

Alaska Airlines

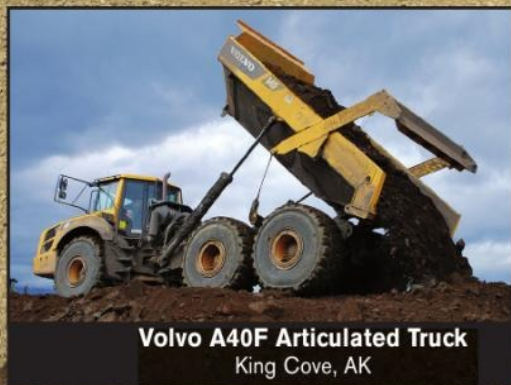
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Brad Tilden,
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BEN'S WISH

You may have seen our employees wearing "I am Alaska" pins around the airports lately. These pins signify everything that makes us special as an airline, and it's our commitment to you that each of us is personally responsible for the experience you have with us. Gary

Beck, our vice president of flight operations, explains how one pilot took this to heart. —Brad Tilden

It takes a lot to become a captain at Alaska Airlines. Our captains have been with the company an average of 21 years and have an average flight time of just over 17,000 hours. Add to that the technical skills and extensive training required, and you start to get a better picture of who is in the left seat of the aircraft that you are on today.

Yet, due to the nature of their job "up front," you don't often see the personal side of our captains at Alaska Airlines. We believe that this side is just as important as the experience and technical sides. With that in mind, I would like to introduce Captain Chris Cice.

Captain Cice is a man of faith who likes helping others. He's also a veteran pilot at Alaska Airlines, having been here for 18 years. While on a layover recently, he saw a newspaper story about a 9-year-old boy from Dallas named Ben Pierce. Born prematurely, at a weight of just over a pound, Ben has suffered numerous setbacks in his young life, chief among them the gradual loss of his eyesight due to scar tissue from surgery. So, as *USA Today* recounted, "While most 9-year-old boys are learning to play video games and baseball, Ben is learning to become blind."

With his doctors coaching him to

create as many visual experiences as he could before his world dimmed further, Ben put together a "visual wish list" of all the things he'd like to see. Among them was the Statue of Liberty, the northern lights and a moose.



Ben borrowing Captain Cice's hat.

Learning that Ben wanted to see the northern lights set Cice on a mission. He contacted Ray Prentice, our director of customer advocacy, and obtained approval to provide tickets for Ben and his family to travel to Fairbanks, Alaska—the best location for viewing the northern lights. And then Cice hopped a flight to Dallas on his day off to present the trip to Ben.

While Ben's mom, Heidi Thaden-Pierce, knew about the surprise, no one else in the family did. Under the ploy

that they were going to the airport to watch planes take off and land, Ben, his parents and his five siblings assembled at Dallas/Fort Worth International Airport. There, Cice presented the trip to Ben and his family, telling them, "The best part is, you all get to go!" Ben's siblings cheered. Ben, who is normally chatty, stood speechless with his mouth open. Once Ben regained his composure, he said he was "really, really happy."

After distributing some presents he'd bought for Ben and his siblings, Cice flew back to Seattle. But not before getting a big bear hug from Ben.

The Pierce family is looking forward to taking their trip to Alaska this fall.

When asked what he likes about his job, Cice says that he is "proud to work for a company that reaches out to its communities, supporting good causes, without asking for anything in return."

That is what our "I am Alaska" theme is all about—incredibly caring employees exhibiting the Alaska Airlines spirit, and asking for nothing in return. Just like Captain Cice did for Ben.

Thanks for making us your airline of choice. —Gary Beck

El Espíritu de Alaska



Brad Tilden,
Jefe Ejecutivo



EL DESEO DE BEN

Es posible que últimamente haya visto a nuestros empleados usar los prendedores “Yo soy Alaska” en los aeropuertos. Estos prendedores simbolizan todo aquello que nos hace especiales como aerolínea, además de nuestro compromiso con usted de que cada uno de nosotros será personalmente responsable de la experiencia que tenga con nosotros. Gary Beck, Vicepresidente de Operaciones de Vuelo, explica cómo uno de nuestros pilotos asumió este compromiso muy seriamente. —Brad Tilden

Implica mucho esfuerzo convertirse en capitán de Alaska Airlines. La antigüedad promedio de nuestros capitanes es de 21 años y el tiempo promedio de vuelo asciende a poco más de 17,000 horas. Si suma a esto las habilidades técnicas y la capacitación exhaustiva que se necesitan, comenzará a tener una imagen más clara de quién ocupa el asiento izquierdo de la aeronave en la que viaja hoy.

Pero como la naturaleza de su trabajo implica estar “al frente”, no se suele tener en cuenta el aspecto personal de nuestros capitanes de Alaska Airlines. Creemos que este aspecto es tan importante como el aspecto técnico y el relacionado con la experiencia. Por este motivo, quisiera presentar al Capitán Chris Cice.

El Capitán Cice es un hombre de fe, que disfruta de ayudar a los demás. También es un piloto veterano de Alaska Airlines, con 18 años de trayectoria en la empresa. Recientemente, durante una escala, leyó en el periódico la historia de Ben Pierce, un niño de Dallas, Texas, de 9 años de edad. Ben nació de manera prematura y pesó poco más de una libra, Ben tuvo que enfrentar numerosas adver-

sidades durante su corta vida; entre ellas, la principal es la pérdida gradual de la visión debido al tejido cicatricial de una cirugía. De manera que, como lo relató *USA Today*, “mientras la mayoría de los niños de 9 años aprende a jugar a los videojuegos y al béisbol, Ben está aprendiendo a adaptarse a la falta de su vista”.

Como los médicos lo entrenan para que logre generar la mayor cantidad de experiencias visuales posibles antes de que su mundo se ensombrezca aún más, Ben elaboró una

“lista de deseos visuales” de todo aquello que le gustaría ver. Entre esos deseos se encontraba la Estatua de la Libertad, las auroras boreales y un alce.

Al enterarse de que Ben quería ver las auroras boreales, Cice emprendió una misión. Se comunicó con Ray Prentice, nuestro Director de Defensa del Cliente, y obtuvo aprobación para entregar boleto de avión para Ben y su familia para que viajaran a Fairbanks, Alaska, el mejor punto de observación de las auroras boreales. Luego, tomó un vuelo a Dallas en su día de descanso para anunciar el viaje a Ben.

Aunque la madre de Ben, Heidi

Thaden-Pierce, sabía acerca de la sorpresa, el resto de la familia lo ignoraba. Con el pretexto de que irían al aeropuerto para ver el despegue y el aterrizaje de los aviones, Ben, sus padres y cinco hermanos se reunieron en el Aeropuerto Internacional de Dallas/Fort Worth. Allí, Cice les anunció el viaje a Ben y a su familia, y les dijo: “¡Lo mejor es que todos podrán ir!”. Los hermanos de Ben gritaron entusiasmados. Ben, que habitualmente es locuaz, se quedó sin palabras y con la boca abierta. Una vez que Ben recobró la compostura, dijo que estaba “muy, pero muy contento”.

Después de entregar algunos regalos que había comprado para Ben y sus hermanos, Cice tomó un vuelo de regreso a Seattle, no sin antes recibir un fuerte y cálido abrazo de Ben.

Cuando se le pregunta qué le gusta de su trabajo, Cice responde que se siente “orgulloso de trabajar para una empresa que tiende lazos con sus comunidades al apoyar causas justas sin pedir nada a cambio”. De eso se trata nuestro lema “Yo soy Alaska”: empleados sumamente amables que demuestran el espíritu de Alaska Airlines y lo hacen sin pedir nada a cambio. Al igual que lo que hizo el Capitán Cice por Ben.

Gracias por elegirnos como su aerolínea de preferencia. —Gary Beck



Ben y el Capitán Cice.

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Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years. He became inspired by anti-aging through this extensive experience with preventative medicine.



I never thought I'd feel excited about turning 70. Like many people, I had some reservations about aging and how I'd be able to maintain my vigor as I got older. Having been a cardiovascular surgeon and seeing many of my patients and colleagues go through the aging process, it wasn't something I looked forward to.

However, at age 75, I can honestly say that I've never felt better. What's my secret? It was learning how to age successfully, with all the right tools and support.

We plan almost every major event in our lives. However, few of us actually plan on how to age well. We assume that aging is something that just happens over time and there's little we can do about it. It begins with the little aches and pains, worsening eyesight, losing interest in sex, or not being able to eat or drink as much as we'd like. And we assume this is normal and there's little, if anything, one can do about it.

I've got news for you. There is something you can do, no matter what your age. Have you considered how your lifestyle habits of eating, exercising, sleeping, and managing stress can affect your aging process? How about the impact of nutritional supplementation and hormone replacement? It is possible to age well and to plan a different outcome as you get older.

I believe that it's possible to continue to experience a high quality of life as you age, if you do the right things.

At 75, I feel healthy, vibrant, strong, alive, and happy. I have a sharp mind and am full of energy. I look forward to each and every day. Having followed an anti-aging regimen for the past 20 years, I'm living proof that it works.

For the past 20 years, I've measured the levels of my hormones and other age-related chemistry. As they began to decline, I supplemented with bioidentical hormones to keep the levels at what you'd find in a 30-40 year old man. I've also taken care of my skin by staying out of the sun and using SkinMedica skin care products and getting regular IPL treatments. Everyone in my family is bald. So I decided, 30 years ago, to fight that with Propecia and Rogaine, and it works.

My secret can be yours too. I've always believed in providing a high quality of life to as many people as possible. That's why I founded PRO Sports Club and that's why I made the decision to open the Anti-Aging Center. I now look forward to every birthday. I hope you do, too.

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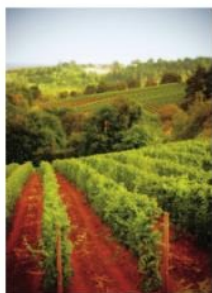


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FOCUS ON SUSTAINABILITY

New LED lights make a big impact

One little lightbulb can make a world of difference. Alaska's regional carrier, Horizon Air, recently upgraded the primary tail navigation light on its Bombardier Q400 aircraft from an incandescent lightbulb to an LED bulb. As a result, Horizon has decreased lightbulb replacements from more than 200 per year to almost zero over the past 12 months.



AROUND THE SYSTEM

► **The 5,000-seat Alaska Airlines Center** brings a world-class sports and entertainment venue to the University of Alaska Anchorage campus. Join us for grand-opening ceremonies, September 5–14; info at alaskaairlinescenter.com.

► **Inspiration comes from many places.** Last month, Alaska Chief Football Officer Russell Wilson helped lead an employee rally. See more of Russell on Alaska's Facebook page.

A Giving Heart

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



*Kay Mitchell,
Alaska Airlines
Legend*

Some people find their careers later in life. Kay Mitchell, for example, interviewed for a flight attendant job with Alaska Airlines when she was 50. Actually, she was just helping a friend who, 25 years ago, was applying for a flight attendant position. Kay decided to go through the process with her, as support. But Kay was good and she was invited for a second and third interview. During the third interview, Kay decided that she liked the customer service responsibility, the hard work and the busy travel schedule.

Kay recalls the interviewer asking rather bluntly, “Do you really want to do this?” That’s when Kay decided she wanted the job. The interviewer asked her how long she might like to work as a flight attendant. Kay said five years, then she might consider a management job.

“[The interviewer] really wasn’t thinking about a 75-year-old flight attendant,” Kay says with a chuckle. Her managers now say they wish they’d had Kay onboard for the first 25 years of her career, and would take 25 more if she

weren’t retiring next spring.

Of course, Kay already knew something about the airline when she started; her daughter, Dena, had begun working for the airline three years earlier, having joined Alaska with its 1987 merger with Jet America. And while Kay is based out of Los Angeles and Dena out of Seattle, the two have worked flights together many times over the years.

Growing up in Southern California, Kay and her twin sister were the youngest of five children. Kay had responsibility at an early age. When she was just 9, she took inventory in an uncle’s store. She started working as a clerk when she was 11. After high school, she joined Douglas Aircraft in its interior design division, where she got a taste of travel and the airline industry. She left to be a stay-at-home mom for her daughter and son, and eventually worked as a secretary in their school.

At Alaska Airlines, Kay has always regarded her co-workers as family. When one fellow flight attendant discovered

that her 12-year-old daughter had a rare bone cancer, Kay offered to help.

“For about six months, Kay picked up over half of my flights, allowing me to stay in the hospital, where I needed to be,” says Gail Lopez. “As if that weren’t enough, when it came time for profit-sharing checks, Kay shared hers with me, knowing I had not worked much while I was taking care of my daughter.”

“That’s just what you do,” says Kay, who has been a caretaker for a brother for most of their lives.

Her empathy makes a difference onboard flights, as well. Kay makes it a point to find the individuals or families who need a little extra help getting settled in. She also has a sense of humor that’s described as cute when she’s with customers and capable of inducing full-belly laughs among co-workers.

“She has such a giving heart,” says Stacey Senger, Manager, Inflight Services in Los Angeles. “She’s there to take care of people. Quietly, in the background. That’s just who she is.” —Paul Frichtl

VOLUNTEER SPIRIT

Bringing Alaska to Minneapolis

Joanne Mambretti had been to every state in the country, save one—Alaska. She had planned a birthday trip to check it off her bucket list when a breast cancer recurrence made her too ill to go.

That’s when a group of Alaska Airlines and Menzies Aviation employees decided to take Alaska to Mambretti in Minneapolis. Mambretti’s friends were putting together an Alaska-themed party for her, and while brainstorming ideas for decorations, the friends decided to visit the Alaska Airlines ticket counter, hoping for a boarding pass and luggage tags. Instead, Minneapolis Customer



*With Joanne Mambretti
(from left), Jamila, Sara,
Hanna and Nataly.*

Service Supervisor Nataly and Contract Service Lead Sara provided every party guest an Alaska Airlines T-shirt, a Snack-Pack and an employee pin. What’s more, the two women and Menzies employees Jamila and Hanna attended the party to greet guests and share stories about their favorite Alaska pastimes, such as watching the northern lights and traveling to the village of North Pole, where it’s Christmas year-round.

“We wanted to make Joanne’s birthday truly special,” Nataly says. “Being part of such a celebration was an honor.” —Dianne McGinness

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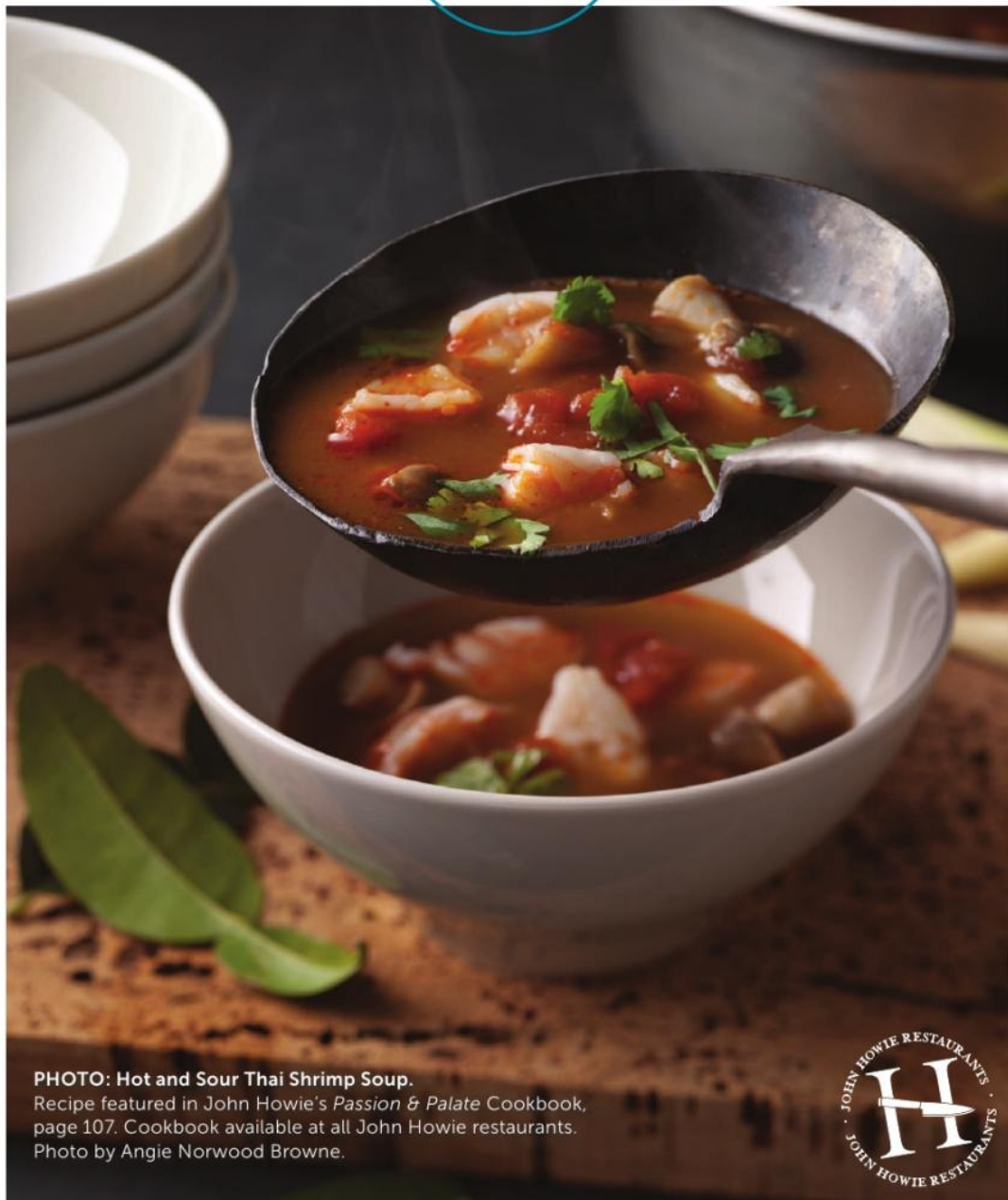


PHOTO: Hot and Sour Thai Shrimp Soup.
 Recipe featured in John Howie's *Passion & Palate* Cookbook, page 107. Cookbook available at all John Howie restaurants.
 Photo by Angie Norwood Browne.



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PALMER, AK

A State Fair in the Last Frontier

Between snacks of fresh oysters, halibut tacos and other local fare, attendees of the **Alaska State Fair** (August 21–September 1) will enjoy musical acts, rides, giant-produce competitions, animal exhibits and more. The annual fair is a time for Alaska residents and visitors to gather and enjoy varied entertainments. New this year is The Gathering Place, a space for Alaska Natives to perform cultural demonstrations and hold a salmon bake. The fair will feature a variety of main-stage performances, including a cappella group Penta-tonix, rapper Flo Rida, alternative rockers The All-American Rejects and cast members of the reality show *Duck Dynasty*. The fair is well-known for its produce competitions; an entrant from a 2012 competition holds the world record for heaviest green cabbage, weighing in at 138.25 pounds. Alaska Airlines is a sponsor of the state fair; September 1 is Alaska Airlines' Day. For more information, call 907-745-4827 or visit alaskastatefair.org. —Nick Thomas

The Hooper Bay Dancers perform on the Borealis Stage at a previous year's Alaska State Fair.



CLARK JAMES MISHLER

Other upcoming state fairs ...

- **Minnesota State Fair**, Aug. 21–Sept. 1; famous for its “food on a stick,” the fair has new menu items such as deep-fried breakfast on a stick and beer gelato; Minnesota State Fairgrounds, St. Paul, MN; 651-288-4400; mnstatefair.org
- **Washington State Fair**, Sept. 5–21; new this year: tour the world inside a dome with a 360-degree video projection of sites such as the Great Pyramids; Washington State Fair Events Center, Puyallup, WA; 253-845-1771; thefair.com
- **The State Fair of Texas**, Sept. 26–Oct. 19; food, rides, concerts and more; the site of the University of Texas–University of Oklahoma football game (separate tickets); Fair Park, Dallas, TX; 214-565-9931; bigtex.com
- **Arizona State Fair**, Oct. 10–Nov. 2; music, food, rides and fun; new this year: The Hall of Heroes explores the world of superheroes; Arizona State Exposition and Fairgrounds, Phoenix, AZ; 602-252-6771; azstatefair.com

Marshawn Lynch and Russell Wilson of the Seattle Seahawks celebrate during a game in 2013.



ROD MAR / SEATTLE SEAHAWKS

The 2014 NFL season kicks off in Seattle on **September 4**, when the defending-champ Seattle Seahawks play the Green Bay Packers at CenturyLink Field. Then, in their second home game, the Seahawks will face the Denver Broncos in a **rematch of Super Bowl XLVIII, on September 21**. For additional information about the NFL season, visit nfl.com. —*LaVendrick Smith*

LOS ANGELES, CA

Get Your Kicks!

Traversing more than 2,400 miles across eight states, Route 66 has captivated cultural icons such as Jack Kerouac and Dorothea Lange, along with many other artists and Americans, since its dedication in 1926. The Autry National Center's "**Route 66: The Road and the Romance**" (open through January 4, 2015) guides viewers through the road's rich heritage with more than 250 artifacts from what's been called the "Main Street of America." The exhibition's four sections tell the story of the road from its establishment, through the Great Depression and the route's post-World War II golden age, and into its period of decline and restoration. Artifacts include a Woody Guthrie guitar and a handwritten page from John Steinbeck's *The Grapes of Wrath* manuscript. The exhibition gets beyond nostalgia to explore topics such as civil rights issues along the route. For more information, call 323-667-2000 or visit theautry.org.

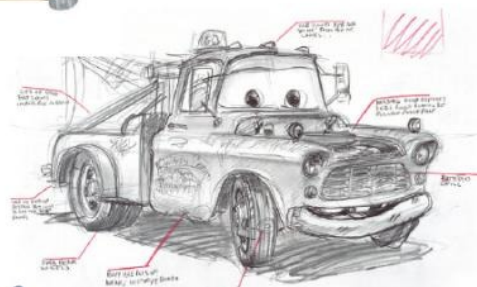
—*Carly Andersen*



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Items from the exhibition "Route 66: The Road and the Romance" will include: 1. the original 1951 manuscript for Jack Kerouac's *On the Road*, which the author famously typed at a blistering pace on a 120-foot paper scroll; 2. an original 1960s highway sign, featuring the roadway's famous crest; and 3. an early sketch of the character Mater from Pixar's Route 66-inspired film *Cars* (2006), pencil on paper.

MULTIPLE LOCATIONS

Dinosaur Revival Tour

They're back! The animatronic beasts of the award-winning show "**Walking with Dinosaurs—The Arena Spectacular**" have returned to tour North America for the first time in several years. Based on a BBC television series, the all-ages theatrical program features 20 creatures of various types and magnitudes—as puppets, as costumed performers and as life-size animatronic representations, including a 36-foot-tall Brachiosaurus. An actor portraying a paleontologist narrates the action and takes the audience through the history of Earth's Cretaceous, Triassic and Jurassic periods. The dinosaurs look a little different from the last time they visited America, as they have been updated based on recent scientific discoveries about dinosaur features such as feathers, head crests and tail fans. September tour stops include Anaheim, California (September 3–7); Los Angeles (September 11–14); and Victoria, British Columbia (September 18–21). To learn more, visit dinosaurlive.com. —*Nick Thomas*



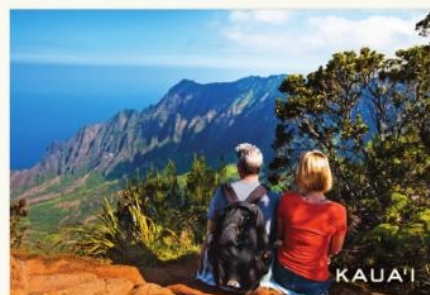
DAVID SCHEINMANN

The "Walking with Dinosaurs" arena show, now touring North America, features life-size animatronic creatures.

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PROFILE

The Salt of the Sea

An Oregon salt-maker crafts artisan products from Pacific Coast waters

Terroir, texture, taste. **Ben Jacobsen** can talk for hours about these attributes—of salt.

“Great salt can transform every single bite of food,” says Jacobsen, 38. “And it can change people, too. You see the expression on people’s faces after tasting it. That’s worth so much.”

In 2011, Jacobsen quit his career in software marketing to pursue his passion for the most basic of condiments. He traveled the West Coast between Southern Oregon and Port Angeles, Washington, collecting seawater from more than 25 locations (after securing the proper permits). What he found was that each coastal area produced distinctive salt, with varying salinity and coarseness—and taste.

After trials and errors over three years, Jacobsen chose Netarts Bay, 80 miles west of Portland, for the perfect salinity and delicate texture of salt that its water produces. “Good salt has a nice, delicate flake and really clean, briny flavor without any bitter aftertaste,” Jacobsen says.

Once he had found his source, it was time to get to work. For each batch, Jacobsen pumped seawater from the ocean by hand and trucked it in plastic drums back to Portland, where he filtered and evaporated the water to make salt flakes.

The hard work paid off, and, mostly by word of mouth, his salt found fans among some of the nation’s most innovative chefs, from Napa Valley’s Thomas Keller to San Francisco’s Chris Cosentino to New York’s April Bloomfield.

The growing popularity has meant that Jacobsen has to keep up with a much bigger demand than before. The company now has 16 employees. Jacobsen moved operations to an old oyster farm last December, and now uses a pipe that pumps water directly from the bay.

“I was in much better physical shape before,” he says, of automating the harvesting.

In addition to supplying his customers, he continues to experiment. “I just tried



JOHN VALLS

Ben Jacobsen carefully sampled water from more than 25 locations before settling on a site in Oregon as the source for his company’s salts.



some vanilla salt on white peaches—so good!” he says.

Working with local chefs, Jacobsen puts together salt-themed culinary events, as well.

For home chefs, he recommends his smoked cherrywood salt for baked potatoes or burgers and Pinot Noir salt for steak or chicken.

Despite all of the new collaborations with chefs, the bulk of Jacobsen’s work remains the same. He still boils, sifts, grates, flavors and packages the salt, all by hand.

“I never want to do anything else,” he says of his salt-making enterprise. “It’s about time that America has good salt.”

Jacobsen Salt Company opened a tasting room and store in Portland in July. To learn more about the company and its salts, visit jacobsensalt.com. —Chaney Kwak

Food lovers can enjoy numerous Oregon-sourced delicacies and drinks at **Feast Portland** (September 18–21, multiple Portland locations). The event celebrates Northwest ingredients, and features chefs and other culinary leaders from around the country in hands-on classes, expert panels and tastings. Proceeds help battle childhood hunger. Alaska Airlines is an event sponsor. Learn more at feastportland.com.

I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

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

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and Voegtlin in search of a solution.

It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious" — And they did! Their stunning achievement created a medical treatment that has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

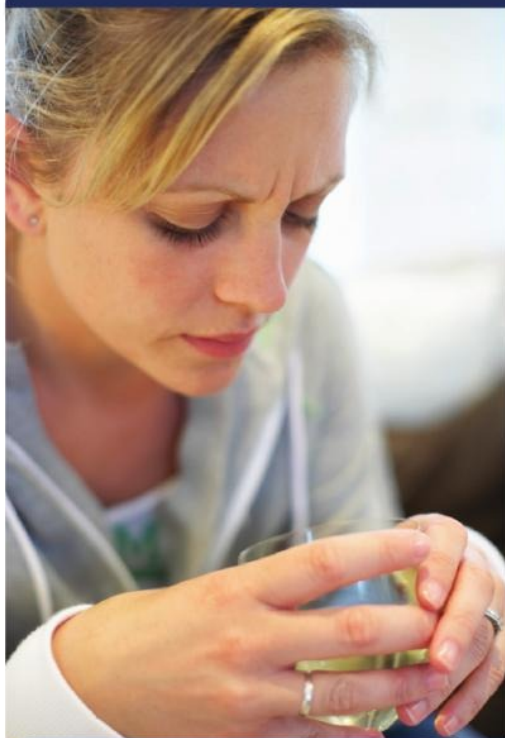
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

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

Second, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!

Call: 1-855-999-1116
online at: SchickShadel.com

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

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*Based on results of a verified, independent survey of former patients (success being measured as total abstinence for one year and assessed by self-evaluation), as against published success rates from verified, comparable studies of other medical institutions.

The Art of Hair Restoration



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.

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

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

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

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

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

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



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



By the time I had graduated, I felt tired and sluggish. I was also borderline on some blood work results, which I attributed to poor genes.

I was unhappy and depressed by how I felt and looked, but I didn't want to attempt another diet just to slip back to the same way of living. I needed to do something life changing. A coworker inspired me by completing the My Best 10 program with fabulous results. So I decided to reward myself for achieving my MBA by giving myself My Best 10. It was the best decision I ever made.

Initially, I was incredibly skeptical. I expected another typical weight loss program that took my money, but didn't care if I actually lost weight. I also thought they'd tear me down in order to build me back up, or tell me to change absolutely everything I'd been doing. I was so wrong!

The program is not just about losing weight. It's supportive, encouraging, educational, motivating, and empowering. Even from

the small changes I made, I saw immediate improvements. It was personalized to fit me and I took advantage of everything offered. My dietitian helped me with a real-life eating program, not some deprivation, starvation diet. I never felt hungry! I had the best trainer, not some drill sergeant who would make me hate exercising. He pushed me gently and patiently, instantly recognizing what would motivate me. I had the biggest cheering section I've ever had in my life. They were genuinely interested in me and my success.

I lost 23 lbs in 10 weeks! While that was surprising, I was even happier that my cholesterol dropped 30 points and my triglycerides dropped 100 points. I'd told myself for so long that I couldn't do anything about my genes, but I had the power all along! This program is greater than weight loss or looking younger. I'm stronger than I've ever been, both on the outside and the inside. I now know that I can achieve anything that I set my mind to do.

mybest10.com

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SAN FRANCISCO, CA

An Undersea Exhibit

San Francisco's California Academy of Sciences has unveiled an addition to its Steinhart Aquarium that provides an up-close view of the creatures that inhabit California's coastal waters. The academy's new 2,000-gallon tank will be a permanent fixture in the aquarium's "California Coast" exhibit, aimed at showcasing the ecosystems of local marine life. Visitors can see the habitats of fascinating creatures such as rosy rockfish, strawberry anemones and painted greenlings. The exhibit also features a large, interactive touch screen that lets users search for information about highlighted organisms, and tells ways to help protect the creatures and their environments. For more information, call 415-379-8000 or visit calacademy.org. —LaVendrick Smith



KATHRYN WHITNEY / CALIFORNIA ACADEMY OF SCIENCES

New additions to the "California Coast" aquarium exhibit provide brilliant views of the state's diverse marine life.

Also in the Bay Area ...

• **Millbrae Art & Wine Festival**, Aug. 30–31; a Mardi Gras-style celebration with live music, juried arts, food and drink; downtown Millbrae; miramarevents.com

• **Mountain View Art and Wine Festival**, Sept. 6–7; wine-tasting, arts and

entertainment; downtown Mountain View; 650-968-8378; mountainview.miramarevents.com

• **19th Annual Ghirardelli Chocolate Festival**, Sept. 13–14; a celebration of chocolate with more than 35 vendors; Ghirardelli Square, San Francisco;

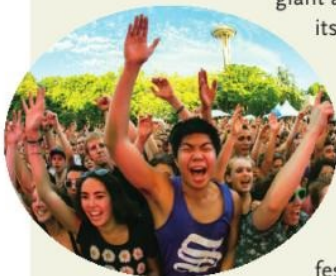
ghirardelli.com/chocolate-festival

• **Berkeley World Music Festival—Autumn Equinox**, Sept. 20–21; performers representing diverse musical traditions; People's Park on Telegraph Avenue; 510-995-6134; berkeleyworldmusic.org

SEATTLE, WA

Under the Arts Umbrella

Seattle's blockbuster summer festival **Bumbershoot** (August 30–September 1), which takes its name from a colloquial term for *umbrella*, offers something for everybody. This giant arts event takes place at the 74-acre Seattle Center and bills itself as the largest urban arts festival in North America. Since 1971, Bumbershoot has brought together an eclectic mix of music, film, comedy, spoken word, dance, theater and other performance and visual arts. This year Bumbershoot features headliners ranging from hip-hop icons Wu-Tang Clan to local folk-rock heroes The Head and the Heart. Author Tom Robbins, as well as writers of *The Simpsons*, will give presentations on the Words & Ideas stage of the festival grounds. The Youngershoot Kids Zone will feature programs and activities for families, organized by the Seattle Children's Museum. For more information about the festival, visit bumbershoot.org. —Stacie Larsen



Seattle's Bumbershoot draws lively crowds and exciting performers.

CHRISTOPHER NELSON

TOP SHELF

The Boys in the Boat

By Daniel James Brown;
 Viking/Penguin

Brown tells the powerful story of the University of Washington eight-oar crew team's path to glory at the 1936 Olympics in Berlin, with the Nazi Party in power. Now available in paperback, the book follows rower Joe Rantz and his teammates, describing the triumph of a group of working-class athletes over elite East Coast crews, and over a skilled German team. Throughout, Brown artfully places the tale of the crew's victory within its historical context. —Stacie Larsen



Vibrant Food

By Kimberley Hasselbrink;
 Ten Speed Press

Hasselbrink's debut cookbook is just what its title suggests—vibrant. Readers will enjoy 66 tantalizing seasonal recipes while eye-catching photographs illustrate Hasselbrink's passion for color. Organized by season and then main ingredient, recipes range from spring's lively Pasta with Nettle Pesto and Blistered Snap Peas to winter's rich Crab Cakes with Poached Eggs.

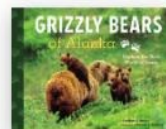
—Carly Andersen



Grizzly Bears of Alaska

By Debbie S. Miller;
 Photography by Patrick J. Endres;
 Little Bigfoot/Sasquatch Books

Grizzlies can eat as much as 90 pounds of salmon—equivalent to 162 cheeseburgers—per day! Young readers learn this and other facts about bears from this informative book by Fairbanks native Miller. Endres, also a Fairbanks resident, adds beautiful color images of the majestic animals. —Jordan Ilarde



Miners Landing

The Historic Pier



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Photo © Michael Benton / michaelbentonphotography.com



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ST. LOUIS, MO

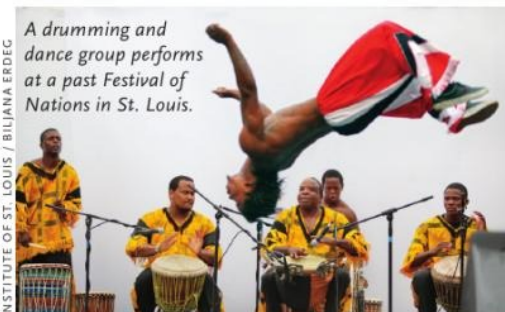
A Missouri Multicultural Fest

In a weekend of colorful celebration, St. Louis' International Institute will host its annual **Festival of Nations** (August 23–24), a multicultural extravaganza in Tower Grove Park. The event's four stages will feature music and dance performances from artists such as Afriky Lolo, a traditional West African dance troupe, and Djerdan Sevdah, a group known for its

Bosnian love songs. Food booths will dish up culinary delights from around the globe, including Ethiopian *injera* and Argentinian empanadas. Festival-goers can shop for gifts at the World Bazaar, participate in arts-and-crafts activities, and even take internationally oriented Zumba dance lessons on the Village Green. For more information, call 314-773-9090 or visit festivalofnationsstl.org. —Carly Andersen

A drumming and dance group performs at a past Festival of Nations in St. Louis.

COURTESY: INTERNATIONAL INSTITUTE OF ST. LOUIS / BILIANA ERDEG



DETROIT, MI

Illuminating the Motor City

Next month, Detroit will host **Dlectricity** (September 26–27), a biennial festival celebrating contemporary art created with lights. Melding concepts of art and technology, this electrifying nighttime experience will offer opportunities to appreciate works ranging from video installations to an interactive 3-D mapping display. The festival will take place along a one-mile stretch of Midtown's Woodward Avenue and will feature art by 35 local, national and international artists. In addition to walking the exhibit route, viewers may observe or participate in a lighted bicycle parade (September 27). A family-friendly activity, the parade will trace a four-mile course through Midtown as more than 500 cyclists ride bikes with light features and decorations. To learn more, call 313-420-6000 or visit dlectricity.com. —Carly Andersen



Yvette Mattern's piece *Laser Starship* lit up the Charles H. Wright Museum of African American History in 2012.

DAVID LEWINSKI

Alaska Airlines begins nonstop flights between Seattle and Detroit on September 4. Learn more at alaskaair.com.

SAN DIEGO, CA

A Proud Pacific History

For 240 years, San Diego has had a close connection to the military—beginning as a coastal outpost under Spanish control and continuing today as a home to U.S. military bases. Now 10 local museums, organized by the San Diego History Center, are collaborating on the countywide exhibition "**Presidio to Pacific Powerhouse: How the Military Shaped San Diego**" (through January 4, 2015). Each venue's display focuses on a different aspect of history in San Diego, including the U.S. Navy SEALs exhibit at the Coronado Historical Association and Museum of History and Art. For more information, call 619-232-6203 or visit sandiegohistory.org/presidiotopacificpowerhouse. —Stacie Larsen



COURTESY: SAN DIEGO HISTORY CENTER

This San Diego History Center display is part of the countywide, multivenue exhibition that traces the area's relationship with the military.

Through August 30 Festival of Arts/ Pageant of the Masters, fine-arts festival and "living picture" events with live performers in faithful art re-creations; Festival of Arts, Laguna Beach, CA; 800-487-3378 or foapom.com

Through September 28 "Chocolate: The Exhibition," chocolate in cultures worldwide, highlighting local producers; Museum of History & Industry, Seattle, WA; 206-324-1126 or mohai.org/exhibits

Through November 11 "Vikings: Lives Beyond the Legends," an international exhibition with more than 500 artifacts; Royal BC Museum, Victoria, BC; 250-356-7226 or royalbcmuseum.bc.ca

August 18–24 2014 Pro Challenge, top professional bicycle teams from around the world race through the Colorado Rockies in seven stages; multiple locations; usaprocyclingchallenge.com

August 25–September 8 US Open, pros compete in the year's final tennis major; USTA Billie Jean King National Tennis Center, Flushing, NY; 914-696-7000 or usopen.org

August 28–31 Chicago Jazz Festival, 36th year; free concerts on the lakefront; Millennium Park & Chicago Cultural Center, Chicago, IL; 312-427-1676 or jazzinchicago.org/jazzfest

August 29–September 1 Gold Rush Days, history brought to life with street theater, baseball games, music, food and activities; downtown Sacramento, CA; sacramentogoldrushdays.com

August 29–September 1 U.S. Sand Sculpting Challenge & 3D Art Exposition, B Street Cruise Ship Terminal Pier, San Diego, CA; ussandsculpting.com

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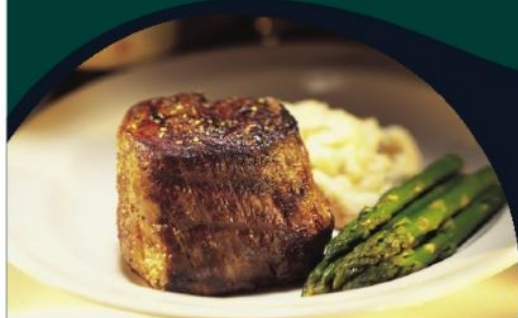


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SNOQUALMIE, WA

Classic Northwest Golf

Golf fans will enjoy top-level competition in a picturesque Northwest setting when the **Boeing Classic** opens on August 18. The classic is celebrating its 10th year as a PGA Tour Champions Tour tournament, and will feature 81 professional golfers over age 50 playing at TPC Snoqualmie Ridge, about 30 miles east of Seattle. Tournament programming stretches for seven days, and visitors can participate in several open events before watching pros compete August 22–24 on the venue's Jack Nicklaus golf course. Top senior golfers expected to compete include Mark O'Meara, Rocco Mediate and Seattle native Fred Couples. For more information, call 425-965-3915, or visit boeingclassic.com. —LaVendrick Smith

Also of note ...

Alaska Airlines North Bend Iron Horse Traverse, Sept. 6; a multisport relay with paddling, biking, running and a team trek; North Bend, WA; northbendtraverse.com

ESTES PARK, CO

National Park Centennial

Dedicated as a national park on September 4, 1915, Rocky Mountain



National Park is one of the nation's oldest and most scenic parks. Starting this September, the park will host a **yearlong series of centennial events**. The event programming, sponsored by the park and local organizations, will reflect the creativity of community groups that help people enjoy and protect the park and region. Centennial kickoff events will take place in the park on September 3 and 4. The celebration will continue in the park and surrounding communities with events such as the Centennial Speaker Series, plein air painting workshops and organized hikes leading up to the 100-year anniversary on September 4, 2015. To learn more, call 970-586-1206 or visit nps.gov/romo. —Stacie Larsen

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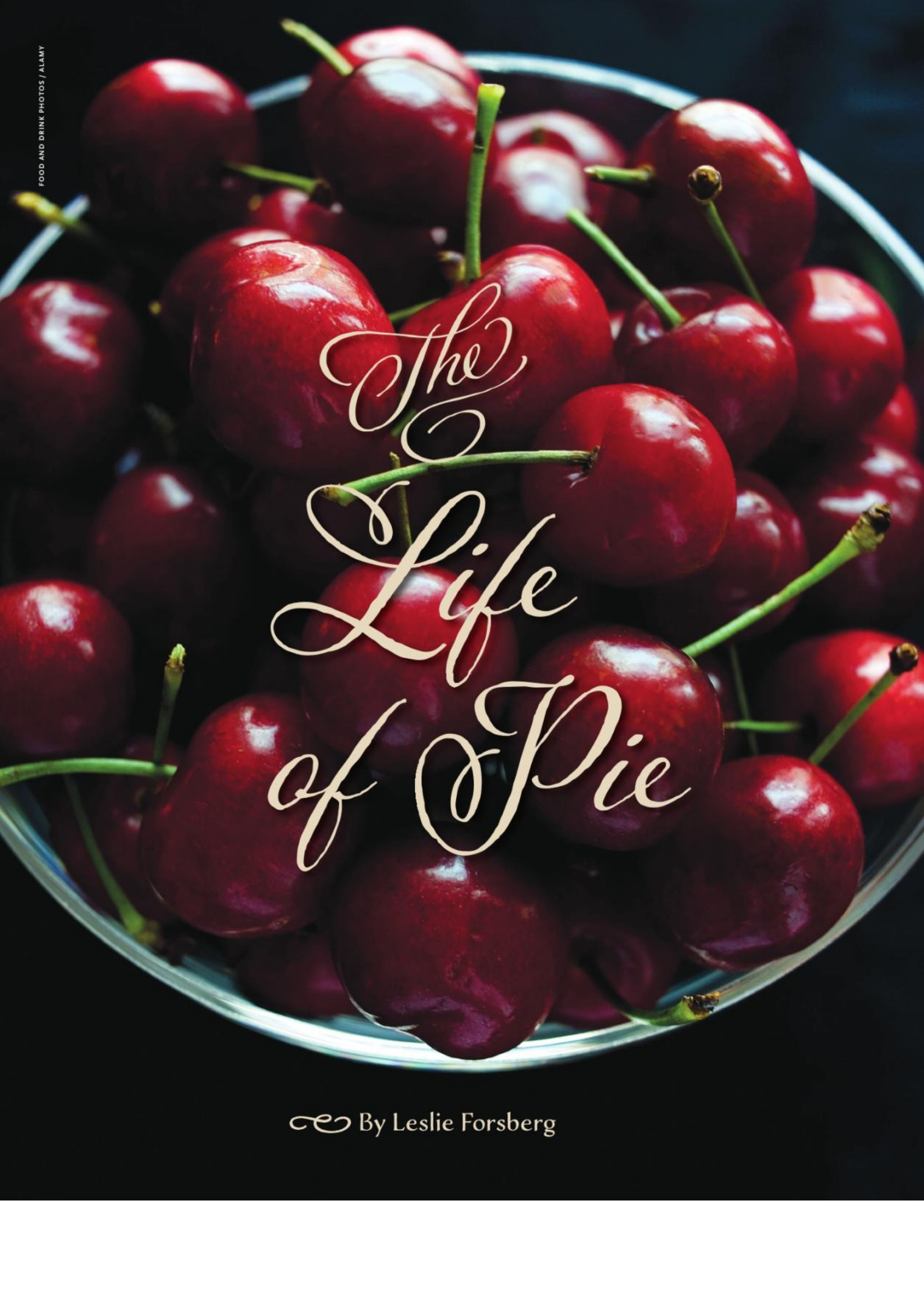
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The Life of Pie

By Leslie Forsberg

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“We’re going to make strawberry-rhubarb pie today,” master pie baker Kate McDermott announces cheerily. Brandishing a ruby red 18-inch rhubarb stalk like a baton, she proclaims, “Now *this* is rhubarb. Some of the best in the world. It’s from my friend Melissa’s farm, near Port Angeles.” And the strawberries? “They’re from Graysmarsh Farm—I picked them yesterday,” she reports, her dark curls springing forth exuberantly from beneath a purple bandana.

“My goal is that you’ll walk out of here knowing how to make a really good dough without having to use a recipe, and you’ll be able to measure fruit and make a pie without a recipe,” says McDermott.

The students in McDermott’s Seattle-area Art of the Pie class shift in their chairs, eager but exhibiting a dash of trepidation. Encouragement is supplied by highly scented, freshly made “little tasties,” cinnamon-and-sugar pie-crust roll-ups for nibbling. The half-dozen students in their 20s and early 30s include a trio of young men who explain that they like to cook, but baking a pie is something entirely different, somewhat intimidating.

“I know how to put canned biscuit dough into a pie pan,” announces Dave jocularly, to laughter. “I know that, too!” Janet chimes in.



Kate McDermott, pie artisan and teacher.

Once upon a time almost anyone interested in cooking had some rudimentary knowledge of how to make a pie—many, like me, grew up helping our grandmothers bake and learning at their elbows (also rewarded by pie-crust roll-ups). Then a generational shift put that sort of knowledge on the cultural shelf, until a recent resurgence of interest in this quintessential American food brought pie back into newfound prominence. Pie bakeries, pie classes, pie cookbooks, pies on dessert menus, from Florida to Fairbanks: The second decade of the new millennium is a pie renaissance. Search “pies” on Amazon Books and you get more than 17,000 results. *Restaurant News* declared 2011 “year of the pie,” and restaurateurs took the idea to heart: An online guide to pie bakeries and restaurants shows almost three dozen such purveyors in Portland; Seattle has at least a dozen more.



And according to pie experts such as McDermott, the trend and the dish deserve both culinary and philosophical attention.

“When I make the dough I put intention into the bowl,” McDermott continues. “It’s like a secret message,” she says. “What is important to you right now? Put that element into your dough today.”

Leslie's Apple Pie

Crust:

2 cups flour
1/2 tsp salt
1/4+ cup water
1 tsp sugar (optional)
1 egg yolk
10 tbsps chilled butter

Filling:

4 Granny Smith apples
2 Pink Lady or other sweet apples
1 lemon, juiced
1/2 cup sugar
1/4 cup light brown sugar
1/3 cup flour
1 tsp cinnamon
dash of freshly grated nutmeg (optional)
1 tbsps butter

★ **Crust:** Preheat oven to 425°F.

Blend flour and salt in large bowl. Add water and sugar, if using, to egg yolk and blend. Slice butter into 1/2-inch chunks and add to flour mixture. Using pastry blender or fingers, blend butter into flour until butter is like coarse meal with pea-sized bits. Sprinkle yolk/water mixture on top and toss with hands or a fork until dough holds together. If too dry, sprinkle with a bit more water. Divide dough in half and form into two disks; wrap in waxed paper and refrigerate for 30 minutes. Remove first disk from refrigerator and roll out on floured surface until 12 inches, then place in 9-inch pie pan. Refrigerate.

★ **Filling:** Peel, core and slice apples

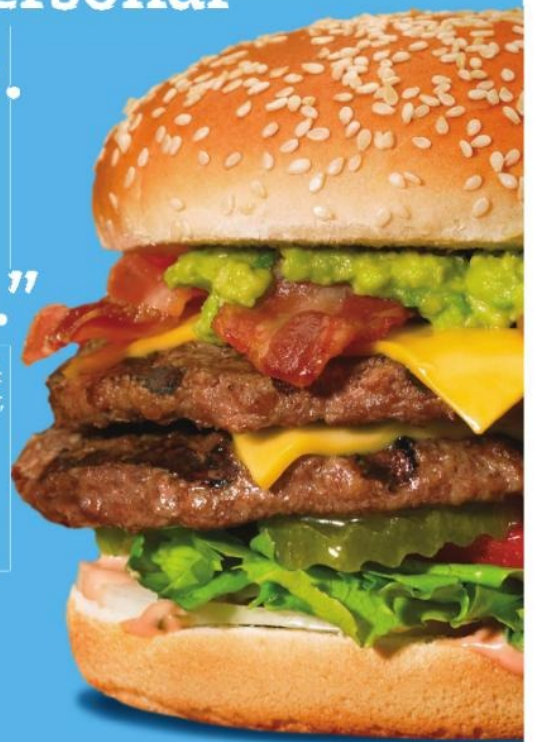
and place in large bowl. Sprinkle with lemon juice. Add sugars, flour, cinnamon and nutmeg, if desired, and toss. Place apple mixture in pie pan and dot with bits of butter. Roll out second disk to 12" diameter. Place atop apples and trim crusts to 1" beyond rim. Roll crusts tightly under, then crimp. Cut vent holes in top crust with paring knife. Bake 15 minutes. Turn oven down to 350°F and bake 35–40 minutes or until the filling is bubbling. Cool and serve with vanilla ice cream. —Leslie Forsberg

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★ Pumpkin pie was served at the second Thanksgiving—not the first—in 1623.

★ British dictator Oliver Cromwell banned pie in 1644, declaring it pagan.

★ Key lime is the official “state pie” in Florida; in Vermont, it’s apple pie.

★ Pie pastry originated in ancient Greece.

For most people, intention in this case is to fashion a serviceable example of this delicious tradition. Within minutes all of us are elbows-deep in bowls of flour, crumbling leaf lard (the highest grade) and butter into the mixture and sprinkling it with ice water, as McDermott dispenses gentle encouragement and practical tips: “Keep everything chilled, especially yourself.” “Faster, faster, faster! Imagine you have four little kids pulling on your apron strings and saying ‘Mom!’ You have to move fast.” “Don’t get caught up in what you have or don’t. Did our great-grandmothers have digital scales? They would say, ‘What?’ Just bake the pie.”

Though it has now gained high culinary status, baking pies is a folk art, passed down through generations. My Grandma Nessie taught me pie baking at our 120-year-old Elwha River farm on Washington state’s Olympic Peninsula. We had a production line of pies every year during haying season, when the slightest breeze sent dry, waist-high pasture grass swirling in golden waves like rubbing a hand over corduroy. Sunburned, hungry farm workers seated around the oak table downed pot roast and potatoes, followed by pie.

Each morning, freshly made pie dough rested in the refrigerator as we peeled Yellow Transparent apples from the orchard outside. “You don’t have to get all the peel off,” she suggested, as I struggled to duplicate her ease with a paring knife; I was envious of her ability to peel each apple in one continuous ribbon. When I hadn’t floured the surface adequately, and my dough stuck to the wood top of her 1920s baking cabinet—the kind with tin drawers big enough to hold 50 pounds of flour and sugar—she said, “No problem, we’ll just patch it together with a bit of water.” By the time the dew had dried on the orchard grass, the kitchen had filled with the aroma of caramelized apples and the nose-tickling scent of cinnamon as we pulled two pies out of the oven, each top crust decorated with tiny slits in the pattern of a sheaf of wheat, like embroidery stitches on cotton dish towels. She knew they were done by smell, sight and even sound. Putting my ear close to a pie, I

heard the thick steam bubbles chirping a sweet, high-pitched song similar to the one goldfinches sang as they darted over the fields.

Even though most of us didn’t grow up on a farm or with a pie-baking grandma, the sensations in this sepia-toned memory—the warmth, the comfort, the nostalgic feeling and the expectation of sublime taste—are still what spring to mind when a freshly baked pie perfumes the air. Fortunately, this quintessentially American experience is becoming available to more and more people, home bakers or not: There are now hundreds of pie shops in cities and towns big and small.

FILLED WITH HISTORY

“As American as apple pie.” It’s a saying we all know, but how many of us know how apple pie became synonymous with America? According to food historian and author Ken Albala, at the University of the Pacific in Stockton, California, the American tradition of pie making came over with English and Dutch settlers. Pies were a part of the diet of medieval Europeans; often made with rye flour and suet, they were merely a way to preserve meat.

“Pie crusts were just a container to keep air from the contents, keeping them from spoiling. It used to be you’d break the crust open and scoop out the contents, but you didn’t eat the

crust,” says Albala. “By around Shakespeare’s time they started to put butter into the crust and to use wheat flour; pie plates became commonplace, so you would actually cut a slice.”

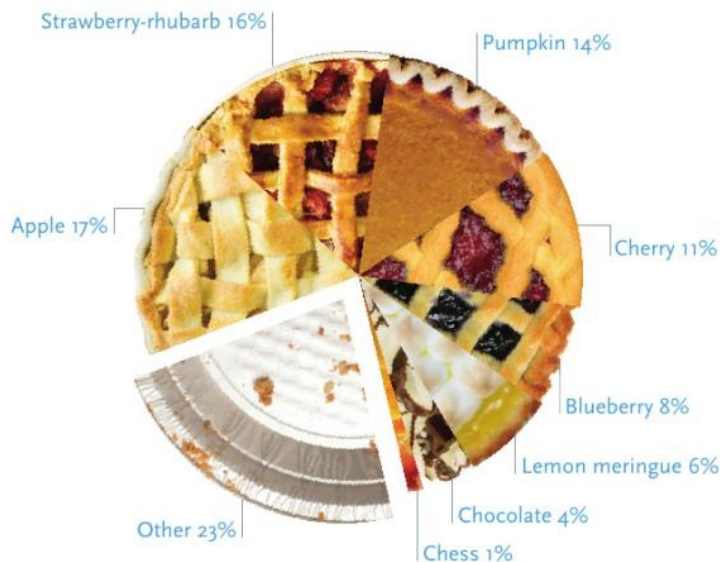
Fast-forward to the American colonies, where apples were the easiest fruits to ferment and distill; hard cider and apple jack were popular beverages. Pie was a great way to make use of these affordable, plentiful fruits, and it became a breakfast food for colonists. In the 19th century, nurseryman Johnny Appleseed created apple orchards across broad swaths of the frontier, and over time pie “became a kind of obsession with American cook-

book authors,” according to Albala, who notes that “pie culture” flourished in New York and the Atlantic states at first, spreading eventually to state fairs in the Midwest. Pie-eating competitions added to the U.S. cultural scene.

As for the cliché about apple pie and America? No one really knows where it came from. But it’s an apt metaphor for our centuries-long fascination with this pastry of humble origins that elevates thriftiness and homey traditions to a delicious art form.

—Leslie Forsberg

CATHERINE MURRAY / SHUTTERSTOCK.COM



grandma, after whom she named her shop. Lauretta Jean's offers homey, thick-crust pies using all butter for the crusts and whatever fruit is in season. On display in a 9-foot-long, glass-fronted vintage jewelry case, the pies glisten with jewel-tone fillings that peek out from the confines of their golden crusts. Rhubarb pies glisten next to plump peach pies, and peach-raspberry pies gleam.

Farmers markets are often a small-business cultivator, and this was the case for McMillen. She started modestly, in 2011, baking pies for a stand at the Saturday Portland Farmers Market, on the Portland State University campus. When customers started forming lines for her pies she knew she was on to something. That fall she opened a shop downtown, and she expanded again just a year later when she opened a larger shop on Division Street. Despite her brick-and-mortar locations, "We still love being at the farmers market," says McMillen. "It's a great way for us to maintain connections with



PIE CHART
In 2012 NPR surveyed listeners on their favorite flavors.

In Portland, artisan pie baker Kate McMillen, who created the recipes used at one of the city's top-drawer pie places, Random Order Coffeehouse & Bakery, has achieved near cult status since going out on her own. Like so many of her peers, McMillen learned to bake alongside her

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Peach-raspberry exemplifies the California focus at Mission Pie.

farmers. We buy a ton of produce there. Last week we brought home 10 or 12 flats of strawberries from Groundworks Organic, and we get all our peaches and nectarines from Baird Orchards."

A top customer pick? "Our tart cherry pie is a big favorite," says McMillen. "The pie cherries come from Salem, and we use Grandma Lauretta Jean's classic recipe." Her grandma's secret? A touch of almond extract in the filling, giving it a rich, multilayered flavor.

Fresh ingredients prepared by artisan bakers typify Mission Pie, in San Francisco's Mission District. On a visit to this baked-goods shrine known for its rustic, whole-wheat crust pies and simple, hearty foods, I swiftly learn that the name "Mission" covers more than the restaurant's locale.

Among the pies in their glass-fronted case, my husband, Eric, spots a nubbly-topped walnut pie. "I presume this is the California version of a southern pecan pie?" he asks the counter clerk.

"I'm glad you noticed," she answers, walking around the end of the display case and leading us over to a map of California painted on one wall, showing the locations of farms they buy from. "The walnuts for this pie are from only 90 miles away, instead of 2,000 miles away, for pecans. That's why we serve walnut pie." Gesturing to the map, she indicates Dixon Ridge Farm, which is a grower and processor of organic walnuts and uses an energy-efficient facility to



Photo: Gerald Pope

SmartSculpt = FAB ABS!



before



after

Although I have a naturally slender frame, I've always carried weight in my midsection. Then after having two children, it wasn't just about the weight. Skin elasticity became an issue as well. The reality was that my body wasn't the same as before. I became self-conscious and started wearing loose-fitting clothing. I wanted to feel like myself again – comfortable and confident wearing a two-piece bathing suit. So I began exercising, trying to get back to my former self. However, as I approached my next birthday, I realized that I just wasn't getting there on my own. I began to lose my motivation.

Considering Options

I considered liposuction in conjunction with a tummy tuck, which seemed like a much bigger procedure. After visiting some other cosmetic surgeons in the area, I made the decision to have SmartSculpt with Dr. Levy. The other benefit which appealed to me was the skin tightening results. Plus, there were the personal training sessions after the procedure that went along with it. It was a two-fold plan. First, I'd get the excess belly fat off. Then I'd challenge myself further with personal training and we'd see what happened.

The Results

Besides wearing the compression garment for a couple of weeks, there was no downtime. Once the compression garment

came off, I could see the contour almost immediately. After three months, I was over the moon. I thought, "I can't imagine it getting any better than this." Between three to six months, I started to see real definition in my abdomen from the personal training sessions.

While SmartSculpt was part of the equation, the other part was personal training. I've worked hard and I'm proud of that. SmartSculpt gave me back my motivation. I saw the results almost immediately and it's just been gangbusters since then with the personal training. I'm thrilled with the results. It's been nothing short of ABSolutely amazing!

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sort, package and ship the nuts it grows and buys from other local producers.

It's no surprise that the cafe takes its sourcing seriously. While co-owner Krystin Rubin is a baker by training, her partner and co-owner Karen Heisler comes from a background in sustainable agriculture policy making. The duo focuses on purchasing from partners whose values align with theirs, in everything from ecological considerations to economic and social values.

Even the flour that goes into their nutty-flavored and surprisingly tender 2/3 whole-wheat, 1/3 white flour, all-butter crust comes from a local source—Community Grains—which packages heritage varieties of wheat in an effort to avoid loss of genetic diversity. "We're very interested in the healthfulness of

*"When you put
intention and love
into a pie you can
taste those two
ingredients."*

whole grain, and excited to be part of an effort in California to strengthen our grain economy," notes Heisler.

The result is easy to see and smell in their homey, tall-windowed space. The scent of butter pervades the air, and after one bite of my luxuriously silky pear-raspberry slice, I find that I'm pulling my plate a little closer and playfully guarding it against fork attacks from Eric, who has already devoured his walnut pie.

Eric and I don't have to covet each other's plates at Leoda's Kitchen and Pie Shop, in a 1940s farmhouse-style cottage in the roadside village of Olowalu, near Lahaina on Maui's west shore; Leoda's features individually sized mini-pies alongside standard sizes. The pie crusts are made of a combination of butter (for flavor) and lard (for flakiness), and the ethereally creamy fillings include



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LINDSAY STRAINIGAN

Kate McMillen's blueberry-rhubarb pie blends two popular ingredients.

chocolate-macadamia nut, banana cream, coconut cream and key lime.

Our challenge is deciding which two each of us will order. Yes, *two* each; we don't get to stop here all that often.

Certainly a big part of their "goodness" stems from their top-quality ingredients, some of them from the cafe's own farm, Hoaloha. Situated in upcountry Wailuku, Hoaloha is renowned for bringing back nearly lost species of taro, as well as for its trials with many types of fruits and vegetables, such as the intensely sweet-tart apple bananas that executive pastry chef Shelly Taylor transforms into rich, flavorful banana cream pies. Leoda's also buys from local farmers; some pies in the case are the result of chance bumper crops brought to Leoda's back door by farmers. When one Olowalu farmer was overwhelmed with an abundance of limes, Taylor whipped up the now-regular key lime pie; and when another knocked on the kitchen door with a mysterious object—a long, brown cassava (also known as tapioca root)—Taylor improvised, using the starchy tuber for thickening custard pies.

The simple promise of pie has been bringing people together for generations, for everything from pie-and-coffee chats to pie socials to celebrations. "Pie is a social food," notes poet, food writer and teacher Kate Lebo, of Seattle. "There are eight to 10 slices in a pie, perfect for a gathering," she observes. "Pie catalyzes a conversation that's easy to have, and then it warms up to deeper conversation. It's a ritual, and

continued on page 176



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NATIVE SUCCESSES



Alaska's Native
Corporations
sustain cultural
and economic
vitality

By Eric Lucas



When Sven Haakanson Jr. was a boy on Kodiak Island in the 1970s, his father read to him from a most unusual childhood “enrichment” tome, one that few youngsters heard during their formative years.

“I grew up listening to *Robert’s Rules of Order*,” Haakanson recalls. “Who runs a meeting, who gets to talk, agendas—all that. Not exactly *Dick and Jane*.”

He grins wryly. Born and raised in remote Alaska, Haakanson represents the 21st century flowering of a profound 20th century change in Alaska Native life that has transformed the way the Great Land’s indigenous peoples live, work and maintain their culture. It has also reconfigured the state’s economy, helping to make Alaska a leader in the global movement toward business that focuses on the “triple bottom line”—people, planet and profits.

Haakanson is an associate professor of anthropology at the University of Washington, and curator of North American ethnology at UW’s Burke Museum. As a native Alutiiq, he’s also a shareholder in Koniag Incorporated, the Kodiak-based Alaska Native Corporation that was created under the 1971

“With our enterprises all over the country—and the world—we are truly exporting business and importing dollars into Alaska.”

Native Regional Corporation businesses range from oil-field services on the North Slope, left, to tourism, such as CIRI’s Kenai Fjords Wilderness Lodge, above.

federal law passed to settle longstanding aboriginal land claims in Alaska. His father, Sven Haakanson Sr., was one of the pioneers in the Native settlement movement, under which 12 corporations were established to represent the interests of corresponding regions (a 13th was established to represent Natives living outside of Alaska) and their indigenous inhabitants—many of whom embraced learning about corporate governance, as Haakanson’s dad did. Alaska Native peoples never signed treaties with the U.S. government that established reservations in return for surrendering their lands. In Alaska, Native lands and cultures were subsumed by Western settlement and development for centuries, until the Alaska Native Claims Settlement Act (ANCSA) made its way through Congress in December 1971.

Alaska’s Native Regional Corporations were key to the settlement. Together, the corporations were



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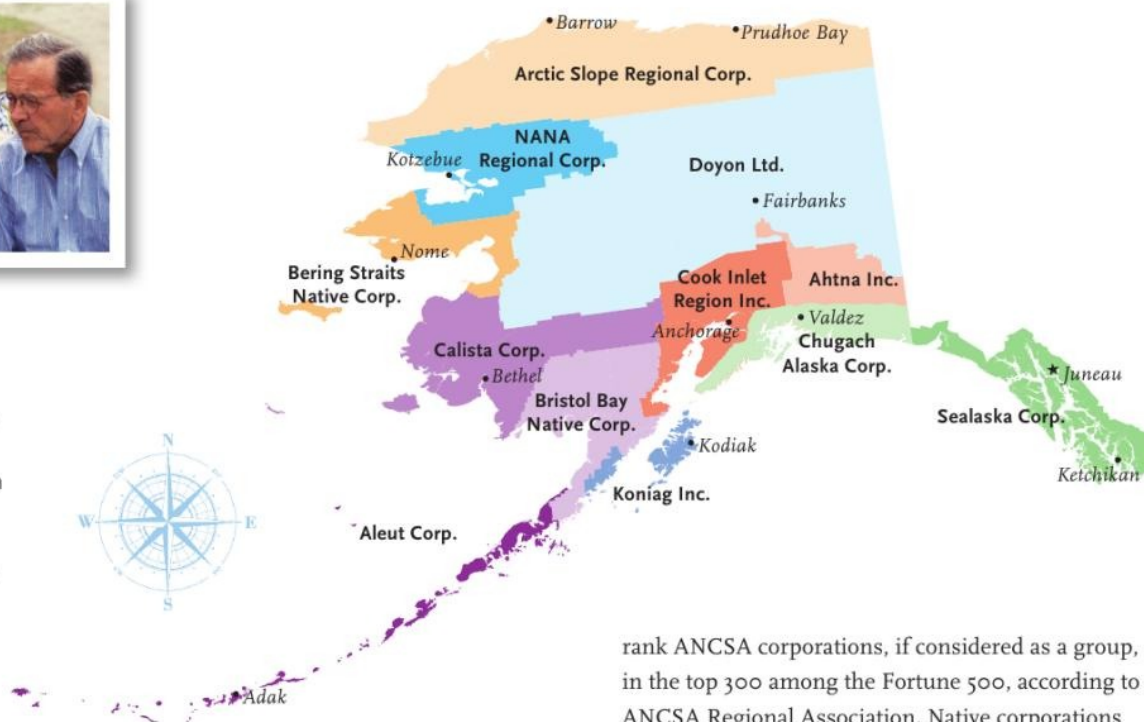
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Ted Stevens (right, with Athabascan leader Morris Thompson) was a young U.S. senator in 1971 when he guided the ANCSA legislation through Congress as part of the effort to open up Prudhoe Bay oil fields. ANCSA remains one of Stevens' greatest legacies.



granted 44 million acres of land and \$962.5 million, which they have turned into businesses they operate around the world, from Prudhoe Bay to Panama. The 12 Alaska-based corporations represent more than 100,000 shareholders who receive annual dividends. They employ 15,200 people within Alaska, and 25,800 outside. Their combined annual revenue approaches \$9 billion, which represents more than half the dollar volume of the Top 49 (Alaska became the 49th state in 1959) Alaskan-owned businesses compiled every year by *Alaska Business Monthly*. The total revenue figure would

rank ANCSA corporations, if considered as a group, in the top 300 among the Fortune 500, according to ANCSA Regional Association. Native corporations also employ more than half the workers represented among the state's Top 49; those workers set pilings in the ground in harsh Arctic environments, patrol hallways in federal prisons in Florida, haul supplies over the Dalton Highway to Prudhoe Bay and provide digital cloud services in New Jersey.

Added together, ANCSA regionals represent more than 20 percent—one fifth—of Alaska's gross state product.

"We consider ourselves a significant driver in the Alaska economy," says Kim Reitmeier, president of the ANCSA Regional Association, which represents all 12 ANCSA corporations. "With our enterprises

BY THE NUMBERS

Alaska Native Regional Corporations

NATIVE CORPORATION	REVENUE	SHAREHOLDERS	EMPLOYEES	AK EMPLOYEES	KEY BUSINESSES
Ahtna Inc.	\$190 Million	1,800	1,705	275	Construction, facilities mgmt.
Aleut Corporation	\$98 Million	3,750	520	160	Contracting, energy services
Arctic Slope Regional Corporation	\$2.5 Billion	11,000	10,800	4,525	Energy services, refining
Bering Straits Native Corporation	\$213 Million	7,000	1,095	550	Government services
Bristol Bay Native Corporation	\$1.9 Billion	9,400	3,690	820	Oil and gas, construction
Calista Corporation	\$404 Million	12,600	1,650	270	Construction, IT
Chugach Alaska Corporation	\$709 Million	2,500	4,820	585	Facilities management
CIRI (Cook Inlet Region Inc.)	\$238 Million	8,270	1,750	1,190	Energy, tourism, property
Doyon Limited	\$338 Million	18,700	2,800	1,330	Oil-field services, utilities
Koniag Inc.	\$127 Million	3,850	650	85	Aerospace, construction
NANA Regional Corporation Inc.	\$1.8 Billion	13,500	11,575	5,300	Resources, telecoms
Sealaska Corporation	\$312 Million	21,000	230	110	Timber, IT

STATISTICS COMPILED BY ANCSA REGIONAL ASSOCIATION AND ALASKA BUSINESS MONTHLY



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CLARK JAMES MISHLER

all over the country—and the world—we are truly exporting business and importing dollars into Alaska,” she observes, using the term, “import dollars,” as a key to economic development.

“I spent years trying to convince companies outside to locate in Alaska,” recalls Bob Poe, a former state commerce official who’s now a business professor at University of Alaska Anchorage. “But while we were out there looking for business elsewhere, our own homegrown companies were quietly growing their businesses around the world.”

Aside from global business scope, ANCSA leaders proudly point out that they distribute a far higher share of their profits in dividends than do regular U.S. corporations—75 percent, compared to 32 percent in the American corporate world as a whole. Further, Native corporations are key backers of the Alaska Native cultural renaissance through the scholarships, heritage-revival programs and cultural facilities they support. ANCSA shareholders and other beneficiaries have studied at prestigious universities such as Oxford. They carve totems that find homes in glistening museums around the world, as well as the Walter Soboleff Sealaska Heritage Center under construction in Juneau. They revive traditional dance, song and storytelling at facilities such as the new Chief Shakes Tribal House in Wrangell. They receive medical care at state-of-the-art clinics, such as the Norton Sound Regional Hospital in Nome and the glistening new Chief Andrew Isaac Health Center in Fairbanks. Add in the ANCSA regionals’ cultural and charitable initiatives, and close to 80 percent of their profits over

ANCSA corporations are key backers of the Alaska Native cultural renaissance.

Athabascan artist Audrey Armstrong, left, created this salmon-skin basket for Fairbanks’ Morris Thompson Center with support from Doyon Limited in 2010. Tlingit master carver James Williams, right, demonstrates traditional techniques at the Alaska Native Heritage Center in Anchorage.

the last two years are returned to the Native communities they serve.

But the impact goes far beyond that. ANCSA corporation enterprises include such venerable industrial activities as drilling test wells in potential new oil fields, in Alaska and around the world; many of the workers are themselves Native. On the other hand, ANCSA enterprises operate in mainstream arenas that represent the most modern of consumer markets—in Alaska.

Consider the current daytime abode of Roxy, an Anchorage resident. Her family is busy for the day; Roxy is relaxing splendidly on a cushy couch and watching daytime TV, probably digesting her mid-morning snack. Roxy is a golden retriever. She’s spending the day at PetSmart in north Anchorage, and her minder says Roxy is a repeat visitor to this doggie day care suite. “She loves the television. Watches it all the time,” Lisa says.

PetSmart is a commercial tenant at Tikahtnu Commons, a 95-acre, \$100 million retail development by Cook Inlet Region Inc., the ANCSA corporation that serves Southcentral Alaska. The land is property CIRI gained from the original ANCSA enabling act; Tikahtnu totals almost 1 million square feet of commercial space, with anchor tenants such as Target, Sam’s Club, a 16-screen movie theater and a local ale house. Such establishments are contributing portions of CIRI’s revenues, as

Tikahtnu remains the owner of several of the complex's buildings.

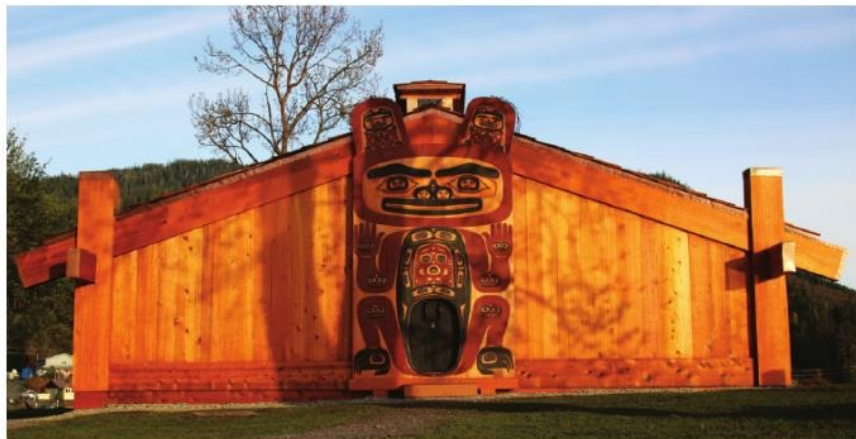
The practice of joining established companies for ANCSA ventures is not only common, it's wise, CIRI President and CEO Sophie Minich says.

"We strive to make sure everybody's got some skin in the game," Minich declares, using a term popular in the business world. "That way we aren't playing the 'your brains, our money' game."

For the Tikahtnu project, CIRI partnered with Browman Development Company of Walnut Creek, California, and ventured into the corporate bond market to gain financing—a tricky strategy, as ANCSA corporations have no public equity to use as security. ANCSA execs thus find themselves on Wall Street explaining to global financiers exactly what an ANCSA corporation is.

One such is NANA Regional Corporation, an endeavor headquartered in Kotzebue, on the Bering Sea coast, far from the nearest highway. It's a \$1.8 billion enterprise that is a partner in one of the world's largest lead and zinc mines, the Red Dog.

Another is a huge company headquartered in Barrow—America's northernmost city—that contracts oil field-drilling operations around the world



FRANK CHURCHILL

Southeast Alaska carvers recently reconstructed the Tribal House on Chief Shakes Island in Wrangell Harbor, with support from Sealaska Corp.

in arctic environments: Arctic Slope Regional Corporation represents 11,000 Inupiat shareholders on Alaska's North Slope and holds title to nearly 5 million acres of land. Barrow is among the most remote places on Earth and yet is the home of a \$2.5 billion corporation.

"What are we, and what do we do? I have 1-minute, 5-minute, 30-minute and 60-minute versions of that speech. The 1-minute version is difficult," laughs Aaron Schutt, president and CEO of Doyon Limited, the Fairbanks-based \$338 million corporation that represents a large portion of Interior



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Sealaska's Walter Soboleff Center (in the artist's rendering above) will feature contemporary as well as traditional Native art and culture when it opens in Juneau next year.

Alaska, has 18,700 shareholders, employs 2,800 people and owns 12.5 million acres of land. The latter, Poe reckons, makes Doyon perhaps the largest private landholder in North America, but like most ANCSA corporations, Doyon reserves most of that land for cultural and environmental conservation and does not include it within its assets. The land is thus not available for financing leverage and cannot be seized in the unlikely event of a loan default.

Doyon, which operates an array of businesses ranging from oil-field services to construction and tourism services, is a major lending client of Key Bank, a large Lower 48 financial-services company, Schutt reports. The relationship with Key and other lenders and partners means Schutt frequently travels outside Alaska to explain Doyon's diverse business portfolio—and the enterprise's unique financing status.

"When you cannot issue equities, you must either make the money you are going to spend, or borrow it. So you'd better have a pretty good story for lenders," says Schutt, who holds graduate degrees in law and civil engineering from Stanford University, and is a Doyon shareholder from Tanana, a Koyukon Athabascan village on the Yukon River about 100 miles west of Fairbanks. Like Minich, Schutt represents a new generation of Alaska Native leaders who are blending traditional and Western lifestyles and successes. Schutt is comfortable both on Wall Street and hunting



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Dall sheep each fall in the Brooks Range; Haakanson was the recipient of a MacArthur Foundation fellowship for his work preserving and reviving ancient Alutiiq traditions and heritage, and is also well-versed in the traditional practice of "fishing" for drift logs in the current as they wash past the largely treeless shores of Kodiak Island.

"When I was a boy, I learned how to identify red cedar, yellow cedar, Doug fir and spruce as they floated past," Haakanson recalls.

Promoting the perpetuation and enhancement of Native traditions is among the most important missions for ANCSA corporations. Sealaska, for exam-

"If we don't perpetuate our culture, we will have failed our mission."

ple, is supporting construction of the new Walter Soboleff Center, which will open next spring in Juneau as a place where Native artists can show their work and Juneau visitors can learn about this celebrated indigenous art and many other aspects of local Native culture. It's just one of many projects of the Sealaska Heritage Institute, the nonprofit arm of Sealaska, the \$312 million ANCSA corporation representing 21,000 Tlingit, Haida and Tsimshian shareholders in the Alaska Panhandle. Among other things, SHI awards about 400 scholarships worth \$500,000 a year; supports its Council of Traditional Scholars who preserve Southeast Native culture and simultaneously help it adapt to the 21st century; and supports research into Native history and tradition. For instance, SHI sponsored a journey by noted Haida basketry artist Delores Churchill to Whitehorse, Canada, to study the woven articles uncovered with the famous 600-year-old "Ice Man" whose body emerged from a melting interior glacier.

SHI receives about \$1 million a year



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from Sealaska, and boosts that to \$3 million using other grants and fundraising. Some of its programs are for shareholders and their families only, such as scholarships; some programs are for the world at large, such as in-school demonstrations of the Native art of formline design, seen in the carving and painting of local Native artists.

"We know that we need to be cross-culturally oriented," says Rosita Worl, SHI president, "to fulfill our mission in the 21st century world."

Strategic partnerships helped make CIRI's Tikahtnu Commons retail complex in Anchorage successful.



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She's speaking not just of SHI's mission, but that of ANCSA corporations as a whole.

"You hear a lot about the triple bottom line in the corporate world these days," observes Kim Reitmeier. "Serving our communities economically, culturally and environmentally has been our philosophy all along." ANCSA regionals, for example, are leaders in bringing alternative energy to Alaska, largely in the form of wind- and solar-power projects for remote communities far off the state's main power grid. And CIRI developed the Fire Island Wind project so many Alaska visitors see on approach into Ted Stevens Anchorage International Airport.

This is not to say all has gone smoothly for ANCSA corporations. Though the 12 are on sound business footing now, there were bumps along the way as each Native community learned to navigate the world of business. A few bankruptcies have interrupted corporate growth; transfer of shares, whose numbers are limited by law, to younger generations has sometimes proved controversial. And, occasionally, great success created unrealistic expectations.

"A while back we had realized quite a sizeable profit with our investments in telecommunications stocks, so we distributed a large special dividend to our shareholders," recalls CIRI's Minich. "I am often asked now, 'OK, when can we get another one like that?'"

Like her counterparts at other ANCSA corporations, Minich is quick to explain that her job is to shepherd CIRI's resources for a

continued on page 189

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Oregon is filled with natural wonders, cultural treasures and some of the world's most scenic roadways, which offer seemingly endless "wow" moments for travelers. On the following pages, we explore the state's scenic sights (page 59), wine industry (page 67), culinary scene (page 75), outdoor recreation (page 82), arts and culture (page 89) and some of its many festivals (page 97).



Nine places showcasing the state's
natural beauty | BY GARY HAYES

Mount Hood

One of the true gems of the Pacific Northwest, iconic Mount Hood rises 11,240 feet to tower over Northwestern Oregon and nearby Portland. One of the best ways to experience the grandeur of Oregon's highest peak is to travel the 62 miles from Portland to visit Timberline Lodge. This year-round mountain retreat is

located at the 6,000-foot level, drawing visitors to the nearby alpine scenery, many hikes and the historic lodge itself. During summer, visitors hike among the high-alpine meadows and skiers ride the Palmer Chairlift to the 8,540-foot level of the mountain to enjoy one of the nation's longest ski seasons.

Kayakers paddle on Oregon's Timothy Lake with majestic Mount Hood in the background.

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The Oregon Dunes

Stretching along about 40 miles of coastal lands, the Oregon Dunes National Recreation Area is one of

North America's largest expanses of coastal dunes, with some sandy spots reaching 500 feet in elevation and extending more than two miles inland. This fascinating desertlike landscape is not without water. In fact, the dunes contain various lakes, rivers, inlets and forests. There are many ways to experience the dunes, including day-use viewing areas and hiking trails. You can also rent ATVs or

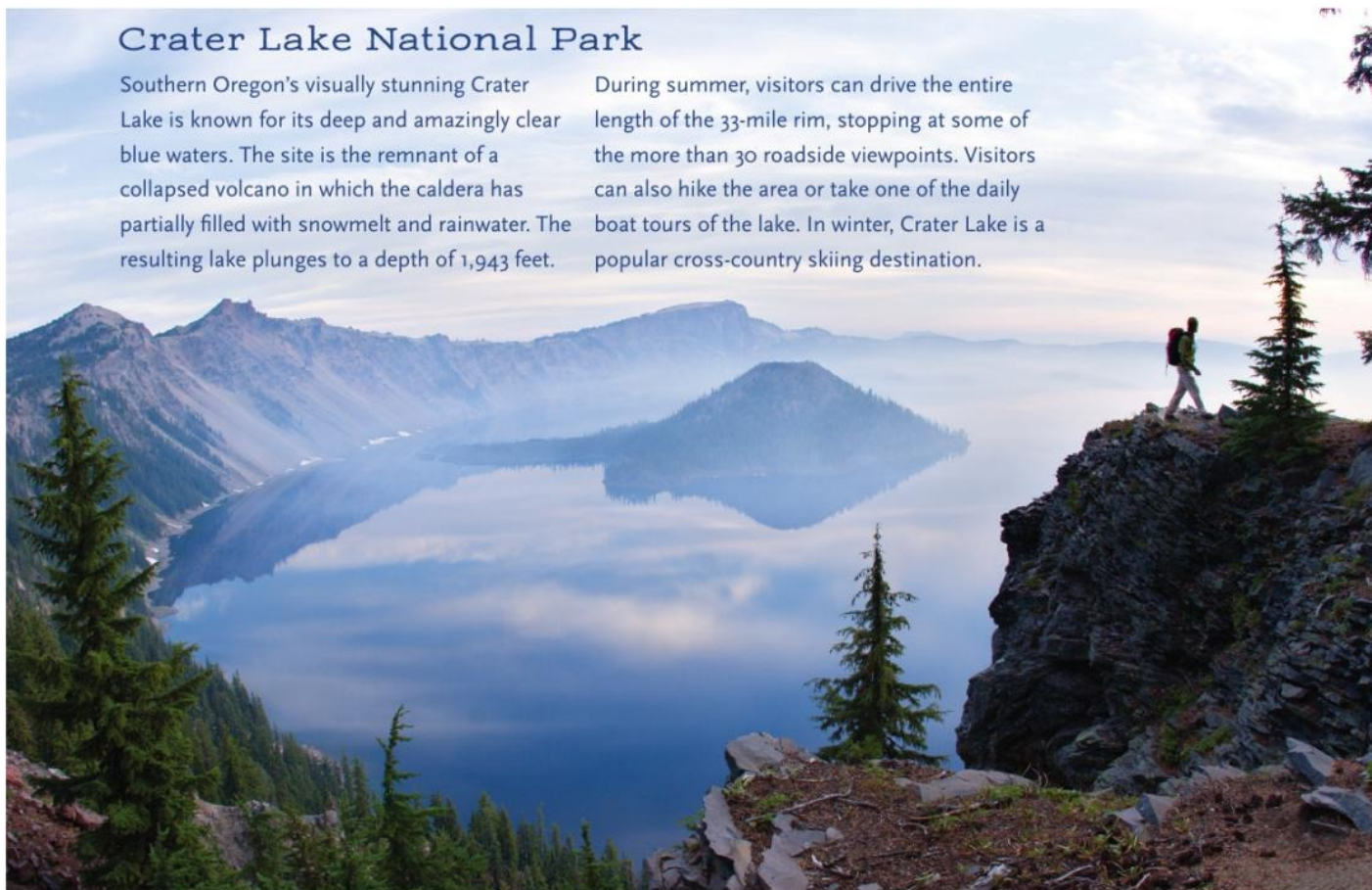


take an adrenaline-pumping dune buggy tour. For casual viewing of the dunes, visit the Oregon Dunes Day Use overlook, with its half mile of paved pathway and picnic locations. This also serves as a trailhead for the three-mile Oregon Dunes Loop Trail through dunes to the ocean and back. Jessie M. Honeyman Memorial State Park also offers a day-use area and access to dunes and lakes.

Crater Lake National Park

Southern Oregon's visually stunning Crater Lake is known for its deep and amazingly clear blue waters. The site is the remnant of a collapsed volcano in which the caldera has partially filled with snowmelt and rainwater. The resulting lake plunges to a depth of 1,943 feet.

During summer, visitors can drive the entire length of the 33-mile rim, stopping at some of the more than 30 roadside viewpoints. Visitors can also hike the area or take one of the daily boat tours of the lake. In winter, Crater Lake is a popular cross-country skiing destination.



CLOCKWISE FROM TOP: HEATH KORVOLA / AURORA PHOTOS; CHRISTOPHER KIMMEL / AURORA PHOTOS; JUSTIN BAILIE / AURORA PHOTOS

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M	J	T	B	Q	E	E	O	T	I	A	U	L	V	E
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R	X	D	B	A	A	B	K	K	T	Y	Y	R	T	V
D	F	V	P	H	J	D	L	L	X	L	O	E	O	R
X	Z	M	L	E	A	D	E	R	S	H	I	P	B	A
W	O	N	O	E	H	G	U	N	E	Z	Q	U	X	E
C	M	W	S	B	I	V	T	F	H	Z	N	R	B	R
Q	P	S	A	H	B	G	X	H	J	V	X	H	K	Q

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Columbia River Gorge

A picture-perfect waterfall plunges from the lush forested landscape into a moss-covered grotto of ancient volcanic rock formations. It's a scene that's often repeated along Oregon's stunning Columbia River Gorge National Scenic Area. Carved by millions of years of scouring floods, wind and precipitation that have combined to expose the region's geologic past, the gorge includes sheer walls of columnar basalt, rocky spires and dramatic promontories. At the heart of this area, visitors can travel a spectacular 17-mile portion of the Historic

Columbia River Highway, offering motorists a scenic drive that includes the awe-inspiring view at the Vista House at Crown Point, an observatory that was completed in 1918. This scenic area, which is also known as a world-class center for windsurfing and kiteboarding, begins less than 25 miles from Portland's downtown, making the gorge a perfect day trip or a place to lace up those hiking boots and explore this natural wonderland.



Painted Hills & John Day Fossil Beds National Monument

Forty million years of history are revealed in the graphic artistry of nature at the Painted Hills, a portion of the John Day Fossil Beds National Monument. The Impressionist scene of the rolling hills that appears painted in bands of red, black and brown (created by the exposure of different rock formations) changes with the light throughout the day and from season to season. The national monument includes various hikes, such as the quarter-mile-loop Painted Cove Trail, which includes a boardwalk through a fragile section of the landscape. There is also a main visitor center and the Thomas Condon Paleontology Center, which is home to the monument's main collection of fossils.



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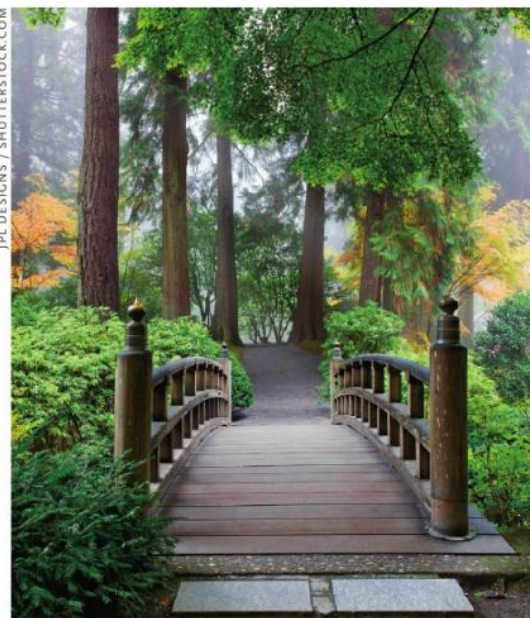
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Portland's Washington Park

In a city known for being green, Portland's Washington Park is the ultimate urban oasis: a vast community treasure of trails, trees, renowned gardens, wild forests and cultural attractions sprawling across 410 acres. Washington Park crowns the West Hills of Portland, offering expansive views of the City of Roses and Mount Hood, more than 15 miles of walking and hiking trails, and attractions such as the Oregon Zoo and the World Forestry Center. The park's 187-acre Hoyt Arboretum can be explored along 12 miles of trails that wend among more than 1,400 species of trees and shrubs that have come from all over the world. The nearby Portland Japanese Garden, where five tranquil and distinct gardens spread over 5.5 acres, has been called one of the most authentic of its kind outside of Japan.

There is also the 4.5-acre International Rose Test Garden, which was established in 1888 and showcases more than 7,000 rose plants that include approximately 550 varieties. To appreciate Portland's nickname, the City of Roses, visit during the peak blooming season, from May through July.

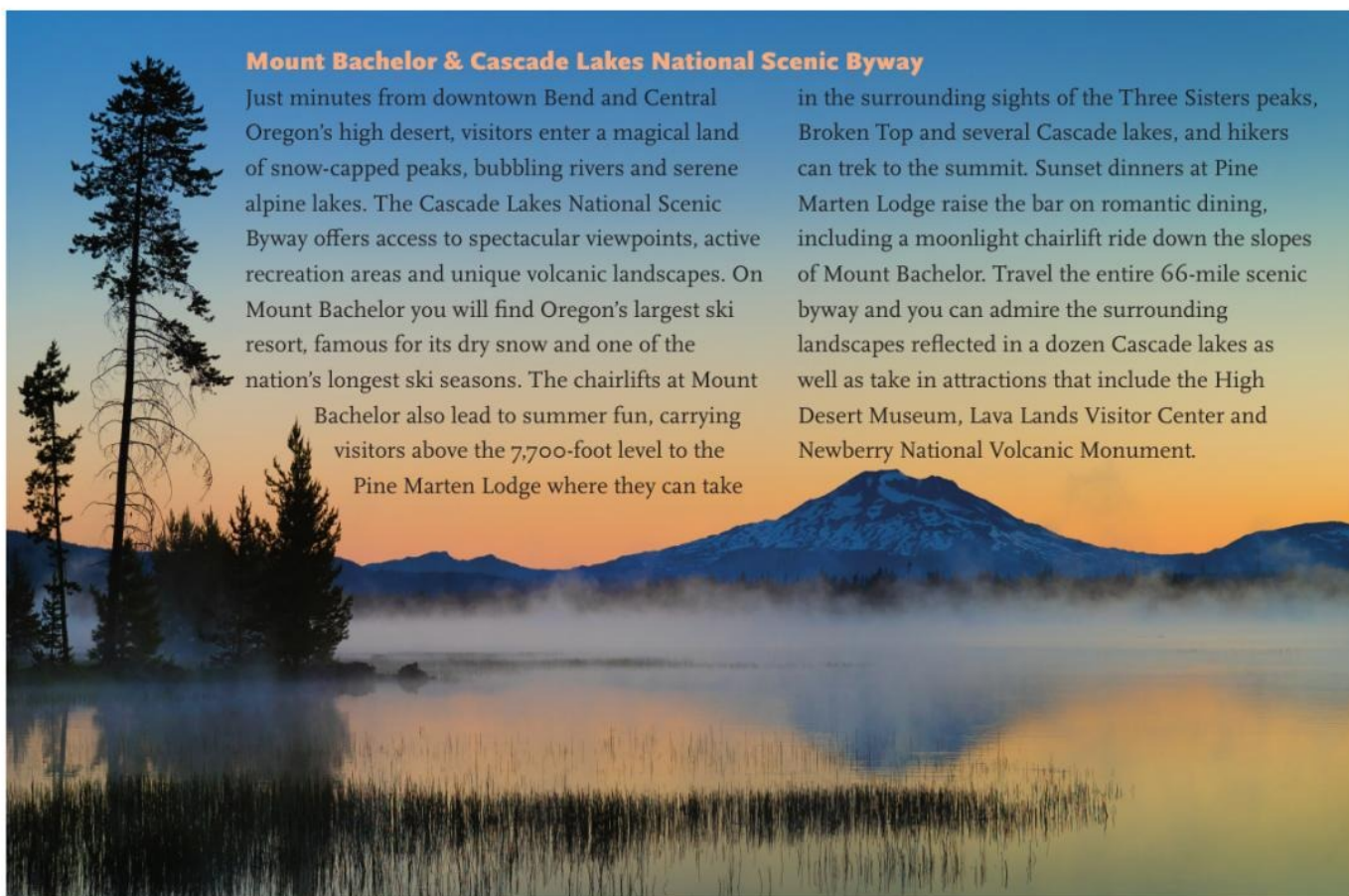
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Mount Bachelor & Cascade Lakes National Scenic Byway

Just minutes from downtown Bend and Central Oregon's high desert, visitors enter a magical land of snow-capped peaks, bubbling rivers and serene alpine lakes. The Cascade Lakes National Scenic Byway offers access to spectacular viewpoints, active recreation areas and unique volcanic landscapes. On Mount Bachelor you will find Oregon's largest ski resort, famous for its dry snow and one of the nation's longest ski seasons. The chairlifts at Mount Bachelor also lead to summer fun, carrying visitors above the 7,700-foot level to the Pine Marten Lodge where they can take

in the surrounding sights of the Three Sisters peaks, Broken Top and several Cascade lakes, and hikers can trek to the summit. Sunset dinners at Pine Marten Lodge raise the bar on romantic dining, including a moonlight chairlift ride down the slopes of Mount Bachelor. Travel the entire 66-mile scenic byway and you can admire the surrounding landscapes reflected in a dozen Cascade lakes as well as take in attractions that include the High Desert Museum, Lava Lands Visitor Center and Newberry National Volcanic Monument.



CAPE ARAGO HIGHWAY

Few stretches of the Oregon Coast can match the wow factor to be found on Southern Oregon's Cape Arago Highway—a 10-mile stretch of winding and scenic roadway that leads from Coos Bay to Cape Arago, passing through a remarkable collection of state parks that offer easy-to-reach viewpoints along this fascinating section of sandstone coastline. A 2.4-mile hiking trail also weaves through the three parks. Sunset Bay State Park features a protected cove, offering accessible tide



pools. At Shore Acres State Park, paved trails traverse the edge of the sculpted sandstone cliffs overlooking intriguing reefs

and rock formations. Be sure to stop at the Simpson Reef Overlook, one of the best places on the Oregon Coast to observe seals and sea lions.

HAYSTACK ROCK

While there are more than 1,800 large rocks, reefs and sea stacks along Oregon's coastline, none are more famous or more photographed than Haystack Rock on Cannon Beach. The massive rock monolith rises 235 feet from its sandy base. Visit at low tide to see many fascinating creatures in exposed tide pools. The rock



has also earned state protection as a Marine Garden and federal protection as a National Wildlife Refuge. From midspring to midsummer, bring your binoculars and scan the grassy flanks of the rock for nesting seabirds. For a scenic perspective on Haystack Rock, visit nearby Ecola State Park where you can see panoramic views of the rock and miles of Oregon coastline. ▲

Gary Hayes is a travel writer specializing in Oregon.

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A couple enjoy glasses of wine while strolling through Ponzi Vineyards, located near Portland.

JOHN VALLS

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THE MOST FUN I have had in a vineyard was while riding a horse named Rave. About 40 miles southwest of Portland I found the joys of the “sip, saddle and ride” experience offered by Equestrian Wine Tours.

When I signed up for the excursion, I thought it was for the unique experience of horseback riding between the vineyard rows of the gorgeous Dundee Hills American Viticultural Area (AVA). While the landscape is fabulous, little did I know I would also enjoy the comedic talents of world-class equestrian Jake Price. An owner of a farm in the area for almost 40 years, Price tells the history of the vineyards from the perspective of a friend and neighbor. When we weren't laughing from the joy of riding in the vineyard, Price was keeping everyone in stitches with stories and one-liners that hit the right humorous blend for our group.

The equestrian tour is just one of a number of ways that visitors can enjoy Oregon's varied wine country. From large estates to family farms, vast



Above: Wits' End Vineyard at Roco Winery offers a picturesque view of the Willamette Valley. Left: Guests enjoy spa treatments at The Allison Inn. Lower left: A bottle of 2012 Pinot Noir from Portland's Clay Pigeon Winery. Below: David Adelsheim (center), the co-founder and president of Adelsheim Vineyard, stands with his vineyard manager, Chad Vargas (left), and winemaker, Dave Paige (right).



CLOCKWISE FROM TOP, JOHN VALLS; KENT DEREK STUDIO; JAY BODLEY; ANDREA JOHNSON PHOTOGRAPHY

There are approximately
545 WINERIES
and **905**
vineyards in
the state of *Oregon*.

17 AMERICAN VITICULTURAL AREAS (AVAS). TWO ARE SHARED WITH WASHINGTON—THE WALLA WALLA VALLEY AND COLUMBIA VALLEY; AND ONE WITH IDAHO—THE SNAKE RIVER VALLEY.

2.3
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The
Willamette
Valley has
about **2/3**
of the state's wineries
and vineyards, and is
home to more than
350 wineries.

vineyard views to city vibes, the state's numerous wine regions are home to more than 540 wineries and 17 AVAs, with more than 350 wineries in the Willamette Valley AVA alone. This region runs from Portland in the north to Eugene in the south.

My equestrian tour began at the Wine Country Farm, a lovely winery and bed and breakfast. My group mounted the gentle horses—half of which were rescue animals—and we were ready for adventure. Determined not to become fodder for future tour groups, I held on tight while Rave trotted quickly down a vineyard row. I needn't have worried. Rave knew the way by heart, slowing down at the appropriate times and even grabbing a grapevine snack along the way.

Our first stop was the elegant White Rose Estate, where the Pinot Noirs are as meticulously made as the landscape is beautiful. We also enjoy stellar wines at the family-run Winter's Hill Vineyard, where tasting their 2006 Reserve Pinot Noir amid the oak barrels was a treat. There is a reason the tasting room at nearby Vista Hills Vineyard & Winery is named "Treehouse." It is the perfect place to relax on the deck or by the fireplace and soak in the views. Traveling by horse turned out to be much quicker than by car and a lot more fun. The shared experience allowed the tour with strangers to become an exploration with friends.

RELAXING AMONG THE VINEYARDS

When in need of a rejuvenating experience in wine country, I visit The Allison Inn and Spa in Newberg, located about 25 miles southwest of Portland.

This award-winning inn offers unique spa treatments such as the Grape Seed Cure. Imagine a crushed grape-seed scrub and an organic honey and wine wrap, followed by a moisturizing massage with pure shea butter. My therapist waved her hands and lavender filled the air while tiny droplets of aromatic mist landed gently on my skin.

The Allison staff can arrange visits to most of the nearly 200 regional wineries that are within a short distance of the inn. After a scenic drive through the Chehalem Mountains and Dundee Hills, I visit Privé Vineyard for a Burgundy style tasting in the barrel room with owner/winemaker Tina Hammond. The scent of lavender and the intimate tasting experience are designed to "transport people to France,"



Hammond says. She wants guests to feel they have "stepped off the beaten path and stumbled onto a special experience."

My next stop is at the famed Adelsheim Vineyard. One of the state's pioneering wineries, Adelsheim is known for its renowned Pinot Noirs, including the many excellent vintages of its Elizabeth's Reserve. The winery offers a number of tasting options, including private tours of the vineyard, the winery and the barrel caves. Special tastings are also available in the tasting room, in the caves or on the terrace. My tour of this area ends at Roco Winery, owned by longtime winemaker Rollin Soles, who enjoys sharing stories about Oregon's wine industry.

THE KING OF WINES

One of Oregon's great wine experiences is visiting King Estate, located about 22 miles southwest of Eugene. As I drive through the huge iron gates of the winery, I admire the setting, which includes a



Above left: A worker harvests Pinot Noir grapes in the Willamette Valley.
Above: Jeff Kandarian, the director of winemaking for King Estate, pours wine during the annual International Pinot Noir Celebration in McMinnville, Oregon.

Oregon Wines Fly Free

A partnership between Alaska Airlines, the Oregon Wine Board and Travel Oregon is allowing Mileage Plan members to check their first case of wine for free by showing their membership number when departing from airports in Eugene, Medford, Portland and Redmond. The program also includes those members departing from

Walla Walla Regional Airport. In addition, Mileage Plan members can waive tasting fees at any of Oregon's 300 participating tasting rooms, and many in Walla Walla, by showing their Mileage Plan membership and an inbound boarding pass (either paper or digital). To become a Mileage Plan member for free, visit alaskaair.com. To learn more about the Oregon program, visit oregonwinesflyfree.org.



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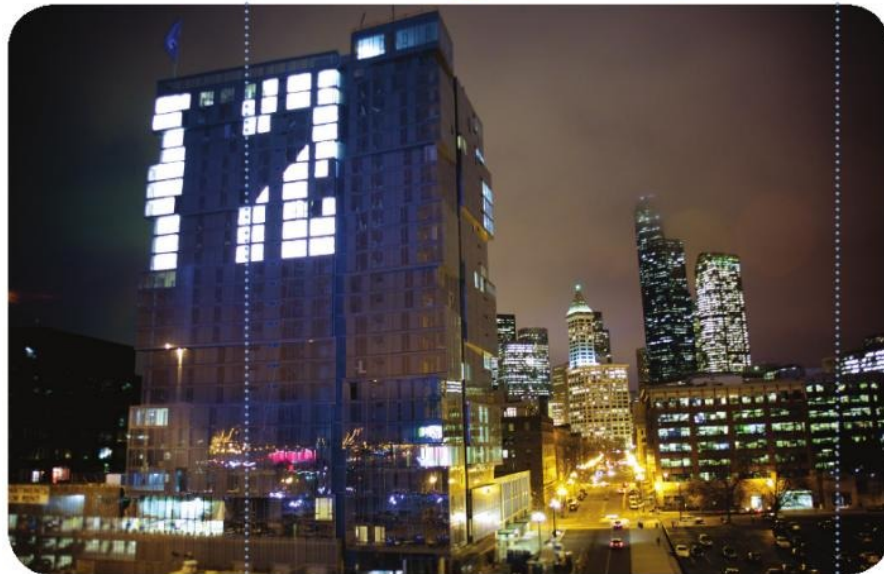
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bank of fog floating above forested hill-sides and sheep peacefully grazing in nearby pastures. I enter the picturesque 1,033-acre estate and join a tour of the winery. I marvel at the fermentation wings and enjoy hearing the history of King Estate while visiting the Old Tasting Room. The winery is a certified organic property that runs a raptor program, which reduces the number of rodents and birds that eat grapes. A wide array of fruits and vegetables are grown on the estate, and bread and charcuterie products are also produced on-site.

WINE TASTING IN THE CITY OF ROSES

For those who are visiting Portland, the city's more than 20 urban wineries and tasting rooms allow you to sample varieties from all corners of the state. Enjoy everything from the refined cool-climate wines of the Willamette Valley to the bold and intense reds of the Columbia Gorge, the Columbia Valley and Southern Oregon. A good place to start is by visiting the Southeast Wine Collective. This casual neighborhood location is home to 10 Portland wineries. Tasting flights feature wines from collective members and other local winemakers that are paired with housemade charcuterie, rich cheeses and fresh salads.

For more food-and-wine combinations, visit Cyril's at Clay Pigeon Winery, also in southeast Portland. Cheese expert Sasha Davies and winemaker Michael Claypool make a team that go together like, well, wine and cheese. It is hard to turn down the gourmet grilled cheese sandwiches of the day.

THE GORGE AND SOUTHERN OREGON

Other wine areas to visit include the Columbia River Gorge, where the Maryhill Winery in Washington and a collection of wineries in Oregon's Hood River area offer many summer activities.

Southern Oregon's wine country is known for its variety of grapes, quality of wines and live music events during the summer months. A popular example is

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An array of adventures awaits you at Oregon's many wineries, which are known for their variety, inviting atmosphere and warmth—attributes that define Oregon's wine country.

For more wine information and trip ideas visit columbiagorgewine.com, oregonwine.org, oregonwinecountry.org, pdxurbanwineries.com, sorwa.org and willamettewines.com. ▲

Jade Helm writes for tastingpour.com and lives in the Willamette Valley.

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Beyond the Vine

A sampling of activities at wineries throughout Oregon.

Southern Oregon

Red Lily Vineyards: In Jacksonville, hosts Music on the Beach concerts along the Applegate River.

South Stage Cellars: Also located in Jacksonville, offers live music and food on Wednesdays and Fridays.



Belle Fiore: The Ashland winery presents live music on Friday evenings.

(For information, visit sorwa.org)

Willamette Valley



Tyee Wine Cellars: Located near Corvallis, offers hikes through the grounds of a 120-year-old farm.

Sokol Blosser: Trek through some of Oregon's oldest vineyards in this Dayton area winery.

Kathken Vineyards: The Salem winery

presents its 11th season of summer music.

St. Josef's Winery: Located about 25 miles south of Portland, the winery is hosting the Summer Chef Series & Music on the Pond.

Ponzi Vineyards: The Ponzi Historic Estate in Beaverton displays sculptures by Portland artist Ray Grimm.

Trisaetum Winery: The Newberg winery features paintings and photography.

Saffron Fields Vineyard: The Yamhill-Carlton facility offers a tasting room that is surrounded by a Japanese garden.

(For information, visit willamettewines.com)



Columbia River Gorge



The Gorge White House: Located south of Hood River, this winery allows visitors to taste wine and also pick fruit, vegetables and flowers at a working farm.

Phelps Creek Vineyards: Try the cheese and wine pairings at the Hood River facility. (For information, visit columbiagorgewine.com) —J.H.



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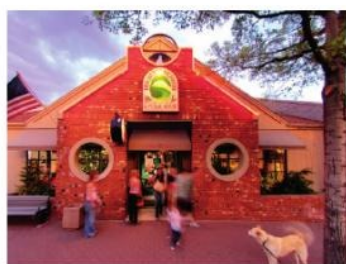
Exploring Oregon's thriving culinary scene | **By JIM GULLO**

OREGON is a nationally recognized foodie destination, where the locavore scene is in full bloom. Here, visitors will find farmers growing organic produce in the fertile Willamette Valley and the orchards of Hood River. Brewers craft beers using Oregon-grown hops and vintners create world-class Pinot Noirs from the grapes of local vineyards. This state also boasts a variety of chef/restaurant owners at award-winning establishments that dazzle patrons with their culinary style.

According to the NPD Group, an internationally recognized market research firm, the greater metropolitan area of Portland has the 15th most eating establishments per capita in the nation, with more than 7,200 registered restaurants, or about 22.5 for every 10,000 residents. Food festivals are popular throughout Oregon, including Feast Port-

land. The event is sponsored in part by Alaska Airlines and draws culinary stars to the banks of the Willamette River each September, increasing the city's gastronomic reputation.

A closer look at Oregon's restaurant scene reveals that the state's food-centric culture continues outside of its biggest city. On the same NPD



Top: Portland's Ned Ludd Restaurant. Above left: A pork shoulder steak with goat butter from Le Pigeon in Portland. Above right: Bend's Deschutes Brewery Public House. Right: the Newport Marina on the Oregon Coast.



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Group annual list, the Medford-Klamath Falls area in Southern Oregon ranked ninth and the resort town of Bend actually finished third, with 431 restaurants to service the seasonal population of 166,000. Even the small town of Lostine in Eastern Oregon's Wallowa Valley is on the culinary map thanks to food writer Lynne Curry, author of *Pure Beef*, a guidebook to artisan meat, who has reopened the Lostine Tavern and is offering as much local fare as she can find. Many more great eating opportunities abound throughout the state. So, let's eat!

PARTAKING IN PORTLAND

The simple, artful chef-owned restaurant in a cozy space is one of the great aspects of the Portland restaurant scene. Gabriel Rucker's **Le Pigeon** is a perfect example. Rucker was named the Best Chef: Northwest in 2013 by the James Beard Foundation. I'm looking forward to getting back soon to dive into his Oysters "Ruckerfeller," or a glazed pigeon with eggplant, fig and yogurt. The flavors are sharp and distinct, the saucing is exquisite. Save room for a dessert of foie gras profiteroles.

A few blocks away, chef/owner Adam Berger has rebranded his Tabla Mediterranean Bistro, now calling it **Tabla Pasta e Vino** to emphasize the silky, handmade pastas that highlight the lunch and dinner menus. The giant ravioli—filled with chard, ricotta and a poached egg—is the stuff of dreams.

While Portland is home to many renowned

LOCAL BOY MAKES GOOD



Since 1990, one of the most prestigious awards a chef could receive has been a James Beard Award. Covering just about every aspect of the food-and-beverage industry, the annual awards are given by the New York-based James Beard Foundation. However, these awards are even more special for Oregonians, since Beard was a native son, born in Portland in 1903. He went on to become a leading cookbook author, cooking teacher and general authority on American cuisine. Today, the foundation that bears his name continues Beard's work of being an advocate, educator and inspiration for quality American cuisine. —J.G.

restaurants, a leading member of Oregon's food scene is about 40 miles due south in the town of McMinnville. **Nick's Italian Cafe** has been quietly defining the family-owned, fine-dining restaurant experience since 1977, with a menu that is both ambitious and comfortable. Founder Nick Peirano has turned the restaurant reins over to daughter Carmen Peirano and son-in-law Eric Ferguson, who met while cooking in San Francisco. They, in turn, have helped reinvigorate the already wonderful restaurant with new decor and new menus that continue to explore fine Italian farmhouse cuisine.

Below, from left: Cathy Whims, chef and co-owner of Nostrana Restaurant; a Mongolian beef entree from Seres Restaurant & Xiao Chi Bar; brewmaster Jesse Shue at the Golden Valley Restaurant & Brewery; a huckleberry baby cake dessert from Marché; and a char-grilled hangar steak from Smithfields Restaurant and Bar.



More restaurants of note:

Beast, **Ned Ludd** and **Nostrana** are excellent Portland restaurants that vie for James Beard awards nearly every year. Chef-owned, these three restaurants are all at the forefront of Portland's current fine-dining scene. For Asian fare, **Seres Restaurant & Xiao Chi Bar** in the Pearl

District has introduced a new Xiao Chi menu of small-plate Chinese dishes.

When in McMinnville, **Thistle** is another small dining gem that prides itself on its local sourcing, and co-owner Emily Howard's wine knowledge is superb. There is also the big,

family-friendly **Golden Valley Restaurant & Brewery** for steak, prime rib and thick burgers. Golden Valley brews its own beer, and owner Peter Kircher raises the cattle on his nearby farm for the beef used at the restaurant.

In Eugene, **Marché** is an elegant venue that

offers world-class service and Pacific Northwest fare. Ashland residents are partial to **Smithfields Restaurant and Bar**, whose "meat-centric" menu goes great with Southern Oregon wines such as Quady North's delicious, velvety 4-2, A Syrah. —J.G.

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A Nick's meal might begin with house-made charcuterie from Fino in Fondo, Eric and Carmen's side business. For a main course, try a hand-tossed crispy pizza, topped with Gorgonzola and pear, or housemade pork sausage and zucchini.

Multicourse Sunday dinners offer tempting choices such as freshly made pastas or fresh fish. Locals consider Nick's to be a rare treasure—the call of its meatballs is like a siren song on Friday nights—but it's hardly a well-kept secret. Nick's received an America's Classics award earlier this year from the James Beard Foundation.

BEND AREA DINING

In the Cascade Range resort town of Bend, where craft brewing is all the rage, I advise traveling to the **Deschutes Brewery Public House** just in time for happy hour. Over a few exquisitely crafted beers, order a meal from the pub's menu, which includes such delights as pork tacos and an elk burger topped with Gruyere cheese and roasted shallots.

If you're interested in a quieter environment, the nearby **Zydeco Kitchen & Cocktails** serves a seasonal menu that includes Cajun-influenced fare such as wild boar tenderloin with chipotle butter. A wine list offers a fine balance of Oregon and European vintages. There is also **Anthony's at the Old Mill District**, which is known for its quality seafood and excellent location.

WINE COUNTRY OFFERINGS

For those touring the wine country located southwest of Eugene, the cha-teaulike **King Estate** is home to one of the area's best restaurants.

Dining here has the quality of discovering that hidden gem of a restaurant in Burgundy or the Loire Valley. Chef Ben Nadolny creates seasonal dishes, many featuring local ingredients, and, of course, the wines are exquisite. I tried the Pinot Noir–Braised Lamb Shank with the house Pinot Noir for a perfect pairing. The roasted chicken served on a brown-butter sauce is also swoon-worthy,

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especially when paired with the house Acrobat Pinot Gris. Capping the experience are expansive views of rolling vineyards from the restaurant's patio.

COASTAL CUISINE

Food lovers will also enjoy the Oregon Coast, where towns such as Newport are known for their seafood. A must-visit is the iconic **Local Ocean Seafoods**, a restaurant located near the downtown bay-front market that offers views of the fishing fleet and Yaquina Bay Bridge, and serves crab, halibut and salmon that are literally right-off-the-boat fresh. The meals here tend to be prepared simply, with lots of drawn butter on the side. Another two hours up the coast at Cannon Beach is the **Stephanie Inn**, a romantic lodge that serves an elegant four-course tasting menu that spotlights seafood and includes Oregon wine pairings. I particularly liked the wild-mushroom risotto, perfumed with white truffle oil and paired with a glass of aged Pinot Noir, followed by fresh Dungeness

Designer Doughnuts

Voodoo Doughnuts, a Portland institution since it was opened in 2003 has developed a cult following for its avant-garde creations, which are topped with everything from bacon to Cap'n Crunch cereal. Known for its distinctive pink boxes—and high demand—Voodoo now has four outlets, including the original in Portland's Old Town neighborhood. The



Blue Star real maple-bacon doughnut.

company's innovations have helped spur local chefs to make doughnuts the latest food to get the artisanal treatment

in the Oregon metropolis. In recent years, a number of new doughnut shops have opened, including **Blue Star Donuts** and **Coco Donuts**. Coco is known for its glazed donuts and apple fritters and Blue Star is famous for such flavors as blueberry-bourbon-basil and PB&J. —J.C.

crab cakes and prawn cakes paired with a crisp Pinot Gris.

The choices discussed here only scratch the surface of the state's culinary capacity. Anywhere you go in Oregon, you are bound to find artisanal chefs and bakers creating new and exciting foods that are just waiting to be discovered. ▲

Jim Gullo is an Oregon writer and the author of Trading Manny: How a Father & Son Learned to Love Baseball Again.

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A golden opportunity.

Much of what Jim Mills touches turns to liquid gold. Jim owns and operates Caldera Brewing Company, a 28,000-square-foot brewery and restaurant in Ashland, Oregon. He became a brewer at age 19, and today, 25 years later, his hand-crafted beers are distributed to a dozen U.S. states and as far away as Puerto Rico, England and Japan.

Dedicated to uncompromising quality, Jim imports premium malted barleys from England and Germany. And he uses only fresh, whole-flower hops, which give a cleaner taste than pelletized hops. Naturally carbonated, many Caldera beers are also plate-and-frame filtered for a bright, clear product unmatched by other Northwest breweries. Caldera beers have won numerous national and international awards, including gold and platinum.

Jim insists on doing things right. It's why he worked closely with Avista to install energy-efficient upgrades at his original brewery, and why he was eager to speak with Avista again when he moved and expanded his brewery last year.

Incorporated in 1996, Caldera Brewing Company got its start just down the street from the new location. The original brewery produced its first batch of premium beer on Independence Day in 1997 and sold its first keg a little over a month later.

Pictured above:
Jim Mills (front), Owner
Caldera Brewing Company
Kerry Shroy (back), Manager
Oregon Demand Side Management
Avista Utilities

"Basically I self-distributed for the first five years, starting out hauling kegs around town in the back of my Subaru," said Jim.

Today, Jim produces 27 different beers with names like Old Growth Imperial Stout, Hopportunity Knocks IPA and Mogli—a platinum award-winning brew named after a beloved dog that died years back. In 2005, Caldera became the first microbrewery on the west coast to begin putting craft beers in cans. (Cans eliminate light and oxidation that could degrade taste.) Caldera currently cans five different beers, including Pale Ale, IPA, Ashland Amber, Lawnmower Lager and a new Pilot Rock Porter.

Brewing beer requires a lot of hot water. And Jim's newly expanded facility requires a whole lot more, which is why he decided to collaborate with Avista on energy solutions.

"At the old location, we were basically doing 5,000 barrels a year and completely maxed out," Jim recounted. "This building will do 60,000 barrels a year and we're on pace to do about 11,000 this year."



The heat exchanger gives a master brewer more precise control when cooling down wort.

Avista helped Jim's growing business with \$21,000 in incentives on energy-saving equipment. The monies let Jim purchase what's loosely called a "hot liquor tank," a 1250-gallon storage tank that uses natural gas to heat water for brewing, and a new heat exchanger, which works hand in hand with the hot liquor tank by

The new brewing equipment helped Jim save 30% on heating water for production—one of his biggest costs.

recapturing heat from processing to make more hot water.

The heat exchanger gives a master brewer more precise control when cooling down "wort," a liquid extracted in the mashing process where grain starches are broken down into sugars.

"When we transfer from our boiling kettle to our fermenters, we have to 'force cool' the wort or it will kill the yeast," explained Jim.

This heated wort and cool water are pumped through the heat exchanger in side-by-side channels so that heat from the wort is transferred to the water. This hot water can then be stored in the hot liquor tank and be heated further for another batch.

The new brewing equipment helped Jim save 30% on heating water for production—one of his biggest costs. He also plans to renegotiate lower sewer costs with the city because he no longer pours as much water down the drain. Through incentives, Avista saved Jim enough money to purchase an additional fermentation tank and further increase his production capacity—something Jim sees as a plus for his 61 employees.

"The more tanks, the more business; the more jobs, the more hours for my guys," he said.

Brewing beer involves live yeasts, so to keep batches pure, equipment must be continually cleaned. It's why Avista also offered Jim a rebate on a new 98%-efficient natural gas water heater.

Avista supplied a rebate on a new high-efficiency natural gas convection fan oven for Jim's brewery restaurant, too. Jim now can bake 10 racks of



The new convection oven not only uses less energy, it bakes 10 racks of bread and other foods all at once, which speeds up service to customers.

bread and other foods all at once, which greatly speeds up service to customers compared to using a standard two-rack oven.

Jim's new restaurant has already become as huge a success as his brewery. Because like his award-winning beers, Jim has a good head on him.

Avista gives rebates and incentives for energy-efficiency upgrades to many types of businesses and organizations, from retail stores and restaurants to manufacturing plants and municipalities. The energy company's goal is to better manage the region's growing energy needs by promoting ways for its large customers to use less. Those that have participated so far have not only saved energy, but have enjoyed increased productivity and safety and lowered their maintenance costs. Avista thinks it's energy well spent.

(For more, visit avistautilities.com/bizrebates)

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With its dependable wind and awe-inspiring scenery, the Columbia River Gorge near Hood River is a top destination for kiteboarders and windsurfers.

OUTSIDE IN OREGON

Classic outdoor recreation opportunities
around the state | BY TINA LASSEN

AS I CLUTCH THE business end of a 5-meter kite, my left cheek plows through a sea foam-green Columbia River chipped with whitecaps. Water surges in my ear and down the neck of my wetsuit as I am yanked along on my belly.

This isn't quite what I imagined when I decided to take up kiteboarding. Perhaps you've seen it: that graceful ballet of a sport in which people skim across the water powered only by a kite soaring above, capturing the wind. But at this stage, I'm still paying my dues. As I practice my kite-handling skills, I'm not yet allowed to have a board on my feet.

Of course, outdoor sports in Oregon don't always involve a faceful of river. There are many options in this recreation-rich state that allow enthusiasts at various levels of athleticism to get out in the elements. Here among some of the world's most varied and scenic natural playgrounds—volcanoes! ocean beaches! rivers! deserts!—we don't just admire beauty from afar. We see a path through the forest, and we want to follow it. We see a ribbon of water, and we want to float it. We see a mountain, and we want to climb up it, or hike around it or pedal down it.

And since one of America's grandest rivers flows through a natural wind tunnel called the

A woman with short grey hair, wearing a red and black swimsuit, is captured mid-jump above a body of water. Her arms are raised and her legs are spread in a playful, carefree pose. In the background, there are blue-toned mountains under a cloudy sky. The water below shows ripples and reflections.

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Columbia River Gorge, by golly, we want to kiteboard on it.

KITEBOARDING THE COLUMBIA

Katie Noblett understands. The 20-year-old, who began kiting at age 14, moved from Southern California to Oregon this past spring to kite in the Gorge and teach at Cascade Kiteboarding, one of a handful of top-notch kiteboarding schools on the Columbia River waterfront in Hood River.

"This is one of the greatest places for wind there is," Katie says simply as she directs me from shore to practice body-dragging in the other direction, causing my right ear canal to flood with river water.

Later, I talk with Katie's boss, Tonia Farman, who agrees that Hood River has ideal kiting conditions. "Kiteboarders want to be able to rely on the wind, [and] we have that," Farman says. "Plus, it's such a scenic place—snowcapped volcanoes, bald eagles swooping down. ... There's nothing quite like it anyplace else in the world."

Farman founded Cascade Kiteboarding in 2005. Today, 12 instructors put more than 400 students on the water every summer, making this the largest kite school on the West Coast.

"There's something calming and almost magical about gliding on the water using just wind power," Farman says. "It looks so easy and smooth, people think, 'I can do that!'"

And they can, with a few lessons—training that is pretty much mandatory in a sport that can be dangerous without initial instruction.

I get my chance to move beyond body-dragging the following week, this time with Cascade Kiteboarding instructor Danny Rhodes.

Equipped with a radio helmet for communication and a WaveRunner to transport us to a shallow, user-friendly stretch of river, Danny soon has me in the water, board on my feet, diving the kite for power to pull me up. It takes a while; I don't yet find it calming, and it certainly isn't graceful. But then it happens: The kite jolts me to my feet, and suddenly I'm skipping across the water, as light as a marionette.

When the inevitable wipeout occurs, I hear Danny cheering my success from his WaveRunner. I'm hooting, too, my arm thrust skyward in victory. I've paid my dues, and now I'm cashing in. *Learn more about kiteboarding in Hood River at hoodriver.org and cascadekiteboarding.com.*



MOUNTAIN BIKING THE MCKENZIE RIVER TRAIL

Many mountain bikers consider the Central Cascades to be Oregon's sweet spot for cycling. From Bend to Eugene, you can find sections to pedal through emerald rain forest and tawny high desert, along ancient calderas and past high alpine lakes.

The McKenzie River National Recreation Trail belongs on every mountain biker's must-ride list: 27 miles of singletrack that twists along a riverbank through a dewy forest of centuries-old cedar, hemlock and Douglas fir. From the Clear Lake trailhead (on OR-126, 50 miles west of Bend), the trail follows the river downstream—much of the ride fast and flowy—toward the trail's terminus near the

Above: Hiking on the South Coast of Oregon, including on this trail south of Gold Beach, provides exceptional views of the Pacific. Below: Mountain bikers thrill to the twists and turns of the McKenzie River National Recreation Trail, west of Bend.





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McKenzie Bridge. The trail drops more than 1,500 feet overall, but it includes plenty of climbs along the way. Most opt to ride it one way, north to south; outfitter Cog Wild offers shuttle service.

The trail's upper half is the most technical part, bumping over lava fields around Clear Lake and down stair-stepped lava flows. Hikers also frequent this stretch—hiking here is a great experience in itself—and bikers can always dismount and walk anything that's too challenging. You'll want to take your time, anyway, because the scenery here is a showstopper: the crystalline depths of Clear Lake, the roiling waters of 141-foot-tall Sahalie Falls and 75-foot-tall Koosah Falls, and the magical light and massive trunks of old-growth groves. At one point, the river disappears into a lava tube then reemerges at the brilliant opaline "blue pool," marked on maps as Tamolitch Dry Falls because the river only runs above ground when there are major rains. It's a remarkable spot on a trail filled with gems—enticing you to click into your pedals, shift down and see what's around the next bend. Go to mckenzie-river-trail.com and visitcentraloregon.com/members/mckenzie-pass-scenic-bikeway to learn more.

HIKING THE SOUTH COAST

Oregon's landmark 1967 Beach Bill, which granted the public "free and uninterrupted use" of the Oregon coast, is the gift that just keeps giving to hikers. It ensures that the state's entire ragged coastline is yours to explore: 362 miles of state parks and waysides, cliffs and coves, sandy beaches and critter-filled tide pools.

For stunning seabird views, you can't beat the high rocky promontories, or "caples," that jut defiantly into the Pacific. South of Gold Beach, near the southern end of Oregon's coast, Cape Sebastian hooks out into the ocean, 200 feet above a scatter of sea stacks and a long ribbon of sand. At Cape Sebastian State Park, a trail winds through a high-in-the-sky meadow, then skirts the cliff, buffeted by ocean breezes. Murres and other seabirds wheel past and crowd onto the rocky islands below. In spring and fall, visitors



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watch for the telltale spouts of gray whales cruising past the point. The trail follows the edge of the cape for about a half mile, then switchbacks down to a protected arc of sand at Hunters Cove.

From here, the beach rolls south for nearly four miles toward Pistol River, where slumbering sea lions sometimes haul out onto rocky outcrops, and curious harbor seals pop up from the surf zone and stare at you with big, Labrador-like eyes. *To learn more, go to oregonstateparks.org and visittheoregoncoast.com.*

It's a big, beautiful place, this Oregon Coast, and the whiskered locals seem to be happy to share it. And why shouldn't they be? Here on the coast, as elsewhere in Oregon, there is plenty of outdoor wonder to go around. ▲

Tina Lassen lives in Hood River, Oregon.

Alaska Airlines flies daily to Portland, Medford, Eugene and Redmond/Bend. To book tickets, visit alaskaair.com or call 800-ALASKAAIR.

Other Quintessential Oregon Experiences

RAFT Hells Canyon.

Slide down the Snake River on Oregon's eastern border, through North America's deepest canyon—yep, it's even deeper than that grand one in Arizona.

CYCLE along the John Day River. Spin past fossil beds and through the marvels of the Painted Hills on the Old West Scenic Bikeway in Eastern Oregon.

FISH the Deschutes River. Float or wade one of the most

renowned fly-fishing rivers in the West, alive with wild trout and summer steelhead.

BACKPACK in the Willowa Mountains. Dozens of peaks top 9,000 feet, and alpine meadows, lakes and forests abound in the Eagle Cap Wilderness of Northeastern Oregon, east of La Grande.

SURF at Oswald West State Park. Rocky points protect this friendly beginner surf spot south of Cannon Beach, backed by a

dense fringe of old-growth forest.

CAMP in the Steens Mountain Wilderness. Wild and remote define this 9,733-foot wonder rising from the rust-colored Alvord Desert in Southeastern Oregon.

PADDLE Waldo Lake. Nestled high in Central Oregon's Willamette National Forest, at about 5,400 feet, Waldo's waters are as pure and brilliant as Crater Lake's—perfect for canoes and kayaks.

—T.L.



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ALIVE WITH CREATIVITY

Arts and culture flourish in Oregon | By ALEX PULASKI



TOWARD THE BACK of Portland's Gallery 903 on a recent Thursday evening, past the flamenco guitarist, the bongo player, and the abstracts and oil landscapes clamoring for attention, stood a single artist, hog-hair brush in hand.

Michael Orwick, decked in shorts and black Nike sneakers, dabbed at the edges of a small landscape painting. It was his third appearance in a row at the monthly **First Thursday** gallery walk and art show in Portland's Pearl District, and he had good reason for being at the monthly public-arts event.

"It's an opportunity to get immediate feedback, and also to meet people," he said. "A lot of people like to get the story behind the scene, and in a funny way, I'm more comfortable talking about my work when I'm painting. It's a very unsocial job most of the time, and I'm a social artist."

There's no shortage of opportunities for people to connect over arts and culture in Oregon. And, while museums and other institutions present visitors with classic, acclaimed exhibits, the state is also notable for funky and distinctive attractions that fit its free-spirited, individualistic style.

As illustrated by the First Thursday event's pedestrian-packed streets, Portland is the hub of Oregon's popular, colorful and varied arts-and-culture scene. The state's most populous city is home to major cultural sites, museums and concert venues, and some of the most significant dance and theater companies.

Just blocks from the Pearl District's galleries, the **Lan Su Chinese Garden** has been sending visitors on a virtual trip to China since the garden opened in 2000.

"I was so surprised the first time I came here," says garden volunteer Tingli Li, a native of China. "I thought I was back home."



Above: Film lovers enjoy the "Top Down: Rooftop Cinema" series, one of Portland's distinctive arts experiences. Left: Artist Michael Orwick participated in a recent First Thursday gallery event in Portland.

**My blood pressure
and cholesterol have
decreased.**

-Scott, 20/20 Alumni

Photos: Gerald Pope

SCOTT LOST 41 LBS

Having a busy career and family life, something had to give – and that something was usually exercise. Over time, my diet also changed from being generally healthy to one with too much fat, too much sugar, too much food. Every year, I'd be a few pounds heavier. After 18 years, my weight went from 195 lbs to 250 lbs.

At the 20/20 LifeStyles introductory meetings, I told my doctor, trainer, dietitian, and counselor that my plan for success was to listen to what they had to say and then follow through. And it worked. I was successful because I allowed these professionals to help me. I also had a great family who supported me.

My blood pressure and cholesterol have decreased. Thanks to the elimination diet, we also identified foods that my body just didn't like. Learning about my dairy sensitivity has made my life so much better!

I've become accustomed to the idea that my weight will fluctuate. That's life. But when it increases a little too much for comfort, I pause and look at what I've been eating, how I've been exercising, and what's stressing me out. More often than not, the weight gain coincides with extra stress at home or at work. For example, I noticed that my weight increased with a move and with

a few weeks of long hours at work. To get back on track, I watched my diet closely and made sure I exercised consistently.

What's amazing is that the 20/20 LifeStyles program made a positive impact on the whole family. Our children enjoyed being part of the process. It helped tremendously that everyone agreed to eliminate the unhealthy foods from the pantry. Our kids learned how to make nutritious choices and benefited from other positive changes like increased energy, more activity and fewer skin blemishes. It was easy to make the changes permanent. Our family established a "new normal" where we eat healthfully, exercise regularly, and reward ourselves with experiences instead of sweets. Everyone is much happier as a result.

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Step through the entryway known as the Crabapple Blossom Window into a world filled with seasonal blooms of peony, jasmine, osmanthus and more. Around every corner awaits a new structure or courtyard filled with surprises, including the ornate Scholar's Study, and the Tower of Cosmic Reflections, also called the teahouse. Buildings and courtyards are clustered around a central pool known as Lake Zither.

Visitors can travel into the past at Portland's **Pittock Mansion**, a hybrid of French, English and Turkish styles completed in 1914 by newspaper publisher Henry Pittock and his wife, Georgiana. By the 1960s, the home—which stands on a hill to the west of downtown—had fallen into ruin and was in dan-



ger of being razed. The City of Portland bought it, restored it to its former glory, and reopened it to the public as a museum and historic site in 1965. Celebrating its centennial this year, the mansion remains the city's epitome of elegant architecture and opulence, frozen in time. A sandstone exterior and blooming gardens hint at the wonders waiting inside. From the oak-paneled library to the music room

Tamástslikt Cultural Institute, east of Pendleton, will show striking images such as this in "Greatest Photographs of the American West," (August 22 through October 25).



Indigenous Oregon

Oregon has a rich Native American history that can be explored through several museums around the state.

One striking collection resides in the Portland Art Museum's second and third floors. Known as the **Confederated Tribes of Grande Ronde Center for Native American Art**, the exhibit space includes 5,000 pieces, ranging from the intricate beadwork in an 1890 Lakota saddle blanket to Hopi and Pima baskets to a Tlingit wolf forehead mask.

The **Tamástslikt Cultural Institute**, east of Pendleton, is displaying its outdoor Living Culture Village on Saturdays through August 30. In addition to exhibits of items from its permanent collection, the museum will show *National Geographic's* touring exhibition "Greatest Photographs of the American West," this year,

from August 22 through October 25.

Another important tribal-owned museum in Oregon is the **Museum at Warm Springs**, which opened in 1993 on the Warm Springs Reservation, north of Madras. It includes dioramas about tribal culture, historical photos, baskets and beaded artwork.

South of Bend, the **High Desert Museum's** broad and interesting offerings include the exhibition "By Hand Through Memory," which traces the history of Plateau Indian populations into the 21st century.

And in Portland, **OMSI** recently debuted "Roots of Wisdom: Native Knowledge. Shared Science," an exhibit about Native American and Hawaiian communities and their approach to ecosystems and health. It runs through December 8. —A.P.



(with its 180-degree city view and grand piano) to the 8,000-piece interlocking green-and-white kitchen floor tiles and up the elaborate staircase to the living quarters, every turn reveals something new—including an heirloom puppet theater in a tiny room for children.

Portland's performing arts are also notable. In recent years, says longtime arts and classical music critic David Stabler of *The Oregonian*, Portland's \$35-per-resident annual arts tax has provided a foundation for endeavors that once appeared impossible. New collaborations have arisen, he says, such as the Complete Works Project—a citywide effort encompassing 17 theater companies that aim to perform all of Shakespeare's plays within two years (between April 23, 2014 and April 23, 2016).

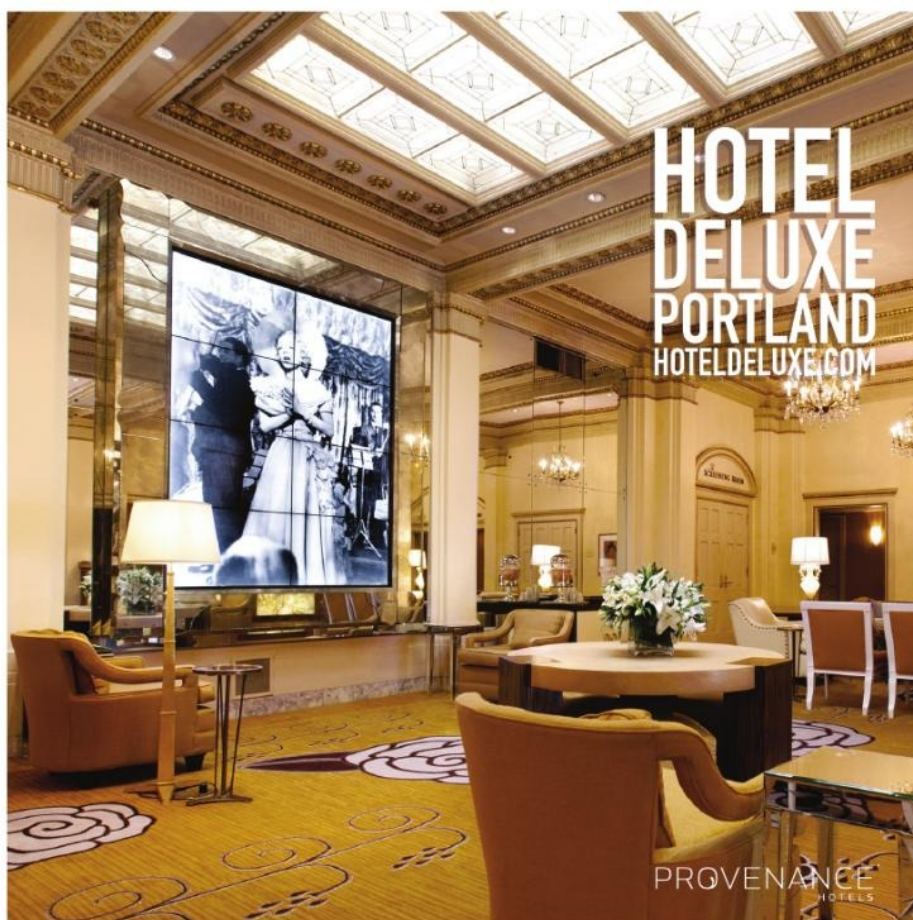
"This is a golden age for Portland's sprawling, radical, traditional, scraggly theater community, which numbers a staggering 125 companies," Stabler says.

The city's theater scene runs the gamut from Broadway favorites such as *Wicked* and *The Lion King* to performances by youth actors at the **Oregon Children's Theatre** and **Northwest Children's Theater**.

Musical performances are also rich and varied. The **Oregon Symphony** has repeatedly tackled intriguing collaborations, such as with local siren Storm Large, a singer, songwriter, actor and author. The **Portland Opera** will open its 50th season this fall (November 7) with Johann Strauss II's *Die Fledermaus*, a lively operetta that was the opera company's first production in 1964.

Central to the city's arts tradition is the **Portland Art Museum**, a venerable institution founded in 1892. For three months this year, PAM exhibited the most expensive painting ever sold at auction: Francis Bacon's *Three Studies of Lucian Freud* (1969; sold for \$142.4 million in 2013). The museum hosts top traveling exhibitions and its permanent collection is world-renowned.

For a small-museum experience, take in the **Museum of Contemporary Craft**, whose collection includes works of



ceramics, clay, metal and fibers. Striking works on display in the "Fashioning Cascadia" exhibit (through October 11) include a black antelope zippered jacket designed by Carole McClellan for Ann Wilson of the '80s rock band Heart and a lambskin coat designed by Anna Cohen.

Uniquely Portland, the annual "Top Down: Rooftop Cinema" series from the Northwest Film Center brings offbeat and classic films to the roof of the Hotel deLuxe's parking structure on Thursday nights for six weeks in late summer. This year's showings include 1970s cult classic *Vanishing Point* on August 14 and Martin Scorsese's *The King of Comedy* for the August 28 finale.

Turning to family favorites, the **Oregon Museum of Science and Industry** is a classic attraction. Through September 2, OMSI is pretty much a dinosaur land, thanks to the dynamic "Dinosaurs Unearthed" exhibition, with its grinning, swivel-headed *T. rex* and long-necked *Apatosaurus*. OMSI's hands-on activities also abound.

Arts Calendar

- "The Art of the Louvre's Tuileries Garden," through Sept. 21; the evolution of the famed French garden; Portland Art Museum; 503-226-2811; portlandartmuseum.org
- "Mind to Hand: Art, Science, and Creative Collision!" through Sept. 28; artists explore art-science interactions; OMSI, Portland; 800-955-6674; omsi.edu/on-view
- "Chipping the Block, Painting the Silk: The Color Block Prints and Serigraphs of Norma Bassett Hall," Aug. 23–Oct. 12; art from Oregon-born Hall's 25 years of printmaking; Jordan Schnitzer Museum of Art, Eugene; 541-346-3027; jsma.uoregon.edu
- Art in the Pearl, Aug. 30–Sept. 1; art, theater, music and activities; Pearl District, Portland; artinthepearl.com —A.P.



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The **Portland Children's Museum** is similarly packed with fun activities—especially for younger kids—including the Pet Hospital and the Butterfly Bistro, where on a recent visit I watched a 6-year-old prepare a “healthy cheese salad” with a fake hot dog and pork chop. The museum’s “Outdoor Adventure,” new this year, is a 1.3-acre outdoor play space with a winding trail, creek and meadow.

Portland is central to Oregon's arts and culture scene, but it's not the only place with rewarding attractions. Many visitors are drawn to **galleries in coastal towns**—chief among them Cannon Beach, about 80 miles northwest of Portland.

The **art galleries in Bend** are also noteworthy. During the First Friday Art Walk each month, visitors find artists and new works in the galleries, and music in the streets. Thanks to the **Art in Public Places** program, Bend is also home to more than 50 pieces of outdoor art.

Eugene and nearby Springfield host more than a dozen museums, including the **Jordan Schnitzer Museum of Art**, with its large collection of Chinese, Japanese and Korean art and Russian icons.

For a fascinating look at Chinese immigrant life in the Northwest, visit the interpretive center and museum at the **Kam Wah Chung State Heritage Site**, in John Day, in Eastern Oregon. Tours of the former trading post are offered daily between May 1 and October 31.

To learn about the famous **Oregon Shakespeare Festival**, in Ashland (about 15 miles south of Medford), see page 97.

Oregon's scenic natural beauty is such that it's easy to lose sight of the breadth and depth contained in its arts and cultural institutions. But for visitors eager to explore the arts—from classic to quirky, historical to hip, and indoors and out—there await many pleasures. ▲

Alex Pulaski writes from Portland, Oregon.

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A FEAST OF FESTIVALS

Oregon celebrates theater, music, food and more | BY SUSAN GORACKE

AS HOUSE LIGHTS DIM and a trumpet fanfare fills **Oregon Shakespeare Festival's** outdoor Elizabethan theater in Ashland, in Southern Oregon, experienced audiences know to glance up to a shuttered window at the top of the stage's Tudor facade. They don't want to miss the shutters opening and a stagehand hoisting a flag bearing a mask of comedy or tragedy, depending on the evening's bill. It's an OSF tradition, and it harks back more than four centuries to the London theaters of Shakespeare's day.

Tonight's grinning mask flying above the Allen Elizabethan Theatre announces one of William Shakespeare's earliest comedies, *The Two Gentlemen of Verona*. On this balmy summer evening, I am eagerly anticipating director Sarah Rasmussen's production, with its all-female cast playing characters of both genders—an interesting twist on the

all-male acting troupes of Elizabethan England, when women were banned from performing in public theaters. I'm also excited to hear the high-tech sound system, installed this year. For more than 30 years, I've been attending OSF plays, and I've always been impressed by the productions at this Ashland institution, located about 16 miles south of the Rogue Valley International–Medford Airport.

While OSF may be the state's most famous festival, Oregon has many fun, interesting, offbeat fests to tempt visitors in

search of diversion, on almost any weekend of the year. In summer and fall, festival fans can explore history and pageantry at the Oregon Renaissance Festival in

The Two Gentlemen of Verona, showing through October 12 at the Oregon Shakespeare Festival in Ashland, features an all-female cast in a lively presentation of the Bard's classic comedy.

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Right: The Duhks, a folk-fusion band, is a headline act at this year's Sisters Folk Festival, near Bend. This festival features rising stars and established acts from various roots-music genres. Below: Tyrolean dancers enjoy the festivities at the Mount Angel Oktoberfest.



Hillsboro, dance the polka and raise a beer stein at the Bavarian-themed Oktoberfest in Mount Angel, or enjoy a concert at the Britt Festivals in Jacksonville.

Tonight, I'm focused on this Shakespeare play and wondering how the women actors will portray its two leading male characters. As actors arrive on stage, I'm captivated by their colorful costumes—in sumptuous brocades, velvets and satins—that feel at once Elizabethan and fashionably contemporary.

Although this play is less dramatically intense than, say, *The Tempest* or *Richard III*—two other Shakespeare productions in repertory this summer—it still invites audiences to reflect on the nature of love, friendship and forgiveness. I am surprised at how quickly I forget that these are women actors portraying men—a credit to their acting skills.

Unconventional casting choices and presentations of Shakespeare's plays in different eras and locales have long traditions at the Tony Award-winning Oregon Shakespeare Festival, which opened its 79th season in February. This year's *Comedy of Errors* is set in New York City during the Harlem Renaissance. When the festival's current eight-month season concludes November 2, OSF will have staged almost 800 performances of 11 plays—a mix of Shakespeare, classics, musicals and new works—in three theaters, with a professional staff of around 575. Annual attendance in recent years has topped 400,000. By early October, OSF also will have presented 96 "Green Shows" (popular, free shows that celebrate local communities). These shows feature a

variety of music and dance performances six nights a week (Tuesday–Saturday) through October 12.

Adding to its impressive list of honors, OSF received the National Theatre Conference's 2013 Theatre of the Year Award for outstanding achievement by a not-for-profit theater. To learn more, call 800-219-8161 or visit osfashland.org.

IF YOU PLAN to visit Ashland between mid-June and mid-September, consider also attending an evening concert at the **Britt Festivals** in nearby Jacksonville, a charming 1850s gold-rush town about 15



Calling All Cowboys

While not technically a festival, the **Pendleton Round-Up**, which runs

September 10–13 this year, sure feels like one. In its 104th year, the Round-Up is Eastern Oregon's largest rodeo and celebration of the cowboy spirit and Native American heritage. In addition to rodeo events, don't miss the Westward Ho! Parade and the Happy Canyon Night Show, a theatrical pageant depicting Pendleton's history. Country music duo Big & Rich will also perform on September 6 at Happy Canyon. Pendleton is about a 3 1/2-hour drive east from Portland and about an hour south of Walla Walla. Call 800-457-6336 or visit pendletonroundup.com. —S.G.



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miles northwest of Ashland and five miles west of Medford.

Britt is the Pacific Northwest's oldest outdoor performing-arts festival series. It began as a classical-music event, but today attracts a lineup of world-class artists who perform jazz, blues, folk, bluegrass, world, pop and country music in addition to three weeks of classical fare. Concerts take place in a naturally formed amphitheater set on a grassy hillside among towering ponderosa pines. In late August and early September this year, headliners will include Buddy Guy, The Beach Boys, Joan Jett & The Blackhearts, Matisyahu, The Head and the Heart, The Avett Brothers and Creedence Clearwater Revisited (with original Creedence Clearwater Revival band members). Reserved seating is limited, so attendees arrive with their own lawn chairs or blankets. Visitors may bring a picnic or purchase from a selection of foods and beverages, including local wines and microbrews. Evenings at the Britt are magical: As the sun sets, stars appear in the sky, and audiences can view the twinkling lights of Medford. To learn more, call 800-882-7488 or visit brittfest.org.

LATE SUMMER to early fall is an ideal time to visit Oregon's largest city, Portland, as weather often continues to be warm and dry. In addition to enjoying Portland's urban sights, consider taking in one of several lively **festivals in Portland and its surrounding areas**.

On Saturdays and Sundays between August 16 and September 21 (along with Labor Day Monday), a 16-mile drive west of Portland to the Washington County Fair Complex will reward you with **The Oregon Renaissance Festival of Hillsboro**. Billed as "13 days of merriment," the festival features a re-creation of a 16th century European village, with musical and theatrical performers, artisans and food vendors dressed in Renaissance regalia. Call 971-271-9500 or learn more at oregonrenfest.com.

For a rural Oregon experience with a Bavarian twist, head to the **Mount Angel Oktoberfest**, September 11-14.



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- **Washington Park Summer Festival**, Aug. 8–15; free evening events; Washington Park Rose Garden, Portland; portlandoregon.gov/parks/freesummer
- **Musicfest NW/Techfest NW**, Musicfest: Aug. 16–17; music and food at Waterfront Park, Portland; musicfestnw.com; Techfest: Aug. 15–16; talks and a career fair at Oregon Museum of Science and Industry, Portland; 503-243-2122; techfestnw.com
- **Festival of Eugene**, Aug. 22–23; a festival of local community, with music, food, drink and more; 5th Street Market area, Eugene; festivalofeugene.com
- **Time-Based Art Festival**, Sept. 11–21; contemporary performance-art and visual-art events throughout Portland; 503-242-1419; pica.org
- **Feast Portland**, Sept. 18–21; a showcase of Oregon foods, with local and national chefs; sponsored in part by Alaska Airlines; multiple locations, downtown Portland; feastportland.com
- **Ashland Culinary Festival**, Nov. 7–9; tastings, competitions, demonstrations, workshops; showcasing Southern Oregon's bounty; downtown Ashland; 541-482-3486; ashlandchamber.com

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Mount Angel, a small farming town about 40 miles south of Portland, has been celebrating harvests and embracing its pioneer founders' German heritage for the past 125 years. But it wasn't until 1966 that Mount Angel created its official Oktoberfest. Today, the festival attracts more than 350,000 visitors annually. One German newspaper rated the Mount Angel Oktoberfest one of the 12 best held outside of Germany.

Part of Mount Angel's charm is its Bavarian-themed architecture. And during Oktoberfest, townspeople don their

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best dirndls and lederhosen, and three large beer tents beckon with a lineup of musicians performing rousing polkas and other tunes. Parades and maypole dancing enliven the street scene outside.

Oktoberfest is also a major fundraiser for community organizations, which staff 50 food booths. *To learn more, call 855-899-6338 or visit oktoberfest.org.*

IN CENTRAL OREGON, the **Sisters Folk Festival** (September 5–7) is always held the weekend after Labor Day and celebrates “roots music from blues to bluegrass” on 10 stages, including a 1,000-seat venue at Village Green Park in downtown Sisters (about 25 miles northwest of Bend and about 21 miles west of the Redmond Municipal Airport). This picturesque town with its Western-themed storefronts is nestled by the foothills of the Cascade Range and the Three Sisters Wilderness Area. Visit sistersfolkfestival.org or call 541-549-4979.

On August 29 and 30, Bend will hold its sixth-annual **Little Woody Barrel-Aged Beer and Whiskey Festival**, with tastings of Northwest craft brews and small-batch American rye whiskeys and bourbons. This “for adults only” festival celebrates historical techniques used by local brewers who age their beers in wine barrels, whiskey barrels and oaken casks to infuse brews with intense flavors. The festival also includes the Little Woody Adventure Scramble (in which participants answer trivia questions and perform wacky tasks), music and an invitational golf tournament. Call 541-323-0964 or visit woodybeer.com/little.

WHETHER IT'S losing yourself in a play or finding a new favorite among Oregon craft breweries, you'll enjoy exploring some of the many festivals Oregon has to offer locals and visitors each year. ▲

Susan Goracke writes from Portland.

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I CAN SEE THEM from our launching point: the dramatic cliffs—the Pali Kapu o Keōua—towering beside Kealakekua Bay on Hawai‘i Island’s west side.

Those cliffs mark our destination. We head to the cove at the base of the cliffs in a double kayak big enough for my boyfriend, two small dogs, snorkel gear, a bag of chips and me. We’ve rented the boat from Kona Boys, a local outfitter that is one of the few companies authorized by the state to lead tours and rent kayaks for accessing Kealakekua Bay.

Kayaking in the bay has long been on my list of must-do Hawai‘i Island experiences. Located about 12 miles south of Kailua-Kona, the bay is a protected marine-conservation area teeming with wildlife, from yellow longnose butterflyfish (*lau-wiliwili-nukunuku-oi’oi*) to playful spinner dolphins (*nai’a*). The cliffs, too, are stunning, with exposed lava tube openings and ancient Hawaiian burial caves that can be seen only from the water. On the northwestern end of the bay is a monument to Captain James Cook, the British explorer and cartographer credited with being the first to map the Hawaiian Islands. He landed at the bay in 1778 and was also killed here a year later.

Our paddle trip takes us a short distance to Ka’awaloa Cove, the site of the Captain Cook monument. Along the way, we paddle through Kealakekua Bay’s sapphire-blue waters, which are filled with marine life at depths ranging from near the surface to the seafloor at about 150 feet.

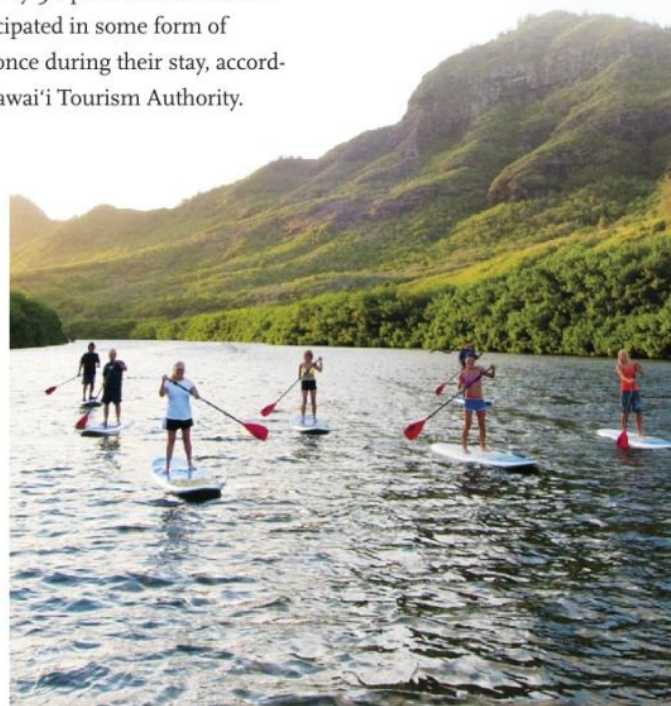
We arrive at the cove and take turns snorkeling, with one of us staying in the kayak (only guided-tour participants are allowed to land at the monument). Dozens of yellow tang (*lau-ī-pala*) dart around heads of cauliflower coral, with wrasses and puffers zipping by. We see redlip parrotfish (*uhu*), yellowtail coris (*hīnālea-‘aki-lolo*), and reefs dotted with the spiny shapes of red and black sea urchins (*wana*). I reflect that we came to this point the best way I can imagine: by paddling in, exploring the bay along the way.



That’s the thing about paddling in Hawai‘i: Whether in kayaks, in canoes, or atop stand-up paddleboards (SUPs), paddling is one of the best ways to experience the natural beauty of the Islands.

“You get to explore places you would never get to from land,” says Bob Twogood, owner of Twogood Kayaks Hawai‘i in Kailua on O‘ahu, an outfitter that rents kayaks and stand-up paddleboards, and offers guided tours around the island. “There are so many things you can do, so many places you can go. What I don’t understand is why everybody isn’t doing it.”

Many people are. Nearly 90 percent of all visitors to Hawai‘i in 2012 participated in some form of outdoor activity at least once during their stay, according to a survey by the Hawai‘i Tourism Authority.



Top: An experienced outrigger team paddles a traditional koa canoe off Waikīkī Beach, on O‘ahu. Bottom: Newcomers to the sport of stand-up paddleboarding enjoy the calm water of the Hulē‘ia River on Kaua‘i.

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And along with offering a way to tour Hawai'i's coastlines, bays and rivers, paddle sports are integral to the history and culture of the Islands. There are clubs, schools, guide companies and competitions dedicated to the sports, offering visitors a chance to grab a paddle—or else to watch from shore, perhaps with a refreshing beverage in hand.

While lounging at the beach is still the state's most popular outdoor activity, a growing number of people are venturing into the water. About a quarter of visitors surveyed said they got on surfboards, bodyboards or SUPs on their vacation. Another 10 percent kayaked or canoed.

With hundreds of miles of coastline, dozens of beaches and offshore islands, and countless selfie backdrops sure to make co-workers envious, the Hawaiian Islands, with their warm waters and year-round balmy weather, provide exceptional settings for paddling. Naturally, you need to follow advisories and exercise caution when you participate in any ocean activity in Hawai'i—as you would anywhere in the world. But so long as you prepare well and choose experiences appropriate to your skill level, there are numerous adventures to enjoy.

"Hawai'i's climate and ocean [make it] the perfect location for these sports," says Robyn Singh, champion outrigger-canoe paddler, veteran coach and author of *Paddling Home: A Journey Back to Self*. "It helps when it's warm, and the sun is out constantly. The blue hues of the ocean are exquisite, and just being out in the water—it makes you happy."

CANOEING IN PARADISE

IT WASN'T YET 6:30 A.M. on a sunny Sunday in June, and the parking lot was already full at Ke'ehi Lagoon on O'ahu, the site of the first canoe regatta of the 2014 season. Dozens of colorful six-person outrigger canoes lined the small sandy beach, as T-shirt-clad paddlers set up tents and folding tables. Crews huddled to discuss race conditions and line-ups; families loaded bottled water into ice-filled coolers and secured viewing spots with beach chairs and mats.



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Spectators in Kona enjoy the launches and finishes of the Queen Lili'uokalani Outrigger Canoe Races, held over Labor Day weekend in Kailua-Kona. The races include single hulls and double hulls (shown here), and men's, women's, mixed and youth crews.

Every summer for nearly three decades, the nonprofit O'ahu Hawaiian Canoe Racing Association has organized these regattas for paddlers across the island. Participants from as young as 8 to as old as 80 compete in races as short as a quarter mile to as long as a mile and a half. With races just about every weekend in summer, across the state, regattas attract many participants. Canoe clubs rack up points that qualify them for state championships at the end of the summer. The OHCRA also sponsors the Moloka'i Hoe, a 41-mile race from Moloka'i to O'ahu held in October (October 12 this year) that's considered the world championship of long-distance canoeing.



CHARLA PHOTOGRAPHY / QUEEN LILI'UOKALANI OUTRIGGER CANOE RACES

Some distance races take place in late summer, including the annual Queen Lili'uokalani Outrigger Canoe Races along the Kona Coast over Labor Day weekend. Considered the world's largest long-distance canoe race series, this three-day event (August 30–September 1) started in 1972 and is named after the last reigning monarch of Hawai'i. It hosts more than 2,500 paddlers from around the world, including Australia, Hong Kong, New Zealand and Japan. Paddlers race in single-hull and double-hull canoes, in one-person and two-person

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canoes, and on stand-up paddleboards. Team races include all-male, all-female and mixed-gender competitions.

Canoe races offer a lesson in Hawai'i history. The Hawaiian outrigger canoe was developed by the indigenous people of the Islands and used for everything from transporting goods to voyaging between islands. Hawaiians fished and surfed with the canoes, too.

Today's outrigger canoes often feature modern materials, with hulls and *ama* (outrigger floats) constructed from lightweight composites. Still, some paddlers use and race in traditional canoes carved from koa wood. Regardless of the construction of the boats, the races themselves keep the tradition and sport alive.

"The culture part of the sport is huge," says Johnny Puakea, a veteran paddler, coach and third-generation canoe-builder from Kāne'ohe, O'ahu. "This is how Hawaiians got around, how they fished, how they traveled. And now it's a bonding thing for people. Having grown up with this in my family, it's super important to teach it and have people understand it."

In the early 1900s, organizations such as the Outrigger Canoe Club and Hui Nalu launched, with goals to revitalize the traditional Hawaiian water sports of surfing and outrigger canoeing. Outrigger Canoe Club started in 1908 with an acre and a half of beachfront on Waikīkī Beach, the site of some of O'ahu's most popular surf breaks. Hui Nalu, which means "Clubs of the Waves" in Hawaiian, was founded by Knute Cottrell, Ken Winter and Olympian Duke Kahanamoku. It also launched in Waikīkī and has since moved to Hawai'i Kai on the island's southeast end. Over the decades, dozens of canoe clubs have opened across the state, putting paddles in more people's hands than ever before. The popularity of recreational and competitive canoe paddling has also increased greatly, prompting the organized canoe races across the state.

Watching the races is a great way to witness the sport in action. On O'ahu, thousands of paddlers gather at various beaches on most Sundays during the summer. The races are easily viewed from



Laird Hamilton catches a wave on a stand-up paddleboard.

TIM-MCKENNA.COM

the beach, and the atmosphere—for fans as well as participants—is festive and fun. You need to be part of a club to participate, but anyone can be a spectator.

"It's just a big get-together," says Lono Goo, publisher of *Makai Ocean Lifestyle Magazine*, who started paddling about seven years ago. "Everybody is down here, having a good time, paddling. You see all of your friends, hang out and 'talk story' [chat casually] pretty much all day long."

Some people use outrigger canoes built for one or two paddlers to get a workout; others use them to explore coastlines and bays. Many paddlers use solo crafts to train for competitions, such as the short, five-mile races along Waimānalo on O'ahu's eastern coastline and the Maui Jim Moloka'i Challenge & Surfski World Championship in mid-May.

Though visitors to Hawai'i can't just jump in one of the racing boats, there are ways to experience the feeling of gliding through the water in an outrigger canoe.

Visit Kūhiō Beach in Waikīkī, and you'll see old-time beach boys taking visitors into the surf in six-person outriggers. Hawaiian Oceans Waikīkī, for example, offers canoe rides for less than \$15 per person.

In Waikīkī, you can canoe-surf every day of the year, says John R.K. Clark, a former Honolulu city lifeguard and retired deputy fire chief who has written several books about Hawai'i's beaches and water sports. "That's what makes this place so special."



SURF ICON LAIRD HAMILTON GRABS A PADDLE

If anyone knows paddle sports, it's renowned waterman Laird Hamilton. Not only is he responsible for revolutionizing the sport of stand-up paddleboarding (SUP), but he's always pushing the limits in everything he does, from tow-in surfing on monster waves to developing the GolfBoard, a motorized skateboard of sorts that you ride while golfing. Hamilton took some time recently to share his thoughts on life with a paddle:

When did you first get into SUP?

LH: I started taking out a tandem surfboard [in 1998] to take my kids, originally, and I started surfing on it. I wanted to get good on riding the board before I brought the kids out. I was living on Maui at the time, and the wind would blow me out to sea. I thought this would be great if I didn't have to lie back down to catch a wave again. I had been kiting and windsurfing and tow-in surfing, so I liked being in an upright position. A friend of mine had a canoe paddle in the back of his truck. I went out [in Mā'alaea] in one-foot waves. It was more like bend-over paddling than stand-up paddling, but that was the beginning of the whole thing.

How did you get from there to riding the custom equipment you now develop?

LH: I got some kayak paddles, cut the tops off and glued PVC pipes on them. But I broke those. Then I went to a custom outrigger canoe paddle-maker on Maui and had him build me

some wooden paddles the same length. I broke those, too. ... I just kept pursuing it. I probably spent a good six to eight years doing it consistently.

Why did you keep pursuing it?

LH: A lot of it was based on training for fitness in the summertime. I'd come to California in the summer, and surf would be real small. I'd go paddle, and I was finding that it was making my legs really strong and making my surfing better in the wintertime. ... Then I started riding waves on a stand-up paddleboard, and I got addicted to it. Then I thought about paddling [the Kaiwi Channel], then riding bigger waves. I started showing friends how to do it, and now you have magazines about it, and every surf company making boards.

What do you love about the sport?

LH: I love the simplicity of it. ... The way I describe it is that it's an ancient Hawaiian

sport I never saw but knew existed. It feels ancient. I think the best ideas are simple ones. Windsurfing and kiting and tow-in surfing are equipment-complex. But with stand-up, if you've only got an hour, you can throw your board in your truck, paddle out for an hour, put it back in your truck and go home. ... And I think when you spend your whole life in the ocean, you're always looking for new ways to keep it thrilling and interesting.

How often do you get in the water on your stand-up board?

LH: I'm still enthralled with stand-up. I have a brand of stand-up boards and accessories, I've got some team riders. There's a lot of evolutions in equipment design, and I like that aspect of it. I still love foil-surfing [with a metal airfoil under the board]—that's No. 1 on my list—but big-wave stand-up is right there near the top.

With all of your projects—as well as family life with your wife, Gabrielle Reece, and your two kids—you seem incredibly busy.

LH: Yeah, well, what else am I going to do on this planet? [Laughs.] I'm just always looking for new ways to do things. You gotta be a contrarian. You gotta shake things up. —C.E.T.



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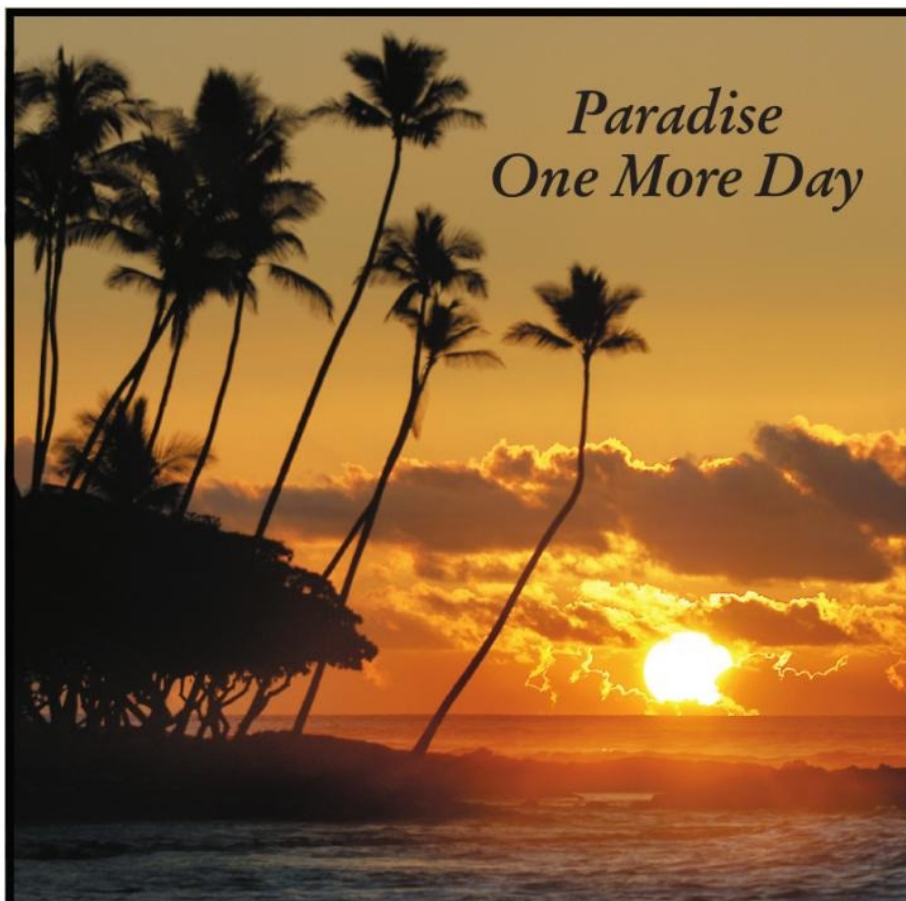


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Recently, I was at Kūhiō Beach, along with a group of co-workers and their families. They were taking surfing lessons from local instructors.

One of the instructors offered to take me and a few of the family members out in an outrigger canoe to catch some waves. One woman, who had been sitting on the sand watching her daughter surf, jumped up.

"Oh, I'll go!" she exclaimed. "I was born and raised here, and I've never been in a canoe before!"

We piled into the canoe, which fit six comfortably, and grabbed paddles. After a quick lesson from one of the instructors, who would also serve as our steersman, we shoved off into the surf break called "Canoes" that fronts Kūhiō Beach.

We took long strokes out to near the surf break, where the steersman turned the canoe around to face the shore.

"When I say, 'Paddle,' you gotta paddle hard, OK?" he said—it wasn't really a question—as he stood up to watch for an oncoming set.

And then I saw it, an elongated roll in the water, moving closer to us. A wave. Our canoe was about to ride.

"Paddle!" came the command from the back of the boat. We all stuck our paddles into the water and pulled as hard as we could. The boat started to move slowly, then quickly, and before we knew it, we could feel that same sensation you get when you catch your first wave on a surfboard: We were riding the energy of the ocean. And it was thrilling.



KAYAKING IN PARADISE

TAKE A TOUR from Bob Twogood, who runs a shop in Kailua, and you just might get a lesson in the geology and ecology of O'ahu's windward coast.

Twogood may explain how the Ko'olau Mountains, the steep slopes that provide the backdrop to windward O'ahu communities, were formed. (The mountains are actually the remains of an ancient volcano, half of which slid into the Pacific Ocean.) And he'll tell you about wedge-tailed shearwaters that swim to depths of 150 feet to chase fish.



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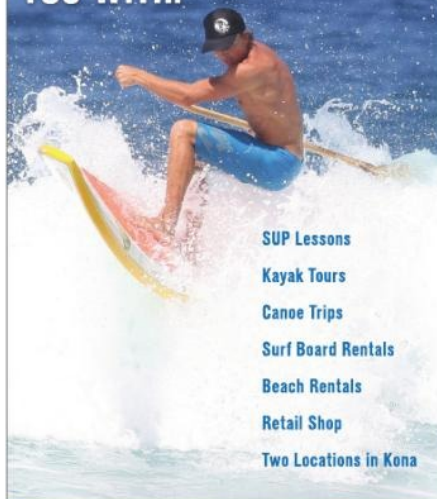
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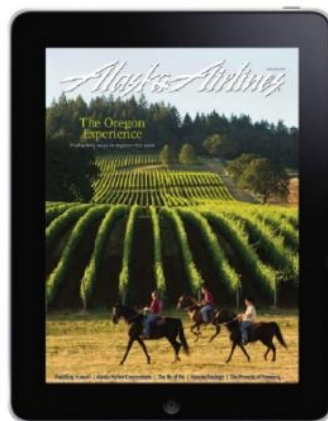


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Twogood—who started his business in 1981, first making paddles and then offering guided kayaking tours—has been around the sport for decades. Today, at 62, he still hops in his kayak a couple of times a week, leading tours or cruising around the coastline with friends. He's part of a kayaking club that paddles six-mile to nine-mile sections of the O'ahu coast every month until they have paddled the perimeter of the island. It takes them about a year.

"The ocean is different every single day," says Twogood, who has circled the island more than two dozen times. "You can paddle in calm waters along the reefs, or you can be in 20-foot seas with the wind blowing 40 miles an hour, and it can be like moguls skiing."

Kailua, where Twogood is based, is a magical spot for kayaking. The turquoise waters off Kailua Beach, an expanse of super-soft sand, are typically calm, and the bay is often dotted with kayakers, kiteboarders and one-man canoe paddlers. Just offshore are a few islets accessible to kayakers: the barren Popoia Island (Flat Island) and the Mokuia Islands (commonly called "The Mokes"). These islets are seabird sanctuaries; visitors can enjoy viewing the birds, but must follow posted directions and not get too close to nesting areas. And some areas are also off-limits to visitors.

On Maui, outfitters offer guided tours in areas such as West Maui and South Maui. West Maui tours may include beautiful Honolua Bay, near Kapalua, while Makena Landing, south of Wailea, is often a favored put-in spot for tours that include views of Molokini crater. Keli's Kayak Tours, in Kihei, has been guiding visitors on kayaking/snorkeling adventures for more than 20 years. The company's trip options include 2.5-hour and 4.5-hour tours through Makena Bay, with opportunities to see green sea turtles (from a responsible distance), as well as other marine life, coral reefs and beautiful coastal scenery.

Kaua'i is famous for its Nāpali Coast, which stretches 17 miles along the island's north shore. The coast, known

for its tall sea cliffs, may be best viewed from the sea on a guided kayak tour, and guidance is all but a necessity, as the paddling is strenuous, and currents can be unpredictable.

Na Pali Kayak Tours offers an epic daylong tour of this fabled coastline, launching from Hā'ena State Park near the end of the road in north Kaua'i. The trip covers 17 miles to the 140-acre Polihale State Park, which boasts a long, remote beach backed by tall sand dunes. Along the way, the tour takes kayakers along the base of the sea cliffs, into sea caves and across cascading waterfalls. Visitors watch for—but don't approach—spinner dolphins and endangered Hawaiian monk seals.

Outfitters Kauai offers a similar guided tour from May through September, when the waters here are calmest. This trip involves about 6–8 hours of paddling and takes 12 to 13 hours overall.

"It's 17 miles of sea cliffs and hidden beaches—all in a day," says owner Rick Haviland, who started Outfitters Kauai in 1988 with guided kayak tours. "Now that's a big adventure."

STAND-UP IN PARADISE

THE LATEST paddle-sport craze is stand-up paddleboarding, an offshoot of surfing in which a rider essentially stands on a surfboard and uses an extended canoe paddle. What more or less started as a convenient way for beach boys in Waikīkī to get a better view of incoming swells and surfers in the water has become a sport in itself, with races on lakes and downwind open-ocean runs, and professionals tearing up surf breaks around the world.

"It's so popular because anyone can do it," says Lono Goo. "You don't have to be a surfer or a paddler to jump on a gigantic board with a paddle." (Beginners generally use oversize boards for balance.) "It's really a good starting point for anyone who wants to get in the water."

About three years ago, Outfitters Kauai started offering SUP tours down the calm Hule'ia River near Nāwiliwili Harbor, a 15-minute drive from Lihue



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It's a slow, steady two-mile paddle on the river, which allows participants time to pause and take in the views: the majestic Hā'upu Mountain; various birds such as the 'ālae ke'oke'o (Hawaiian coot) and nēnē (Hawaiian goose); and the 1,000-year-old Alekoko fishpond that, according to legend, was built by the mythical *menehune* (legendary small people) in one night.

"It's the perfect intro to the sport, and the scenery is unreal," says Outfitters Kauai's Haviland, himself an avid stand-up paddler. "Everybody falls in love with the feeling of walking on water."

Paddlers enjoy SUP around the Islands. Jenny Lee, who grew up longboarding in Waikīkī, tried the sport about seven years ago—and didn't like it at first. But after trying different boards and venturing out in the surf, she was enthralled. Now the city lifeguard competes, traveling around the world with her paddle and board.

"I just love being on top of the water and the fitness aspect of it," says Lee, 31, who has paddleboarded in Taiwan, the British Virgin Islands and Tahiti. She says she was in the best shape of her life when she started to take up SUP.

Her boyfriend, Alfred Van Gieson, is a recent convert to the sport. He was born and raised in a canoe-paddling family in Nānākuli on O'ahu's west side. (His grandparents started the Leeward Kai Canoe Club in the 1960s.) He only started stand-up paddling a few years ago.

"When I first went out," he says, "I was falling everywhere. I looked like a straight kook. But once I got the hang of it, it was super-good fun. ... Honestly, I feel more comfortable with a paddle in my hand than without one. I'm a craftsman, and the paddle is my tool."

For Andrew Logreco, the first time on a stand-up paddleboard proved fateful: He

went on a downwind run from Hawai'i Kai to Kaimana Beach in Waikīkī and found that he was good at SUP, and loved it.

"I like being out there with no one and nothing around," says the 30-year-old North Shore lifeguard, who has since



ANN CECIL / PHOTORESOURCEHAWAII.COM

Families participate in sea kayaking tours off Kailua Beach, on the windward side of O'ahu.

competed in the sport. "It's just the peacefulness of it. Any problem you have or anything on your mind or going through your head, it all just washes away."

Logreco has had surreal SUP trips, too, experiences that would entice any curious adventure seekers to grab a paddle and hit the ocean. Once, he was paddling near O'ahu's southeastern coastline, and a humpback whale breached nearby.

"It makes you feel pretty small in the grand scheme of things," he says.

Logreco has surfed and paddled in Australia, Tahiti and California. To him, though—as well as to many other enthusiasts—Hawai'i is still the best place for paddle sports, period.

"There are so many places to explore here," he says. ▲

Born and raised on O'ahu, Catherine E. Toth has enjoyed all kinds of watercraft—from six-person canoes to stand-up paddleboards.

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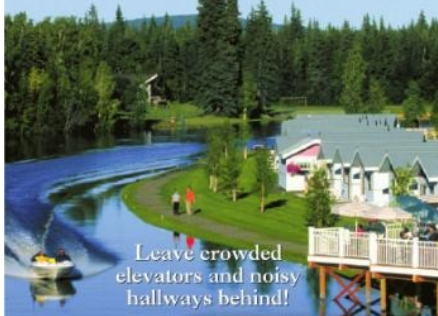


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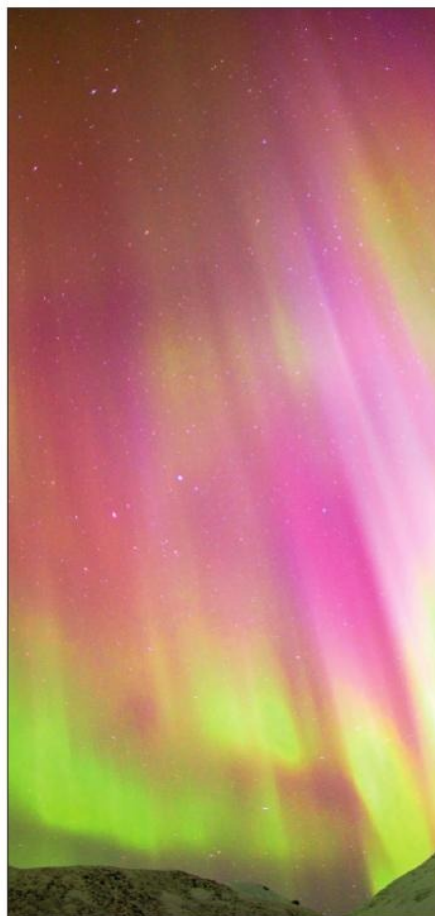


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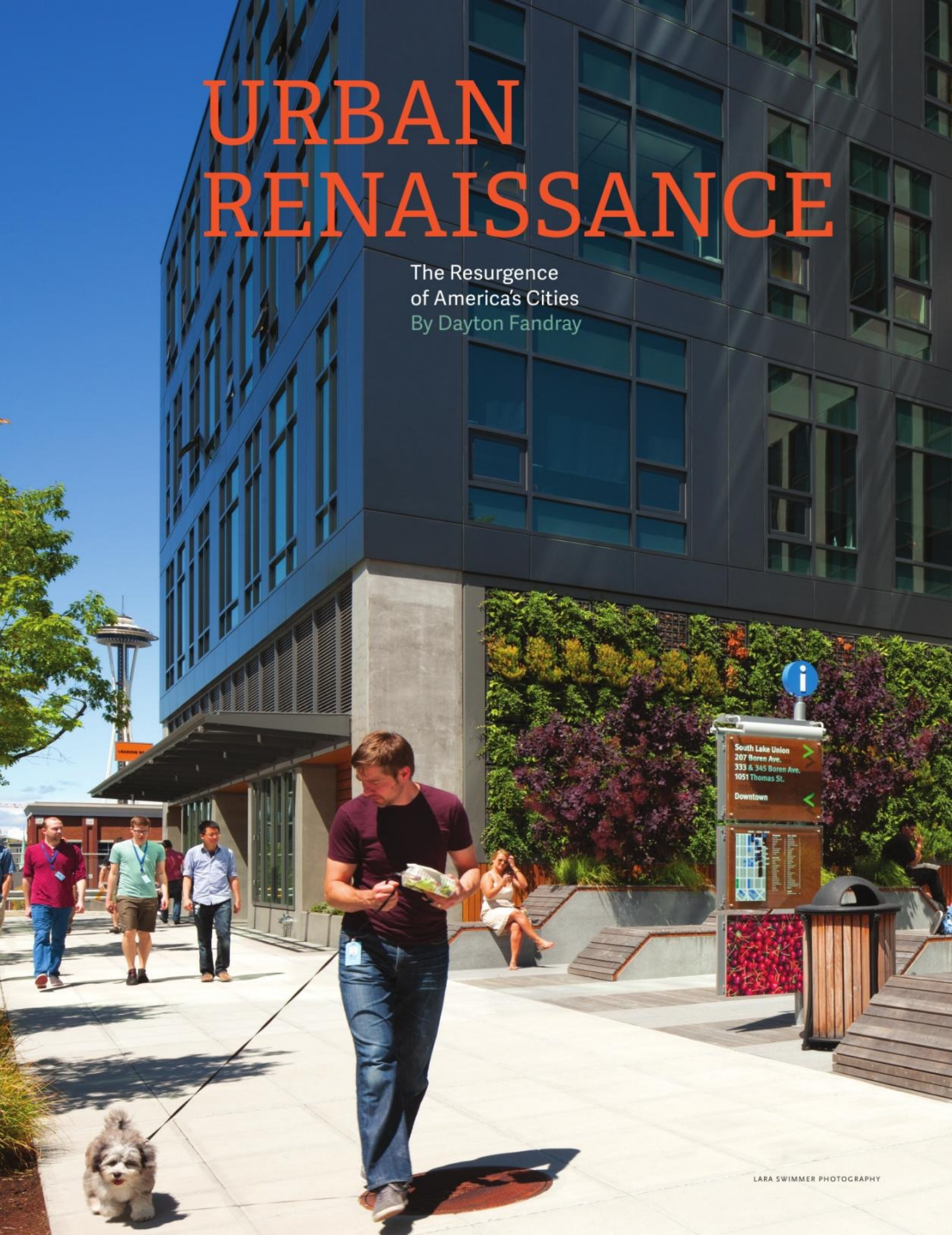


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LARA SWIMMER PHOTOGRAPHY



In the dazzling morning sunlight, I cross the Garces Footbridge in Tucson, where the sweeping views of the city's downtown office towers and the rugged Tucson Mountains offer a memorable urban vista I've seen hundreds of times.

But today I notice something new: Below me, in the traffic on Congress Street, one of the city's new SunLink streetcars is streamlined, gleaming and quiet as a whisper. It speaks to me simultaneously of both past and future. Riding the streetcars with my grandfather while visiting Pittsburgh comprises one of my finest boyhood memories. And North American light-rail transit—which came so very close to disappearing entirely in the late 20th century—is suddenly cool again, with more than \$25 billion in projects just this year.

From Seattle to southern Arizona, urban centers are revitalizing as transit boosts access to and from cities; high-density development makes neighborhood commercial activity viable; and existing amenities such as parks are reimagined for 21st century residents who utilize them for everything from picnics to fitness.

The transformation has caught many observers by surprise. When the Tucson streetcar system was first announced, I numbered myself among the skeptics. It seemed hopelessly out of step with Tucson's automobile-dependent culture.



This urban 'parklet' in Seattle's South Lake Union area features a 'living wall' and wooden benches for relaxing.

Looking back down Congress Street now, I realize I was mistaken. Partly because of this improvement, an urban



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streetcar line, the business fronts along the streetcar line now abound with new stores, cafes, coffee shops, restaurants and brewpubs, all crowded with customers.

It would be unrealistic to say the streetcar is the sole reason for this renaissance. Tucson's system, after all, runs a modest 3.9 miles and it didn't carry its first paying customer until just last month. It is better, perhaps, to think of SunLink and its sister systems as powerful and highly visible symbols of a fundamental shift in the way Americans think about cities. Municipalities are investing in light-rail transit because growing numbers of people want to live, work and play in walkable, easy-to-get-around urban environments.

In the past, older East Coast cities such as Boston and New York have been the ones known for their walkability, robust public transit, and vibrant central business and entertainment districts. In the West, coastal cities such as Seattle, Portland and San Francisco have dynamic modern



The new SunLink streetcar in Tucson connects the city's downtown to the University of Arizona.

MARTHA LOCHERT PHOTOGRAPHY, COURTESY: VISIT TUCSON



TOP 10 WALKABLE CITIES

1. Washington, D.C.; 2. New York; 3. Boston; 4. San Francisco; 5. Chicago; 6. Seattle; 7. Portland; 8. Atlanta; 9. Pittsburgh; 10. Cleveland

reputations for thriving city centers, walkability and bustling neighborhoods. Portland, in particular, has led the way on both light-rail and streetcars for small metropolises. The city on the banks of the Willamette has been invoked so often in discussions of Tucson's future that "Portlandization" might be the most apt description of the city's urban renewal efforts.

With its extensive network of light-rail and streetcar lines, the Rose City has demonstrated that good public transportation is an incredibly valuable element in the urban environment. Further, it has proven that such a system can be a success, a fact long doubted by transit skeptics.

Portland Streetcar Inc., reports that weekday ridership on the Portland Streetcar reached 15,986 in 2014, up 35 percent from 11,809 daily riders in 2013. Portland real estate developer Jim Mark, CEO of the Melvin Mark Companies, says that new development along the streetcar alignment has far outpaced development elsewhere in central Portland neighborhoods. According to Mark, 90 percent of the buildable space along the streetcar route has been developed, while just three blocks away the rate of development is only 43 percent of the buildable space.



Denver's 16th Street was once a major downtown arterial. Now a pedestrian mall, it attracts shoppers, diners and strollers who enjoy the parklike ambience.

ERIC JAMES / ALAMY





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ture. Construction has begun on a 3.15-mile extension of the city's light-rail system. When completed, it will connect the University of Washington and Capitol Hill neighborhoods to downtown Seattle and the airport. At the same time, service will soon start on the First Hill Streetcar, a 2-mile line that connects the International District to the dynamic arts neighborhood of Capitol Hill. And longer range plans call for light-rail extensions into the Eastside communities adjoining Lake Washington, such as Bellevue and Kirkland.

According to a 2014 study released by the George Washington University School of Business, Portland's investment in mass transit appears to be paying off. In its ranking of "walkable urban places," the study ranked Portland 7th in the nation. Seattle ranked even higher on the urban walkability scale, taking the 6th spot just behind Chicago (5), San Francisco (4), Boston (3), New York (2), and Washington, D.C. (1).

Like Portland, Seattle is investing heavily in its transportation infrastruc-



Portland's Streetcar helped the Pearl District become an urban gem; fountains enhance a plaza in Salt Lake City.

"All these projects are game changers," observes Dean Jones, principal at Realogics Sotheby's International Realty in Seattle, a long-term figure in the Emerald City real estate development industry.

"In essence, the South Lake Union Streetcar helped to activate the whole neighborhood's development boom. Now there are high-rise projects going in on First Hill in anticipation of the new streetcar there," Jones reports.



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

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

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

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

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

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

Describe your first meeting with an IJL matchmaker?

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

Tell us about your first date with one another.

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

What was your favorite part about dating through IJL?

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

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"This phenomenon happens wherever light-rail extends—even out in the suburbs. We anticipate numerous large planned-community developments along these lines for years into the future."

Facilitating travel in and around the central city is just part of the picture, however. Vibrant urban neighborhoods also require retail, dining and entertainment venues. And perhaps most importantly, they need safe and attractive public spaces where people can meet, gather and relax.

Dan Biederman, president of New York-based Biederman Redevelopment Ventures Corporation, is perhaps best known for successfully spearheading efforts to revitalize Manhattan's Bryant Park; he is currently working with the Seattle community, bringing his insights to bear on efforts to revitalize Pioneer Square's Occidental Park.

For Biederman, the key to creating a successful public space is "programming." Yes, it is important to keep a park clean

and safe. But "programming" refers to making the park a place that people want to return to on a regular basis. Part of the process is keeping the space attractive and functional.

One simple item that Biederman advocates is moveable seating—an urban enhancement common in European capitals such as Paris. People, he says, want to choose where they sit and be able to position themselves in areas where they feel most comfortable. And park visitors often want some form of refreshment or a chance to snack. So it is important to provide cafes, food carts or concession stands. But more than this, he advocates scheduling activities that lure people back to the space on a regular basis.

"These strategies have worked for every park in every city that we've tried them."

"We have introduced regular activities such as yoga or a reading room or concerts. This means scheduling eight or ten things each day that people come for. It may seem a little strange, but these strategies have worked for every park in every city that we've tried them," Biederman reports.

Asked why Americans are suddenly taking such an interest in revitalizing downtown neighborhoods, city planners like to talk about a "perfect storm" of demographic trends.

"This is a very, very active time for us," says Steve Cramer, president and CEO of the Minneapolis Downtown Council and Downtown Improvement District. "We've had three straight years of billion-dollar-plus permit value in Minneapolis, most of it driven by development downtown. And we will surely break that threshold again in 2014."

This burst of development in down-

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town Minneapolis, Cramer explains, is being fueled in large part by a growing belief that urban life has a lot to offer. "This trend started even before the Great Recession. We began to see empty nesters selling their homes and coming downtown for condominium or town-home living. Recently we've seen young professionals heading into city centers. That's fueling the residential boom, which in turn feeds other development, such as grocery stores, which we hadn't had before."

Canadian urban theorist Richard Florida, with his focus on the so-called "Creative Class," has done much to make us aware of the millennial genera-

"The folks who are going to be moving in the next dozen years want a lively, active lifestyle."

tion's preference for living in urban enclaves. Beyond their distinct lack of interest in driving—in 2011 just 67 percent of Americans aged 16–24 were licensed to drive, the lowest percentage since 1963—millennials like the "thickness" of job and social opportunities that cities provide in abundance. And even if empty nesters tend to have their relationships in order and their careers behind them, they do have things in common with the rising generation, such as a desire to put home maintenance behind them. Taken together, these two groups represent a very large number of potential residents for the central cities.

"Almost 90 percent of the next 100 million households in this country are going to be childless and have every reason to not care for the big yard and the big house and the neighborhood schools that matter to people with small kids," observes city planner Jeff Speck, a walkable city advocate. "The folks who



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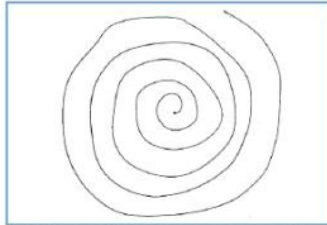
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are going to be moving in the next dozen years want a lively, active lifestyle not dependent on the automobile. The urban living model serves those cohorts better than the sprawling model."

Demography, then, might ensure that current efforts to revive our cities will succeed where earlier efforts failed. Tucson's decision to build its streetcar system is a case in point. It is, first and most obviously, an alternative mode of transportation for two key demographic groups that have shown an increasing desire to walk or ride public transit. More than that, the streetcar is a clear signal to investors and entrepreneurs that the city is serious about revitalizing the central business district.

"To millennials, sophisticated street transportation is a sign of urban health."

For Dan Biederman, a streetcar serves as a declaration of urban values—and it is as much an essential element of the city streetscape as it is a mode of transportation.

"To millennials, sophisticated street transportation is a sign of urban health. They much prefer quiet and environmentally sound surface transportation over buses.

"Typically," he continues, "a city's appointments for its streets are old and decrepit and need to be fixed and updated. You can make a great gathering space just by making people feel comfortable with the seating choices you make, the lighting choices you make, more plantings, more 'softscape' to soften the appearance of the street."

Biederman urges that cities move away from sodium vapor streetlights, whose harsh yellow glow makes even peaceful streets look like crime scenes. White lighting, he says, is more pleas-

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ing to the eye and better complements a street's architectural elements. At the street level, planters and trees add variety and soften the gray monotony of the typical urban business district.

Public art, too, plays a vital role in creating a streetscape that invites pedestrian traffic. Here in Tucson, for example, even the bike racks sometimes take the shape of the iconic saguaro cactus or, in the case of the downtown public library, four adjacent bike racks form the word "R-E-A-D." Tucson has also spent \$765,000 on the public art integrated into eight of the 23 stops on the streetcar line. The fanciful, many-colored installations are all inspired by a single word—"flow"—which, in the end, is not only what modern streetcar systems are all about; it's what life in today's revitalized urban centers is all about as well.

Achieving changes on this order requires considerable cooperation between the public and private sectors. Christopher Leinberger, a metropolitan land-use strategist, believes this is especially true when it comes to zoning regulations that have not been updated for modern imperatives.

"I was just meeting today with a developer who has a very innovative project with high-density, small urban-suites," Leinberger recounts. "He doesn't want to build any on-site parking because the people in his target market do not own cars, so he's got a zoning battle. He'll eventually win, but it takes time and money."

Tracy Huggins, executive director of the Denver Urban Renewal Authority, agrees that this is a problem, and it is in fact part of the reason so many city centers were abandoned in the first place.

"Our partner in development is the private sector," she explains. "And the private sector is going to go where it is easiest and has the highest likelihood for profit to be realized. So there are times and places, I believe, where the public sector must say, 'We actually want you to come here and we recog-



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nize that there are challenges that are inherent in asking you, private sector developer, to make an investment in this place that we, as a community, think is most beneficial for the whole of the city.' "

DURA is an independent agency that helps private developers invest in projects that the agency believes will further Denver's long-range city planning objectives. The incentive is "tax increment financing," which essentially uses future tax revenues generated by redeveloped property to help

finance the project.

Huggins joined DURA in 1992, just as the agency was embarking on a major redevelopment project, the renovation of the Denver Dry Goods Building.

"It is a beautiful, 100-plus-year-old building," says Huggins. "And it was at risk of meeting its demise under the wrecking ball when we worked with the city to purchase it and figure out what to do with it. It was one of the first mixed-use, mixed-income buildings. We have retail. We have

offices. We have rental apartments, most of which are income-restricted. And there are for-sale condos that go for well over a million dollars. It was undertaken in the early '90s when it was very risky to develop in downtown. But the success of the Denver Dry Building allowed us to do the next project and then the next project after that. Then the market took off on its own."

Compared to many cities, Denver came to the game early. And the wisdom of that decision shows. One survey, released last year by online news organization Vocativ, ranked Denver the 9th

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most livable city for Americans under 35. And *Forbes* places Denver 6th among "Best Places for Business and Careers."

It would be simplistic to say Denver's success can be attributed entirely to its efforts to create a vibrant city center. Still, image counts for something in this world. As does the confidence that comes with a bit of self-esteem.

Noting that its western terminus is a largely undeveloped piece of land west of the central city, skeptics have dubbed Tucson's new system "The Streetcar to Nowhere." Strictly speaking, that might well be true. For now.

But from my vantage point on the Garces Footbridge this morning, I see something else there at the end of the line. It looks very much like the future, and it looks very promising indeed. ▲

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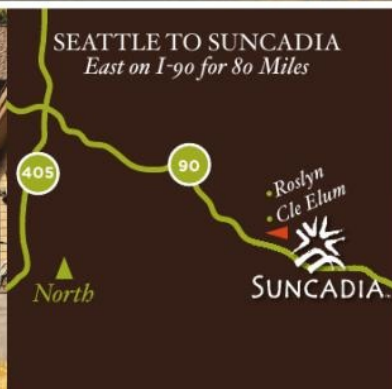
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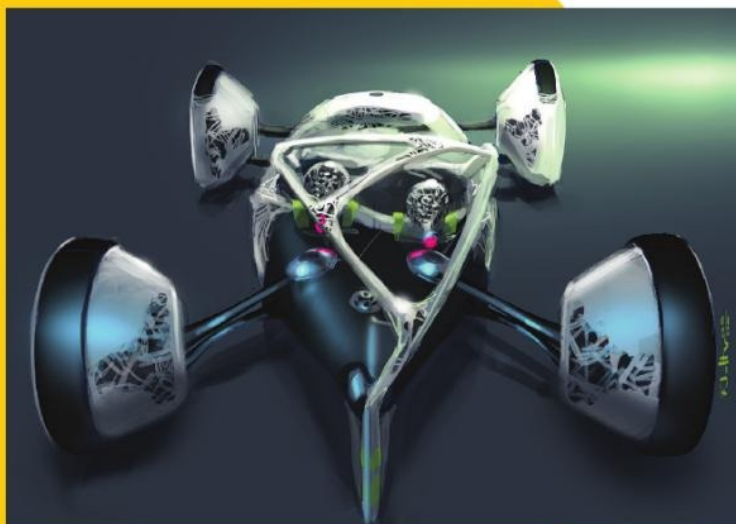
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BIG POTENTIAL IN GOING SMALL

The life-changing impact of nanotechnology

By Sally James



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Thinking small may yield giant achievements

In the almost windowless nanofabrication laboratory on the University of Washington campus, Research Engineer Richard Bojko is building structures on the molecular scale that may help revolutionize the gadgets we use in our everyday lives.

Wearing a white protective suit, green gloves and a face mask, he operates a large machine that uses a process known as electron beam lithography to blast electrons at a silicon wafer and create a pattern for a microchip on a nano scale—which is so small, it is described in increments of one-billionths of a meter, or about the size of some molecules. The microchip will use optical waveguides, not electrical conductors, to transfer data between chips. Known as silicon photonics, this type of engineering may be able to create new microprocessors that are 10 times faster than the current generation of chips found in electronic equipment, resulting in dramatically greater processing speed and power.

“Silicon photonics will truly be a game changer, the same way that optical fibers have changed the

way we communicate,” Bojko says.

The researcher’s work at the University of Washington is just a small part of the new world of engineering at the nano level. The field carries immense promise for applications in our lives that range from everyday items to potentially life-saving medical applications. Nanotechnology—the science of designing structures on a scale that is one-millionth the size of the head of a pin, or 100,000 times smaller than the thickness of the paper where these words appear—is allowing many products that we use to be reimagined and restructured, from changing and improving cosmetics and sunscreens to rethinking smartphones, space satellites and cancer medications. This engineering process promises more than faster computers and smartphones. It also holds the promise to create stronger and lighter metal alloys, to help treat a variety of health issues, to revolutionize the automobile, to purify water in third-world nations and to help harness the power of solar energy at a fraction of today’s costs.

SMALL-SCALE REVOLUTION

The actual field of engineering structures at the atomic level is still maturing. The term nanotechnology was reportedly first coined in the early 1970s and generally describes manipulating atoms and molecules to change or create macro scale (or standard-size) products.

During the past 30 years an increasing number of scientists have begun studying this form of engineering. The field received a major boost in 2000 when President Bill Clinton created the government’s National Nanotechnology Initiative to grant money specifically for nanotechnology research.

Today, thousands of researchers in universities and at private companies across the United States and around the world are using nanotech methods to create new and better products.

Thinking so small may yield giant achievements. Experts say low-cost clean water (via better filters) and abundant energy (via better solar cells) could free millions of people around the world from problems related to a lack of clean water and electricity

Opposite Page: Volkswagen designers have drawn this rendering of the Nanospyder, their vision for a car of the future that would use nanotechnology to be 100 percent recyclable.



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and, possibly, even play a part in diminishing the impacts of climate change.

University of Illinois at Chicago chemistry professor Luke Hanley compares nanotechnology's development to the state of computers 30 years ago. Did anyone think at the time that the power of a room-size computer would eventually fit in your cell phone? It is just as hard to predict where nanotech research might lead, he says.

Such potential led officials at Boston's Massachusetts Institute of Technology (MIT) to announce earlier this year plans to build one of the largest nanotech research buildings in the world, at an estimated cost of \$350 million. When announcing the investment, MIT Dean Ian A. Waitz said nanotechnology will help solve the problems of the 21st century, and the new building—scheduled to open in 2018—will enable as many as 2,000 scientists to explore, design and manufacture at the nano scale.

SMALLER IS DIFFERENT

Scientists are finding that materials react differently when manipulated at the nano scale.

Silver is a good example. The shiny metal that we use for jewelry becomes a powerful antibacterial agent if you break it down to its molecular level. Particles of silver at the nano scale have more surface area relative to their mass. The large surface area increases the number of ions silver releases, and the ions are what kill bacterial cells. You might be wearing socks right now that say "antibacterial," and chances are they use nanoparticles of silver as part of their protection.

Carbon has proved to be one of the most versatile and useful substances on the nano scale. Scientists have found that they can restructure the abundant substance into a single layer of one-atom-thick carbon sheets, known as graphene, and create various structures with it. One of the most popular of these is the nanotube—a long, hollow tube that resembles rolled chicken wire, in which the walls are made of one-atom-thick carbon that is structured into honeycomb shapes. Nanotubes are pliable and also among the strongest substances found anywhere. In fact, when combined in the right formation, carbon nanotubes have been known to be more than 100 times stronger than steel. Nanotubes have proved so versatile that they are already being used in more than 1,000 everyday products. In fact, it is estimated that several thousand tons of nanotubes were used in energy storage, automotive parts, water



QUANTUM DOT

A nanocrystal that has special properties. The versatile substance is used in flat-screen televisions and solar panels.

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NANO SCALE

Structures and elements that measure between 1 and 100 nanometers in size.

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NANOTUBE

Graphene wrapped up to create a tube. These cylindrical carbon molecules have special properties of strength and electrical conductivity.

PRACTICAL APPLICATIONS

Some of the ways we use nanotechnology

SOCKS

Chances are your antibacterial socks and other clothes are using nano-size particles of silver to kill smelly bacteria. Silver, at the nano level, has a large surface area for its mass, allowing it to release more silver ions that kill the bacteria that grow in sweat.



related to their size. In screens, the quantum dots are being used to create more accurate and vivid colors. QDs are also being studied to help improve photovoltaics and may one day be used to transform the window of your house into a form of solar panel to collect the sun's energy.



BICYCLES

Have you noticed how modern bikes have become so lightweight? Part of the reason is the use of ultrastrong carbon nanotubes in the carbon fibers that are used to manufacture many bike frames. The strength of carbon nanotubes is more than 100 times that of steel. Beyond bicycles, many other types of sports equipment are incorporating nanotubes, including archery arrows, golf clubs, kayaks and tennis rackets.



SUITS OF ARMOR

There are times when soldiers, police and even businesspeople need to wear a suit of armor. Carbon nanotubes are making that possible as a lightweight alternative to the heavy Kevlar product used in most bulletproof vests and motorcycle helmets. One Toronto, Canada, tailor has even created a business suit that includes layers of nanotube material; it retails for \$20,000.



BATTERIES

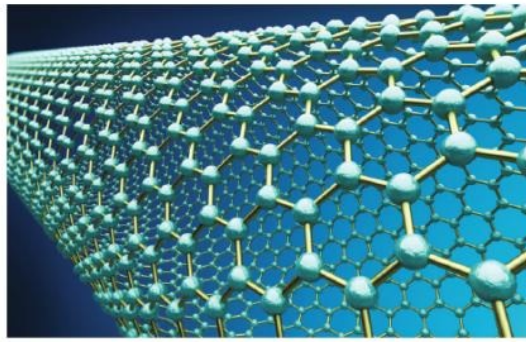
Nanomaterials are being used in many batteries to make them smaller, increase their capacity and help them recharge quickly. Soon, it may take just 30 seconds to recharge a cellphone battery.



SCREENS

Quantum dots (QDs) are being used in various electronic screens, including the one used by Amazon.com's Kindle Fire, to improve the look of colors. The dots are nano-size bits of semiconductor matter that emit different colors

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molecules
can be
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A nanotube, with its honeycomb-shaped structures, can be more than 100 times stronger than steel.

filters, electronics, coatings and other products in 2013 alone. Nanotubes are currently used to strengthen everything from boat hulls to tennis rackets. They are used in bicycle frames, baseball bats and some car parts.

One life-changing use for the substance is in creating filters to clean polluted water and desalinate seawater. MIT researchers are among the many scientists in the public and private sectors working to develop a graphene filter that allows water molecules to pass through, but not the larger molecules of chemicals or other substances.

Lockheed Martin is developing a desalination filter system that is expected to cost much less than current desalination processes. As drinkable water

grows increasingly scarce, the filtering system could become one method for solving the world's fresh water shortage. Graphene also conducts electricity extremely well and is being used to improve the next generation of lithium-ion batteries by making them more efficient, durable and safe. The substance is even showing great promise as the basis for another form of ultrafast computer chip. IBM announced earlier this year that it plans to have a carbon nanotube chip ready for commercial use by 2020.

Such breakthroughs may be just the beginning. The promise of nanoscale processing chips means that machines the size of molecules can be embedded within virtually anything. That includes the human body, where such machines may be able to detect diabetes and help prevent heart disease. In July, for instance, Stanford University researchers announced the invention of a nanotech microchip that can detect Type 1 diabetes in the human body.

Nanoparticles may be embedded in food packaging to determine if the contents are contaminated



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with dangerous pathogens. In the automotive industry, nanoparticles may be used to check the engine and the tires. Nanoparticles may help paint on cars act almost like a form of skin and heal itself from scratches.

INSIDE YOUR BODY

Currently, researchers are creating nanomaterials that hold great promise for treating cancer and other diseases.

Gold, for instance, is being looked at as a possible cancer-killer at the nano level. Researchers are designing nanoparticles of gold that can be placed inside cancer tumors. By shining a certain form of light on the cells embedded with gold, the nanoparticles become hot enough to kill the cancer cells.

The ability of such small materials to go through a cell membrane is leading to a whole new field of therapy delivery systems. One of the main problems the biotechnology industry has faced in treating cancer is how to target only the cancerous cells. Many drugs that already exist for cancer are delivered to the outside of cells. They kill cancer cells, but frequently damage or kill healthy cells nearby. By delivering the medical agent through the cancer cell's membrane and into the cancer cell, scientists are hoping to minimize side effects.

Robert Langer, a professor at MIT's David H. Koch Institute, who holds or has pending more than 1,000 patents in biomedicine and nanotechnology, is helping to design a tiny package that holds genetic messengers, known as small interfering RNA or siRNA. This packet of genetic information can be delivered through a cell membrane. Scientists are hoping that, once inside, the siRNA can intercept and destroy messenger RNA (mRNA) before it delivers protein-building instructions to the rest of the cancer cell.

"We are seeing the field accelerating a lot," Langer says. "And these nanoparticles are a terrific advance."

At the University of Washington, Pat Stayton, the director of the Molecular Engineering and Sciences Institute, is

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developing a similar type of nanotechnology delivery system. It uses polymers that Stayton compares to “stealth bombers” to carry mRNA directly inside of cells to treat certain diseases, including liver cancer.

Dr. Anil Sood, a professor at the University of Texas MD Anderson Cancer Center and director of ovarian cancer research, is also working on using nanotechnology to deliver cancer therapy to patients. He expects that there will be “a wave of nanoparticle-based platforms”

University of Washington professor Pat Stayton says getting a therapy into a cancer cell is more difficult than landing an astronaut on the moon.

developing in the near future, in part because the National Cancer Institute has set aside research money directly for nano strategies.

Unfortunately, such delivery systems are as difficult to create as they sound. Not only is the technology complex, but the systems must somehow avoid the human body’s own defense systems to reach their targets. Stayton says his task of getting a therapy into a cancer cell is more difficult than landing an astronaut on the moon.

“Our bodies have immune strategies and defense mechanisms” designed to stop the therapeutic invader, he explains. He and his team have a nano-scale capsule that will hold RNA therapy in a way that his research shows should escape the body’s defenses.

Stayton’s smart polymer technology is reaching the commercial stage at the Seattle biotech firm PhaseRX, which Stayton cofounded. The product is currently in preclinical trials, with human trials expected to begin possibly as early as next year.



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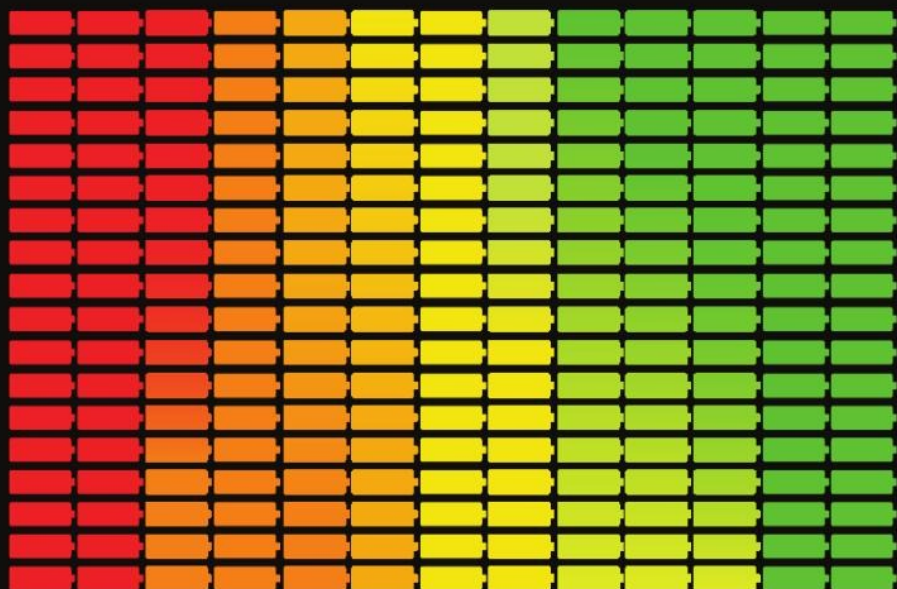
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One area of nanotech research with great potential for an immediate impact is the work scientists are doing to improve solar panels. Solar energy has been touted as a nearly unlimited, renewable and pollution-free energy source for decades.

However, the cost of manufacturing solar cells that transform sunlight into energy has been too high to make it widely competitive with existing forms of energy such as burning fossil fuels.

Nanotechnology is helping to change that equation. Solar cells, which are also called photovoltaics, are most often

Research at MIT and other universities and private companies has led to the creation of inexpensive and extremely thin solar panels.

made with silicon, which tends to be inefficient. Silicon solar panels convert, at best, 20 percent of the light that reaches them into electricity. The rest of the energy is lost. However, that is still a higher rate of energy conversion than other substances that are used to make solar panels.

Scientists at various universities and in the private sector are experimenting with a host of substances on the nano scale to help improve efficiency while also cutting the cost of solar-panel production. The researchers are working with nanomaterials, including graphene and quantum dots—nanoscale particles of semiconducting materials that can be embedded in the photovoltaic cells—to create inexpensive and extremely thin solar panels.

While the energy production still lags behind silicon-based solar panels, researchers are quickly improving the rate of sunlight conversion in these cells.



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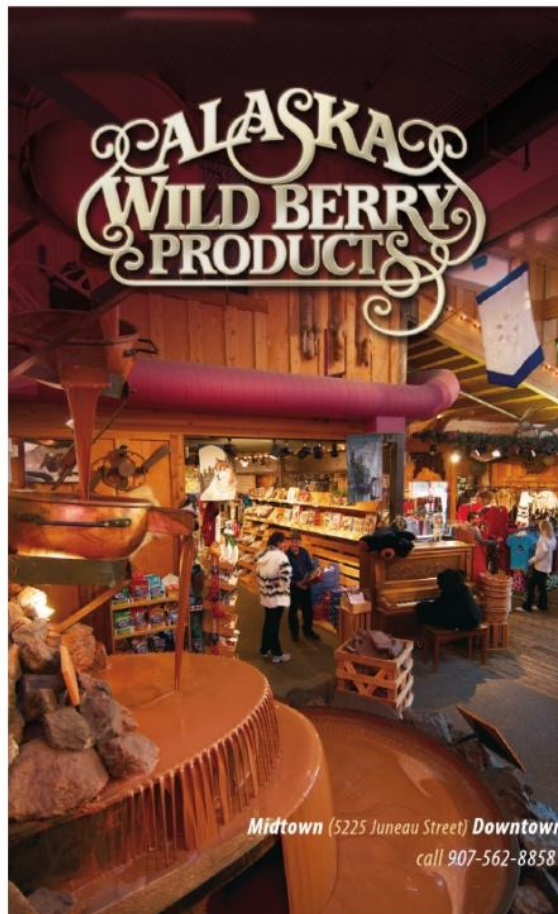


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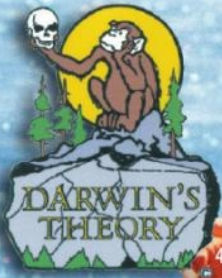
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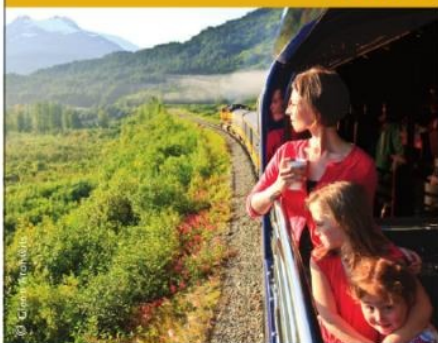


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Another system showing great promise is the use of the mineral perovskite in solar cells. Researchers at the Lawrence Berkeley National Laboratory, a research institute managed by the University of California at Berkeley for the Department of Energy, are using perovskite, on the nano scale, to help solar cells absorb light more efficiently.

RISKY BUSINESS

As with every breakthrough technology, the nanoscale promise also brings a certain level of risk. Some scientists are concerned about how these small materials may behave when they come in contact with humans. They have begun raising questions about the potential dangers such substances might pose and whether commonly used structures such as carbon nanotubes are potentially toxic.

The National Institute of Environmental Health Sciences or NIEHS has created a national consortium to study safety questions. One member of that consortium is the University of Washington Nanotoxicology Center, which is focusing on carbon nanotubes, nanosilver and quantum dots.

Terrance Kavanagh, a University of Washington professor and the director of the Nanotoxicology Center, said during a recent public lecture that it is going to take years to pin down exactly how each new nanomaterial behaves both inside human bodies and in our environment. Each particle may be different and may have different risks.

Despite such unknowns, nanotechnology's potential to change our lives continues to expand in both small and large ways, from helping to cure cancer to creating abundant clean water and inexpensive energy sources.

In a famous scene from the 1960s movie *The Graduate*, a family friend tells Dustin Hoffman that the growing field he should get involved in is "plastics." MIT's Langer says the advice to a budding graduate today might very well be "nanotechnology." ▲

Sally James is a Seattle-based writer.



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The hillside Provençal town of Gigondas epitomizes the simple beauty of this famous region of southern France.

The Magic of Provence

Enjoying the trails and the cuisine in the Dentelles

By Nicholas O'Connell

My surroundings smell like a spice cabinet. Hiking up a foothills trail, I catch whiffs of thyme, rosemary, lavender and other herbs of Provence. The route heads upward through pine and oak trees on the lower slopes of the Dentelles de Montmirail, a jagged range of limestone peaks in the Côtes du Rhône region of France about 80 miles north of Marseille. At the base of the peaks, I turn to admire a patchwork quilt

of silver-green olive orchards, deeper green vineyards and houses with red-tiled roofs. It's a landscape that has inspired painters from Paul Cézanne to Pablo Picasso, as well as outdoor adventure enthusiasts from around the globe.

The Dentelles de Montmirail hold one of the most appealing concentrations of climbing, hiking and mountain biking in Europe. The steep limestone ridges contain hundreds of climbing routes while dozens of hiking and biking itineraries

crisscross the region. The word Montmirail comes from the Latin for admirable mountain (*mons mirabilis*), while Dentelles refers to lace, as in the feathery appearance of the limestone spires, the name thus composing a perfect description of the picturesque landscape of oak, Aleppo pine, limestone towers and endless rows of vineyards. The villages surrounding the Dentelles produce some of the best wines in France—Vacqueyras, Gigondas, Beaumes de Venise and Châteauneuf-du-Pape—allowing visitors to combine adventure sports with great cui-



Guests enjoy the gentle warmth of Provençal weather and food with tree-shaded outdoor dining at Hôtel Les Florêts.



sine and wine tasting.

I had already spent a week enjoying Provençal food and wine, visiting one of Châteauneuf-du-Pape's oldest, most distinguished estates; learning about Château Pégau, a newer, innovative producer; and sampling lovely local rosés such as Domaine Tempier and Domaine de la Mordorée.

These wines proved a perfect complement to the region's simple but outstanding cuisine, including the rich, saffron-infused fish soup called bouillabaisse; crusty sides of baguettes covered in aioli (garlic mayonnaise); fresh asparagus with morel mushrooms; roast lamb with rosemary; veal with olive tapenade sauce; ripe tomatoes swimming in olive oil; succulent melons wrapped in ham; heavenly chocolate and fruit tarts; and a marvel of cheeses including a mild Banon goat cheese wrapped in chestnut leaves, a creamy St. Nectaire from the Auvergne, and the smelly but delicious sheep and goat cheeses at the Lou Canesteou *fromagerie* (cheese shop) in Vaison-la-Romaine.

After all this wining and dining, I crave some outdoor exercise and book the Hôtel Les Florêts near Gigondas as a base camp for exploring the region on foot. Tucked up in the heart of the Dentelles, it offers bright, comfortable rooms, a superb res-

taurant, and a wide outdoor veranda with views of the peaks.

Thierry Bernard, the friendly, energetic manager, helps me and my friend Chris Olsen choose an 8-kilometer circumnavigation of the Dentelles, which takes us deep into the heart of Provence. Our trail skirts the base of the cliffs with superb views out over Sablet, Gigondas, Vacqueyras, Vaison-la-Romaine and the triangular peak of Mont Ventoux in the distance; at 6,273 feet, the highest point in the region.

At a junction, we take a trail that descends and then parallels the Grand Montmirail, another limestone spire. We reach a pass where we can go left or right. Our original directions say we should go left here, but I want to explore to the right where there's supposed to be excellent rock climbing.

The trail follows the base of the cliffs and soon we see several people ascending climbing routes. I find a steep path heading up. "Let me see where this goes," I tell

ONLY IN PROVENCE



Roman Ruins: Provence has some of the most famous Roman ruins outside Italy, including the magnificent Pont du Gard Aqueduct near Nîmes and the Maison Carrée in Nîmes, one of the best preserved Roman temples anywhere. Glanum, outside St. Rémy de Provence, and the Puymin ruins in Vaison-la-Romaine, reveal everyday life during the Empire.



Farmers Markets: Provence is France's garden and the markets are full of olives, artichokes, chile peppers, strawberries, bell peppers, ham, sausages, cheeses, as well as Provençal fabric, linens and tablecloths. Don't miss the market on Tuesday in Vaison-la-Romaine, one of the largest in Provence.



Fromagerie Lou Canesteou: Cheese lovers from around the globe make a pilgrimage to this famous shop in Vaison-la-Romaine (10 Rue Raspail), which specializes in local cheese. You hardly need directions; just follow your nose! France boasts more than 350 distinct varieties of cheese.



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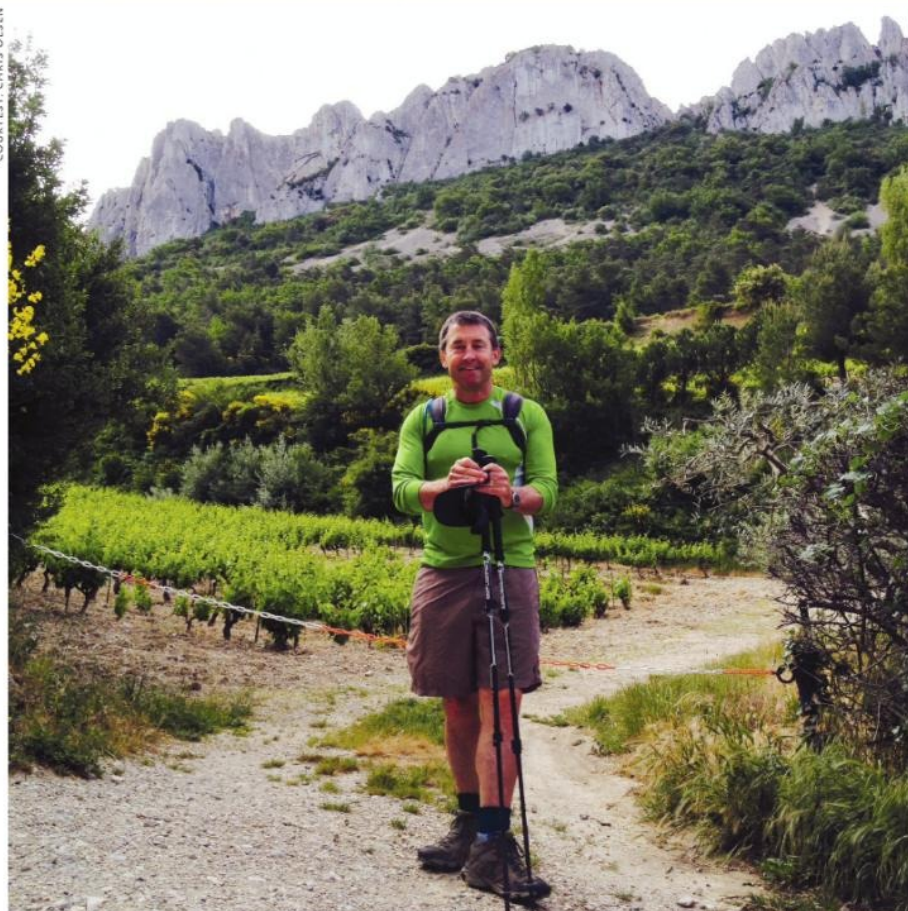
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COURTESY: CHRIS OLSEN



Above: Writer Nicholas O'Connell came to the Dentelles in Provence to sample the hiking—and climbing—in the region's limestone mountains. Below: The St. Christopher Chapel near Lafare is a quiet country church easily reached from Gigondas.

Chris, who takes a break in the shade.

At a short cliff, I spot a steel handhold set into the rock. I grab it and move up. Then I grab the next one. Finally, I pull myself up with the help of a steel cable. I'm getting a chance to do a little rock climbing myself. But at the top of the cliff, I glance down at a drop-off way too steep to descend without a rope.

I carefully climb down back to Chris. After trying several trails, we find one that heads down. I don't know exactly where it's going, but it seems to be the right direction. It descends through groves of fragrant pine trees and rosemary bushes.

At a parking lot, I check the map, but am not sure where we are, so we head down an asphalt road toward Lafare, a small hamlet. The sun beats down. The

weather heats up. I start to fantasize about a bottle of chilled rosé, beads of condensation dripping down it.

The road veers left, past houses with pools and barking dogs. Finally, it angles



PHB CZ (RICHARD SEMIK) / SHUTTERSTOCK.COM

WHEN YOU GO



Hotels

Hôtel Les Florêts—This wonderful hotel/restaurant is tucked up into the heart of the Dentelles de Montmirail, outside Gigondas, making it a great base for exploring the region. Hiking trails are nearby; www.hotel-lesflorets.com.

Hostellerie le Beffroi—Located in Vaison-la-Romaine, this lovingly restored hotel with 16th century wood-beamed ceilings offers rooms with expansive views of the surrounding countryside and even boasts a bell tower. Enjoy a glass of Gigondas wine while sitting on the hotel's spacious veranda or dine at the hotel's intimate restaurant. A hiking trail to nearby Le Crestet leaves from the hotel; www.le-beffroi.com.

Hôtel Montmirail—This spacious hotel in a restored 17th century building is surrounded by vineyards and olive trees at the foot of the Dentelles. It includes a large outdoor pool and excellent restaurant; www.hotelmontmirail.com.



Restaurants

Les Florêts Restaurant—Offers classic French cuisine with a Provençal twist, using the freshest local products like Sarrians pigeon, Ventoux pork or Carpentras strawberries to craft elegant, playful preparations. Wines include Domaine la Garrigue vintages made by Thierry Bernard's father.

L'Oustalet—This restaurant excels at food and wine pairing as it's the shared enterprise of the Perrin family, owners of renowned Château de Beaucastel, and the chef Laurent Deconinck. Roast veal with truffles goes perfectly with a Domaine de la Mordorée Lirac red.

Les Genêts—This lively spot near the hill town of Sablet is very popular with locals and visitors alike. Try the foie gras with local figs or the pigeon with honey and local spices.

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up toward Lafare. We hike into town and spot le Bistro de Lafare, a boisterous place that's absolutely packed on a Saturday afternoon.

Chris and I approach the shiny zinc bar festooned with beer taps. Without even asking us, the owner pours two *pressions*, or draft beers. We obviously look thirsty.

"Merci, Madame!" I say, sitting down at a table. The beer is wonderful: cold, tart and foamy. After we finish the beers, we wander back into the town square to have a picnic in the shade of several large sycamore trees.

We share a baguette, slices of Banon cheese, prosciutto and chocolate. It reminds me of my days as a college student in France. I had little money, but enjoyed many adventures traveling with a backpack through the country.

A fountain gurgles behind us. A French girl whizzes by on a scooter. We're deep in the heart of Provence and far from the well-worn tourist routes. I drink in the quiet and peace of the place.

After lunch, we follow an asphalt road toward St. Christopher Chapel, which was part of our original itinerary. Now we're back on track. The road slants upward, gaining elevation and opening up views of the surrounding valley.

Built in the 11th century, the small stone chapel is Romanesque in design with a simple half-barrel nave and a small altar and cross. Light filters in through a tiny window, beautifully illuminating the altar. There are more famous churches in France—many more—but few so inspiring.

"Leave your love here, not your garbage," reads a sign on the side wall. I take this advice, bowing to the altar before making my way out into the sunshine.

We head up the road, feet aching from a full day of walking, making our way back to Les Florêts. The circumnavigation is almost complete. As the road deteriorates, the cars disappear. We're left alone with the sound of the wind in the trees and the smells of pine, broom and rosemary, the essential perfumes of Provence.

After the hike, we relax on the

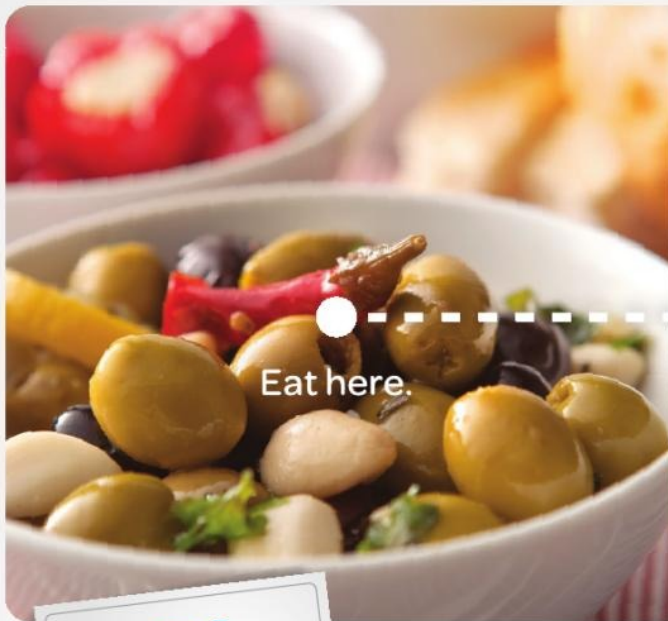
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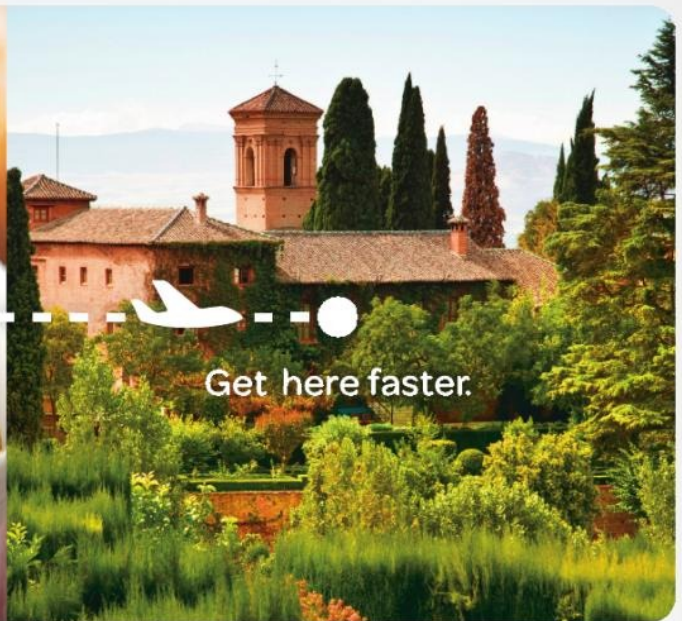
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COURTESY: ELIOPHOT AIX EN PROVENCE

Attention to detail marks the culinary philosophy of French chefs such as Jean-Pierre Minery at Hôtel Les Florêts.

veranda of Les Florêts and share a bottle of chilled Domaine la Garrigue rosé, beads of condensation running down it, just as I'd imagined earlier in the day. The actual experience more than matches the midday fantasy.

Later, we sit down to a spectacular dinner at Les Florêts restaurant. I order a glass of Champagne while Chris opts for the classic Provençal aperitif, the cloudy, anise-tasting Pastis. We've worked up an appetite from the hike and choose the roast veal with shaved truffles, a dish that cries out for a rich, spicy red. Thierry Bernard suggests the 2010 Domaine la Garrigue Vacqueyras la Cantarelle, made by his father from a blend of grenache and syrah from 80- to 100-year-old vines. It's an ideal choice, complementing the richness of the veal and truffles and highlighting the fragrant aromas of the region. We toast our adventure and watch the evening sun paint the jagged limestone spires of the Dentelles with lovely apricot light, almost as if we ourselves are in a famous painter's canvas. ▲

Seattle-based Nicholas O'Connell is the author of the novel *The Storms of Denali*.

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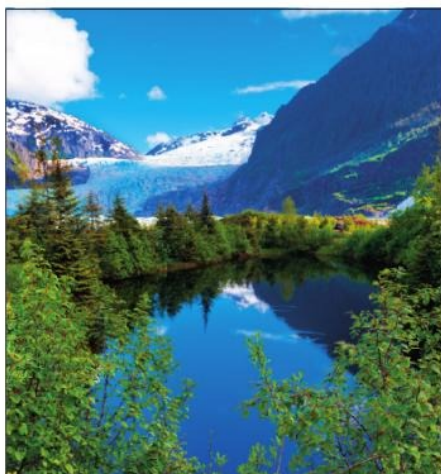
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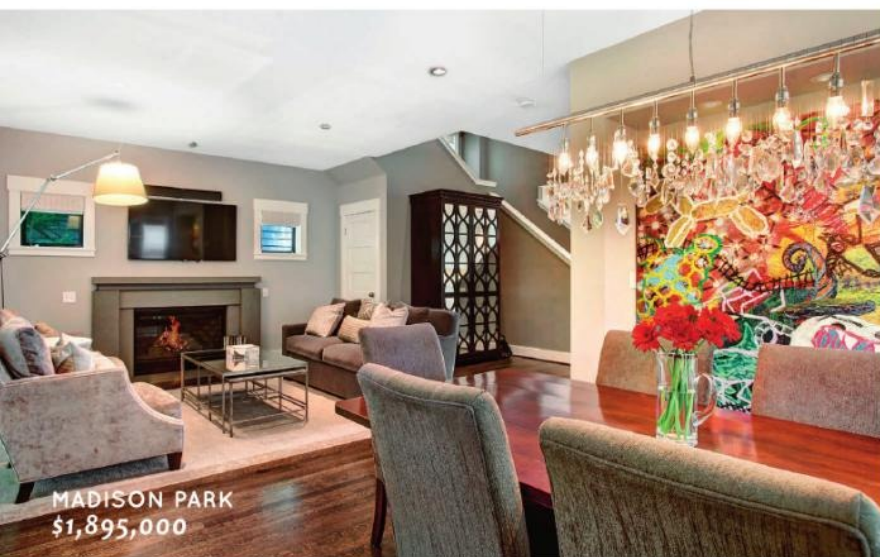
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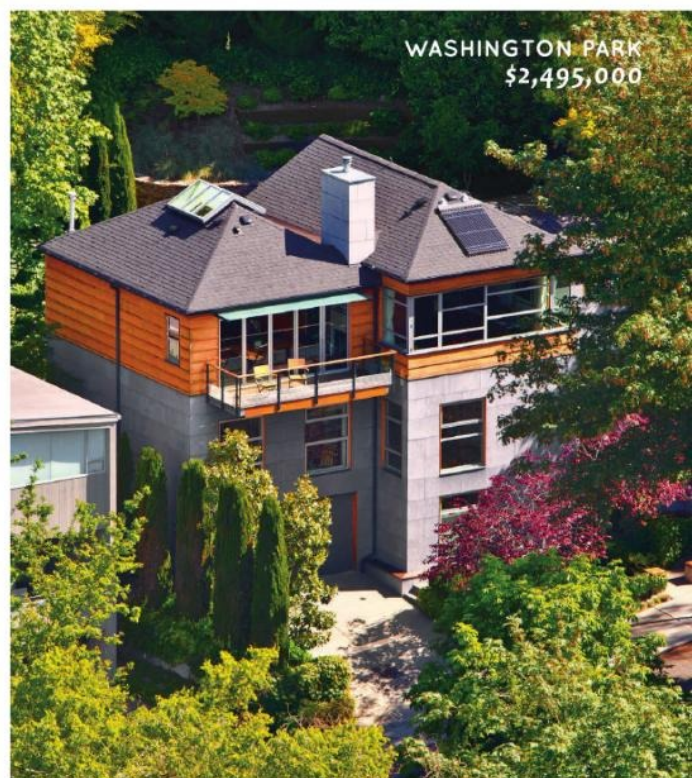
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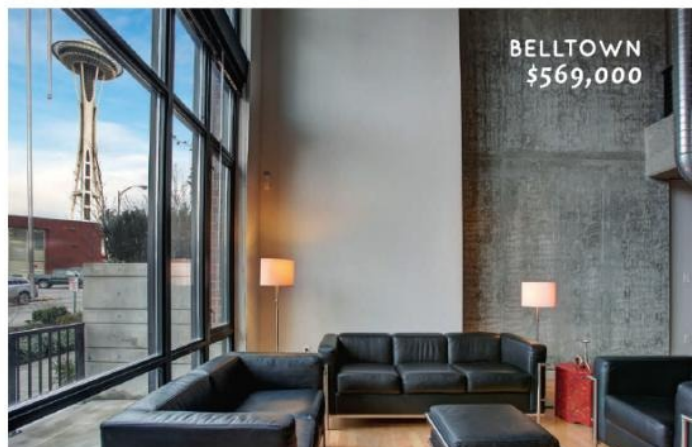
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Looking for Value

By Alison Krupnick

The people sitting next to you may not be on their way to a California family reunion or a San Juan Islands kayaking tour. Their travel may relate to a different kind of exploration—college. With more than 4,500 degree-granting schools of higher education to consider in the United States, families with teens are devoting vacation time to college tours and orientations, searching for the right school to launch their kids into adulthood and career.

A primary concern for many of those families is the cost of a college education. Over the past 30 years, costs have risen far faster than the rate of inflation. In the decade between 2001 and 2011, the cost of undergraduate tuition, room and board at public institutions rose 40 percent, when adjusted for inflation, according to the U.S. Department of Education's National Center for Education Statistics. Those same costs rose 28 percent at private, nonprofit colleges. Student-loan debt is now the second-highest personal debt in the nation and totals approximately \$1 trillion. College affordability is on the minds of parents, students, Congress and President Obama.

Parents, harking back to their own experience when it was possible to work over the summer to pay for college tuition in the fall, may feel overwhelmed by the high sticker prices of college tuition. But it's worth understanding the new college-admissions landscape. An open mind, coupled with a careful comparison of public versus private institutions, located both in state and out of state, will help you narrow the choices for finding the right school at the right price.

If the school fits

It's tempting to rely on college rankings and lists, such as those produced by *U.S. News & World Report*, when trying to find

the best school for your child. The surveys are a great start for researching curricula and costs, but best is a relative term.

"When you are thinking about a four-year experience that will shape you for the rest of your life, it takes more than looking at a list," says Lisa Meyer, dean for enrollment and communications at Oregon's Lewis & Clark College. "As lists are compiled, more and more people think there is a No. 1 college for everyone. I don't believe it. It's about the fit between the student and the institution that will encourage students to be their best."

"We try to encourage kids not to look at the college-application process as a trophy hunt," notes Peter Morgan, director of college counseling at the Northwest School, an independent school in Seattle that serves students in grades 6–12.

He and other college-admissions professionals believe that rankings compare apples to oranges and can make families feel unnecessarily frantic.

"Any kind of rating system will advantage some schools and disadvantage others," says Clint Gasaway, director of financial aid at California's Claremont McKenna College.

Gasaway advises families to look at a college's graduation and retention rates and the makeup of the faculty. How many have Ph.D.s? Is the faculty stable, with tenured professors? If a school employs many adjunct, part-time professors, those instructors may be preoccupied with looking for other work and have less time to engage with students.

"Different schools have different approaches to how they work with students," says Gasaway. "Though looking at websites helps, there is no substitute for visiting a campus and talking with students and faculty."

Gasaway suggests The Education Trust's College Results Online search engine (collegeresults.org) as a good tool for starting to compare colleges.

Choosing between a large public and a



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small independent school depends on how students learn and what kinds of experiences they are looking for, says Lewis & Clark's Meyer. Small colleges can offer small, interactive classes; undergraduate research opportunities; and ease of engagement with faculty and alumni, but not necessarily big sporting events. Flagship state universities, such as the University of Washington, receive considerable federal funding for research, which attracts stellar faculty and can bring exciting opportunities for students, along with many options for areas of study. UW comprises 16 different colleges and schools and offers more than 2,000 undergraduate courses each quarter.

It comes down to a value proposition and understanding the possibilities for a student at any given school, says Philip Ballinger, UW associate vice provost for enrollment and undergraduate admissions. "It's not just a matter of how much or how little a college costs."

Somewhat smaller state schools, such as Washington State University, can offer a good compromise. Like the University of Washington, WSU is a renowned research facility, particularly known for its programs in chemical engineering, veterinary medicine, and agriculture and food systems.

Prospective students should pay attention to the majors offered at different schools, says John Fraire, WSU's vice president of student affairs and enrollment. And first impressions matter. "You can judge a school by how its recruitment office treats you when you visit."

Another test is faculty availability during the process. "That's the best way to recruit top students," he says.

Like Ballinger, Fraire stresses that families should view education as an investment. "You don't want the cheapest education," he cautions. "You want the one with the greatest value."

Compiling a list

"There really is a place for everybody," says Erin Miller, associate director of college counseling at Seattle's Northwest School. She advises high school students

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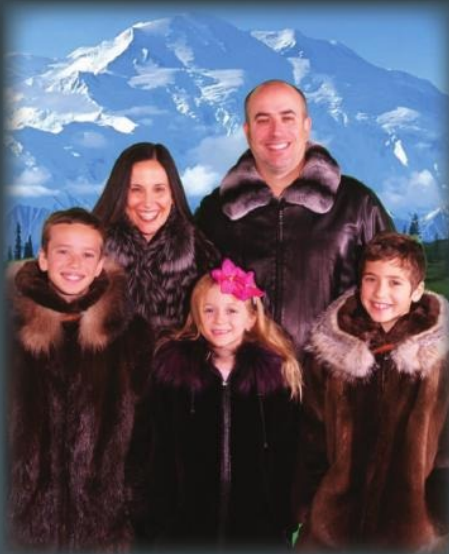
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to make a list of prospective colleges that fall into three categories: foundation schools, at which the student has a strong chance of acceptance; target schools, at which the student has a reasonable chance of acceptance; and "reach" schools. She stresses that all the schools should be a good fit for the student.

"Families get driven away from considering certain schools because of sticker price," says Andrea Hendrickson, senior assistant dean of admissions at Reed College in Portland. "Worry about the fit first and the finances later," she advises. "There's no price for looking."

Once your student has a list, it's time to figure out how to pay for the schools being considered. For families contemplating financial aid, determining Expected Family Contribution (EFC) is a crucial part of the process. Any college that awards need-based federal financial aid requires families to fill out the Free Application for Federal Student Aid, or FAFSA. Some schools also require a CSS (College Scholarship Service)/Financial Aid Profile, a more detailed financial analysis used by selective private colleges and some public universities. Many colleges also offer net-price calculators on their websites.

Peter Morgan advises families looking at colleges to determine what percentage of a family's demonstrated need the college will meet and also what percentage of students at the school receive financial aid. Then, find out the breakdown of a school's typical admissions package to determine the percentage of grants and work-study opportunities versus loans.

"Most of Reed College's aid packages consist largely of gift aid," says Hendrickson. "Reed is the most expensive school in Oregon, but we have the second lowest student-loan debt, which is roughly \$8,000 less than the national average."

"People are often surprised by how much financial assistance is available from private institutions," says Lewis & Clark's Meyer. "While tuition prices may vary, once students receive their financial-aid packages, the costs of a



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private school may be the same or less than a public institution.”

Sierra Reid of Seattle is studying costume design at Bennington College in Vermont. She says the combination of merit and needs-based scholarships she received meant Bennington—a school committed to a geographically diverse student body—ended up costing less than her top-choice state school.

“One of our selling points is our need-blind admissions process and the size of our endowment,” says Claremont McKenna’s Gasaway. “In addition to tuition, we can provide lots of support—for instance, room and board—to students who receive opportunities such as unpaid internships. A student attending a school that doesn’t provide those resources might not be able to take advantage of such opportunities.”

As state funding has decreased, tuition costs have risen, acknowledges UW’s Ballinger. But, he says, the school still provides excellent value relative to the cost. The “Husky Promise” is the school’s commitment to not let financial challenges stand in the way of a UW degree for Washington residents. In that spirit, he says, one-third of Washington-resident undergraduates do not pay tuition or fees.

The value of a college education

Young adults with college credentials are more likely to work full time and earn higher salaries than those without degrees. The government has launched a College Scorecard, linking the cost of college to post-graduation outcomes. Though greater transparency is a step in the right direction, admissions professionals say the benefits of a college education extend far beyond getting a job. The development of critical thinking and communications skills reaps a lifetime of rewards across multiple career sectors.

“College is preparation for life,” says Hendrickson. “The value question is important, but the real question is what makes a life valuable?” ▲

Alison Krupnick writes from Seattle.

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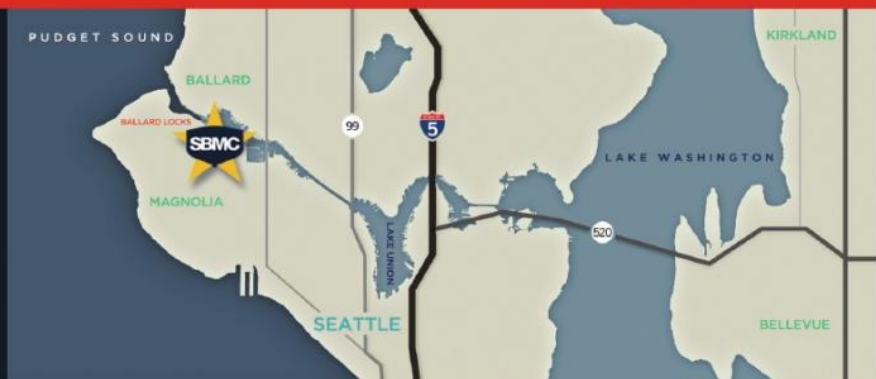
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2015 Lincoln MKC.

Lauding Lincoln

By Bengt Halvorson

There's much to love about Lincoln's new MKC compact crossover, a vehicle that sets a new, global direction for American luxury in one of the country's hottest market segments. ■ And that's good news for a brand that's struggled recently, particularly on the American West Coast. Lincoln is in an unusual position in the new-vehicle market in that it's a widely recognized brand, with a lineup of luxury

vehicles but it's not exactly a brand "in the present." Lincoln is perhaps still best known for its Town Car, a mainstay of executive-car fleets, and the Navigator, a hulking niche SUV that found favor along with the Cadillac Escalade in the past decade.

Fact is, the Town Car, as most people know it, has been discontinued for three years. The Navigator is a relatively slow seller, with a narrow niche of the market. Lincoln's future is in models such as the MKX and MKT—both larger crossover models—and the recently launched MKZ, a swoopy midsize sedan. Together, these vehicles definitely set a new direction in design for the brand, especially the new MKZ.

So far, each of these models has been

impressive, but Lincoln's best bet yet for drawing fresh traffic into its dealerships is the 2015 MKC, an all-new vehicle in one of the fastest-growing segments of the market: compact crossovers with a luxury

badge. And as I recently found out on some of the most challenging driving roads in Southern California, the new MKC bucks Lincoln tradition in all the right ways, while embracing its heritage in other ways—all without losing sight of the top vehicles in its class, including models from Audi, Acura, Infiniti and Mercedes-Benz.

Lincoln has been a division of the Ford Motor Company since 1922, but the MKC isn't merely a Ford with fancier wheels and additional features. While the Ford Escape was a starting point for the MKC's development, the finished Lincoln bears little resemblance to the lower-priced Escape.

You might remember that a couple of generations back Lincoln sold a number of so-called "badge-engineered" models that were thinly veiled versions of Ford models, often with just some superficial cosmetic changes. That's not the case here. The MKC has its own styling inside and out, with a roofline that's an inch lower and a beltline that's taller, as well as a front-end appearance and side sheet metal that are definitely more expressive. But it's most likely you'll find the MKC a standout from the rear, where Lincoln has given the MKC unique tail lamps that run all the way across the back of the vehicle. Lincoln has also engineered a different "clamshell" rear hatch for the MKC that helps keep the rear styling clean and uninterrupted.

Lincoln calls the exterior theme "graceful athleticism," and it's an apt description that sums up the modern, flowing look.

Inside, the keywords are "elegant artistry," with an emphasis on traditional luxury-vehicle expectations: open-grain wood trim and bright metal, or glossy trims and matte-finish details. Lincoln continues a modern theme, but it doesn't at all retreat from the things the automaker has always done well: details such as seating design, upholstery quality and ride comfort. Supple leather seats, with heating and cooling, are well padded and supportive, while soft-touch surfaces cover

2015 LINCOLN MKC

Model type: Compact crossover

Price: \$33,995 base

Power: 2.0-liter Eco-Boost four-cylinder

Technology: MyLincoln Mobile app for smartphones; THX audio; blind-spot monitor; cross-traffic alert; lane-keep assist; adaptive cruise control; parking assist with Park Out Assist logic to help you get out of a tight parallel parking spot.



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the dash—not just in the upper portion, but down low, as well.

The emphasis throughout the new Lincoln is on the contemporary and practical. Cabin corners are pushed outward toward the corners to emphasize interior space for those in front. Backseat trims and materials are as high in quality as those in the front of the cabin. And while there's no disguising that the MKC is a compact vehicle, the seating position is upright and easy to get into.

The cabin is brightened by a huge, dual-pane panoramic moonroof, while, for nighttime travel, Lincoln has focused on what it calls "approach detection"—special lamps illuminate the ground around the vehicle, light up the door handles, and point out where the cup holders and start button are as you get in.

Today's luxury shoppers for this type of premium crossover have some pretty demanding luxury expectations. They expect their vehicles to ride smoothly and quietly, and they expect them to handle like vehicles with a sportier mission. To meet these often-incompatible demands, Lincoln has smartly employed a couple of technologies: continuously controlled damping and active noise cancellation.

With the multimode, continuous-damping system, the suspension can provide the kind of firmness and control you need when driving on curvy roads, as well as a soft (and also quiet) ride over bumpier roads or for when you're merely cruising the interstates. Meanwhile, active noise cancellation technology employs the audio-system speakers to help cancel out certain frequencies created by the engine and road noise. Together, these two technologies help make the MKC's cabin, ride and handling feel truly premium.

Lincoln has also made it possible for owners to customize the overall driving feel of the vehicle. With something called Lincoln Drive Control, you can choose among two completely different preprogrammed settings for the feel of the steering, two modes for the responsiveness of the engine and transmission, and three different levels of firmness for

Puzzle on page 190.



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the suspension. One of your pre-programmed combinations for all three things resides in the normal "D" mode for the push-button shifter, while you can get to the sportier set on the fly by selecting the "S" mode—which also allows you to click through the gears of the six-speed automatic with the steering wheel paddle shifters.

And whether you have the Sport mode engaged or not, the MKC is quick and confidence-inspiring. Most models include a 240-horsepower, 2.0-liter turbocharged four-cylinder as the base engine—with plenty of power to spare—but the top-of-the-line MKC Reserve has a new 2.3-liter turbocharged four, making an impressive 285 hp and 305 pound-feet of torque—both figures that beat some V-8 engines of just a few years ago.

The 2.3 liter is part of Ford's EcoBoost engine family, and it's the engine that's headed to the Mustang lineup later this year. But what makes it especially well-suited to the MKC is that it's the first to get twin-scroll turbo technology that helps eliminate turbo lag.

ALTOGETHER, THE MKC felt entirely capable and up to the task when I, paired with another test driver, drove the car through some of Southern California's most demanding roads, in the mountains near Santa Barbara. In Sport mode, the engine and transmission felt in harmony, while the quick-ratio steering gave us just the right amount of feedback and the suspension stayed firm. It was a driving experience far more athletic than we had expected to find in a Lincoln.

Later, on a choppy, washboarded section of freeway, we welcomed back the normal "D" mode, which we had programmed to the suspension's Comfort setting. We explored some of the technology onboard, all while the interior was quiet enough to maintain a conversation without raised voices. The MyLincoln Touch system that includes voice and touch-screen controls is relatively easy to operate, and steering wheel toggles allow you to keep your hands on the wheel while accessing the many



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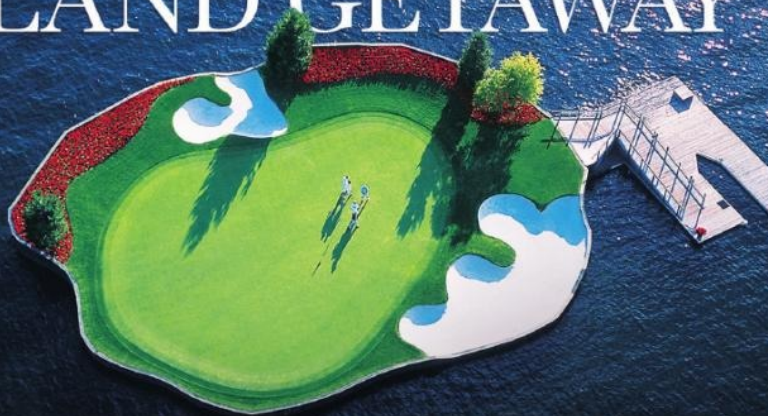
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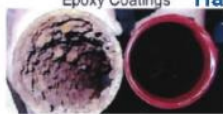

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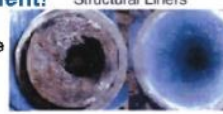
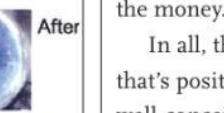
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menu-based functions. The THX II premium audio system has majestic "distributed bass," with a total of 14 speakers, and it's one of the clearest systems I've experienced.

It's likely that busy parents and commuters will be the primary drivers, so the MKC makes it easier to pay attention to your surroundings. A rearview camera system is standard, while you can opt to pack in a suite of driver-assist technologies, including a blind-spot information system, cross-traffic alert, a lane-keeping system, and adaptive cruise control that will maintain a set distance from the vehicle ahead. There's also an available Active Park Assist system that will not only automatically help you steer into a parking spot but employ a Park Out Assist logic to help you get out of a tight parallel spot when others park too close.

The technology is just as impressive when you're not in the vehicle. This is the first vehicle that Lincoln has fitted with a cellular network-based transceiver that lets you, through a MyLincoln Mobile app on your smartphone, do things like remotely lock or unlock the vehicle, start the engine, locate your vehicle and check your fuel level.

Although the MKC starts at \$33,995, the test car we spent the most time with—the top-trim Reserve with THX audio, pretty much all the tech extras, and a climate package that included heated rear seats and a heated steering wheel, among other items—added up to nearly \$50K.

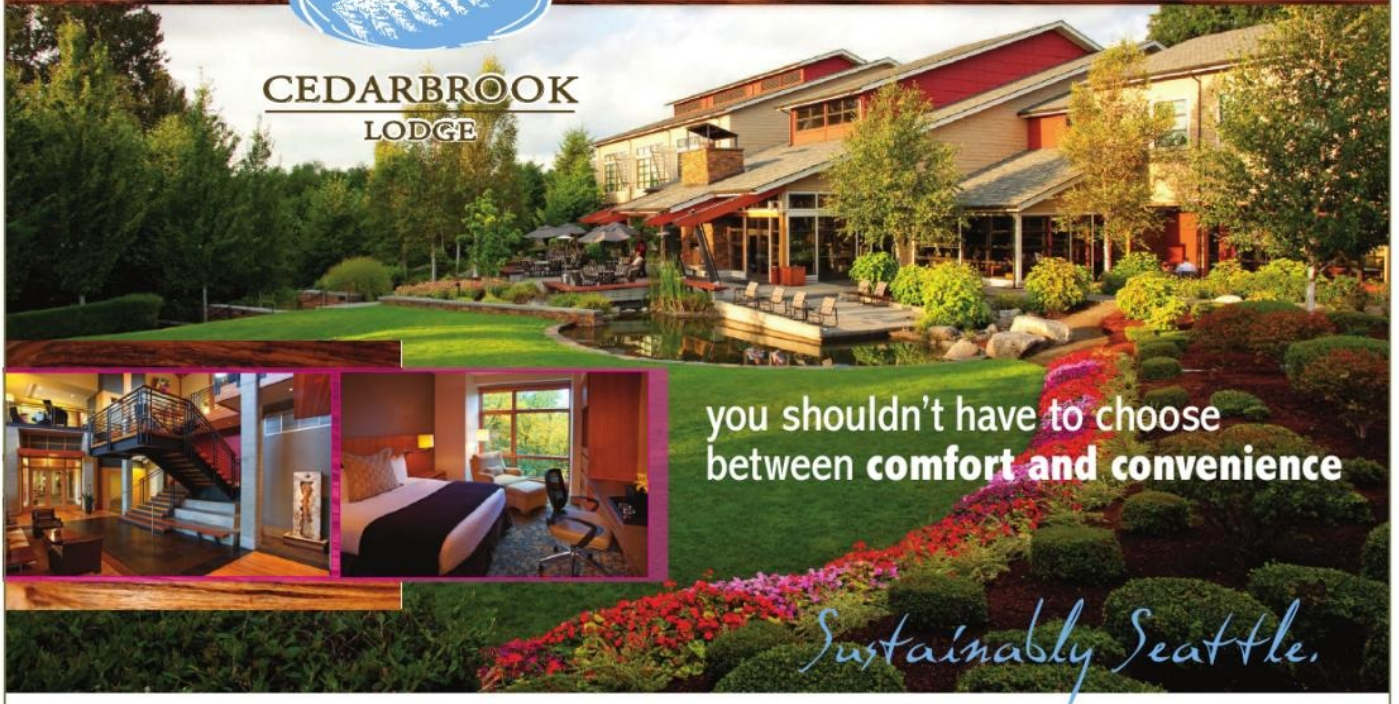
That's approaching the price of luxury rivals from Cadillac, Germany and Japan, but with a few more features for the money.

In all, the MKC feels like an effort that's positioned in the market as a well-conceived, top-notch luxury vehicle first and foremost, and a Lincoln second. With the right product, right here and now, the luxury brand's image will take care of itself—from coast to coast. ▲

Bengt Halvorson is an independent automotive journalist working from Portland.



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from page 45 deeper communion with ones we love.”

Lebo's exposure to pie baking started while baking holiday pies with her mother. A couple of years later, Lebo tried making double-crust fruit pies, and after combining two recipes, she decided on a whim to enter her peach-ginger pie in a “Cake vs. Pie” competition for the popular website CakeSpy.

“The place was full of people standing around the most gorgeous cakes and pies I'd ever seen. I dropped off my pie, registered ... and ran away. I was sure there was no way I could place,” she said. Hours later she got an email: “You won best in show!” Lebo was hooked.

The tactile and sensory aspects of pie baking hold great appeal for Lebo. “Baking a pie is a metaphor for following your senses,” says Lebo, whose kitchen creativity spurred writing creativity in a wit- and whimsy-filled poetry book, *A Commonplace Book of Pie*, with wry observations such as: “Some people believe in hot pie. They don't care if the filling sets up, so they cut a piece right away. The rest of us wait for an hour or two—an ingenious way to force family time—before cutting the first slice.”

Pie making is certainly a sensory experience in Kate McDermott's Art of the Pie class, as ovens are opened and her students' projects, bubbling, amber-crust strawberry-rhubarb pies, fill the kitchen with fragrance when they're lifted out and set aside to cool. Tasting them is a revelation; buttery flakes yield to succulent strawberry-rhubarb filling in every forkful.

Passing on the mantle of pie maker to her students, McDermott gives shape to intangible sensations: “You can't put your finger on why something tastes better, but when you put intention and love into a pie you can taste those two ingredients.” That may sound exotic, but it's true. As I shape my dough and cut up ripe fruit, I participate in an age-old sensory and meditative ritual that's a treat for the palate and the heart. ▲

Leslie Forsberg lives (and bakes) in Seattle.

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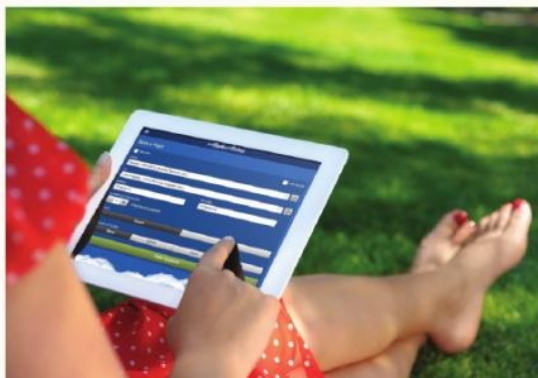
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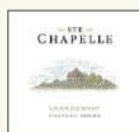
* On flights to Hawai'i only.

FIRST CLASS

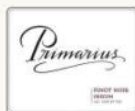
Passengers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and complimentary use of an Inflight Entertainment Player when available.

WINES OF THE MONTH

First Class passengers enjoy fine wines from West Coast vineyards. This month, we're pleased to feature the wines below.



Ste Chapelle Chardonnay
Washington
This crisp Chardonnay is fruit-forward with notes of apple blossom and vanillin oak.



Primarius Pinot Noir
Oregon
Aromatics marry raspberry, red cherry and spice from the French oak. Flavors carry through with notes of berries, cherries and a persistence of fruit.



ONBOARD RECYCLING

Please join our effort to reduce our environmental footprint by separating recyclable paper, cardboard, plastic, glass and aluminum, and passing these items to flight attendants for recycling. Thank you.



INFLIGHT ENTERTAINMENT

Put Hollywood in the palm of your hand

Enjoy our portable inflight entertainment system, including more than 50 movies, plenty of TV shows, sports, music, discounted Internet access and more.



BLOCKBUSTER HITS



Million Dollar Arm

PG; 2:25

Sports agent JB Bernstein travels to India to produce a reality show competition called "The Million Dollar Arm," in an effort to find a young cricket pitcher he can turn into a major league baseball star.



Delivery Man

PG13; 1:43

An affable underachiever finds he's fathered 533 children through anonymous donations to a fertility clinic 20 years earlier. Now he must decide whether to come forward when 142 of them file a lawsuit to reveal his identity.



Rio 2

G; 1:45

Rich with grand character, color and music, *Rio 2* finds Jewel, Blu and their three kids leaving their domesticated life for a journey to the Amazon, where they encounter a menagerie of characters born to be wild.



The Other Woman

PG13; 1:47 (available with English subtitles)

After discovering her boyfriend is married, a woman tries to get her life back on track. When she meets the wife and then a third woman involved in an affair, she realizes the women have much in common—including revenge.



Transcendence

PG13; 1:59 (available with English subtitles)

A researcher working to create a machine that combines the collective intelligence of everything ever known becomes the target of anti-technology extremists, who inadvertently become the catalyst for the researcher's own transcendence.



The Fifth Estate

R-rated; 2:06

A dramatic thriller based on real events, *The Fifth Estate* reveals the quest to expose the deceptions and corruptions of power that turned an Internet upstart into the 21st century's most fiercely debated organization.

MORE THAN 50 POPULAR MOVIES

- Adventure
- Comedy
- Drama
- Romance
- Oscar Winners

TV SHOWS

- 20 Network Favorites
- TV About Movies
- REELZ CHANNEL

MORE

- Music & Music Videos
- Discover Hawai'i
- Sports
- Health
- Discover Alaska
- Internet Access (\$7.95)

PRICING

- Flights scheduled 4.5 hours or longer: \$10 onboard
- Flights scheduled 3.5–4.5 hours: \$8 onboard
- Reserve at alaskaair.com 24 hours prior to departure
- Complimentary—First Class on flights scheduled 3.5 hours or longer

INFLIGHT WI-FI



Gogo® Inflight Internet is available on nearly all Alaska Airlines 737 aircraft, including all aircraft flying transcontinental routes. With Gogo you can

- Surf the Web, check email and access social media sites such as Facebook and Twitter
- Access your VPN
- Enjoy free access to alaskaair.com

In the air or on the ground, visit gogoair.com for flexible pricing options. Flight attendants will indicate when Gogo is available.

* Gogo Inflight Internet is not available on flights to/from Hawai'i or when aircraft are flying over Mexico.

U.S., HAWAII AND MEXICO

Alaska Airlines is proud to serve more than 90 locations throughout the United States, Canada and Mexico. We serve many other cities with our codeshare partners, American Airlines, American Eagle, Delta Air Lines and Delta Connection.

On routes that require a connection to one of our partners, we strive to ensure a smooth transition, which includes the ease of purchasing your ticket with just one call or a visit to alaskaair.com, taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at alaskaair.com.

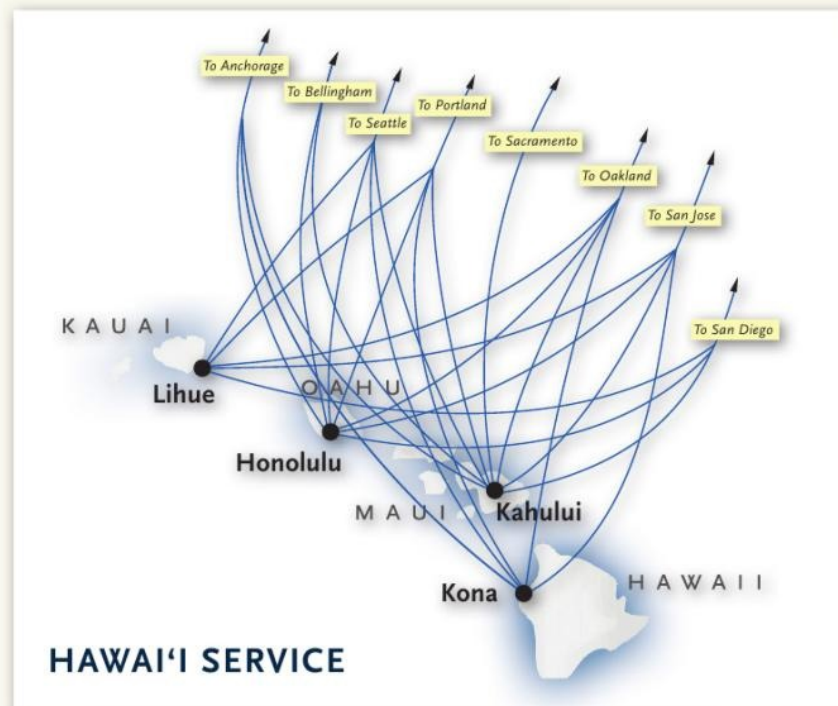
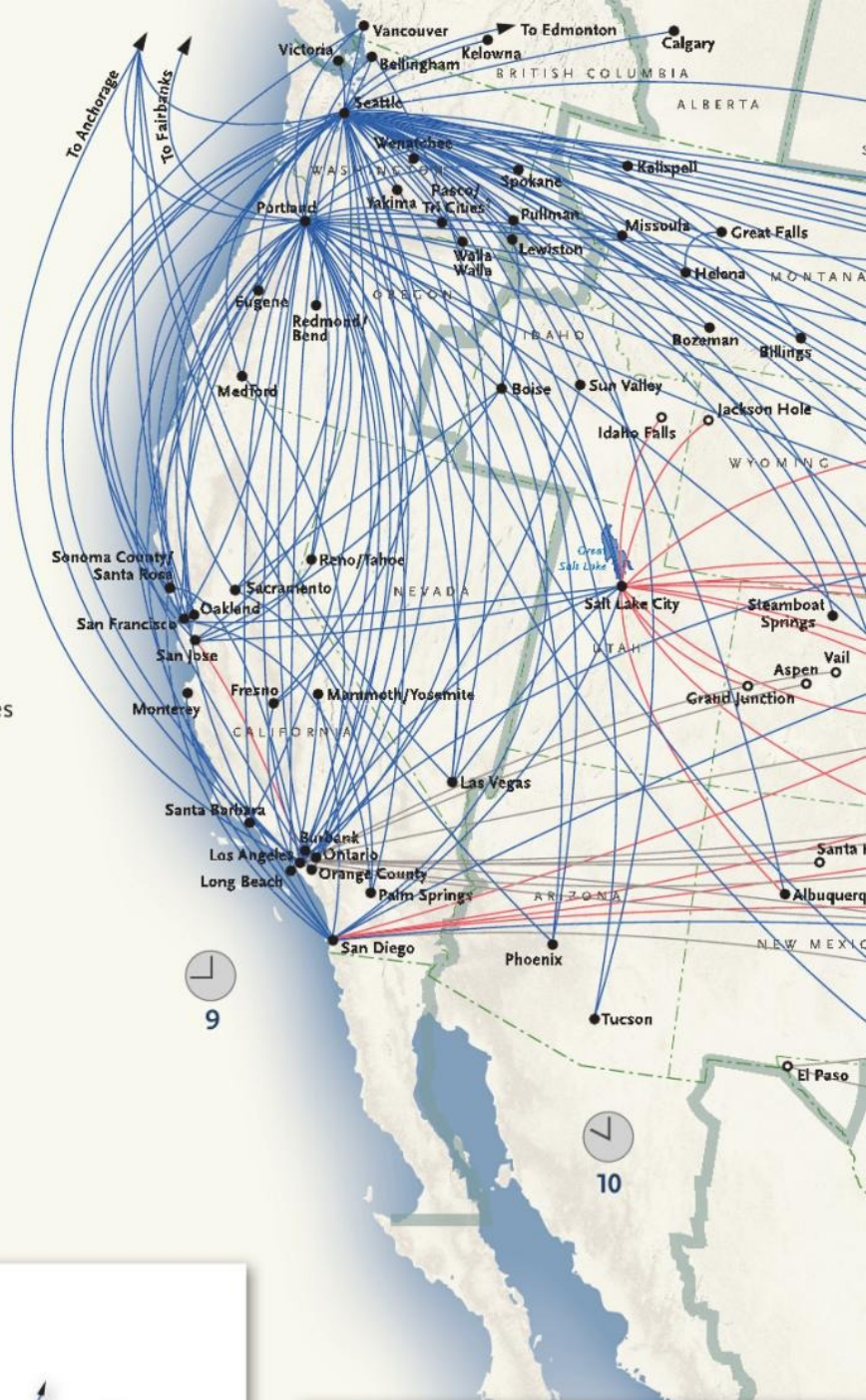
LEGEND

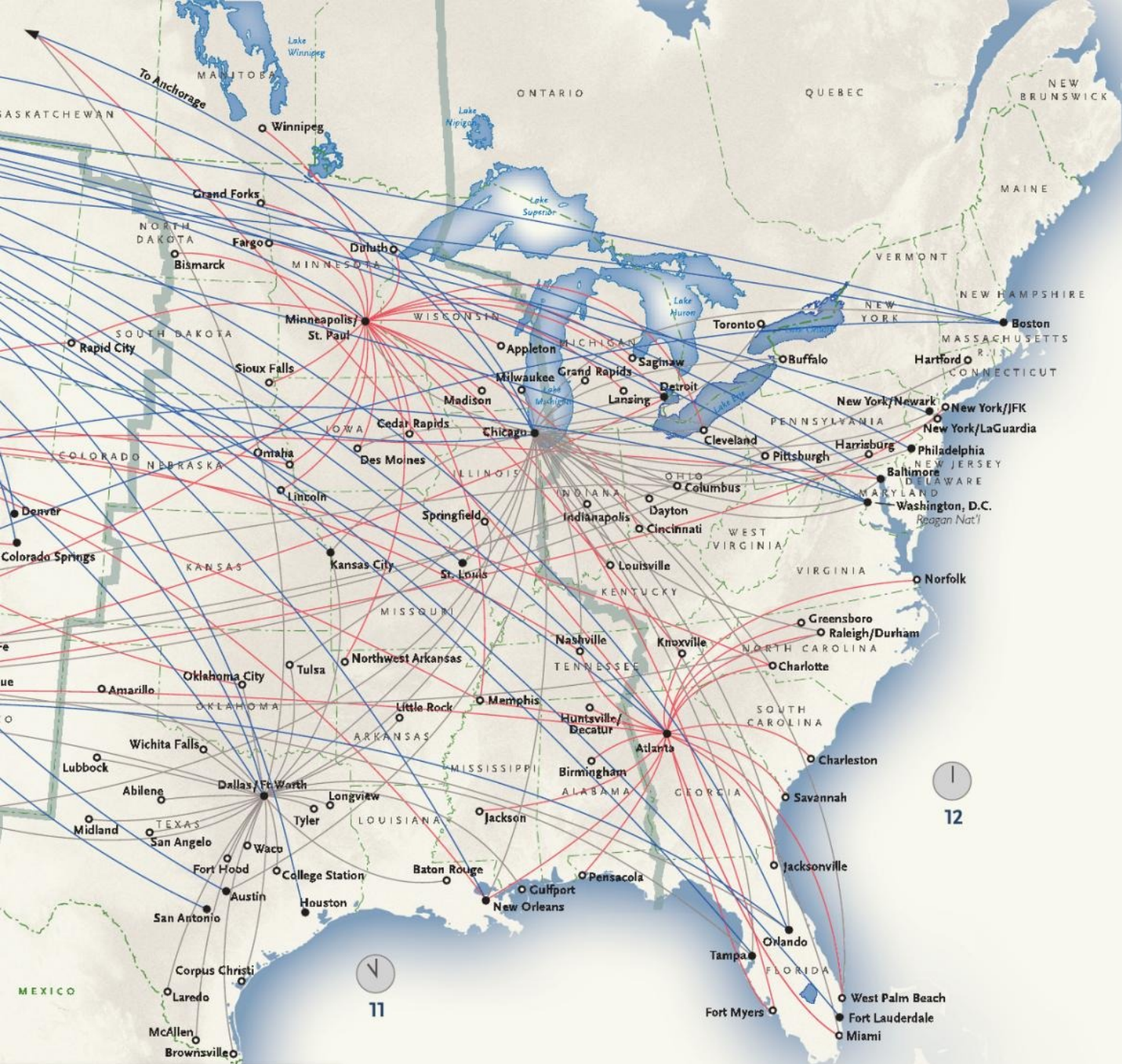
Routes served by:

-  Alaska Airlines
-  American Airlines
-  DELTA

Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.





U.S. MILEAGE

Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Fort Lauderdale	2697
Honolulu	2677
Los Angeles (LAX)	954
New York City/Newark	2401
Orlando	2553
Phoenix	1106
San Francisco	678
Washington, D.C.	2306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

UPCOMING NEW SERVICE

Route	Service Begins
Seattle-Baltimore	September 2, 2014
Seattle-Detroit	September 4, 2014
Seattle-Albuquerque	September 18, 2014
Portland-Los Cabos	November 3, 2014
Portland-Puerto Vallarta	November 4, 2014
Seattle-Cancun	November 6, 2014

ALASKA



ALASKA MILEAGE

Between	Mileage
Anchorage &	
Cordova	160
Kodiak	252
Fairbanks	261
King Salmon	289
Dillingham	329
Bethel	399
Nome	539
Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

Between	Mileage
Fairbanks &	
Barrow	503
Seattle	1533
Chicago	2785
Between	Mileage
Juneau &	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
Between	Mileage
Ketchikan &	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

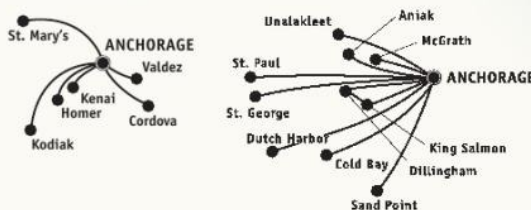
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

Some routes shown operate seasonally.

† Dutch Harbor–Anchorage service operated by PenAir.

AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.





Amy, Customer Service Agent, San Francisco

A SU SERVICIO

Alaska Airlines tiene el orgullo de ser la compañía de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

- Centros de atención telefónica de Reservaciones y de Atención al Cliente

- Quioscos de registro del aeropuerto
- alaskaair.com/español
- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda "A su servicio".

OUR BAGGAGE SERVICE GUARANTEE

We're proud to offer a Baggage Service Guarantee. If your baggage is not at baggage claim within 20 minutes of your plane parking at the gate, you're entitled to a \$25 Discount Code for use on a future Alaska Airlines or Horizon Air flight, or 2,500 Alaska Airlines Mileage Plan bonus miles. If we don't meet our 20-minute guarantee, simply see an Alaska Airlines or Horizon Air Customer Service Agent in the baggage claim area for your voucher.

- One voucher per qualified passenger, for one or more checked bags.
- Restrictions apply. See alaskaair.com for full terms and conditions.



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Visit alaskalistsens.com at any point in your journey

Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit alaskalistsens.com from any device to take a fast, two-minute survey—



even inflight, where access to alaskalistsens.com is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at alaskalistsens.com.

OUR FLEET

Alaska maintains a fleet of more than 125 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, featuring sculpted overhead bins and mood lighting designed to provide a more spacious cabin experience.



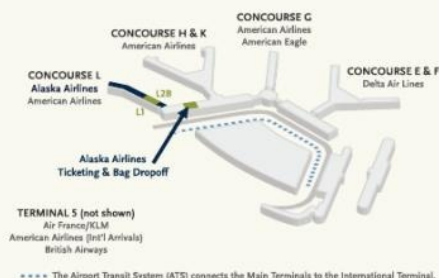
HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

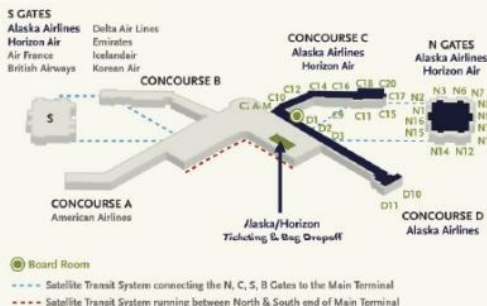
Anchorage International Airport (ANC)



Chicago O'Hare International Airport (ORD)



Seattle/Tacoma International Airport (SEA)



Portland International Airport (PDX)



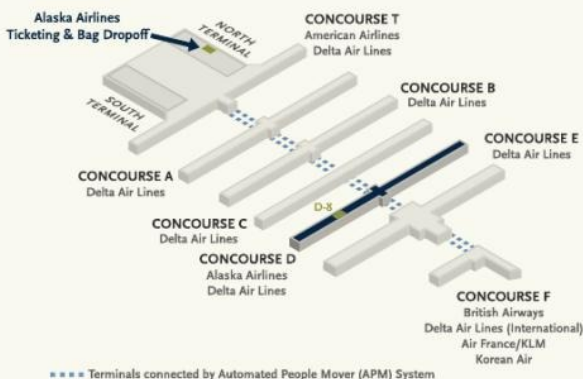
Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



Atlanta International Airport (ATL)



Helpful tips upon landing at SFO from Mexico:

- If necessary, clear all checked baggage through U.S. Customs.
- After clearing Customs, exit to the right through sliding glass doors.
- Pack all duty-free liquids securely in your checked baggage to avoid confiscation by the TSA. Then recheck your baggage with an Alaska Airlines Customer Service Agent at the baggage recheck point in the San Francisco International Terminal.
- Proceed directly down the hall and turn left to the connecting hallways leading to Domestic Terminal 1.
- Continue in the same direction and turn right at the signs for Gates 20-36: Alaska Airlines uses Gates 20 and 22.
- Average time from landing to Gate 20 is 40 minutes.

Datos de ayuda a su llegada de México a San Francisco:

- De ser necesario, pase por aduana de los EEUU con su equipaje que documentó.
- Después de pasar aduana, prosiga por la puerta de vidrio corrediza y a su su derecha.
- Empaque seguramente todos los líquidos que adquirió en la tienda libre de impuestos (duty-free) en su equipaje documentado, para evitar ser confiscados por Seguridad (TSA). Después entregue su equipaje al agente de Alaska Airlines en los mostradores, justo afuera de aduana en la Terminal Internacional.
- Proceda directamente al fondo del pasillo y de vuelta a la izquierda hacia los pasillos de conexiones de la Terminal Doméstica 1.
- Deberá llegar hasta donde se encuentran las indicaciones para las salas 20 a la 36. De vuelta a la derecha y deberá pasar por seguridad. Alaska Airlines usa las salas 20 y 22.
- El tiempo estimado para el recorrido hacia la sala 20 desde que usted aterriza, es de 40 minutos.

CUSTOMS AND IMMIGRATION

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación. Las formas completas serán presentadas en la Terminal Internacional.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

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

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco
- Línea 9—Use “AS” para Alaska Airlines
- Firme en la “X”



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use



DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6—No es necesario declarar sus medicamentos de uso personal

FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas inmediatamente al entrar al edificio de la Terminal Internacional.



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico



FEM PARA MEXICANOS

¿Quién debe completar esta forma?

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

Datos de ayuda

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

MEXICO STATE CODES

City / State	State Code
Guadalajara / Jalisco	JAL
Ixtapa, Zihuatanejo / Guerrero	GRO
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Sinaloa	SIN
Mexico City / Distrito Federal	D.F.
Nuevo Vallarta, Bucerías and north / Nayarit	NAY
Puerto Vallarta, Mismaloya / Jalisco	JAL

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

A GUIDE FOR AIR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.
- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Players, etc.
- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.
- Smoking is not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

IMPORTANT PHONE NUMBERS

CUSTOMER CARE:

800.654.5669
(Mileage Plan, Web Support, Customer Relations)

Toll-Free Reservations

Within the U.S. and Canada:

800.ALASKAAIR
(800.252.7522)

(TTY 800.682.2221)

En Español:

800.858.5525

From Mexico:

001.800.252.7522

Alaska Airlines Vacations:

800.468.2248

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

Allowed on the Ground and in the Air



- › Laptops (must be stowed for taxi/takeoff/landing)
- › Tablets/smartphones (Airplane Mode after door closure)
- › Wireless mouse/keyboard
- › e-readers
- › Media/CD/DVD players
- › Noise-canceling headphones
- › Cellphones (prior to door closure only)

Not Allowed During Flight



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

from page 56 variety of purposes, and windfall dividends are not the norm, and shouldn't be. The telecom-stock success was dampened by CIRC shortfalls in Las Vegas development investments. And while business success is desirable, there are some arenas in which ANCSA corporations will not venture, such as gaming. "That's not in accord with our social mission," Minich says.

Schutt notes that Doyon will not heedlessly open its vast lands to resource development, although the corporation has done some test drilling for hydrocarbon development on property it owns in the Yukon Flats basin. "We consider the vast majority of our 12 million acres to be a cultural and natural resource that it is our job to preserve," he says.

Poe, the Anchorage business professor, points out that the regionals' land base exemplifies the thoughtful approach to business these companies practice. If all ANCSA lands were valued at a mid-range price, they would comprise a \$44 billion asset. But almost none of that value appears on ANCSA balance sheets.

"Imagine if a mainstream U.S. corporation had \$44 billion in assets that it kept off its balance sheet for philosophical reasons," says Poe. "It would be unheard of."


Blending business success with cultural and environmental enhancement is perhaps the most interesting result of what began 43 years ago as the official resolution of a land dispute. ANCSA creators likely did not envision the "people, planet, profits" outcome that typifies today's Alaska Native Corporations.

"Yes, we're profitable," Rosita Worl says of Sealaska. "But if we don't perpetuate our culture we will have failed our mission."


So far, so good. ▲

Eric Lucas is contributing editor at Alaska Airlines Magazine.


Alaska Airlines serves communities throughout the state of Alaska. Get more information or book tickets online at alaskaair.com, or call 800-ALASKAAIR.




Smoked Yukon River Keta Products



Old Style Smoked Yukon Keta








Garlic Pepper Infused Smoked Yukon Keta



Yukon Keta Candy

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Source Code AKAI4

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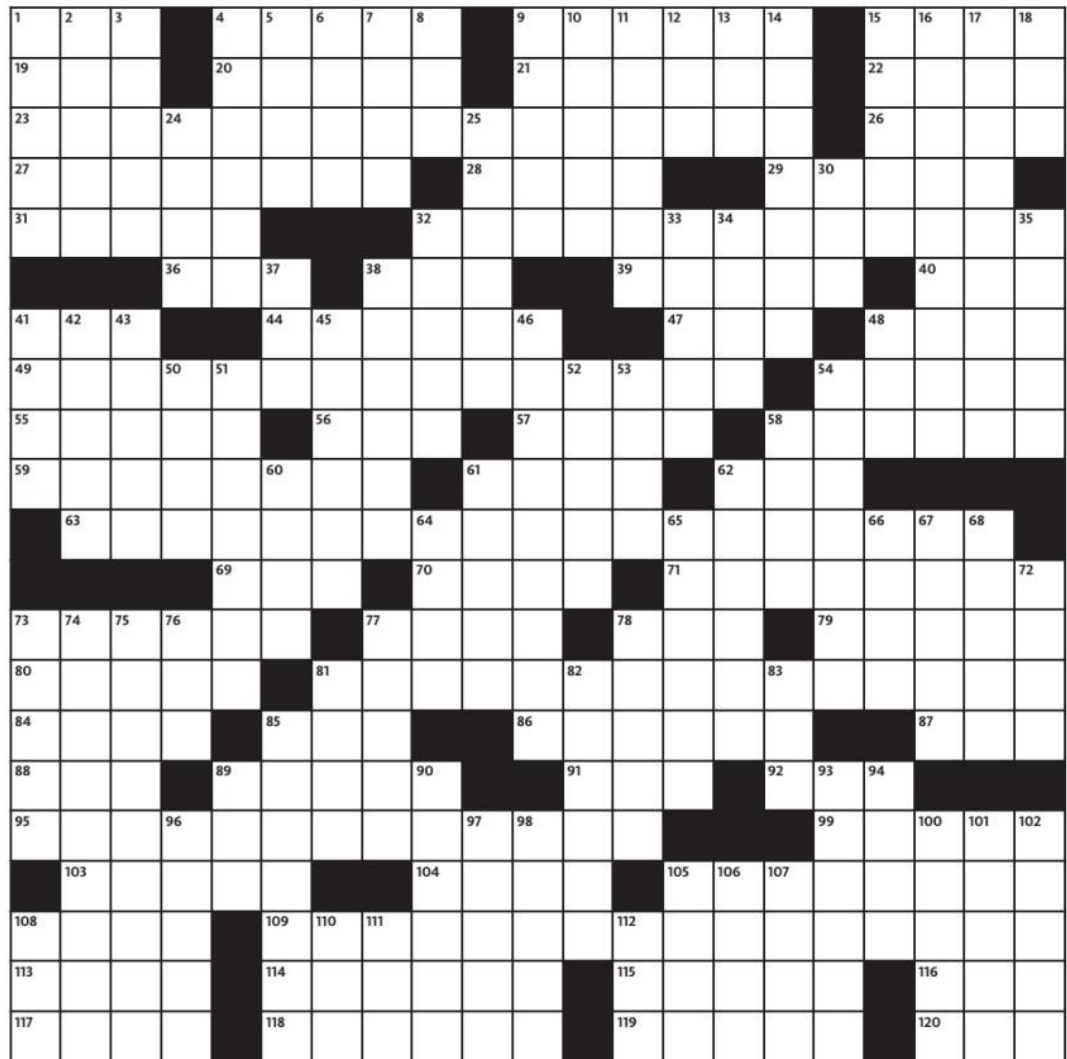


Maniilaq Association offers relocation assistance, retirement, 30 days of personal leave per year, 11 paid holidays, continuing education allowance, paid medical, dental, vision, life and short-term disability insurance for employee, and is an IHS and NHSC loan repayment site. Will sponsor J1 & H1B Visas. New grad Physicians & NP/PAs welcome. Also ask about 3rd year resident rotations. We look forward to hearing from you soon.

www.maniilaq.org

ACROSS

- 1 Balderdash
 4 Obstruct
 9 Eagle or airplane
 15 Syrian
 19 Metric measure
 20 Independent person
 21 Sound quality
 22 Million prefix
 23 British explorer
 26 Overwrought
 27 God of the sea
 28 Uniform
 29 Circle or tube
 31 Sardonic grin
 32 Canadian prime minister
 36 Animal companion
 38 Confidant
 39 Revoke, as a legacy
 40 Willie Stargell in 1979, e.g.
 41 Freshwater fish
 44 Indian state
 47 Ellis Island agcy.
 48 Derive
 49 Freud actor
 54 Metier
 55 Making a thunderous noise
 56 Writer's prods.
 57 Grant of *Suspicion*
 58 More rigid
 59 French historian
 61 Threesome
 62 Timetable abbr.
 63 October honoree
 69 Fri. follower
 70 Oodles
 71 Cell division gone haywire
 73 Mystery
 77 Rani's wrap
 78 Actress Hagen
 79 Bast fiber source
 80 Rocker Billy ____
 81 German statesman
 84 Nee
 85 Major-leaguer
 86 New Hampshire town
 87 Perceive
 88 Chemical suffix
 89 Aussie bear
 91 Poetic twilight
 92 Actor Hunter
 95 Secretary of state under Wilson
 99 ____ *Buddies*
 103 Plateaus
 104 Trig function
 105 Having a high pH
 108 Dagger handle
 109 Cosmetics-line designer
 113 Capri or Man
 114 Crystalline compound
 115 Black tea
 116 Drowse
 117 Night sight



- 118 Sprinter Smith
 119 Ragouts
 120 Response, briefly


DOWN

- 1 Abrades
 2 Astral hunter
 3 To the point
 4 Eau ____, Wisconsin
 5 Half nelson, for one
 6 Atop
 7 Piercing
 8 Deviate
 9 Poem stanza
 10 Edmonton athlete
 11 Supreme Egyptian god
 12 Baseball stat
 13 Unit of energy
 14 Employs again
 15 Modify
 16 Saviors
 17 Add insult to injury
 18 Howl at the moon
 24 Blubber
 25 Charles Nelson ____
 30 Old testament bk.
 32 Former talk-show host and family
 33 Uplift
 34 Pitched item
 35 Topmost
 37 Boxing letters
 38 Magic word
 41 Moslem chief
 42 Style of architecture
 43 Adam's grandson
 45 Clown Kelly
 46 Growing gradually
 48 Actor Palillo
 50 Shaggy, goatlike bovid
 51 Rock of quartz and mica
 52 Hideaways
 53 Fast car comp.
 54 Its atomic number is 100
 58 Authentic
 60 Exam for future att.
 61 Complete: var.
 62 Old German dance
 64 Land map
 65 Stable adjunct
 66 Violent wind
 67 Patrons
 68 From that moment
 72 Welfare
 73 Staid
 74 Business analyst
 75 Motor-skills centers
 76 Moved with speed
 77 Woman's tunic
 78 Remove the pins from
 81 Evangelist Roberts
 82 Kitchen gadget
 83 Military off.
 85 Random criticism
 89 Isthmus in the Malay Peninsula
 90 Sainted English philosopher
 93 Demeans
 94 Lightning flash
 96 Fragrant chemical
 97 Moses' mount
 98 Laughable
 100 City in Italy
 101 Hamburger garnish
 102 Repairs
 105 Assist illicitly
 106 Enjoy
 107 Understand
 108 Towel pronoun
 110 Outer: pref.
 111 Getaway
 112 Raises

SOLUTION ON PAGE 170.

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Limit one offer per guest per day. Three dining offers available: 25% off total purchase at Asian Restaurant "8" or Coyaba Grill, with a maximum discount of \$25, or one free buffet with the purchase of lunch or dinner at Spice Bay Buffet. Not valid on holidays. Must present your airline ticket stub to the Players Club for voucher. Must be or become a Players Club member to participate. Membership is free. Must have flown between June 1, 2014 thru August 31, 2014 to receive offer. Offers expire August 31, 2014. Management reserves all rights.

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A brown bear enjoys a cool splash in Alaska's Lake Clark National Park.

Photo by Art Wolfe / artwolfe.com

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