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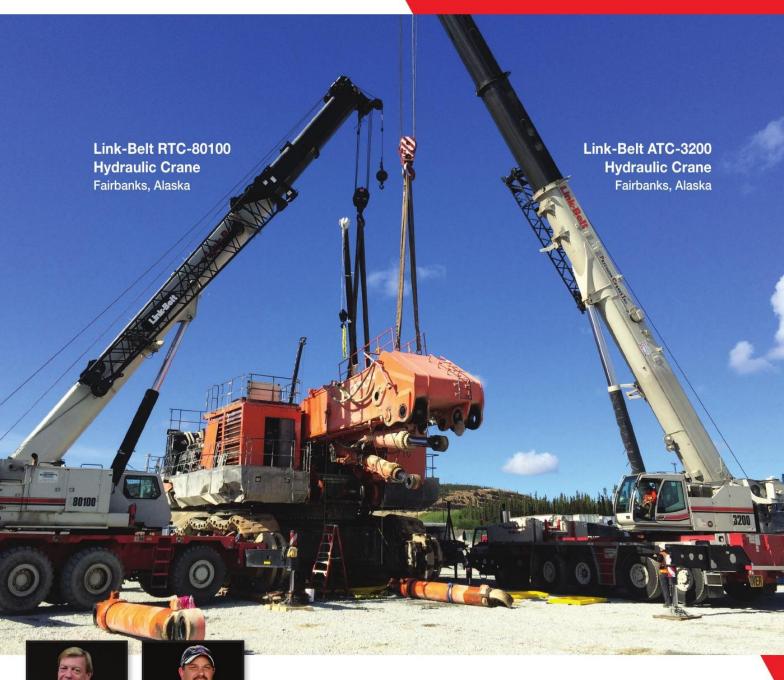
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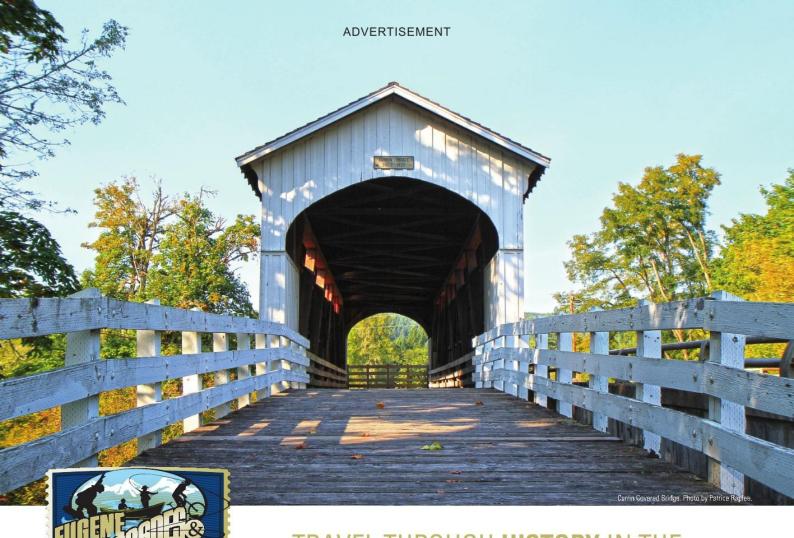


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TRAVEL THROUGH HISTORY IN THE COVERED BRIDGE CAPITAL OF THE WEST

Six historic covered bridges are clustered in the twice-designated All-America City of Cottage Grove, just 20 minutes south of Eugene, Oregon's second-largest metro area.

These romantic landmarks were initially built along routes commonly used to transport timber. The bridges' walls and roofs not only kept supporting struts protected from the elements, the structures also kept skittish horses from viewing moving waters as they crossed. As transportation options evolved, many bridges fell into disuse and disrepair, but the Cottage Grove community rallied to preserve them.

Today, it is still possible to drive your car or ride your bike through several of them. In fact, the route between all six bridges has been designated The Covered Bridges Scenic Bikeway, one of Oregon's first official bikeways in the state's Scenic Bikeways program.

Start the bikeway with a stop at the tallest bridge on the tour, the Chambers Railroad

Covered Bridge. Here, an extensive interpretive display offers a rich historic overview of the bridges.

The bikeway travels through the town's historic Main Street where more than 18 murals dot buildings along the sidewalks. Look for the large depiction of Buster Keaton's "The General." Producers chose this location to create the acclaimed silent film in the 1920s because of the railroad, which has since been converted to the Row River Trail as part of the national Rails to Trails program.

Link up with the Row River Trail once you leave the Main Street area. This route guides cyclists out of town and into the countryside to discover more covered bridges.

Ride the 17-mile paved trail near Mosby Covered Bridge and Currin Covered Bridge before reaching Dorena Lake. End near Row River Park where you can loop back on the road to complete the bikeway. Keep your eyes and ears open for a few excellent birding vantage points along the way.

Didn't bring a bike? Rent one at Bicycle Way of Life in Eugene or Rainy Peak Bicycles in Cottage Grove.

Don't ride? You can drive it – there is also a signed driving loop!

Join the world's largest toga party on August 18, 2018, when Cottage Grove celebrates the 40th anniversary of the filming of Animal House! The movie's famous parade scene was filmed right here on Main Street

Pair an afternoon journey to nearby wineries with the Pinot Bingo wine exploration game.

For maps and information to plan your trip or for directions to the Eugene, Cascades & Coast Visitor Center, go to EugeneCascadesCoast.org/Plan or call 541 484 5307 Rock'n' Roll MARATHON SERIES®

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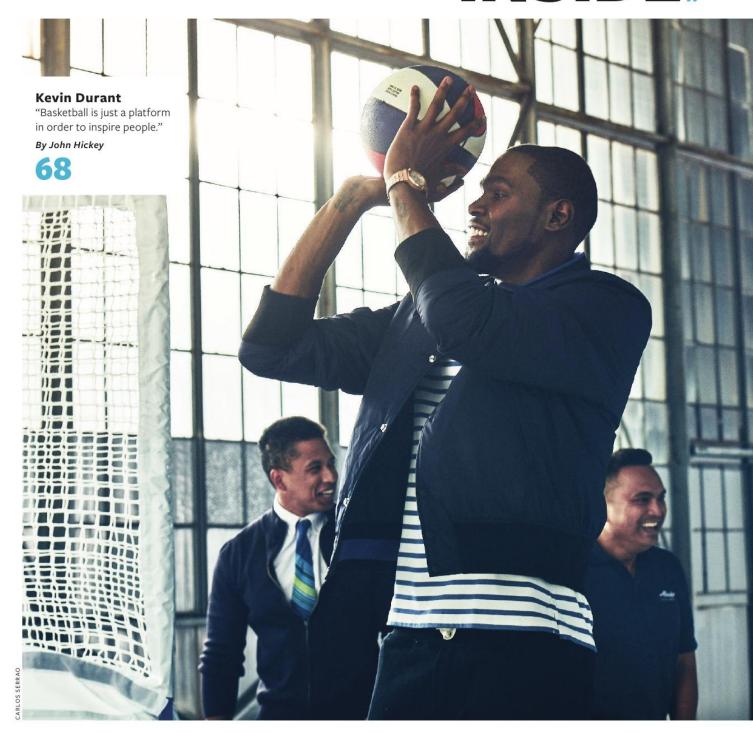








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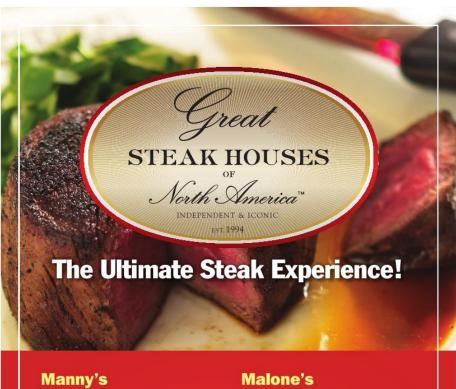
**172** Games

180 #iFlyAlaska

#### ON THE COVER

Kevin Durant, Golden State Warriors forward, joins the Alaska Airlines team.

Photo by Carlos Serrao.



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### **10 WEEKS TO YOUR BEST YOU!**

Working full time, in addition to being a wife and mother of two children, I spend most of my time juggling work and family life. My health and fitness have always been important to me, although I struggled to make them a consistent priority. My Best 10 helped me take everything I knew and put it all together into practice. My goal was to get fit, increase my strength, and change my body composition.

The program was truly excellent. My trainer, Sol, was (and still is) incredible. He took my workouts seriously and customized a program specifically for me. We set goals together and celebrated each milestone. Sol also encouraged me to push myself with strength training. I've lifted weights in the past and felt that unless I spent long hours in the gym, I wouldn't see results. I stand corrected.

My registered dietitian, Shelly, was also amazing. She built upon my passion for cooking and helped me create a nutrition plan that took advantage of that strength. Together we were able to customize the program to fit my needs and lifestyle, and minimize the need to create different meals for my family.

There was also the beauty and pampering part of the program, which turned out to be a fun experience!

Would I recommend the program to other women? Absolutely! Although I was curious about it, I wouldn't have signed up for My Best 10 if it hadn't been for my husband. He encouraged me to focus on myself and knew that I'd be committed once I made the investment. The support of my family, my trainer, my dietitian and my overall commitment to the program contributed to my success by reducing my stress and creating a better balanced life.

I enjoy running, and biking with my family, as well as focusing on my career. I have a huge passion for cooking, especially tasty, healthy food. My Best 10 helped make my health a priority again, a result that I and my family benefit from. Turns out that you can juggle it all!

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## **WELCOME**<sup>®</sup>





Brad Tilden, Chief Executive Officer



Annabel Chang, Vice President, Bav Area

#### THE HEART IN TEAMWORK

Alaska Airlines in May of last year, and what a difference she and her team have made in the Bay Area community. Here, Annabel shares a bit about how Alaska Airlines is joining up with San Francisco superstar Kevin Durant to inspire some really great kids. —Brad Tilden

Over the holidays, I had the honor of joining Kevin Durant on a trip to visit Larkin Street
Youth Services and Oakland Elizabeth House, both nonprofits in the San Francisco Bay Area.
The young men and women there were overcome with joy and emotion to see the 6-foot-9-inch basketball star walk in the door! For these youths, many of whom have endured homelessness and even the challenges of hunger and violence, it was an extraordinary moment to meet a real-life hero. One of the young men, with tears in his eyes, shared with me that it was the happiest day of his life.

For all of us at Alaska Airlines, Kevin Durant truly embodies teamwork and commitment to excellence. Kevin went above and beyond in giving his time to these young people. Along with Alaska Airlines, the Kevin Durant Charity Foundation made financial and in-kind contributions to the young men and women of these organizations and their families. But even more important, Kevin's high-fives, hugs and kind words left these kids walking on clouds.

Teamwork is at the heart of everything we do at Alaska Airlines. From the moment you book a flight to the time you arrive at your destination, thousands of our employees work as a team to make sure that you and your loved ones have a remarkable experience. During our 85-year history, we've also been committed to the local communities where we fly. Over the last year, we have been deepening our community efforts in the Bay Area—giving back to the causes that are close to the hearts

>>> Kevin Durant brings smiles to the faces of children at Oakland Elizabeth House.

#### >> WELCOME

of our Bay Area guests.

As a native Californian myself, I'm excited to share how Alaska Airlines is quickly becoming an even more caring member of the Bay Area community. Over the last year alone, we've sponsored elementary school students from San Jose on their first trip to Yosemite National Park with NatureBridge (see more on page 23), and we've supported public high school students from San Francisco in learning healthy

cooking skills with the American Heart Association. We're also working with Circle the Schools on a first-ever learning trip to the airport for Spanish-language immersion students in San Francisco.

We're driven by a commitment to being the best in class, and we love doing it as a team. As with Kevin's visits, we believe it's these hands-on opportunities for youths that will have a lasting impact in our communities.

Kevin Durant is recognized as a leader and a team player on the court. He was named the Most Valuable Player for the NBA Finals last year. But Kevin is not just a basketball superstar. He's an MVP for young people, as well, and Alaska Airlines is so proud to partner with him through our community programs in the Bay Area.

Read more about Kevin on page 68. Thanks for flying with us today. -Annabel Chang

#### >> BIENVENIDO



Brad Tilden. Jefe Ejecutivo

#### EL CORAZÓN EN EL TRABAJO EN EQUIPO

Annabel Chang, nativa de California, se unió a Alaska Airlines en mayo del año pasado, y desde entonces, ella y su equipo han marcado una gran diferencia en la comunidad del Área de la Bahía. Aguí Annabel comparte un poco sobre cómo Alaska Airlines se une a una superestrella de San Francisco como Kevin Durant, para inspirar a niños realmente geniales. - Brad Tilden



más feliz de su vida.

Para todos nosotros en Alaska Airlines, Kevin Durant es realmente un ejemplo del trabajo en equipo y de compromiso con la excelencia. Kevin fue mucho más allá de dar su tiempo a estos jóvenes. Junto con Alaska

de la vida real. Uno de los jóvenes, con

lágrimas en los ojos, me dijo que era el día



Airlines, la Fundación Benéfica Kevin Durant hizo contribuciones financieras y de todo tipo a los jóvenes de estas organizaciones y sus familias. Pero, lo más importante aún, fueron los saludos de mano, los abrazos y las palabras amables de Kevin, que hicieron sentir a estos jóvenes como si estuvieran caminando sobre

El trabajo en equipo es el corazón de todo lo que hacemos en Alaska Airlines. Desde el momento en que reserva un vuelo hasta el momento en que llega a su destino, contamos con miles de empleados que trabajan en equipo para garantizar que usted y sus seres queri>>> Kevin Durant trae sonrisas a los rostros de los niños en Oakland Elizabeth House.



Annabel Chang, Vicepresidente, Bay Area

dos disfruten de una experiencia extraordinaria. A través de nuestros 85 años de historia, también nos hemos comprometido con las comunidades locales donde volamos. Durante el último año, hemos concentrado los esfuerzos de nuestra comunidad en el Área de la Bahía al apoyar las causas más cercanas a los corazones de nuestros pasajeros del Área de la Bahía.

Como originaria de California, me complace compartir cómo Alaska Airlines se está convirtiendo rápidamente en un miembro solidario de la comunidad del Área de la Bahía. Solo en el último año, patrocinamos a estudiantes de primaria de San José en su primer viaje a Yosemite con NatureBridge, apoyamos a estudiantes de escuelas preparatoria públicas de San Francisco para aprender y desarrollar sus habilidades en la cocina saludable junto con la American Heart Association, y también estamos trabajando con Circle the Schools en un primer viaje al aeropuerto para los estudiantes de aprendizaje e inmersión al idioma español en San Francisco.

Nos impulsa el compromiso de ser los mejores en nuestra clase, y nos encanta trabajar en equipo. Al igual que las visitas de Kevin, creemos que estas oportunidades prácticas son las que tendrán un impacto duradero en los jóvenes de nuestras comunidades.

Kevin Durant es reconocido como un líder y jugador en equipo dentro de la cancha. El año pasado, fue nombrado el Jugador Más Valioso durante el final de temporada de la NBA. Pero Kevin no es solo una superestrella del básquetbol. También es un MVP para los jóvenes, y Alaska Airlines se enorgullece de asociarse con él a través de nuestros programas comunitarios en el Área de la

Usted puede leer más sobre Kevin en la página 68. Gracias por volar con nosotros hoy.

-Annabel Chang



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## IN THE KNOW,

#### WHAT'S NEW: HORIZON AIR WELCOMES CEO/PRESIDENT AND COO

>>> Two familiar faces recently took on leadership roles at Alaska Air Group with the January announcement of Gary Beck as Horizon Air's new president and chief executive officer, and Constance von Muehlen as Horizon's new chief operating officer.

Beck was vice president of flight operations at Alaska Airlines from 2008 to June 2015. In that role, he oversaw 1,600 pilots in Alaska, California and Washington, and was responsible for ensuring a safe, reliable and compliant flight operation. He introduced the airline's Greener Skies initiative that reduced fuel use, fuel costs and flight times. He also ushered in technological changes such as iPads for pilots and a paperless flight deck.

"Gary earned the trust of his team and built a strong culture, implemented sound operational processes and invested wisely in technology, all to make Alaska's Flight Operations department one of the best in the world," says Brad Tilden, chairman and CEO of Alaska Air Group.

After retiring from Alaska, Beck continued to serve as the airline's delegate on a subcommittee of the NextGen Advisory Committee and testified before the U.S. Senate on the airline's behalf. Since May 2016, he has led a joint Alaska Airlines/Virgin America team that worked toward unifying the airlines under a single operating certificate.

Beck has a certificate in negotiations from Harvard Law School and an executive management certificate from UCLA's Anderson School of Management. He studied aerospace engineering at Central Texas College and business administration at Northern Illinois University. He is a qualified pilot on multiple aircraft, with more than 15,000 total flight hours.

Constance von Muehlen is a former U.S. Army Black Hawk helicopter pilot and a seven-year veteran of Alaska Airlines' Maintenance and Engineering division, where she was most recently a managing director. Before that, she served as director of engine maintenance. During the last year, she led the integration of Virgin America's and Alaska's maintenance operations.

Prior to Alaska, von Muehlen spent 20 years in aviation-maintenance leadership at Pratt & Whitney Canada and at Air Canada. She received her initial leadership training as a captain in U.S. Army Aviation. She also has a bachelor's degree from Johns Hopkins University, a certificate in Executive Leadership Training from the Darden School of Business at the University of Virginia, and is a Six Sigmacertified black belt and master black belt in process improvement. She is finishing an executive MBA at the University of Washington.

"Constance is an extremely strong leader," says Tilden. "Her safety acumen, professionalism and focus on results is proven, but in addition to that, she is a people person, known for building strong teams and inspiring others.

"There are a lot of great things happening at Horizon Air, including the introduction of new E175 jets, a new pilot training and career-development program, and very good operational performance in the last few months," Tilden says. "The addition of Gary and Constance will do nothing but strengthen Horizon in the years ahead."



Gary Beck, Horizon Air's president and chief executive officer.



Constance von Muehlen, Horizon Air's chief operating officer.



### FLIGHTS FROM EVERETT COMING LATE 2018

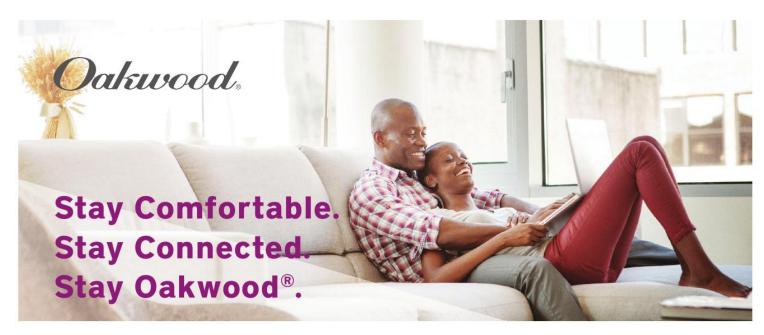
**))** Alaska Airlines will begin service from a new terminal at Paine Field Airport near Everett, Washington, with 13 daily departures to eight cities in late 2018.

The service, which is subject to government approvals, will make air travel easier for flyers living north of Seattle, especially in North King County and Snohomish County. New routes will connect Everett

to Las Vegas, Los Angeles, Orange County, Phoenix, Portland, San Diego, San Francisco and San Jose.

"For travelers north of Seattle, this news means less time in traffic on Interstate 5 and more time enjoying your vacation or making the most of your business trip," says CEO Brad Tilden.

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#### PEOPLE BEHIND THE SPIRIT

#### **SERVICE AND A SMILE**

Lead Customer Service Agent Luana Turner is an Alaska Airlines Legend

>>> When Luana Turner, better known as Lulu, is asked what a recipient of Alaska's Legend of Customer Service Award ought to look like, she has a quick reply: "A Legend should smile," she says. "A lot."

Fortunately, Turner has no problem bringing good humor to her work: "I just really love my job," she says. "I enjoy meeting new people, especially when they have never flown on Alaska Airlines before."

Turner's co-workers point to her focus on safety, her passion for keeping flights running on time and her on-the-job competency as some of the many attributes that help Turner excel at her position.

"She has the patience of a saint, the sense of humor to get anyone through anything, and the compassion to care for guests who are not having the best days," says Alaska Airlines Flight Attendant Elizabeth Hogger. "When they board, they mention Lulu by name as the nicest agent they've ever met."

Turner joined the Alaska Airlines family 22 years ago, starting out in the reservations department in the Seattle area. She later became a customer service agent, and then transferred from Seattle to Chicago in 2007 when Alaska Airlines employees replaced contractors at O'Hare International Airport.

"I was constantly impressed by what Luana brought to our group," says Gavin Graham, who was her manager for three years in Chicago. "I knew I never had to worry when Luana was there. She excels at her duties and in her amazing support of the team. She is a great lead."

So many customers have shared stories about how well they are treated in Chicago that Turner's co-workers can often guess whose good work is being discussed. They ask, "Was it Lulu and her team?" And the reply is often, 



#### **QUESTIONS & ANSWERS**

#### What are some of your favorite things about working with customers?

I like working with people in general, but I have a soft spot for older people and unaccompanied minors. I've watched some young flyers grow up. They don't seem like customers. They seem like friends.

#### Can you tell a fun story from work?

A dog once ended up in Chicago instead of Mexico. I took care of the dog while we waited to reunite it with its owner. I wanted to let the owner know it was OK, so I took pictures and texted from the dog: "Hey, Mom, just hanging out at O'Hare."

Where is your favorite place to travel? I'm an Island girl. I'm from Honolulu, and I go back every year.

#### What do you like to do outside of work?

Most of my spare time is spent watching some type of sport my husband or kids are playing in. And, I love to shoot pool.

#### **KUDOS FROM LUANA'S CO-WORKERS**

"Congratulations, Lulu! This is so welldeserved, and we couldn't be more proud of you! You're simply the best!"

-Danny C., Regional Manager, Station Operations, Chicago (O'Hare)

"You are a great example to your entire team, and I know you take great care of our valuable customers day after day, too. This is well-deserved; keep up the great work."

> —David B., Customer Service Manager, Petersburg, AK

"You received this award for a reason: the way you take care of our passengers, as well as your co-workers, by delivering exceptional service and care every day."

—Deborah A., Customer Service Agent, Seattle

"Lulu is a living, breathing example of why Alaska is successful in the Windy City. She is without a doubt one of the greatest. ... I can be frank: Lulu, you kick butt!"

-Michael G., Flight Attendant, Seattle



EACH YEAR, Alaska Airlines recognizes employees, such as Luana Turner, as Legends of Customer Service. It is the airline's highest honor.



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#### LEARNING TO FLY

Alaska crew members lead clinic that helps allay fears

)) Oscar Flores, a music executive living in Portland, Oregon, recently surprised his mother in Kansas City for her birthday. It was a momentous experience two decades in the making, creating priceless memories with his entire family.

His roundtrip Alaska Airlines flight was his first airplane flight in more than 22 years.

"I survived!" Flores wrote of his journey. The exclamation was music to the ears of Alaska Airlines flight attendants Lynn Hodges and Chris King.

It was largely thanks to the two caring employees and their volunteer efforts with the Fear of Flying Clinic that Flores was able to make the trip.

"My entire family told me how proud they were of me," Flores says.

The Fear of Flying Clinic is a nonprofit organization based near Seattle and run entirely by volunteers. It offers clinics twice a year in which trained airline employees and behavior counselors help provide tools for participants to manage and overcome their fears.

Nearly 25 million Americans would prefer not to fly on commercial aircraft, according to the Fear of Flying Clinic. Some have never flown, others fly but are fearful, and many simply refuse to fly.

The clinic includes a tour of Alaska Airlines' hangar and culminates in a graduation flight, typically from Seattle to a Bay Area airport. As a result, most of the graduates continue to fly Alaska Airlines, according to King. "We create a lot of future customers through the clinic—clients as well as their friends and families," he says.

"We talk about our roles onboard and how we are trained to deal with many situations, including someone who has a panic attack," says Hodges, who has been involved with the clinic for three years.







Flores was so confident after completing the clinic that he booked his flight to Kansas City.

"I wish I could say it was an easy experience, but that first solo flight was very difficult for me," he recalls. "Leaving Portland, as it was raining, was very bumpy, and that created anxiety that lingered throughout most of the flight." Flores says he kept thinking about what Hodges and King had told him about relaxing. His return flight was better, especially because of the special attention from flight attendants who helped ease his nerves.

Connecting with flight attendants onboard can make a difference for guests who display anxiety, according to Hodges, who explains that Alaska's flight attendants are specifically trained to help.

Taking the time to meet the pilots can be reassuring for fearful flyers as well, according to Robin Boone, Fear of Flying Clinic acting director and a commercial pilot of 50 years. Paying attention to pilot announcements regarding the flight plan and anticipated

>>> Clockwise from top: Clinic students explore an Alaska jet in the Seattle hangar; Oscar Flores enjoys a birthday with his mother; and recent clinic graduates are all smiles after their first flight.

turbulence en route also helps.

Flores has already booked his next flight, to Mexico City to visit his grandmother.

"Thanks to all of you for encouraging me to fly again," Flores says. "I probably would not have seen my family for another few years had it not been for the clinic."

Hodges notes: "The transformation of fearful flyers is a fulfilling event for everyone who volunteers. We usually get all choked up at graduation. It's like we have taken a broken bird and mended its wings and given it a new life."

-Marianne Lindsey

The next clinic begins March 10. Get fee and registration information at fearofflyingclinic.org.

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#### >> IN THE KNOW COMMUNITY

## CONNECTING WITH NATURE

#### By Marlene Goldman

>>> Shannon Reynolds has a passion for helping students connect with the outdoors. Her interest in nature led the curriculum support specialist at Stonegate Elementary, in East San Jose, California, to organize a life-changing experience for some of the students at her school.

Reynolds read about NatureBridge, a non-profit with the mission of "helping to foster environmental literacy to sustain our planet." The organization helps young people develop a love for the outdoors. It runs programs to take students, many from underserved communities, on multiday trips to Yosemite and other national parks around the country.

In 2016, Reynolds organized 40 Stonegate Elementary students to attend a NatureBridge outdoor program at Yosemite.

According to Reynolds, 80 percent of the students at the school qualify for free or reduced-cost lunches. Stonegate's student body is predominantly Hispanic and Vietnamese, and many of the students had never climbed a mountain, been to the beach or touched snow. Only about 20 percent of the students at her school had been to Yosemite, though it's less than four hours away.

"Many families don't have the means to take advantage of being close to a national park," Reynolds says.

The first trip turned out to be a major success, with the students growing closer and showing greater self-awareness.

"After that year, we wanted to return," Reynolds says. "We saw such growth in the students. Kids accomplished things I didn't know were possible."

This past December, a group of 31 eighthgrade students was able to visit Yosemite for five days, thanks to scholarships, student fundraising and donations from Alaska Airlines to cover the cost of tuition. Alaska is a corporate sponsor of NatureBridge, supporting the





Students from
Stonegate Elementary
pose at Yosemite
National Park, above,
in December. Alaska
employees visit the
school and present
beanies and water
bottles to students
traveling to Yosemite.

nonprofit with scholarship funding and in-kind donations. Representatives of the airline also visited Stonegate and gave beanies and water bottles to the students traveling to Yosemite.

"Alaska donated money to the school and opened the opportunity for a lot more to participate," Reynolds says. "We wanted everyone interested to be able to go, so we set up fundraising opportunities. One student stayed up all night with his mom making tamales to sell for the trip."

Participants usually stay at two different NatureBridge locations, including heated tent camps in Yosemite's Half Dome Village. The program includes hikes to Yosemite waterfalls, recording snow levels in different areas of the park and testing water quality in the Merced

River. The students also take part in teambuilding and trust exercises, and they get the chance to explore the park's natural wonders.

Student feedback has been overwhelmingly positive. One teen from this year's group said the trip opened a lot of opportunities, allowing him to make new friends and climb a mountain for the first time.

NatureBridge seeks to give students a new and transformative experience, says CEO Phillip Kilbridge. "We are all about discovering nature and the national parks," he says. "For some schools that are underresourced, this might be part of their science program for the year. NatureBridge is also about connecting students from different backgrounds. Nature can be an incredible equalizer." 

★

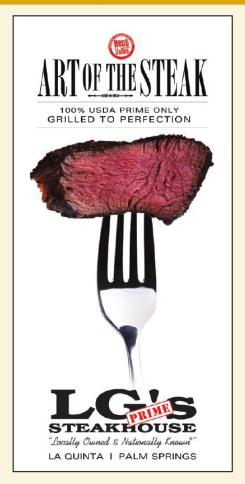
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## DUSHYANT LOST 27 POUNDS

#### A Better Quality of Life

Ever since sustaining an injury while moving houses 12 years ago, my body hadn't felt the same. I had been troubled by chronic pain in my back and hips, and suffered from headaches. While swimming, even a gentle turn in the water could cause me to throw out my back.

After my injury, my chiropractor had stabilized my back pain, but my treatment had slowed down. He referred me to a medical doctor who put me on an elimination diet to identify the foods that were causing inflammation in my body. As a result, I lost 10 lbs. over six months. At this point, both doctors recommended that I become more physically active to make further progress and become stronger. I also wanted to continue the weight loss. I knew I could trust 20/20 LifeStyles. I had known about

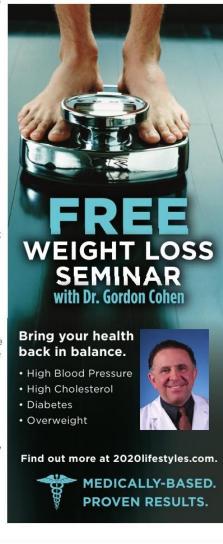
the program for many years. In fact, I went to the informational seminar 12 years ago and then went back twice more after that. Plus, a good friend of mine had been through the program with inspiring results. I wanted the same for myself.

It's incredible how your body compensates when you have an injury. Due to my back pain, my hips were out of alignment. My trainer, Ben, showed me corrective and strengthening exercises. He encouraged me to move as naturally as possible and made me aware when I was being too guarded. I became much more conscious of proper body mechanics. Ben did an amazing job at finding the right exercises to isolate my glutes and strengthen my core. My whole body now moves much more fluidly because I've strengthened surrounding muscles. I look forward to hiking again, playing squash and tennis, and trying martial arts.

My dietitian, Lynne, was instrumental as well. If I'm not feeding my body the right foods, then no matter how hard I exercise, I'm not going to achieve the same results. I used to eat a lot of carbs and now I'm satisfied with other options. My nutrition plan is sustainable and satisfying. In fact, I find it quite enjoyable to find new recipes and modify them according to 20/20 LifeStyles guidelines.

The program was not just beneficial for the physical benefits, but also the mental clarity you gain with exercise and a healthy diet. It was also helpful to have the connection with other 20/20 LifeStyles participants and know that other people have their own struggles.

After 12 years of "window shopping," I'm so glad I was finally able to complete the program. 20/20 LifeStyles wasn't just about weight loss. It was about creating a better quality of life for myself and my family.



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#### >> IN THE KNOW **OLD SCHOOL**



#### **FASHION IN FLIGHT**

>>> Fashion and uniforms have been an important part of Alaska Airlines' corporate identity throughout its 85-year history. In the late 1970s, the airline introduced a new line of flight attendant uniforms, designed by flight attendant Ingrid Lee. Fast-forward to today, and celebrated Seattle fashion designer Luly Yang has revealed a new look for uniforms for more than 19,000 employees across all work groups. Watch for about 130 of these employees wearing the new uniform on the job over the next 60 days in a wear test. The full line will roll out later in 2019.



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## ON POINT,



#### **WARMING SPICES**

Heat up the season with zesty flavor combinations

#### By Tom Douglas

mas, received through our office gift exchange, is still spicing up my kitchen in February, as it will for months to come. A thoughtful co-worker went down to one of our local go-to sources of seasonings—World Spice Merchants, nestled between Seattle's Pike Place Market and the city's waterfront—and found a selection of great spices and spice blends grouped together in a set called the Flavor Companion. A key rule for our gift exchange was not to spend more than \$50, and my colleague easily cleared that by spending just 35 bucks for 16 different spices and spice blends.

Now, I don't know about you, but when it comes to presents, I never buy wine for a wine merchant, and I wouldn't think of buying a dress for a dressmaker, so I thought it was curious and bold that someone would buy me, a chef, a box of spices. But, Io and behold, I love this gift!

All through my years of cooking, I have enjoyed a global palette on my restaurant menus and at my table at home. That said, about 40 years after launching my career, there are plenty of spice blends with which I don't have much experience. So I dove headfirst into my new treasure chest.

First up was poudre de Colombo, a toasty curry blend of spices from the French West Indies that includes cumin, turmeric, coriander seed and fenugreek seed, among other components. I experimented with using this blend in a stew of goat (though chicken thighs would have also been great), pumpkin and sweet potato. I mixed in coconut milk for the broth and turnip tops as a green veggie. All of this I ladled over rice for a delicious result.



Next I tried Egyptian dukkah, an enticing blend of nuts, sesame seeds, salt, coriander and fennel crushed together and most commonly served as a dry dip for breads brushed with olive oil. My twist was to crust a piece of salmon with this fragrant spice combo and lightly sauté the fish. Finishing this dish with a dollop of yogurt or a squeeze of fresh lemon adds a zest you will not want to miss.

In addition to the blends, my kit included a few individual spices. Aleppo pepper, sourced from Syria or Turkey, is a fruity chile, moderate in heat and full of a lemony essence. It pairs beautifully with a date-and-persimmon salad. And Urfa biber,

I'd encourage anyone to explore new spices, as well as new ways to use old favorites.

#### >> ON POINT

#### **FRESH TAKES**

from Turkey, is a dark, earthy pepper with a sweet tobacco aroma. This is perfect sprinkled over olive oil-roasted cauliflower or crusty caramelized carrots.

I've used the two peppers fairly often, especially when cooking Middle Eastern foods. But even with familiar spices, it's fun to find unconventional uses. For example, I've found that Aleppo pepper is excellent on a fresh crab-and-grapefruit salad. Just sprinkle it over the top in an amount suited to your tastes.

I'd encourage anyone to explore new spices, as well as new ways to use old favorites. Keep in mind, though, that there are a couple of dos and don'ts with odoriferous spices and blends. I would buy them in small quantities, keep them in airtight containers and store them in a cool, dark place. There is nothing worse than spending a lot of money on a perfect wild salmon fillet and then ruining it with years-old, dead spices. Also, don't season your food too early. When you roast your vegetables, for instance, toss the spices in immediately after you pull the veggies from the hot oven and let the residual heat inspire the

spices' natural flavors to bloom. Cooking the spices in too hot an oven or on a high-heat stovetop will crush the aroma components of the spices.

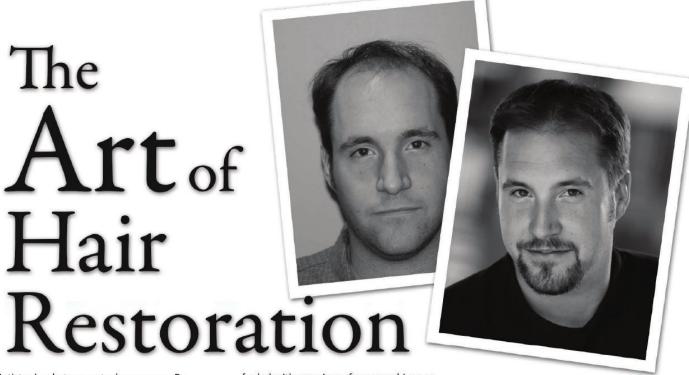
I can't wait to explore my spice fantasy kit's other exotic blends, which include Kashmiri garam masala, Israeli za'atar and African berbere.

Finding a fabulous spice merchant in your area should be just as important as finding a good butcher or fishmonger. With my recently gifted seasoning set, the year 2018 has set up to be a spicy one for me, as I learn new tricks with ancient blends from cultures and cuisines far and wide. May your year be filled with zesty warmth, as well. Cheers!

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







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



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

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

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"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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#### **BEHIND THE SCENES**

Festival provides a fascinating look at cinematic talent and techniques

#### By Rob Dunton



**Names** Above my head, large red letters spell out the names Eddie Redmayne and Felicity Jones at the entrance of Santa Barbara's historic Arlington
Theatre during the city's annual International Film
Festival (SBIFF). The two film stars are set to arrive for an in-depth interview as they receive the Cinema Vanguard Award at the 2015 festival for their performances in *The Theory of Everything*. A long red carpet runs from the curb to the lobby doors. I stand on the sidewalk, behind a row of barricades, with 2,000 everyday folks like me, looking forward to spending 90 minutes in the company of two gifted actors.

I became enamored of the engaging film-festival format—with interviews complementing screenings of shorts, documentaries, foreign films and mainstream features—when I attended SBIFF's Director's Panel in 2010. On stage in an intimate 600-person venue, top directors talked about

everything from artistic control and 3-D technology to balancing creative ideas as a team and effective storytelling.

Tonight, chauffeur-driven cars stop one by one at the curb and let out various VIPs, and finally Redmayne and Jones. Cameras flash. The two wave, smile and chat up the crowd. Thirty minutes later, the stars walk onto the theater stage, and the interview begins. I already knew that Redmayne and Jones were supremely well-spoken, yet what I gleaned in our 1930s movie palace was how funny, clever and normal they were—with a profound humility shaped by years of perseverance and grit. Humanizing the celestial and learning a bit of the process from the masters of the cinematic world has greatly increased my appreciation of every film and TV show I watch, turning what can too easily become a mindless escape into a thoughtful and often emotional experience.

#### >> ON POINT

#### VIEW

I caught the film bug early, having grown up in Pasadena, near Los Angeles and Hollywood. With its many quaint streets and charming houses (not to mention mansions), Pasadena has been a favorite for Hollywood's location scouts for decades. During any given month, movie-studio trucks would line the lamp-lit streets around town, spilling out hundreds of Hollywood artisans who create the illusion of faraway places.

When I was a boy, my brother and I would occasionally wander out after dinner to watch all the excitement. Massive spotlights lit the streets and houses as bright as day. Dressing rooms on wheels would be parked with the names of the film stars on the doors.

Even in cold weather, we would stand and stare from the sidelines for hours. More often than not, very little happened. Props were being placed, lights adjusted, driveways hosed down to create the look of fresh rain, and for every hour of prep there were only minutes of action. When I would finally catch on TV or in a theater a scene that I had watched being filmed, it would last seconds or minutes, if the scene made it into the film at all.

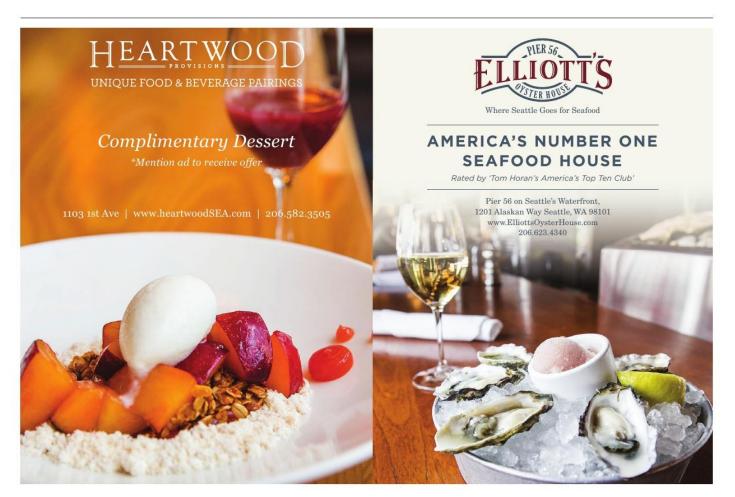
Seeing how bright the lights were for a night shot, or how plastic flowers would be placed to give the feeling of spring in a California winter, I found the magic of moviemaking beginning to dim when I was a boy, but that changed with my first film festival, when I learned of the work, risk, drive and, yes, genius, of those who create great cinematic art. When I heard from the rarified few who'd had the tenacity and good fortune to succeed in a risky career path, I felt enlightened, engaged and humbled.

Getting the chance to attend even a few nights of Santa Barbara's film festival each year reignites my passion for superb cinema, and the people behind it. Few are invited to attend the Academy Awards or Golden Globes, and at these events you'll only hear a short speech from each award winner. By comparison, hundreds of film festivals around the world are open to the general public, presenting a compendium of curated cinematic offerings. The larger festivals attract stellar cinematic talent who are a treat to witness firsthand. There is nothing like seeing and hearing from these people themselves, live and in person. It makes these stars real, and human, and very much like us ... only 1,000 watts brighter.

The 33rd-annual Santa Barbara International Film Festival runs through February 10. For information about film festivals in California and throughout the world, see websites such as nyfa.edu/student-resources/film-festivals. 

★

Rob Dunton is a Southern California writer and photographer.



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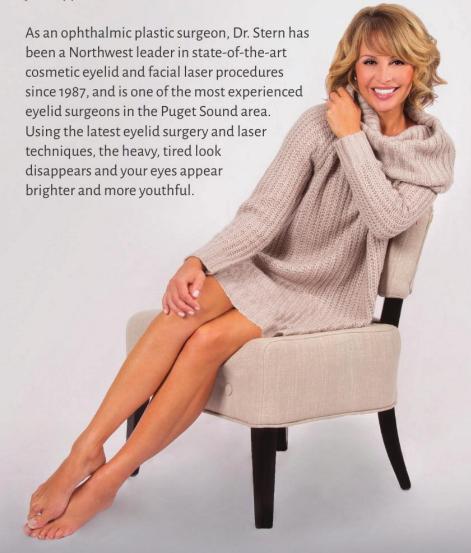
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#### TRAVEL FOR TWO

#### By Johnny Jet

>>> It's February, and you know what that means ... Valentine's Day!

Here's how I see it: You can either buy that special someone a box of chocolates or a bouquet of flowers, or take them out to dinner at a restaurant, or you can do something really unforgettable, such as take a romantic trip together.

In my opinion, traveling is the best way to get to know someone, and I always tell couples who haven't traveled together that they should try planning a trip.

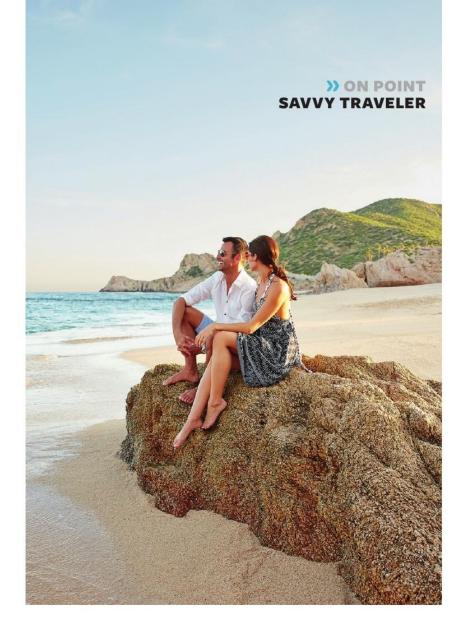
Traveling presents all kinds of experiences and, oftentimes, challenges, so this is a great way to really get to know your significant other. And February is a great month to get away, since it can break up the monotony of winter and cure the winter blues.

\*Full disclosure: I'm no Dr. Phil or Dr. Ruth, so don't take this advice to your therapist. But I do know a thing or two about travel, and traveling with your better half.

My No. 1 tip is that if you're planning a surprise trip for your significant other, choose a place that he or she has always wanted to visit. Obvious, right? You'll get brownie points right off the bat and start your vacation on the right foot. If the trip is not a surprise, then mutually pick a place you both want to go, so it will be a win-win.

To avoid arguments, each person should plan a day's itinerary or a place to go, or an activity or restaurant to try.

If money is an issue, set a budget. Before you leave on a trip, sit down together and figure out how much money you want to



spend, and on what. Decide where you want to save and where you're both willing to splurge. And always be prepared to spend more than what you budgeted for. If you're lucky enough to come back under budget, put the savings toward your next trip.

Have a backup plan. Know that travel doesn't always go according to expectations. It's important to keep handy the phone numbers of the companies you are using (e.g., airlines, hotels, car-rental companies and cruise companies), which can help both of you stay calm if things get stressful.

Schedule in some alone time. If being together 24 hours a day is too much, allow each other a bit of time to do your own thing. If one of you loves to golf and the other wants to visit the spa, there's no need to argue over it. Take some time to do what you really want so that

resentment doesn't build over simple things that could easily be solved.

If you're both checking a suitcase, pack half your clothes in the other person's bag. That way, if one of your bags gets lost along the way, one of you won't have to walk around wearing the same clothes for days or wearing just your birthday suit.

Bottom line, traveling with your significant other comes with some unique situations that are easy to navigate as long as you communicate and cooperate.

I hope you find this advice helpful, and if, at some point, it saves the day, you can call me Dr. Jet. 

★

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

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## THE FEED,



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#### WINTER FEST IN SAN JOSE SHOWCASES COOL JAZZ

)) Jazz musician Dee Dee Bridgewater, a Grammy and Tony award winner who bridges musical genres by adding her own modern spin to classic jazz, will be among the 21 acts at the San Jose Jazz Winter Fest 2018, Feb. 15-28. The event features distinguished artists as well as budding young stars in an eclectic series of concerts held in various settings in downtown San Jose and Palo Alto, California.

Other artists set to perform include the Baltimore native Cyrus Chestnut, a dazzling contemporary jazz pianist whose hard-swinging and soulful style is drawn from his deep gospel roots, and Bay Area-born percussionist Sameer Gupta, whose style blends American jazz with

Indian classical music. The event will also feature performances by the San Jose Jazz High School All Stars U19s and several other high school ensembles.

San Jose Jazz, a nonprofit founded in 1986, seeks to use music to empower and unite the community with events such as the Winter Fest.

In addition to hosting jazz festivals, the organization runs youth development programs including Progressions, which helps low-income, at-risk youth in the San Jose community develop a love for music.

For more information, visit sanjosejazz. org/winter-fest. —Chhavi Mehra





#### AN EXHIBIT WORTH REFLECTION

>> A 1,700-square-foot mirror maze creates an array of seemingly infinite repeating geometrical patterns and tessellations in the exhibit "A Mirror Maze: Numbers in Nature," which showcases mathematical patterns that can be found every day. In addition, displays and a theater presentation at the exhibit, showing at the Museum of Science, Boston through April 25, help museumgoers learn about patterns, from the spirals of a sunflower's seeds to the ridges of a mountain range. Hands-on interactive displays let visitors view their own eyes' blood vessels and create computer-generated landscapes. For more information, visit mos.org/exhibits/mirror-maze. — Chhavi Mehra

#### SEATTLE FILM FEST PUTS FOCUS ON ASIAN AMERICAN CULTURE

In Flip the Record, Vanessa, who is raised in a conservative Filipino American household in the 1980s, teaches herself to work her brother's turntables and eventually becomes a DJ. This film is one of 78 showing at the sixth-annual Seattle Asian American Film Festival, Feb. 22-25. The event, which together with an outdoor summer series attracts about 3,000 people, showcases Asian American perspectives and cultures. Other films include Sam Choy's Poké to the Max, a documentary about a former Food Network chef who brings his Hawaiian cuisine to Seattle, and Window Horses, featuring the voice of Grey's Anatomy star Sandra Oh. Go to seattleaaff.org for more information. —Chhavi Mehra



Window Horses will show at the Seattle Asian American Film Festival.

A REAL SCHICK SHADEL STORY:

### My brother found freedom from addiction Based on a true story

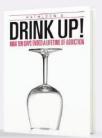
The downward spiral came faster than I would have ever imagined. And given that it was my older brother, at the wheel of a life on a collision course with disaster. I was sure there wasn't much I could do. I was always reduced to the role of "little brother." He had been living with me for five days but it felt like six months, I was having a hard time asking him to leave, He spent most of this time passed out on a leather chair in front of the television - not a pretty picture for a husband and father,

So, I had to sit him down and explain to him what his alcoholism was costing him: his wife, his family and his friends. I told him he was no longer welcome in my home. This was not an easy thing for me to tell my childhood idol - he was someone I had looked up to my entire life,

A friend of mine suggested I have him contact Schick Shadel Hospital. I knew about their reputation for helping people overcome addiction during 10 days of inpatient treatment, Rather than depending on a patient's willpower alone, Schick Shadel's approach involves medical detox, counterconditioning. one-on-one counseling, education sessions and a comprehensive after-care program in his community,

Counterconditioning helped my brother break the cycle of addiction by eliminating his cravings - to the point that he literally lost interest in alcohol. The treatment includes behavior modification that changes how the patient thinks about their addictive substance. By treating the addiction at both the physiological and psychological levels, Schick Shadel gives their patients the ability to spend their time and energy on rebuilding their lives. The program is designed to help patients reroute the neuropathways to medically conquer the physical dependency - followed by counseling to help heal any emotional damage that may be an underlying cause of the addiction,

Fortunately, my brother listened and checked in the day before Thanksgiving. As I spoke to him throughout his stay, I began to notice a change in his attitude and physical well-being,



Read Drink Up! written by a former patient about her journey to sobriety, Kathleen S, had tried just about everything to quit drinking, Nothing worked, A binge drinker who felt she was already living on borrowed time (two of her brothers died of addiction-related causes in their 40s), her life and health were rapidly breaking down. Then one day she heard a radio advertisement for a treatment program that promised to take away her cravings.

To get a free copy sent to you, send us an email request at SchickShadelinfo@uhsinc.com

If you need help or have a friend or loved one that has an addiction problem, please call us today at 800-CRAVING.

Many insurance plans cover treatment. Ask for a free, confidential insurance assessment. Our patients stay connected during their stay with cell phones, laptops, tablets and visits from friends and family.

IT WAS AMAZING TO WATCH HIS **PROGRESS OVER** THE TEN-DAY PROGRAM:

DAY FOUR.

He sounds better.

...he was someone I had looked up to my entire life. DAY SIX: He's making real progress. It's working! He is beginning to self-assess and reevaluate his life. He is eager to complete his treatment and fix his broken relationships.

DAY TEN: I picked up my brother today.

His cravings are gone due to the unique and powerful medical model Schick Shadel uses. He was touched by the care and support he received during his stay. He described the highly skilled nursing staff and counselors who made a difference and helped him to see the world as a responsible, sober adult,

Thank you Schick Shadel Hospital for your professionalism, compassion and kindness. My brother can now live alcohol-free, I feel blessed to have had such a wonderful place available for my brother to receive treatment, in the past 80 years, Schick Shadel has treated more than 65,000 men and women with substance use disorders. I'm proud to be able to count my brother as

- As told by the grateful brother of a former patient.

A first-of-its-kind imaging study was conducted by Schick Shadel Hospital and the University of Washington. In the study, scans showed reduced craving-related brain activity after chemical-aversion therapy. Functional MRI scans taken before and after treatment showed significant changes in the brain among 13 subjects, 69 percent of the participating patients reported still being sober 12 months after treatment, Read the full study online at Frontiers in Behavioral Neuroscience; The Neurobiological Mechanism of Chemical Aversion Therapy for Alcohol Use Disorder: An fMRI Study.

Schick Shadel has a 65 percent overall success rate for treating alcoholism. Our inpatient hospital and medical detoxification facility was founded in 1935 by medical professionals who understood that alcoholism is a medical problem that cannot be conquered by traditional methods alone. Our patient care team works to treat addiction as a life-threatening disease.



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### SAN DIEGO FESTIVAL FOR THE BIRDERS

**)> Birders know a "big day"** is trying to identify as many species as possible in one 24-hour period. At the San Diego Bird Festival, Feb. 21–25, every day is a big day, with ample opportunities for novices and experienced birders to find yellow-crowned night herons, snowy plovers, California towhees and other beautiful winged creatures.

The festival, arranged by the San Diego Audubon Society, features lectures and guided excursions to educate visitors about the birds living in the region. Free trips include a coastal refuges trip, which tours the San Diego Bay National Wildlife Refuge, including the Salt Works ponds, shown at right, where you can spot a variety of birds.

Paid excursions include San Diego 100: A Big Day, an all-day adventure to some of San Diego County's best birding spots, with a goal of spotting more than 100 bird species; Bicycle Birding, in which visitors bike and bird along scenic Mission Bay; and Pelagic Trips, in which visitors aboard a sportfishing boat spot marine mammals and birds. For more information on San Diego's event, visit sandiegoaudubon.org/events/bird-festival.

U.S. national wildlife refuges are home to more than 700 species of birds, and bird festivals can be found throughout the year. For more information, visit fws. gov/refuges/news/finding\_Birding\_Festivals.html. —Bayley McComb





#### NBA STARS TO SHINE IN LA

**))** For the first time in the NBA All-Star Game's 67-year history, the teams have not been chosen specifically from the respective conferences (Eastern or Western). Instead, the 10 starters in the game—which is the marquee event of

the National Basketball Association All-Star 2018 weekend, Feb. 16-18 at the Staples Center in Los Angeles-have been divvied up via a schoolyard-style draft of the league's best players as determined by a vote of the fans, players and media. (The pool of 14 reserve players were chosen by NBA head coaches.) In the new format, Cleveland Cavaliers forward LeBron James, participating in his 14th All-Star Game, and Golden State Warriors guard Stephen Curry, who has led the Warriors to two NBA titles, selected teams from the pool of starters and reserves—James and Curry were named captains after being the top vote earners in their conferences. Starters include Giannis Antetokounmpo, the Milwaukee Bucks' Greece-born star forward, and Warriors forward Kevin Durant, a perennial All-Star.

Other features of the weekend include the NBA Crossover installation at The Majestic Downtown event space, where fans can learn more about the music, fashion, art, technology and entertainment surrounding the NBA. For more, visit nba.com/allstar. —Chace Mortimer-Davy

#### >> THE FEED THE MIX



#### >> A rainbow ribbon of nylon streamers

twists and winds its way over the Arizona Canal for the length of three football fields at the Scottsdale Waterfront. This installation, *Reflection Rising*, shown above, by California artist Patrick Shearn, is one of several large-scale contemporary art pieces on display in "Canal Convergence Water + Art + Light 2018," Feb. 23–March 4.

Presented by Scottsdale Public Art, "Canal Convergence" brings together artists from near and abroad. Other pieces on display include the Surrealist *Globoscope*, which

illuminates the night with about 250 ethereal white globes, and *Barter Boat*, designed to look like a vintage state-fair concession stand. It travels from one city to another, trading collectibles from its previous stop to the next willing batch of barterers.

The free event also features live music, dance and poetry performances, and interactive workshops, such as the Poster Printing Workshop in which visitors can print and keep a festival poster.

 $\label{lem:visit} \mbox{Visit canal convergence.com for more} \\ \mbox{information.} \mbox{$-Bayley McComb} \\ \mbox{}$ 

#### SPACE CENTER LAUNCHES NEW ATTRACTION

■ Feel the weightlessness of zero gravity as you work to repair a space station in a state-of-the-art microgravity simulator. See via virtual reality what it's like to drive a rover on the surface of Mars. These fascinating options are among the many that guests can enjoy at the Astronaut Training Experience Center, opening Feb. 6 at the Kennedy Space Center Visitor Complex, about 50 miles east of Orlando, Florida.

Using immersive simulation technology, the new attraction transports participants to Mars and trains them to live and work in the Red Planet's harsh environment. Visitors can practice what it's like to prepare for a mission and perform experiments and engineering tasks, such as restoring maximum solar power to the simulated Mars base.



The Astronaut Training Experience Center's microgravity simulator.

Programs range from 30 minutes to several hours, and two-, three- and five-day camps are also available. Visit kennedyspacecenter.com for more information. —Bayley McComb

#### INVENTIVE VETERANS

#### )) At the U.S. Army Signal Corps

labs in Paris during World War I, Edwin Howard Armstrong created a circuit that is still used in radio radar. He would later develop a way to modulate waves' frequencies, creating a carrier wave that's free of natural static and capable of transmitting high-fidelity broadcasts. Today it's called FM radio.

Now Armstrong is one of five World War I innovators featured in "Visionary Veterans" at the National Inventors Hall of Fame Museum in Alexandria, Virginia, through October.



"Visionary Veterans" at the National Inventors Hall of Fame Museum.

The exhibit features people whose work from the early part of the 20th century continues to affect the present day. Other inventors featured include Arnold Beckman, who created the pH meter to measure acidity, and Frederick McKinley Jones, who developed mobile refrigeration technology.

Since 1973, the National Inventors Hall of Fame has honored more than 500 visionaries whose innovations have helped make the world a better place and are inspiring future generations. For more information, visit invent.org/honor/hall-of-fame-museum.

-Madeline Sargent

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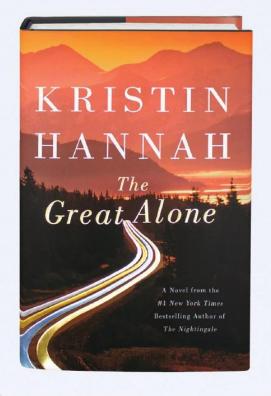


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\*KIRKUS REVIEWS (starred review)



#### )) THE FEED IN FOCUS

## TRAVELING MUSICIAN

By Jacob Uitti

#### >> While visiting Nashville, Tennessee,

singer-songwriter Aloe Blacc found something he did not expect. Inside the Country Music Hall of Fame and Museum, Blacc stood before a large mural depicting the origins of the museum's central genre. The painting showed a cultural mashup of players with West African banjos, as well as fiddles and other harmonic and melodic elements that originated in Europe.

"It was a wonderful visual to capture the spirit of country music," Blacc says.

The artwork, by painter Thomas Hart Benton, speaks to the kaleidoscopic cultural influences of music in America. And it struck Blacc—who has a Grammy nomination for his work in R&B—that he was finding connections to his own musical influences in a mural devoted to country.

Encountering this art was one of many transformative moments for the deeply soulful vocalist and host of *America's Musical Journey*, a 3D Imax documentary scheduled for release on February 16 at giant-screen theaters across the country. The film, which explores the roots of American music, follows Blacc as he travels to musically groundbreaking cities that include Chicago, Detroit, Memphis, Miami, Nashville, New Orleans, New York and others.

Known for energetic hits such as Wake Me Up, I Need a Dollar and The Man, Blacc is a first-generation American—the son of Panamanian immigrants. And he emphasizes how America's music draws on the traditions of many different cultures: "There is so much about the music we listen to today that's rooted in the immigrant story of America," Blacc says. "I hope people who watch the film discover their own musicality. Music is a participatory sport, and everyone should be involved."

Part of Blacc's route in the film traces the path of famed jazz musician Louis Armstrong, who moved south to north through the United States, along the route followed by many African Americans during The Great Migration of the 20th century.

In the film, Blacc follows in Armstrong's footsteps from New Orleans to Chicago and beyond, joyfully exploring the roots of genres—and performing—with local lumi-



naries such as bandleader Jon Batiste and music icon Dr. John in New Orleans, and modern music-and-dance innovators such as Chicago hip-hop dancer Eddie "Pause Eddie" Martin. Blacc notes that he and Armstrong are similar in at least one important way: "Louis was a musician before becoming well known as a singer," says Blacc, who changed focus from a career in hip-hop to one centered more on soulful crooning.

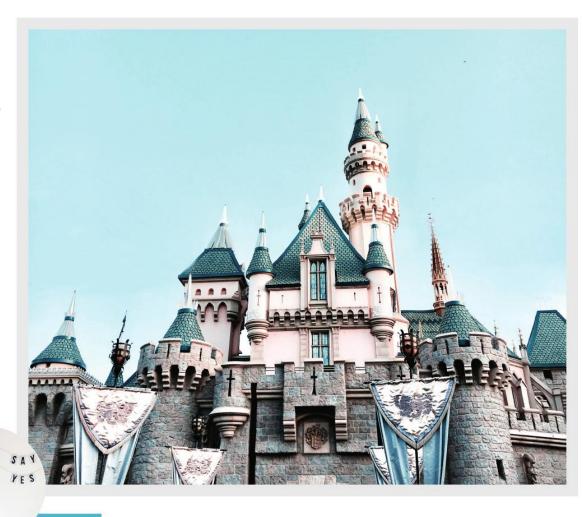
Blacc notes that guitarist Keb' Mo', another artist he spends time with in the film, also transformed his career narrative. "He wasn't a blues guitarist to begin with," Blacc explains. "But he stumbled on the opportunity to play blues music, and that sparked a whole new direction."

The ability of musicians to change—and improvise—is key to music's survival and growth, Blacc notes. And often that ability is born out of a new familiarity with other instruments and cultures. "I think the thing that I learned the most during the process of the film," Blacc says, "is to search for different sounds. ... As a musician, I find it really important to look back at the foundation of my craft to understand more, to dig deep." Visit aloeblacc.com and americasmusicaljourney.com to learn more. \*\*

During the filming of the new Imax documentary America's Musical Journey, Grammy-nominated performer Aloe Blacc traveled to iconic American music locations, including Graceland, the historic home of Elvis Presley.

DAY 1

>> Sleeping Beauty Castle set the scene for our weekend trip to Disneyland. Let the magic begin!



On her popular Say Yes blog, Liz Stanley posts about the essence of family life-from great recipes to travel ideasalong with adorable photos that seem to say it all. Stanley and her family traveled from San Francisco to Orange County, California, as part of Alaska's #WeekendWanderer series and captured these happy shots. For more #WeekendWanderer posts, be sure to follow @alaskaair on Instagram. Book a complete Alaska Airlines Vacations package to Disneyland at alaskaair.com/ vacations.

#### WE'RE GOING TO DISNEYLAND!

>> We called them "Mystery Rides." My family and I would pile into the car, and only our parents would know where we were going. Sometimes it was to see a movie, sometimes it was to an amusement park, sometimes it was to see our cousins in New Jersey—but it was always somewhere fun.

Recently, I got to take my own kids—ages 9, 3 and 1—on their first version of a Mystery Ride. When our oldest, Henry, came home from school, my husband and I told him we needed to have a serious family meeting about all the chores that had to be completed in the coming weekend.

During the "meeting," we had the kids play a hot-and-cold game to find a surprise-Mickey Mouse ears. At first, our two eldest were

confused. Edie, 3, had never been to Disneyland, so she didn't really know what the ears meant. Henry, 9, wasn't quite sure what the ears had to do with chores.

"We're going to Disneyland right now!" my husband and I exclaimed. "Bags are packed, so let's go!" And on we went to Orange County.

It was a magical weekend spent on rides such as "it's a small world"—which Edie adorably called "Little Land"—"Mad Tea Party," "Snow White's Scary Adventures" and "Monsters, Inc. Mike & Sulley to the Rescue!" We ate corn dogs and churros, and we also spent a peaceful night in Laguna Beach.

Our little ones had a great time on their first Mystery Ride, and my husband and I got to feel like kids again.

#### THE FEED

#### **#WEEKENDWANDERER**

#### DAY 2



There's nothing like a trip to Disneyland to bring the whole family together.



You can't go wrong with an ice cream bar in the shape of Mickey Mouse ears, especially when you've got matching ears atop your head.

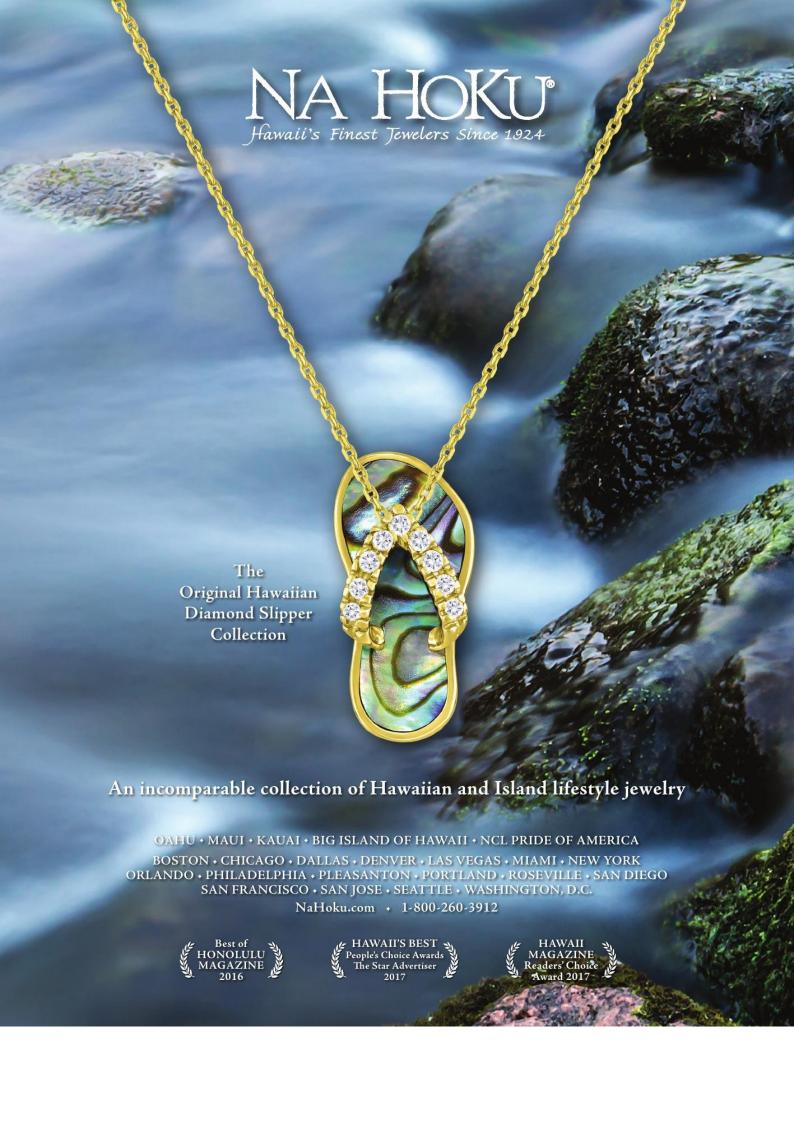
#### DAY 3



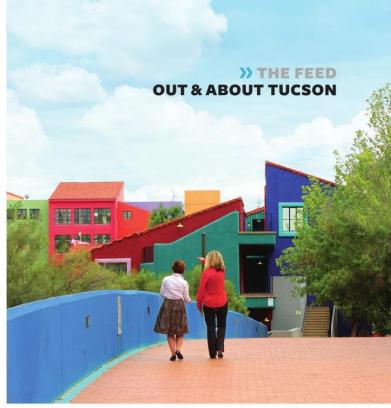
Renry liked when he was the only kid big enough to ride. Disney's Rider Switch allows guardians to take turns riding and watching the younger kids without waiting in line twice.



Refore we headed home, we stayed in Laguna Beach, known for its scenic coves and artistic community. It was the perfect relaxing end to our trip.







#### TUCSON ON FOOT

By Eric Lucas

There are many kinds of dogs, and the one I have in hand right now is a mixed-breed dog, indeed. The Sonoran hot dog is one of Tucson's highlights, a blend of culinary influences that, here at Ruiz Hot Dogs, south of downtown, deliciously represents this Arizona city's food culture.

This delicacy—which many say originated in Mexico before gaining popularity in Tucson—usually consists of a Mexican bolillo (a thick bread roll) holding a fat, grilled frankfurter wrapped in bacon and topped with rancho or pinto beans, mayonnaise, onion, tomato, jalapeño and perhaps a chile sauce.

It may not have been due to the dog, but in 2015, Tucson became America's first UNESCO Creative City of Gastronomy—to honor the area's deep agricultural history (as well as local food traditions). And in this town that's often called "The Old Pueblo," Native American, Hispanic and Anglo cultures create an urban area ripe with the flavors of diverse culinary, historical and linguistic influences. A stroll through the city center reveals many of these.

Tucson's Turquoise Trail (formerly called the Presidio Trail) walking tour begins at the Presidio San Agustín del Tucson Museum, a reconstruction of the 1775 fort that Spanish soldiers built to colonize a valley hitherto inhabited by Pima and Tohono O'odham peoples. Nearby, a statue of Mexican revolutionary Pancho Villa

reflects links to the area's Hispanic past, while The Hotel Congress is the site where the gangster John Dillinger fled a fire and was captured (peacefully) by local police in 1934. Today this snazzy, updated establishment is a lively boutique hotel, restaurant and music venue.

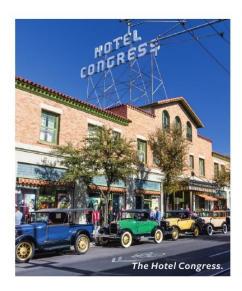
The renovated Tucson Historic Amtrak
Depot complex hosts a transportation museum
and a farmers market on certain days where
patrons can find local delights such as pricklypear jelly, mesquite-flour baked goods and chile
pepper-infused chocolate. Nearby, Cafe Poca
Cosa is a venerable culinary establishment
devoted to gourmet Southern Arizona cuisine.

>>> The Presidio San Agustín del Tucson Museum has re-enactors and docents, such as at top left, to explain local history. The site is a starting point for a walk on the Turquoise Trail, above.

Detour slightly south to find Barrio Viejo, a neighborhood of old adobe houses, galleries, cafes and shops that feature local goods.

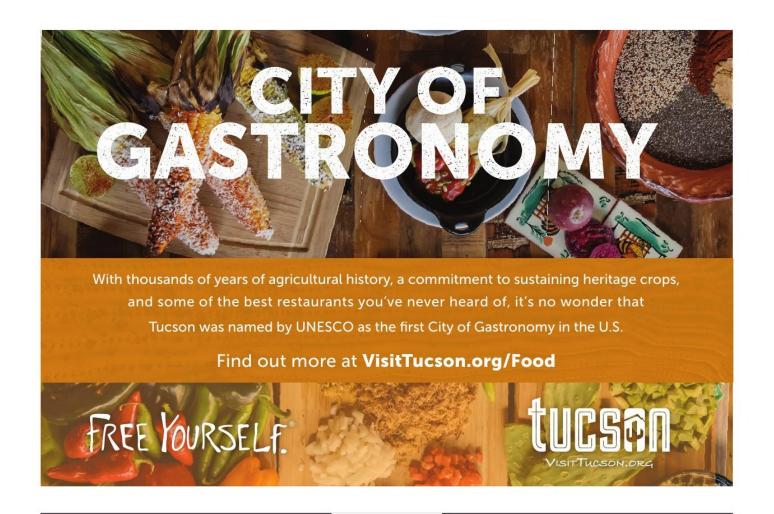
To top off a Tucson walk, visitors can tuck into Downtown Kitchen + Cocktail's "J Dawg," which ups the hot dog ante with chorizo black beans, smoked poblano crema and pickled nopalitos (cactus slices). Any fancier, and this dog would need a pedigree. 

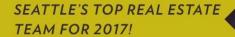
★



#### MORE TUCSON HIGHLIGHTS

- Arizona-Sonora Desert Museum:
- Nearly 100 acres of living exhibits, mostly outdoors. Live saguaros, mesquite, bobcats, javelinas and hummingbirds are among the highlights.
- Saguaro National Park: Dramatic landscape and varied recreation activities, with units east and west of Tucson.
- Mission San Xavier del Bac: An ornate Spanish colonial church south of downtown; construction ended in 1797.
- Pima Air & Space Museum: Explores the region's long aeronautical history; houses about 350 historical aircraft.





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#### **OUT & ABOUT TUCSON**



#### SONORAN DESERT STROLL

By Eric Lucas

The Gila monster is one of nature's most marvelous creatures. It's also misnamed. This lizard's bite is venomous, but it generally avoids humans and other large animals—so there's nothing particularly monstrous about this vividly colorful desert creature. Also, it ranges far from the Southwest's Gila River.

The lizard I am gazing at now is poised beneath a small paloverde tree a few miles up Sabino Canyon, in the Santa Catalina foothills. The Sabino Canyon Recreation Area, about 12 miles northeast of Tucson, gives Sonoran Desert visitors easy access to the wonders of the desert's unique natural environment.



Though the canyon is a desert destination, water often abounds here, and in the wet seasons this canyon is verdantly green (but check ahead for flash flood warnings, especially in winter and summer).

This Gila monster's skin markings are peach, mahogany and black (they can also be black and yellow) in a beautifully intricate pattern that sometimes resembles Navajo weavings.

I have ridden Sabino Canyon Tours' tram (\$10) to its upper endpoint and begun hiking up a side canyon. Lots of people ride this wheeled tram up a restricted-access road and then walk back down, an easy 3.8-mile return excursion.

After watching the lizard for a few minutes, I stride up a small gully to look for the perfect saguaro to silhouette against the sky. Saguaros, those master sentinels of the desert, can grow skyward past 50 feet, live 200 years and store up to 200 gallons of water—though it's a myth that cutting one open yields a fountain. They are as picturesque in person as they are in the multitudes of photos in which they star.

During my springtime visit, winter rains have brought water sluicing down the canyon, and a leap across a channel brings me to the smaller gully where I scout saguaros. Rabbits scurry beneath small bushes; hummingbirds buzz crimson ocotillo blossoms, and the chartreuse of young cottonwood leaves is complemented by the sweet, yeasty scent that poplar-family trees exude.

I round a boulder and spy two javelinas—wild peccaries—stumping across the hillside through mesquite brush. After my hike, back at the road where I started, I take off my shoes and socks and rest my feet in a pool of steel-blue runoff water as cool as lemonade. 

≺

#### TRIP TIPS

- Enjoy guided trips and narrated tram rides in Sabino Canyon with Sabino Canyon Tours (sabinocanyon.com). This company also operates a 2-mile tram ride (without narration) up nearby Bear Canyon to the trailhead for the popular hike to Seven Falls (which is an additional 2.5 hiking miles each way).
- Sabino Canyon can be crowded at times. Hikers seeking more solitude can try Ventana Canyon or Pima Canyon, which are also moderate hikes from easily reached trailheads near Tucson.

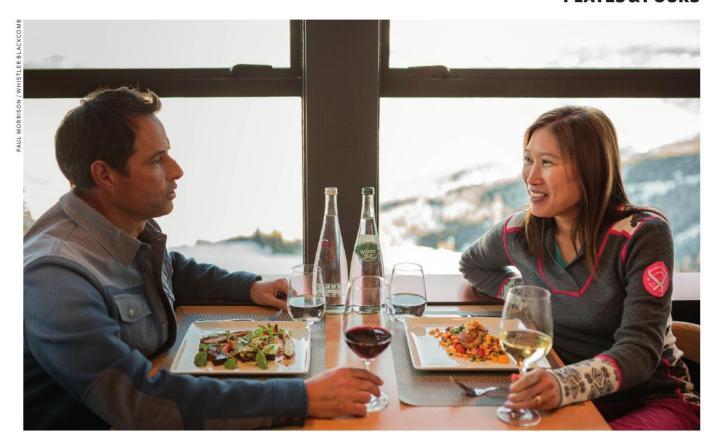


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#### SKIING SMORGASBORD

#### By Ted Alvarez

burn up to 500 calories an hour, according to Harvard Medical School. This means that anyone who wants to keep energy levels up for the mogul fields needs substantial food for fuel. Thankfully, resorts such as Whistler Blackcomb offer cuisine that could make you almost forget about the white stuff entirely—if the two weren't woven together so perfectly. In fact, eating your way down the mountain might be the best way to experience it.

This starts at Whistler Blackcomb before sunrise with the Fresh Tracks Mountain Top Breakfast presented by Telus, where up to 700 skiers hop on the Whistler Village Gondola as early as 7:15 to indulge in a mighty buffet of eggs, yogurt, bacon, pastries and towers of pancakes at the 6,069-foot Roundhouse Lodge. The peaks glow orange with daylight, and the slopes remain blissfully empty.

"The views you see at 7:30 when the sun comes over the glaciers—pairing that with food and coffee—is second to none," says Wolfgang Sterr, executive chef for Whistler Blackcomb. He would know. "I grew up in Germany in the Alps south of Munich. I was on skis when I was 2 years old, and I know the importance of food," he says.

Twin values guide the dining experience at the restaurants that Sterr oversees: a passion for slopes and sustainability. "We used to compare ourselves to other ski resorts—to see if we could serve a better burger," he says. "But our clientele is very food-savvy. So we went to the city, and we took that knowledge to the mountains. It makes the food better, more sustainable and, most of all, delicious."

The upscale midmountain eatery Christine's serves a sumptuous rockfish curry caught from nearby Howe Sound, and the crispy fried

chicken was raised antibiotic- and hormonefree in nearby Fraser Valley.

You don't have to go fancy to taste the difference in food approach. Shredders on break at the revamped quick-serve food stop Rendezvous can watch cooks prepare fresh kale, beans, pork belly and tofu in curries and tamarind sauces of each guest's choosing.

But this is one of the biggest lift-served ski resorts in North America, at 8,171 acres, after all—best to go big or go home. To that end, Sterr recommends a life-list experience: Take the Showcase T-bar on top of Blackcomb and ski the Blackcomb Glacier to find an approximately 20-by-50-meter ice cave, Blackcomb Ice Cave, where intrepid guests sip Champagne and enjoy charcuterie. It's a union of flavor and adventure, with a dose of Whistler's signature glamour. "We give people the fuel to have the best days of their lives," Sterr says. 

★

# Helping children, families and communities thrive

magine helping one at-risk child overcome adversity and thrive. Now imagine doing the same for hundreds of children, every single year, for over a century. That's the legacy and ongoing mission of Childhaven, a social services non-profit based in the Seattle area.

Childhaven cares for children who are at the highest risk of adverse experiences that lead to poor academic, social and emotional outcomes. Through therapy, health support and parenting programs, Childhaven provides new hope for families, regardless of what they've been through.

"We've accomplished a great deal since we first opened our doors in 1909," says Melissa Williams, Childhaven's Chief Financial Officer. "But the need far exceeds our current capacity. With substance abuse, homelessness and poverty on the rise in the Puget Sound area, we must do more to increase our impact."

The organization is hoping to offer the most comprehensive trauma treatment and prevention program in Washington. Steps they're taking



Photo: Childhaven

include adding more clinical and therapeutic services, and creating scalable delivery models, like home visitation and outpatient therapy.

To meet their ambitious goals, Childhaven staff needed to work with a bank that understood the unique needs of a non-profit organization. Their checklist included a need to simplify operations, keep costs low and improve cash management. HomeStreet Bank, a local West Coast bank, provided all that and more.

"HomeStreet recognized that when our costs were as low as possible, more resources could be spent on our programs. They work with us to solve problems and take the burden off Childhaven staff," says Melissa.

She recounts how her HomeStreet representatives are always quick to respond and will walk her and her staff through any situation that may arise. "We recently requested an increase in our remote deposit limit, and they were there every step of the way. I'm constantly impressed by their very personal customer service."

It's the kind of customer service that comes straight from the heart, says Ronnie Henderson, a VP and Private Banking Manager for HomeStreet Bank. "I have seen firsthand how many lives the folks at Childhaven have touched. The work they do is unparalleled in providing a safe space for kids who may not have ever felt safe or loved in their short little lives."

But HomeStreet Bank's support is more than just talk, says Melissa. "Year after year, they say they'll support us and they do: team members volunteer, staff attends our events, and the bank provides financial assistance through corporate sponsorships. I've never seen that same level of support or commitment to community from a national bank."

A strong community spirit is equally intrinsic to Childhaven. "We've won the trust of local families we've served in a manner that makes us very proud," she continues. "So it's very important to us to have good partners who believe in our work. We know HomeStreet does because we see it again and again. We love our HomeStreet team."

#### >> THE FEED PLATES & POURS



#### SLOPESIDE SIPS

#### **By Christy Karras**

**))** I find few experiences more satisfying than cracking open a tasty beverage after a day in the great outdoors.

That makes Ryan Arnold my kind of person. A certified sommelier, he's also an avid cyclist, snowboarder and world traveler. He takes wine everywhere, even stashing bottles in his bag to enjoy after he's hit the slopes. "I love the energy and electricity of wine in an outdoor setting," he says.

After an injury dented hopes of becoming a professional snowboarder, Arnold pursued an interest honed while studying abroad in Italy: wine. Moving up from waiter to wine importer to his current position, wine director at Chicago-based Lettuce Entertain You restaurant group, he kept pursuing travel and recreation as much as possible.

As a wine expert, he emphasizes making wine approachable for everyone: "In the U.S.,

there's a pretension associated with wine," he says. The mantra he wants to spread: "Don't overthink it."

Recent wine trends help him share that message—and also make it easier to enjoy wine while we're outdoors or soon afterward.

Take canned wine, for example, which Arnold says is coming into its own and "taking wine to more of a fun level rather than a commodity level." Cans are lightweight, unlikely to break and don't require a bottle opener. They also chill quickly.

Even bottled wines are more portable than you might think. Arnold tucks bottles inside boots when he packs his checked bags. Also, sparkling wines tend to have fewer bubbles than beer and are thus better suited for travel, he says. Arnold notes that you'll still want to let your bubbly settle if, say, you've been hitting moguls with it in your backpack.

Ryan Arnold's suggestions for beverages to enjoy outdoors:





- Hard cider: Scar of the Sea Newtown Pippin Cider, from Aptos, California, is fairly bubbly, so take care opening it if it has traveled with you.
- Wine: Bright with wild strawberry and grapefruit notes, Una Lou Rosé, by Sonoma, California-based Scribe Winery, comes in an easy-to-pack can.
- Sparkling: It's billed as a casual "wine cooler," but Ramona was created by Jordan Salcito, a vintner who's worked with august establishments such as Momofuku in New York City. C.K.

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#### >> THE FEED LOOKS

#### **CHILL OUT**

Brave the cold in cozy-cool new outdoor gear

#### By Kate Calamusa

winter weather can call for protection from a variety of conditions—drizzle or downpour, snow or sleet, sun or hail. Gear up for that oft-mercurial February forecast with fashionable new offerings that will keep you warm, whether you are scaling a mountain or scurrying about a metropolis.

Stay warm on the slopes or in a storm with women's **Refuge pants** by **Marmot**, based in Rohnert Park, CA. Created with two layers of breathable, waterproof fabric, the lightweight style boasts a slim-fit silhouette that keeps things feminine, while internal gaiters with elastic cuffs keep snow out (\$200; marmot.com).





A reboot of a retro style originally released by **Eddie Bauer** in 1964, the **K-6 women's hiking boot** from the Bellevue, Washington, company is ready for any hillside, as it is finely crafted with waterproof full-grain leather, using ultradurable Goodyear welt construction (\$200; eddiebauer.com).



Wrap yourself in a women's **Wool Trapper coat** from Seattle-based **Filson** and instantly cuddle into its
ultrasoft cotton-flannel lining and
wrap-around shearling-lined collar.
The Mackinaw wool exterior shell is also
naturally water-repellent to ensure you
stay cozy and dry (\$695; filson.com).



Featuring a classic, alpine-ready silhouette and waterproof leather with a hint of supple suede, the **Klosters men's boot** from revered Norwegian brand **Helly Hansen** (with U.S. headquarters in Sumner, Washington) is a luxurious take on the classic hiking boot (\$160; hellyhansen.com).



Top your noggin with the nifty Inuvik
Cap from Seattle-based Outdoor
Research. Named after a Canadian
town located near the Arctic Circle,
it comes complete with fully lined
snap-up ear muffs and a classic cap
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>>> John Shuster, of Superior, Wisconsin, is a longtime member of the U.S. Olympic Curling Team and will be competing at the Winter Olympics in PyeongChang, South Korea.



#### **CURLING FINDS AN AUDIENCE**

By Jeff Layton

#### )) I have the upcoming Winter Olympic

Games (February 9–25) on my mind as I stand on a curling "sheet" of ice and launch a round, heavy and polished granite "stone" toward a ringed target outlined in the ice more than 100 feet in front of me. The stone makes a deep rumbling noise as it travels toward the target, or "house" in the sport's parlance. The stone smacks, with a satisfying *clonk*, into my opponent's stone, knocking his out of the target area and scoring position.

I'm in the alpine town of Leavenworth, Washington, and I'm curling for the first time. You might think of curling as a form of ice shuffleboard, in which one team member slides or "delivers" the stone toward the target, a second stands behind to direct the action, and two other team members walk along with the stone, sweeping the ice in front of it to reduce friction and to help the stone travel to the intended spot. The strategy is to have the most

stones closest to the "button" or bull's-eye.

This 500-year-old sport is actually quite popular. The World Curling Federation estimates that about 1.5 million people worldwide practice curling. They are mainly in North America and Europe. It's a hit in Canada, where millions of viewers watch the sport on TV.

In America, curling remains relatively obscure. However, that may be changing. Participation continues to grow, with the United States Curling Association reporting that an estimated 20,000 members curl at 170 clubs, most of which are concentrated in northern states such as Minnesota and Wisconsin. However, North Seattle's Granite Curling Club may hold the record for the most national champions of any club in the country.

The sport also gets a boost in popularity every Winter Olympics. The U.S. Olympic Curling Team will be competing in three events: the four-person men's and women's team

events and the new mixed-doubles event.

After the men's team won the bronze medal in 2006, the U.S. curling team has been in an Olympic slump. But the team is coming off a successful 2016 season and is expecting great things in PyeongChang, South Korea. Another good sign is that the Pepsi Company's Cheetos brand is sponsoring the team and has created a Cheetos YouTube dance video called *Teach Me How to Curl*, to celebrate the team.

While curling may seem simple, it is known as "chess on ice," because each team must have a strategy for scoring, while also blocking their opponent's shots. This precision and strategy aspect may explain its popularity. The sport also looks like something the average person, like me, could actually do. Perhaps, with lots of curling practice, my Olympic dream might just be a reality. It certainly seems like a good place for an armchair athlete like me to start my Olympic training. \*\*



#### >> THE FEED



>> While the personal vehicle remains a strong part of the American identity, car manufacturers understand that drivers want more avenues—whether it's borrowing a car for an evening in the city or having the chance to regularly try out new models.

By investing in car-sharing and subscriptionlike services, automakers are connecting with drivers who want additional ways to get behind the wheel. Here are a few examples that can be found on roads around the country.

#### In Your Neighborhood

- Car2go opened to the public in 2009 and now has nearly 14,000 vehicles in 26 locations in North America, Europe and Asia. The service, run by the German automobile company Daimler, used to exclusively offer two-seat "smart fortwo" minicars, but in 2017 the ride-sharing service expanded its offerings to Mercedes-Benz CLA and GLA models.
- Maven is essentially a short-term car-rental operation that's focused on General Motors' fleet-including Chevrolet, GMC, Buick and Cadillac. The service, with more than 105,000 members, has hourly or daily rates for different types of vehicles and currently operates in 12 U.S. cities.



■ BMW launched **ReachNow** in 2016. It's currently available in Seattle; Portland, OR; and Brooklyn, NY, and has a fleet of 1,300 Mini and BMW vehicles and more than 80,000 members. ReachNow allows one-way trips and the flexibility to park in almost any public parking spot in the cities where ReachNow operates.

#### In Your Driveway

■ With its Book app, Cadillac lets members in New York City, Dallas and Los Angeles select whichever model they want-

and it's delivered right

to them. An \$1,800-per-month fee includes almost everything-even repairs-and members can swap vehicles up to 18 times in a year.



In what sounds like a dream to a lot of driving enthusiasts, the Porsche Passport service grants members access to a suite of models for \$2,000 or \$3,000 per month, which covers expenses such as insurance, roadside assistance, vehicle maintenance and cleaning fees.

Via a smartphone app, users request a new vehicle—with same-day scheduling in some instances. For now it's strictly a pilot program and only offered in Atlanta.

■ Care by Volvo is a smartphonelike subscription plan for its XC40 small SUV. There's no down payment, and insurance, maintenance and roadside assistance are all included in a \$600 monthly payment.

When your car is starting to look older than your iPhone, don't fret; Volvo lets you upgrade to a new car in as little as a year. \*















Kevin Durant joined Alaska Airlines employees for an afternoon of games, inspiration—and photos. Those joining the fun included: Sebastian Brandstetter, Alaska first officer; April Eriksson, Horizon Air captain; Franco Finn, Bay Area marketing manager; Khai Johannes, Alaska flight attendant; and Tenasha Trujillo, Alaska flight attendant.



# UURANI

# "BASKETBALL IS JUST A PLATFORM IN ORDER TO INSPIRE PEOPLE"







#### BY JOHN HICKEY

TO SEE KEVIN DURANT NOW, a Mozart on the court whose game can be likened to a classical symphony, it can be difficult to fathom that, unlike Mozart, the harmonies weren't something the Golden State Warriors forward was born with.

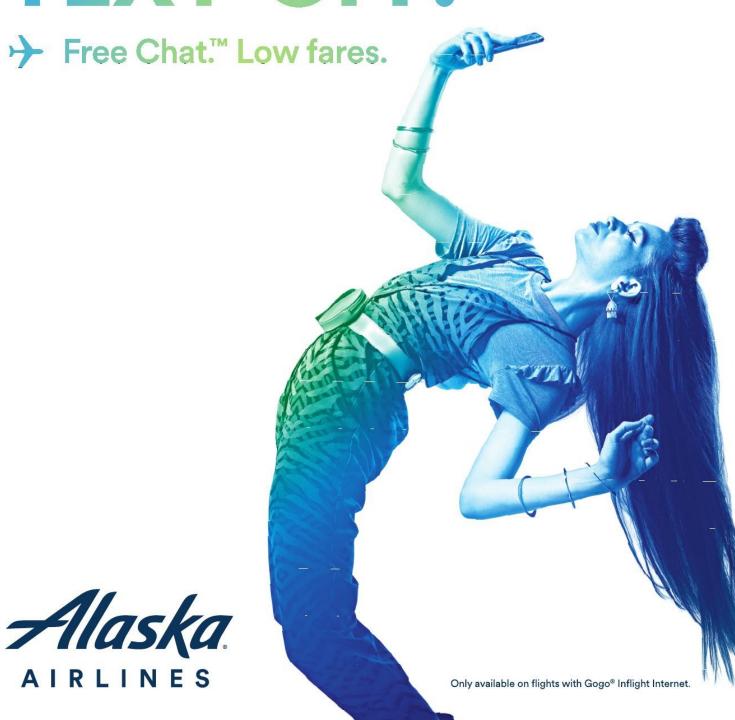
Durant is listed at 6 foot 9, and could be taller. But midway through high school he was just another 6 foot 3 prep player. He played in the backcourt then, and watching him now, it's easy to see that he brought those backcourt instincts with him.

"I wasn't a wing back then," Durant says. "I was more of a shooting guard. Then I went up four inches in, like, a year. But I'd always been a ball handler, and I kept handling the ball. And I just kept growing. You just have to figure it out."

It likely is no surprise to learn that Kevin Durant is teammate Stephen Curry's favorite player. The two are, after all, Showtime for a new generation of NBA fans with the duo's pairing on the Golden State roster. What might surprise you is that it was way back in 2013 that Curry, when asked about his favorite player, said, "I'd say, to watch, it's Kevin Durant. ... He can do pretty much everything."

That hasn't changed in the ensuing five years. Durant, now 29, helped the Warriors

# YOU'RE NOW CLEAR FOR TEXT-OFF.





Durant goes to the rim for two of his 31 points in Game 3 of the 2017 NBA Finals.

Friend and foe match up as Durant (35) drives past LeBron James in the 118-113 Game 3 win for the Warriors.



win the NBA championship title last year, and was named NBA Finals MVP. Perhaps the prime moment of the series came in the waning seconds of Game 3 against the Cleveland Cavaliers: Durant rose up to soar above the Cavs' LeBron James to hit a game-winning 3-pointer, a shot Durant says in retrospect was the most clutch of his life.

James wasn't surprised. On court, King James is the opposition. Off court, James is a Durant fan: "He's a guy who's ready to sacrifice; a great talent; a guy who's willing to do whatever it takes to help the team win," James said earlier this season.

The Warriors have played in the NBA Finals the last three years against the Cavaliers, winning twice. And in the second decade of the 21st century, the Warriors have become the standard-bearers for success, driven by a beautifully rhythmic offense behind Durant and Curry, who move the ball around the court with a level of grace and energy previously unknown. On defense, with a 7-foot-5 wingspan and a 33.5-inch vertical leap, Durant has become a shutdown artist beyond compare.

A complete player, for sure. But Durant is equally intriguing for his hard work off the court, committing himself to troubled communities and to helping disadvantaged young people. Both generous and

genuine, he is a superstar who appreciates his upbringing and wants to make sure that others have opportunities to pursue their dreams.

s a prep player in Seat Pleasant, Maryland, Durant blossomed into one of the best big men in the country. He was recruited heavily out of high school and wound up at the University of Texas, where as a freshman he was named NCAA Player of the Year. He entered the NBA draft in 2007 after only one year at Texas, and he caught the attention of the Seattle SuperSonics.

Seattle drafted Durant with the No. 2 overall pick, despite the fact that Durant went through the NBA Combine with terrible results, ranking 78th out of the 80 players on hand. That was largely due to Durant's inability to bench press 185 pounds.

No matter. He earned NBA Rookie of the Year honors in 2008 and was named NBA Most Valuable Player in 2014, in addition to receiving nine selections to the NBA All-Star team. In January, he became only the fifth NBA player in history to score 20,000 points before his 30th birthday.

Simply put, the best player to come out of the 2007 draft is now one of the best in the sport. He



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BEING DURANT

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Jersey number worn in honor of his youth coach Charles Craig, who died at age 35.

Career points scored before reaching the age of 30.

has two Olympic gold medals (2012 and 2016), with visions of another in the 2020 Tokyo Games.

ro basketball has been a rocket of a ride for Durant, and he credits his mother, Wanda, for his ability to manage his career with such aplomb. She insisted that Kevin and his older brother, Tony, spend plenty of time outdoors near their home on the eastern outskirts of Washington, D.C. When Kevin got a bike and a skateboard, they came with Mom's expectations that he master both. And he began to master basketball, too.

"She always wanted me testing my body," Durant says. "We had to be active, had to be outside. I got used to it and never stopped.

"I was always agile," he says. "In growing tall like that so quickly, I was able to be the same player I always was, only longer. I could use my body the same way. So while I never stopped growing, I never forgot the movements I learned when I was a guard. My height just complemented all that."

As important as basketball is in his life, Durant's horizons are expanding in his new Bay Area home. He's invested in tech companies targeting millennials, such as the investing app Acorns and the on-demand delivery service Postmates. He's shot sports photos, and he was one of GQ magazine's

2017 Men of the Year. His newest passion includes operating a small fleet of drones.

"I live in the Oakland Hills, and I love the views the drones give me, a real bird's-eye view," he says.

As compelling as the drones are, they're a distant runner-up to music. He has a recording studio in his Oakland home. "I've been learning, recording, being creative with it," he says. "I'd like to build a production team, doing what I can to give back as much as I can."

Giving back is something that he says he feels driven to do, and he's sought out community involvement since before he cashed his first big NBA paycheck in Seattle.

Since arriving in the Bay Area in 2016, he's jumped into boosting local groups, helping kids and single-parent families through organizations such as Larkin Street Youth Services in San Francisco and through Oakland Elizabeth House, which provides 12 to 18 months of transitional housing for single mothers with children under age 10.

Just a couple of months into his Warriors tenure, he contacted the 10 families at Elizabeth House and got Christmas wish lists from each. The Kevin Durant Charity Foundation fulfilled them all, and then Durant came calling just before Christmas.

"That first year with him coming and being new,



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the children didn't really know who he was," says
Jackie Yancy, the executive director of Elizabeth
House. "His foundation's exec came in and said,
'We've got somebody special here to see you.' Then
Kevin came in, carrying a bunch of gifts."

"It was really emotionally warming," adds Elizabeth House board president Samantha Schell. "One of the kids asked, 'Are you LeBron James?' And he just smiled, was really humble. He said, 'It doesn't matter who I am. What matters is that you get what you need.' It was a great moment. He was





so sweet and straight from the heart."

When Durant returned this past Christmas, the families were mostly new. "He really connected with us," Schell says. "He had time for everyone, talking to the kids, playing games and taking selfies. It seems he really desires to do good."

"I have this vision of what I'd like to be able to do, and I got the ball rolling right away," Durant says. "Being there, I saw the impact, and I've been able to make my visions come to life. I'm still learning what I can do."

Since 2015, Durant also has used his foundation to renovate playgrounds, taking on a series of urban parks with basketball courts in need of upgrades. The court count is up to 14 in four countries: Germany, India and China, as well as the United States. Three of the courts are in the Bay Area. And those courts mean everything to him.

He's played on courts just like these since he

was 7, and he says he wants to help make sure others have the same experience. He likes to see kids playing the game he loves on a court that has been completely refurbished by his foundation's Build It and They Will Ball program.

When he travels back to the D.C. area, he makes it a point to check in on one of the first courts that he renovated, the one he grew up playing on.

"The last time I was there," he says, "it was great to see the kids enjoying the moment on the court. You could tell they really appreciated it, and that made me feel great all the way around.

"It's good for the game; it's good for the community that needed a place like that," he says. "When I see the one in my

old neighborhood, it's like I can touch the city even without being able to be there."

It was back in May 2013 that Durant's vision for another one of his communities came into stark focus. He was in the middle of his eight-year tenure with the Oklahoma City Thunder when the area was battered by a series of deadly tornadoes.

"It was a devastating couple of days," Durant says of the tornadoes, which hit just five days after the Thunder had been bounced out of the playoffs.

"We came back and went to ground zero. The people there were so excited to see us. They were smiling and happy, and that was weird after they'd gone through such a tragedy. What I learned was they cared that they and their families were alive. The rest of it, they could replace. That's why I love that area so much."

Within 24 hours, Durant's foundation donated \$1 million to the American Red Cross for disaster



### **ADVISOR TO THE CEO**

Kevin Durant and Alaska Airlines recently began a partnership that combines the interests of the Kevin Durant Charity Foundation and Alaska's community projects that benefit education and disadvantaged kids. The airline will support projects such as Build It and They Will Ball, and Durant's youth camps. In addition to charity appearances, Durant will also help develop social media content through his Thirty Five Media creative studio to help promote the airline's Bay Area expansion.

relief. Later the same day, the Thunder organization, the NBA, the NBA Players' Association and Nike each pledged \$1 million in aid, as well.

Durant grew up in a low-income, single-parent home, and he's used his foundation to help others in similar situations. He's run 3-on-3 basketball tournaments, and while basketball is the draw, they're also about family, about growing up safe.

"We've had workshops and classes, ranging from SAT prep to expanding knowledge about sex to learning about the corporate world," he says. "I was in my second year in the league, and when I got the ball rolling on that, I saw the impact, and made it my vision going forward, to make that impact."

Impact comes in many forms for Durant. He's experienced it largely through the guidance of his mother, Wanda. Back in 2014, when he was named the NBA's MVP while with the Thunder, he made honoring others the core of his acceptance speech. He saved his mother for last.

Durant recalled the moving from apartment to

apartment; the struggles to get by; the hungry days and nights. He recalled, too, his mother waking him up early to run and to do push-ups, and her ability to keep him and his brother off the streets. He called his mother "the real MVP" in a speech so moving that in 2016 the Lifetime network made a movie, The Real MVP: The Wanda Durant Story.

Back in the eastern suburbs of D.C., he works with Team Durant AAU, a youth basketball program for kids ages 8 to 16 who receive coaching, training, competition and life lessons to help them move forward. He plans to open an educational center in his hometown where local high school students can prepare for entry to colleges and universities.

In his 2014 MVP acceptance speech, Kevin Durant told family members, teammates and fans, "Basketball is just a platform in order for me to inspire people."

It appears he's just getting started. ズ

John Hickey is a sports writer living in the Bay Area.

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## DATING. UNPLUGGED!

CLICK, TAP, SWIPE, REPEAT. IT'S ALL SO... IMPERSONAL. ONLINE DATING WAS SUPPOSED TO

MAKE FINDING SOMEONE EASIER, SO WHY DOES IT FEEL LIKE SUCH A CHORE?

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

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

### Life before It's Just Lunch?

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

It's Just Lunch Matchmakers:

### What was working with a matchmaker like?

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

### Best part of the IJL experience?

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

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

### What makes you two a great match?

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

### Advice for singles considering IJL?

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

The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 26 years, they've set up millions of first dates. Get in touch at 800-858-6526 or itsjustlunch.com.

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Of singles know immediately if they want to see a first date again.

0000000

1.5X

Men are 1.5X more likely to "friend" someone within one week of a first date.

0000000

3/4

Of singles love getting a text after a good first date.

0000000

44%

Of singles
wait until after
a first date
to do online
research on
their potential
partner.

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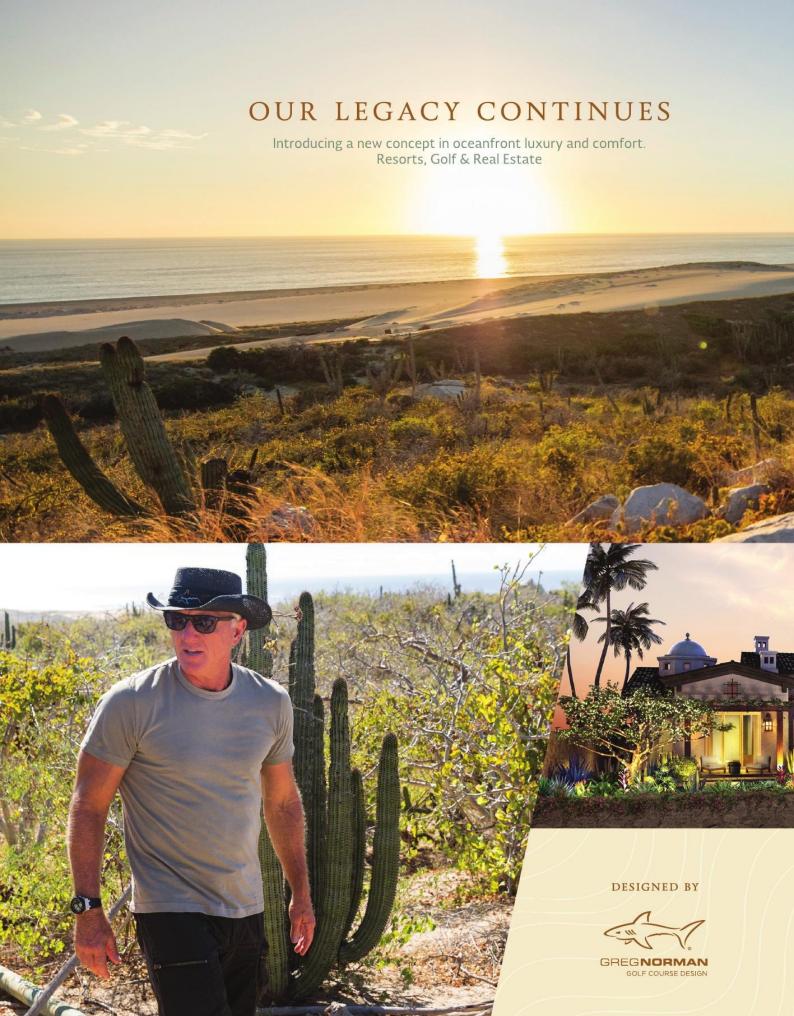
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## PALATE-PLEASING FOODS

ARTISANS PROVIDE A TASTE OF THE INTERMOUNTAIN NORTHWEST

BY ADRIANA JANOVICH



Shaun Thompson Duffy can tell just by looking. But, to be sure, he puts his nose to the top of the open Mason jar and takes a whiff before offering me some pro tips for my sourdough starter: Discard more of the mixture each day, to encourage continued activity and growth while keeping the overall amount manageable; feed less, by reducing the quantity of flour and water being added; try adding rye flour; and use warmer water as well as a smaller jar.

I was a brand-new bread baker, eager and enthusiastic, but utterly inexperienced. The sourdough starter I'd obtained from an acquaintance was producing rounds that were heavy—more bricklike than breadlike—and that were not displaying any signature sourdough holes. I was doing something wrong, but I didn't know what. So I went to see Thompson Duffy, who is known as a "Bread Jedi" when it comes to starter and pretty much everything else having to do with the staff of life.

Thompson Duffy—who produces beautiful, holey sourdough loaves with lovely crusts— is the owner of **Culture Breads**, which he launched in 2015. His breads are available at Rocket Market in Spokane, and this month he is scheduled to also open his own bread shop and cafe in Spokane's hip South Perry neighborhood, just south of downtown.



Thompson Duffy uses heritage grains, all produced within about 100 miles of Spokane, in one of the country's major grain-growing regions. He relies on varieties of wheat, barley and oats that often date back centuries and that have not been altered or hybridized for higher yields or for other characteristics that would enhance mass-production success.

He says he doesn't know of any other retail bakery in the United States that is incorporating all four of his bread-making pillars: using only locally grown grains, milling them in-house, using mostly natural leavening, and baking in a wood-fired oven. "It's a very Old World way of doing things," he says. "It's looking to the past."

Thompson Duffy worked in numerous well-regarded kitchens—including at various hotels—in cities such as Houston, Austin, Chicago, Las Vegas and Portland before settling in Spokane five years ago when his wife Holly's job as an environmental-protection specialist brought the couple here. The popularity of his bread at Rocket Market, and via a



Above: "Bread Jedi" Shaun Thompson Duffy with his daughter Willa. He uses local heritage grains for his breads, some of which are displayed here in a recycled wine box. Opposite: Brush Creek Creamery makes award-winning cheese with milk from local Jersey cows. Owner Rebeccah Salmeri is shown crafting Mountain Maple Brie.











bread-subscription service he started, prompted him to create his own shop, which will sell about a half-dozen bread varieties made daily, as well as special rotating breads and freshly milled flours.

Customers will also be able to regularly find *dinkelbrot*, made with spelt and mesquite flours, and *vollkornbrot*, made with rye flour and rye malt. Also rotating through will be breads such as Thompson Duffy's oat loaf, which features fermented oats and coriander, along with a rustic loaf, a farmhouse loaf, and challah (on Fridays) made with emmer.

The shop will also offer a small selection of sweets, including croissants and seasonal pies. And Thompson Duffy is adamant about continuing to purchase local grains. "We're going to sustain ourselves by supporting local farmers," he says.

Culture Breads is one of a growing number of artisanal-food producers contributing to the Spokane region's up-and-coming culinary scene. Many skilled entrepreneurs are setting up shop in the Intermountain Northwest, where they are able to source many of their ingredients from nearby ranches and farms.

"Our growing culinary scene is focused on using grains locally cultivated, and meats bred and fed on area farms," notes Cheryl Kilday, president and CEO of Visit Spokane, adding that the city is a large metropolis between the Cascade Range and the Rocky Mountains, and has been described as the "capital of the Intermountain Northwest."

"It's not just about quantity—it's about quality and the art of the creation," she says. "Vivid imaginations and a willingness to push boundaries in our culinary scene have opened the door to gastronomical delights. The opportunities to explore artistry in food are endless, and the beauty of the Intermountain Northwest is the amount of farmland that provides local chefs, bakers, cheesemakers, beverage makers and others with the most exquisite ingredients from Eastern Washington and North Idaho."



Mandolyn Hume, above, pedals her cold cart to local farmers markets to sell her Fannie's Ice Pops confections.

Mandala Chai Company beverages, such as the one shown below right, are made in small batches, in original, spicy and sometimes seasonal flavors.

### CHEESE TO PLEASE

One of the region's thriving artisanal cheese-makers is **Brush Creek Creamery** (brush-creekcreamery.com), which has been crafting cheese since 2010, and in 2016 opened a retail shop in Deary, about 25 miles east of Moscow, Idaho. Guests can watch cheesemakers at work through an observation window, and then purchase cheese to savor later, or to enjoy onsite with an item from The Pie Safe Bakery & Kitchen, which shares space with the creamery, and makes soup, sandwiches, pizza, croissants, cinnamon rolls and other baked treats.

All of Brush Creek's cheese products are made with milk from local Jersey cows. Several of the cheeses are nationally recognized, such as the Mountain Maple Brie, a first-place winner in the American Cheese Society's 2017 and 2016 competitions. The brie is wrapped in mountain maple bark from Idaho, which lends a smokiness (and which should be removed before consumption), and the brie is topped with a grape leaf from Colter's Creek Vineyards and Winery in nearby Juliaetta.

Each new wheel of Orchard Blue, a 2016 first-place winner, is dipped in Brush Creek Creamery's own apple cider for three days, and then aged for two to three months. It has a tangy blue cheese flavor. Look also for marinated labneh, marinated feta, aged cheddar and Montasio, a creamy Italian-inspired cheese that takes on a marvelous

caramelized flavor after a year of aging.

### MATURALLY REFRESHING

At **Fannie's Ice Pops** (fanniesicepops.com), frozen confections come in a dozen rotating flavors, and are vegan, gluten-free and made in small batches, often with organic and locally sourced ingredients.

It's always difficult for me to choose just one flavor. Good thing proprietor Mandolyn Hume gives a discount for buying two at a time at local farmers markets. When temperatures soar into the 90s in Spokane, I keep an eye out for her vintage-inspired bicycle, with its attached cold cart, at the Kendall Yards Night Market. Year-round, her ice pops can be found in Spokane stores such as Rocket Market and the new My Fresh Basket, and seasonally at the Main Market Co-op. She also does catering.

When Hume visits farmers markets with her cart, she often brings along her 8-year-old twins, a boy and a girl. They are the reason Hume began making ice pops five years ago, back when the twins were just 3. She says it seemed like an ice cream truck would pass by their home "72 times a day" during the summer. The twins begged for frozen treats when they heard the music from the truck, and the kids most often asked for items made with red and blue dyes, artificial flavors, high-fructose

corn syrup and refined sugar. Hume wanted a more healthful option. "I thought we could make something ourselves at home," she says. Shortly after that, the idea for Fannie's Ice Pops was born.

Named for Hume's great-grandmother
Fannie, who had a small farmstead in Oregon's
Willamette Valley, Fannie's Ice Pops focuses
on recipes with three to six ingredients, all
of them natural. Hume—a former specialeducation teacher who has long had an interest in nutrition—makes her own infused syrups
using organic sugar cane, and she uses those
syrups sparingly, while often adding a splash of
fresh lemon juice for brightness and depth of
flavor. Hume also doesn't use dairy. If a recipe
requires creaminess, she uses coconut milk.

She sources as many ingredients as she can—such as fruit and fresh herbs—from the farmers markets where she sells her ice pops, and she also obtains fruit at U-pick farms in the Green Bluff agricultural area northeast of Spokane.

Flavors include strawberry, strawberry-rhubarb, chocolate-avocado, raspberry-basil, cold-brew coffee, lemonade-rosemary, lemonade-lavender, roasted peach and vanilla, and strawberry-watermelon-mint. But the combination that seems to surprise customers most—and sells really well—is Hume's signature cucumber-apple-mint-lime ice pop. It's my favorite, too.



### TEARRIFIC BEVERAGE

Founded by former barista Aleczondra Evans, Mandala Chai Company (mandalachaicompany.com) beverages are made in small batches and come in two flavors: original and spicy. Evans found most brands on the market to be too sweet or not spicy enough, so with the encouragement of the owner of the coffee shop where she used to work, she began experimenting with making her own chai in February 2015.

It took dozens of test batches to create the highly concentrated versions she sells today, which feature organic spices that she hand grinds. The original flavor focuses on cardamom, honey and vanilla bean. The spicy version owes its pep to cayenne, with other ingredients such as allspice, star anise, cardamom, clove, black pepper, fresh ginger and fresh orange. Both flavors come in reusable glass jars in 16 or 32 ounces and are also available by the gallon.

Evans started bringing her product to the Kendall Yards Night Market last summer, and she sold out every week. Sometimes she creates special seasonal flavors, incorporating locally or regionally sourced hazelnut, huckleberry and lavender, for her farmers market offerings. Rocket Market and My Fresh Basket, as well as several coffee shops in and around Spokane, also carry her chai, in the original and spicy flavors.

She and her two business partners are working to grow distribution and keep up with demand. "Making quality chai is a careful process," she says. "It's handcrafted. It's authentic. It's taught me about patience. You have to be patient. But it's better that way." INW

Adriana Janovich writes for The Spokesman-Review in Spokane. For more information on business and recreation in the Spokane region, see greaterspokane.org and visitspokane.com.

Alaska Airlines (alaskaair.com) flies daily to Spokane, gateway to the Intermountain Northwest.

### More Intermountain Northwest Artisanal-Food Producers

**BODEY'S GOURMET:** Casey Booey III launched his line of sauces in 2013 and now has three flavors on the market—Original Pepper Sauce, Sweet Jamaican Jerk Sauce and Smokehouse BBQ Sauce—with more recipes in the works. He also makes rubs using coffee from the local Roast House company (booeysgourmet.com).

BRAIN FREEZE CREAMERY: This ice cream maker is known for flavors such as Anvil Chunk and Anvil Crunch, using local Anvil espresso, as well as the Inland Earl Grey flavor, made with locally blended loose-leaf tea from Winterwoods Tea Company, and the Palouse Crunch flavor, with red lentils from the Palouse agricultural region, which includes parts of Eastern Washington and northern Idaho (brainfreezecreamery.com).

FLORA YOGURT: Yogurt-maker Karyna Hamilton specializes in heirloom yogurts made without any stabilizers or additives, including sugar. She uses milk from the Pure Eire Dairy in Othello, Washington. She also offers workshops (facebook.com/floraayogurtcompany).

HENDERSON DIP: The Original Tomato and Onion flavor is based on a family recipe dating to the 1950s. Today, Spicy Chipotle and Classic Caesar round out a trio of offerings, with many of the spices sourced from the Northwest (hendersondip.com).

HIEROPHANT MEADERY: Husband-and-wife herbalists Jeremy and Michelle Kyncl (right) started their award-winning meadery in 2013, specializing in traditional, off-dry (slightly sweet) and infused honey wines in flavors such as rose-cardamom, hopped mead and chamomile. Their meads are made with honey from the Northwest and California. Their signature Chrysopoeia is light and sweet, but not too sweet (hierophantmeadery.com).



MIFLAVOUR: Husband and wife Maximus and Ella Piskun launched their online bakery in 2017, using fruit from Spokane's Green Bluff area in their scones, pies, tarts and other treats. They're particularly known for their French macarons, including their London Fog flavor (miflavour.com).

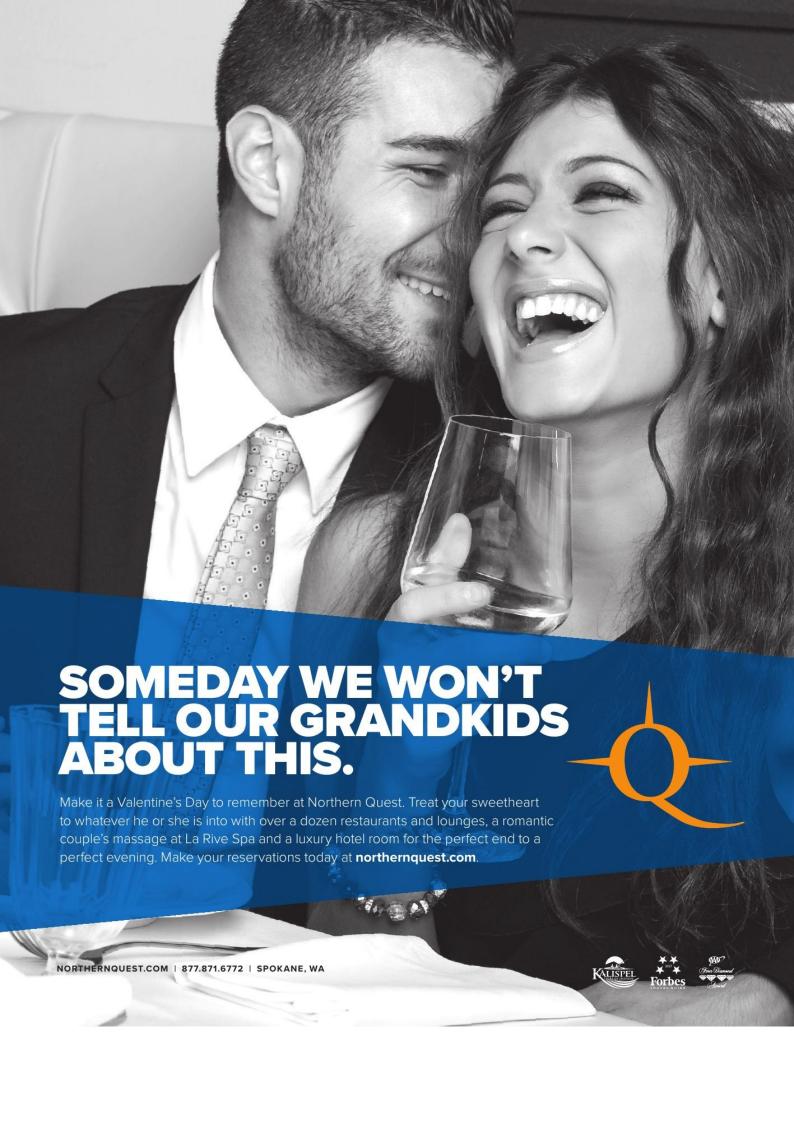
RIO SEASONING: The three spice blends—original, chicken and hot—at this family business are made in small batches and include local ingredients such as celery, cilantro, onions and carrots (rioseasoning.com).

SANTÉ RESTAURANT & CHARCUTERIE: This downtown restaurant features a charcuterie case full of items such as housemade sausage, pâté and cured meats. Many of the meats are sourced locally (santespokane.com).

SPICEOLOGIST: This popular spice company features rubs such as Black Magic, Cowboy Crust, Greek Freak and Tandoori Glory (spiceologist.com).



WINTERWOODS TEA COMPANY: Tirza Wibel launched this loose-leaf, small-batch, hand-blended tea company in 2014. Look for creative combinations, with many ingredients and names that pay homage to local and regional landmarks, such as GreenBluff Green, Pacific Coast Lavender and Mount Hood Hops (winterwoodsteacompany.com).





## INTERMOUNTAIN



## RECREATION EXPLORATION

THINGS TO SEE AND DO, FROM WINE-TASTING TO DAY TRIPS | BY ADRIANA JANOVICH



### From my spot at the window of Maryhill

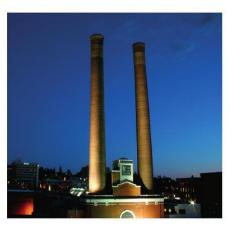
Winery's new Spokane Tasting Room, the view of the Spokane River and downtown Spokane is phenomenal. The twin stacks of the historic Steam Plant—built in 1916 and now home to a restaurant and shops—rise in the distance, along with the double steeples of the Cathedral of Our Lady of Lourdes and the turret of the 1891 Spokesman-Review newspaper building.

Located on a bluff above the Spokane River, the 5,000-square-foot tasting room opened in November, and the wine choices are just as impressive as the wall of windows showcasing the sweeping view. From classic reds and whites to the Proprietor's Reserve and Vineyard Series wines, there are about 60 options, including award winners such as the ruby Barbera 2014 Proprietor's Reserve, with notes of blueberry, plum and cherry, which won a "Best of" award in the Other Red Varietals category of the 2017 NorthWest Wine Summit competition.

Washington state ranks second in the

country for premium-wine production, and Maryhill (maryhillwinery.com) is one of the state's largest wineries, producing some 80,000 cases annually. Owners Craig and Vicki Leuthold founded Maryhill in 1999, and in 2001 they debuted their first vintage and opened their flagship tasting room overlooking the Columbia River outside of Goldendale. The couple has a home in Spokane, where they've lived on and off for more than 30 years, and they say that opening a tasting room in the city feels like a "homecoming."

Maryhill's tasting room is one of several new tasting rooms that have opened in Spokane within the past year. Offerings at the boutique Tempus Cellars (tempuscellars.com) range from a crisp, dry Riesling, inspired by Rieslings from Germany's Mosel region, to Cabernet Sauvignon made with the fruit of 46-year-old vines. At Helix by Reininger (helixwine.com), look for SoRhô, a southern Rhône blend of Cinsault, Mourvèdre and Grenache. On the southeastern edge of town, in the Glenrose



neighborhood, the founders of Winescape Winery, husband and wife Phillip and Patricia Butterfield—who are also researchers at Washington State University's new Elson S. Floyd College of Medicine in Spokane—craft wine such as Harvest Moon Gewürztraminer, with hints of honeydew, and Red Mountain Syrah, with notes of ripe red fruit (winescapewine.com).

For travelers flying into Spokane on Alaska Airlines, there's an added perk: Wineries throughout the Cork District, which includes multiple wineries in downtown Spokane, waive

Clockwise from top left: The Spokane
River is an appealing aspect of the
Spokane area. The esteemed Maryhill
Winery has opened a popular tasting
room in Spokane. The stacks of the 1916
Steam Plant are city icons that can be
viewed from the new tasting room.



Spokane: Where asphalt meets basalt. Mountains to climb within minutes of downtown. All yours for the exploring. Spokane creative by nature

visitspokane.com #lovespokane



INTERMOUNTAIN NW

Left: An image titled Embarking—
Kutenai (1910) will be part of the
"Edward S. Curtis: The Grand
Idea" exhibit opening June 16 at
the Northwest Museum of Arts &
Culture. Center: The Art Deco Martin
Woldson Theater at The Fox is home
to the Spokane Symphony, which
is performing Star Wars music this
month.

tasting fees for people who show their Alaska Airlines boarding passes within 48 hours of arrival in Spokane; for details, go to visitspokane.com/ cork-district/winepass.

Fans of craft beer can explore the Inland Northwest Ale Trail (inlandnwaletrail.com), which includes more than 40 breweries in Eastern Washington and North Idaho.

Consider starting at the new, small-batch, father-son-owned Whistle Punk
Brewing (whistlepunkbrewing.com), in down-town Spokane. The brewery has 14 taps of rotating beers, including the Coast to Coast IPA, done in the New England style, with a softer mouthfeel than traditional IPAs and just a hint of West Coast hoppiness. Also intriguing is the Espresso Milk Stout, with milk sugar and locally roasted coffee, and aged with bourbon-soaked vanilla beans. In addition to excellent wine and beer touring and tasting, the Intermountain Northwest boasts outstanding cultural and outdoor activities. Below are a few of the many options.

### ARTS & CULTURE

Built in 1911, the Craftsman-style Bing Crosby House on the northern edge of the Gonzaga University campus was where the crooner spent the bulk of his boyhood years. The first floor of the house (researchguides.gonzaga. edu/bingcrosbyhouse) is open for viewing, and in addition to the original oak floors, a leaded glass window and lovely French doors, it's full



of Crosby memorabilia. The singer attended Gonzaga University, which owns the house. More than 200 items are on display, including the Oscar he won for *Going My Way* (1944); gold and platinum records; photographs of family members, and of Bing as a young boy and as an entertainer; and trophies, awards and newsclippings. Exhibits are changed intermittently.

Other Spokane-area universities also have cultural attractions open to the public. For instance, at Whitworth University (whitworth. edu/Calendar/Master/Index.aspx), the 10th-annual Leonard A. Oakland Film Festival, March 2–4, will showcase an award-winning foreign-language film, along with a comedydrama, and a documentary by a Whitworth alum.

In Spokane's historic Browne's Addition neighborhood, the Northwest Museum of Arts & Culture (northwestmuseum.org) hosts rotating exhibits such as "Titanic: The Artifact Exhibition," here through May 20, which features items recovered from the ship's wreckage. Coming up June 16–September 23: More than 75 works from photographer Edward S. Curtis' quest to document Native American culture in the late 1800s and early 1900s.

Dozens of big-name performers take the stage at Northern Quest Resort & Casino (northernquest.com) each year, with The Pointer Sisters scheduled for February 11 and Queensrÿche on March 1. At another venue, the Knitting Factory (sp.knittingfactory.com) in downtown Spokane, the Young Dubliners are set to perform March 2. For indie shows in Spokane, The Bartlett (thebartlettspokane. com) is a popular site. The Wind and The Wave singing duo is scheduled to perform on February 14. The INB Performing Arts Center (inbpac.com) attracts national shows, such as "A Night with Janis Joplin," celebrating the late rock singer and some of her most electrifying songs, February 14, as well as "National Geographic Live!" on February 21, featuring photographer and filmmaker Bertie Gregory and his up-close wildlife images.

The beautifully restored Art Deco Martin Woldson Theater at The Fox (foxtheaterspokane.org) is home to the Spokane Symphony (spokanesymphony.org). On February 17, the symphony presents "The Music of Star Wars: The Symphony Awakens." The nearby Bing Crosby Theater (bingcrosbytheater.com) welcomes singer-songwriter Beth Hart on February 5 and the Tom Petty tribute show "Petty Fever" on February 17.

The Panida Theater (panida.org), which opened in Sandpoint, Idaho, in 1927 as a vaudeville and movie-theater house, presents everything from films to musicals to ballets.



Pictured above:
Matt Iris (left),
Mechanical Engineer, Avista
Sean Hurley (center),
Maintenance Supervisor, Cenex Zip Trip
Ann Carey (right),
Regional Account Executive, Avista

### FUEL STOP CONVENIENCE STORES HAVE BECOME A NECESSITY for today's time-

starved consumers, providing quick one-stop shopping for gasoline, grab & go foods, and sodas for the road trip. Among this region's leaders is Cenex Zip Trip, with 70 stores across Washington, Idaho, Montana, Wyoming, North Dakota, South Dakota and Minnesota. Headquartered in Spokane, Washington, the chain is a subsidiary of CHS Inc., a leading global agribusiness owned by farmers, ranchers and cooperatives across the United States. CHS Inc. is the Minnesotabased company which owns and operates the Cenex energy brand.

Zip Trip provides exceptional customer service and products. Their associates take pride in what they do and consistently follow through on the company's brand promise. Zip Trip focuses on setting itself apart by providing great service and offering customers the convenience items they want most, such as fresh grab & go sandwiches and salads and high-quality coffees. Nonetheless, competition in their markets is growing.

To improve its brand positioning, the chain has been updating the interior of their stores. They have also continually strived to cut operating costs, energy use being one of the biggest. That's why Zip Trip partners with Avista for ways to make their stores more energy efficient.

"Avista comes to us regularly with ideas and recommendations of how we can save energy," said Zip Trip maintenance manager Sean Hurley. "And their rebates have enabled us to make these improvements in a cost-effective manner."

Since 2011, Avista has provided Zip Trip with more than \$280,000 in energy efficiency rebates through its Energy Smart Grocer Program and other incentive programs.

"Their upgrades have so far resulted in Zip Trip saving more than 1.9 million kilowatt hours of electricity and over \$150,000 in energy costs," said Avista regional account executive Ann Carey.

About five years ago, Avista began by helping Zip Trip complete a project to upgrade cooler fan motors in its refrigerated beverage and sandwich cases. Old evaporator motors were replaced with electronically commutated motors (ECMs) that feature blades made of lightweight plastic vs. metal. In addition to running on less energy, ECMs last longer and emit less heat, which helps maintain cool temperatures.

Zip Trip also received rebates to replace cooler-door gaskets for a tighter seal and add anti-sweat heat controls in the doors to prevent condensation of the glass and door frames. The changes not only save energy, they put less strain on the refrigeration compressors.

About a year after completing refrigeration upgrades, Zip Trip took advantage of Avista's energy efficiency rebates to change out the interior lighting at area stores and their main office. They swapped T-12 bulbs for T-8s, cutting energy consumption by more than 198,000 kilowatt hours.

The energy-cost savings were so remarkable that when Avista again approached Zip Trip four years later,

offering new rebates on the most recent advances in LED technology, Zip Trip was more than willing to do a second upgrade. It was estimated that the new LED lights would cut Zip Trip's energy use by nearly 600,000 kilowatt hours, qualifying for over \$50,000 in rebates.

"Avista's rebate program offset much of the cost for newer LED technology." said Hurley. "It was a simple decision to redo our lighting right away."

In this second phase, Zip Trip also updated the lights inside their refrigerator cases with brighter, low-heat LEDs. According to Hurley, the LEDs make the cases look new, even without updating the case shelves or doors.

"All of our stores now have a cleaner, brighter look inside as well as outside," said Hurley.
"That not only gets customers to stop for gas, it's more inviting for them to come inside. That's a good thing, as industry statistics say only 35% of convenience store customers venture inside."

The brighter lighting over the gas pump islands is also good for security, according to Hurley. The lighting helps people feel safer while pumping gas at night. It also helps the clerks keep tabs on the pumps, as Zip Trip is one of very few fuel stops that do not require customers to prepay for gasoline.

The LEDs will save on maintenance, too, because they last longer. "We were always getting service orders for individual canopy lights being out," Hurley added, "we were changing bulbs on a weekly basis. Customers were also inconvenienced, because while swapping out the lights, we had to turn off the pumps for added safety. We have not had any of these issues at the sites that have been upgraded with the new LED canopy fixtures."

Zip Trip also installed new LED lighting inside their warehouse and its accompanying parking lot. Avista helped pay for these upgrades, as well as for motion sensors that automatically turn off lights whenever work areas become unoccupied.

Since completing the entire project, Zip Trip has seen their sales volume increase. The company is so pleased



Installing LED lighting made store cooler appear completely new.

with the overall changes that they plan to make the same updates at other Zip Trip locations, even those outside Avista's service territory.

For more information on Avista's energy efficiency programs for commercial and industrial customers, visit **myavista.com/bizrebates** or email **accountexecs@avistacorp.com**.



## INTERMOUNTAIN

### **OUTDOOR ACTIVITIES**

Spokane's many parks and green spaces include the downtown Huntington Park (avistalegacy.com/home/in-the-community/huntington-parkcity-hall-plaza), which was redeveloped in 2014 by locally based power company Avista Corp. to provide a close-up look at the Spokane River and its roaring waterfalls.

Nearby is Spokane's landmark 100-acre Riverfront Park (spokaneriverfrontpark.com), site of the 1974 World's Fair, where the new outdoor Skate Ribbon is open through March 4. The ice-skating attraction—16 feet wide and 650 feet long—debuted in early December and includes slight inclines and declines, as well as a 3,500-square-foot pond-shaped area. The ice ribbon is part of a \$64 million redevelopment of the park, which is being completed in stages. The new building for the 1909 Looff Carrousel is expected to be completed sometime this

spring, which is also when the SkyRide is slated to reopen for rides across the river in enclosed cabins.

The Centennial Trail, a paved recreational pathway stretching nearly 40 miles from Nine Mile Falls to the Washington-Idaho

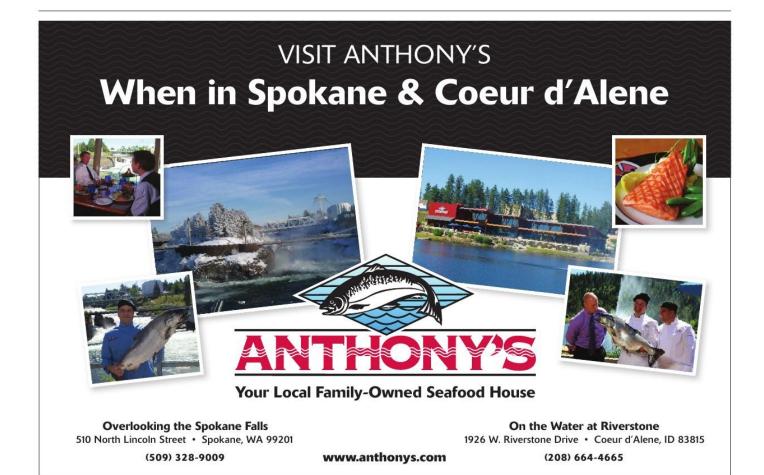
border, runs through Riverfront Park and is open during the redevelopment. The trail also goes through Riverside State Park (parks.state. wa.us/573/riverside), which is known for its snowshoeing and cross-country skiing, as well.

Manito Park (my.spokanecity.org/parks), another popular attraction, has five beautiful gardens, such as Duncan Garden, a European Renaissance-style garden with manicured green areas and extensive flower displays.

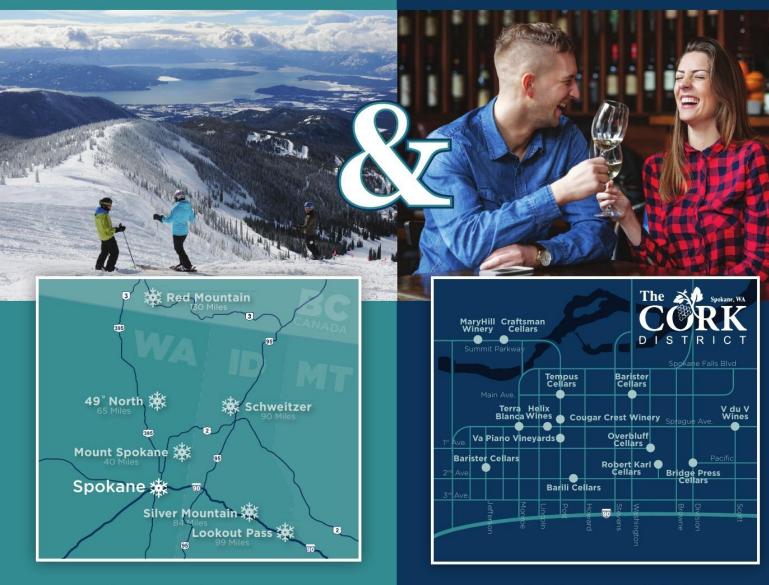
Mount Spokane State Park (parks.state.

The new outdoor Skate Ribbon at Riverfront Park.

wa.us/549/Mount-Spokane), in the Selkirk Mountains, about 25 miles northeast of Spokane, is home to the Mt. Spokane Ski & Snowboard Park (mtspokane.com) and features alpine and Nordic skiing, plus tubing and snowshoeing. Other ski and winter-fun areas in the Intermountain Northwest include 49° North, Lookout Pass ski area, Silver Mountain and Schweitzer Mountain, which also hosts some of the events for the Sandpoint Winter Carnival (sandpointwintercarnival.com), a North



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## INTERMOUNTAIN NW

Idaho institution since 1973. The carnival will take place February 16 to 25 this year.

The picturesque Trail of the Coeur d'Alenes (parksandrecreation.idaho.gov/parks/trail-coeur-d-alenes), a paved pathway that stretches for 72 miles between Mullan and Plummer, Idaho, is popular for Nordic skiing and snowshoeing in winter, and cycling in the summer.

Tubbs Hill (cdaid.org/763/departments/parks/all-parks/tubbs-hill) in Coeur d'Alene, Idaho, offers 120 acres of gentle incline for snowshoeing or hiking, with a view of Lake Coeur d'Alene.

The golf season can start as early as March in the Spokane region, where the 30-plus courses provide something for every skill level. City courses include the 6,559-yard Creek at Qualchan course, the 6,130-yard Downriver course, and the 6,255-yard Indian Canyon course, built on a canyon



Enjoying Schweitzer Mountain fun.

wall (for information on all three courses, see my.spokanecity.org/golf).

The Kalispel Golf and Country Club (kalispelgolf.com), formerly the Spokane Country Club, opens in mid-April. Since the course was purchased in late 2015 by the Kalispel Tribe of Indians (kalispeltribe.com), nonmembers have been allowed to use the historically private golf course for public play during specific limited hours. After your round, head to the country club's 1898 Public House restaurant for the signature lobster mac and cheese, complete with a lobster claw for garnish.

North Idaho is known for award-winning courses such as The Coeur d'Alene Resort Golf Course (cdaresort.com), with its immaculate fairways and famous 14th-hole floating green, and the Circling Raven Golf Club, a wetlands/ woodlands course that is part of the Coeur d'Alene Casino Resort Hotel (cdacasino.com).

### DAY TRIPS

Athol, about 20 miles north of Coeur d'Alene, is home to the Silverwood Theme Park and Boulder Beach waterpark (silverwoodthemepark.com). The theme park, with plenty of thrill rides, opens in early May, while the waterpark opens in the first half of June.

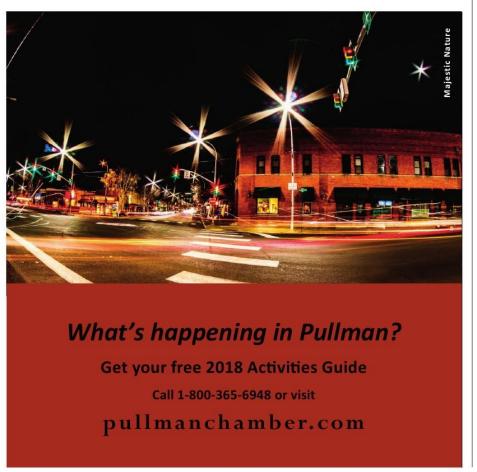
Grand Coulee Dam (usbr.gov/pn/grandcoulee), about 85 miles from Spokane, has a visitor center with seasonal guided tours, hands-on exhibits and interesting information about the dam, whose construction was begun in 1933, and also about hydroelectric power in the U.S.



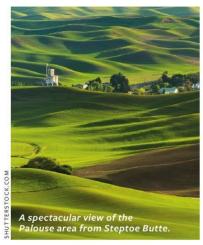
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## INTERMOUNTAIN



Pullman, about 75 miles south of Spokane, offers activities such as a stroll around the scenic Washington State University campus (wsu.edu), and a visit to the WSU Creamery to try the signature Cougar Gold sharp white cheddar cheese and enjoy an ice cream cone at the creamery's Ferdinand's Ice Cream Shoppe. You can burn off creamy calories with a round of golf in the rolling hills of the 7,308-yard Palouse Ridge Golf Club on campus.

Steptoe Butte, a Washington state park located about 55 miles south of Spokane, preserves a 3,612-foot butte (parks.state.wa.us/592/Steptoe-Butte), popular for picnicking and photography. A narrow road winds its way to the top of the butte for spectacular views of the Palouse agricultural area.

Turnbull National Wildlife Refuge (fws.gov/refuge/Turnbull), about 20 miles southwest of Spokane, includes wetlands, ponderosa pine forests, grasslands and riparian habitat for wildlife viewing, environmental education and plenty of photo opportunities. INW

Adriana Janovich writes from Spokane. For more about Intermountain Northwest recreation, see visitspokane.com.

Alaska Airlines (alaskaair.com) flies daily to Spokane, gateway to the Intermountain Northwest, including North Idaho.









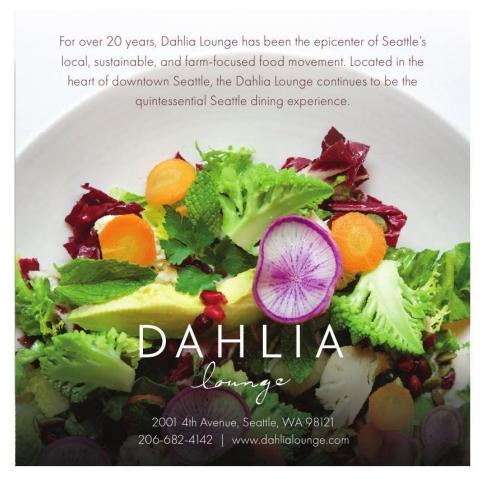
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Brown bears fish for salmon near the U.S. Forest Service's Anan Creek Wildlife Viewing Site.

than plush. But this interlude along the Denali Highway epitomizes Alaska's unexpected pleasures and how easy they are to find: moments that are memorably intimate, warm and low-key. We'd left Fairbanks to go for a two-day exploration along the Denali Highway, and the journey's small-scale delights were buttressed by the usual magnificent sights: ivory pinnacles on the horizon—including Denali, North America's tallest mountain—eagles and caribou by the road, the vast distances bracketed by hillsides of fuchsia fireweed.

Both types of experiences are common anywhere in Alaska. But each region holds its own distinctive wonders. Here's a sampling from around the Great Land.

### **Southeast Alaska**

The hungry black bear is just yards below a small group of wildlife fans—but no one's alarmed. We're at the U.S. Forest Service's Anan Creek Wildlife Viewing Site in Southeast Alaska, standing on a sturdy observation deck (very sturdy, thankfully) atop a bluff overlooking the creek, and the young black bear has just been chased off the creek's salmon run by a larger brown bear.

"Oohs" and "aahs" are plentiful. Not only have most of these visitors never been this close to a wild bear, most have never seen one at all. But here are ursids in profusion. Anan Creek is about a 45-minute floatplane flight from Ketchikan or Wrangell, followed by a short hike (escorted by guides) along the creek to the viewing area. Once here, marvels abound: tumbling pools teeming with pink salmon; eagles patrolling gravel banks; the rondo of raven calls in the woods.

Southeast, as Alaskans call it, offers several of the world's best bear-viewing venues. Among the most visited is a creekside platform at the U.S. Forest Service's Mendenhall Glacier, about 12 miles northwest of Juneau. Here, black bears throng in summer to fish glacier-fed streams.

A 30-minute floatplane trip south of Juneau takes you to the U.S. Forest Service's Pack Creek, where visitors stand on a small rise to watch brown bears that are sometimes just a few yards away along a salmon stream. No platform here—guides guard visitors, and bears that are busy fishing pay the humans no mind.

All that salmon has also given rise to a regional seafood cookery that's second to none. Two Juneau chefs have won the annual Great American Seafood Cook-Off in the past three years: Lionel Uddipawhose Salt restaurant is an exceptional fine dining emporium just a block from the state capitol—was the 2017 winner. A half-block from Salt (one need not travel far between gourmet repasts here), The Rookery Cafe is Beau Schooler's bistro for genius dishes such as sockeye fillet poached in duck fat. Schooler won the national seafood cook-off in 2015 and was a finalist for the James Beard Award for Rising Star of the Year in 2015 and 2016.

Just a few blocks from these restau-

rants, the Alaska State Museum provides a marvelous introduction to the history, culture and art of the Great Land, with artifacts such as a watercolor painted in 1778 by William Ellis during Captain Cook's exploration of Alaska, and a natural history collection that contains about 1,200 seashells, minerals, skeletons, fossils and mounted animals.

Down the coast, in Wrangell, the centuries-old designs at Petroglyph Beach State Historic Park represent the creative aspirations of some of Alaska's first inhabitants.

Tlingit and Haida longhouses and interpretive centers in Juneau, Wrangell, Hoonah, Haines, Sitka, Ketchikan and Kasaan welcome modern visitors with compelling displays of formline design, the famous Northwest Coast art form marked by curving lines that swell and diminish, creating an outline of the chosen subject.

The woodland pathway at Sitka National Historical Park holds a vast collection of totems, old and new-one of the largest such outdoor displays in the United States. And the new Jilkaat Kwaan Cultural Heritage & Bald Eagle Preserve Visitor Center, near Haines, showcases the famous 19th century Whale House posts, which are considered by scholars to be some of the finest historic formline carvings ever made.

### **Interior Alaska**

"Here, it's easy." Ilaura Reeves takes the gold pan from my hand, expertly swishes water, sweeps away a handful of sand, and points to the six gold flecks in the bottom of the pan.

"Sure, easy for you," I tell her. "You've been doing this all your life."

Indeed she has. Ilaura and her sister, Jordan, began helping with their dad's gold operations when they were toddlers more interested in bullion than Barbie. Now they run Gold Daughters, a charming attraction near Fairbanks where you can

try your hand at the art of gold panning. And I do mean "art"—even with Ilaura's expert guidance, it's not easy.

But it is fun. The good-humored atmosphere (the Reeves sisters happily concede they "salt" the pay-dirt sacks visitors receive with their \$20 admission) includes a gallery of humorous Alaska signs and a collection of antique mining equipment.

Alaska's gold-rush history, which dates to the Klondike Gold Rush in the 1890s, is just a small part of the Great Land's long human story told at the University of Alaska Museum of the North in Fairbanks.

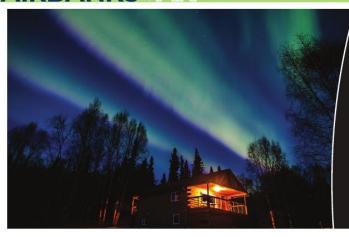
North America's first inhabitants came through Alaska and settled throughout the Western Hemisphere, and their descendants still live and thrive here. Their cultural expressions highlight the museum's Rose Berry Alaska Art Gallery, which includes a 2,000-year-old ivory figurine, Okvik Madonna.

From the museum's entrance, poised high on a ridge north of the city, you can see 20,310-foot Denali on clear days.





Top, Gold Daughters co-owner Jordan Reeves (left) helps a customer pan. Below, the northern lights stream over tractor trailers in Coldfoot.





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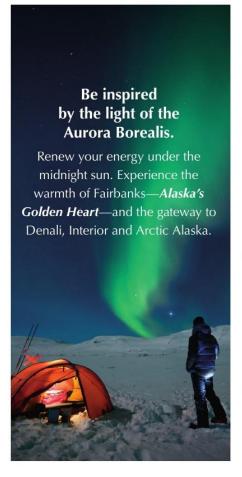


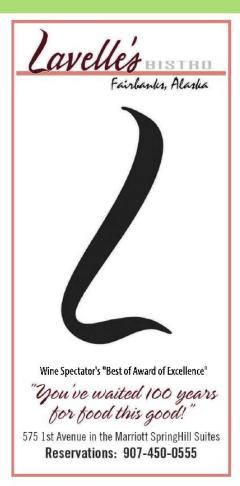


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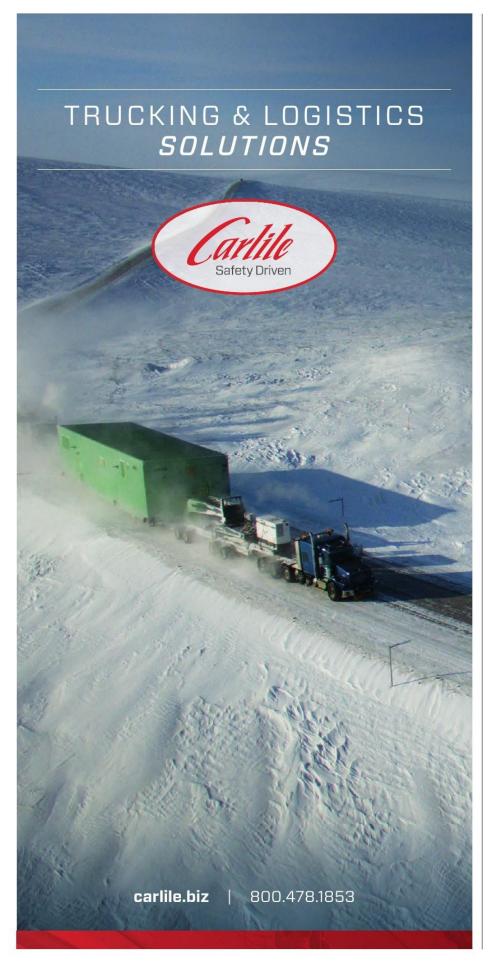












The massive mountain is about 125 miles south of Fairbanks, and the national park it anchors is a vast landscape of sub-Arctic forest and tundra. Bears, wolves, caribou, ptarmigan, foxes and other wildlife outnumber people; a bus ride into the park is a daylong adventure, immensely improved by a stay at one of the lodges in Kantishna.

Driving the Denali Highway, which bisects Interior Alaska east of the park, is a two-day adventure that reveals a landscape as memorable as Denali's, but with even fewer people.

### **Remote Alaska**

Coldfoot represents a hallowed American institution—a truck stop—unlike any other in the country. This is a "census-designated place," but census takers don't have much to do: The official population is 10. It's just a way station on the mostly gravel Dalton Highway, but what a stop it is. Long-haul truckers on the way north to Prudhoe Bay mingle with adventurous travelers driving the road in camper vans. All congregate in the cafe for hearty breakfasts scaled to the land.

Here, more than 50 miles north of the Arctic Circle, the sun hardly sets in June and July, and visitors taking a tour of Wiseman, a few miles farther north, learn that solar power is an important part of modern Alaskan life—all that sun helps turnips grow as big as melons.

In the winter, snow in this region is not only pretty, it's welcome as insulation that local residents pile up against the walls of their cabins to fend off 50-below cold, which is measured by alcohol thermometers since mercury freezes at minus 38. Reached by fly/drive tours from Fairbanks, about 270 miles south, this is both a summer and winter





Left, hikers trek on the Matanuska Glacier, which flows out of the Chugach Mountains. Right, the Anchorage Museum's new Rasmuson Wing is home to the Art of the North galleries, featuring paintings such as the 1929 Mount McKinley by Sydney Laurence.

destination, offering wildlife viewing in the warm months and aurora viewing late August through April. Yes, even in subzero temperatures—visitors bundle in comfortably warm gear.

### **Anchorage Area**

Even though the Matanuska Glacier is a nearly 30-mile river of ice, on this bright and balmy August morning there is water everywhere: trickles and freshets, torrents and cascades, pools and lakes by the thousands. Crampons on our boots, my friend Jody and I climb up the Matanuska with our guide and traipse across the ice as if it were just a neighborhood park.

In a way, it is. About 100 miles from Anchorage, the Matanuska is one of the easiest Alaska glaciers for travelers to actually visit—as in, on the ice, walking its rumpled surface past its innumerable runnels. The sights, smells and sounds (a symphony of cracking, grinding and splashing) of a glacier are like no other place on land. With a guide, the valley

floor remains easily accessible.

Travelers heading south of Anchorage can find Portage Glacier about 60 miles from downtown. To get up close, take an hourlong boat cruise on Portage Lake, or hike on one of a number of foot trails that lead to the glacier.

Actual neighborhood parks are strewn around Anchorage itself; Alaska's largest metropolitan area is proud of its more than 120 miles of paved in-city trails, which serve walkers, bikers, bladers and strollers in summer, and skiers, snowshoers, fat-bike riders and dog mushers in winter. The best-known path, the Tony Knowles Coastal Trail, is an 11-mile ribbon winding its way along Cook Inlet and offering stunning views of the Alaska Range.

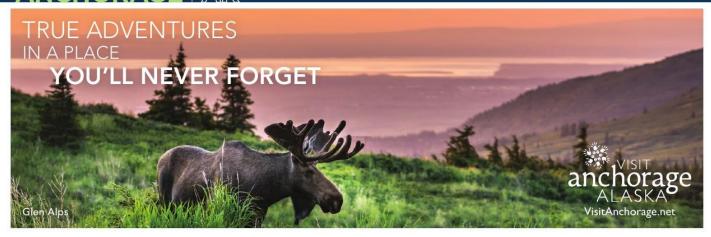
Also downtown, the Anchorage Museum's new 25,000-square-foot Rasmuson Wing boosts this world-class facility's scope as a center devoted to the natural history and human stories of Alaska. The new wing's Art of the North galleries display a broad range of work, and the museum's Smithsonian Arctic Studies Center gallery provides a memorable introduction to the heritage and culture of the Arctic's indigenous peoples.

From downtown Anchorage, it's only about 40 miles south to Girdwood, where Alyeska Resort provides the continent's northernmost big-mountain snow sports, with 2,500 vertical feet of deep-powder bowl skiing and boarding. As you wend down, take in the backdrop formed by Turnagain Arm and the Kenai Peninsula.

Unique like Alaska itself, the resort is one of the few places in North America where you can ski in sight of the ocean. ⋨

Eric Lucas is the author of Michelin Must-Sees Alaska.

For more information on traveling in the Great Land, go to travelalaska.com, anchorage.net, explorefairbanks.com and traveljuneau.com. Alaska Airlines (alaskaair.com) offers daily service to destinations throughout Alaska.





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### Alapaa! Embracing the beauty of Alaska's cold

BY NICK JANS

I swing open my kanisaq (storm shed) door, and icy air rolls in. Sheathed in layers of fleece, nylon and goose down, I step out into another world. The sun leans on the southern horizon, casting delicate shades of pink over a still, blue-white landscape. Hoarfrost coats everything—trees, cabins and the snow itself—in delicate, crystalline geometry. In just four hours, dawn will merge into dusk, the ethereal light giving way to a sky ablaze with layer upon layer of stars, more than you ever thought possible, and the pale, hypnotic wraiths of the aurora.

Deep cold has settled on Ambler—an Inupiaq village in northwest Alaska. In this remote communi-



ty of about 250 people, roughly 45 miles north of the Arctic Circle and far off the road grid, no one bothers to comment on winter temperatures down to minus 20. The rhythm of life—traveling between villages on snowmobile, hunting and gathering—doesn't alter.





Kids still roughhouse at the school playground, often wearing light jackets and sneakers. At 30 below, people start paying attention.

"Alapaa!" my neighbors say.

"I'm cold!"

And several times over an average winter, another level of cold descends over Arctic and Interior Alaska—40, 50, even 60 below zero. In notable cold spots such as Fort Yukon and Umiat, near minus 70 isn't out of the question. Such conditions may last for days. I

can recall one stretch in Noatak in the mid-1980s when the temperature hovered between minus 30 and minus 60 for six straight weeks; and nearly a month in Ambler ranging from 40 below to 68 below. Harsh? Yes. But also gorgeous and surreal.

Such cold is an otherworldly experience, something people should feel at least once in their lives. At 40 below on down, the laws of physics manifest differently. It's too cold for the wind to blow; too cold, it seems, for the sun to rise. Something as simple as a raven winging overhead or a hot cup of coffee seems a miracle. Toss the contents of that cup high in the air at minus 50, and the droplets freeze with a hiss and clatter to the ground.

In the dense, cold air, the atmosphere's lenslike quality intensifies, creating phenomena known as arctic mirages: flat-topped mesas on the horizon where none exist; entire mountains flipped upside down, as if the pale sky were a great frozen lake. Sometimes the sun casts pale images of itself refracted through frozen ice crystals; other times it surrounds itself with a glowing halo. Through all of this, life continues in the Arctic. The village school is seldom called off. People go to work. The mail planes come and go in all but the most bitter conditions. It's no big deal. It's just cold. 

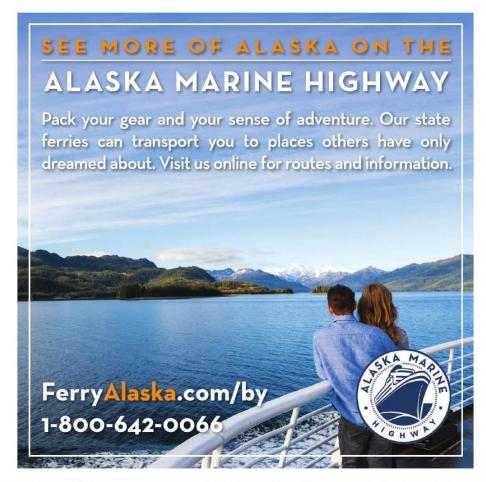
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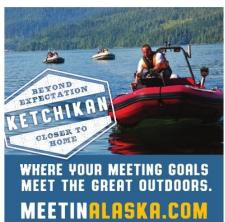


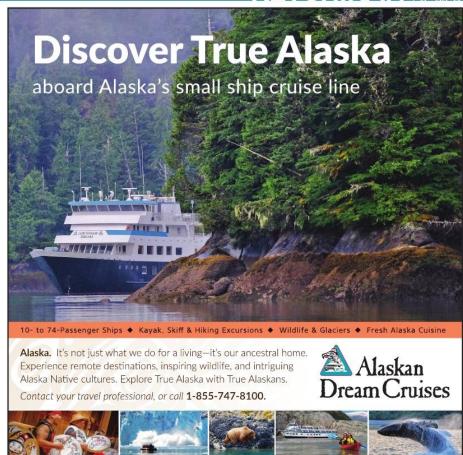


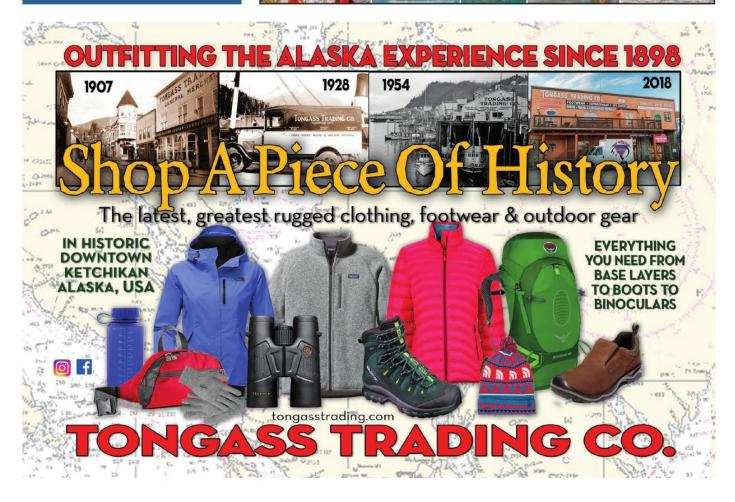




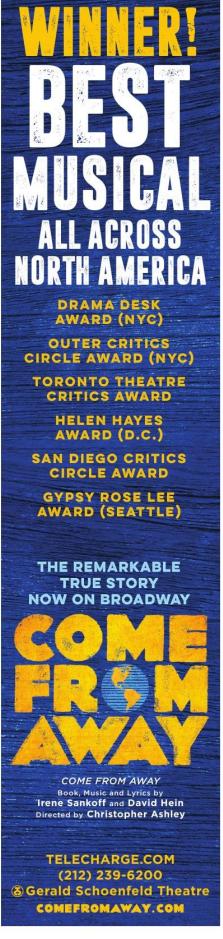
















# Raising the Curtain Up North

BY ERIC LUCAS

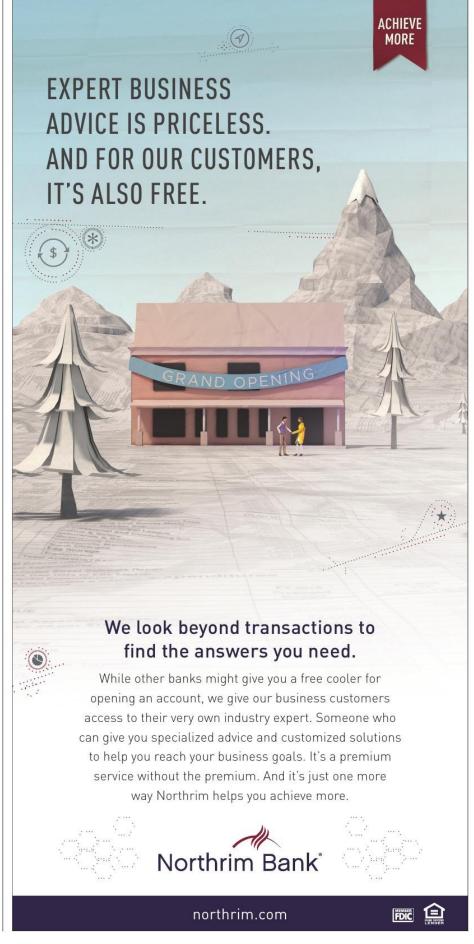
It's frosty in Fairbanks in winter— 20 below, 30 below, sometimes even colder. But inside the Blue Loon tavern, things are heating up.

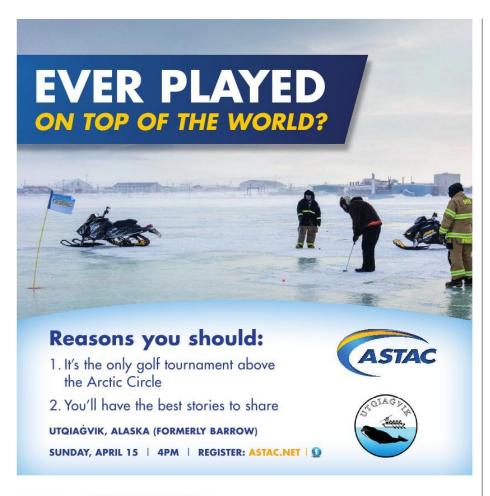
"Fifty below does have a few advantages," local comedian Glenner Anderson tells a sellout crowd of 300. "You don't have to worry about speeding tickets—the cops don't want to get out of their cars."

The audience roars with fond appreciation for the realities of life in the Great Land. One of those realities, the need to create their own entertainment, is on display at venues such as Blue Loon in Fairbanks—and on dozens of other stages throughout Alaska.

The perspective of this homegrown theater and entertainment ranges from no-holds-barred sarcasm to meaningful dramatic portraits of Alaska people and places.

"Alaska's got stories that don't exist in the same way anywhere else," says Art Rotch, executive artistic director of Perseverance







Theatre, which started in 1979 and is an organization that produces a half-dozen shows each year in Juneau and Anchorage.

Each season includes one or more plays set in the state, written by an Alaskan or about Alaskans-usually a chosen play has all three characteristics. About 25,000 theatergoers patronize PT every year to watch productions that range from classics such as Cyrano de Bergerac to original scripts such as this year's William, Inc., a comedy-drama by Alaska Native playwright Lucas Rowley (through February 17 in Juneau; March 1-11 in Anchorage; ptalaska.org). In May, PT will show the world premiere of Snow Child, a musical based on Eowyn Ivey's novel, a 2013 Pulitzer Prize finalist set on a 1920s Alaska homestead.

Alaska stages also offer less serious material. In Anchorage, Mr. Whitekeys' long-running winter and summer shows are direct descendants of 19th century saloon vaudeville. A crowd-pleasing number features a songstress swaying across the stage to spoof cancan stereotypes with a reverse-engineered skit in which she dons her absent husband's fishing apparel. Onto her frame go waders, flannel and fishing vests while the audience chants: "Put it on! Put it on!"

"We have to laugh at ourselves," explains Whitekeys. "This is the frontier up here, a wide-open place. And we're happy with that."

Thus the strong support for local performance, whether serious or tongue-in-cheek.

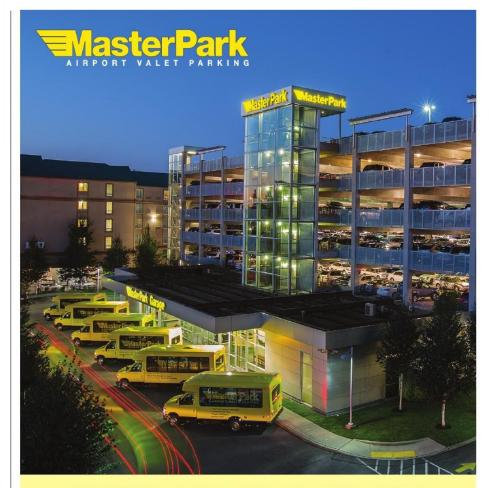
"Alaska is indeed its own place," says Perseverance Theatre's Rotch. And the state's professional performance enterprises offer a unique—and uniquely entertaining—window on life in the North.





#### CALENDAR

- → With a course stretching more than 2,000 miles from Anchorage to Nome to Fairbanks, the Iron Dog Snowmobile Race is billed as one of the world's longest-and one of the toughestsnow machine races. Race events kick off Feb. 16 in Big Lake and finish Feb. 24 in Fairbanks (irondog.org).
- → Sled-dog and outhouse races, snowshoe softball, fireworks, a Native arts market and the running of the reindeer-the 2018 Anchorage Fur Rendezvous, Feb. 23-March 4, is one of Alaska's premier winter events. This year marks the festival's 83rd year (furrondy.net).
- > Showcasing traditional Native art, music and dance, the Festival of Native Arts at University of Alaska Fairbanks, March 1-3, has been celebrating indigenous culture since 1973 (fna.community.uaf.edu/event-information).
- → Hosting competitions that feature swimmers crossing an icy pond and skiers skidding across water at the base of a slope, Alyeska Resort's Spring Carnival & Slush Cup, April 13-15, will celebrate its 41st year. Other fun events include a mountain biking race and a tug-of-war (alyeskaresort.com).
- → Celebrate the longest day of the year, June 21, by watching a little baseballfirst pitch is at 10:00 p.m. The Midnight Sun Game, hosted by the Alaska Goldpanners baseball team, has been a solstice tradition in Fairbanks since 1906 (goldpanners.pointstreaksites.com).
- → On July 4, Seward welcomes about 30,000 people as its streets take on a carnival-like atmosphere to celebrate the nation's birthday. Many visitors are there to participate in the Mount Marathon Race, a rugged run on the mountain. Registration opens March 1 (seward. com/welcome-to-seward-alaska/fourthof-july-july). - Chhavi Mehra



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By Beth D'Addono

# >>> New Orleans is the perfect city for

someone like me, who has always enjoyed playing dress up.

In this area, costume shops are as common as family-owned grocery stores, and there is always a reason to don a wig, mask and fantasy attire, with Mardi Gras topping the list. The annual Carnival season is one of the best things about New Orleans, a city that is celebrating its 300th birthday this year. The citywide party officially begins on Twelfth Night—the end of the 12 days of Christmas—which New Orleans celebrates on January 6.

The date marks the beginning of about 60 parades throughout the city. They lead up to the biggest parade of all—Mardi Gras, which is on February 13 this year.

This is the day before Lent begins, according to the Catholic Advent calendar.

While Mardi Gras is often associated with the revelry on Bourbon Street, it also consists of a series of community parades organized by krewes, the social clubs that work all year to organize the parades and create themes, floats and costumes. Besides the larger and more established krewe parades such as Rex, Endymion and Bacchus, there are smaller, quirky krewe parades that are must-sees for their authentic New Orleans humor and verve.

The Intergalactic Krewe of Chewbacchus will hold their sci-fi-themed parade on February 3. It starts in the Ninth Ward and then travels through the bohemian Faubourg Marigny neighborhood. I love

# **NEAR&FAR**»





the float contraptions built onto bicycles, homemade trailers and shopping carts.

No dog lover can resist Krewe of Barkus, on February 4: a parade of fourlegged friends dressed to the nines, stealing the show from their human escorts. This year's theme? Game of Bones.

However, my all-time favorite is the brilliantly costumed march of Societé de Saint Anne parade on Mardi Gras Day. Participants collect marchers from downtown neighborhoods, beginning in the Bywater area and continuing into the French Quarter, stopping at various watering holes to celebrate and recruit followers along the way.

Last year I trailed along with the crowd, my friends and I dressed up as Caesar salad, with togas and crowns of romaine lettuce.

#### **Activities and Attractions**

The City of New Orleans is jazzed about its 300th anniversary. This year marks the tricentennial of the founding by the French, who claimed a stretch of land along the mouth of the Mississippi River as Nouvelle-Orléans in 1718.

The celebration, often referred to as NOLA 300, will go on all year and is expected to draw millions of visitors to a series of special community and city events that will augment the city's usual list of parties and festivals.

A citywide art event commemorating the tricentennial, called Prospect.4, will

Clockwise from upper far left: Raymond "Dr. Rackle" Williams and the Treme Brass Band jazz up a parade. A float makes its way along St. Charles Avenue. During Mardi Gras parades, people on many floats hand out gifts and toss candy to members of the crowd. The fleur-de-lis is a popular Mardi Gras decoration.

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# >> NEAR & FAR

#### **NEW ORLEANS**

be held through February 25. The event features public installations on view at 17 museums, galleries, venues and public spaces. Walk along the river in Crescent Park, for instance, and you'll see four of these installations, including Jennifer Odem's Rising Tables, a precariously stacked totem of recycled tables.

About a mile southwest of the park, in the French Quarter, is the exhibit "New Orleans, The Founding Era," at The Historic New Orleans Collection. It tells the history of New Orleans, from the Native American tribes that lived in the area, through the waves of European immigrants, to the African people who were brought here as slaves. The collection gives context to 300 years of city lore.

Mid-April will be a busy time for area waterways, with Navy ships from the U.S. and around the globe visiting for Tricentennial NOLA Navy Week (April 19-25). At the same time, tall ships will grace the

city's waterfront (April 19-22).

The world-famous New Orleans Jazz & Heritage Festival (April 27-May 6) will include a tricentennial celebration throughout the event. Held at the Fair Grounds Race Course, the festival draws hundreds of thousands of fans to enjoy top musical acts, food and crafts.

Beyond the tricentennial events, New Orleans is a historic city full of life and excitement. A great place to start exploring is in the famous French Quarter. The 120 jazz-filled blocks of the neighborhood offer a mix of Creole, French and Spanish architecture. You will come across lush courtyards glimpsed through wroughtiron gates and jasmine-scented air so sweet it nearly intoxicates.

The district is also home to many world-class restaurants and bars, including The Sazerac Bar, in the gorgeous Roosevelt New Orleans Hotel. Legend has it that the Sazerac cocktail is one of the



Stroll through New Orleans' Garden District, the stately neighborhood was once home to many plantation owners and shipping magnates.

#### LONG WEEKEND

#### MAKE EVERY MINUTE COUNT WHILE VISITING NEW ORLEANS



Start your visit in the French Quarter, with beignets and a chicory-laced cafe au lait by the river at Cafe Du Monde. Stroll the Riverwalk and then walk to Jackson Square, shown above, a meeting place for artists, fortune-tellers and street musicians. While there, visit The Cabildo, the home of the Louisiana State Museum, and end the day with dinner and drinks at Cane & Table on Decatur Street.

#### SECOND DAY

Start your day by taking the St. Charles Streetcar, shown below, to jazz brunch at Commander's Palace for a classic New Orleans experience. Walk toward uptown along Magazine Street and examine vintage boutique shops, such as Funky Monkey and Lili Vintage. Stroll past antebellum-era mansions on St. Charles Avenue. Have a glass of wine at Delachaise, then catch the streetcar uptown, a journey that lands you at leafy Audubon Park. Later, head to Frenchmen Street for music, a meal and the night art market.





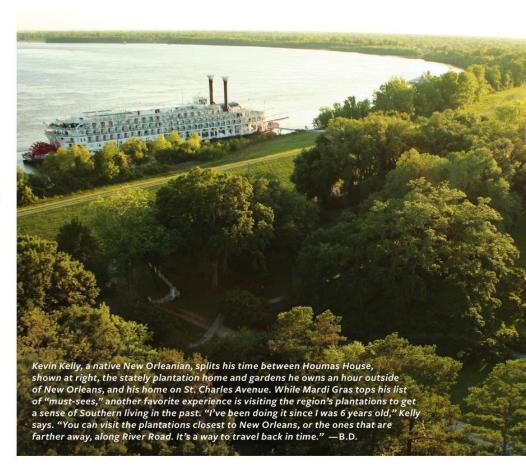
#### THIRD DAY

Enjoy a bike ride with Flambeaux Bicycle Tours. The French Quarter-based service will showcase the city's architecture in neighborhoods such as Faubourg Marigny, shown above. Have lunch at Mid-City's Toups' Meatery, a carnivore's dream, featuring creations by awardwinning Cajun chef Isaac Toups. Take a short walk southwest on North Carrollton Avenue for Italian gelato at the family-owned Angelo Brocato. Afterward, it's music and bowling at Rock 'n' Bowl for an evening of strikes and spares, as well as zydeco, blues or rootsy rock, depending on the band. -B.D.

world's oldest mixed drinks. The best place to enjoy this historic creation is in its namesake bar, where a 1912 recipe for the drink is still used.

About a mile south of the French Quarter is The National WWII Museum, telling the story of the American experience during World War II. A short distance south of the museum is the Garden District. Originally home to the city's plantation owners and shipping magnates, the Garden District remains rich in Greek Revival architecture, a point underscored by streets named for the nine muses of Greek mythology. Take the St. Charles Avenue streetcar to Washington Avenue, where the famous Lafayette Cemetery No. 1 is located.

To get a taste of the Big Easy jazz scene, head to Frenchmen Street, a fourblock area in Faubourg Marigny that is





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home to clubs such as Snug Harbor, D.B.A. and The Spotted Cat. However, my favorite nightspot is the Maple Leaf Bar in the Leonidas District, where the Rebirth Brass Band plays its legendary Tuesday-night gigs.

Another must-see trip is a cruise on the Steamboat Natchez along the Mississippi. A throwback to the days when paddle-wheelers ruled the mighty waterway, the Natchez reveals just how busy this working river remains even today.

It's a joy to experience the river and the Big Easy in this historic way, sipping a drink and dancing to the Dukes of Dixieland, a brassy jazz band that always delights. ⊀

Beth D'Addono writes from New Orleans.

Alaska Airlines offers daily service to New Orleans. For more information or to book tickets, visit alaskaair.com.

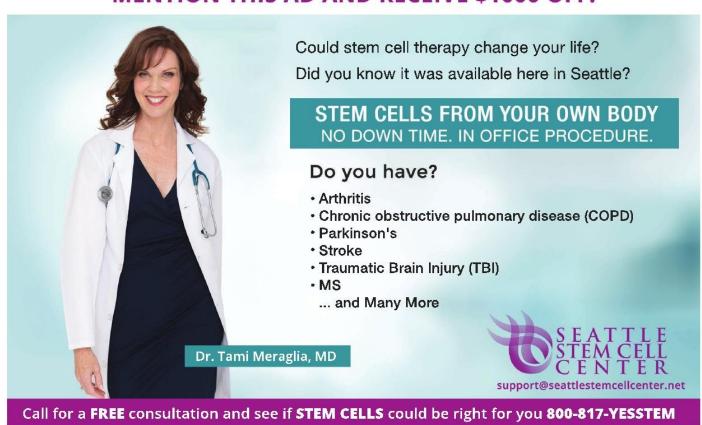
#### WHERE TO STAY

- The Troubadour Hotel: The new art-filled hotel in the Central Business District offers a rooftop bar with amazing views of the city.
- B & W Courtyards: The Faubourg Marigny bed and breakfast has restored cottages that date back to 1854, blissful gardens and a legendary breakfast service (bandwcourtyards.com).

#### WHERE TO DINE

- Brennan's Restaurant: A legendary French Quarter restaurant that is most famous for the tableside bananas Foster, a dramatically flambéed dessert that was reportedly invented here.
- Katie's Restaurant & Bar: For traditional Creole cooking, try this laid-back family-run restaurant in Mid-City, which is known for crawfish beignets, broiled oysters and large sandwiches that are topped with Creole coleslaw. -B.D.

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#### >> What's on your Australia bucket list?

Many people might answer that question with responses such as snorkeling in the Great Barrier Reef, seeing a koala or kangaroo, and learning to surf in Sydney. While all these experiences are indeed awesome, my list wouldn't be complete without driving the Great Ocean Road—one of the world's most scenic coastal

drives, along the eastern side of Australia's southern coastline of this undeniably beautiful country. The Great Ocean Road begins in the town of Torquay, about 60 miles southwest of Melbourne, and follows the B100 west approximately 150 miles to the small town of Allansford.

Along the drive are a variety of sandy beaches, lush forests, and historical and

geological sites. Here are just a few of my favorite stops.

# Point Addis Marine National Park and Bells Beach

"Our Great Ocean Road trip has officially begun!" I comically shouted to my friend Vanessa in the passenger seat as we drove into the small town of Torquay. I filled up

# >> NEAR & FAR AUSTRALIA







Discrete from left: Breathtaking limestone stacks off the coast of Port Campbell National Park draw visitors to the Great Ocean Road. Koalas are one of the many fascinating animals native to Australia. Bells Beach is a popular attraction for skilled surfers. the gas tank and bought a couple of cold beverages, and we drove toward our first stop: Point Addis Marine National Park, known for its wide sandy beaches, and crumbling limestone and sandstone cliffs. As we explored the different viewpoints, including watching the intense waves at Bells Beach, a popular surfing location, Vanessa oohed and aahed at the coastal views. "Just you wait. ..." I thought, because I knew this was only the beginning.

#### Aireys Inlet

Aireys Inlet is definitely one of my favorite stops on the Great Ocean Road. I loved all the various colors of blue and turquoise found in these waters, and the array of rock formations in colors such as white

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and orange that seem to glow in the sun.

The inlet's Split Point Lighthouse, built in 1891, is open to the public for tours. The lighthouse is perched on a cliff more than 200 feet above sea level and provides stunning views of the entire coastline. There are also some really incredible coastal walks in the area. Some trails feature additional historical buildings and offer access to secluded coves and local wildlife sanctuaries, such as the Allen Noble Sanctuary, which is home to many local birds, including black swans.

#### Lunch in Lorne, and Teddy's Lookout

Out of all the towns along the Great Ocean Road, I found Lorne to be the most charming and picturesque. Lorne Beach is more than a mile long, and the town has many restaurants and cafes right off the highway. It also has a relaxing vibe. It's the type of place I would like to move to for a few months during the summer. We checked out the funky Chopstix Noodle Bar, where I ordered chicken pad thai as we sat at long wooden tables.

We made our final stop in Lorne at Teddy's Lookout, which offers views of



the coast and the St. George River as it winds from fern-covered valleys and drains into the Bass Strait. Standing there, I could really appreciate the jawdropping azure color of the water. The sun was shining; there wasn't a cloud in the sky; and I found myself thinking,

#### **Great Otway National Park**

"It feels good to be in Australia."

After reaching the midway point of Apollo Bay, the highway veered inland and led to the incredible scenery of Great Otway National Park, a cool temperate rainforest with stunning waterfalls and greenery.

Visitors to London Bridge admire the natural limestone formation.

#### Rottnest Island

My alarm clock loudly started chiming at 7 A.M., and I sprang out of bed. I would finally be exploring the idyllic Rottnest Island! I could barely contain my excitement while onboard my Qantas flight from Sydney to Perth. Rottnest Island is famous for its wildly gorgeous whitesand beaches, outstanding marine biodiversity, and being the home to one of the cutest animals you'll ever come across—the quokka.

These furry little critters are a bit difficult to explain, but I guarantee you'll experience love at first sight when you see them

hopping around Rottnest. I would say that they are a cute mix between a big mouse and a kangaroo. And they can only be found in Australia. Quokkas have been nicknamed the "happiest animal in the world," and the name suits them perfectly.

So when I arrived at the island, my first stop was at the Rottnest Island Visitor Centre to ask about exploration options, and where I'd most likely run into the happy quokkas. The friendly worker politely laughed, smiled back at me, and simply responded, "Don't worry-if you want a selfie, you'll get one."

Later, I met up with my

"mate" Damo, who had also just arrived on the island. We rented bikes at Rottnest Island Pedal & Flipper and spent the next four hours cruising along well-paved coastal roads. One of my favorite aspects of Rottnest is that there are no cars on the island (besides the buses and National Park transport vehicles), which provides a very peaceful bikeriding experience. Every few kilometers there were clearly marked attractions where we'd stop, take some pictures, go swimming or just relax.

After touring the island, we rode back toward the jetty, returned our bikes and found



seats on the outdoor patio at the Hotel Rottnest to enjoy a couple of cold Aussie brews.

I was thrilled to see a few quokkas hopping around the patio. One came right up next to me and happily posed as I took a picture. (I'm not sure if he's a guy, but we named him Gary, and he's my favorite!) -D.A.

Towering eucalyptus trees, which can reach heights of more than 300 feet, lined the sides of the road. As we turned a corner, we noticed three cars pulled over, with the passengers standing outside and staring up toward the trees. I turned down the music that we had been so passionately singing along to and asked Vanessa if she had seen anything, and if we should circle back to investigate. She said we should definitely check it out.

I'm glad we did, because there were adorable koalas in the trees. I took out my zoom lens and got some pictures of these amazing animals. I don't think it's all that common to see koalas in their natural habitat, so I was excited to view them.

#### The Gibson Steps

After Vanessa and I finished taking photos of koalas and resumed our drive through

the lush rainforest, the weather took a turn. The Melbourne area is famous for its unpredictable weather, and it's often said that you can experience all four seasons in one day. But I wasn't going to let a few sprinkles stop me from some photography fun.

As we arrived at the first major stop of the Port Campbell National Park, the Gibson Steps, we marveled at the massive limestone stacks (locally nicknamed Gog and Magog) protruding from the ocean and took several photos of the stunning coastline.

#### 12 Apostles

Before I had ever heard of the Great Ocean Road, I had seen pictures of the 12 Apostles. Like Gog and Magog, the limestone stacks were formed from the erosion of limestone cliffs beginning 10 million to 20 million years ago, creating caves that eventually became arches before collapsing into the rock stacks we see today.

Some of them stand up to nearly 145 feet tall. Despite the name "12 Apostles," there are now only seven left standing, due to further erosion.

I'm not a morning person, plain and simple, but I'd heard that watching the sunrise at the 12 Apostles can be completely astonishing, so the next day, we arose at 5 A.M., drove to the 12 Apostles Car Park at Port Campbell National Park, and walked 5 to 10 minutes out to the viewing platform.

The 12 Apostles are so much bigger than they appear in photos. Even though the sky was cloudy, I had a blast walking around the different viewing areas and taking some shots of the stunning coastline and the collection of stacks.

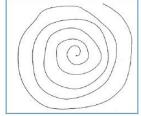
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#### >> NEAR & FAR **AUSTRALIA**

#### **London Bridge**

Our next viewpoint, London Bridge, was once a natural limestone archway and tunnel before the connecting piece collapsed in 1990. We marvel at the formation from a viewing area. Had we arrived at dusk, we might have also been able to see the small population of little penguins returning home from a day at sea.

One thing I appreciate about Australia is that I learned a lot at every stop, while marveling at the incredible landscapes that characterize this country. ズ

Read more about Dave Anderson's global adventures at blog.alaskaair.com.

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#### WINE-TASTING

During one of the days on our trip, we made the onehour drive from Melbourne to Oakridge Wines.

When we arrived at the tasting room (with a beautiful view overlooking the vineyard), our tasting guide gave us a printout of the Oakridge wine list, with a map of the vineyard. She began pouring us glasses of wine, and

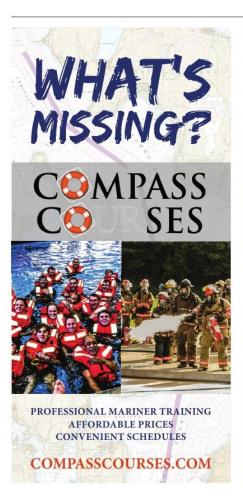


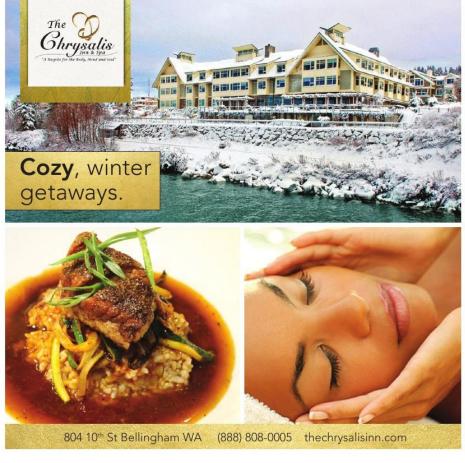
then pointed out on the map where the grapes were grown.

Since I had no idea about the winemaking process, it was really cool to learn a bit about the industry—for example, learning about the different temperatures needed to grow certain grapes and create estate wines.

One of my favorite moments from my time at Oakridge was when the tasting guide said, "We are so famous for Chardonnay ... so you have to try a few Chardies!" I'm a big fan of the Australian accent, and the way Australians tend to shorten words, and this just made my first Aussie wine-tasting experience. I'll forever call Chardonnay "a Chardie."

To end our time at Oakridge, our guide asked an important question: "Do you guys like cheese? Get into this late harvest Pinot Gris with some blue cheese, and you'll be approaching the pearly gates. Delicious." Yes, please. I'll never say no to dessert wine! -D.A.







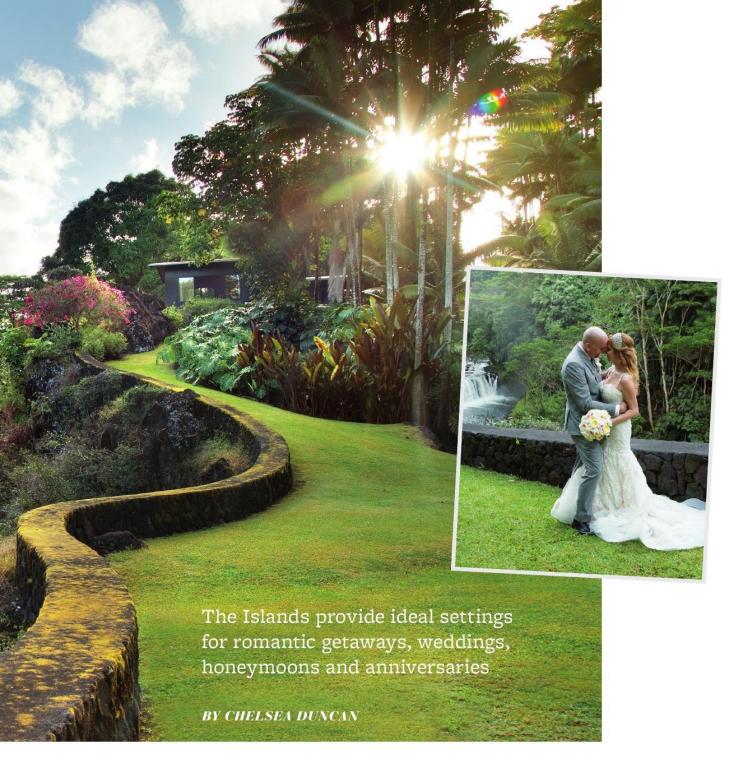
The sweet scent of plumeria drifts in the dewy air, soft breezes caress the skin, and turquoise waters lap at the shoreline, where fine sand awaits the footprints of lovers. Hawai'i beckons to couples dreaming of romance. And for San Diego's Christopher Kopitch and Teresa Miracle, the allure of the Islands has drawn them here time and again.

Christopher and Teresa, who met while working together in the restaurant industry in California, have made several trips to Hawai'i since they began dating 11 years ago. The natural beauty,

laid-back atmosphere, and seemingly endless sights and activities made the Islands an ideal setting in which to share their mutual love for exploration.

"Hawai'i is our chance to travel away from home and our everyday cares, and just slow down," Christopher says.

It was only natural to select the Islands for the most special step in their relationship, the wedding, after Christopher proposed to Teresa two years ago.



Christopher Kopitch and Teresa Miracle, above right, chose The Falls at Reed's Island, above, for their dream wedding on Hawai'i Island.

They chose a secluded Hawai'i Island rental property known as The Falls at Reed's Island, nestled deep in the rainforest on the eastern side of the island. There, in September 2016, they stood before 19 of their closest friends and family members to pledge their love, as a 20-plus-foot waterfall cascaded behind them.

"I've always wanted a destination wedding, and he did too," Teresa says. "We kind of wanted to keep it a small event."

The day was seamless and calm with the help of

coordinators from White Orchid Wedding, one of the state's premier wedding-planning agencies. As Teresa walked down the aisle, the falls tumbling in the background, Christopher began to cry at the sight of his soon-to-be wife.

Their event was all they had dreamed it could be, with an idyllic backdrop for celebrating their love and devotion—and it supports the idea that for those seeking special getaways, planning fairytale weddings or marking milestones, the Islands offer unparalleled experiences.



Oahu: Ala Moana Center • Outrigger Waikiki Beach Resort • Hilton Hawaiian Village Royal Hawaiian Hotel • Kahala Hotel & Resort Maui: Shops at Wailea • Whalers Village Big Island: Kings' Shops Kauai: St. Regis Princeville • Grand Hyatt Kauai Resort • Shops at Kukui'ula











At Spa Grande at Grand Wailea on Maui, couples enjoy intimate spa experiences, above, and special suites, above right.

#### Serene Settings

Luxury and relaxation go hand in hand in Hawai'i. Couples can reconnect and enjoy some pampering at the many resort spas along Hawai'i's coastlines.

Spa Grande at Grand Wailea, A Waldorf Astoria Resort, on the southwest shore of Maui, features 40 treatment rooms in its 50,000-square-foot haven of rejuvenation. Reopened in January 2016 after renovations, the resort celebrated its 25th birthday in September of that year. The spa combines ancient and modern treatments that merge Hawaiian cultural and natural elements. Spa guests can select from water therapies, body treatments, massage

techniques and more. Couples can delight in the ku'uipo, or "sweetheart," spa journey that offers a variety of treatments for two.

Halekulani, a luxury hotel with a rich history of welcoming visitors to O'ahu's Waikīkī shoreline, offers couples an oasis of calm. The property's legacy of hospitality dates back to the early 20th century and continues today with an emphasis on elegance and gracious hospitality. Couples can book the resort's Orchid Suite, which offers spa treatments and the chance to toast to your love with Champagne and relax in a steam shower or Jacuzzi bath lit by candles. Side-by-side massages



Halekulani, on Oʻahu, features dining with a view. The pool has an incredible setting.







and dinner on a private terrace are just a few of the amenities the resort can arrange.

#### Romantic Settings for Explorers

All across the Hawaiian Islands, couples who love to explore their surroundings can find numerous activities that are both romantic and adventurousupscale settings that also connect with nature.

Many couples visiting the Hyatt Regency Maui Resort and Spa in Kā'anapali, on the Valley Isle's west side, find themselves enchanted by the sparkling night sky. During the resort's Tour of the Stars, visitors can locate constellations and celestial bodies with a top-of-the-line recreational telescope and the help of an on-staff astronomer. Champagne

and chocolate-covered strawberries take the experience to new romantic heights.

The Kahala Hotel & Resort, which looks out over the Diamond Head and Koko Head craters on O'ahu, provides guests and other patrons with fine dining, private spa suites and many other luxurious romantic options. The resort also offers unique experiences that are sure to add adventure. You can swim alongside your loved one and suddenly make a friend of the bottlenose variety. Through the resort's Dolphin Quest program, guests have responsibly minded encounters with the family of dolphins that lives in the on-site lagoon. Participants support marine-mammal conservation while making memories that last a lifetime.

#### Wedding Bliss

Hawai'i has long been a renowned location for destination weddings. From secret beaches to private estates and luxury resorts, numerous venues await couples seeking a special day that will be as unique as their bond.

A roughly 45-minute ferry ride from Lahaina, on Maui's west side, across the 'Au'au Channel takes couples to the exclusive, privately owned island of









Lāna'i. Hawai'i's smallest inhabited isle boasts many wonders, from verdant valleys and forests to the otherworldly Garden of the Gods, known for its moonlike landscape.

The lovely Four Seasons Resort Lānaʻi is perched above Hulopoʻe Bay, where spinner dolphins are





known to frolic in the crystal waters. A short hike from the bay will lead couples to the storied Pu'upehe, or Sweetheart Rock, a place steeped in the legends of ancient Hawaiian lovers. The resort, reopened after extensive renovations in 2016, works to fulfill varied wishes. Among the many customizable options available, couples can choose experiences that range from a private ceremony in the Lu'au Gardens to a grand celebration in the Hulopo'e Ballroom, with its connected terrace. Couples who spend a certain amount on a wedding at the resort may be eligible for a complimentary twonight stay to mark their one-year anniversary.

The motto of the Kāʻanapali Beach Hotel, on Maui, is "Hawai'i's most Hawaiian hotel," and couples that choose the location for their nuptials can count on an authentic experience full of aloha, as the property focuses on giving guests a true taste of the Islands. Stroll through 11 acres of tropical gardens, learning about the flora and fauna from one of the hotel's guides. Practice strumming an



'ukulele, or string fragrant flowers together to create a lei. When it comes time for vows, couples may choose to incorporate conch-shell blowing to signal the start of the ceremony. Hula dancers can entertain guests and even give lessons. And couples wanting to treat their friends and family to one of

Ceremonial conchblowing is one of the options for weddings at the Kā'anapali Beach Hotel on Maui.







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#### PROPOSALS IN PARADISE

When it comes to marriage proposals, everyone wants a good story, and that often benefits from a stunning setting. In Hawai'i, there are many great possibilities for popping the question.

#### Simple and secluded

With miles and miles of sandy shorelines, the Islands have developed a reputation for beaches where lovers can often find a secluded slice of paradise. A private proposal accented by a hot-pink sunset and gentle waves will provide a lasting memory.

# Customizable fairy tales Many resorts and wedding plan-

Many resorts and wedding planners in Hawai'i are happy to help with personalized experiences.

"Proposals are so much more than simply asking a question—it's the beginning of your love story together," says Korri McFann, marketing director for Disney's Fairy Tale Weddings & Honeymoons. At Aulani, A Disney Resort & Spa, on Oʻahu, planning can result in a true fairy tale.

Aulani's experts can help with creating an unforgettable proposal, from choosing the perfect location to hiring a photographer. A TV series, *Disney's Fairy Tale Weddings*, airing in summer 2018 on Freeform, features a groom at Aulani who created his own scavenger hunt for his partner along the way, McFann says.

#### Going all out

Montage Kapalua Bay in West Maui offers a particularly extravagant option. For the "Love Is in the Air" package, no ring is presented at first, just a Harry Winston jewelry box. A helicopter then flies the couple to the House of Harry Winston on O'ahu, where they select the perfect engagement ring. Champagne flows, and the betrothed then return to Maui for their unforgettable stay at the resort. —C.D.

Hawai'i's most popular experiences can book a private  $l\bar{u}'au$  show.

Those who want to feel the sand between their toes as they pledge their love can hold their ceremony steps from the sea at Mauna Lani Bay Hotel & Bungalows on the Kohala Coast of Hawai'i Island. Accented by black lava rocks and dotted with palm trees, the rugged coastline at Mauna Lani maintains the feeling of an untamed Hawai'i. At the same time, abundant amenities, including a luxurious spa and on-site restaurants, make the hotel a popular choice for destination weddings.

#### **Heavenly Honeymoons**

For their honeymoon in December 2014, Justine and Jason Peckham, of Boston, knew the location had to be special. They had been to Europe and Mexico on prior vacations, and to celebrate their marriage of six months, the Peckhams were looking for a fresh and exotic locale to honeymoon.

Turtle Bay Resort, on O'ahu's North Shore, was



their dream come true. The resort, situated on more than 800 acres, offered an ideal retreat. The couple enjoyed a relaxing horseback ride, as well as a hike that led them to a secluded beach, where they spent the day dipping in the water and talking about their future.

"We always felt like we had our own space,"

Justine says of the resort's uncrowded atmosphere.

"We were so comfortable and able to be together."

Justine and Jason Peckham chose Turtle Bay Resort on Oʻahu for their 2014 honeymoon.









Ideal for active honeymooners, Kaua'i's North Shore features natural beauty, above, as well as the elegant St. Regis Princeville Resort, right. They spent an entire week on the resort grounds, with plenty of dining options and activities available to fill their blissful days.

The Peckhams are now the parents of 2-year-old twin daughters, and the couple looks forward to returning to Turtle Bay as a family.

On the north shore of Kaua'i, the St. Regis Princeville Resort awaits honeymooners seeking exclusivity and privacy. The resort's luxurious rooms and premium suites may tempt couples to remain indoors while gazing dreamily at lush mountains, the resort's gardens or Hanalei Bay. Or honeymooners might be drawn outside to explore incredible recreational activities. Nearby Princeville Ranch offers guided hiking tours on private lands. And at Limahuli Garden and Preserve, also at the north end of Kaua'i, visitors can glimpse rare botanical marvels of the Garden Isle.





#### Marking Milestones

High school sweethearts Ashly and Tyler Mason had always wanted to visit Hawai'i. The Masons, who live in Atwater, California, married in 2002. Now, with four children, they rarely find opportunities for romantic getaways. Yet last year, when a milestone anniversary approached, the pair set their sights on Maui.

"We chose Maui after a lot of research and recommendations from friends," Ashly says. "We heard it was very laid-back and romantic."

The couple stayed in an oceanfront room at Lahaina Shores Beach Resort on Maui. The resort's main buildings and condos are on historic Front Street, within walking distance of some of the island's top shopping and dining. The West Maui Mountains tower behind the property, and rooms are located just steps from the beach.

During their trip in June 2017, Ashly and Tyler enjoyed stand-up paddleboarding, snorkeling and a lū'au, capturing memories of their time together





For a relaxing anniversary trip, Ashly and Tyler Mason, above, stayed by the ocean at Maui's Lahaina Shores Beach Resort, left.









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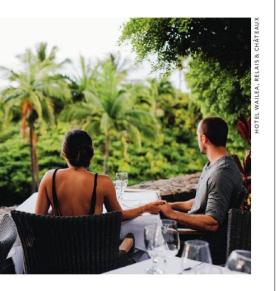
Fine dining options at Hotel Wailea, Relais & Châteaux, in South Maui, are among the resort's many elegant attractions.

with a private professional photography session.

"This was our first trip away to celebrate our 15th anniversary, so just being alone was romantic for us," Ashly says.

The Hotel Wailea, Relais & Châteaux, in South Maui, is made for romance. The adults-only resort, with European influences, caters to couples seeking beautiful design and sophistication. Guests can dine at the hotel's on-site restaurant, which uses a farm-to-table and seasonal approach to cuisine. Perfect for an anniversary, The Treehouse is the hotel's ultraprivate fine-dining venue. Couples can enjoy a sevencourse dinner and sunset Champagne toast at an intimate location situated under mango and avocado trees, complete with ocean views.

Hawai'i is truly a lovers' paradise, a place that Christopher Kopitch and Teresa Miracle, the couple from San Diego, plan to continue visiting throughout their lives. After their 2016 wedding at the Hawai'i Island venue The Falls at Reed's Island, they flew to Maui for their honeymoon, dining at all of



their favorite restaurants and enjoying a relaxing stay at the Spa Grande at Grand Wailea. In September 2017, they traveled to Kaua'i to celebrate their one-year anniversary.

Reminiscing about the warm water, the tropical flowers and the hikes to hidden waterfalls, the two agree-they're never quite ready to leave for home.

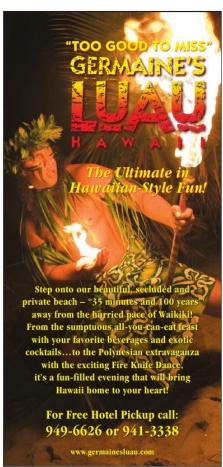
"There is something about Hawai'i. ..." Christopher says.

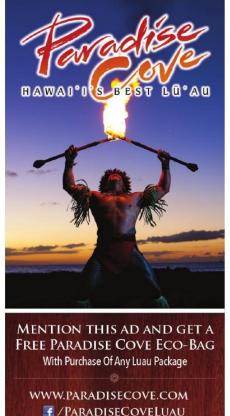
"It's just very romantic. It's awesome," Teresa chimes in, finishing her husband's thought. X

Journalist Chelsea Duncan has written for The Maui News and worked at a wedding-and-events company in the Hawaiian Islands.

Alaska Airlines offers daily service to Oʻahu, Maui, Kauaʻi and Hawaiʻi Island (Kona). For flight reservations, visit alaskaair.com. Book a complete Alaska Airlines Vacations package to Hawaiʻi at alaskaair.com/ vacations. Learn about special group-travel discounts and booking options for destination weddings by visiting alaskaair.com or calling 1-800-445-4435.







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### WOODINVILLE

A wine town and more

#### By Chris Upchurch

) My wife, Thea, slows her pedaling so that I can catch up to her on the Sammamish River Trail. "Look, a great blue heron." She points to the long-legged bird that looks like it's stilt-walking as it searches for a meal, perhaps smallmouth bass, in the marshy river, which parallels much of the paved, nearly 11-mile cycling and pedestrian trail.

We're riding the 8-mile-or-so stretch of trail between Woodinville—where I'm the winemaker for DeLille Cellars—and Marymoor Park in Redmond. As a winemaker, I notice most the scents along our ride: the aroma of hops near breweries and the smell of fresh-cut grass at turf farms. During fall rides, I also notice the smell of fermenting wine—grape juice and yeast—in the air as we pass various wineries.

When Thea and I finish today's cycling excursion, we'll reward our exercise with a picnic of charcuterie and a bottle of DeLille Cellars' Chaleur Blanc on the DeLille Cellars Chateau property overlooking the lovely river valley.

When my business partners and I decided to found DeLille in 1992, it seemed evident that we should start our company near the quaint village of Woodinville, about 20 miles northeast of downtown Seattle. Our senior partner, Charles Lill, owned a beautiful 10-acre hobby farm just a stone's throw away (or a cork's throw, as one writer put it) from Washington state's two wine-industry leaders: Chateau Ste. Michelle and Columbia Winery. Woodinville is only a half-hour drive from the largest city in the Northwest, and we knew the grapes coming out of Washington state were outstanding. We dreamed of making Bordeaux blends that would rival the finest wines from around the world. Charles Lill would be our investor and build DeLille's Chateau on his farm. Greg Lill, Charles' son, would run the business. My longtime friend Jay Soloff would be in charge of sales and marketing, and I would be DeLille's



>>> Chris Upchurch stands amid DeLille's Grand Ciel Vineyard in Eastern Washington. Below: The winery's production facility and the elegant DeLille Chateau in the Woodinville area.

winemaker. With all the pieces in place, DeLille Cellars became the fifth winery in Woodinville.

Having been mentored by David Lake, who was the incredible head winemaker at Columbia, I knew the area well. I knew that Woodinville was a community that grew from a homestead settled by the Woodin family in the 1870s, and that many farms in the area's Agricultural Production District were permanently protected from development, so the region would always retain its rural character. I also knew that Washingtonians were already traveling here to visit nurseries such as Molbak's and Flower World. In addition, there were trout ponds, horse stables and bike trails.

Woodinville is also a bald eagle habitat. I'll never forget the day in late February when I was at my desk in the DeLille Chateau, going over the barrel budget for the year, and a mature bald eagle dove into our trout pond,





# HERE&NOW.

snatched one of the trout and flew right by my window with the fish wiggling in its talons.

Complementing the natural attractions are events such as the annual Summer Concert Series at Chateau Ste. Michelle. The series features well-known performers, so friends who don't work in the local wine industry are always asking me to get good seats for them.

Exceptional quality of life in Woodinville has combined with exceptional quality of wine as DeLille has made our winemaking dream a reality. In fact, by 1997 we had outgrown our original production space in the Chateau, so we acquired a larger winemaking facility just a few miles away, while retaining our main offices at the Chateau. In 2009, we opened our Carriage House Tasting Room in Woodinville's Hollywood District.

What we couldn't know was how appealing the Woodinville winery dream would be for others. One by one, excellent wineries and tasting rooms joined the local wine "experience." In the early days, a new winery opened every year, and then it was every month. Today, Woodinville is more than 120 cellar doors strong. Names such as Mark Ryan Winery, Betz Family Winery, Long Shadows Vintners, Avennia, Efestē and so many more have brought extraordinary wines to town. Fine dining followed fine wine, and before long, boutique lodgings arrived to take care of visitors. Then numerous breweries, distilleries and cideries entered the ring, including Sumerian Brewing Co., Triplehorn Brewing Co., Woodinville Whiskey Co. and SeaSpirits Distillery. Woodinville became a marvelous food-and-wine destination.

It has been a treat to see the growth of DeLille Cellars, Woodinville and the whole Washington state wine industry. At the same time, the Woodinville area has retained its rural charm. The nurseries are still here and going strong. So are the trout ponds and stables. And, yes, people still bike along the river, only now they have even more ways to reward their diligent exercise with some very special food and wine from the Pacific Northwest. 

★

Under Chris Upchurch's winemaking guidance, DeLille has received many accolades, including being highly rated in Parker's Wine Buyer's Guide.

#### SOME WOODINVILLE FAVORITES

- Auction of Washington Wines (auctionofwawines.org): One of the nation's largest charitable wine auctions, it will take place Aug. 16–18 this year, with numerous food and wine events.
- Barrel Tasting (delillecellars.com):
  Taste new vintages from the barrel while
  enjoying appetizers and live music during
  DeLille Cellars' annual Spring Barrel
  Tasting, May 19 and 20 this year, at the
  winery's production facility in Woodinville.
- Celebrate Woodinville (celebratewood-inville.com): A summer concert series in July and August leads up to the annual Celebrate Woodinville festival, Aug. 18 this year.
- The Herbfarm (theherbfarm.com): The acclaimed restaurant serves a nine-course pairing dinner, celebrating Northwest food and wine, with themes that change about every three weeks.

  Reservations required.
- Molbak's Garden +

**Home** (molbaks.com): This Seattle-area institution has been delighting customers since 1956. Beyond an exquisite collection of plants, there is Russell's Garden Cafe, a gift shop, and a wine store that embodies what Woodinville and the Northwest have to offer.

- **21 Acres** (21acres.org): Offers foodand farm-based programs, workshops, events and tours for consumers who want to learn new, more-sustainable ways of living.
- Willows Lodge (willowslodge.com):
  The lodge brings Northwest luxury to life and is within walking distance of some of Woodinville's most prominent wineries.
  The lodge's Barking Frog restaurant features innovative seasonal menus and an award-winning cellar.
- Woodinville Wine Country Events (woodinvillewinecountry.com): Woodin-

ville Wine Country hosts events
such as the After Hours Wine
Walk, the second and fourth
Thursdays, June through
October; the WineCraft:
Spring Auction, April 22 this
year; and Saint Nick's Holiday
Wine Weekend, Nov. 30-

Dec. 2 this year. -C.U.

# EVENTS AT CHATEAU STE. MICHELLE

**)> The gorgeous grounds** at Chateau Ste. Michelle (stemichelle.com), Washington state's grande dame winery, which celebrated its 50th anniversary in 2017, host many popular events and experiences throughout the year, including the following:

Cabernet Enthusiast: A Wine & Food Pairing Experience, dates vary, offered by advance reservation: Experts guide you through the ultimate Cabernet Sauvignon tasting experience, including pairings with small bites.

2018 American Diabetes Association
Washington Tour de Cure, May 5: The event
(shown above) begins and ends at Chateau
Ste. Michelle and includes four cycling routes—
100, 63, 30 and 12 miles—and also a 5K run



and a 5K walk. All of the routes go through wine country. Afterward, participants enjoy lunch and a celebration party, included in the registration fee. To register, visit diabetes.org/ washingtontourdecure.

Chateau Ste. Michelle Summer Concert Series, June–September: The acclaimed series provides a stage for some of the best artists in jazz, rock, blues and contemporary music. Bring your lawn chair and enjoy Chateau Ste.

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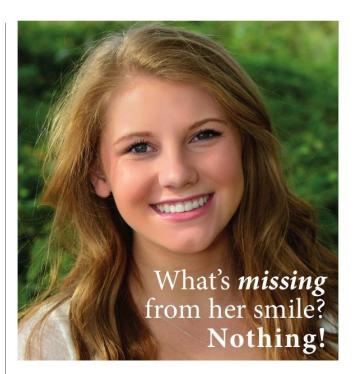












# Jordan's Story

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

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#### **GO ΤΟ** Yo-Yo Championships

>> Top yo-yo competitors will use moves such as Tangler, Barrel Roll, Gerbil, Cold Fusion and Boingy Boingy to impress judges, who will score performances on factors such as variation, rareness, risk, difficulty, execution and clean routines during the Pacific Northwest Regional Yo-Yo Championship, Feb. 24, at Seattle Center Armory. Competitors are also scored on factors such as music use, body control, space use and showmanship. The competition includes several divisions, including a novice division. For more information, go to yoyocontest.com/pnwr.

#### TASTE WASHINGTON

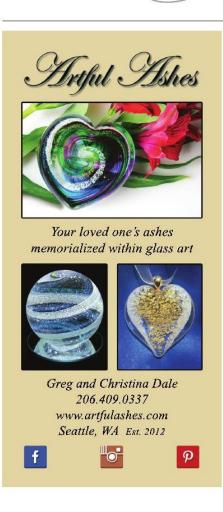
#### By Michele Andrus Dill

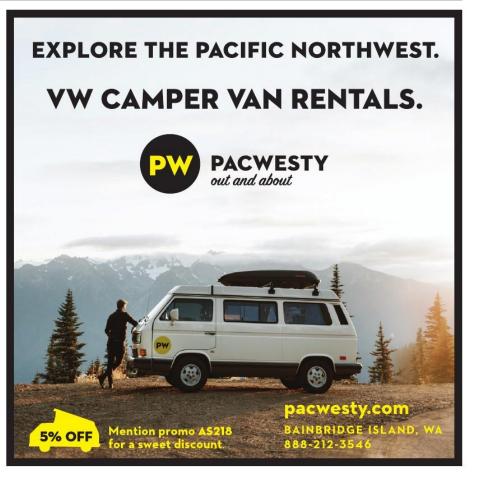
Washington showcases some of the state's best food and wine, March 22–25, via tastings, parties, seminars, the Alaska Mileage Plan Chef's Stage, food tours, and even visits to Washington farms.

The Red & White Party, March 22, at the waterfront Aqua by El Gaucho, features top Washington wineries, whose pours are paired with gourmet food. Farm tours will be offered during the day on March 23, while The New Vintage Party takes place that night at Seattle Center. The Taste & Savor Tour of Pike Place Market will be March 24, with seminars taking place March 24 and 25 at the Four Seasons Hotel Seattle. During Grand Tasting days, March 24 and 25 at the CenturyLink Field Event



Center, attendees can enjoy samples offered by more than 225 Washington wineries and more than 65 Washington restaurants. In addition, the Alaska Mileage Plan Chef's Stage at the event center showcases prominent chefs from around the country during Grand Tasting days.





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# >> HERE & NOW SEATTLE

#### CELEBRATING SHAKESPEARE



Kiss Me, Kate (shown above) at The 5th Avenue Theatre, April 6-29, will be part of the citywide Seattle Celebrates Shakespeare festival, February through May, with related events taking place into August. Nearly 25 Seattle culture-related organizations, including theater, dance and music companies, are partnering with Visit Seattle to present the festival, which is not related to any particular date in Shakespeare's life, although his writing career is thought to have begun in earnest around 425 years ago. The goal of the festival is to celebrate one of history's greatest storytellers while also helping to tell the story of the exceptional arts and culture organizations in the Emerald City.

Additional events include 12 Ophelias (a play with broken songs), at the University of Washington's Glenn Hughes Penthouse Theatre, Feb. 13–25; the Seattle Pro Musica chorus' "Sounds and Sweet Airs" concerts, various locations, March 11, 17 and 18; Shakesbeerience, March 26, with readings from plays such as Macbeth at the Naked City Brewery & Taphouse; and Shakespeare in Love, staged by the Seattle Shakespeare Company, May 2–June 3. On June 5 and 6, University of Washington School of Drama graduate and undergraduate actors will present "An Evening of Sonnets."

For more Shakespeare-related events, visit seattlecelebrates.org. **⊀** 

#### CALENDAR

- Celebrating its 50th anniversary, **Tacoma Opera**, south of Seattle, is presenting a season that includes *Carmen*, Feb. 3–11, and *The Merry Widow*, April 14–22 (tacomaopera. com).
- The Wintergrass Music Festival, celebrating 25 years, Feb. 22–25, in Bellevue, east of Seattle, features traditional acoustic American music, with live performances and workshops. Performers range from Del McCoury and David Grisman to Dustbowl Revival (wintergrass. com).
- Prominent comic-book artist and illustrator Adam Hughes, who has drawn cover art for DC Comics' Wonder Woman series, and actor Christopher Lloyd of Back to the Future fame, will be among the many celebrity guests at Emerald City Comic Con, March 1–4 at the Washington State Convention Center in downtown Seattle (emeraldcitycomiccon.com).
- Tastings, competitions, demonstrations and mussel-farm tours will be highlights of the **Penn**Cove MusselFest, March 3–4 in the Whidbey Island town of Coupeville, northwest of Seattle (thepenncovemusselsfestival.com).
- Amazon Adventure 3D is being screened at a Pacific Science Center Imax theater through May or longer. After seeing the film,



look for some of its featured butterfly species fluttering around the center's Tropical Butterfly House (pacificsciencecenter.org).



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# SUN SALUTATIONS IN THE GOLDEN STATE

One woman's yoga connection to California

#### By Andrea Thomas

# **)> Among my favorite moments in my yoga classes** are the rest periods, known by the Sanskrit word *savasana*, when students' faces soften into peace, their relaxed bellies gently drifting up and down with each easy breath.

The feeling of contentment and connection is palpable, and the joy of sharing something so personally beneficial is profound. As I lovingly watch my class surrender to quiet stillness, I often reflect on my own yoga journey.

In 2001, the YMCA in Fargo, North Dakota, where I taught group exercise classes, began a yoga program. I had sampled—and loved—yoga a few years earlier in Seattle, but had never practiced regularly. I took the Y course and, by following along with CDs and VHS-recorded classes, I made yoga a part of my exercise routine.

Like many newer students, I appreciated its physical effects: more comfort, mobility, strength and balance that complemented my focus on distance running. However, as I delved deeper into the practice, I came to understand that yoga encompasses mindfulness, meditation, ethical behaviors, spirituality, breathing exercises and postures. All practitioners connect to yoga individually, depending on what's happening with them in their lives at the time.

Soon I completed my first teacher-training course and found myself "sun salutating" (a series of yoga postures) at the front of the class. I realized quickly that my new passion would guide me deeper within myself, and I had a feeling it would eventually lead me to California.

Yoga was not well-known in the Great Plains region then, and fledgling yogis looked eagerly to the West. I studied the classic book *Yoga: The Spirit and Practice of Moving into Stillness*, by Erich Schiffmann of Santa Monica. Videos that

guided my early practices starred Los Angeles and Oakland teachers. I decided that with California's reputation for having a laid-back, health-conscious culture, it must naturally attract and support yoga.

Visits to family in San Diego confirmed my intuition. I joined dozens of yogis for oceanfront classes led by Steve "NamaSteve" Hubbard, whose pet potbellied pig wandered between mats while we downward dogged. Just north in Encinitas, I soaked up serene energy at the Self-Realization Fellowship Meditation Gardens, part of a yoga center dedicated in 1938 by Paramahansa Yogananda, who is considered the father of yoga in the West.

After I left North Dakota for graduate school, and then a new career that took me from Washington, D.C., to North Carolina and Ohio, teaching and practicing yoga provided stability and a way to ground myself through my changing life. It united me with like-minded, lifelong friends in new places. I don't claim to be "enlightened," the original intent of yoga. However, thanks to its tools of self-care and awareness, I more often make skillful choices and live with more joy than in my pre-yoga years.

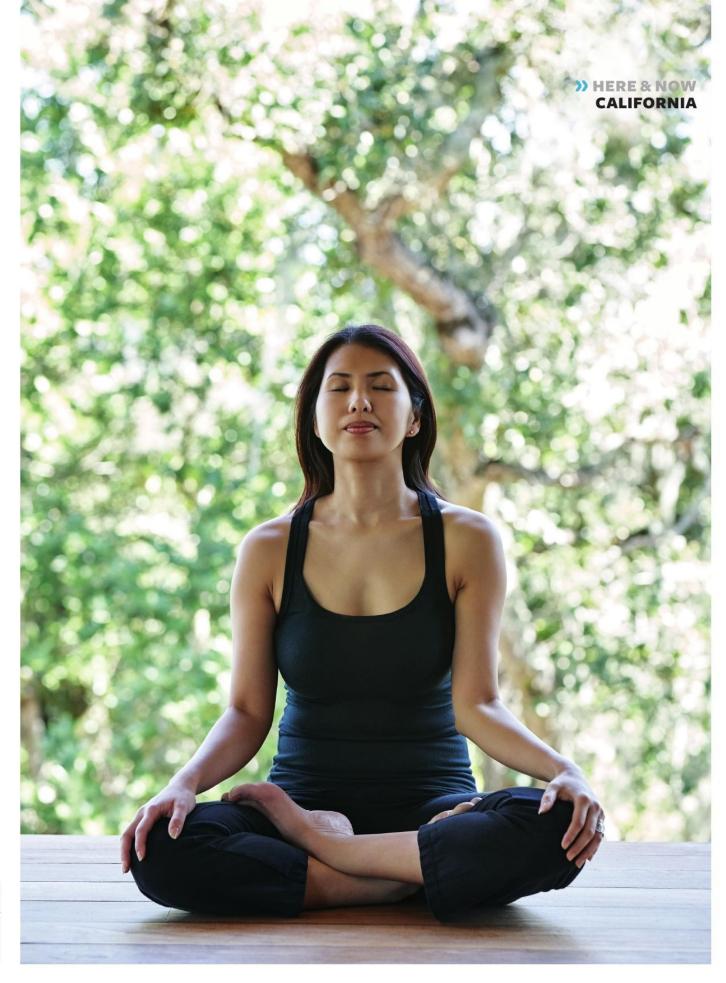
I finally moved to California in 2014 when a new job brought me to Sonoma County. Yoga, again, helped me connect to the local community. While I am still exploring, the Golden State and its abundant yoga culture have already surpassed my expectations. As I continue my practice, my new home is helping me orient to yoga's most important destination: a deeper connection to my true nature.

Andrea Thomas is a yoga teacher and kinesiology instructor at Santa Rosa Junior College in Santa Rosa, California.

#### YOGA DESTINATIONS IN CALIFORNIA



- Love Story Yoga: A San Francisco yoga studio run by teacher Stephanie Snyder (lovestoryyoga.com).
- Mount Madonna Center: A yoga center on 355 acres near Santa Cruz, focusing on personal and spiritual development (mountmadonna.org).
- NamaSteve Yoga: Steve Hubbard's San Diego studio that offers ocean-front classes (namasteveyoga.com).
- Point Reyes Yoga: A studio in Point Reyes Station that is run by MC Yogi and Amanda Giocomini (pointreyesyoga.com).
- Santa Monica Power Yoga & Meditation: A studio founded by Bryan Kest (poweryoga.com).
- Self Realization Fellowship Meditation Gardens: Located in Encinitas, it is one of the state's first yoga centers (encinitastemple.org).



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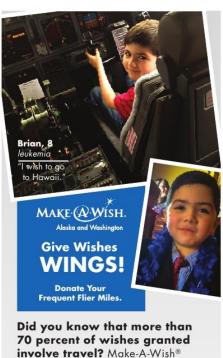


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# **DOUGHNUTS** ON THE RISE

Portland has become a center for the doughy treats

By Susan G. Hauser

)) It makes sense that doughnuts are such a big deal in Portland. Our town, after all, is the childhood home of cartoonist Matt Groening, creator of the patron saint of all doughnut lovers, Homer Simpson.

The city's artisan bakers of doughnuts, or "Mmm ... doughnuts," as Homer is famous for saying, compete in every aspect of the fried treat, even including whether the item is spelled "doughnut" or "donut." According to the Merriam-Webster Dictionary, the original term for the doughy creation is "doughnut." The Americanized and shorter "donut" spelling is also acceptable, and came into use in the mid-20th century.

Conveniently, that leads us to the subject of Voodoo Doughnut, whose founders, Tres Shannon and Kenneth Pogson, asserted that one reason they started their iconic business in 2003 was to bring back the proper spelling of the sweet treat

Over the past 15 years, Voodoo's novelty confections have become a major attraction for Portland. The company even has opened satellite Voodoo stores in Eugene, Denver, Austin and Hollywood. The shops, most of which (including Portland, Denver and Austin locations) are open 24 hours a day, are closed just four days each year-Thanksgiving, Christmas, New Year's Day and a company party day in February. Perennial favorites include the Bacon Maple Bar (with a strip of bacon on top) and the company's mascot, the Voodoo Doll, a chocolate-covered, human-shaped bar filled with raspberry jelly.

However, Voodoo's real draw is its quirky style, which includes hosting the occasional wedding and making bizarre combinations, including one popular type that is filled with banana chunks and topped with chocolate, peanut butter, peanuts and cinnamon (It's an homage to Elvis, and is known as the Memphis Mafia). At the Portland, Eugene and Hollywood locations, customers can purchase a small wooden coffin full of doughnuts.

A main competitor is Blue Star Donuts, now with seven locations in Portland and two in Southern California. These are doughnuts with a difference, made with fluffy brioche dough and with an artisan's flair for melding flavors in the

dough and toppings. Blueberry Bourbon Basil is a popular treat, along with Raspberry

Rosemary Buttermilk.

One of their most extravagant creations is the Cointreau Crème Brûlée, in which a brioche shell is filled with vanilla custard and then torch-fired by hand to create a hard topping. A pipette of Cointreau, an orange-flavored liqueur, pierces the top of the doughnut, and the contents can be squeezed into the custard to add even more pizazz.

Yet another growing doughnut empire is Coco Donuts, whose first outpost, near Providence Park, fuels soccer fans en route to Portland Timbers games. Now there are five locations in town, serving handcrafted doughnuts and house-roasted coffee.

While maple and buttermilk bars are popular, the signature doughnut here is the Coco, a raised chocolate doughnut topped with chocolate glaze, chocolate powder and chocolate-covered espresso beans.

Pip's Original Doughnuts has found success with

>>> Clockwise from top left: Voodoo Doughnut's mascot, the Voodoo Doll; Coco Donuts' signature creation, the Coco: Blue Star Donuts' Raspberry Rosemary Buttermilk doughnut.





Golden Child.

DOE DONUTS

housemade doughnuts and specialty beverages. Their signature drink is chai, brewed in-house in five tasty varieties. The bite-size doughnuts—that are available with six different toppings-are fried to order, so there's no pastry

case. A typical order is a mug of steaming chai and a fresh platter of warm morsels with a selection of toppings ranging from a sprinkling of cinnamon sugar to a dollop of candied maple bacon.

Just north of Portland, in Vancouver, Washington, Tonalli's Doughnuts & Cream serves 15 different varieties of doughy goodness that are made on-site, including the popular

Old-Fashioned Cinnamon Crumb, Blueberry Fritter and Bacon-Bit Maple Bar.

Tonalli's fried pies, with lemon or fruit fillings, are also great. If you are still not full, they serve wonderful ice cream.

At Doe Donuts, It may seem strange that an animal head is the logo for Portland's only dedicated vegan doughnut shop, but co-owner Crystal Wegener explains that "Doe" is actually a play on words with "dough." Besides, she says, "People love deer."

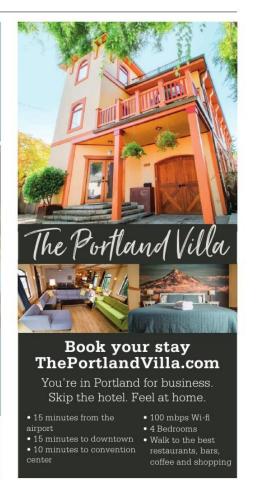
One thing's for sure: People (including nonvegans) love Doe's varieties, many of which change with the seasons. One year-round favorite is the Golden Child, which is a hearty chocolate-cake doughnut topped with ganache and pieces of chocolate chip brownie.

Hungry for more Portland doughnut shops? Check out the sidebar or just follow the humming noise: "Mmm ... donuts." Oops! I mean doughnuts. D'oh! ⊀

#### More Doughnut Options

- Annie's Donut Shop: A traditional doughnut shop in East Portland offers classic doughnuts, bear claws and apple fritters, all served with an old-school vibe (no website; 503-284-2752).
- Back to Eden Cafe: A gluten-free bakery in northeast Portland that rotates the doughnut flavors daily (backtoedenbakery.com).
- Delicious Donuts: Just off the Burnside Bridge in East Portland, this doughnut shop offers 35 varieties, a breakfast menu and lots of deals, such as free doughnut Monday: Get a free doughnut when you buy an espresso drink (deliciousdonutspdx.com).
- Rocking Frog Cafe: The southeast Portland cafe serves specialty coffees and teas, breakfasts and made-to-order doughnuts that come in five flavors (rockingfrogpdx.com).







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NORTHRIM BANK www.northrim.com

#### RECRUITING

NORTHWEST ARCTIC BOROUGH SCHOOL DISTRICT www.nwarctic.org/apply

NORTON SOUND HEALTH CORPORATION www.nortonsoundhealth.org

SOUTHEAST ALASKA REGIONAL HEALTH CONSORTIUM (SEARHC) www.searhc.org

TANANA CHIEFS CONFERENCE www.tananachiefs.org

#### PERSONAL ENRICHMENT

IT'S JUST LUNCH www.itsjustlunch.com

ALI'I KULA LAVENDER www.aliikulalavender.com

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BLUE GINGER RESORTWEAR www.blueginger.com

FARM CREDIT SERVICES OF HAWAI'I, ACA www.hawaiifarmcredit.com

GERMAINE'S LU'AU www.germainesluau.com

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HAIR TRANSPLANT SEATTLE www.hairtransplantseattle.com MY BEST 10 www.mybest1o.com

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K1 SPEED INDOOR KART RACING www.k1speed.com

PALM SPRINGS AIR MUSEUM www.palmspringsairmuseum.org

PALM SPRINGS ART MUSEUM www.psmuseum.org

**ROCK 'N' ROLL MARATHON SERIES** www.runrocknroll.com

SEATTLE INTERNATIONAL FILM FESTIVAL www.siff.net

#### **CULINARY CORNER**

10TH AND M SEAFOODS www.1othandmseafoods.com

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#### GOLE

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TOSCANA COUNTRY CLUB www.toscanacc.com

#### GOOD IDEAS

ARTFUL ASHES www.artfulashes.com

**GIVING COMPASS** www.givingcompass.com

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**5TH AVENUE JEWELERS** www.productsofalaska.com

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QUIP NYC, INC. www.getquip.com/alaska

SAMUEL HUBBARD www.samuelhubbard.com

TONGASS TRADING COMPANY www.tongasstrading.com

UNTUCKIT www.untuckit.com

#### GIFT IDEAS

OOMINGMAK MUSK OX www.qiviut.com

SEATTLE CHOCOLATES www.seattlechocolates.com

#### LITERATURE

THE GREAT ALONE www.kristinhannah.com

# Flyer guide

Your overview of the Alaska experience.

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# **Everything Alaska**

### A look at all we offer.

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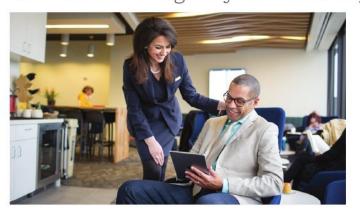
- · Find and book flights
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# The Alaska Lounge is your sanctuary.



Lounge members enjoy access to our six lounges in Seattle, Portland, Los Angeles and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Get more details at alaskaair.com/lounge.



B737-900/900ER

Number in fleet: 75 Range: up to 2,720 miles Seats: 181, or 178 with Premium Class B737-800

Number in fleet: 61 Range: 2,920 miles Seats: 159 B737-700

Number in fleet: 11 Range: 2,985 miles Seats: 124 B737-700F (freighter)

Number in fleet: 3 Range: 2,985 miles Capacity: 9–10 cargo containers You'll find Boeing's new Space Bins, offering 48% more stowage space, on our 737-900ER aircraft.

# Alaska's regional fleet.



#### Bombardier Q400

Number in fleet: 52 Range: 1,114 miles Seats: 76 Operated by Horizon Air



#### **Embraer E175**

Number in fleet: 31 Range: 2,150 miles Seats: 76 Operated by Horizon Air and SkyWest Airlines

# Virgin America's fleet.



#### Airbus A319

Number in fleet: 10 Range: 2,986 miles Seats: 119 Operated by Virgin America

#### Airbus A320

Number in fleet: 53 Range: 2,855 miles Seats: 146–149 Operated by Virgin America

#### Airbus A321neo

Number in fleet: 2 Range: 3,072 miles Seats: 185 Operated by Virgin America

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# Enjoy the journey.

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What can you expect aboard an Alaska Airlines flight? You'll find a variety of comfortable seating choices and a tasty selection of food and drinks. We have power outlets to keep you charged, Wi-Fi to keep you connected, and entertainment options to captivate you. And as always, our warm, friendly flight crew is ready to help you however they can.



#### First Class

Choose First Class for spacious seating, plentiful food and beverage choices, and our dedicated flight attendants.

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- Power outlets at every seat, on most aircraft
- ✓ Two bags checked free



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- ✓ Board early and get settled
- ✓ Drinks are on us
- Power outlets that are easy to access



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- Over 200 free movies and TV shows on Alaska Beyond Entertainment
- Tom Douglas-inspired meals for purchase
- Award-winning service

# **Enjoy a drink**

# Refreshing selections, for free or for purchase.

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#### Sodas

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#### Coffee

Proudly serving Starbucks<sup>®</sup> Pike Place<sup>®</sup> Roast

#### Other

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Our special blend of Passion, Orange and Guava (on flights to Hawai'i)

Bloody Mary Mix

Tazo® Awake® black tea

Tazo® Sweet Orange hot herbal tea (caffeine-free)

The menu card in your seatback pocket displays all our food and beverage options.

#### PREMIUM WINE



Canoe Ridge \$7 Exploration Red Blend

Canoe Ridge \$7
Exploration

Sauvignon Blanc

La Marca \$8

Prosecco

All prices in U.S. dollars.

#### BEER

#### Premium Beer \$7

Alaskan Amber
Alaskan Icy Bay IPA
Kona Longboard Island
Lager (to/from Hawaiʻi)
Modelo Especial (to/from Mexico)
Imperial (to/from Costa Rica)



Miller Lite Budweiser

#### LIQUOR

#### Spirits \$7

Woodford Reserve
Bourbon
Crater Lake Hazelnut
Espresso Vodka
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Baileys Irish Cream



#### Tito's Handmade Vodka Cruzan Aged Rum Tanqueray London Dry Gin







### First Class Wines

Featured wines this month.



Browne Family Vineyards Generations Collection

Chardonnay, Washington

Sweet oak and vanilla aromatics develop into a full silky body, with flavors of Asian pear, crème brûlée and pineapple.



Browne Family Vineyards Generations Collection

Red Blend, Washington

Big, dark-berry fruit flavors with blackberry and toasty notes, and a round, velvety finish.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

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#### HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:

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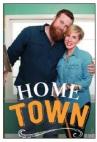
You'll need the Gogo Entertainment App to watch movies. Get it now at loadplayer.com.



**Battle of the Sexes** 



Goodbye **Christopher Robin** 



**Home Town** 



Kingsman: The Golden Circle



The Lego Ninjago Movie

#### HERE'S A PEAK AT THE MOVIES RECENTLY ADDED TO OUR ALASKA BEYOND ENTERTAINMENT LINEUP:







- · Battle of the Sexes
- Goodbye Christopher Robin
- Kingsman: The Golden Circle
- The Lego Ninjago Movie
- Frozen
- Valentine's Day
- The Notebook
- · Crazy, Stupid, Love.
- Never Been Kissed
- Walk the Line

- One Fine Day
- · Something Borrowed
- The Great Gatsby
- Water for Elephants
- Zootopia
- Finding Dory
- Wonder Woman
- Captain Underpants: The First Epic Movie
- Batman and Harley Quinn

- Toy Story 2
- War for the Planet of the Apes
- Big Trouble in Little China
- Johnny Dangerously
- Risky Business
- Caddyshack
- Gremlins
- Working Girl
- 9 to 5
- Aliens

For a complete movie/TV program listing, log on to the Alaska Beyond inflight portal.

#### Like our tunes?

#### Take a look at this month's boarding music playlist:

Artist Song Gabrielle Aplin Waking Up Slow WILD Hold Us Together Twinsmith Matters

Andrew Bird Capsized Father John Misty Total Entertainment Forever

Andrew Combs Rose Colored Blues Hole in the Weather David Gray Diego Garcia Sunnier Days Anderson .Paak Parking Lot

Plus, check out our featured Sub Pop album of the month:

#### **Kyle Craft**

Full Circle Nightmare



A straight-up rollicking rock album, Full Circle Nightmare traverses all the nuances of the genre, from bluegrass twang to gothic; one man's trials and tribulations to find his passion and voice in this vast opportunistic country.

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It's great to be able to stay connected while you fly, but inflight Wi-Fi is different from the Wi-Fi you may be used to.

- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: avoid sending while in air.
- Bookmark or favorite the Gogo in-air page airborne.gogoinflight.com—in your browser.
- Huh? Gogo Live Help is available on flights within the Gogo coverage area. FAQs are at your fingertips on all flights.

# Rent one of our premium entertainment tablets.

On most flights over 3.5 hours, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games, music and digital magazines.

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.



#### NEW MOVIES ON THE TABLET:



Thor: Ragnarok



Blade Runner 2049



Murder on the Orient Express



Three Billboards Outside Ebbing, Missouri



Geostorm

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- · Complimentary inflight entertainment player
- Four Alaska<sup>®</sup> Lounge day
- 125% bonus miles and more

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  Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

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Previous starting price*	Distance each way	Sample routes
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12,500 miles	Less than 700 miles	Seattle-San Francisco
12,500 miles	701 to 1,400 miles	Los Angeles-Portland
12,500 miles	1,401 to 2,100 miles	Portland-St. Louis
12,500 miles	More than 2,101 miles	New York-Seattle
	price* 7,500 miles 12,500 miles 12,500 miles 12,500 miles	price*         Distance each way           7,500 miles         Less than 700 miles (intrastate)           12,500 miles         Less than 700 miles           12,500 miles         701 to 1,400 miles           12,500 miles         1,401 to 2,100 miles

Visit alaskaair.com/ awardchart to explore our complete award charts.

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Explore more with Mileage Plan.





Sydney, Australia Qantas







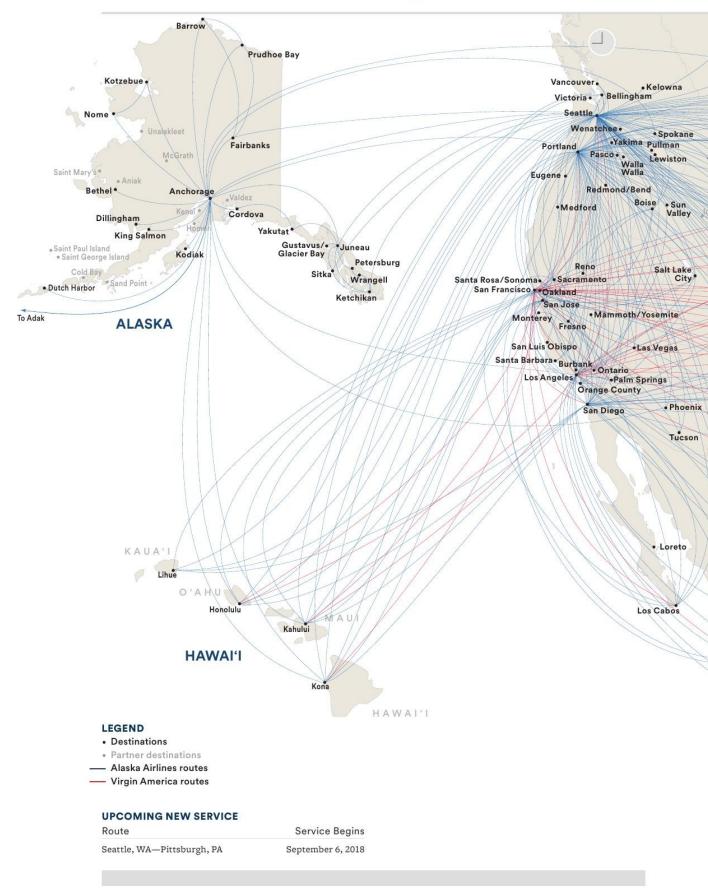


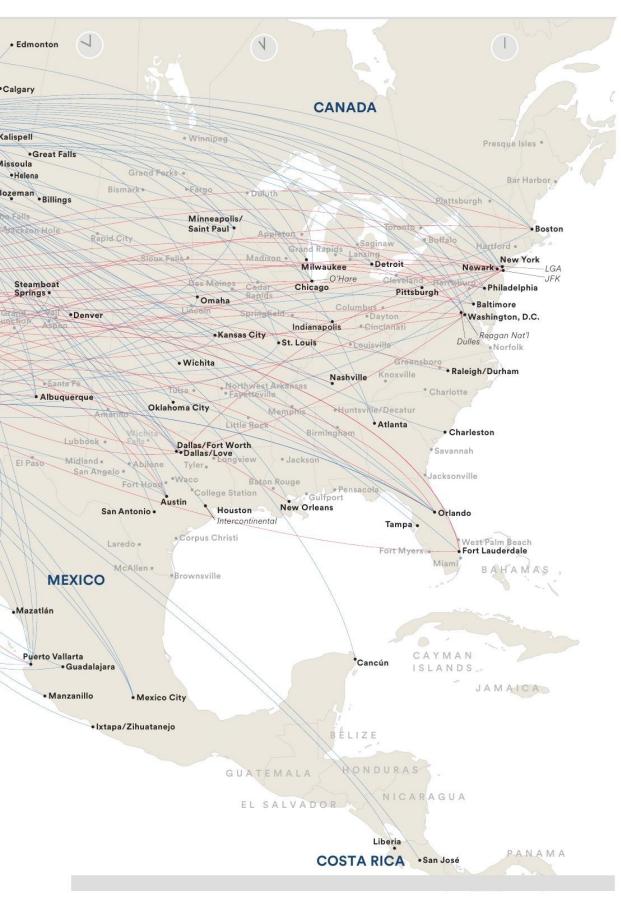


Seoul, South Korea Korean Air

# Where we fly

# 115+ destinations and counting.





Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

# **Airport terminal maps**

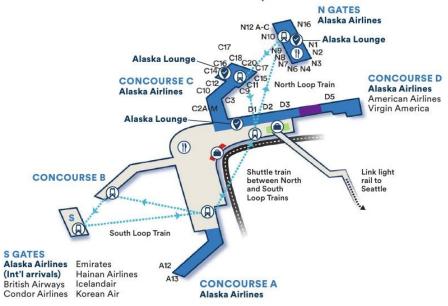
### SEA Seattle/Tacoma International Airport

Tip:
Connecting to
an Alaska Global
Partner? You'll
need to take the
shuttle train to
the South Loop
Train to get to

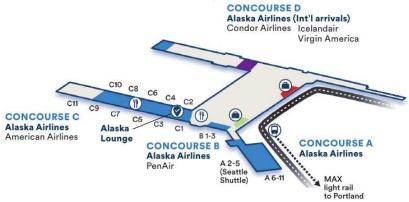
the S gates.

#### ① Tip:

Our new
Alaska Lounge
opened in the
C Concourse:
Raise your
"preflight"
game. We have
complimentary
food, premium
drinks, Wi-Fi and
great views.



### **PDX** Portland International Airport



#### 1 Tip:

Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



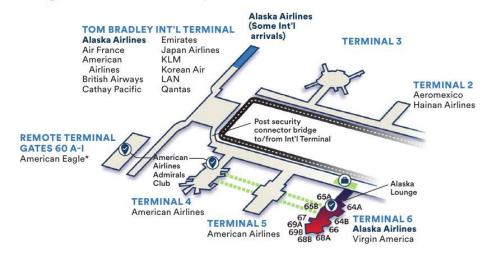






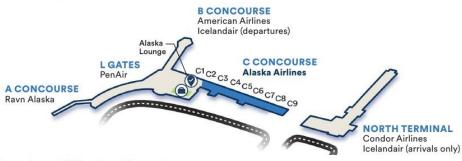
Underground walkway

### LAX Los Angeles International Airport

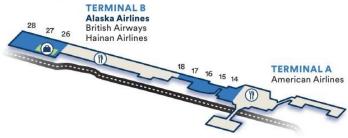


# Tip: Virgin America has moved to Terminal 6. Virgin America Loft has closed: Please visit the Alaska Lounge at Terminal 6.

# **ANC** Anchorage International Airport



# SJC San Jose Mineta Airport



## SAN San Diego International Airport



# **Global Airline Partner terminal maps**

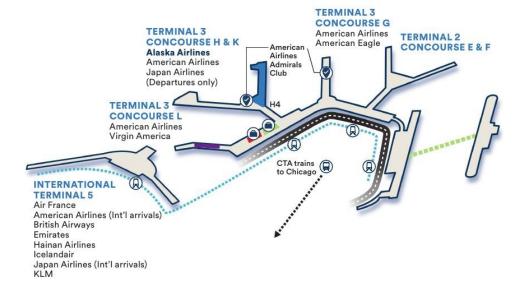
### ORD Chicago O'Hare International Airport

**American Airlines** 

From Chicago, American Airlines serves 122 destinations in 11 countries. with convenient connections to Europe from the West Coast.

#### n Tip:

Alaska Lounge members receive access to most **American Airlines** Admirals Clubs when traveling on Alaska or American.



# **DFW** Dallas/Fort Worth International Airport

American Airlines

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.



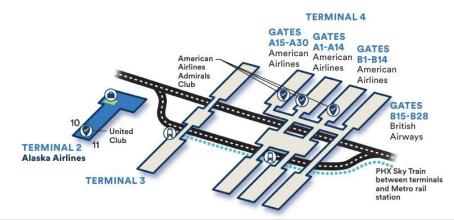
## PHX Phoenix Sky Harbor International Airport



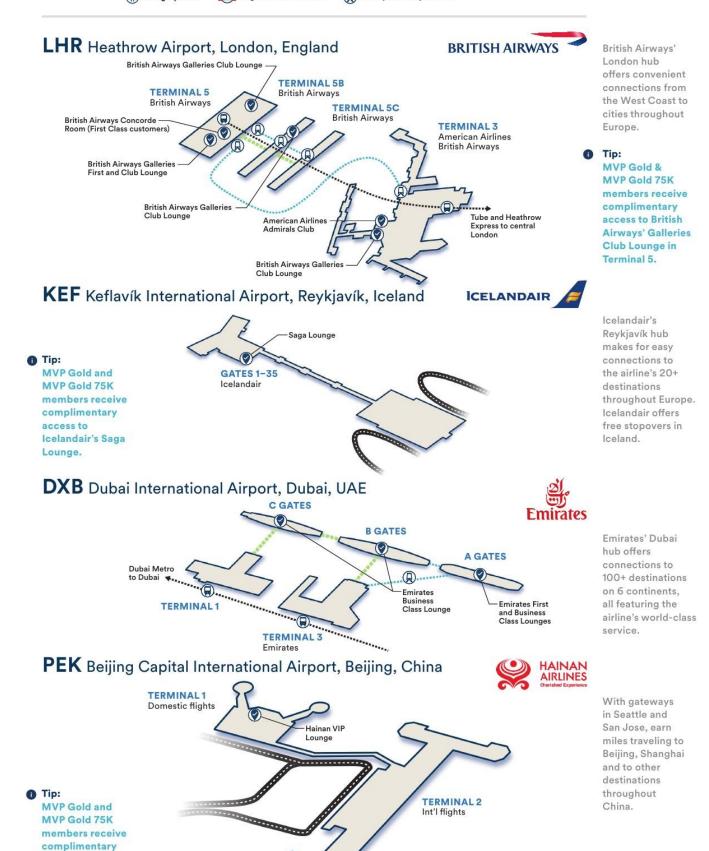
From Phoenix, American flies to 81 cities with over 300 flights.

#### 1 Tip:

Alaska Lounge members have access to the **United Club** across from gate 10 at Sky Harbor when flying on Alaska.



access to Hainan's VIP Lounge.



# **Customs and immigration**

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & **Border Protection** program that offers expedited customs entry with no processing lines, no paperwork, TSA Preè eligibility and access to expedited entry in other countries. Apply at www. cbp.gov.



Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional.

#### TO THE UNITED STATES

PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

- · Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- · Customs declaration forms are unnecessary.
- · Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

#### U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

#### Helpful tips

- · One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption).
- Lines 5, 6—If not using a passport, leave these lines blank.
- Line 9—Enter "AS" for Alaska Airlines
- · Sign at the "X."

Firme en la "X."

#### INTERNATIONAL TRAVEL TIPS

TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- · All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

- · All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a \$29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area. The fee is included in the price of tickets purchased after June 1, 2016.

#### QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

#### Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

#### **DECLARACION DE ADUANA**

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

#### Datos de ayuda

- Una forma por persona o por familia con la misma dirección.
- · Línea 5, 6-Si no tiene pasaporte, deje esta sección en blanco.
- Línea 9—Use "AS" para Alaska Airlines.

#### **CONSEJOS DE VIAJE INTERNACIONALES**

A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

#### A COSTA RICA

- · Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- · Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

# Your safety and comfort

#### SEATS

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

#### **CARRY-ONS**

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

#### LAVATORY

 Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

#### **CREW SAFETY**

• Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.

#### PETS

 Pets must remain in carrier for entire flight.
 Carrier must be stowed for taxi, takeoff and landing.

#### TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle safety conditions and the restraint must be certified for use in motor vehicles and aircraft.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit http://bit.ly/InfantTravel for details.

#### DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used.
   Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players,
   Inflight Entertainment Tablets, etc.

#### **ALCOHOL AND TOBACCO**

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant.
   No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

#### OTHER PROHIBITED ITEMS

 Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal airpurifying devices. The Federal
Aviation
Administration
(FAA) and
Alaska Airlines
have set these
rules and
regulations to
assure your safety
and comfort.

#### **CONTACT US**

Customer care: 800.654.5669 (Mileage Plan, Customer Care)

Toll-free reservations: Within the U.S. and Canada: 800.ALASKAAIR (800.252.7522) (TTY 800.682.2221) alaskaair.com

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 844.762.0087 vacations.alaskaair.com.

171

- 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

# USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

#### Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling and Bluetooth headphones
- Cellphones (prior to door closure only)

#### FOREIGN EXCHANGE

23

27

35

47

51

56

72

77

81

86

101

106

110

#### )) GAMES **CROSSWORD**

22

26

40

42

70

100

30

59

89

85

64

63

34

#### ACROSS

- 1 Showoff
- 4 Superman star
- 10 One-seeded. winged fruit
- Whack 16
- 19 Colonist Yale
- 20 Amid
- 21 Classroom item
- 22 Hero of Exodus
- 23 \_\_\_\_ Casas
- 24 Climbing vine
- 26 Dowel
- 27 Differ
- 29 Money, in Tijuana
- 30 Main arteries
- 32 Taradiddles
- 33 Cosmetic queen Elizabeth\_
- 34 Fodder tower
- 35 Old World finches
- 38 Canadian Indians
- 39 Musical passages
- 43 Over the length of
- 44 Salad vegetable
- 45 Heavens
- 46 Application
- 47 Subdued
- 48 Taunt
- 49 Recoiled
- 50 Party cheese
- 51 Greek letter
- 52 Golden-eyed felines
- 55 James or Josephine
- 56 Retreat
- 57 Comic Johnson
- **58** Bit
- 59 Peelers
- 60 Kiwifruit's source
- 65 Slow movers
- 67 Fissure
- 68 Amphibian
- \_\_ Na Na
- 72 Firms up, as muscles
- 73 Meat entrees 76 Egg warmer
- 77 At loose \_\_\_\_
- 78 Factory
- Scraps
- 80 Sherwood of Murphy Brown
- Singer Tillis
- 82 Couch potatoes
- 83 Greek contests Twist of fate
- 86 Hoofers
- 88 Author Bret \_\_\_
- Overacts 89 90 Golfer Jay
- 91 Biblical woman
- Gowns' companions
- 93 Riser location
- 96 Protective garment
- 97 Alternation
- 101 Frying need 102 Oleasters
- 105 \_\_\_\_ to Billy Joe

- 106 Corrida cheer
- 107 Bursts
- 108 Metric units
- 109 Took the cake
- 110 Driving site

#### DOWN

- Retained
- 2 \_\_\_\_ Mountains in Asia
- 3 Fail to connect
- 5 Hardens: var.
- 6
- 7 Bad habit
- 8 Old English letter
- 9 Musical directions
- 10 Perceptions
- 11 Hot felony
- 12 Atlas entries

- 14 Fixed

20

24

48

52

57

82

102

107

111

61

87

33

58

88

62

- 111 Pee Wee and Della
- 112 Opposed
- 113 Metric land measure

  - 4 Cresting

  - \_\_\_\_ Park, Colorado

- 13 \_\_\_\_ was saying
- 15 Rings of color
- 16 Absorbed

103

- 17 Melody
- 25 Mosquito
- 28 Skirt cut
- 31 Wither

- Thrill 36
- \_\_\_\_ of the Heart 38
- 40 Marksmanship contest
- 42 Prognosticators
- 44 Bill of fare

- 18 Languish

- 33 Glacial crest
- 34 Pigpens
- 35 Stuffed
- 37 Firework
- 39 Comedy piece
- 41 Willow
- 45 Hoaxes 48 Scorches

49 Scampers

104

108

112

- 50 Roseanne's surname
- Removes water
- 53 Most prudent
- Jackets 54
- Troubadours
- 59 Zeniths
- Hurries 61
- Gray and Moran
- 63 Always, poetically
- 64 Water vessels
- 65 Stalks
- 66 Choral group
- 70 City in the Ruhr
- 71 Gibb and Williams 73 Speaks indistinctly
- 74 Shakes
- 75 Molar
- 78 Enjoyment 80 Mending Wall poet
- 82 Boxer 83 Producer Spelling 84 Trail snack

85 Deadlocked

105

109

113

- 87 Greek letter
- 88 Plague
- 89 Diners 91 Malice
- 92 Cloak
- 93 Carbon deposit
- 94 Shower-wall piece
- 95 Sheltered 96 Vipers
- 97 Observance
- 98 Corn Belt state
- 99 Redolence
- 100 Hawaiian goose 103 Take to court 104 Actress Ullmann

**SOLUTION ON PAGE 178.** 





#### THE BIGGEST & BEST IN THE NORTHWEST

20 minutes from SEA-TAC International Airport I-5 South to WA 18 East . Auburn Way Enumclaw Exit









IT'S ALL ABOUT YOU



# \$10 IN FREE PLAY

Code: PUBAKFPF18

Present your airline ticket stub (paper or electronic) or bring this ad to the Players Club for your Free Play offer!



Limit one Free Play redemption per guest per month. Not to be combined with other publications, promotional offerings and holidays. Must be or become a Players Club member to participate. Membership is free! Offer expires March 14, 2018. Free Play may not be available on all machines. For Free Play limitations, rules and details, see Players Club. Promotions are subject to change without notice. Management reserves all rights.



#### LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	

#### **DEFINITIONS**

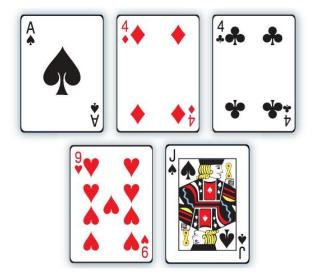
1.	Attorney	1

- **2.** Before the expected time
- 3. Ivy League university
- 4. Sharpshooter Oakley
- 5. One of a 1492 trio
- 6. Country lodge
- 7. Lends an ear

- 8. Absolutely quiet
- 9. Flooring squares
- 10. Egg container
- 11. Oak tree's dropping
- 12. Reddish-brown horse
- 13. Valentine shapes
- 14. Rubbish
- 15. Paves with black goo
- **16.** Wacky Seinfeld neighbor
- **17.** One who creates things
- 18. Exam grade
- 19. Winter follower
- 20. Grasps tightly
- 21. Overly proper person

#### **CARD SENSE**

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- 1. All three black cards are above the red cards.
- 2. The fours are adjacent.
- 3. The ace isn't on top of the pile.

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#### **ANAGRAM MAZE**

The diagram contains 36 words, 17 of which are anagrams of other everyday words. Start at the top arrow and anagram ROSE. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

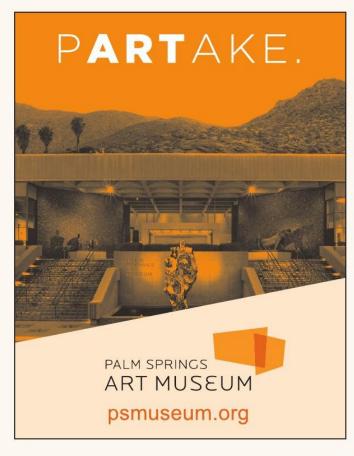
1	2	3	4	5	6
BEAN	ROSE	UNDO	WISH	ZINC	JUMP
7	8	9	10	11	12
BOSS	CLAP	TERM	CASK	DIET	POLE
13	14	15	16	17	18
DUES	COLA	FOUL	NEST	MICE	FARE
19	20	21	22	23	24
PIGS	INCH	HOSE	APES	DANK	M U S H
25	<b>26</b>	27	28	29	30
CLIP	BANG	LOOK	WHOM	CORK	MEAT
31	32	33	34	35	36
FERN	HURT	MUSE	KIWI	BUSH	LOOM

SOLUTIONS ON PAGE 179.

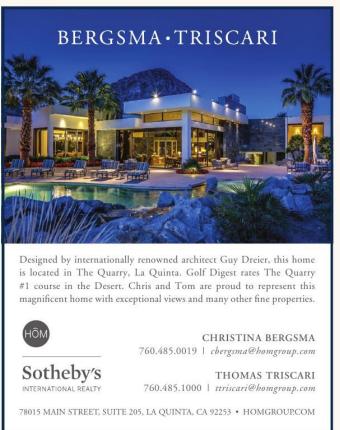
### **OUT 'N ABOUT**

# PALM DESERT | PALM SPRINGS | INDIAN WELLS | LA QUINTA











Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 178.** 

DIFFICULTY: EASY

DIFFICULTY: MEDIUM

	6					1	4	5
			3	5	1		9	6
17.	5				7			
6		8			9	3		
9			5	3	4			8
		5	7			9		4
			6				2	
5	7		9	1	2			
3	2	1				8	7	

		3	8			5	7	
		2	6			3		9
7	1				5			0
1				6			8	3
	7			1			6	
4	3			8				5
			3				9	7
3		1			8	4		
×	9	7			4	8		





# Brush better.

Traveling with an electric toothbrush can be, quite literally, a buzzkill. Named one of *Time Magazine's Best Inventions* of 2016, quip changes that. Sleek and budget-friendly, quip (from \$25) runs 3 months on a single battery — so you can cleanse the memory of carting around a clunky charger. There is also a nifty travel case, which, thanks to a suction strip, doubles as a mirror

mount. The vibrating bristles feature a two-minute timer, and pulse every 30 seconds signaling when to switch between quadrants of the mouth. Sign up for a subscription service (from \$5), and every three months you'll get a fresh brush-head, toothpaste refills (including a travel-sized option), and a charged battery. Stay fresh, at home and on the go.

BRUSHES FROM \$25 FIRST REFILL FREE AT GETQUIP.COM/ALASKA



Bristles vibrate for two minutes



Designed to travel with no charger or wires



Brush heads delivered every 3 months









RELINE REPAIR RENEW

INDUSTRIAL RESIDENTIAL COMMERCIAL

#### Fix Your Pipes From The Inside Half The Cost Of Pipe Replacement!







3" Water Main Before & After Epoxy Coated

Epoxy Coated ½" - 2" Copper Drain Lines

4" Cast Iron Before & After Epoxy Lined

Why Replace? Our patented technology creates a new pipe within the original pipe restoring it to a "better than new" condition for a long-term solution - without digging or tearing up walls, ceilings or floors. 50-year life expectancy.

Certified Green Technologies, NSF 61 & UL Classified.

- · Potable hot and cold drinking water lines Potable water distribution mains
- · Industrial pressure applications
- · Compressed air systems
- Process pipes
- Hydronic systems (air & water) Heating and cooling lines
- · Fire suppression sprinkler systems
- Natural gas and petroleum product lines
- · Electrical conduit
- Collection, Hold and Transfer (CHT) systems in maritime vessels
  • Water & distribution mains

- Used in host pipes consisting of copper, clay, concrete metal, iron, clay, concrete, metal, iron, steel, PVC, and fiberglass. Pipe diameter applications range from 1/2" to 12". Applicable use in the following piping systems, in any infrastructure, in every market sector:
  - · Rain and roof leaders Drain & sewer lines
  - · Vertical & vent stacks
  - Industrial pressure applications
  - · Repair broken pipes

www.nuflowalaska.com phone: (907) 677-2145 fax: (907) 677-2566 info@nuflowalaska.com

www.nuflowsp.com phone: (808) 426-7924 fax: (808) 518-4555 info@nuflowsp.com

#### **CROSSWORD ON PAGE 172.**

т	E	E		R	E	E	S	E	S	Γ	A	v	E	R	S	E		A	R	E
0	L	E		E	R	U	P	T	S		L	1	T	E	R	S		W	0	N
0	1	L		R	U	s	s	1	A	N	0	L	1	٧	E	s		0	D	E
s	T	A	1	R	s		A	P	R	0	N		R	0	T	A	Т	1	0	N
			н	A	A	S		s	A	R	A	Н		c	A	P	s			
s	T	E	P	P	E	R	S		Н	A	R	T	E		E	M	0	T	E	S
M	E	L		S	L	U	G	S		A	G	0	N	s		1	R	0	N	Y
E	N	D	S		P	L	A	N	T			0	R	T	S		F	0	R	D
т	0	N	E	S		S	w	1	S	S	S	т	E	A	K	s		н	E	N
s	N	A	1	L	S			R	E	N	T		т	0	A	D		s	н	A
		c	н	1	N	E	S	E	G	0	0	5	E	В	E	R	R	Y		
D	E	N		A	R	T	E		A	T	0	M			P	A	R	E	R	5
E	T	A		В	U	R	M	E	S	E	c	A	T	s		В	A	K	E	P
T	A	M	E		В	A	1	T			s	н	1	E	D		В	R	1	E
A	L	0	N	G		c	R	E	S	S		S	K	1	E	S		U	s	E
s	E	R	1	N	s		c	R	E	E	s		s	T	R	E	T	T	0	5
			L	1	E	s		A	R	D	E	N		s	1	L	0			
D	1	S	A	G	R	E	E		P	E	s	0	S		A	0	R	T	A	E
L	A	S		D	U	T	c	н	M	A	N	s	P	1	P	E		P	1	N
E	L	1		1	N	S	1	D	E		E	R	A	S	E	R		A	R	1
н	A	м		R	E	E	٧	E	S		S	A	M	A	R	A		R	A	P

#### SUDOKU ON PAGE 176.

DIFFICULTY: EASY

7	6	3	2	9	8	1	4	5
4	8	2	3	5	1	7	9	6
1	5	9	4	6	7	8	3	2
6	4	8	1	2	9	3	5	7
9	1	7	5	3	4	2	6	8
2	3	5	7	8	6	9	1	4
8	9	4	6	7	3	5	2	1
5	7	6	9	1	2	4	8	3
3	2	1	8	4	5	6	7	9

DIFFICULTY: MEDIUM

9	6	3	8	4	2	5	7	1
5	8	2	6	7	1	3	4	9
7	1	4	9	3	5	6	2	8
1	5	9	4	6	7	2	8	3
2	7	8	5	1	3	9	6	4
4	3	6	2	8	9	7	1	5
8	4	5	3		6	1	9	7
3	2	1	7	9	8	4	5	6
6	9	7	1	5	4	8	3	2

#### PennyPress \*

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BRAIN BOOSTER PUZZLES ON PAGE 174.

#### **LADDERGRAM**

W	1. LAWYER	EARLY	3. YALE	R
Е	4. ANNIE	5. NINA	6. INN	А
S	7. LISTENS	8. SILENT	9. TILES	N
Т	10. CARTON	11. ACORN	12. ROAN	С
E	13. HEARTS	14. TRASH	15. TARS	Н
R	16. KRAMER	17. MAKER	18. MARK	Е
N	19. SPRING	20. GRIPS	21. PRIG	S

#### CARD SENSE

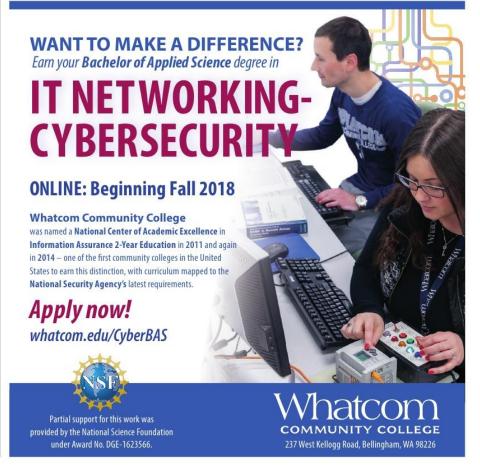
By clue 1, the ace of spades, four of clubs, and jack of spades are first, second, and third in some order and the four of diamonds and nine of hearts are fourth and fifth in some order. The four of clubs, then, is third and the four of diamonds is fourth (clue 2). By elimination, the nine of hearts is on the bottom. Since the ace of spades isn't on top (clue 3), it's second from the top and the jack of spades is on top. In summary, from top to bottom: jack of spades, ace of spades, four of clubs, four of diamonds, nine of hearts.

#### **ANAGRAM MAZE**

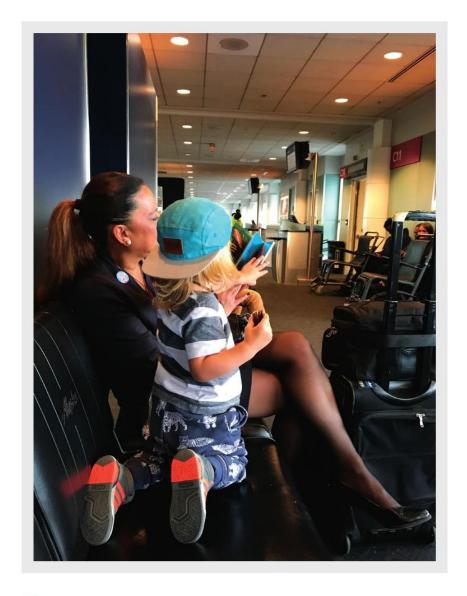
The path through the maze, with just one anagram given for each, is: 2. sore; 1. bane; 7. sobs; 13. sued; 14. coal; 20. chin; 21. shoe; 22. peas; 16. sent; 10. sack; 11. tied; 12. lope; 18. fear; 24. hums; 30. team; 29. rock; 35. hubs.

	1				
1	2				
7			10	11	12
13	14		16		18
	20	21	22		24
				29	30
				35	
				T	





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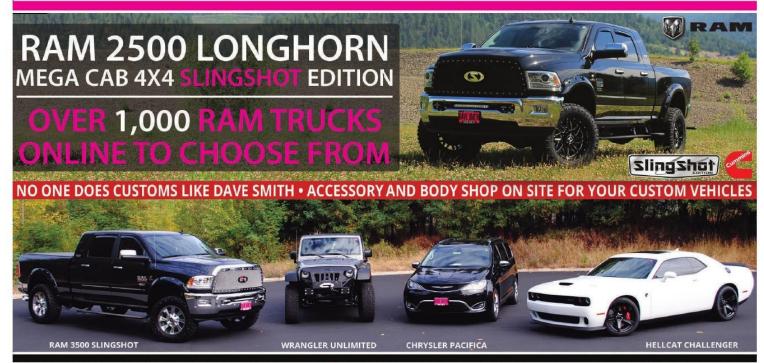








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# EALER SINCE 1994



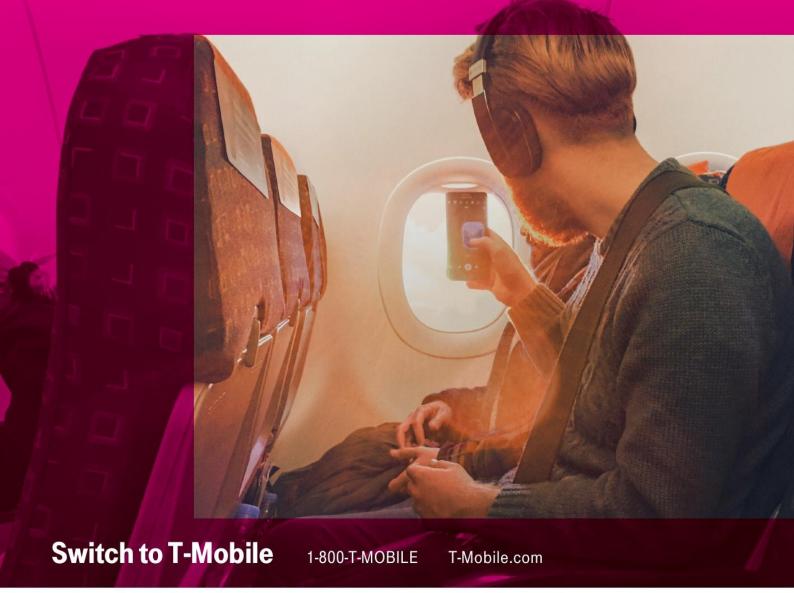


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