for people who have very little time.

"Commit to two tabatas with a little warm-up, and you've got a good, intense 10-minute workout," Freytag says.

#### **Exercise for Seniors**

As we age, we lose muscle mass, and our balance can diminish. Exercises that address both of these conditions can help seniors stay fit and better avoid injuries.

To retain or build muscle, Sinnett suggests a basic bodybuilder-style weight routine in which seniors work each muscle group for eight to 12 repetitions, or reps, with rests in between. The idea is to fatigue the muscles by the end of the repetitions.

"The biggest mistake seniors make is working with too light of weights," Sinnett says.

Greenfield recommends that seniors approach strength training with a very slow weight continued on page 157







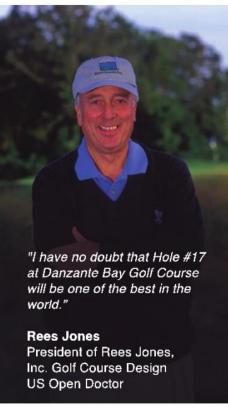


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particularly drawn to organic foods, with 53 percent of individuals between the ages of 18 and 29 seeking out the organic label.

A boom in organic food has followed the introduction of organic standards by the U.S. government in the 1990s and 2000s. In the past three years, more than 90 percent of retailers have increased the number of organic foods they sell, according to *Consumer Reports* magazine.

The demand for organic foods is one of the main signs that the American diet has gone through major health-related changes in the last few decades, with an increasing focus on improved eating habits, more information, fresh and organic produce and whole grains. While certain ideas about food may have been flash-in-the-pan trends, many others have endured and are making a change for the better at America's dinner tables. In the long run, these diet trends just might help Americans live healthier lives overall.



#### **Nutrition Labeling**

One of the first harbingers of diet change may have been nutritional labeling, which encouraged consumers to more carefully consider what they were eating. Listing nutritional information on food packaging has been around in one form or another for Nutrition labeling on food packages helps consumers make informed dietary decisions about the foods they eat. decades. However, it was in the early 1990s that a formalized "Nutrition Facts" panel became mandatory for individual food

products. The panels also standardized the meaning of terms such as "low fat" and "light." The result is that today we're a nation of label readers, seeking information on calories, fat, protein, sugar and sodium.

"There are many reasons people look at food labels," says Mary Ellen Camire, a professor of food science and human nutrition at the University of Maine since 1989 and a past president at the Institute of Food Technologists. "Somebody [might] have a



It wasn't long before we began to wonder about the calorie count in fast-food burgers.

#### Tips for eating more healthfully in the new year

Each year, like clockwork, an endless stream of diet advice follows the barrage of fattening holiday foods. But how do you know what nutritional information to follow? We reached out to Seattle's Fred Hutchinson Cancer Research Center, whose scientists are finding better treatments and cures for cancer, HIV and other diseases. They are also researching how changes in your diet can curb your risk of disease. Below are some of their top tips for healthy eating.

Cut out refined grains and added sugars. According to Dr. Mario Kratz, who researches diet, obesity and chronic diseases at Fred Hutch, foods made with refined grains and filled with sugar add little in the way of real nutrition and may be responsible for inflammation, which can be a cause of disease. Choose unprocessed foods such as whole grains, legumes, fruits, vegetables, eggs and nuts. And try to largely eliminate sugary, fat-laden processed foods full of unpronounceable ingredients.

Stop drinking pop. The No. 1 diet change that may benefit your health the most is cutting back on sugar-sweetened beverages such as fruit drinks, energy drinks and sodas, says Kratz.

Eat your veggies by going green (and red and orange and blue). Research shows that kale and other leafy green vegetables are good for you, as are many other vegetables, including broccoli, Brussels sprouts, collards, bok choy, cabbage and cauliflower (all proven cancer fighters). Try to eat at least 4 cups of raw and cooked colorful veggies a day.

Watch your meat. Red meat—which includes beef, veal, pork and lamb—is linked to both cancer and cardiovascular disease, and the World Health Organization has declared that processed meats such as hot dogs, ham, sausage and beef jerky are "carcinogenic to humans." At Fred Hutch, public health researchers recommend eating no processed meat and three servings or less a week of any red meat. Instead, fold into your diet more chicken, wild salmon, trout and plant sources of protein such as beans and lentils.

-Diane Mapes, Fred Hutch News Service



food allergy, or diabetes, or need to watch their sodium."

Once food labels became commonplace, it wasn't long before we began to wonder about the calorie count in fast-food burgers (answer: usually well north of 500 calories). In King County, Washington state's most populous county, the addition of calorie content for menu items in restaurant

chains with 15 or more locations nationwide became mandatory in 2009. King County was the second area in the nation to do so, after New York City required it in 2008.

While restaurant owners worried that revealing calorie content might scare off customers and drive up prices, that hasn't appeared to be the case. However, there is Students at the César Chávez Elementary School in Eugene, Oregon, tend their school garden. There are more than 600 such gardens in the state, helping kids learn how food is grown.

evidence that customers are noticing the calorie labeling.

A recent study in the American Journal of Public Health showed that the percentage of Seattle-area adults who saw and used calorie information tripled after the policy went into effect. "Without nutrition information, it is difficult for people to compare options and make informed decisions," says Nadine Chan, an epidemiologist with Public Health of Seattle and King County. "Studies have shown menu labeling can reduce the number of calories people purchase at restaurants and coffee shops."

The U.S. Food and Drug Administration (FDA) has announced that by December 1, 2016, chain restaurants and retail





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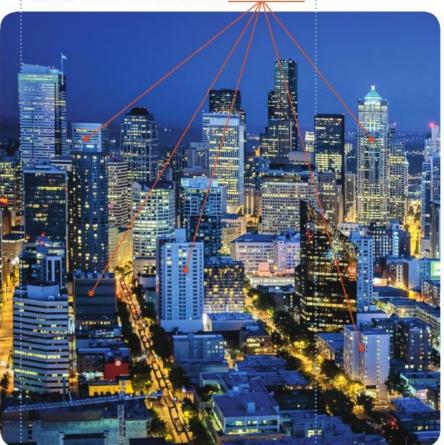
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#### Nutrition

food establishments with 20 or more locations nationwide, including movie theaters, fast-food restaurants and sitdown dining establishments, must display calorie information for their menu items.



#### **Organic Options**

The rise in demand for organic foods is another recent development. Once a hard-to-find curiosity, organic foods are now a staple in most grocery store chains across the country. Everything from organic apples to organic zucchini is now readily available. The U.S. Department of Agriculture (USDA) Certified Organic foods are grown without the use of pesticides and synthetic fertilizers. If a

Everything from organic apples to organic zucchini can be found at most grocery store chains.

farmer uses a synthetic substance on the crop, the USDA must first approve it.

Meat, eggs and dairy products must be without antibiotics or growth hormones.

Organic processed foods are prohibited from containing artificial preservatives, colors or flavors.

Some experts say choosing organic foods allows consumers to have more control over their food choices, especially in light of the fact that scientists may not know the impact of the many chemicals that are used to grow foods.

Whether or not organic is more healthful for the average consumer is still a matter of debate. The foods are usually more expensive, and some research has









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#### Nutrition



Portland boasts more than 40 farmers markets. Some sell locally grown produce year-round.

found that organic foods aren't necessarily more nutritious. However, other research has found that organic food may contain more antioxidants, and expose consumers to fewer pesticide residues and antibiotic-resistant bacteria. Also, the American Academy of Family Physicians states on its website, "If you can, choose organically grown produce and fruit, as it can be more nutritious and should be free of pesticides."



#### Fresh from the Farm

The interest in organic options has also led to greater curiosity about where our food comes from and a greater desire to eat locally grown and raised items.

One result has been the dramatic growth in farmers markets across the country. In 1994, there were only 1,755 farmers markets in the United States. Twenty years later, there were more than 8,000. Today, most medium-to-large communities have at least one farmers market offering fresh and often locally grown produce and meats.

For instance, Oregon has more than 160 farmers markets, with more than 40 such markets in the Portland area alone.

The state of Oregon is also a leader in the farm-to-school movement, which puts fresh produce from local farms on children's lunch trays. There are also more than 600 school gardens in the state, teaching kids about where food



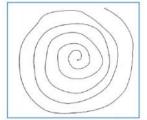
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#### Nutrition

comes from and how it's grown.

Another way residents around the country are getting fresh produce is through increasingly popular Community Supported Agriculture programs (CSAs). Also known as farm shares,



CSAs allow consumers to receive produce directly from farmers once a week for a set fee.

CSAs allow consumers to receive inseason produce directly from farmers once a week for a set fee.

Farmers benefit from being paid early in the season, and consumers receive fresh—often just-picked—fruits, vegetables and other crops. While everyone may not like certain assigned veggies, substitutes can usually be arranged. Also CSAs often supply recipes for the vegetables delivered to give customers ideas for serving.

In Alaska, outdoor markets are found in the summer and fall, while an increasing number of indoor markets are available year-round. Alison Arians, an Alaskan vendor at the South Anchorage Farmers Market, says it's been "fantastic" to see the growth in the market as more people come, which draws more vendors. "Whether it's a fun family outing with live music or shoppers getting produce for the week, there is something here for almost everyone," Arians says.

# A Different Way of Eating

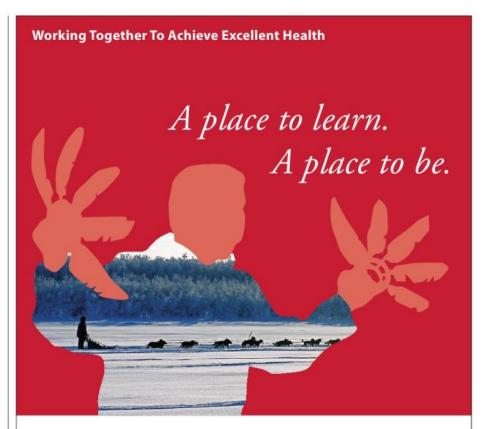
Not only is the American diet more focused on fresh and organic foods, it is also beginning to move toward meals that put less emphasis on meat and more of an emphasis on fruits, vegetables and other foods. One popular alternative is known as the Mediterranean diet, which research continues to show as having heart-healthy attributes.

The Mediterranean diet is rich in vegetables, fruits, whole-grain cereals and breads, legumes, nuts and olive oil. Meat is served in smaller amounts than in traditional American diets, with plenty of fish (twice a week), along with chicken, cheese and eggs. Daily exercise is an important part of the lifestyle, as well.

Various studies, including those by the Harvard School of Public Health and Harvard Medical School, noted that adopting the Mediterranean diet leads to lower risk of certain illnesses, including heart disease. "The Mediterranean diet is not a diet, as in 'go on a diet,' even though it is a great way to lose weight or improve your health," says Sara Baer-Sinnott, president of Oldways, a nonprofit food organization that focuses on nutrition and education, and co-founder of the Whole Grains Council. "Rather, it is a lifestyle-including foods, activities, meals with friends and family, and wine in moderation with meals."

The diet contains certain types of fats and oils, two food products that research has found are good for the average person, in the right doses. There is also evidence that the diet can help control blood sugar, decrease heart disease risk factors and even improve cognition in the elderly. "Stick with the tried and true," Baer-Sinnott says. "The Mediterranean diet has been around, as have its cultural cousins—Asian, Latin American, and African heritage diets. People have eaten this way for years."

She says it's just common sense to eat such diets and to choose less-processed or unprocessed continued on page 157



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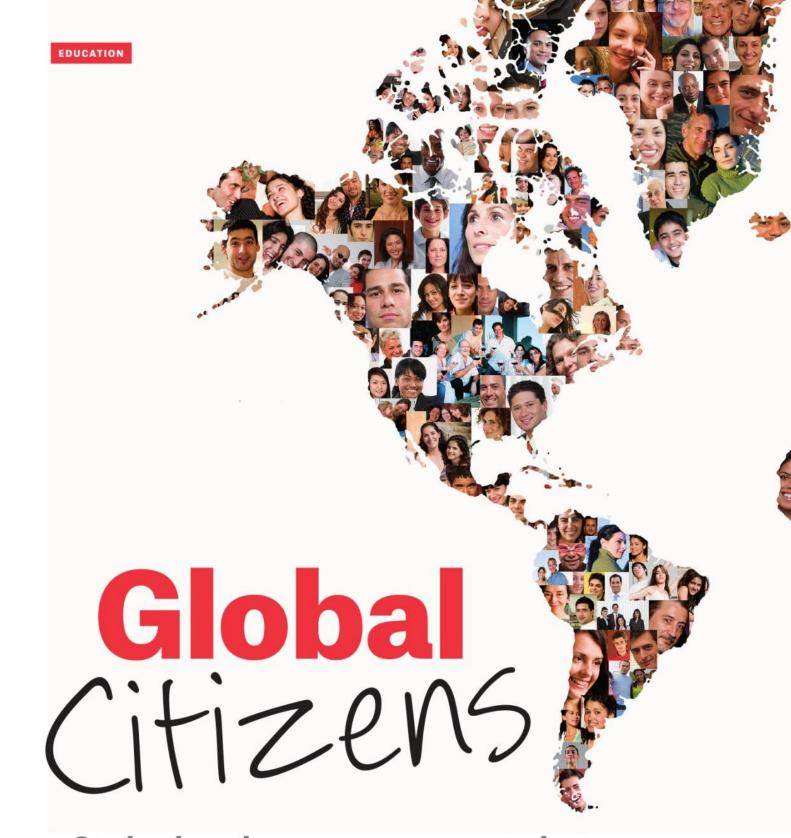
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Study-abroad programs prepare students for a rapidly changing world BY SUSAN G. HAUSER



That was the conclusion reached by Shilo Benic-Kluge after four years of rather fruitless study of the language at her high school in Riverside, California.

But after entering Soka University in nearby Aliso Viejo, where two years of a foreign language and one semester of studying abroad are mandatory, Benic-Kluge realized she was pretty much stuck with Spanish. She had three other options—French, Chinese or Japanese but she concluded, "I was already having issues with a language that at least had pretty much the same alphabet as English. So I figured I would keep trying in Spanish and see where it went."

Where it went was to an unexpected passion for the Spanish language and culture, inspired in part by a semester spent living with a host family and studying in Granada, Spain. Benic-Kluge, now 21 and on track to graduate this spring, has a career of bilingual teaching in her sights, after she returns to Spain to earn a master's

degree in Spanish.

Such unforeseen but rewarding turns of events are common among U.S. college students who take the daring step of expanding their horizons through study in a foreign country. Research has shown benefits such as independence and self-reliance, adaptability and improved problem solving. The rewards are so great—to the individual and ultimately to society—that efforts are underway by the U.S. State Department to increase study abroad, and

#### EDUCATION

the nonprofit Institute of International Education (IIE) to double the number of Americans studying abroad by the end of this decade. According to statistics released in November 2015 in IIE's annual Open Doors Report, 304,467 U.S. students studied abroad during the 2013–14 academic year. That figure represents an increase of 5.2 percent over the previous year. But that's not good enough, says Allan E. Goodman, president of the 97-year-old organization.

"Preparing to be a global citizen is important," Goodman says. "We're hoping that international study becomes a part of everybody's education."

Study abroad also gives students a leg up in today's job market. According to Daniel Obst, IIE's deputy vice president for international partnerships in higher education: "We know that employers today are



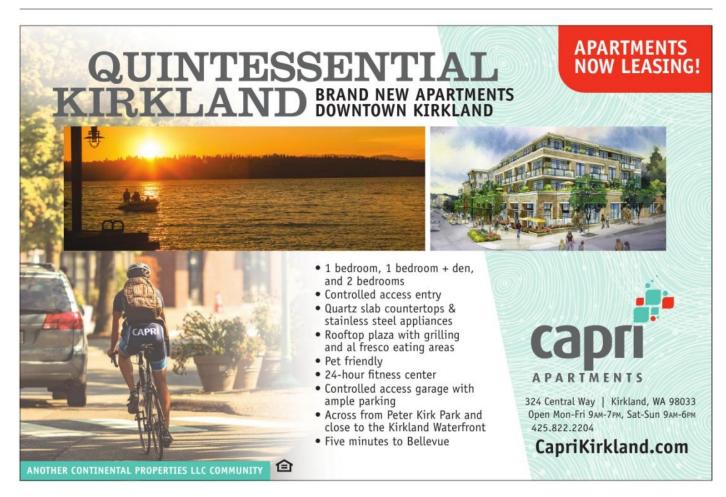
University of Washington students in Rome are among the more than 300,000 U.S. students studying abroad each year.

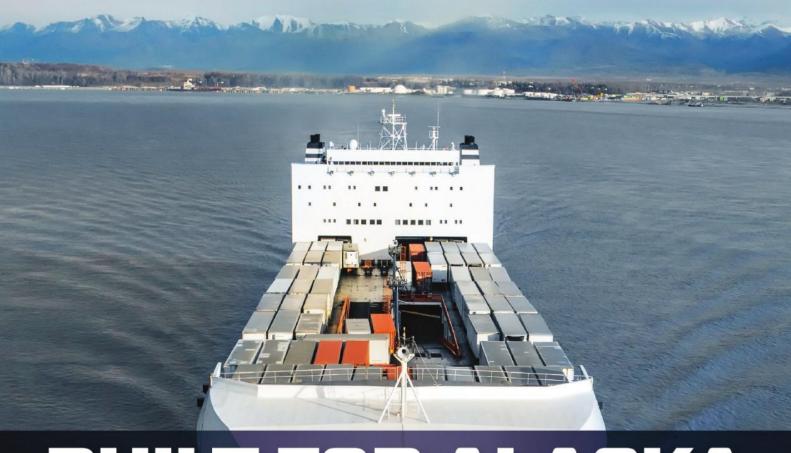
looking for graduates who are prepared to work in the global workforce, and for this they need to work on multinational teams; they need to be able to think and communicate across cultures; and sometimes [companies] need people who speak a foreign language. So study abroad is one of the best ways to gain all those skills."

Foreign countries do their part by sending their students to the United States;

nearly a million students from more than 200 countries are currently enrolled at U.S. colleges and universities. But IIE would like to see such figures in connection with U.S. students: 600,000 students involved in study-abroad programs by late 2019.

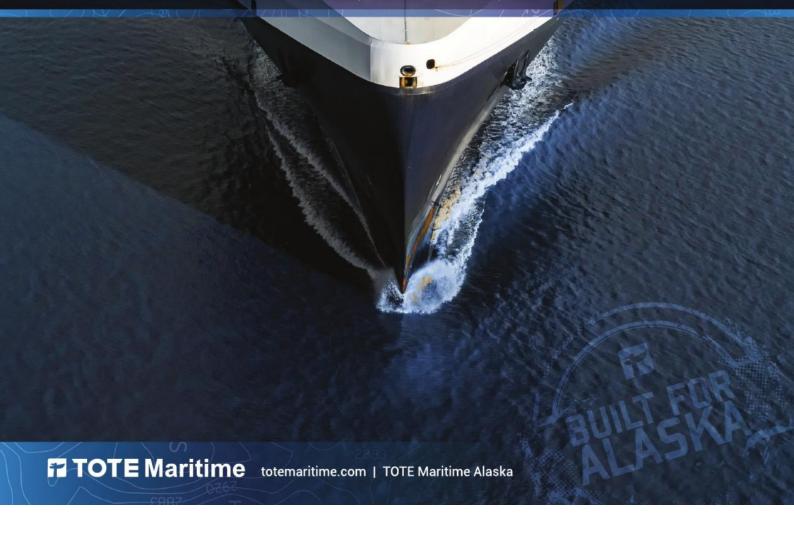
To help make that happen, the State Department in November launched a new website, studyabroad.state.gov. The site is managed by the new Study Abroad office in





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the State Department's Bureau of Educational and Cultural Affairs. It provides information to students and their parents about what programs are offered around the world, and what sorts of financial aid and scholarships are available.

Soka University, where Shilo Benic-Kluge learned to love Spanish, is one of a small number of higher-learning centers in the U.S. where study abroad is now mandatory. The small private school was founded in 1987, and since 2003 has required a semester abroad before graduation, usually during junior year. Costs for study abroad, including airfare, are included in tuition, and a network of donors helps cover costs for students in need.

Another school with mandatory study abroad is Goucher College, a small liberal arts college outside of Baltimore. Goucher was founded in 1885 and has offered study abroad for decades, but since 2006 has

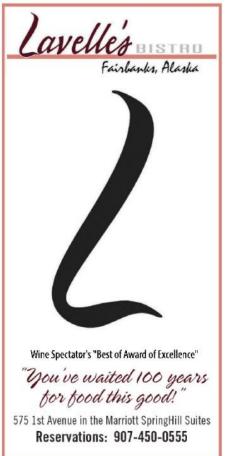
### "There has never been a better time for improved understanding between peoples."

required each student to study abroad, usually for three weeks or for a semester.

Whereas Soka offers semester-long overseas studies developed by third-party program providers, Goucher gives students an array of choices. They can accompany a professor on a three-week session to many locations in the world to pursue a topic relevant to regular coursework; they can take regular courses side by side with students at a partner university in the United Kingdom, Australia or New Zealand; they can choose from an array of courses created by program providers in various countries; or they can create their own independentstudy project in connection with an internship. All in all, more than 60 programs in 32 countries.

Goucher student Emily Coons, for example, chose three overseas programs, as well as an independent-study project, as part of her work toward a degree in international relations, plus a double minor in communications and German. A 21-year-old native of Kennett Square, Pennsylvania, Coons has spent a semester in India; a summer traveling through Indonesia and the United States as part of a special program involving five other American students and six Indonesian students; a semester in Berlin; and a month of independent study that took her







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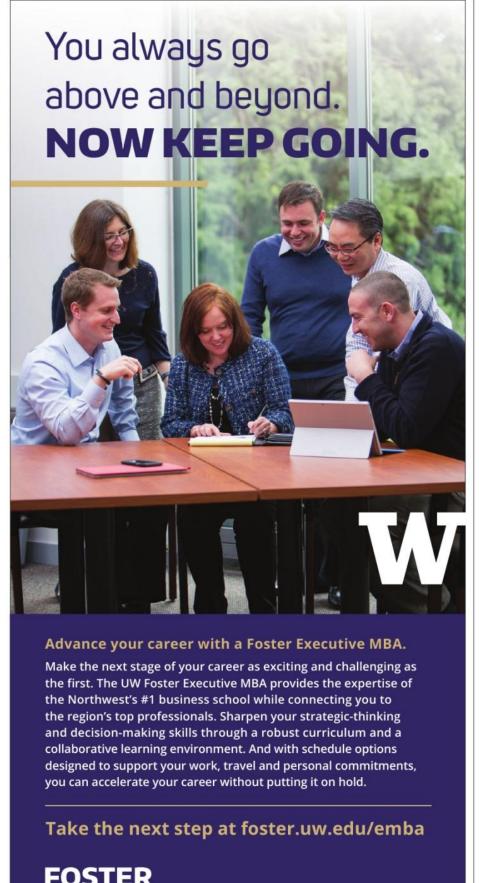
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#### EDUCATION

to rural communities in the Himalayas.

Jennifer White, associate director for Goucher's Office of International Studies, says Coons' experience is not so unusual among participants in studyabroad programs. She likens the programs, even the short-term ones, to launching pads, sending once-timid students into exciting new worlds that may change their lives.

Coons says stepping out of her comfort zone was her goal in choosing India for her first college study-abroad experience. "I wanted to feel uncomfortable and I wanted to have my horizons expanded," she says.

After graduation this spring, Coons hopes to join the Peace Corps or do overseas research as a Fulbright scholar.

The pioneer of U.S. study-abroad programs is the University of Delaware. It launched America's first study-abroad program in 1923. In the aftermath of World War I, the concept of formal study abroad was born about the same time that the Institute of International Education was founded, in 1919, by two prominent peace advocates, Elihu Root and Nicholas Murray Butler (both winners of the Nobel Peace Prize). The IIE and study-abroad programs came into being for basically the same reason—to promote global peace and understanding, not war.

The very first study-abroad class was in the City of Light: Paris. On July 7, 1923, a UD professor of modern languages set sail with eight students, crossed the Atlantic, and engaged in the study of French in the town of Nancy, as well as at the Sorbonne, in Paris.

Now, nearly 93 years later, UD prides itself on its study-abroad legacy. Although the university does not require study abroad, about one-third of the student body does partake in full-semester, threeweek or five-week sessions, as well as some two-week internships and 10-day field trips abroad during spring break.

"Shorter programs are part of many institutions' continued on page 127





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#### Meetings 2016

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In-person contact is still the key to successful business. By Marlene Goldman

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Convention and visitors bureaus across the Alaska Airlines system.

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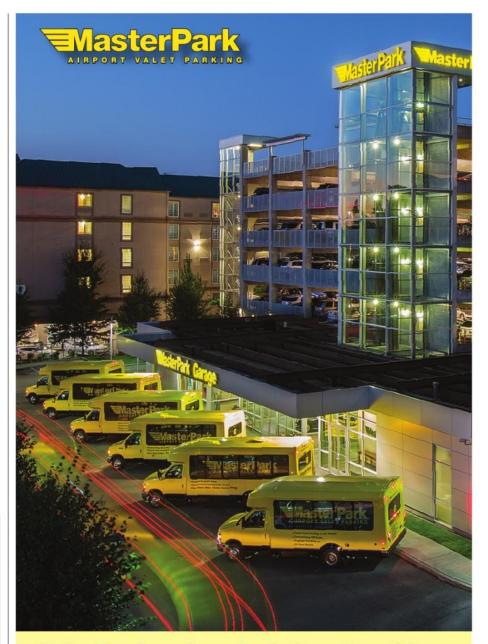
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# Meetings Matter

In-person contact is still the key to successful business

By Marlene Goldman Even for technology experts, there's no substitute for being there. Despite the rise of virtual meetings platforms, ranging from webinars to mobile video-conference streaming, face-to-face meetings continue to prove their worth.

"There is no such thing as a virtual beer," says
Corbin Ball, owner of Corbin Ball Associates in Bellingham, Washington. Ball is an authority on technology when it comes to the meetings industry, and is an international speaker, consultant and writer.
"There are two reasons historically for in-person meetings—education and networking," he continues. "The last few years, with webinars and easier access to information taking over the education component, the emphasis increasingly has been on



the networking aspect of events."

While Ball frequently conducts webinars himself, he notes that he observes a rule of engagement, not to exceed 45 minutes to an hour, in order to keep audience attention. "That is the maximum attention span for virtual meetings. With face-to-face events, you can feed, entertain and inform and offer a focused environment for days. There is a huge difference between in-person and virtual."

One of the benefits of personal contact, according to Ball, is a richer experience for the participants who are getting to know associates and colleagues in person, as well as for the speakers who can observe how attentive the audience is during a presentation.

"In real-time meetings the speaker can see how the audience is reacting, whether leaning forward, paying attention, or leaning back when they don't like your message," Ball says.

Elizabeth Umphress, an associate professor at

the University of Washington who has been teaching negotiation for more than 12 years, concurs about the benefits of in-person meetings.

"If it's a new customer or a new relation-

ship, face-to-face is very beneficial," Umphress says. "We convey a lot more information with nonverbal communication cues such as pitch, tone of voice, facial expressions and body language. There are a lot of potential barriers with virtual contact—other things in your environment or theirs—blocking communication. In person is much more effective. You don't have other distractions."

In-person meetings benefit the company or organization as a whole, according to Umphress. "It's a good way to set goals for the next year. When everyone is in one room, they build identification and add commitment—all the things that organizations often want."

Peter Andersen, author of four books, including Nonverbal Communication: Forms and Functions, and a professor of communication at San Diego State

#### BY THE NUMBERS

- 1.83M U.S. meetings per year
   1.3M are corporate
- 225M attendees
   179M delegates
   18.5M exhibitors
   27M 'other'
- \$280B direct spending
- 1.78M U.S. jobs
- \$66.8B U.S. labor income
- \$393B GDP impact, direct and indirect
- \$13B state and local tax revenue

Source: 2012 Economic Significance Study, Convention Industry Council. "Developers come and talk thought-process, interact with the people who play the games. They have promotional items they give away. You can do that in person, but not so well with technology."

University, proposes that business relationships are in part personal relationships.

"It would be foolhardy to have a business relationship solely in cyberspace," Andersen says. "There are so many different channels of communication handshake, touch, interpersonal space, nuance with tone of voice, facial expression, hand ges-

tures, use of space."

He also suggests that reading body language over dinner or drinks helps develop interpersonal relationships in a business context.

In-person meetings foster networking and brainstorming opportunities not easily replicated with virtual meetings, according to Ball. He notes that much of the learning at a meeting often occurs at social functions or outside the room during breaks.

Planners also praise the benefits of face-to-face over virtual.

"Virtual meetings can be good, easy, and convenient—but I find there are so many distractions nowadays that you can easily lose the engagement of the person on the other end," says Sunshine Escolarchua, marketing & events coordinator for BDO Accounting's Vancouver office and chair of finance for the Meeting Professionals International British Columbia Chapter. "You also cannot replace the handshake or body language in a virtual meeting, and that's very important, especially when you're meeting the person the first time."

After formal meetings, Escolarchua will often organize a stand-up reception with food, lasting a few hours. "It's always a nice touch in the end. Participants can talk about what happened."

Mariles Krok, CMP, destination sales director at the Los Angeles Tourism & Convention Board, and president of the MPI Southern California Chapter, emphasizes that there is more retention of information, and bigger deals are made, at in-person meet-



ings than with email, a call or video conferencing.

She also adds, "For a product launch you have to have the experience." For example, E3—Electronic Entertainment Expo—held annually in Los Angeles, brings together companies launching video games. "Developers come and talk thought process, interact with the people who play the games. They have promotional items they give away. You can do that in

"Industries that had invested the most in travel during the recession outperformed those that

had cut back."

—Adam Sacks, Tourism Economics person, but not so well with technology."

Surveys and studies confirm the perceived benefits of face-to-face meetings. Travel Effect: The Role of Business Travel in the U.S. Economic Recovery, published by the U.S. Travel Association, cites an Oxford Economics survey of frequent business travelers with the con-

clusion that virtual meetings lack the effectiveness of in-person meetings.

According to the report, some 60 percent of survey respondents stated that virtual meetings are less effective for meetings with business prospects, while 29 percent said they are equally effective and only 10 percent suggested they are more effective.

The study also finds that internal meetings are considered to have a high impact among business travelers as a means of sharing ideas (76 percent), staff communication (74 percent) and job performance (70 percent). Along those lines, conferences and conventions scored highest, at 78 percent, among business travelers for providing industry insights, and 76 percent of those surveyed say such events help develop industry partnerships.

"The ROI [return on investment] of face-to-face meetings includes improved employee productivity, industry partnerships, stronger client relationships and new business development," says Adam Sacks, president of Tourism Economics, an Oxford Economics company.

There is also a monetary benefit to companies that invest in business travel, according to an Oxford Economics report, which found that every dollar invested in business travel realizes \$9.50 in new revenue and produces \$2.90 in profits.

In an Oxford Economics USA report, The Return on Investment of U.S. Business Travel, corporate executives estimated that 28 percent of their business



### MILLENNIAL METRICS

Meetings Mean
Business, a national
coalition, last year
hired travel research
firm Skift to survey
millennial attitudes.
Key findings:

- Millennials now outnumber baby boomers in the U.S. workforce.
- 75 percent would attend more meetings if they could.
- LinkedIn is their favorite platform for communicating.
- Job networking is the top agenda item.

Despite the prevalence of social media and virtual communication, millennial preferences are strong drivers in continuing face-to-face contact as a priority.

would be lost without in-person meetings. They also linked travel to employee performance and morale, with internal meetings receiving the highest marks—73 percent of

executives indicated a significant impact on employee performance and 66 percent confirmed the importance of travel to employee morale. Nearly 80 percent of executives indicated that incentive travel has a significant benefit for employee morale and job satisfaction.

"Industries that had invested the most in travel during the recession outperformed those that had cut back," Adam Sacks points out.

During the recession, Meetings Mean Business, an industrywide coalition, was created in 2009 to showcase the value that business meetings, travel and events bring to the U.S. economy, focusing on three premises: Face-to-face meetings provide personal interactions that lead to deeper relationships; meetings and events can help win new accounts, deliver profits and foster innovation and results by bringing together colleagues and partners; and aside from business relationships, the meetings industry helps create jobs and generates billions in revenue and economic activity in communities nationwide.

Meetings 2016

"Technology was meant to replace the conference call, not to replace in-person meetings," says

Michael Dominguez, co-chair of the national Meetings Mean Business coalition. "Today, the goal of a meeting is not to provide content but to provide context around content. You can't do that without a face-to-face meeting."

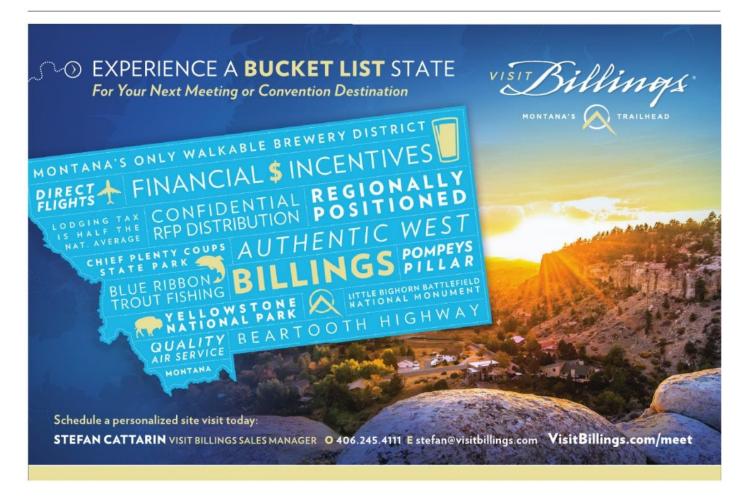
Despite the prevalence of social media and virtual communication, millennials constitute a strong driver in continuing to place high value on face-toface meetings.

In February 2015, the Professional Convention Management Association (PCMA), International Association of Exhibitions & Events (IAEE), and The Experience Institute delivered phase one of "The Decision to Attend" research with an eye toward identifying the motivational factors that drive people to attend events.

The study pulled survey data from 7,171 respondents and found nine in 10 likely to attend conventions and exhibitions, with the younger Gen X and Gen Y groups ranking the likelihood at 94 percent.

"People think millennials are unsocial, but they are more social and connected," says Dominguez.

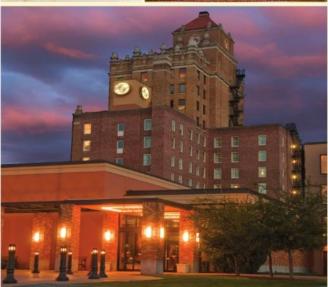




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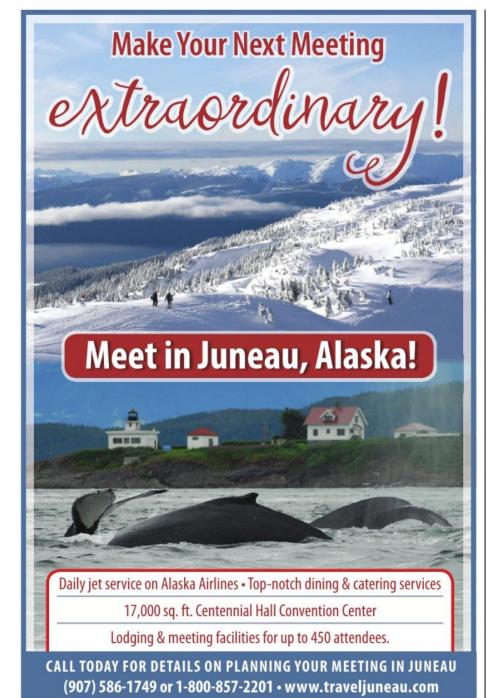
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"They stay connected in between face-toface interactions."

Education is still a strong attendance factor, as is networking and keeping up with their profession and industry. The nature of meetings is morphing as millennials drive the agenda.

"Meetings are changing dramatically," says Dominguez. "There is need for some white space, not every minute filled with something. Areas and spaces are needed for peers to conduct impromptu discussions."

According to Krok, the shift is from a conference with someone onstage talking to greater engagement, Ted Talkstyle, with a general session featuring three to five speakers, each talking for seven to 10 minutes.

Ball concurs that millennials do have a different set of expectations for what they are presented at meetings.

"The age of talking heads, with one way communication, is decreasing," Ball says. "Now speakers are engaging with the audience and getting feedback."

Millennials are also looking for experiences, which means location is important, a potential boon to the economy for the destination involved.

Krok says that Los Angeles, as a destination, promotes experiential activities for groups at meetings—team-building activities such as Amazing Race—style scavenger hunts through local museums; cooking classes; stand-up paddleboarding; as well as corporate social responsibility, such as working at a local food bank or Habitat for Humanity.

"Those things make a difference in creating community," Krok says, "and you can only do that if you are physically there." m

Marlene Goldman is based in San Francisco.

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Spicing up meetings with outdoor activities and indoor apps

By Renee Brincks Last March, 5,000 attendees arrived in Portland for an Association of College & Research Libraries (ACRL) conference. Among the event's 300 networking and professional development sessions, participants unwound with free yoga classes, sampled local food truck fare, joined conferencewide book club discussions and made smoothies with bicycle-generated power. Some brought garments for a Portland charity that distributes prom dresses to students in need. Others lunched with like-minded individuals at tables organized around personal interests such as running, knitting, *Downton Abbey* and *Doctor Who*.

The most popular ancillary activity at the conference was a free headshot lounge. After a brief makeup consultation, attendees sat down for profes-

#### Meetings 2016





sional photos. They walked away with print and digital images ready to plug into social media profiles, websites, CVs and other work-related publications.

"The headshot lounge was huge," says ACRL Conference Supervisor Tory Ondrla. "We offered something of great value, and something unique that people might not have the money or time for."

Welcome to the mod-

ern convention, where food truck roundups replace sit-down dinners and networking takes place during personal photography sessions. Today's conference attendees expect more than just slide presentations and standard receptions. Still, Ondrla emphasizes, it's about both style and substance. She positioned that Portland headshot lounge next to another popular conference attraction: a career center offering complimentary resume reviews, job search advice and mock interviews. Some participants completed real interviews with visiting hiring managers, too.

In this new convention environment, organizers strive to provide professional development opportunities as well as meaningful social interactions.

"Everybody likes free parties and free items, but we're not just blowing our budget on something fun," Ondrla says. "There has to be intrinsic value



Event planners are incorporating many strategies to enliven meetings, ranging from outdoor activities such as river rafting and glacier touring, to indoor enhancements such as portrait booths and high-tech apps that allow participants to find and rate presentations digitally.

for the attendee."

For the next ACRL gathering, Ondrla's team is exploring enhancements that range from therapy animals to foot massages to a quiet room where introverts can rest in hammocks and recover from communication overload.

"We're so busy and inundated with information these days. A conference is a chance to escape from your routine and try something new. It's a time to calm down for a bit. It's a chance to assess where you are in your professional life, and maybe even in your personal life," says Ondrla.

"Across all industries, people are taking on much more responsibility in their roles. Attendees want to maximize their time out of the office, and planners are focusing on how they can best engage those

## **Quick Guide To Meeting Facilities**

	FACILITY	GUEST ROOMS	RATES	MEETING ROOMS	CONTACT
Alaska	Juneau Convention & Visitors Bureau 800 Glacier Avenue #201 Juneau, AK 99901	1,100	\$100-250	30	907-586-1749/Jessie Knudsen www.traveljuneau.com
	Visit Anchorage 524 West Fourth Avenue Anchorage, AK 99501	8,704	\$89-280	50	907-276-4118/Julie Dodds www.anchorage.net
	Westmark Fairbanks Hotel & Conference Center 813 Noble Street Fairbanks, AK 99701	400	\$79-550	13	907-456-7222/Patricia Silva www.westmarkhotels.com
Idaho	Boise Centre 850 West Front Street Boise, ID 83702			20	208-336-8900/Sales Manager www.boisecentre.com
Montana	Visit Billings 815 South 27th Street Bllings, MT 59101	5,000	\$79-249	360,000 square feet of meeting space	406-245-4111/Stefan Cattarin www.visitbillings.com/meet
Washington	The Chrysalis Inn & Spa 804 10th Street Bellingham, WA 98225	43	\$169-349	3	888-808-0005/Chris Simpson www.thechrysalisinn.com
	Marcus Whitman Hotel & Conference Center 6 West Rose Street Walla Walla, WA 99362	127	\$129-199	9	509-524-5107/Chris Coates www.marcuswhitmanhotel.com
	Muckleshoot Casino 2402 Auburn Way South Auburn, WA 98002			4	800-804-4944/Richard King www.muckleshootcasino.com
	Northern Quest Resort & Casino 100 North Hayford Road Airway Heights, WA 99001	250	Varies	11	509-481-6010 www.northernquest.com
	Oxarc Training & Multimedia Conference Center 4003 East Broadway Spokane, WA 99202			2	509-535-7794/Ron Van Dyke www.oxarc.com
	Sleeping Lady Mountain Resort 7375 Icicle Road Leavenworth, WA 98826	58	\$275-305	8	800-574-2123/Michael Molohon www.sleepinglady.com
	<b>Tourism Walla Walla</b> 26 East Main Street Walla Walla, WA 99362	300	\$89-199	11	509-525-8799 www.wallawalla.org
	Coast Hotels*	More than 40 locations with more than 100,000 square feet of meeting space. Located in five Western states: Alaska, California, Hawaii, Oregon and Washington and in Canada throughout Alberta, British Columbia, the Northwest Territories and the Yukon.			503-228-2000/Cheryl Foster Hayes www.coasthotels.com
Multi-Location	Red Lion Hotels	the perfect combina each of our 50+ loca meeting venues incl rooms and contempor	ntions and conferences, tion of style, service and tions throughout the Ur ude elegant ballrooms, s orary private dining ven ee all of our properties a	877-737-9275/rfp@redlion.com www.redlion.com	



attendees," agrees Matthew Marcial, senior director of events for Meeting Professionals International (MPI), the meeting planners' trade group.

He lists an interest in health and wellness activities as one trend reshaping traditional event agendas. Many planners and venues now incorporate sunrise fitness sessions, yoga breaks and nutritious snacks into their daily offerings. At Ventana Big Sur, on the central California coast, teams take part in meditation, visualization and hiking activities

The desire to make a positive impact also flavors conference planning.

Many companies and organizations give back to their host cities through clothing drives, donations and volunteer work.

designed to spur creativity and strengthen connections. San Diego's Paradise Point Resort & Spa offers paddleboard yoga and beachfront nature walks; similarly, the Hyatt Regency Huntington Beach Resort & Spa gets groups outdoors with beach cruiser scavenger hunts. Meeting attendees at Alaska's Alyeska Resort can take part in heli-ski outings

in the winter, or schedule summer sea kayaking trips in nearby Prince William Sound.

The desire to make a positive impact also flavors conference planning. Many companies and organizations give back to their host cities through clothing drives, donations and volunteer work. In fact, an MPI industry report released last summer notes that 36 percent of respondents are engaging their meeting attendees in volunteer projects at the site of their events.

Meeting logistics are becoming increasingly digital, too, a technological migration that opens up a An app for your room



Like meeting and event planners, venues are using technology to share information and streamline the guest experience. The Four Seasons hotel group introduced a mobile app last summer that lets guests make reservations, check in and out of a room, book airport transfers and coordinate luggage assistance. Users can order room service and book spa and dining appointments, or customize their experience by scheduling turndown services and requesting extra pillows, toiletries and other amenities. The app folds in concierge recommendations as well, with local shopping, dining, cultural and recreational suggestions that link to maps and itinerarybuilding tools.

Barista competitions are popular (and germane) elements of the annual Specialty Coffee Association of America convention in Seattle. host of new facets for organizers. Attendees now often view conference schedules, appointments, maps, contact details and general des-

tination information on smartphones and tablets. They're also using apps to check into hotels, connect via social media and complete surveys about individual events.

"Planners are using mobile technologies not only for the meeting itself, but also to analyze attendee behavior and create better programming for conferences and meetings," says Marcial.

When the Specialty Coffee Association of America (SCAA) met in Seattle last April, attendees accessed educational content, social event updates and maps showing how to find member cafes through the organization's app. SCAA Senior Director of Events Cindy Cohn says the app's adoption rate has been growing steadily since it was introduced, from 22 percent of attendees in 2012, to 35 percent logging in at the 2015 conference.

"It's been said that only millennials and members of younger generations are really into technology, but we see adoption across all ages. The goal is to find the best ways to interact with your particular audience," adds MPI's Matthew Marcial.

When it comes to engaging audiences and restructuring classic convention agendas, some of the best opportunities come when organizers capitalize on a destination's unique character. The Specialty Coffee Association of America signed a multiyear contract with its Seattle venue in part because there are so many activities within a walkable area.

"Our exhibitors, sponsors and attendees come because they enjoy our show, but they're also enjoying the city," says Cohn. "There's an amazing food and beverage scene. There are tons of great clubs and bars. There's the Space Needle, Chihuly Garden and Glass, Pike Place Market and other venues that we don't necessarily take people to, but that they visit on their own."

Of course, Seattle's coffee culture also makes the city a good fit for SCAA meetings. In addition to participating in trade show events and educational sessions, attendees of the most recent conference toured coffee shops in the Capitol Hill, Fremont, Ballard and Georgetown neighborhoods. They visited roasting facilities, equipment manufacturers and local craft breweries. About 400 baristas and coffee connoisseurs attended a two-day pre-confer-



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ence gathering at Benaroya Hall; another 2,000 walked from the Washington State Convention Center to Capitol Hill for an opening night block party. Event exhibitors hosted competitions and parties at conference hotels and off-site venues, and 5- and 10-kilometer charitable runs associated with the SCAA gathering raised \$23,000 for nonprofits.

"With a city like Seattle, there's so much to do. We don't have to work too hard to imagine a program that takes people outside, and people do want to get outside," Cohn says.

That's also the case with events in

"If a meeting doesn't have that 'wow' factor, or some way to keep people engaged and entertained, you're going to lose them very quickly to their smartphones and socializing."

Alaska, where many venues and activities showcase the state's natural splendor. Pike's Waterfront Lodge in Fairbanks has banquet rooms overlooking the Chena River. The Dena'ina Civic and Convention Center in Anchorage features floor-to-ceiling windows and Chugach Mountain views.

A successful gathering, however, requires more than great views. The Last Frontier is a perfect locale for outdoor activities to spice up a gathering.

"If a meeting doesn't have that 'wow' factor, or some way to keep people engaged and entertained, you're going to lose them very quickly to their smartphones and socializing," says Toni Walker, president of Logistics, LLC.

When Walker organizes meetings and events in Alaska, she may kick things off



A sightseeing cruise to visit glaciers, and watch wildlife such as whales, is a popular activity for convention-goers who come to Alaska. with demonstrations by worldfamous woodworkers or ice

carvers. Other times, she arranges appearances by dog mushers and their canine teams, or invites raptor experts to bring birds into a venue. She's also set up outdoor team-building activities centered around recreation such as river rafting.

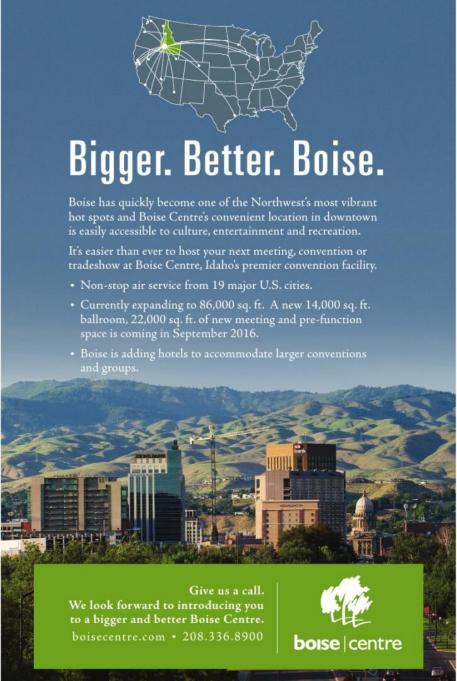
Last summer, Walker coordinated a dinner event that took 800 meeting attendees from Anchorage to Whittier along the shores of Prince William Sound. As they drove the scenic stretch of shore along Turnagain Arm, group members watched for moose, eagles and whales. Once they arrived in Whittier, they boarded four boats that departed for a three-hour glacier cruise.

"Groups want to do something that's fun and unique and outside the ballroom or meeting space," Walker says. "That dinner cruise was a sold-out event."

Association of College & Research Libraries Conference Supervisor Tory Ondrla believes these rich experiences are the new normal, and she calls it good news for attendees and organizations.

"Expectations are higher, but it's rewarding to give people a more meaningful experience," she says. "That brings more people to your conference, and it gets people engaged in your group and what you're trying to accomplish."

Renee Brincks is based in San Francisco.





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# Laugh and Learn

Incorporating humor helps presenters reach their audiences

By Jean <u>Hamilton</u> Everyone likes to laugh. As humorist and author Gina Barreca wrote, "Laughter is the sound you make when you are free." But many people feel humor-challenged when it comes to speaking in public. As a professional speech coach, I often have clients come to me wanting to add more humor to their presentations. Like most people, they breathe a sigh of relief and feel more confident once they have shared a laugh with their audience.

There are lots of funny people you can watch on TV, YouTube and at comedy clubs. You can learn from them—they make humor look easy. But what if you don't have the quick wit of Stephen Colbert, or the self-effacing charm of Ellen DeGeneres? The good news, unless you are a comedian: No one is expecting you to provide laughs throughout your whole presentation. At the same time, being able to



bring in some humor will not only make your presentation more enjoyable, your audience will pay closer attention, giving your talks greater impact.

A few weeks ago I coached Beth, a successful attorney, on her presentation skills. When she came into the room the first thing she said was, "I hate public speaking. It's always dry and boring. I don't know how to be funny or interesting." Then she proceeded to tell me some very funny stories that had me laughing quite hard. She was dynamic, spunky and irreverent. I told her, "How about we bring this 'you' to

your presentations?"

Therein lies the key to bringing humor to your presentations. Tap into your sense of authenticity, playfulness and truth. That's where you will find your most natural and funniest self.

Stories are the best way to bring in humor. They work better than jokes, because unless you're a skilled comedian, jokes often fall flat. You might get a polite chuckle-but who wants that?

Stories, as long as they are relevant to your point, work beautifully on many levels. If the audience doesn't laugh at a line you intended to be funny, don't worry, just turn it into a serious point. As long as you don't laugh, they will never know. Just don't preface it with, "Here's a funny story ..." Develop the habit of never being the first person to laugh while delivering a punch line. Once they laugh, you can laugh along with them, but let's face reality: Nervously laughing alone at your own joke can be a little depressing.

Many clients ask me how to find stories. My advice: Open your eyes and notice. Stories and funny events happen all the time. Look at life with newfound curiosity. Observe details. Notice interactions. Listen to conversations. Jot them down in a notebook so you remember them. The funniest things come from daily life. You can stretch the truth to make it funnier, but struggles, fears and insecurities are always the best material.

To find your stories, remember the saying that "Humor is tragedy plus time." This does not mean all tragedies become funny, or that true tragedy is an appropriate springboard for humor; but past events when you were embarrassed, humiliated or exasper-

"Laughter is the sound you make when you are free."

> -Gina Barreca, humorist

ated, can often turn into very funny stories. If your story is based on a common human fear, the audience relates to your discomfort. You are mining universal truths, and that can be highly effective.

Don't be afraid to poke fun at yourself and

your frailties. I've become a big fan of Drew Barrymore, actor and movie producer, after seeing her on a recent book tour for Wildflower, a collection of stories from her life. Unlike most authors on tour who simply read passages from their books, she retold and performed several of them, including her hilarious fish-out-of-water tale of going to an Outward Bound survival camp. Though the book is very well written, listening to her tell the stories live made the material even richer and funnier. Her warmth, animation and self-deprecating humor had the audience in stitches.

What Barrymore did magnificently was bring her material to life through her delivery. This is vital. Both your voice and body contribute a great deal to making a story funny. Using vocal variety in a way that reveals your emotions will bring the episode to

life. A pause, right before a funny line and right after, helps the joke "pop."

Watch stand-up comics and notice how they use their voice for effect. Their voices are like instruments. Some words they stretch out, others are crisp. How they speak enables the audience to see it. Stand-up comedian John Mulaney is a master at using his voice to bring characters to life. Check out his act. Besides giving you a good laugh, he will inspire you to play with your own delivery.

I often coach people to tell a story on stage with the same level of animation they would use while telling the story to a good friend at a party. When you relax, humor is much easier to find.

Also, get physical. Your body is a great tool in comedy. Often showing rather than telling works better in humor. Just a raised eyebrow or a quick look can be very funny. It's economical. I recently participated in an "acting for the camera" class with Tony Meindl. After my initial reading, Tony coached me to get into the character physically. I spoke more quickly and force-

fully, and altered my posture to reflect a person who was stressed out. Rather than being in my head and trying too hard to make it funny, getting physical allowed me to be more natural ... and funnier!

I'm not saying you should run around like a wild person during a presentation, but remember to include the expression of your body. I often coach people to tell a story on stage with the same level of animation they would use while telling the story to a good friend at a party. There is usually a sparkle in their eyes, an aliveness in their voice, and a freedom in their body. All of this will make the story more entertaining. When you relax, humor is much easier to find.

Though it's important to craft stories that have humorous lines, often the funniest times are spontaneous interactions with the audience—so make the room a friendly place for others to interact with you. Ask them questions and listen to their responses. Good comedy is about listening. Recently I worked with five people for a fundraising luncheon where doctors and patients spoke about the exciting work being done at their organization. Before their presentations, I coached them to listen to one another and to respond to what they heard. One of the speakers did that a couple times. Those moments

#### **TIPS**

Be brief. Short sentences work better, particularly with humor. Just one or two fewer words will give it more "punch." And don't bury your funny word in the middle of a sentence, or it will get lost. Try to end your sentence with the funniest word.

Get specific. The more you enable people to see what you are talking about, the more they connect with you and your story. "We went to a restaurant" does not work as well as, "We went to an Indian restaurant on Queen Anne." That's because we can see it when it's more specific.

Expect to have fun.
Enter the room where
you will be presenting
with a smile on your
face. Share a laugh
with people in the audience before you speak.
You are priming the
environment for humor.
When you have fun, your
audience has fun.

Exercise your spontaneity muscle. Put yourself in fun situations where you need to think on your feet. If you stay loose and relaxed you might surprise yourself with some funny lines.



worked very well, and she got a couple big laughs.

An impromptu line often triggers a bigger laugh than a funny canned line. The audience can sense the immediacy of the moment, and they love it. When you deliver an off-the-cuff remark that gets a good laugh, remember it. You might be able to use that same remark in a different presentation, and it will still seem off-the-cuff.

Obviously you can't practice being spontaneous—kind of defeats the purpose—but you can develop what I call your "spontaneity muscle." One way to do this is to take an improvisation class. These classes encourage you to relax, listen and be present.

Recently I took an improvisation class where one of the students, a young engineer, was having difficulty. I soon realized why. In her desire to do things "right," she would call out other students, telling them they were not sticking to the "rules." A judgmental eye will squelch creativity. Curiosity and playfulness will help you discover your most authentic and funniest self.

Remember, the next time you are asked to give a presentation, tell relevant stories, bring them to life with your voice and body, be present, and relax. Most of all, see your audience as a community of people in which you get to not only explore your ideas, but also share a laugh. **m** 

Jean Hamilton, founder and principal of Speaking Results, is a public speaking coach based in Seattle.

#### Meetings 2016

# Resource Listings

#### A GUIDE TO CONVENTION AND VISITORS BUREAUS ACROSS THE ALASKA AIRLINES ROUTE SYSTEM

#### **ALASKA**

**Anchorage** Visit Anchorage; 907-276-4118; anchorage.net.

**Fairbanks** Explore Fairbanks; 907-459-3765; explorefairbanks.com.

**Juneau** Juneau Convention & Visitors Bureau; 888-581-2201 or 907-586-2201; traveljuneau.com.

**Ketchikan** Ketchikan Visitors Bureau; 800-770-3300; visit-ketchikan.com.

**Kodiak** Discover Kodiak; 800-789-4782 or 907-486-4782; kodiak.org.

**Nome** Nome Convention & Visitors Bureau; 907-443-6555; visitnomealaska.com.

Sitka Sitka Convention & Visitors Bureau; 800-557-4852 or 907-747-5940; sitka.org.

**Valdez** Valdez Convention & Visitors Bureau; 907-835-2984; valdezalaska.org.

Wrangell Wrangell Convention & Visitor Bureau; 800-367-9745; wrangellalaska.org.

#### ARIZONA

**Phoenix** Visit Phoenix; 602-254-6500; visitphoenix.com.

**Scottsdale** Scottsdale Convention & Visitors Bureau; 800-782-1117 or 480-421-1004; experiencescottsdale.com.

**Tucson** Visit Tucson; 800-638-8350 or 520-624-1817; visittucson.org.

#### CALIFORNIA (NORTHERN)

**Fresno** Fresno/Clovis Convention & Visitors Bureau; 800-788-0836; playfresno.org.

Mammoth Lakes Mammoth Lakes Tourism; 888-466-2666 or 760-934-2712; visitmammoth.com.

**Monterey** Monterey County Convention & Visitors Bureau; 831-657-6426; seemonterey.com.

**Oakland** Visit Oakland; 510-839-9000; visitoakland.org.

**Sacramento** Sacramento Convention & Visitors Bureau; 800-292-2334 or 916-808-7777; visitsacramento.com.

San Francisco San Francisco Travel Association; 415-391-2000; sanfrancisco.travel.

San Jose Team San Jose; 800-SAN-JOSE or 408-792-4511; sanjose.org.

**Santa Rosa** Sonoma County Tourism; 707-522-5800; sonomacounty.com.

#### CALIFORNIA (SOUTHERN)

**Anaheim** Visit Anaheim; 855-405-5020; anaheimoc.org.

Burbank Burbank Chamber of Commerce;

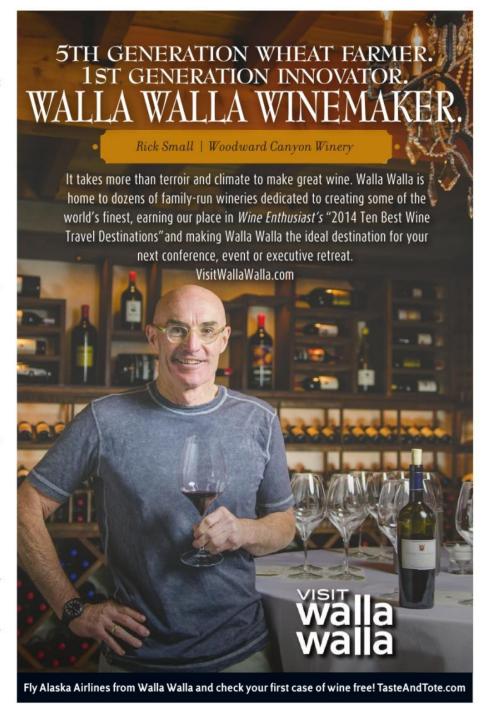
818-846-3111; burbankchamber.org.

Long Beach Long Beach Area Convention &

Visitors Bureau; 800-4LBSTAY or 562-436-3645;

visitlongbeach.com.

**Los Angeles** Los Angeles Tourism & Convention Board; 800-366-6116 or 213-624-7300; discoverlosangeles.com.









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Ontario The Greater Ontario Convention & Visitors Bureau; 800-455-5755 or 909-937-3000; discoverontariocalifornia.org.

Palm Springs Greater Palm Springs
Convention & Visitors Bureau;
800-967-3767 or 760-770-9000;
visitgreaterpalmsprings.com.

San Diego San Diego Tourism Authority;
619-236-1212; sandiego.org.

Santa Barbara Visit Santa Barbara;

#### COLORADO

Colorado Springs Colorado Springs Convention & Visitors Bureau; 800-888-4748; visitcos.com.

805-966-9222; santabarbaraca.com.

**Denver** Visit Denver; 800-233-6837 or 303-892-1112; visitdenver.com.

**Steamboat Springs** Steamboat Springs Chamber; 970-879-0880; steamboat-chamber.com.

#### FLORIDA

Fort Lauderdale Greater Fort Lauderdale Convention & Visitors Bureau; 800-227-8669 or 954-765-4466; sunny.org.

Orlando Visit Orlando; 800-972-3304 or 407-363-5872; visitorlando.com.

Tampa Visit Tampa Bay; 800-44-TAMPA or 813-223-1111; visittampabay.com.

#### **HAWAI'I**

Hawai'i Tourism Authority; 800-464-2924 or 808-923-1811; gohawaii.com.

Boise Boise Convention & Visitors Bureau;

#### IDAHO

800-635-5240 or 208-344-7777; boise.org.

Coeur d'Alene Coeur d'Alene Area Chamber;
208-664-3194; cdachamber.com.

Lewiston Hells Canyon Visitor Bureau;
877-774-7248; visitlcvalley.com.

Sun Valley Visit Sun Valley; 800-634-3347 or
208-726-3423; visitsunvalley.com.

#### MINNESOTA

Minneapolis Meet Minneapolis; 888-676-MPLS or 612-767-8000; minneapolis.org.

Saint Paul Visit Saint Paul; 800-627-6101 or 651-265-4900; visitsaintpaul.com.

#### MISSOURI

Kansas City Visit KC; 800-767-7700; visitkc.com.

**St. Louis** St. Louis Convention & Visitor Commission; 800-916-0092; explorestlouis.com.

#### MONTANA

**Big Sky** Big Sky Chamber of Commerce & Visitor Information Center; 800-943-4111 or 406-995-3000; visitbigskymt.com.

**Billings** Billings Chamber of Commerce; 800-735-2635 or 406-252-4016; visitbillings.com.

Bozeman Bozeman Convention & Visitors
Bureau; 800-228-4224; bozemancvb.com.
Great Falls Great Falls Convention & Visitors
Bureau; 800-735-8535; genuinemontana.com.
Helena Helena Tourism Alliance/CVB;
406-449-1270 or 406-442-4120;
helenamt.com.

Kalispell Flathead Convention & Visitors
Bureau; 800-543-3105; fcvb.org.
Missoula Destination Missoula; 800-526-3465
or 406-532-3250; destinationmissoula.org.

#### **NEVADA**

Las Vegas Las Vegas Convention and Visitors Authority; 877-VISIT-LV or 702-892-0711; vegasmeansbusiness.com.

**Reno** Reno-Sparks Convention & Visitors Authority; 800-FOR-RENO or 775-827-7600; visitrenotahoe.com.

#### **OREGON**

**Beaverton** Washington County Visitors Association; 800-537-3149 or 503-644-5555; tualatinvalley.org.

Bend Central Oregon Visitors Association; 800-800-8334; visitcentraloregon.com. Eugene Eugene, Cascades & Coast— Travel Lane County; 800-547-5445; eugenecascadescoast.org.

**Medford** Travel Medford; 800-469-6307 or 541-776-4021; travelmedford.org.

**Portland** Travel Portland; 877-678-5263 or 503-275-8355; travelportland.com.

#### **TEXAS**

**Austin** Austin Convention & Visitors Bureau; 512-474-5171; austintexas.org.

Dallas Dallas Convention & Visitors Bureau; 800-C-DALLAS or 214-571-1000; visitdallas com

**Fort Worth** Fort Worth Convention & Visitors Bureau; 800-433-5747; fortworth.com.

Houston Greater Houston Convention & Visitors Bureau; 800-4-HOUSTON or 713-437-5200; visithouston.com.

San Antonio San Antonio Convention & Visitors Bureau; 800-447-3372;

#### WASHINGTON

visitsanantonio.com.

Bellevue Visit Bellevue Washington; 425-450-3777; visitbellevuewashington.com.

Bellingham Bellingham Whatcom County
Tourism; 800-487-2032; bellingham.org.

Pullman Pullman Chamber of Commerce;
800-365-6948; pullmanchamber.com.

Seattle Visit Seattle; 206-461-5800; visitseattle.org.

**Spokane** Visit Spokane; 888-SPOKANE; visitspokane.com.

800-254-5824; visittricities.com.

Tacoma Travel + Pierce County; 800-272-2662 or 253-284-3254; traveltacoma.com. Tri-Cities Visit Tri-Cities; 509-735-8486 or

**Vancouver** Visit Vancouver USA; 877-600-0800 or 360-750-1553; visitvancouverusa.com.

**Walla Walla** Visit Walla Walla; 877-998-4748 or 509-525-8799; wallawalla.org.

Wenatchee Wenatchee Valley Chamber of Commerce; 509-662-2116; wenatchee.org.

Yakima Yakima Valley Tourism; 800-221-0751 or 509-575-3010; visityakimavalley.org.

#### CANADA

Calgary Tourism Calgary; 800-661-1678 or 403-263-8510; visitcalgary.com. Edmonton Edmonton Tourism; 800-463-4667

or 780-496-8400; exploreedmonton.com.

**Kelowna** Tourism Kelowna; 800-663-4345 or 250-861-1515; tourismkelowna.com.

Vancouver, B.C. Tourism Vancouver; 604-682-2222; tourismvancouver.com. Victoria Tourism Victoria; 800-663-3883 or 250-953-2033; tourismvictoria.com.

#### **MEXICO**

Mexico Tourism Board [from the United States]; 800-446-3942; visitmexico.com.

#### **SELECTED U.S. CITIES**

**Albuquerque** Albuquerque Convention & Visitors Bureau; 800-284-2282 or 505-842-9918; visitalbuquerque.org.

**Atlanta** Atlanta Convention & Visitors Bureau; 800-ATLANTA or 404-521-6600; atlanta.net.

**Baltimore** Visit Baltimore; 877-BALTIMORE; baltimore.org.

**Boston** Greater Boston Convention & Visitors Bureau; 888-SEE-BOSTON; bostonusa.com.

Charleston Charleston Area Convention & Visitors Bureau; 800-868-8118; meetcharleston.com.

**Chicago** Choose Chicago; 312-567-8500; choosechicago.com.

**Detroit** Detroit Metro Convention & Visitors Bureau; 800-338-7648 or 313-202-1800; visitdetroit.com.

**Milwaukee** Greater Milwaukee Convention & Visitors Bureau; 800-231-0903 or 414-273-3950; visitmilwaukee.org.

Nashville Nashville Convention & Visitors Corp.; 800-657-6910; visitmusiccity.com.

**New Orleans** New Orleans Convention & Visitors Bureau; 800-672-6124 or 504-566-5011; neworleanscyb.com.

**Newark** Greater Newark Convention & Visitors Bureau; 973-735-2135; newarkhappening.com.

**New York City** NYC & Company; 212-484-1200; nycgo.com.

**Omaha** Omaha Convention & Visitors Bureau, 866-937-6624; visitomaha.com.

**Philadelphia** Philadelphia Convention & Visitors Bureau; 215-636-3300; discoverphl.com.

Raleigh/Durham Greater Raleigh Convention and Visitors Bureau; 800-849-8499 or 919-834-5900; visitraleigh.com.

**Salt Lake City** Visit Salt Lake; 800-541-4955; visitsaltlake.com.

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#### EDUCATION

from page 102 expanded offerings now because of students with family and work obligations," says Lisa Chieffo, associate director of the study-abroad program.

As for destinations, UD students tend to favor the traditional, with the United Kingdom, Italy and Spain atop the list. For winter sessions, many students head for the Southern Hemisphere, choosing Australia, New Zealand and South Africa.

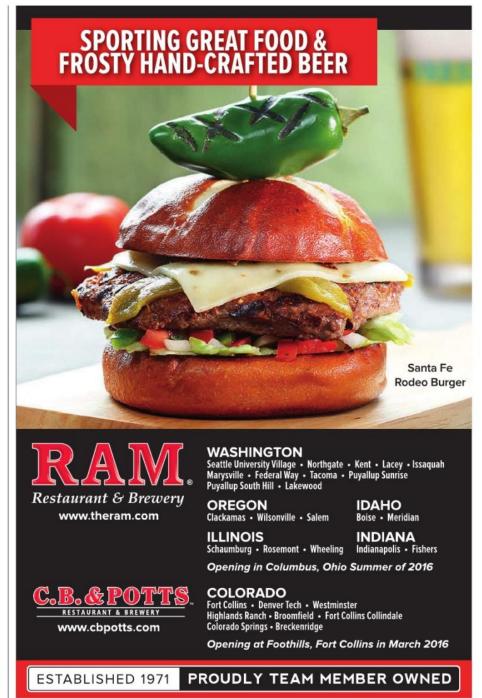
Nationally, the U.K. is the top choice for U.S. students, followed by Italy, Spain, France and China. Also included among the top choices, according to the IIE, are South Africa (II), India (I2), Argentina (I4) and Brazil (I5). Latin American countries are the top choices for students doing internships and volunteer work.

Major public universities on the West Coast offer a variety of study-abroad opportunities, as well. Through programs developed and led by faculty, as well as exchange partnerships with 70 universities around the world, the University of Washington strives to offer hundreds of options that are relevant to students' coursework at the university. To that end, the university maintains a course-equivalency database that indicates which foreign courses will meet a student's degree requirements. About 2,000 UW students study abroad each year.

Lauren Easterling, associate director of the UW study-abroad program, notes that because study abroad is not mandatory at UW, the university makes sure that even stay-at-home students benefit from international experiences.

"The UW prides itself on offering global experiences," she says, "but that doesn't have to mean study abroad. Interacting with international students, joining a country-specific student group, or taking one of the many languages taught here might be one individual's opportunity to have a global experience."

On the other hand, Will Lescas, a University of Delaware senior set to graduate this spring with a degree in international relations, says his experi-





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#### EDUCATION

ence of actually living and studying abroad changed the course of his life. Yet when he entered UD, study abroad was barely on the radar for the 22-year-old native of Bucks County, Pennsylvania.

But he knew he had the traveling bug after just one experience, when he had journeyed to the U.K. with his grandparents for two weeks after high school. At Delaware he initially declared his major as engineering, but soon became an international-relations major. He went to New Zealand for winter term of his sophomore year. It was great fun, but his actual UD coursework was focused on Europe, so he then chose a full-semester program in Denmark.

Fast-forward a year to find Lescas nearly adept in Danish, conversant on myriad topics concerning the social and political life of Denmark, and ready to dedicate his life, or at least the next five years or so, to the study of Denmark.

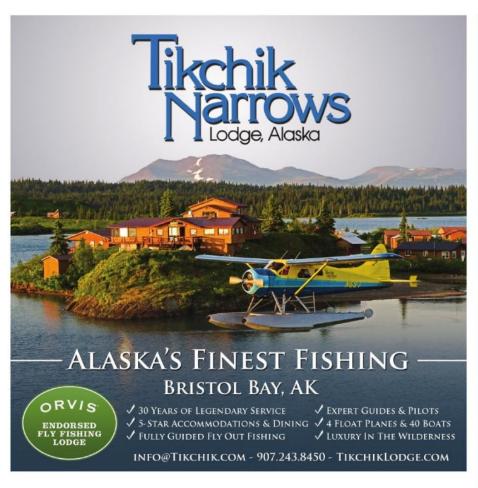
In addition to doing a senior thesis focusing on Denmark and Sweden, Lescas has received a Fulbright for a year of study in Denmark.

Certainly one of the greatest concerns of students and their families is safety. Colleges and universities, along with study-abroad advocates in the U.S. State Department, continue to monitor changing situations.

What is abundantly clear, sources agree, is that there has never been a better time for improved understanding between peoples. And that can begin with study abroad.

Susan G. Hauser writes from Portland.

For students interested in study abroad, the University of Delaware's Institute for Global Studies has published the Travel Study Handbook, available for free download on the udel.edu website. Other useful handbooks include the IIE's A Parent Guide to Study Abroad, available free at iie.org, and A Student Guide to Study Abroad, an e-book for purchase on the IIE website.





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# Desert Jewel

Dubai shines as a modern oasis

By David Armstrong

I have been all over the world, and I've seen a number of superlative things, but I think it's fair to say I've never seen anyplace—never visited anyplace—quite like Dubai. It is a city of superlatives. Consider the building I'm looking at right now, the Burj Khalifa. Needle-thin, metallic and shiny in the Arabian Desert sun, and really, really tall, the 6-year-old structure is the very definition of a skyscraper. At 2,717 feet,

it's the tallest building in the world. And not by just a little. The second-tallest, Tokyo Skytree, is 637 feet shorter.

And consider the Dubai Fountain, its movements choreographed to music, at the

foot of the Burj Khalifa. It's the world's largest performing water fountain. Or take Ski Dubai: It's not the only indoor ski slope in the world, but it may be the most incongruous, allowing visitors and locals to tackle

the slopes on man-made snow while the mercury tops 100 degrees Fahrenheit outside. Then, there's The Dubai Mall, honeycombed with 1,200 shops—with virtually every major-brand designer represented—it's the world's largest covered shopping mall. And it's currently expanding.

Like I said, a city of superlatives.

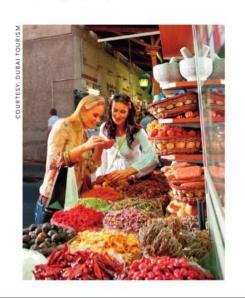
I HAVE COME TO DUBAI from neighboring Abu Dhabi, an hour's drive across the sands, tracing the shoreline of the Persian GulfDubai Aquarium and Underwater Zoo, located at The Dubai Mall, delights visitors with sharks, rays and other wonders of the deep.

called the Arabian Gulf here in the United Arab Emirates. Dubai and Abu Dhabi are two of seven semiautonomous members of the federated UAE. Abu Dhabi, the largest and most oil-rich of the lot, is the capital. Dubai is the UAE's hub of finance and tourism, and its most high-profile member, thanks to turbocharged development and an international outlook.

As hard as it is to turn my eyes away from the dramatic Burj Khalifa, there is a lot to see and do in Dubai, and I'm eager to explore the city of 2.4 million. I also want to sample wide-open spaces outside the city in this 1,588-square-mile emirate.

I hop in a taxi and cross the humming 16-lane Sheikh Zayed Road-Dubai's main thoroughfare-to the nearby Dubai Mall. Modern Dubai is not a walking town, due to the desert heat, bustling traffic and 24/7 construction, which adds ever-taller highrise curtains of offices, apartments and hotels. The air-conditioned, driverless Metro light-rail system—begun a decade ago and still growing-helps.

The compact, traditional parts of Dubai are, uniquely, very walkable.





I hop out of the taxi right outside the grand entrance to The Dubai Mall. Inside this citadel of commerce, all is glistening steel, shiny glass and polished marble.

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Even the window shopping is terrific in Dubai, arguably the world capital of retail therapy. Dubai hosts a monthlong Shopping Festival every January. Destination malls such as this one are open vear-round in air-conditioned splendor.

In the souks-traditional Arab markets-in the old parts of town, bartering is expected. Not so in modern malls, where the list price is the price. Like the city's half dozen other major malls, The Dubai Mall is dedicated primar-

Dubai's Spice Souk tables are heaped with colorful displays of aromatic herbs, flowers and spices.

ily to upscale shopping: Dior, Tiffany, Bulgari, Burberry and many more. I grab a grande Americano at Starbucks and cruise the elegant window displays, arrayed along

> long corridors and spread out over four expansive floors sur-

rounding a grand atrium.

On the first floor, my eyes are drawn to the big, blue, glassy Dubai Aquarium and Underwater Zoo, which showcases the world's largest mall aquarium. Families pause before floor-to-ceiling tanks as colorful fish flash

by. Smartphone cameras flash as enthralled visitors behold sharks, giant rays and many other wonders of the deep.

OMAN

OMAN

Next I board a high-speed elevator at the base of mall neighbor Burj Khalifa and zip up to the public observation deck on the 124th floor. At 1,483 feet up, the view is spectacular. I arrive as the shadows of dusk lengthen. Views of the dun-colored sands vanish, and in their place blossoms an epic

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multicolored skyline of city lights.

Later that evening, I settle in to the Shangri-La Hotel and dine on superb Chinese food in the Hong Kong-based hotel's authentic Cantonese restaurant, Shang Palace. It's hard to find better wok-stirred scallops with shiitake mushrooms and spicy XO sauce anywhere. Indeed, much of Dubai's best cuisine is served in 5- and

The 124th-floor observation deck in Burj Khalifa offers views of the city, the Persian Gulf and the desert sands.

4-star international hotels like this one. That's also where alcohol is served, mostly to foreign visitors and expatriates. There are no free-standing bars in Dubai.

As I discover, Dubai is a cosmopolitan foodie destination, thanks to the large number of international expats who work here. Only about 17 percent of Dubai residents are Emiratis. For Middle Eastern food, the default national fare is Lebanese, with its delectable lamb dishes, silky hummus and flavorful dolmas. But Dubai has everything, from burgers to sushi and tempura, Indian curries and Filipino longganisa sausage.

THE NEXT MORNING, I buy a 24-hour ticket for the hop-on, hop-off Big Bus. I head to the open top of the red double-decker, slip on earphones for a recorded English-language narration and take a look around. When we pull up at a place that intrigues me, I clamber off the bus, then pick up a later one

I'm astounded by the sail-shaped Burj Al Arab, a lavish luxury hotel at the gulf's edge. I'm also wowed by the Palm



#### SHIFTING SANDS

Most of the surface of what is now UAE is a sand desert. The sand in coastal areas is typically stabilized with vegetation, but inland the sand can be quite barren. Erosion and driving wind deposit sand in intricate dunes ranging from tiny ripples to towering ridges. Dune patterns constantly shift with the seasons and with variations in wind direction and strength.

#### WHEN YOU GO

#### Lodging

Marriott Harbour Hotel & Suites: 4-star waterside hotel; marriott.com.

Shangri-La Hotel: Well-appointed 5-star business-and-leisure hotel in downtown financial district; shangri-la.com/dubai.

#### Dining

Al Mamzar corniche cafe. Flavorful shawarma wraps in a cozy, barely marked cafe in the Deira district.

Al Tawasol Restaurant, near the clock tower. Traditional Emirati flatbreads and wraps, served family style, in tented rooms.

Shang Palace, inside the Shangri-La Hotel (information as above). First-rate Cantonese cooking from the Dubai outpost of a luxury Hong Kong hotel group.

#### Sightseeing

**Burj Khalifa:** World's tallest building, with 124th-floor observation deck; burjkhalifa.ae.

The Dubai Mall: World's largest upscale shopping mall; thedubaimall.com.

**Big Bus:** Hop-on, hop-off double-decker-bus tours of the city and environs; bigbustours.com/dubai.

#### Deira District,

bordering Dubai Creek, with local shops, cafes, artisanal crafts, and lively gold and spice souks.



Desert driving, Arabian Adventures' Sundown Dune Dinner Safari. Sand-dunes tour, plus buffet dining in Bedouin-style tent; arabian-adventures.com.

General information visitdubai.com

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Puzzles on page 156.

		10	DIFFI	CULTY	: EASY			
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#### Dubai. UAE



Big Bus tours allow visitors to get on and off the double-deckers as they find something intriguing.

Jumeirah, a complex of luxury homes built on landfill islands; the fronds of the palm-shaped development are joined to a central trunk. The Big Bus rumbles through a typical steaming afternoon under the bright Arabian sky. As we swing around busy roundabouts and navigate clover-leaf freeways, I mull over which places I'll revisit later.

After the tour, I devour a light cafe lunch near the corniche, or waterfront promenade, at Al Mamzar, an older district of the Deira area. There, I happily snack on a couple of shawarmas—wraps with succulent grilled chicken slices, pickled vegetables and tabbouleh salad. I finish with robust Arabic coffee flavored with cardamom. At 5 dirhams each, the tasty shawarmas total about \$2.50.

That afternoon, I head to the countryside with a tour group. Drifting sand dunes hundreds of feet tall loom before us as our small group rides out of town in a rugged 4x4 dune buggy. Once our driver goes off-road, we streak along the ridgelike tops of the dunes and skitter down the sides.

As the sun sets, we step out onto the sands and snap photos as the sun dips behind towering dunes and a final glimmer of sunlight heralds a starry night. In the cool evening air, we sit on comfort-



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able rugs in a Bedouin-style tent and dine on grilled meats and sweet dates.

#### I END MY VISIT TO THE GLITTERING EMIRATE

in a long-settled district where Dubai was born as a pearl-diving center and fishing village 200 years ago. To get there, I take a small *abra* water taxi across Dubai Creek (a saltwater inlet of the Arabian Gulf), drinking in pleasing views of Dubai from the water, alighting after the short crossing in the Deira district.

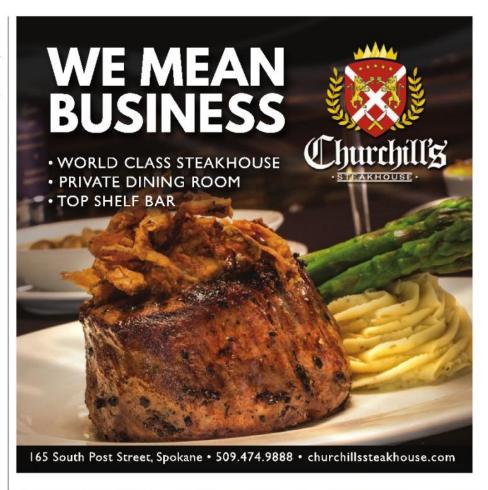
Setting off on foot, I meander down a warren of narrow streets, where I mingle with a mix of locals and visitors. Most are in modern dress; some stroll along in the traditional, long, robelike *thawb* favored by men or the *abaya*, a modest dress and head covering for women.

Deira's Gold Souk, where dozens of shops display glistening rings, earrings, bracelets, necklaces and precious stones, is one of the world's primary centers of bling. I listen as buyers and sellers engage in the expected bargaining. Deals are struck. Faces light up with smiles.

Threading through the intimate streets toward the Spice Souk, I pass vintage buildings topped with wind towers—windowed structures built before the advent of air conditioning to catch and circulate cooling breezes inside. In the Spice Souk itself, I see plastic bags and wooden baskets holding colorful heaps of aromatic medicinal herbs, flowers and spices: cumin, turmeric, cinnamon. I buy a packet of deep-red saffron, for cooking. When I get home, it will make a delicious reminder of Dubai, the quintessential desert metropolis.

David Armstrong is a freelance writer living in the San Francisco Bay Area.

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# Crosshatches

By Bengt Halvorson

2016 Mazda CX-3

Upgrading and downsizing aren't mutually exclusive. Just as stylish, space-efficient condos and the tiny-house trend have helped redefine how we think of urban and suburban living space, a new kind of space-efficient, somewhat sporty small car is emerging—one that better fits a contemporary, more image-conscious urban lifestyle. ■ Today's small-car shoppers want to drive something a little flashier and more

activity-focused—something that won't entirely be seen as dull. That has spawned a new kind of vehicle: models that fit into subcompact-car parking spaces and offer much of the utility and versatility of frugal small hatchbacks, yet make a considerably bolder statement.

Two new models that do all of that, while keeping the price affordable, are the Honda HR-V and Mazda CX-3.

These two new hatchbacks have a lot in common, including swoopy, coupelike rooflines, economical yet punchy fourcylinder engines, engaging driving experiences and thoughtful seating layouts.

They're essentially the same size on the outside—less than 170 inches long overall, which is shorter than the typical compact sedan. They're also quite narrow—under 70 inches wide—which makes them easy to park in tight urban spaces.

Both have their roots in super-sensible, frugal small cars. The Honda HR-V is closely related to the latest Honda Fit, which was redesigned this past year. The Mazda CX-3 was co-developed with the all-new version of the Mazda 3 subcompact that's expected for the 2017 model year. And despite Japanese brand origins, these Honda and Mazda models are both built in Mexico—definitely part of a trend aimed at keeping costs down on affordable small cars for the U.S. market.

Reasonably priced small cars have a

reputation for feeling anonymous, but here, in both cases, it's clear that design and the fine details were priorities. The CX-3 has a look that's focused and sharp at the front and rear, but flowing in between. The Honda takes a different route, with softer details in front and back yet more aggressive creasing along its sides. In profile, the CX-3's blacked-out rear pillar gives the roof a "floating" look, while the HR-V's profile is a bit more traditional for a hatchback.

Inside, the CX-3 has an instrument panel that has a lot in common with that used in the Mazda MX-5 Miata sports car, with a clean, shelflike layout and round vents. Meanwhile the HR-V goes with a dash design and interior layout that feels a little more utility-vehicle influenced, with a taller center console and a higher, asymmetrical dash that angles slightly toward the driver.

In both cases, it appears that the intent was to make these models look coupelike from most angles; the handles for the CX-3's back doors, for example, are "hidden" at the rear pillars, leaving the sides a little cleaner and, some might say, sportier.

These two models are reasonably close in power output, and in both cases you'll find acceleration that's considerably quicker than in economy cars of the past. The HR-V comes with a 1.8-liter four-cylinder engine, making 141 horsepower and 127 pound-feet of torque. Meanwhile, the CX-3 is powered by a 2.0-liter four-cylinder making 146 horsepower and 146 pound-feet of torque.

One of the key differences between these models is that while the Mazda CX-3 uses a six-speed automatic transmission, the HR-V, in all but a base model, has a continuously variable automatic transmission—a "gearless" unit that, through the movement of a drive chain and pulley system, varies engine revs to suit your driving.

The two very different approaches each have some pronounced advantages and disadvantages. For instance, many drivers will appreciate the HR-V's very relaxed, easygoing feel when puttering around town These are very fuel-efficient cars, with the HR-V returning EPA ratings of 28 mpg city/35 highway, and the CX-3 slotting in at a nearly identical 29/35 mpg.

in traffic. The Honda's CVT system in that situation is unobtrusive and seamless, but it's much the opposite if you have hills and curves and want to drive rapidly. The Mazda's six-speed automatic, by comparison, shifts between its gears with a reassuring level of connectedness.

To take that further, anyone who wants to feel more connected to the driving experience will also feel more comfortable in the Mazda, where the suspension is tuned just a little firmer. The CX-3 feels more dialed in for more extreme maneuvers. Even in strong braking and acceleration, it feels properly glued to the road, and it has

the sort of relatively balanced, communicative, fun-to-drive feel from a driver's seat that's unparalleled in this class of car. It's clear that some of Mazda's "zoom-zoom" mantra of recent years and its experience with its iconic MX-5 Miata sports-car model have trickled down to the CX-3.

Yet as a reality check, these aren't sports cars. Both are laid out underneath like the sensible, cost-conscious small cars they really are—with suspensions consisting of front struts and rear torsion beams, electric-boost power rack-and-pinion steering, and four-wheel disc brakes.

Fundamentally, both are front-wheel-

drive models, but you can opt for all-wheel drive for better all-season grip—as well as more composed wet-weather handling. Keep in mind, however, that if you add all-wheel drive, you're going to cut your fuel-economy numbers down by 2 miles per gallon in combined driving.

That said, these are very fuel-efficient cars, with the HR-V returning EPA ratings of 28 mpg city/35 highway, and the CX-3 slotting in at a nearly identical 29/35 mpg.

While they both take up about the same parking space, they differ in some key respects. Looking at these models from the side underscores one of the main differences in packaging: Their side profiles are quite different. The HR-V is several inches taller overall, and that adds up to some particularly impressive interior space.

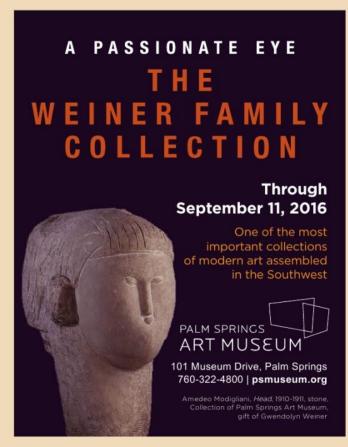
Honda is already known for its incredible, space-maximizing Magic Seat arrangement in the Fit hatchback, and the

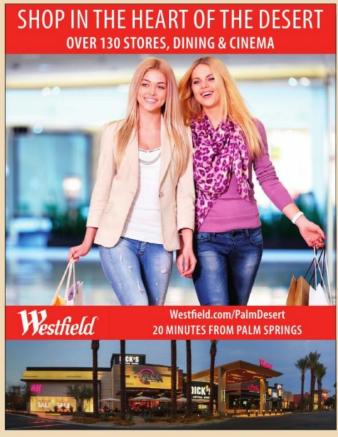


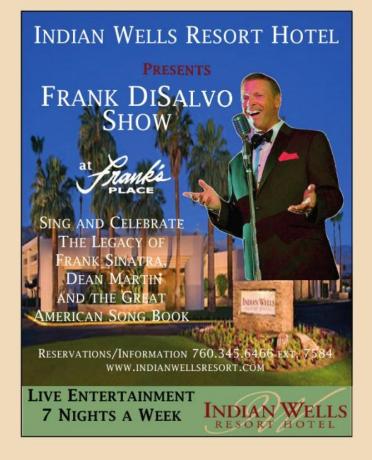


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#### **AUTOS**

automaker has managed to carry over some of those attributes to the HR-V. The back seats fold down for an astonishingly low cargo floor, allowing more cargo space than some midsize SUVs.

Sophisticated active-safety items that help with visibility and identifying the unexpected in the roadway ahead used to be the domain of luxury cars, yet both of these affordable models include useful awareness tools. On the CX-3 you can get an i-ActiveSense package on the top GT model that includes radar cruise control that will maintain a set following distance from the vehicle ahead, Smart City Brake Support, lane departure warning and rainsensing wipers.

The HR-V goes a different route, helping visibility with the awesome LaneWatch display: Flick the turn-signal lever to the right-hand position, and the entire infotainment screen displays a wide view around the side of the vehicle. It's extremely useful for double-checking that the lane is open—and for spotting bicyclists in urban environments.

The HR-V and CX-3 both start at about \$20,000. If you're willing to spend a little more, both offer leather upholstery and a full-fledged navigation system, and in their most luxurious, loaded forms total only about \$27,000.

These vehicles are far more than a quirky market niche. Other entries in this rapidly growing class include the Chevrolet Trax, the Buick Encore and the Fiat 500X. Within just a few years, expect nearly every mainstream car brand to have an entry in this market segment.

After driving both models, it's clear to me that someone's favorite will depend on their priorities. The HR-V takes a stylish tack with impressive space and versatility, while the CX-3 embraces the sporty edge without sacrificing usability.

These models make going smaller truly feel like an upgrade.

Bengt Halvorson is an independent automotive journalist living in Portland.



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Chateau Ste. Michelle Indian Wells Cabernet Sauvignon

Washington
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Fantastic Four PG-13: 1:40



Ant-Man PG-13; 1:55



Paper Towns PG-13: 1:49



Minions PG: 1:31

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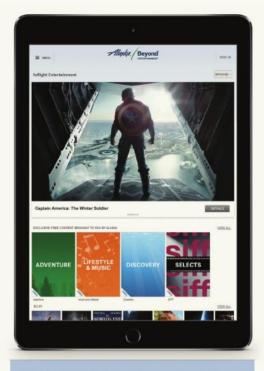
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The Martian PG-13; 2:21\*



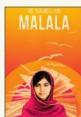
Steve Jobs R (edited); 2:05



The Intern PG-13: 2:01\*



Black Mass R (edited); 2:02



He Named Me Malala PG-13: 1:27\*

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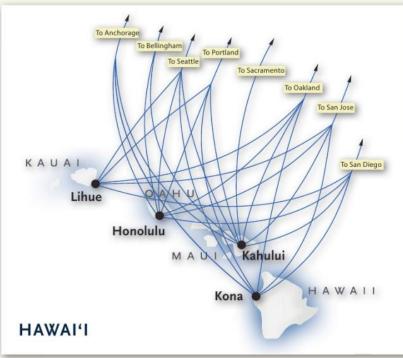
Between	Mileage
Seattle &	
Boston	2,496
Denver	1,024
Fort Lauderdale	2,697
Honolulu	2,677
Los Angeles (LAX)	954
New York City/Newark	2,401
Orlando	2,553
Phoenix	1,106
San Francisco	
Washington, D.C	
Between	Mileage
Portland &	
Los Angeles (LAX)	834
San Diego	
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## LEGEND

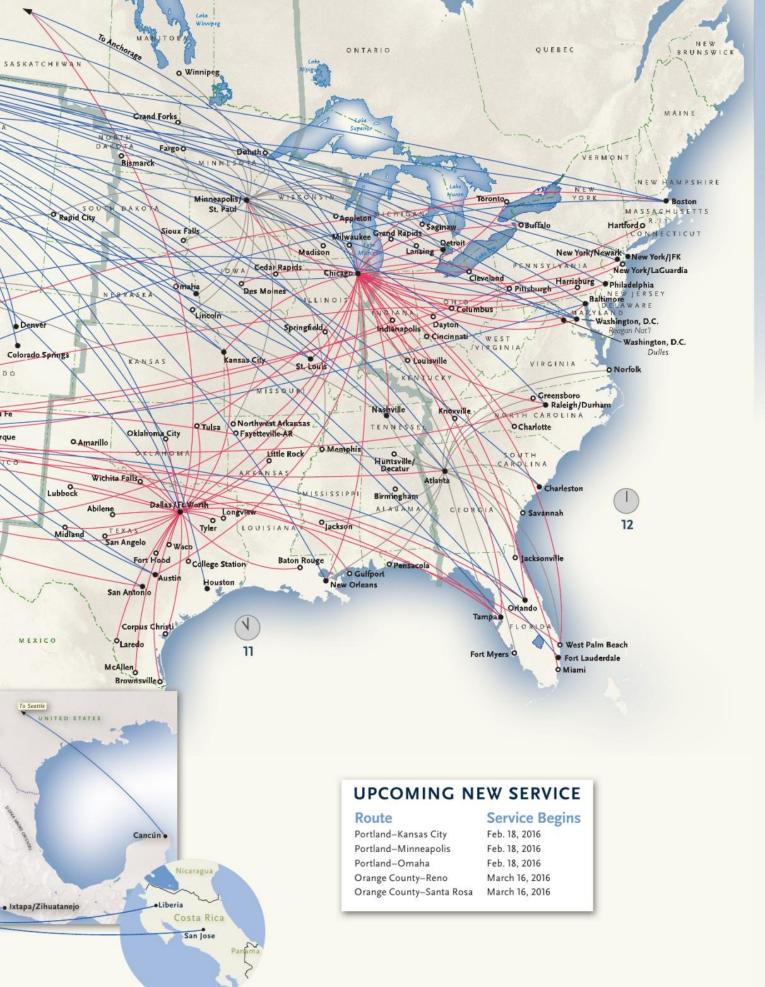


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- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

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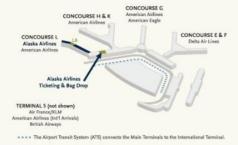
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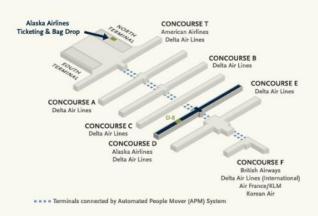
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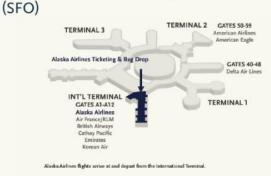
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## TO THE UNITED STATES

#### U.S. CUSTOMS DECLARATION

Who must complete this form?
All travelers

#### Helpful tips

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- · Sign at the "X"

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¿Quién debe completar esta forma? Todos los pasajeros

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Por favor use letra mayúscula en tinta azul o negra.

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#### Helpful tips

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#### **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

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All travelers except citizens of Mexico
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Who must complete this form?
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## FEM PARA MEXICANOS

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- > e-readers
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- > Noise-canceling headphones
- Cellphones (prior to door closure only)

## Not Allowed During Flight



- Voice calls of any kind, including VoIP
- > Devices with cell service enabled
- > AM/FM radios or TVs
- > Personal air purifiers
- > Remote-control toys
- > Electronic cigarettes

from page 71 whiskey cocktails at the diminutive **Two Sisters Bar and Books** (579 Hayes St.; 415-863-3655; 2sistersbarand-books.com).

You'll likely want to have reservations before heading north to the stately Western Addition neighborhood around **State Bird Provisions** (1529 Fillmore St.; 415-795-1272; statebirdsf.com). This hot spot is hugely popular for its American dim sum, which includes fried quail and charred eggplant.

Much of San Francisco's culinary appeal has to do with the bounty of its surroundings. You can go straight to the source by taking a scenic road trip through Marin County on your way to Nick's Cove, in the Tomales Bay town of Marshall (23240 Highway 1; 415-663-1033; nickscove.com), where you can feast on freshly shucked oysters, as well as vegetables from the restaurant's garden.



Finish your San Franciscan foodie trip in the Mission District to round out your experience of the city's culinary zeitgeist.

Among the favorites are Al's Place (1499 Valencia St.; 415-416-6136; alsplacesf.com), whose brine-pickled fries keep diners returning and sampling ever-changing seasonal dishes such as grits with goat's

milk curds. Aster (1001 Guerrero St.; 415-875-9810; astersf.com), a new venture by Chef Brett Cooper, of restaurant Outerlands fame, continues to renew American cuisine with dishes that range from milkfed lamb with quince and hibiscus to potato dumplings served with maitake mushrooms. Be sure to also dedicate an evening to Lazy Bear (3416 19th St.; 415-874-9921; lazybearsf.com), where diners with prepaid tickets settle in at one of the two long communal tables and interact with the chefs preparing more than a dozen seasonal courses, which may include sweet pea custard, potato fondue and wagyu carpaccio. And yes, at Lazy Bear, you'll often get to enjoy some really good housemade sourdough.

Chaney Kwak lives in the Bay Area and specializes in food and travel writing.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. Solutions are on page 134.

	DIFFICULTY: EASY								
8	3		4						
		4	7	5	2				
		6	9			1		7	
	6		3	7			5	1	
7				2				9	
4	5			6	9		7		
3		2			1	7			
			6	8	7	2			
					3		8	4	

	_							_
	5	(6			2			8
			5			1	2	
8	8	2	3				9	
8 9	10	6					4	
			4	6	3			
	8					6		3
	7				1	2		9
	4	1			7			
3			2				7	

DIFFICULTY: MEDIUM



## Fitness from page 82

workout. You choose a handful of different exercises—such as a chest press or seated row—and perform each movement slowly and deliberately. You spend 30 seconds lifting the weight and 30 seconds returning the weight to the original position, completing five to 10 reps of each. This superslow weight workout helps with muscular strength and blood pressure, and is low impact, Greenfield explains.

Fitness experts also suggest functional workouts that address leg strength, which will help seniors rise from a seated position, such as sitting in a chair. Wetzel tells her older clients to go to their favorite chair and spend several seconds sitting down as slowly as possible. Then, standing up as slowly as possible, and repeating the exercise.

Personal trainer Louthan likes using rubber exercise bands with his senior clients to work on leg strength and balance. He loops the bands around their ankles and has them side shuffle across the room. He also tells his clients to stand on one leg while tossing a tennis ball from one hand to the other, working on both balance and hand-eye coordination. While at home, seniors can work on balance by standing on one foot while brushing their teeth. Wetzel suggests adding a mental challenge, such as reading a map, to further challenge both the brain and balance.

NO MATTER THE AGE, the challenge for people is to start and maintain an exercise plan that will help them stay fit, deter disease and live a healthier life.

Trainers and fitness experts say it is easier than you may think to develop a targeted approach and find the right exercises that fit into your lifestyle. By considering limitations and developing worthwhile, attainable goals, you can create a workout strategy that will help you stay fit and active.

Heidi Mills is a Seattle-based freelance writer.

## Nutrition from page 95

foods. This is also a time when the global food system has made trying other diets from around the world convenient and relatively inexpensive.

As with clothes, diets aren't one-size-fitsall. For an individual meal plan tailored to your unique circumstances, meet with a registered dietitian, suggests Sarah Krieger, a Florida-based licensed and registered dietitian and spokesperson for the Academy of Nutrition and Dietetics.



## The Vegetarian Way

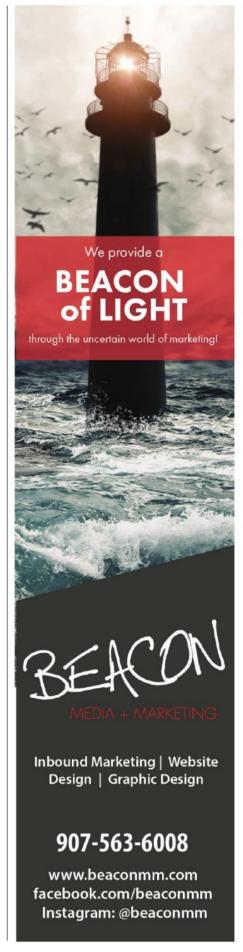
**Not too long ago**, finding vegetarian options on restaurant menus or in grocery stores could be challenging. Today, veggie burgers are a staple on menus from coast to coast, and veggie sausage links are common in your grocer's freezer section.

Even nonvegetarians are "asking more questions about the animal-based foods they're consuming," says Michelle Babb, a Seattle-based registered dietitian focused on healthy eating for families. There are growing concerns about farming conditions, the diets of animals, and the use of antibiotics on livestock and how they might affect the health of consumers.

A 2013 study from the Mintel Group, a market research company, found that only 7 percent of consumers identify as vegetarian; however, 36 percent occasionally use meat alternatives. Many people are even becoming "part-time vegetarians," Baer-Sinnott says. Some "flexitarian" families are also integrating weekly meatless meals into their menus.

With the new year upon us, there's never been a better time to talk to your health-care provider about your diet and see which changes you should make. Your resolution list might include small, no-risk moves such as walking to the farmers market to pick out a new-to-you fruit, adding one meatless meal per week, or using whole-grain bread, instead of white bread, for your breakfast toast. You never know—such experiments might become lifelong healthy habits.

Lora Shinn is a Seattle-based writer.



22

26

51

45

28

76

80

46

23

27

#### **ACROSS**

- 1 Deeply absorbed
- 5 Caboose, e.g.
- 8 Person who finishes
- 13 Playing marble
- 18 Miscellany
- 19 Othello baddie
- 20 Civil War general
- 21 Levelheaded
- 22 Skeleton's song?
- 25 Takes wing
- 26 Printing measures
- 27 Somewhat: suff.
- 28 Priest's speech: abbr.
- 29 Mountain: pref.
- 31 Military-award letters
- 32 Wind direction: abbr.
- 33 Caustic liquid
- 35 Singer Morissette
- 37 Zookeeper's tune?
- 43 Yeast-raised pancake
- 44 Flock papas
- 45 Shoe width
- 46 Fizzy drink
- 48 Las\_
- 51 Alias letters
- 52 Certain iris
- Before now
- 56 Hawaiian dance
- 58 Former anesthetic
- 61 Theories
- 63 Within range
- 64 Pitfall
- Fill with joy 65
- Swiss river 67
- 69 Furrow
- 71 Seinfeld role 73 Impulses
- 74 Spins
- 75 So-so
- 76 Stride
- 77 Spanish queen
- 78 Heating shaft
- 79 Mormon state
- Animal fluids 81
- 83 Mister, in Madrid
- 86 Rectangular pier
- 87 Robber
- 89 Legal
- 91 Charles S. Dutton sitcom
- 93 Skater Harding
- 95 Refrain syllables
- 97 Mr. Gazzara
- 98 Actress Lanchester
- Bumper blemishes
- 101 Evergreen's air?
- 105 Number of pills
- 107 The Crying Game actor
- 108 National-loyalty group: abbr.
- 109 Colorado Indian
- 110 In the past
- 113 Nigerian town
- 115 Conger, e.g.
- 116 Na Na
- 119 Refrigerant liquid
- 121 Tune for Attila? 125 Actor Lash
- 126 Wiesbaden's locale

127 Demeanor

105 106

109

125

129

- 128 Brain membrane
- 129 Legume-family shrubs
- 130 Guide
- 131 Actor Byrnes
- 132 Goes down

#### DOWN

- 1 Lounging wear
- Foil metal: abbr.
- 3 Fruit stones
- 4 Youngster
- 5 Legal tender
- 6 Muslim leader
- 7 Silver and Howard
- 8 Rudimentary plants
- Revived: pref. 9
- $Linda\_\_of Another World$ 10
- 11 German waterway
- Close again 12
- 13 Burro
- 14 Mideast melody?
- Counting devices 15
- Stipulations

- 17 Sounds of hesitation
- 19

120

- 24
  - 30

110

121

130

- 32 Loop trains
- 34
- 36 One, in Glasgow
- 37

- 49
- 50

- Atlas feature
- 23 Sty sound
- Song Dickens danced to?
- Mad About You cousin
- 40 This lady
- 42 Hilo garlands
- 43

- 52 Primate's ballroom
- 57 Imitate 59 Korean tune?

- 41 Ghostly
- Ruin
- Pertaining to the ear
- Narrow boards
- request?
- Natty Social division

107

122

113

- Pastrami seller
- Son of Seth
- 38 Track of waves
- 39 Amas follower

- 47 Eats in style
- 55

- 60 Charles Lamb, to some
  - Wise people 62

127

131

82

90

108

- Choppers
- 68 Thrust away Deep ditch 70
- 71 Episode
- 72 Slowly, in music
- Theater aide 73 75 Hollywood's Gardner
- Threw a tantrum 77
- 80 Small islands 82 Singer McEntire
- 84 French city
- Pink wine 85
- 88 Carnival 90 Pause: abbr.
- 92 Rayen's call
- Senate vote 96 Crook
- At all times, to a bard 98 100 Ninths' follower

94

102 Pit viper 103 Concert hall 104 Formal dance

- 105 Boxer Roberto\_ Cheri \_\_\_\_ of Saturday 106
- Night Live
- **Guitarist Atkins** 112 Slacken

124

132

21

25

64

84

92

70

30

48

- 114 Peak
- Ogled 115 Melrose Place actor 116
- 117 Offended
- Collections of anecdotes 119 Sunshine State: abbr. 120 Otherwise unmentioned:
- abbr. 122 Mao -tung
- 123 Jest with 124 Driller's degree: abbr.

SOLUTION ON PAGE 52.



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## PHOTO PAGE



A diver in Cabo Pulmo National Marine Park, in the Sea of Cortés north of Los Cabos, swims near an immense wall of jacks.

Photo by Christian Vizl / TandemStock.com

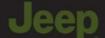


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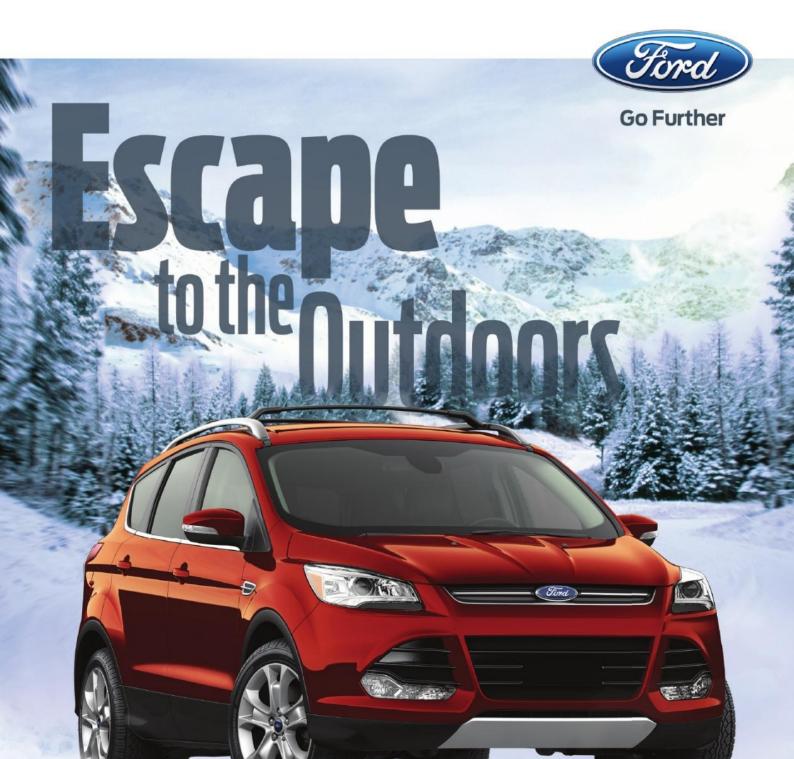




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