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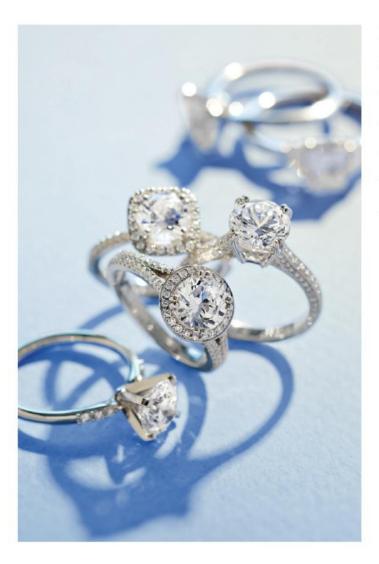
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Alaska Airlines Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2015 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$65 in the U.S.; \$70 elsewhere. Single-copy price: \$8. Photocopies of articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or artwork. Printed in the United States of America.

POSTMASTER: Send address changes to: Alaska Airlines Magazine, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.





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### Spirit of Alaska



Brad Tilden, Chief Executive Officer

# Shannon Alberts

### THE COURAGE OF OUR CONVICTIONS

Byron Mallott, our longtime board member, resigned this past December to serve the people and the state he loves—the great state of Alaska. Byron has been a strong and steady voice urging us to lead based on our values, and he appropriately reminds us that those values

come from the state of Alaska, where people help each other and depend on one another. This month, I've asked our Shannon Alberts, who has worked very closely with Byron for the last 30 years, to reflect on what defines this great man. Byron, thank you for helping to make Alaska Air Group what it is. —*Brad Tilden* 

Last December, after nearly 33 years of service on the Alaska Air Group board, Byron Mallott tendered his resignation to assume the role of lieutenant governor of

the state of Alaska. Having had the privilege of working with Byron, I'd like you to know him as I do—if only in a small way.

Byron is a man of integrity and conviction. For example, last year he decided to run as

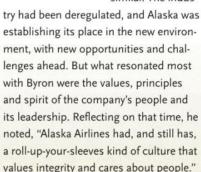
the Democratic nominee for the office of governor of Alaska. Instead, he set aside his plan and took the lieutenant governor slot on an independent ticket with thengovernor-hopeful Bill Walker. When asked why, Byron replied, "It was an easy decision, though not one I made lightly."

For Byron, it was not a question of achieving his personal aspirations. It was a question of how to best serve the people of Alaska. Walker's values, principles and genuine care for people aligned with many of Byron's own ideals, and he believed that joining forces would result in the best outcome for the state. Situations like this reveal whether we have the courage of our convictions. Byron does.

He speaks with passion about the Great Land, remarking on the powerful sense of place and history it evokes. Because the state is relatively new and in

> a critical stage of development, he sees opportunities to work together with all Alaskans to forge a bright, shared future.

Byron's reasons for joining our board back in the early 1980s were similar. The indus-



Among Byron's contributions as a director was ensuring that the potential impact of business decisions on Alaskan communities was carefully considered. His knowledge and understanding of the people, cultures and unique needs of the communities of Alaska have been instru-

mental as our company has grown.

His understanding of Alaska's communities is shaped not only by living in the state his entire life, but by something of a more personal nature: "My drive to create a level playing field for all comes from growing up as an Alaska Native with the realization that my mother could not achieve her aspirations because of her race."

When I asked Byron what he cares about most, he said, "That no one should feel hopeless, helpless or that there is no place for them." He notes that the state of Alaska has abundant resources due to the strength of its businesses, institutions, communities and philanthropic values. "Together we can extend our hand, thankful that we have the opportunity to reach out."

Then, with a twinkle in his eye and a grin that has become very familiar to me, he added, "Other than that, I just want to go to my home in Yakutat and fish!"

Byron, thank you for your years of dedication to Alaska Air Group, and we wish you smooth skies as you embark upon your new leadership role with our namesake state. —Shannon Alberts

This month we're proud to feature another great leader, Russell Wilson, on the cover of this issue and on page 40.



Former board member Byron Mallott.

### El Espíritu de Alaska



Brad Tilden, Jefe Ejecutivo



### **EL CORAJE DE NUESTRAS CONVICCIONES**

Byron Mallott, que fue miembro de la Junta de Consejo durante mucho tiempo, en diciembre renuncio para servir a las personas y al estado que más quiere: el gran estado de Alaska. Como miembro del Consejo, Byron ha sido una voz sólida y firme que nos decía que nos guiáramos

por nuestros valores, y nos recordaba que dichos valores provienen del estado de Alaska, en donde las personas se ayudan entre sí y dependen unos de otros. Este mes le he pedido a Shannon Alberts, quien ha trabajado estrechamente con Byron durante los últimos 30 años, que reflexione sobre qué es lo que define a este gran hombre. Byron, gracias por ayudar a que Alaska Air Group sea lo que es hoy. —*Brad Tilden* 

En diciembre, luego de casi 33 años de trabajar en el Consejo de Alaska Air Group, Byron Mallott presentó su renuncia para asumir el cargo de vicegobernador del estado de Alaska. Como he tenido el privilegio de trabajar con Byron, me gustaría que lo conocieran como yo, al menos en una forma breve.

Byron es un hombre de integridad y convicción. Por ejemplo, el año pasado decidió presentarse como candidato del Partido Demócrata para el cargo de gobernador de Alaska. En lugar de eso, dejó de lado este plan y tomó el cargo de vicegobernador para acompañar de manera independiente al candidato a gobernador de aquel momento, Bill Walker. Cuando le preguntamos el motivo, nos respondió: "Fue una decisión fácil, pero no la tomé a la ligera."

Para Byron, no se trataba de cumplir objetivos personales. Se trataba de buscar la mejor manera de servir a los habitantes de Alaska. Los valores, los principios y el interés genuino del gobernador Walker por las personas se asemejaban a muchos ideales propios de Byron, y él creía que trabajar conjuntamente daría el mejor resultado para el estado. Situaciones como esta revelan si tenemos el coraje de nuestras convicciones. Byron lo tiene.

Habla con pasión sobre este gran estado y resalta su importante sentido de pertenencia e historia. Debido a que el estado es relativamente nuevo y se encuentra en un nivel crítico de desarrollo, Byron ve oportunidades de trabajar en conjunto con todos los ciudadanos de Alaska para forjar un futuro brillante y compartido.

Los motivos de Byron para unirse a nuestra Junta de Consejo a principios de la década de los ochenta eran similares. La industria había sido desregularizada recientemente y Alaska estaba estableciendo su lugar en este nuevo entorno, con nuevas oportunidades y desafíos por delante. Sin embargo, lo más llamativo con respecto a Byron eran los valores, los principios y el espíritu de las personas de la compañía y su liderazgo. Al reflexionar sobre aquella época, expresó: "Alaska Airlines tenía, y aún tiene, una cultura trabajadora que valora la integridad y se preocupa por las personas."

Entre las contribuciones de Byron como director destaca garantizar que se considere cuidadosamente el potencial impacto de las decisiones comerciales en las comunidades de Alaska. Su conocimiento y compresión sobre las personas, las culturas y las necesidades

particulares de las comunidades de Alaska han sido fundamentales para el crecimiento de la compañía.

Su comprensión sobre las comunidades de Alaska se basa no solo en que vivió en este estado toda su vida, sino también en algo de naturaleza más personal. "Mi deseo de crear un lugar en el que todos tengan las mismas oportunidades proviene de crecer siendo nativo de Alaska y de ver que mi madre no podía cumplir sus aspiraciones debido a su raza."

Cuando le pregunté a Byron qué era lo que más le importaba, me dijo, "Que nadie debería sentirse sin esperanzas, indefenso o desplazado". Él sabe que el estado de Alaska tiene abundantes recursos debido a la fortaleza de sus empresas, instituciones, comunidades y valores filantrópicos. "Juntos podemos unirnos y agradecer que tenemos la oportunidad de acercarnos."

Luego, con un guiño y una sonrisa que se ha convertido en algo muy familiar para mí, añadió: "Aparte de eso, ¡solo quiero volver a mi hogar en Yakutat y pescar!"

Byron, gracias por tus años de dedicación a Alaska Air Group. Deseamos cielos tranquilos al embarcar una nueva etapa de liderazgo, en el estado que nos da nuestro nombre. —Shannon Alberts



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### **AGED TO PERFECTION**

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

For the past 20 years, I've measured the levels of my hormones and other agerelated 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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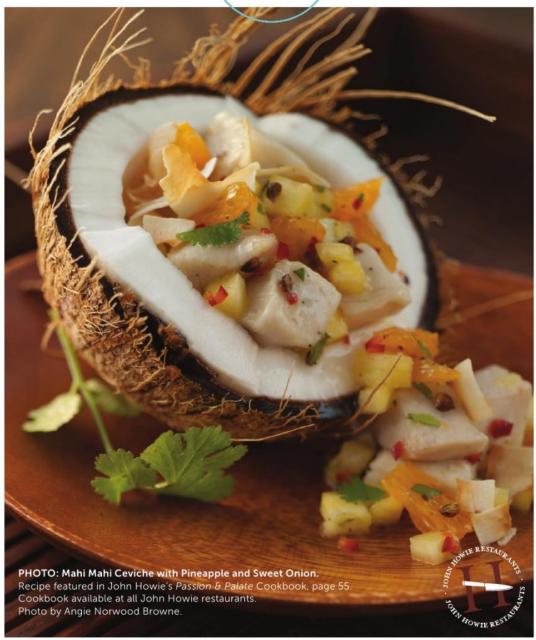


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### **FOCUS ON SUSTAINABILITY**

### LED Lighting in Portland

Amid Alaska's continued environmental-stewardship programs, even small projects are meaningful. At an operations facility in Portland, all metal halide, fluorescent and incandescent lighting fixtures were recently replaced with efficient LED fixtures. This

lighting upgrade will reduce expenses and decrease consumption by 1.3M KWh on an annual basis—equivalent to providing energy to 81 homes for a year.

### PEOPLE BEHIND THE SPIRIT

### Caring Professional

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, Lead Reservations Agent Michael Battista.



Michael Battista, Alaska Airlines Legend

Michael Battista recently took a call from a woman who wanted to change her travel plans quickly but appeared to have no options. The woman needed to get her daughter to the Mayo Clinic in Minnesota for an urgent appointment, and she was obviously agitated.

As one of Alaska Airlines' lead reservation agents, Michael often fields the tough calls: He is a calming force, an empathetic and caring professional who knows how to find solutions. He secured new flights for the mother and daughter and turned a fervent call into a positive and productive experience.

"She told me that she knew the situation wasn't my problem and that I didn't really have to do anything special for them," Michael recalls. "I told her I helped because I wanted to."

That customer-service attitude comes naturally to Michael, according to his supervisor, Chris Hjort, director of the Seattle Call Center. "He's an excellent problem solver who is very creative in how he goes about it. He's always look-

ing for the win/win solution."

Michael enjoys the challenge. He takes pride in the fact that just about every customer he deals with hangs up feeling like they've been heard, and have been treated fairly and reasonably.

"I think that, deep down, I have a passion for helping people," he says.

Michael was a teenager when his family moved to the Tacoma, Washington, area from southern Italy. He spoke no English, but he picked up the new language quickly. After high school, he enrolled in a local travel-industry school, which helped him land a job as a reservations agent with an Alaska-based tour company. He also got to see much of the state while leading familiarization tours for travel agents. He joined the Alaska Airlines reservations office in 1994 and became a lead agent in 2000.

As a lead agent, Michael is a resource for other agents dealing with customers. Co-workers appreciate that he is patient, respectful, resourceful and completely approachable. They note his knack for finding seats for Mileage Plan members trying to use award miles on partner airlines when it appears that none are available. One manager calls him the "award whisperer."

Says one reservations agent, "Michael really listens to his customer's problems and tries to create a practical solution, cutting through written procedures and policy, and finding an equitable way to help his customers go happily on their way."

Michael is a devoted father of two, an Italian-soccer fan, and a runner who trained on his lunch breaks to run the Seattle Marathon in 2012. At work or in his personal life, he's the kind of guy who will set his goals and do what he needs to achieve them, Hjort says.

Says reservations sales agent Jan Stork, a Legend herself, "Doing the right thing comes as naturally to Michael as breathing."

For most people—customers as well as co-workers—working with Michael is always a breath of fresh air. —Paul Frichtl

### **VOLUNTEER SPIRIT**

### Fighting Cancer a Buck at a Time

Although 23 percent of the U.S. population is under 18, just 3.8 percent of the \$5 billion federal cancer-research budget helps find new drugs for "cancer kids," as they are called. Like most people, San Diego—based Alaska Airlines Flight Attendant Gail Lopez was unaware of this—until her own daughter contracted osteosarcoma four years ago and underwent 18 rounds of chemotherapy and 120 nights in Children's Hospital Los Angeles.

Kate is now 15 and doing well, but her experience spurred Lopez to create the Glveabuck Fund, a nonprofit whose sole aim is to raise money for



Gail Lopez, bottom, with her daughters Kate and Paige.

children's-cancer research. Lopez's strategy is to convince as many people as possible to give \$1 toward an objective she says is sorely neglected.

"Children and adults react completely differently to chemotherapy; that's why they need different medications. But in the past 25 years, just one new drug for cancer kids has been approved," Lopez reports.

In its first year, Glveabuck has raised \$50,000, but Lopez dreams of enlisting larger-scale help, such as sports teams and coffee retailers. Learn more at glveabuckfund.org. —Eric Lucas

DOURNAL

PORTLAND, OR

Italian High Fashion
Shines in PDX

Chronicling the evolution of Italian fashion
the end of World War II to today, the exhibit
"Italian Style: Fashion Since 1945" is showing
the Portland Art Museum through May 3, in
West Coast evolution, Italy's modern fashion

West Coast evolution, Italy's modern fashion

Chronicling the evolution of Italian fashion from the end of World War II to today, the exhibition "Italian Style: Fashion Since 1945" is showing at the Portland Art Museum through May 3, in a West Coast exclusive. Italy's modern fashion industry began as a tale of reinvention, after support from the postwar Marshall Plan allowed the country to start reinvesting in trades. Included in "Italian Style" are clothes and accessories that helped solidify Italy's status as a fashion leader. One of the highlights is a

was worn to Truman
Capote's Black and White
Ball in 1966. To accompany
the exhibition, the museum is
hosting events such as a conversation
series with local Portland designers who
are influenced by Italian fashion. For more
information, call 503-226-2811 or visit
portlandartmuseum.org. —Tanya Friedland

Mila Schön dress that

Dolce & Gabbana ankle boots (2001); leather with beading, diamanté and metallic embroidery.

Fashion in San Francisco ...

"High Style: The Brooklyn Museum Costume
Collection," March 14–July 19; costumes, accessories
and sketches that trace fashion evolution in America,
1910–1980; Legion of Honor, San Francisco, CA;
415-750-3600; legionofhonor.org/highstyle.



NEW ORLEANS, LA

#### The Big Easy Gets Festive

Once a year, music, cuisine and culture combine spectacularly in two weekends of Southern fun. This year's New Orleans Jazz & Heritage Festival presented by Shell (April 24-May 3) will again celebrate the distinctive spirit and traditions of The Big Easy. For foodies, more than 75 vendors will be offering up New Orleans' finest specialties. Music enthusiasts can expect a lineup packed with headliners such as Elton John, The Who, Lady Gaga (with Tony Bennett) and Lenny Kravitz. Locally based acts such as Trombone Shorty & Orleans Avenue and Dr. John will honor the eclectic musical tastes of their hometown. Other attractions will include exhibits and demonstrations showcasing Louisiana's diverse cultural heritage. Call 504-410-4100 or visit nojazzfest.com to learn more. — Hannah Tyne



ANCHORAGE, AK

### **Native Youth Olympics**

For Alaska Natives, athletic pursuits have historically been important to individuals' survival and the cohesion of communities. The **NYO Games Alaska** will showcase flexibility, strength and speed in events held April 16–18 at the Alaska Airlines Center at the University of Alaska Anchorage.

Youths in grades 7–12 will display athleticism in sports with cultural significance. For example, the Two-Foot High Kick began as a method of signaling used in coastal villages.

Open to Natives and non-Natives, the games have become a force for building leadership and teamwork while cultivating pride among diverse groups. Alaska Airlines is a Bronze Medal Sponsor of the NYO Games Alaska. Call 907-793-3600 or visit citci.org/event-programs/nyo-games for more information. —Hannah Tyne

An athlete stretches for the target in the Two-Foot High Kick at a prior year's NYO Games Alaska.

### ART AND THE MOTOR CITY

Painted on the interior garden walls of the Detroit Institute of Arts, Diego Rivera's Detroit Industry murals (1932-1933) are a National Historic Landmark. In "Diego Rivera and Frida Kahlo in Detroit" (showing March 15-July 12), the DIA will display 38 works by Rivera and 26 by Kahlo, his wife, in an exclusive exhibition that explores the famed couple's artistic evolutions and the influences the city had on them. The exhibition will include eight of the mural's preparatory drawings that haven't been publicly displayed for nearly 30 years, as well as Kahlo's Self-Portrait with Monkey (1945). Call 313-833-7900 or visit dia.org for details. - Jacob Sodeman

Diego Rivera, Detroit Industry (1932–1933), north wall detail.





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CHICAGO, IL

### The Spirit of Ireland

Beginning on St. Patrick's Day, the Art Institute of Chicago will be celebrating the Emerald Isle's rich artistic heritage in "Ireland: Crossroads of Art and Design, 1690–1840." The exhibition, which will run March 17–June 7, will showcase more than 300 decorative and fine-art objects dating back to the 17th century. Spread throughout 10 galleries, exhibit highlights will include paintings, sculptures, musical instruments, furniture and exquisitely crafted silver. For more information, call 312-443-3600 or visit artic.edu. —Hannah Tyne



### JACOB LAWRENCE ART ON TWO COASTS

Artist Jacob Lawrence, best known for his Modernist paintings of African-American life, will be the focus of two major exhibitions opening in April.

In "One-Way Ticket: Jacob Lawrence's Migration Series and Other Visions of the Great Movement North" (April 3–September 7), The Museum of Modern Art will combine Lawrence's Migration series (1940–1941) with works from contemporaries such as writer Langston Hughes, artist Romare Bearden and photographer Gordon Parks. The famed New York museum will also feature newly commissioned artwork, poetry and films inspired by the migration

of more than 6 million African-Americans from the South to the North between 1915 and the early 1970s. Call 212-708-9400 or visit moma.org.

With the opening of "Promised Land: Jacob Lawrence at the Cantor, A Gift from the Kayden Family" (April 1–August 3), the Cantor Arts Center at Stanford University will claim the largest museum collection of Lawrence's work on the West Coast. The exhibition's 56 items, most completed after the 1940s, trace the maturation of Lawrence's style. Call 650-723-4177 or visit museum.stanford. edu. —Leah LaCivita





Left: Jacob Lawrence, The Migration Series (1940–41), Panel 58, tempera on hardboard, will be shown in New York; Above: Jacob Lawrence, Builders No. 3 (1973), mixed media, will be at Stanford.

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65,000 former patients can't be wrong.

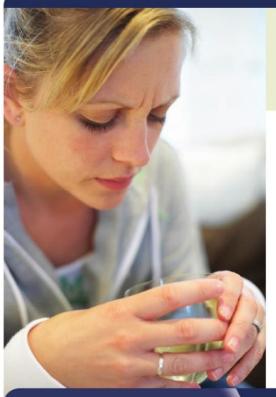
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\* Based on results of a verified, independent survey of former patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.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



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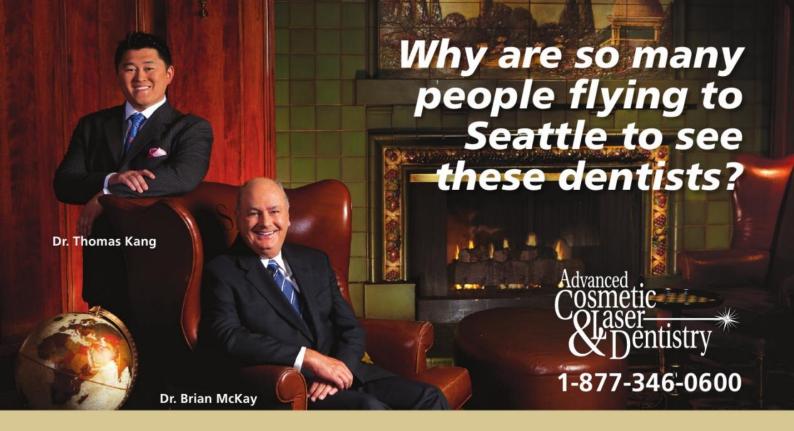
Research-validated counter-conditioning is the cornerstone of our medical model, because it reduces the physical cravings for substances through re-training the memory and associations with the sight, smell and taste of drugs or alcohol. This counter-conditioning is provided in tandem with minimal sedation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

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Chris K.

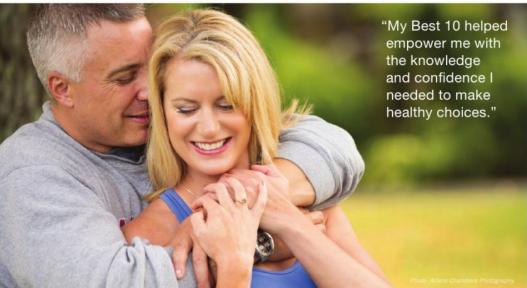








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could choose to be proactive in managing my wellness, and the My Best 10 program became an important ally in that choice.

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

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

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

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

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

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

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

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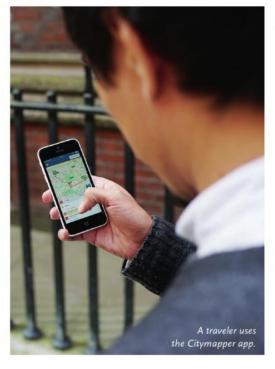
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### App, App and Away

Tech tools to help travelers enjoy vacations By Tanya Friedland

It's difficult to imagine a more appropriate use for mobile technologies than for traveling, when you are constantly seeking quick information on the go. And with apps that address nearly every travel situation—from finding where to eat or sleep to figuring out what to do—making the most of vacation time can be greatly enhanced. Whether a traveler is looking to go abroad or stay stateside, the following apps will be helpful from the planning stage through the plane trip home.



### TOP TRAVEL APPS

Some of the mostdownloaded travel apps on iTunes:

Foursquare foursquare.com

GasBuddy gasbuddy.com

#### **HISTORY Here**

history.com/interactives/ history-here

Kayak kayak.com/mobile

### PayByPhone Parking paybyphone.com/ mobile-apps

Skype WiFi wifi.skype.com

TripAdvisor tripadvisor.

Viator Tours & Activities m.viator.com/mobileapps

WhatsApp Messenger whatsapp.com



### APPS FOR ENHANCING YOUR GETAWAYS

#### ALASKA AIRLINES Android, iPhone, iPad; alaskaair.com

We have an app for that! Alaska Airlines makes managing flights easy with real-time updates on arrivals and departures. Users are able to book tickets, select seats and check in to receive mobile boarding passes.

BOOKING.COM Android, iPhone, iPad, Windows Phone; booking.com/apps More than 580,000 worldwide listings range from hostels to apartments to B&Bs to

luxury hotels. An easy search function allows users to search by city, landmark or hotel name, and then manage bookings. Booking.com released a new app in January, Booking Now, which allows users to find quality accommodations on short notice.

#### CITYMAPPER Android, iPhone, iPad; citymapper.com

With functions available for major cities in the U.S. and Europe, Citymapper provides real-time arrival and departure info for various forms of transportation, plus route-planning and other tools.

Q GOGOBOT
Android, iPhone, iPad;
gogobot.com/mobile
Gogobot allows travelers
to make and share plans
with friends, and to join
groups, called tribes.
The app generates
recommendations from
like-minded users about
where to stay and what
to see and do.

GOOGLE TRANSLATE
Android, iPhone, iPad;
translate.google.com
It may seem intuitive to
use Google Translate
while traveling, but the
app includes features
that many users forget,

including abilities to translate spoken phrases, handwriting, and pictures of words taken by a smartphone camera. Google Maps, meanwhile, contains maps and transit directions for more than 15,000 cities.

### **❸** KAMINO iPhone, iPad; gokamino.com

Explore cities on foot via walking tours created by other users—or create tours yourself. The app also has a trip-planning feature that allows users to save on local guide services, read posts by travel writers and book accommodations.

#### UTRIP Android, iPhone, iPad; utrip.com

Utrip allows users to build dream vacations by entering basic data about where they want to go, how much they want to spend and what their interests are.



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Aloha, LPGA

A storied tournament returns to its classic O'ahu course By Johanna Werther

On the west side of Oʻahu, a 40-minute drive from bustling Waikīkī Beach, sits one of the most pleasurable courses to play in Hawaiʻi: the Ko Olina Golf Club.

If the course sounds familiar, it might be because American Michelle Wie won the LPGA Lotte Championship there last April, rallying to win from four strokes behind at the start of the final round. The victory was particularly meaningful for Wie, and celebrated by locals, because Hawai'i is Wie's home state. In June 2014, Wie also won the LPGA Women's Open championship.

Ko Olina Golf Club is part of the primary resort area on O'ahu's west side, known as the Leeward Coast. The family-friendly Aulani, a Disney Resort & Spa, shares a sheltered lagoon with another resort that is currently undergoing renovations and is scheduled to reopen in 2016 as a Four Seasons property. And if you're not staying in the area, Ko Olina is a course that is worth the drive across the island, as many locals will tell you.

The course is charming and playable at a wide range of abilities. Stunning views of the Wai'anae Mountains frame picture-perfect fairways dotted with palm trees, fragrant plumeria trees and constructed waterfalls. The par-3 eighth is one of the club's signature holes, with a large water feature along the left. Another memorable hole is the par-4 18th, with its water features in play on both the tee shot and approach. This year's LPGA Lotte Championship will be held April 15–18.

For more information, visit koolinagolf.com and lottechampionship.com.

and raised on O'ahu, won the LPGA Lotte Championship at Ko Olina Golf Club in a stunning comeback in 2014.



- > FOUNDERS CUP, March 19-22; Phoenix, AZ
- KIA CLASSIC, March 26–29; Carlsbad, CA
- > ANA INSPIRATION, April 2-5; Rancho Mirage, CA
- SWINGING SKIRTS LPGA CLASSIC, April 23–26; San Francisco, CA

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### An Eye for Travel

Seattle's Art Wolfe celebrates 40-plus years of photography adventures By Ben Raker

When I sit down with photographer Art Wolfe at his gallery's office in Seattle's Pioneer Square, he is two days away from a trip to Antarctica. Some travelers would be frantically preparing so close to a trip such as this. But Wolfe appears at ease in his office, lounging comfortably at the other end of the leather couch where he gestures for me to sit.

Wolfe is no stranger to travel. He says he visits the southernmost continent twice a year on workshops and tours. He estimates that he has made nearly 20 trips to Antarctica in all. He also says he has visited almost every continent each year for the past 10 years.

The photographic fruits of Wolfe's travels were compiled recently in *Earth Is My Witness* (Earth Aware Editions, 2014), a lavish, large-format book that shows the geographical and topical range of Wolfe's lifework.

Perhaps best known for wildlife photos, Wolfe is also celebrated for images representing various cultures and landscapes. Though he trained first as a fine-arts painter, and then in education, he also realized an affinity for the lens long ago.

"Photography suited my temperament for creating fast, original compositions, as opposed to sitting down and conjuring up an original painting," Wolfe says. He feels fortunate that he started his career just as 35 mm cameras began allowing photographers to travel lighter and faster—and to range more widely.

"I came from a modest family," he says. "The

camera gave me the entree and ability to travel the world."

Although he started to build a name for himself as a photographer in the early 1980s, Wolfe says that it was on a 1984 expedition to Tibet that he fully committed to being a photographer—and to documenting cultures from around the world.

He recalls pure interactions with people who "looked at a camera like they didn't know what I was doing," says Wolfe. "I knew right then, that that was a lifestyle that I wanted."

For all his love of travel, Wolfe also loves his home region: "I've got cedar running through my blood," he says. At his house in West Seattle, he unwinds by spending time in a garden that he's built over decades.

Recently, Wolfe has done more studio work and returned to his fine-arts roots. His ongoing "Human Canvas" series features people he body-paints with textures and patterns inspired by foreign cultures. Among other current projects, Wolfe aims to fund and expand the 15-episode TV series *Art Wolfe's Travels to the Edge*, which first aired in 2007.

Yet Wolfe clearly lives to see the world and record its wonders. He says he gets antsy after just five days at home. "When I'm taking pictures, it's similar to plugging in electricity," he says. "I get energy from the work I do." For more about this work, visit artwolfe.com.





On April 15, Art Wolfe will hold a presentation about his newest book, Earth Is My Witness, at Benaroya Hall in Seattle.

Top: Wolfe photographed these African animals at a water hole in Etosha National Park in Namibia.

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NEW YORK: Roosevelt Field PHILADELPHIA: The Plaza at King of Prussia PLEASANTON: Stoneridge Mall
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January 31, 2015	1 Year	5 Year	10 Year
BVEFX Pecentile Ranking %	40th	27th	8th
Number of Funds in Peer Group	1,296	975	667

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

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975 Large Cap Value Funds, and  $\star\star\star\star\star$  for the 10-year period out of 667 Large Cap Value Funds. Morningstar Rankings represent a fund's total-return percentile rank relative to all funds that have the same Morningstar Category. The highest percentile rank is 1 and the lowest is 100. It is based on Morningstar total return, which includes both income and capital gains or losses and is not adjusted for sales charges or redemption fees.

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

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

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

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

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

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



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SEATTLE, WA

#### Tasteful Sips and Bites

Experienced sommeliers and budding wine aficionados alike can enjoy specialties from more than 65 Washington restaurants and 225 wineries at the **Taste Washington** wine-andfood event, March 26–29, at CenturyLink Field Event Center.



Some of this year's highlights include the New Vintage event, the formal Red & White Party, and live cooking at the welcoming sponsor's Alaska Airlines Chef's Stage. Saturday and Sunday Grand Tastings will feature a special selection of sips and bites from Pacific Northwest restaurants and wineries. In addition to the airline's sponsorship, the Alaska Airlines Visa Signature Card is a premier sponsor. For details, visit tastewashington. org or call Visit Seattle at 866-732-2695.

-Jacob Sodeman



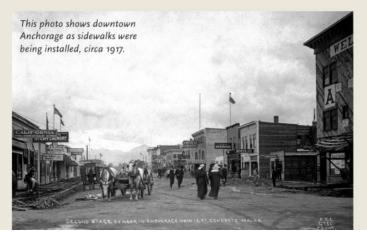
GO AHEAD: TRY THAT SKILL SHOT! Featuring hundreds of pinball machines and other arcade games, the Texas Pinball Festival (March 27–29, at the Embassy Suites/Frisco Convention Center) is one of the largest and most popular pinball events in the United States. The family-friendly festival has tournaments for various ages and levels. Pinball collectors also have opportunities to win prizes. Call 214-471-5777 or visit texaspinball.com/tpf. —Tanya Friedland

ANCHORAGE, AK

#### 100 Years of Anchorage

This year, as Anchorage celebrates its 100th birthday, the Anchorage Museum is opening its "City Limits" exhibition (March 6—October 11) to explore the city's history. A hundred years ago, Anchorage was a small tent city along Ship Creek. Today it's a state center with more than 300,000 residents. Occupying four galleries, the exhibition

focuses on demographics, recreation, people and maps. Visitors can connect to the city's roots with language-listening stations and films in a small theater built as a tent similar to those used by workers on Alaska's early railroads. "City Limits" is part of the Anchorage Centennial celebration, which runs through December 2015. For details, call 907-929-9200 or visit anchoragemuseum.org. —Jacob Sodeman



#### CALENDAR

Through May 18
"Cézanne and the
Modern: Masterpieces of
European Art from the
Pearlman Collection,"
famous Impressionist and
Post-Impressionist art;
Vancouver Art Gallery,
Vancouver, BC; 604-6624719; vanartgallery.bc.ca

March 21–22 Jazz in the Gardens, celebrated performers in multiple genres; Sun Life Stadium, Miami Gardens, FL; jazzinthegardens.com/2015

March 20—April 12 2015 National Cherry Blossom Festival, exhibits, concerts, parade; multiple locations, Washington, DC; 877-442-5666; nationalcherryblossomfestival.org

March 25–29 Treefort Music Fest, indie music and more; multiple venues, Boise, ID; treefortmusicfest.com

April 4-January 3, 2016
"Life at the Limits: Stories
of Amazing Species,"
adaptations to extreme
environments; American
Museum of Natural
History, New York, NY;
212-769-5100; amnh.org

April 16-19 Santa Barbara Food & Wine Weekend, classes, panels, tastings; Bacara Resort & Spa, Santa Barbara, CA; 844-209-8083; bacararesort.com

April 16–26 Fiesta San Antonio, arts, heritage, culture; multiple locations, San Antonio, TX; 877-723-4378; fiesta-sa.org

April 30-May 10 The Phantom of the Opera, a new production of the classic; part of the series Broadway at The Paramount, sponsored by Alaska Airlines; The Paramount Theatre, Seattle, WA; 877-784-4849; seattle.broadway.com



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### EL GAUCHO SUPPLIER SPOTLIGHT: TAYLOR SHELLFISH FARMS

Chad Mackay, El Gaucho Hospitality President, is committed to sourcing the best products in the world for guests to enjoy. When it comes to seafood, he turns to locally owned Taylor Shellfish Farms.

"Taylor Shellfish produces some of the best oysters and clams in the world, and they just happen to be in the Pacific Northwest," says Mackay. "Just as location, or terroir, is important to making great wine, so too is location critical to growing great shellfish. And Taylor is in the right place."



Stop by our booth at Taste WA at CenturyLink Field Event Center March 28-29- our team shucks and serves 10,000 oysters over the two-day event!

We're talking about some pretty incredible geography Western Washington and British Columbia: South Puget Sound, Hood Canal, Samish Bay, Port Angeles, Vancouver Island and Desolation Sound. Thanks to clean water and nutrient-rich bays, the Northwest has the best shellfish beds around. Taylor Shellfish Farms is dedicated to healthy watersheds and estuaries, and they were one of the first shellfish companies to have their farms certified as sustainable.

You might say that salt water is in the Taylor family's blood. Bill and Paul Taylor began farming oysters as kids on Totten Inlet, where their great-grandfather, J. Y. Waldrip, had started the oyster business

in 1889. Today, the brothers run the company with their brother-in-law Jeff Pearson, farming some of the same special tidelands from over a century ago. Many of their children have recently joined the family business, making it five generations strong.

With 10,000 acres now under ownership or lease, Taylor Shellfish Farms relies on micro-locations for a consistent supply to customers. "Every day is different based on the weather," says Bill Taylor, president of Taylor Shellfish Farms and a fourth-generation farmer. "We monitor conditions carefully and shift production and harvesting as needed. Shellfish should come out of the water one day and be on the plate the next."

Even though oysters can make it to your plate in a day, growing them takes a lot of time and attention. Starting out as seeds in hatcheries, oysters may move locations several times. The growing process takes about 18 months for Pacific oysters and up to four years for Kumamotos and Olympias. For Shigokus, Taylor floats the oysters in bags and allows the movement of the tide to create the deep shell cups and briny ocean flavor.

All of that careful. hands-on cultivation-coupled with great tidelands-results in the fattest, juiciest bivalves around.



Jeff Pearson, Paul Taylor, Bill Taylor

For Mackay, who opened AQUA by El Gaucho at Pier 70 in 2000, sourcing the best oysters, clams and mussels is paramount. "We've trusted Taylor Shellfish as our supplier since we opened. The Taylors are an exceptional family and exceptional farmers," he says.

That partnership leads to exceptional food. AQUA's executive chef Wesley Hood creates menus featuring Taylor Shellfish Farms seafood, such as steamed manila clams with fennel and mussels in coconut milk and red curry. And there's nothing quite like raw oysters on the half shell to deliver a sweet, briny taste as fresh as the smell of the sea.

Sourcing the very best products ensures unsurpassed flavor, the signature of El Gaucho restaurants.

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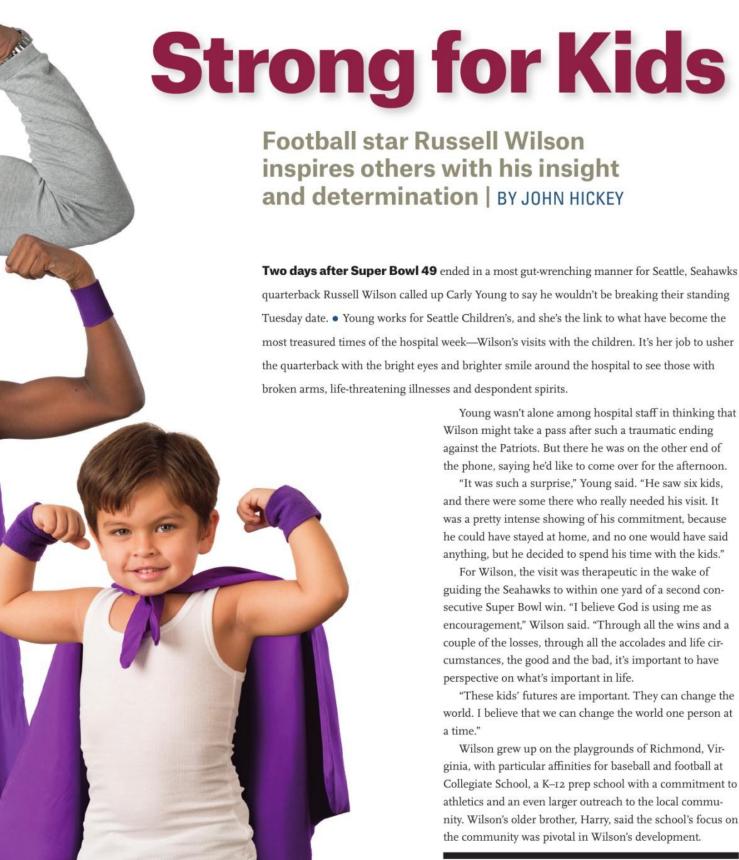
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Young wasn't alone among hospital staff in thinking that Wilson might take a pass after such a traumatic ending against the Patriots. But there he was on the other end of the phone, saying he'd like to come over for the afternoon.

"It was such a surprise," Young said. "He saw six kids, and there were some there who really needed his visit. It was a pretty intense showing of his commitment, because he could have stayed at home, and no one would have said anything, but he decided to spend his time with the kids."

For Wilson, the visit was therapeutic in the wake of guiding the Seahawks to within one yard of a second consecutive Super Bowl win. "I believe God is using me as encouragement," Wilson said. "Through all the wins and a couple of the losses, through all the accolades and life circumstances, the good and the bad, it's important to have perspective on what's important in life.

"These kids' futures are important. They can change the world. I believe that we can change the world one person at

Wilson grew up on the playgrounds of Richmond, Virginia, with particular affinities for baseball and football at Collegiate School, a K-12 prep school with a commitment to athletics and an even larger outreach to the local community. Wilson's older brother, Harry, said the school's focus on the community was pivotal in Wilson's development.



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"It's part of his anatomy,"
Harry Wilson said. "When we
grew up, there was a big stress
on community service. We'd do
projects revolving around it all
the time. And our parents
raised us right, too. You can't
forget that."

His mother, Tammy, has said she remembers feeling Russell was going to grow up to be someone remarkable. "I always knew he was going to do something great, something special, because he's a special kid," she told mynorthwest.com. "They'd have a game or something ... and Russell would ... kind of run the game. His teacher said he was a little aggressive or assertive. I think he was a leader [even] then."

Russell was just 4 when he began playing football with the 9-year-old Harry and their father, lawyer Harrison Wilson III,



who'd played both football and baseball at Dartmouth. Harrison Wilson had completed law school in 1980 to fulfill a promise to his father, but such was his passion for football that he tried out with San Diego later that same year and was one of the final Chargers' cuts that season before turning his professional attention to the law.

Russell Wilson brings a smile to Seattle Children's patient Aylinn, who is wearing a Seahawks shirt in honor of his visit.



While best known for his prominence on the gridiron, Russell Wilson is also Alaska Airlines' Chief Football Officer. In a series of humorous commercials, Wilson shows his comic timing as he runs the flight attendants through a series of obstacle-course drills. He is seen here in an ice bath, playfully bantering with Alaska Airlines Captain Mike Swanigan. It is clear that Wilson enjoys his work with the flight crews.

His other focus was his family. Harry was developing into a wide receiver who would go on to play at the University of Richmond, so over time it was no surprise that Russell became the family's quarterback in the backyard games. Harry's and Russell's family games lasted as long as their father's health held out, but Harrison Wilson was not destined to live a long life. He died at 55 in 2010 from complications of diabetes.

Russell Wilson visited his father in the hospital constantly, praying with him, talking with him and seeing the power of a visit. "That's what pushed me through the hospital door the first time," Wilson said. "My dad was extremely sick, and I found that was a way I could help people. I wasn't afraid of being in the hospital, and I felt the need to step out and do something that would help other people.

"I was almost, no pun intended, immune to the situation. I just believe in miracles. I believe in miracles happening. It happened with my dad [to survive as long as he did]. He did pass away eventually, but, still, this memory [of visiting him] is precious to me. It was incredibly hard to watch what he went through. It's never easy seeing somebody you love go. That's what it's about, to encourage and to love. Sometimes we miss out on that; we ignore that, but that's what's really important."

During the three years Russell spent at North Carolina State, he played both football and baseball, developing his leadership skills as the quarterback and developing into enough of a baseball prospect as an infielder with a







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Q&A

Russell Wilson answers questions from Alaska Airlines employees.

Caleb Jones (Station
Operations, Seattle): How do
you keep up your drive and
determination and continue to
focus on winning after such a
difficult finish to an otherwise
remarkable season?

Russell Wilson: I am only 26 years old. I have so much of my career ahead of me. I am excited for the challenge of growing as a player and person, and just getting better every day. I don't look backward, only forward. Every year is a new opportunity to do great things.

Cindy Skrinski (Cargo, Seattle): As a rookie quarterback, what one thing did you do to gain the respect of veterans in the huddle?

RW: There wasn't just one thing. Respect is something gained over time. For me, it was a collection of moments and events that let the veterans know that I respected them and the game. It was about preparation and execution and consistency. Veteran players have earned the right to demand those things from a young player. To this day, I still feel that way. I never take anything for granted. Preparation, execution and consistency are the goals every day.

Allyson Logan (Airport Services, Seattle): What is your favorite place to vacation: the beach, the mountains or somewhere in between? Also, tell K.J. Wright hey from one Seattle transplant from Mississippi to another! Love you all. Go, Hawks.

RW: My favorite places to vacation are places I have never been. I love to explore and learn new things. There is so much out there I still want to see. Jennifer Wade (Airport Services, Seattle): If you were to host a dinner party inviting four people who have had a huge impact on your life, who would they be, why, and where would the event take place?

RW: This one is impossible to answer. I could never choose just four. I would love to sit down with Jesus and just talk about His plan, I would want my father there, too, I miss him every day. There are so many times I just want to look up and see him standing on the sidelines. I just want to know what he is thinking. I would want my family there-my mother, brother and sister. From there. I would include the hundreds of coaches, teachers, mentors, advisors, pastors, relatives and friends who have shaped me into who I am. I am who I am because of them, each and

Joseph Moore (Station Operations, Seattle): You're always listening to music and have your headphones on. What's your favorite song/band?
RW: I mostly listen to R&B and gospel. I really like Anthony Hamilton. The music just calms me and allows me to focus.

Trevor Peterson (Station Operations, Missoula): If you could give a young child advice on how to pursue their dreams of professional sports, what would that advice be? From my 6-year-old son, Maddox Peterson, who says, "GO, HAWKS!"

RW: Dream big, work hard, and eliminate negative influences.

potent bat that the Colorado Rockies made him their fourthround pick on June 8, 2010.

On June 9, Russell visited his father, by this time unresponsive and unable to speak, to tell him about draft day. It proved to be the last thing he was able to tell his father. Later that day, with Russell at his side, Harrison Wilson passed away.

Russell had made time for hospital visits while at North Carolina State, and he made time for visits while at the University of Wisconsin, the school to which he transferred in 2011 after Wolfpack football coach Tom O'Brien had some concerns about Wilson's desire to go to spring training with the Rockies rather than playing spring football. Wilson had completed his undergraduate work in just three years, so he was able to transfer to Wisconsin, where he led the Badgers to the Rose Bowl in his only year.

Wilson continued to make time for hospital visits in Seattle after the Seahawks made him their third-round pick in the 2012 draft. A need to visit is hardwired in him, as Seattle Children's was to discover.

"He came unsolicited, knocking on our door," said Doug
Picha, president of the foundation
that supports Seattle Children's
Hospital and Seattle Children's
Research Institute. "I remember
when he started to appear, it was
before any of his success.

"When his stock was rising, everybody at the hospital started to know who he was. I said to myself, 'Let's see how this goes; let's see how strong the commitment is.' His commitment is amazing. And it is so meaningful to these kids. Every Tues-

day is Blue Tuesday—they all wear their Seahawks garb."

One of the patients wearing Seahawks colors each Tuesday is Kennedy O'Day. The 8-yearold was diagnosed with leukemia in September, and just before Christmas she got the chance to meet Wilson.

After introductions, the two sat and talked like old buddies.

"It was a great experience," Kennedy said. "It helped take the weight of hearing about my diagnosis away. I was super excited, wearing my Seahawks jersey. It was a big moment for me."

Kennedy's father, Jim, said the meeting was a blessing. "After the diagnosis, we were dealing with some heartbreaking issues.



Quarterback Russell Wilson is shown in action against the Green Bay Packers during the 2015 NFC championship game, which the Seahawks came from behind to win.

Just before Christmas, Russell came by. It's kind of hard to put into words how much it helped. For our family, to take some of the focus off her cancer, even for a little bit of time, it makes a huge difference for us."

Kennedy is doing well these days, as is Greta, a 2-year-old who is part of Seattle Children's Strong Against Cancer campaign (strongagainstcancer.org). Greta was one of the first to participate in Strong Against Cancer's prom-



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ising cancer immunotherapy clinical trials. In a nutshell, doctors extract blood from a cancer patient with relapsed leukemia or neuroblastoma, reprogram the blood's T cells to get them to recognize cancer cells, then reintroduce the blood back into the patient, where the reprogrammed T cells multiply quickly as they seek, attack and destroy cancer cells without harming normal, healthy cells.

The Strong Against Cancer campaign seeks to raise funds for this important effort. It has received excellent support since its televised debut at the halftime of the Seahawks–49ers game on Thanksgiving Day.

Greta was just I year old when the standard treatments—chemotherapy and a bone marrow transplant—ran their course without alleviating her leukemia, said her parents, Maggie and Andy Oberhofer. She got a second chance when the family learned that the trials at Seattle Children's were starting. They packed up their house in Portland and moved north.

"When she relapsed after three or four months," Andy Oberhofer said, "there wasn't much we could do until this trial came along." They are back in Portland now, with Greta doing much better.

It so happens that Andy went to North Carolina State, and Maggie went to Wisconsin. "We spent the first year arguing who Russell belongs to ever since he came into our lives," Maggie said.

"He's such a good guy with those kids," Andy Oberhofer said. "When he picked Greta up the first time, he was ear-to-ear smiles. He loves kids, and anybody who sees



"When we surround those who are a little bit down or whatever with encouraging people, good things happen."

him with kids knows that none of this is faked. What he's done has meant a lot to us as parents at a time that was just excruciating."

Strong Against Cancer means everything to the Oberhofer clan, or as Maggie Oberhofer said, "Our daughter would not be here without this trial."

In December, the trial's principal investigator reported that II of the first I3 patients in phase I of the clinical trial have achieved complete remission.

"We're not saying this is a lasting cure," Picha said. "What we're talking about is that the promise of cure is out there. When we were putting the Strong Against Cancer initiative together, we asked Russell, who was already seeing some of these kids, if he would partner with us, and he said he absolutely would. He's our team captain. We announced the \$100 million goal at halftime of the 49ers—

Seattle Children's patient Kennedy O'Day poses in Seahawks colors with Lisa Brandenburg, president of Seattle Children's Hospital.

Seahawks game, and we've raised over \$11.3 million to date."

Strong Against Cancer is being publicized on billboards and in other media around the Northwest. There is Russell Wilson, team captain, with his special kids, everybody's arms reaching to the sky.

Even after a Super Bowl loss.

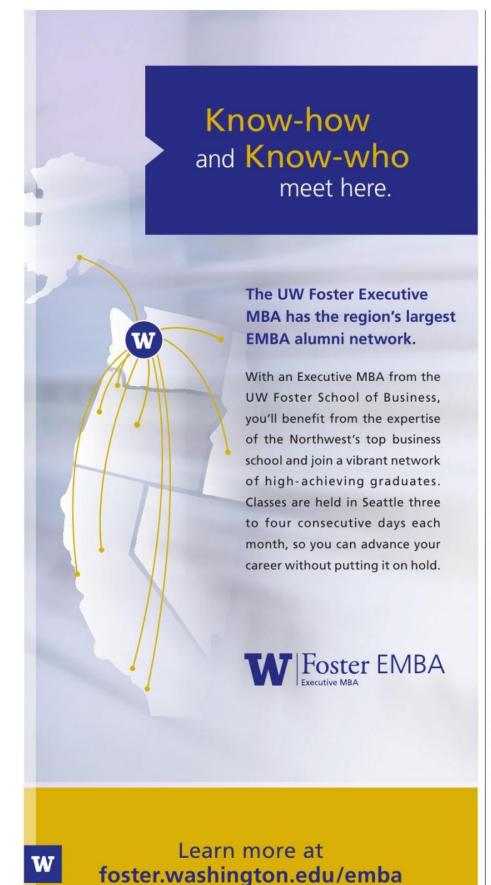
"A loss like that gives you good perspective," Wilson said. "It's the fight, the continuous belief that you are going to get better. I believe the Seahawks will get better. I think that when we surround those who are a little bit down or whatever with encouraging people—nurses, doctors and the others around here—good things happen. That's what I was trying to do after the Super Bowl, to be supportive."



Greta Oberhofer, one of the first patients in the Strong Against Cancer immunotherapy trials, is doing well.

In the Seahawks' huddle, there is no question that Wilson is the leader. When he visits Seattle Children's he gets the same kind of defer-

ence. But it's best to remember that Wilson's pro football career was not a given, nor was his level of success. Tom O'Brien, the North Carolina State football coach, tried to drum up support for Wilson's entering the NFL draft after Wilson's junior year, but no team was much interested. Given Wilson's relatively high status in the MLB draft, there was a chance Major League



Baseball would be the path he'd walk down. Except for one thing. Harrison Wilson had wanted to be an NFL player and, despite rave reviews as a receiver, never realized that dream. His son, perhaps fueled by his father's early death, wanted the NFL, too.

"Picking football over baseball was a tough decision for me," Wilson said. "It was a major risk in my life. I was projected as a Major League second baseman because of my size [5-II] and my ability. So that was one thing.

#### "I had this fire, this passion, to play this game of football."

"Then on the other side I had this fire, this passion, to play this game of football. I identified my skill set, and I knew I could make all the throws and lead the team and win Super Bowls. So I took the risk. I'm glad the Seahawks took the risk, too."

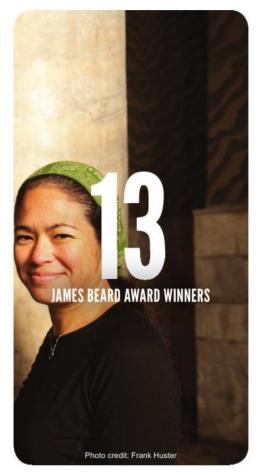
Harry Wilson said his brother's decision early on to graduate from N.C. State in three years instead of four "was the smartest thing he did."

"The plan was for him to graduate in three years, and then if he got drafted by an MLB team, he could leave if he wanted to and still have his degree," Harry Wilson said. "What he didn't know is that he would wind up transferring like he did. He's good at leaving every option open as long as possible, and he's smart enough to say it was a no-lose situation for him to take those extra credits every semester if he could handle the workload. He could."

The Rockies took him, but after Wilson had played his one year at Wisconsin, he was football-bound. Eventually, the Texas Rangers would acquire Wilson's rights in the Rule 5 draft, gambling















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on the chance that he might be a twosport star someday.

So no one should be surprised during spring training this month if Wilson appears in a dugout or two with the Rangers. He's no Bo Jackson, not yet, "but I always say, 'Never say never,'" Wilson noted.

He loves Seattle—he lives in the area year-round—and he wants nothing more than to add another Super Bowl ring or three to his collection.

He also wants to keep reaching out to kids with health challenges. "What I hope for when I walk into the room is to put a smile on their face," he said. "When I walk into the room, I'm praying for a miracle. I'm hoping that God is coming to touch these kids and somehow find a way. That's what I'm praying for, and that's what I'm looking for. I care about these kids and their moms and dads. And the reason why is on behalf of my own dad."

Brother Harry understands that philosophy more than most. "Our dad was a big part of our lives, and with his death, Russell said, 'I'm going to dedicate this [my career and volunteer work] to my dad; I'm not leaving anything on the table."

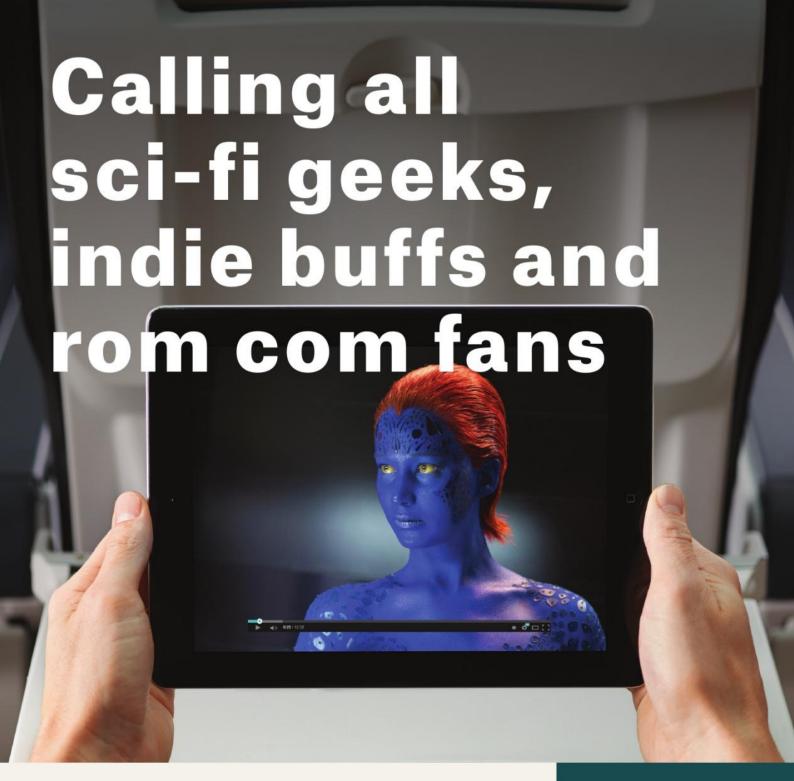
Russell internalizes life lessons and knows what's really important, while also being able to focus on the present, his brother said. "For some people who are really good at what they do, it turns out that what they are really great at is compartmentalizing. Russell is really, really good at that. I'm really close to him, and I'll find out a year later that he was injured in a game, something like that.

"It's crazy. I don't know how he does it, but it's a special skill he's developed. That, for him, is what allows him to be successful."

Russell Wilson is successful in touching the world, transforming it one bit at a time

Harrison Wilson would like that.

John Hickey writes about Seattle-area sports.



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# TAKE OFF WHAT DIETING WON'T

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

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

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

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

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

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

"I can't quite believe how my whole life feels easier. My husband is also thrilled. He says he needs to write a thank-you note to my trainer and Dr. Levy. The results have been amazing!" So Long Saddlebags. Farewell Flabby Arms. Bye, Bye Baby Belly. Hello, Dr. Levy.

#### **SmartSculpt**

effectively tightens and tones problem areas leaving them smoother and more youthful looking.



MEDICAL SPA

Schedule a complimentary consultation at 425.861.6281

Dr. Daniel Levy has 10 years of experience providing cosmetic and aesthetic medical services. With experience at the country's top-tier institutions, Dr. Levy brings with him a cuttingedge approach to cosmetic dermatology, as well as an enthusiasm for wellness.



425





of Point of the Arches had to be out there somewhere. Still, in the thick fog it was a fact we had to take on faith.

We pitched camp when we ran out of beach. And then the mist thinned—and blew away. Suddenly, before us, the sea stacks and pounding surf turned pink and then orange in outrageous sunset light.

It's sights such as these that make the journey worthwhile, and keep me coming back for more.

After an adult lifetime spent loving wilderness travel and engaging in outdoor adventures, I'm getting pretty good at these expeditions. And I've learned that the critical skill is figuring out where to go. The fact is, there are more great hiking and backpacking destinations than one can see in a lifetime—hence the need to prioritize. I look for places and routes that bring the greatest return on time and effort and expense.

After years of searching, here are a few of my favorites. These represent a small sampling of what's out there in the American West: day hikes on level ground, easy jaunts along canyons, weeklong backpacking expeditions and unique wilderness excursions that show off some crown jewels of this spectacular part of the world.

#### » SHI SHI BEACH

#### Olympic National Park, Washington

OFTEN OVERLOOKED by hikers focused on the peaks of the Cascades is the rugged beauty of the Olympic Peninsula's wilderness coast. Windswept beaches abound on the roughly 60-mile stretch of Pacific coastline between Cape Flattery to the north and Ruby Beach to the south. Point of the Arches—with its eroding sea stacks near the south end of Shi Shi Beach—is likely the most remarkable destination. The route there is short enough for a day hike from Neah Bay, but a night or two camped out on this rough-hewn coast, with the surf crashing among the sea stacks, is an experience

backcountry lovers will cherish forever.

The approach to Shi Shi Beach requires a five-hour drive from Seattle to Neah Bay, a town within the Makah Reservation on the Olympic Peninsula. The entry point is on Makah land, so in addition to the National Parks permit you'll need soon after starting your hike, you also will need to obtain a Makah Recreational Pass at the village store.

From the trailhead south of Neah Bay, hike for 2 miles through the forest until the trail

descends steeply down to the shore. This is Shi Shi Beach, and here you enter Olympic National Park. Continue hiking south along the sandy beach until the spires of Point of the Arches appear. This marks the turnaround point for day hikers, but backpack-

#### Shi Shi Beach / Point of the Arches

Distance: 12 to 15 miles roundtrip

Elevation gain: 200 feet

**Details:** Overnight or day hike; easy; hikable year-round (weather permitting);

permit required

Gateway: Seattle, WA

Above: The day hike up Mount Scott in Oregon yields expansive views of Crater Lake. Right: Jacob Hamblin Arch is one of the stunning features of the Coyote Gulch hike in Utah.





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Views of subalpine lakes and southern Sierra peaks are plentiful on the Rae Lakes Loop, in Kings Canyon National Park, in California.

ers continue on. Camp among the huge driftwood logs along the beach; explore tidal pools full of sea stars; and hope for a sensational sunset.

Information: Port Angeles Ranger Station: 360-565-3100; nps.gov/olym Insider tip: Backpackers can pay for overnight parking at one of the designated Makah residences adjacent to the trailhead.

#### » COYOTE GULCH

Grand Staircase–Escalante National Monument/Glen Canyon National Recreation Area, Utah

EVEN OLD DESERT HANDS, already enchanted by Southwest landscapes, are blown away by the pretty little canyon sculpted from the desert as the water flowing through Coyote Gulch drains toward the Escalante River. As if it weren't enough that this area has the ineffably beautiful Coyote Natural Bridgethe only natural arch I've seen that still has a waterway running under it—there's also massive Jacob Hamblin Arch, fascinating archaeological remains and other stunning natural features. Many minor canyons are pretty or have natural arches and bridges, but few have Coyote Gulch's combination of reliable water, sculpted features and Ancestral Puebloan ruins. Also, few canyons are so picturesque and have such good camping and accessibility.

To reach Coyote Gulch, drive about five

#### Coyote Gulch

**Distance:** 26 miles roundtrip **Elevation gain:** minimal

**Details:** 3 days; moderate difficulty; hikable spring–fall (discouraged in

winter); permit required

Gateways: Salt Lake City, UT, and

Las Vegas, NV



hours from Salt Lake City or Las Vegas to Escalante, Utah, a small town named after a Franciscan missionary who traveled through the area in 1776. Escalante is now a friendly tourist town with a laid-back cluster of cafes, stores and motels that make it a comfortable base.

After obtaining a permit at the visitor center in town, drive the famous Hole-inthe-Rock Road (unpaved) 33 miles to the Hurricane Wash Trailhead. Hike northeast in the sandy wash for 5 easy miles until it enters the cool confines of Coyote Gulch, with its perennial stream. Camp here, near the junction of Hurricane Wash and Coyote Gulch, high up to minimize flash flood danger. In the morning, explore the gulch by day-hiking downstream beneath Jacob Hamblin Arch and Coyote Natural Bridge, toward the confluence with the Escalante River. The Escalante is 14 miles roundtrip from camp, and you don't have to go all the way. Turn back after lunch and enjoy the

distinctive features of Coyote Gulch from a fresh angle. Camp again, and then on the third day, retrace your steps to the car via Hurricane Wash.

Information: Escalante Interagency Visitor
Center: 435-826-5499; ut.blm.gov/monument
Insider tips: The route down Coyote Gulch
crosses the creek multiple times. You won't
keep your boots dry for long, so bring water
shoes or sneakers to hike in the stream. Also,
check the weather in advance of your hike to
reduce the chance of facing flood conditions.

#### » MOUNT SCOTT

#### Crater Lake National Park, Oregon

A SPECTACULAR HALF-DAY route with sweeping views, Mount Scott is perhaps the best hike in a park better known for its scenic around-the-lake drive than for great backcountry. This is the route to take when you want to see Crater Lake in one grand vista. As Oregon's only national park, and one of the oldest in the park system, Crater Lake illus-

trates the volcanic volatility of the Cascade Range. At almost 2,000 feet deep, the lake is the deepest in the United States, filling the near-symmetrical caldera formed almost 8,000 years ago by the eruption and eventual collapse of ancient Mount Mazama.

From Medford, take the roughly twohour drive to the park's west entrance, or from the Bend area, drive into the park from the north. Everybody who comes to the national park will want to drive the loop around the lake, and you can make the Mount Scott hike part of your plan. The

**Mount Scott** 

Distance: 5 miles roundtrip Elevation gain: 1,100 feet

**Details:** Day hike, 3 to 5 hours; moderate difficulty; best June–October (limited

winter access)

Gateways: Redmond/Bend, Medford, OR



trailhead is found on East Rim Drive, 15 miles east of the park headquarters.

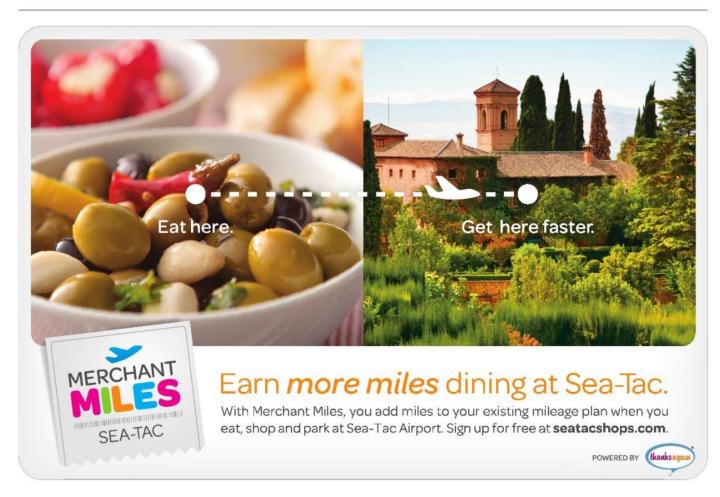
The top of Mount Scott is the highest point in Crater Lake National Park, and you'll gain more than 1,000 feet on your way to the 8,929-foot summit. The trail route winds through a subalpine forest of hemlock and fir, and the first grand views of the Eastern Cascades open up as you emerge from the trees. Switchbacks eventually take you up the south flank to the

summit ridge, where a fire lookout tower perches at the northern end. The view from the mountaintop takes in the lake, the west-end cinder cone of Wizard Island and lands as far as Mount Shasta to the south. Information: Crater Lake National Park:

Information: Crater Lake National Pari

541-594-3000; nps.gov/crla

Insider tip: The national park has excellent wildflower-viewing, particularly near park headquarters. Check with rangers to schedule your visit during peak blooms (usually in July).





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#### **D** EXTRAORDINARY HIKES

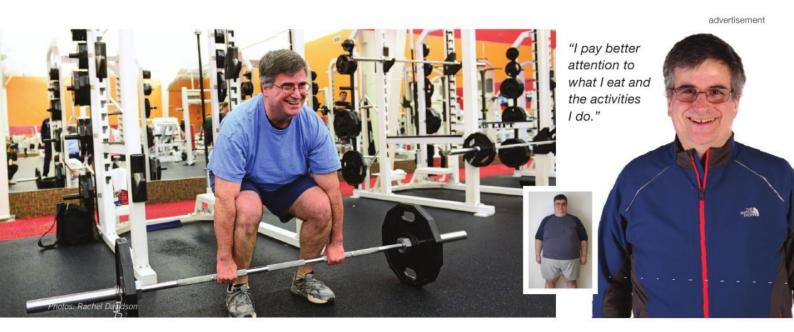
#### » RAE LAKES LOOP

Kings Canyon National Park, California
THE RAE LAKES LOOP shows you the wild side of the southern Sierra Nevada. Glacially sculpted granite walls and impressively deep canyons—deeper in sections than even the Grand Canyon—contrast with lovely subalpine meadows and a stunningly diverse conifer forest. But what would you expect from an area that harbors giant sequoias—the largest trees by volume on earth? The loop is a jaunt through the scenic heart of the Sierra that takes in roaring waterfalls, 12,000-foot passes and perhaps the most sublime lakes in the range.

Rae Lakes Loop
Distance: 41.4 miles
Elevation gain: 6,000+ feet
Details: 5-6 days; strenuous; best
mid-July through September; permit
required, reservations recommended
Gateway: Fresno, CA

From Fresno, make the roughly twoand-a-half-hour drive to Kings Canyon
National Park and down the dramatic
switchbacks to Roads End. The ranger
station here is both the beginning and
the end to this storied backcountry
route—and the loop eliminates the need
for the daylong car shuttles that are
characteristic of other Sierra hikes.

Set out on the trail along the South Fork of the Kings River. Hike steeply upward into Upper Paradise Valley to reach the first night's camp, then cross the dramatic suspension bridge over Woods Creek to the intersection with the famous John Muir Trail. Follow the JMT for approximately 10 miles to camp in Rae Lakes Basin, a cluster of alpine lakes surrounded by towering peaks such as Painted Lady. From camp, grind your way up and over 11,978-foot Glen Pass, and then steeply down to your next camp in Vidette Meadow or, a few miles farther, to Junction Meadow beside pretty Bubbs Creek. From Continued on page 172



## PAUL LOST 175 LBS

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

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

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

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

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

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

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

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

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Dr. Mark Dedomenico created 20/20

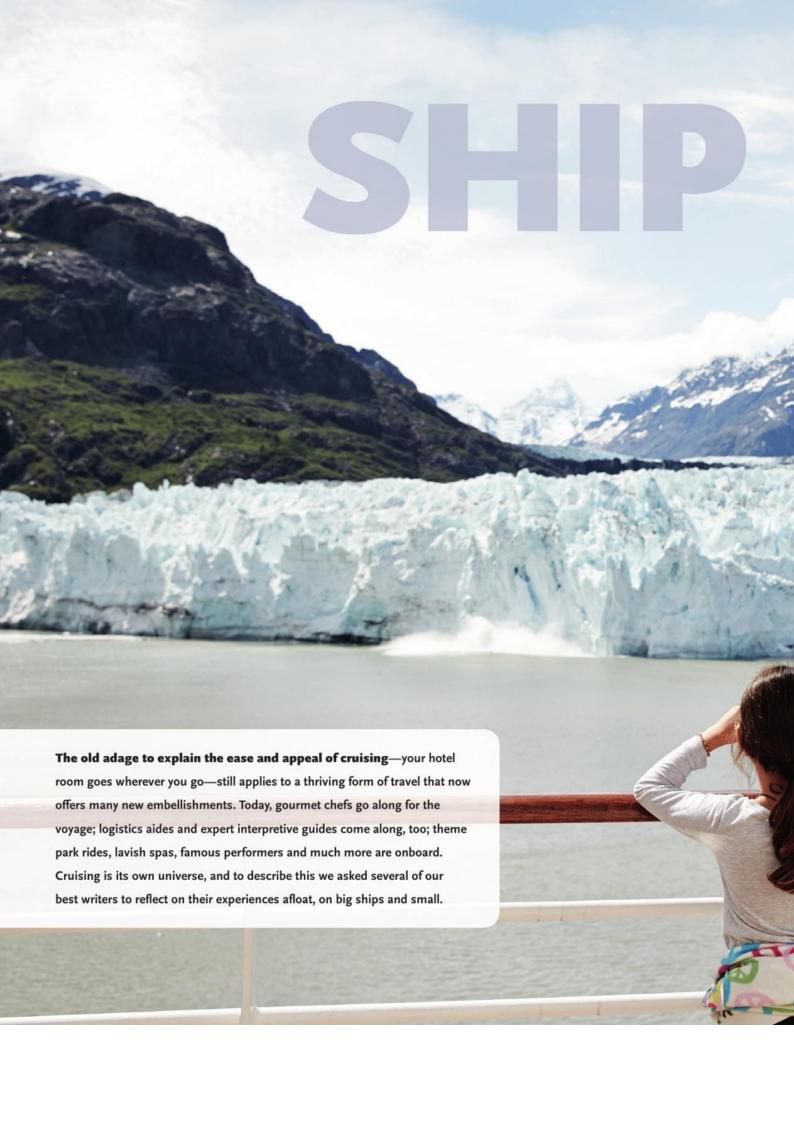
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Careening together in a dogsled across an Alaska glacier, it occurred to me in a flash: I didn't really know my mother at all.

How else to explain the woman sitting in front of me on a rickety dogsled, shrieking with glee? And the giddy gal who sat next to me on the helicopter ride up, exclaiming "I love helicopters!"?

She looked just like Mom. She sounded like Mom. But this thrill-seeker didn't act like Mom.

A cruise brought out this side of her-a

Princess Line cruise in Southeast Alaska. Our visit to Skagway's Denver Glacier was one of many fascinating shore excursions during our 7-day voyage. When we weren't gallivanting about onshore, we were luxuriating onboard—in the spa, at fine restaurants, on the balcony of our stateroom.

Onboard or off, we saw feeding whales. We saw calving glaciers. We watched Alaska Natives carve totem poles. And we ate savory quantities of fresh wild salmon.

Mom and I aren't the only ones to have

epic adventures on a cruise; from Alaska to Hawai'i, Mexico, the Caribbean and around the world, cruising is more popular, more diverse and more intriguing than ever. Our trip represents a fast-growing type of cruise, a multigeneration family vacation. Also burgeoning are theme cruises—dancing, learning, cooking; adventure cruising aboard small ships; and river cruising, from the Columbia to Europe's Danube.

Data gathered by the Cruise Lines International Association indicate that, over the

Above: Kayaking the sheltered waters near Lahaina, on Maui, is a popular excursion for passengers on Un-Cruise journeys.

#### What You'll See

Whales: Summer cruises in Alaska, and winter voyages in Hawai'i (right) and Baja, include feeding and calving grounds for humpbacks and grays.

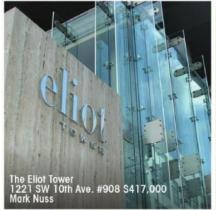
Bears: Shore excursions from Ketchikan, Wrangell and Juneau reach prime bear-watching locales.

**Glaciers:** Glacier Bay, Yakutat Bay, Seward, Prince William Sound and Tracy Arm offer glacier viewing.





#### WHERE EXPERIENCE MATTERS



























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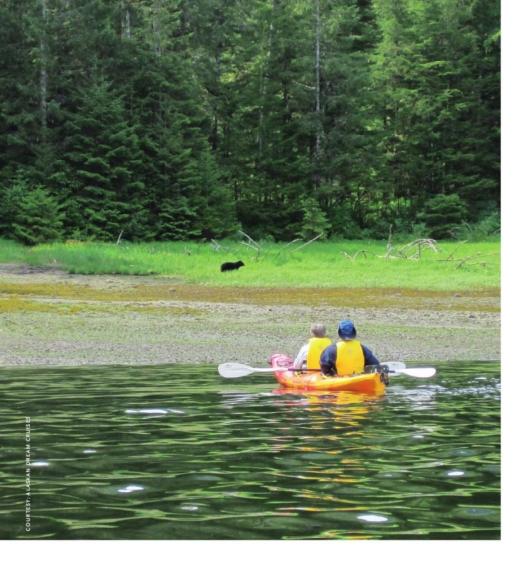


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These Alaskan Dream passengers, kayaking in quiet waters in Alaska, are enjoying one of the best ways to view the Great Land's wildlife.

The dogsledding was educational, too. We learned about pack animals. We learned how to command the pups to turn left (Haw!) and right (Gee!). We took turns "driving." We even got to pet the dogs.

On the helicopter ride down, I looked at Mom and saw her smiling so wide her eyes were squinty. I asked if she had fun.

"That was one of the best experiences of my life," she said. Mine, too. —Matt Villano

#### » BIG ISLAND, SMALL BOAT

THE WATER BELOW ME is an indigo that signifies great depth. We're "parked" a few hundred yards offshore of Hawai'i Island, and ocean depths here can be many hundreds of feet. That's why I'm poised on the second deck of Safari Explorer, one of the adventure ships operated in Alaska, Mexico, the Northwest and Hawai'i by Seattle's Un-Cruise Adventures. Our 36-passenger boat is, obviously, quite different from the big ships that carry up to 5,000 passengers around the world's oceans. On the big ships I could not do what I'm about to.

It's 12 feet down to the sea surface. I shape my arms into the classic diving pose, take a breath and fly away.

It's amazing how far underwater one goes on such a dive—when I look up, the surface seems 12 feet above, in a cloud of bubbles left by my plunge. I ascend to the world of air and light and drift in the cur-

12 years from 2003 to 2015, global demand for cruising grew 91 percent, to 23 million passengers from 12 million passengers.

CruiseCompete.com, a cruise booking aggregator, says more than 50 new ships will debut in North America between this summer and 2018, with 25 new vessels slated for 2015 alone.

The cruise experience is changing, too. Boats are being outfitted with more varied amenities, from waterslides to rock climbing walls to cantilevered walkways. New ships for 2015 will boast everything from indoor sky diving simulators to restaurants with live cooking stations, from waterfalls to hydrotherapy spas.

My Mom and I met in scenic Seward, just outside the cruise ship terminal; heading for the *Island Princess* stateroom was a welcome start. Though we would cover I,500 miles, we unpacked just once.

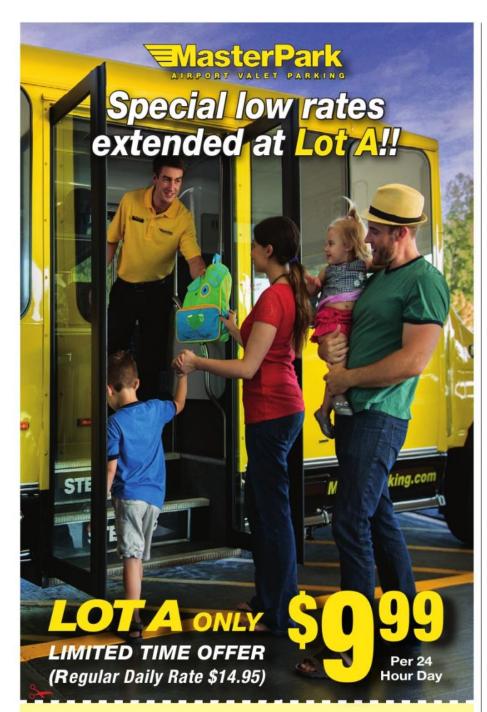
That first night on the ship was rollicking fun—Mom danced with the captain and I rolled my eyes (a lot). The next day we woke up with coffee on our private balcony and counted whale tails and whale spouts over breakfast.

There were many other highlights. The day we sailed up Glacier Bay, Mom and I watched as truck-sized chunks of ice split from a glacier with claps of thunder and splashed in the ocean below. A few days later outside Ketchikan, we watched in admiration as members of the local Tlingit community carved the shape of a raven into a totem pole four stories tall.

But nothing topped that glacier dogsledding day. Her silence on the walk from the dock to the helicopter pad led me to believe Mom was a bit nervous—precisely why her exclamations on the ride up were so cathartic and fun. Once we stepped off the chopper, she was hopping up and down in the snow of the Denver Glacier, pushing me out of the way to board the sled first, and yelling like a happy kid.

#### If You Go

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#### O CRUISING

rent around the stern and downstream, just enjoying the serenity of the moment.

The other passengers are off snorkeling nearby, and my choice to pass that up is one similarity between big-ship and small-ship cruising. Off-boat excursions are optional, whether you are on a ship the size of a city, or the size of a home. Safari Explorer sails between Moloka'i and Kona, visiting Lāna'i, Maui, and several Big Island locales during its 8-day voyages. Each stop offers engaging journeys to experience Island life and culture.

I take advantage of most excursions: Touring Lāna'i and learning about the small island's pineapple growing past (and possible future). Snorkeling at night among manta rays on the Kohala Coast. Savoring a true lū'au—a welcoming hula, laulau chicken and fresh-made haupia, the coconut delight—in an upcountry community center on Moloka'i.

The latter island is where I find my most memorable experience. We all boarded buses for a jaunt to Hālawa Valley, a bastion of traditional Hawaiian culture. Anakala Pilipo Solatario, who was born and raised here, explains the profound significance of the taro that grows in his nearby ponds, called lo'i; so compellingly that I stay behind while everyone else hikes up to a waterfall.

I'd rather harvest taro, and Solatario's workers grin broadly as I shed my shoes, wade into the foot-deep water and learn how to use my toes to pry the roots loose from the muck. I take my prizes, a couple 2-pound roots the color of plums, back to the boat and hand them off to our chef.

"Trouble with taro, it's famous and traditional, but it doesn't actually taste very good," fellow passengers declare in the *Explorer*'s dining room. But when the chef brings out a platter of braised, buttered, quartered taro roots, we all exclaim about the revelatory rich savor.

"I never knew taro could be so good," our chef observes, happily—illustrating, among other things, that on small-ship cruises everyone learns from the experience. —Eric Lucas



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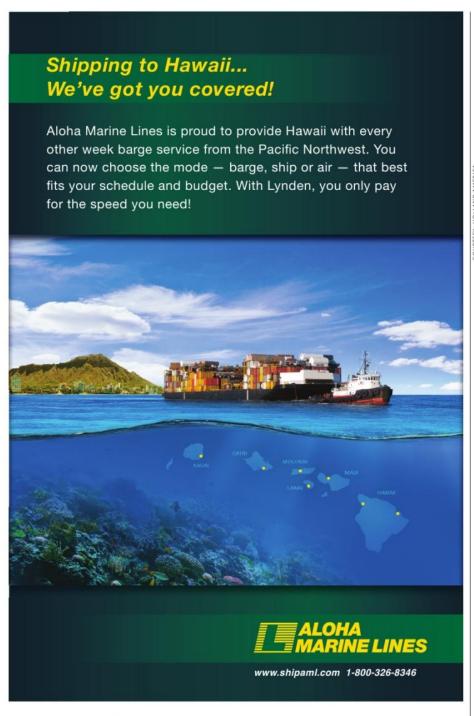


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#### O CRUISING

#### » QUIETS OF THE CARIBBEAN

I'M FLOATING. At the moment, I'm floating in the clear aquamarine sea surrounding the white sands of Grand Turk Island east of Cuba between the Caribbean Sea and the Atlantic Ocean. My friend Dean



and I are still, silent but for the sound of our breath in our snorkels, watching a Undersea gardens of coral and tropical fish draw Caribbean Sea cruise passengers into the water.

sea turtle nose along the pale coral floor 8 feet below us. The water seems especially salty, and buoyant, here. I can float quietly at the surface with no effort at all.

I'll still be floating once our snorkel excursion ends: This is my first-ever cruise, aboard Holland America's 1,848-passenger Westerdam with Dean and his family. We sailed out of Fort Lauderdale, and Grand Turk—home to The Wall, an underwater coral cliff that drops 7,000+ feet into the depths just offshore—is our first port of call. From the beach we return to later, I can see the line where the aquamarine of the shallow water turns dark blue.

The Caribbean is among the most popular cruise destinations, and the sheer variety of our experiences illustrates why. Our long morning on quiet Grand Turk is followed by a long afternoon wandering Old San Juan, Puerto Rico, a UNESCO World Heritage Site full of 16th and 17th century buildings with pastel blue, green, peach and yellow facades lining narrow cobblestone



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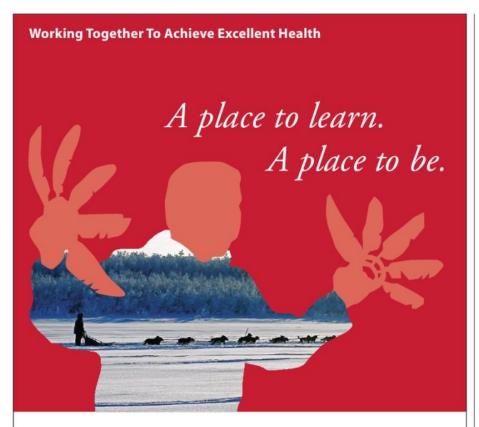


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#### O CRUISING

streets. Late in the afternoon, we end up in the shade on top of a grassy hill, beating the heat by enjoying pineapple, passion fruit, and coconut limber (tropical sorbet), and watching kites float against the blue sky with 500 years of stone history—the fort of San Felipe del Morro—as a backdrop.

In between these two very different Caribbean experiences, we are at leisure, in a way I've never experienced before. When I first stepped on board I looked forward to long hours reading in my quiet, spacious stateroom. I hadn't expected ... everything else. There are open-air pools and hot tubs. Views of the horizon from the wide windows in the Crow's Nest on the top floor. A spa, gym, library; cafes and bars; a casino. And live shows to tempt one nightly—dance, comedy, magic, music.

With all this activity—onboard and off—what could be missing? Emails, telephone calls, traffic. Plans and interruptions. Stress.

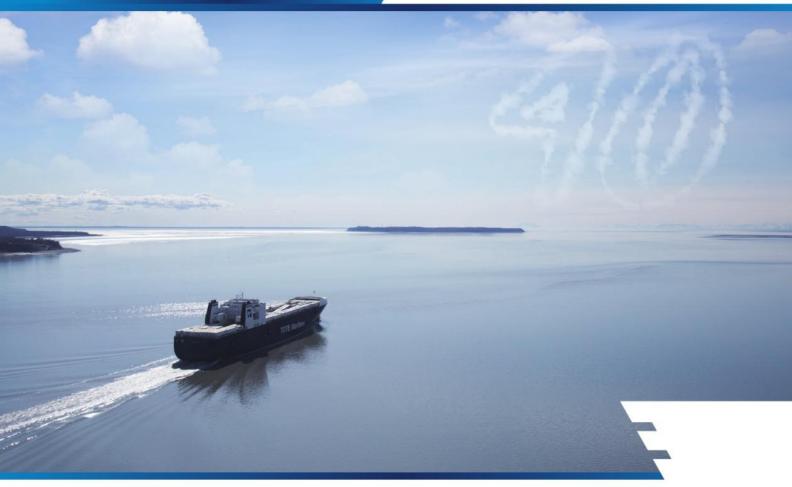
At Sint Maarten, a part of the Netherlands in the Caribbean, Dean and I enjoy Jamaican-style barbecue on the beach, and return to the bright, clear water again and again. We're so relaxed we almost overstay the only schedule that matters this week, and we're the very last guests to reboard the Westerdam for departure to our next adventure. —Kyra Freestar

#### » A DREAM OF ALASKA

SEEING BEARS in "Southeast," Alaska's coastal empire of glaciers, fjords and islands, was a lifelong goal for me. And I was more than happy to admire whales, orcas, mountain goats, sea lions, harbor seals, minks and eagles on my search for bears during a small-ship cruise on the charming Alaskan Dream.

Our group boarded the Native-owned Alaskan Dream Cruises' ship in Juneau and headed 65 miles south—past half a dozen humpback whales spouting and waving their flukes—to sheltered Windham Bay. Guides took us kayaking in shallow water close to shore. While bald

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# CRUISING

eagles circled overhead and sea lions splashed and barked across the bay, the icy water below our kayaks teemed with glassy moon jellyfish and vermilion sea stars. A black bear strolled along shore, and later I watched a mink scurry beneath a log.

Then Alaskan Dream, a 104-foot-long vessel that sleeps 42 passengers, headed into Tracy Arm, a narrow, 30-mile-long glacier-carved fjord with sheer walls rising 4,000 feet. Chunks of eerily shaped turquoise ice drifted past. "If a hunk of ice is over 14 feet high, we call it an iceberg," explained Lee Vale, a native Tlingit guide. "Ice chunks under 3 feet tall are called 'growlers,'" he added, "because they hiss or growl when compacted air inside the melting ice escapes."

Waterfalls spilled out of U-shaped "hanging valleys" to the side of the inlet we were sailing, and our onboard interpreter said we were cruising "back in time" because the glacier had retreated over the years from the entrance to the fjord, where mature hemlocks and spruce now grow. The trees disappeared entirely as we approached the eastern end of Tracy Arm and saw a remnant of the Ice Age: the dramatic cobalt-andwhite South Sawyer tidewater glacier. When it calved, passengers gasped as this new iceberg splashed noisily into the sea.

At Orca Point Lodge on Colt Island, caretakers and year-round residents Pam Hunt and Dale Lockwood have built an open tide pool tank with sea stars, urchins, hermit crabs and small fish, enabling us to get close to Alaskan sea creatures. Tiny as they are compared to the bears I'd come to see, they are all beguiling facets of the vast landscape we've been traveling through—and above. As with cruising itself, big and small have different but equal values.

-April Orcutt

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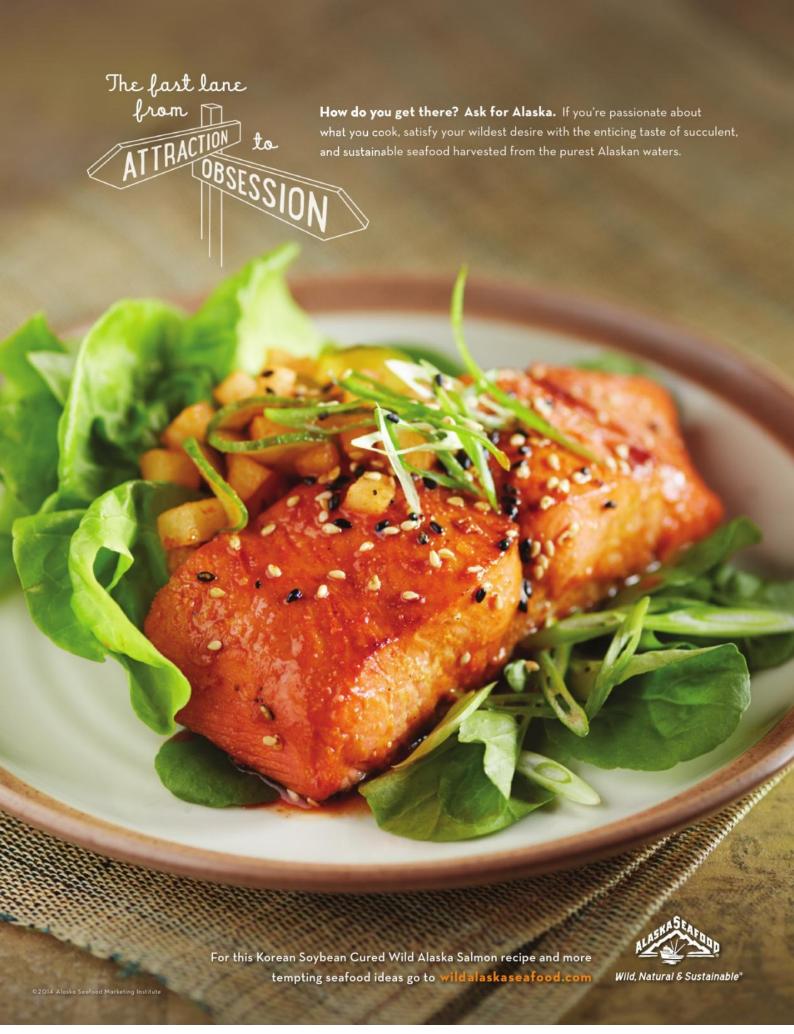


# IDITAROD RUN

Sled dog teams traverse the wilds of Alaska in a challenging test of grit and endurance | STORY AND PHOTOGRAPHY BY JEFF SCHULTZ



IT'S CALLED THE "LAST GREAT RACE ON EARTH," a 1,000-mile test of fitness, endurance and heart. Seventy-nine adventurous souls plan to launch into the 43rd running of the Iditarod Trail International Sled Dog Race on March 7. In about 8 to 12 days, their teams of eager, athletic dogs will have pulled the mushers from the raucous downtown Anchorage start, over mountain passes, through treacherous gullies, along dark, frozen riverbeds and across expanses of featureless sea ice to the finish line in Nome. For the thousands of volunteers who help make the race happen, Iditarod is in their blood, as well. They thrive on helping the teams get to Nome safely. It's all about the dogs.







# IDITAROD RACERS

PROFESSIONAL dog musher Dallas Seavey, left, runs his team down a hill near the Finger Lake last year. A thirdgeneration musher, Seavey is the youngest Iditarod winner age 25 in 2012—and the defending Iditarod champ.

### IN A DEMONSTRATION

of the unique bond mushers have with their dogs, Justin Savidis, above, lifts Louisa Mae for a high-five on Nome's Burled Arch finish, a tradition in which he honors the most exceptional dog in his team.

PHYSICIAN Bob Bundtzen is out before dawn at the Ruby checkpoint in last year's race, making his dogs a warm meal.

Alaska Airlines sponsors the Leonhard Seppala Award, given each year to the musher who race veterinarians say took best care of his or her dogs.

# **THE MUSHERS**

Mushers come from all walks of life, men and women competing on equal footing. A good musher is like a good team-sports coach who knows the strengths and personalities of each team member. Mushers know when to run and when to rest the team amid highly variable weather and trail conditions. It's not uncommon to get only 2 to 3 hours' worth of naps per 24 hours on the trail. Placing among the top finishers requires not only technical skill and strategic savvy, but also a willingness to put the welfare of the team first.









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# **THE DOGS**

The mushers call them the real athletes, the superstars. The Alaskan Husky, while not a registered breed, is considered the ultimate canine athlete, bred for physical stamina, high-performance metabolism and a desire to run. These dogs consume nearly 10,000 calories a day and can run for hours at a time. Their coats have a soft guard hair that acts as an insulator, while their outer coats easily shed snow. On the trail, mushers prepare their teams hot, high-calorie meals. The dogs' feet and wrists are tended to with ointment, wrist-wraps and booties for tough terrain. Veterinarians evaluate every dog at each of 26 checkpoints. The health and happiness of the team always comes first.



# **CANINE ATHLETES**

HALFWAY into the 1,000-mile trek, his fur frosted from his breath after a short 18-mile, 2-hour run, Paige Drobny's dog Basin, above, stands ready to continue his Iditarod journey.

### BARKING AND JUMPING

with excitement, Alex Buetow's lead dogs, Wilson and Conman, left, demonstrate that they are indeed "born to run" as they prepare to leave Willow, which is typically the official "restart" of the race the day after the ceremonial start in Anchorage. This year, however, because of weather conditions, the restart has been moved to Fairbanks.

Jeff Schultz, an official photographer of the Iditarod since 1982, recently released his book Chasing Dogs—My Adventures as the Official Photographer of Alaska's Iditarod; iditarodphotos.com.

Get more information about the race and teams at iditarod.com. Alaska Airlines serves Anchorage and Nome daily. Visit alaskaair. com or call 800-ALASKAAIR.



# California Travel Planner

Alaska Beyond Magazine Special Section | March 2015



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Editor-in-Chief Paul Frichtl

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California Travel Planner, an annual supplement to Alaska Airlines Magazine (ISSN 0199-0586), the in-flight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2015 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Printed in the United States of America. This publication is a supplement to the March 2015 issue of Alaska Airlines Magazine, and its pages are numbered independent of the host magazine.

# CA4 Bay Area Treasures

Exploring scenic and cultural San Francisco. | By Chaney Kwak

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Napa and Sonoma offer special experiences. I By Christine Delsol

### CA16 Fun in the Sun

The LA area offers a rich variety of activities. | By Cheryl Murfin

# **CA23 Desert Delights**

Coachella Valley is a top vacation getaway. I By Ken Van Vechten

# **CA29 Mountain Majesty**

Discovering the wonders of Mammoth Lakes. | By Monica Prelle

# CA34 Enchanting San Diego

Enjoying the city's breathtaking natural beauty. I By Don Ayres

Cover: Robyn Lee hiking near Lower Lamarck Lake in the Eastern Sierras. Photo by Stephen Matera / materaphoto.com.





# **Bay Area Treasures**

With its dramatic coastline, verdant hills and exciting metropolitan centers, the Bay Area is an irresistible destination for visitors I By Chaney Kwak



Above: Fisherman's Wharf is home to many attractions. Top: The Golden Gate Bridge is one of the Bay Area's great icons.

Here are a few of the top sights you will find in San Francisco and the greater Bay Area:

# SAN FRANCISCO WATERFRONT

A favorite among visitors of all ages, the waterfront includes the famed Fisherman's Wharf (fishermanswharf.org), the Aquarium of the Bay (aquariumofthebay.org), the Embarcadero and plenty of shopping, dining and attractions. The latest addition to the waterfront is the Exploratorium (exploratorium.edu), a hands-on science

museum on Pier 15. It combines scientific discovery with the fun and excitement of a boardwalk arcade.

# **ALCATRAZ**

Once a federal prison, this small island in San Francisco Bay is not only a favorite among visitors, who can discover its fascinating history and the stories behind its inmates, but also the site of a series of art installations by Chinese artist Ai Weiwei, which will be on display through April 26, 2015 (nps.gov/alca).

# THE PRESIDIO

The expansive park is part of the Golden Gate National Recreation Area and boasts creeks, lush forests and trails. It also includes 12 rare, threatened or endangered plant species and 60 different kinds of bees. You can visit museums, play golf and admire views of the bay, the Golden Gate Bridge and the city (nps.gov/prsf).

# CALIFORNIA ACADEMY OF SCIENCES

Part of the city's famed Golden Gate Park, this museum is

CA4 ALASKA BEYOND MAGAZINE MARCH 2015

home to an estimated 40,000 live animals, with a vast planetarium, four-story rain forest and living coral reef. The eco-friendly museum also has a 2.5-acre living roof. Bring the whole family to experience California's biodiversity (calacademy.org).

# THE DE YOUNG AND LEGION OF HONOR MUSEUMS

The two facilities offer both world-class exhibits and beautiful settings. Located in Golden Gate Park, the de Young is a striking copper building that displays a rotating selection of its 27,000 pieces. The museum has one of the finest collections of American paintings in the country, including works by Winslow Homer and Jacob

Lawrence. The de Young's observation deck also gives a bird's-eye view of Golden Gate Park. The Legion of Honor is in a breathtaking setting in Lincoln Park, with views of the Pacific Ocean. The French Neoclassical building and its grounds are a treat in themselves. Inside, the collection of paintings and sculptures includes works by Degas, El Greco, Rembrandt and Rodin (famsf.org).

### JACK LONDON SQUARE

Visitors to Oakland's historic waterfront will find a variety of shops and restaurants to enjoy. You can also rent kayaks and paddleboards and visit the weekend farmers market. The famous Heinolds' First and Last



The de Young Art Museum holds a vast collection of American art.

Chance Saloon, a favorite of author Jack London, is also here (jacklondonsquare.com).

# ROSICRUCIAN EGYPTIAN MUSEUM

Built to resemble the Egyptian Temple of Amon at Karnak, the San Jose museum is home to the largest collection of ancient Egyptian artifacts on the West Coast. The Rosicrucian Park surrounding the museum is also home to a garden and a planetarium (egyptianmuseum.org).

# Hidden Gems

# PIER 24

Devoted to displaying superb photography, this decidedly under-theradar center collaborates with collectors and curators to produce fascinating exhibitions. The center limits attendance, so make reservations weeks in advance for the coveted, and free, tickets (pier24.org).

# DOGPATCH

From filmmakers to innovative chefs, this nine-block neighborhood in San Francisco attracts all sorts of creative entrepreneurs. Savor salted mango

ice cream at Mr. and Mrs. Miscellaneous and try on stylish couture at Modern Appealing Clothing.



The Cliff House restaurant offers breathtaking views.

# **OCEAN BEACH**

While the Bay tends to garner much of the spotlight, don't forget that San Francisco has a much longer, and more beautiful, coastline with the Pacific Ocean. Surfers in wet suits, kite enthusiasts

and weekend fishing enthusiasts share the stretch of sand that greets the sea along the city's western border. Travel north to Sutro Heights Park to see the ruins of the 19th century saltwater pools of Sutro Baths. While you are there, have a meal and enjoy the amazing ocean views at the Cliff House restaurant.

## LANDS END LABYRINTH

Local artist Eduardo Aguilera built the small labyrinth, located at Eagle's Point, near the Coastal Trail in Lands End Park. The maze, made out of

rocks and sand, offers a chance for meditation and an opportunity to enjoy the views in a quiet and beautiful bluff setting.

























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# Lodging

# THE RITZ-CARLTON, SAN FRANCISCO

With fine dining at Parallel 37 and impeccable service, the grand dame of San Francisco's Nob Hill is known for pampering its patrons and offering many amenities. The hotel is completing a \$27 million face-lift that updated its elegant rooms, but the panoramic city views, luckily, will never change (ritzcarlton.com/SanFrancisco; 415-296-7465).

# KIMPTON'S HOTEL TRITON

Filled with colors and trendy looks, this playful boutique hotel, located in the heart of the city, offers vibrantly decorated rooms that embrace individuality and are an example of San Francisco's exciting personality (hoteltriton.com; 415-394-0500).

### **HOTEL VITALE**

Offering views of the Bay Bridge, this boutique property's top-floor spa has rooftop soaking tubs. For families, the hotel also has studios with sofa sleepers (hotelvitale.com; 415-278-3700).



This private terrace at downtown San Francisco's Hotel Vitale has a view overlooking the Embarcadero section of the waterfront and the historic Ferry Building. The hotel is home to a spa, rooftop tubs and many other amenities.

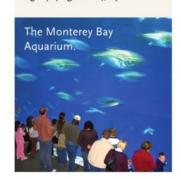
# Take a Trip

Located on the coast, about 70 miles south of San Jose, Monterey is home to the world-famous Monterey Bay Aquarium, a leader in marine conservation and education. The town also offers great dining, wineries and the attractions along Cannery Row, which has been

immortalized in the works of author John Steinbeck (seemonterey.com).

# **Tomales Bay**

The coastal bay in Marin County has wildlife such as seals, night herons and osprey. At night, you can see bioluminescent creatures that glow in the waters (parks.ca. gov/?page\_id=470).



# **Dining**

# **CAUSWELLS**

This bistro combines the usual bites, including its highly praised Americana burger, with more adventurous foods such as grilled octopus. It also offers an impressive craft beer list (causwells.com; 415-447-6081).

# **LAZY BEAR**

More of a dinner party than a restaurant, the Lazy Bear experience begins with patrons mingling in the restaurant's mezzanine area and then sitting together at two long tables. The 10+ course prix-fixe meals

feature surprising pairings such as Dungeness crab with persimmon and smoked octopus with marigold petals (lazybearsf.com; 415-874-9921).

# **NORTH BEACH RESTAURANT**

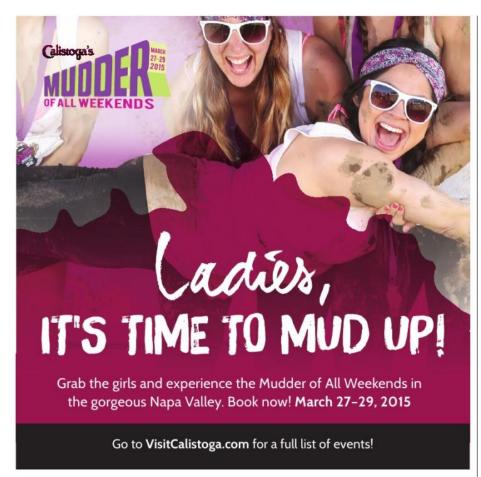
This iconic Little Italy restaurant is famous for its friendly staff and quality Tuscan dishes, including homemade prosciutto. It offers excellent pasta dishes, including lasagna and the house wine is made from the fruit of the owner's own vineyard (northbeachrestaurant. com; 415-392-1700).



Causwells boasts a large craft beer selection and creative comfort food.

# SAISON

Awarded the Michelin Guide's highest honor of three stars in 2015, Saison serves multicourse meals of innovative French fare (saisonsf.com; 415-828-7990).



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# California Travel Planner

Bay Area

# Shopping



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### UNION SQUARE

In the heart of San Francisco's retail district, Union Square offers a variety of luxury retail, with exclusive boutiques and a number of big-name international brands (visitunionsquaresf.com).

# **HAYES VALLEY**

The cozy retail corridor boasts some of the city's most eclectic clothing boutiques, such as Azalea, and gift shops such as Lavish, which champion local designers (hayesvalleyshop.com).

# ROCKRIDGE

Oakland's Rockridge, one of the Bay Area's most desirable residential neighborhoods, offers a variety of home decor specialty stores, such as Maison d'Etre, Homesteader and Talisman Antiques (rockridgeshop.com).

Chaney Kwak is a San Francisco-based freelance writer.

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Left: Far Niente's historic Oakville facility dates back to 1885. Above: Ripening grapes in a Wine Country vineyard.

# Wine Country Travels

Napa Valley and Sonoma County are among the world's finest wine-making regions and offer special experiences for visitors I By Christine Delsol

Here are some of the exciting travel options in Napa Valley and Sonoma County:

# SONOMA MARIN CHEESE TRAIL

People do not live by wine alone, even in Sonoma County, where you will also find lots of cheese. This self-guided trail loops through Marin and Sonoma counties, listing more than two dozen stops at creameries, cheese companies and area ranches. Visitors will also see the region's beautiful land-scape (cheesetrail.org).

# CYCLING THE WINE ROAD

From the large, well-known wineries such as Korbel Champagne Cellars along the Russian River to the small, but impressive UpTick Vineyards in Healdsburg, touring wine country by bike puts you in a prime position to see the captivating vineyards and scenery. Plan your trip by visiting wineroad.com or go to sonomawine.com.

# **GUNDLACH BUNDSCHU**

California's oldest continuously family-owned winery (dating

back to 1858) has courtyard tastings overlooking a manmade lake. The winery also offers tours spanning its vast Sonoma Valley-to-mountains estate in a Pinzgauer all-terrain vehicle. Cave tours and tastings are available year-round (gunbun.com; 707-938-5277).

## **FAR NIENTE**

Wine-tastings at this restored 1883 winery in Oakville include wine-and-cheese pairings. Far Niente's elegant Cabernet Sauvignon and Chardonnay vintages, classic car collection, 40,000-square-foot cave system, and blooming azaleas and dogwoods help create one of the valley's best winery tours (farniente.com; 707-944-2861).

# STERLING VINEYARDS

Visitors can ride the region's only aerial tram from the Napa Valley floor to the hilltop winery. The ride has dazzling views of charming Calistoga and beyond while ascending 300 feet to the winery, known for its Mediterranean architecture (sterlingvineyards.com; 800-726-6136).

# FROG'S LEAP WINERY

Relax in the sunny backyard of this Rutherford winery that is known for its warm hospitality. The tasting room will even top off your glass as you browse the winery's gorgeous gardens or take a guided tour (frogsleap. com; 707-963-4704).



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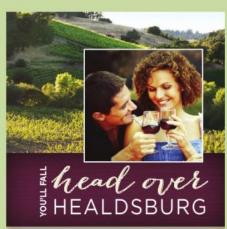




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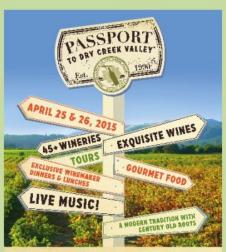
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# **Hidden Gems**

### FRANCIS FORD COPPOLA WINERY

The renowned director's Geyserville winery includes two restaurants and a mini-museum of movie awards, scripts and props. In spring and summer, guests can rent a cabin and spend the day lounging by a swimming pool and four bocce courts (www.francisfordcoppolawinery.com; 707-857-1400).

### **JACK LONDON STATE HISTORIC PARK**

Located in the Sonoma Valley village of Glen Ellen, the park contains the prolific author's home, a museum, picnic areas and various hiking trails. From June to September, the park hosts Broadway Under the Stars, featuring music from various Broadway classics. Many of the shows start with a picnic and wine-tasting on the great meadow (jacklondonpark.com; 707-938-5216).

### **NAPA RIVER BAY TRAIL**

You can walk along the lower reaches of the Napa River in the city of American Canyon on this short trail that runs by restored marshlands, old salt ponds, sweeping wetlands and beaches. Download maps from the city website's Parks/Trails and Open Space section (cityofamericancanyon.org; 707-648-7275).



Jack London State Historic Park has manicured gardens, miles of trails and various picnic areas.

# NAPA VALLEY COOKING SCHOOL'S FOOD AND WINE ENTHUSIAST CLASSES

Visitors can take one-day classes in the culinary arts from expert chefs. The classes vary, with chefs teaching different skills and techniques. This spring, students will learn to bake pies and cook pan-Asian vegan dishes. There will also be classes for kids and

teens. At the end of each class, students get to eat the fruits of their labors (napavalleycooking-school.org; 707-967-2910).

# Take a Trip The North Coast

For a fun and relaxing getaway of a different kind, travel to Sonoma's north coast, where you'll find a beautiful coastline and the bucolic towns of Bodega Bay (made famous as the setting for Alfred Hitchcock's film *The Birds*) and Jenner, and various state parks (sonomacounty. com).

# Point Reyes National Seashore

Located about 90 minutes southwest of Santa Rosa is a vast protected area of rugged hills, unspoiled coastline and inviting beaches. Point Reyes is perfect for beachcombing and hiking the many local trails (www.nps.gov/pore).

# **Dining**

# BOUCHON

While the French Laundry is closed for remodeling, try chef Thomas Keller's acclaimed French bistro. It is known for such dishes as Poulet Rôti and its own steak Bouchon, served in béarnaise sauce (bouchon-bistro.com; 707-944-8037).

# THE GIRL & THE FIG

French country cooking reigns at this Sonoma restaurant, which excels at such dishes as duck confit and wild flounder meunière (thegirlandthefig. com; 707-938-3634).

# THE CONSERVATORY AT CIA GREYSTONE

Try a meal from future chef superstars studying at The Culinary Institute of America. The meals are prepared on Fridays and Saturdays at local restaurants. For reservations, visit ciarestaurantgroup.com; 707-967-2300.



Terrapin Creek Cafe serves the wild mushroom, pear and arugula salad.

# TERRAPIN CREEK CAFE

Comfort food reaches new heights at this casual Bodega Bay cafe, where great attention is paid to finding the right locally sourced seasonal ingredients (terrapincreekcafe.com; 707-875-2700).

# Lodging

# THE FAIRMONT SONOMA MISSION INN & SPA

Boasting the Willow Stream Spa, the historic resort blends classic architecture with contemporary luxury. It is located 2.5 miles north of Sonoma Plaza (fairmont.com/Sonoma; 800-257-7544).

### VINTNERS INN

Surrounded by vineyards on the northwestern edge of Santa Rosa, this intimate luxury inn is home to the legendary John Ash & Co. restaurant and the Court-yard Spa (vintnersinn.com; 800-42I-2584).

# **FLAMINGO RESORT & SPA**

A landmark hotel in Santa Rosa, the Flamingo is centrally located and has a full-service spa and health club, two Olympic-size pools, tennis facilities, the Terrace Grille restaurant and conference rooms (flamingoresort. com; 800-848-8300).



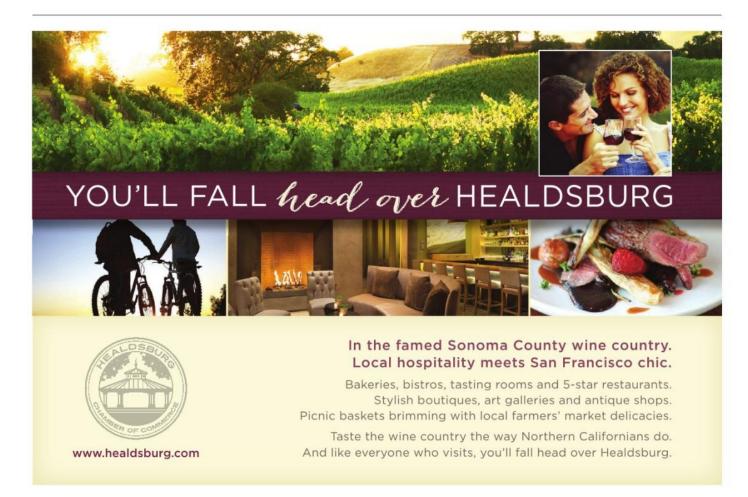
Santa Rosa's Vintners Inn features intimate luxury.

### THE WESTIN VERASA NAPA

Ideally situated in downtown Napa, the hotel is home to the popular La Toque restaurant and offers in-room spa treatments (westinnapa.com; 888-627-7169).

Christine Delsol is a freelance writer in San Francisco.

Alaska Airlines offers daily service to Santa Rosa. To book a ticket, visit alaskaair.com or call 800-ALASKAAIR.







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.

rom 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 Desireé 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.

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

# What was your favorite part about dating through IJL?

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

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



# DATE BY NUMBERS

When it comes to matchmaking, our success is unmatched!

# **23 YEARS**

Of changing lives one match at a time.

# + 2 MILLION

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

# 66%

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

# **20 MINUTES**

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

# **70%**

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

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It's Just Lunch Matchmakers







IT'S JUST LUNCH®



# Fun in the Sun

The LA area offers almost 400 museums, nearly 300 days of sun and a rich variety of activities

By Cheryl Murfin

There is always something exciting to see and do in the Greater Los Angeles area. The following are some favorites:

# MUSEUMS APLENTY

While there are hundreds of museums in the region, the must-see three are the J. Paul Getty Museum (getty.edu), Los Angeles County Museum of Art or LACMA (lacma.org) and the Natural History Museum of Los Angeles County (nhm.org). With two locations—the Getty Center and the Getty Villa—the

Getty museums boast both art and architectural wonders. LACMA is the largest museum in the Western United States, with more than 120,000 pieces of art from around the world that date from antiquity to the present. On exhibit through June 7 is "Nature and the American Vision: The Hudson River School." And who could resist the Natural History Museum's spectacular Dinosaur Hall, where you can see 20 complete dinosaurs and ancient sea creatures.



Top: The Disney California Adventure Park, which includes the popular Cars Land, continues to expand. Above: *Spring*, by Édouard Manet, is one of the many priceless paintings at the J. Paul Getty Museum.

## THEME PARKS

Still among the nation's most popular attractions, Anaheim's Disneyland Park (disneyland. com) is celebrating its 6oth anniversary this year and remains "The Happiest Place

# Los Angeles Area

on Earth." The Disney California Adventure Park, located right next door, is a worthy addition to Walt Disney's legacy. Knott's Berry Farm (knotts. com) is located in Buena Park. about 6 miles away from Disneyland, and has more than a dozen roller coasters and thrill rides and is opening the new 4-D interactive ride "Voyage to the Iron Reef" on May 15. Universal Studios Hollywood (universalstudioshollywood.com) is both a theme park and a studio tour. Here, you will encounter "Jurassic Park," "King Kong," "The Simpsons" and Bruce, the mechanical shark from Jaws.

### STUDIO TOURS

While Universal Studios remains the most famous of the tours, you can also get a glimpse of the magic of Hollywood at Warner Brothers (vipstudiotour.warnerbros.com), where the experience includes both a tram ride and a walking tour. Sony Pictures, formerly MGM, (sonypicturesstudiostours.com) and Paramount Pictures (paramountstudiotour. com) offer similar tours where you get to see famous movie sets from classic and contemporary films and television productions.

### **BEACH LIFE**

For the ultimate California beach experience, start at Will Rogers State Beach in Pacific Palisades, and pedal, skateboard, walk or rent an electric bike, and travel south along the 22-mile Marvin Braude Bike Trail. The bike path winds past many of the area's beaches, including the Coney Islandstyle amusement park on Santa Monica Pier (santamonicapier. org) and the Venice Beach Boardwalk (venicebeach.com).

Along the route you'll find sandy beaches, tightrope walkers, basketball tournaments, the famous Muscle Beach and an array of artists and buskers.

# **GRIFFITH PARK**

To see the largest urban botanical park in the Western United States, visit Griffith Park, where you'll find more than 50 miles of trails, 150 native plant species and a bird sanctuary. The park is also home to Griffith Observatory, which was made famous by 1950s movie icon James Dean in the film *Rebel Without a Cause*. The observatory's 12-inch Zeiss refracting telescope is also open for public stargazing (laparks.org/dos/parks/griffithpk/).



Speaking of stargazing, the best places to encounter Hollywood's elusive stars include the



The Hollywood Walk of Fame includes 2,500 brass stars.

glitzy Rodeo Drive shopping area and at certain high-end restaurants. TimeOut Los Angeles has a guide to seeing where the stars live, eat and play (timeout.com/los-angeles/ things-to-do/stars-in-los-angeles-celebrity-hangouts). You can also join a tour of celebrity homes. Starline Tours, for instance, has been showing visitors where the stars live since 1935. Celebrity enthusiasts might also enjoy strolling along Hollywood Boulevard and seeing the 2,500 brass stars that compose the world-famous Hollywood Walk of Fame (walkoffame.com). Along this route is the historic TLC (formerly Grauman's) Chinese Theater, where you can see the cement footprints and handprints of some of Hollywood's most famous past and present celebrities.



The Marvin Braude Bike Trail winds past many of the area's famous beaches, including Venice Beach.















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\*\*partial listing\*\*

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# M TOP, COURTESY: THE HUNTINGTON LIBRARY, ART COLLECTIONS, AND BOTANICAL GARDENS; CHRIS BASHAW, COURTESY: GEOFFREY'S MALIBU

# Hidden Gems

### ANNENBERG SPACE FOR PHOTOGRAPHY

Those who enjoy photographic art will love this gallery in Century City. Currently on display is the exhibit "Sink or Swim: Designing for a Sea Change," which gives examples of how people have responded to rising oceans (annenbergspaceforphotography.org).

# THE HUNTINGTON

An extraordinary combination of art museum, library and botanical garden, The Huntington, located in San Marino, northeast of Los Angeles, houses an art collection that includes Thomas Gainsborough's famed *Blue Boy* portrait among its hundreds of mainly 18th and 19th century paintings and sculptures. The library holds 9 million works and many are very rare, including an early Gutenberg Bible and a complete collection of William Shakespeare's plays that dates from 1623 (huntington.org).

# **MYSTERY PIER BOOKS**

Another literary gem is hidden away on Sunset Boulevard in an old house. Inside, you'll find a first-edition bookstore where rare volumes by Jane Austen, William Faulkner and Ernest Hemingway line the shelves. Visiting the museumlike bookstore might also allow you to see some of the famous people who drop in to buy the very unique volumes (mysterypierbooks.com).

# AMOEBA MUSIC

Three miles east of Mystery Pier Books along Sunset Boulevard, you'll find a branch of the "world's largest independent record store." One of the last of a disappearing breed, Amoeba Music has an incredible stock of records, CDs. DVDs and music-related merchandise in the cluttered store. Amoeba Music also stages all-ages in-store concerts that are free and feature established stars and up-and-coming acts (amoeba.com).



The Huntington Conservatory.

# Where to Get Studio Audience Tickets

Have you ever wanted to be a member of a "live studio audience" for your favorite TV show? The following services can help you get a ticket to one of the many shows produced in the LA area:

Audiences Unlimited: Dr. Phil, Mike & Molly, The Big Bang Theory and 2 Broke Girls (tytickets.com).

# On Camera Audiences:

Dancing With the Stars, Hell's Kitchen, Let's Make a Deal and The Price is Right (on-camera-audiences. com).

**1iota:** Jimmy Kimmel Live, The Late Late Show, Ridiculousness, Sportsnation and The Voice (1iota.com).

**OnSet Productions:** *Game Show, The Hook Up* (onset-productions.com).

TVTix.com: Bill Maher Live, Jeopardy!, Wheel of Fortune and more (tvtix.com).

# Dining

### **OSTERIA MOZZA**

Co-owned by famed chef and author Mario Batali and the renowned chef Nancy Silverton, Osteria Mozza is known for offering Italian dishes with a unique style. Try any dish from the Mozzarella Bar. Another favorite is the Ricotta and Egg Raviolo (osteriamozza.com; 323-297-0100).

# GEOFFREY'S MALIBU

Every seat has a great view of the ocean at this longtime local favorite that sits on a bluff overlooking the ocean. Enjoy seafood and Kobe wagyu beef in an outdoor patio setting that exudes romance (geoffreysmalibu.com; 310-457-1519).



Ahi tuna tartar at Geoffrey's Malibu.

# SANTA MONICA FOOD TRUCK LOT

Food truck fans will like this Santa Monica spot that serves a variety of options. The lot is open every Tuesday evening, 5–9 P.M., at 2612 Main Street (lotmom.com/lots/profile/31).

# NOT ALL BUSINESS DECISIONS ARE ABOUT BUSINESS.





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We offer cash pricing — especially convenient for part-time residents who don't want to wait for a checkup back home.

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To learn more or make an appointment, call 760-610-7360.

Executive Physical packages start at \$1,800 and are not covered by insurance.



Eisenhower Argyros Health Center 45280 Seeley Drive, La Quinta, CA 92253 emc.org/wellness



# Los Angeles Area

# Lodging

# BEVERLY WILSHIRE, BEVERLY HILLS

Few locations in Los Angeles offer the classic glamour of this Four Seasons hotel, which has hosted everyone from Elvis to the British royal family. It is also located a short walk from glitzy Rodeo Drive (fourseasons.com/beverlywilshire; 310-275-5200).

### RMS QUEEN MARY

For something definitely out of the ordinary, spend the night onboard the *Queen Mary*, an ocean-liner-turned-hotel that is permanently berthed in Long Beach. The 1930s-era ship transported royalty and many Hollywood legends across the Atlantic. Dine at Sir Winston's; take a guided tour and keep an eye out for the ghosts: The ship is rumored to be haunted by former passengers (queenmary.com; 877-342-0738).

### **TERRANEA RESORT**

Situated at the tip of the Palos Verdes Peninsula, the luxurious 102-acre resort is located right on the coastline, with spectacular ocean views,



The luxurious Beverly Wilshire has hosted numerous celebrities.

three pools, an expansive spa and an award-winning ninehole par-3 golf course. Terranea also has eight restaurants, including the acclaimed Mar'sel (terranea.com; 310-265-2800).

# Take a Trip

Santa Catalina Island is located only 22 miles off the mainland southwest of Los Angeles, but it feels like another world. Shimmering blue surf, abundant wildlife and many outdoor activities have made Catalina a popular getaway destination. The island is home to more than 60 endemic plants and animal species, including the Catalina orangetip butterfly. The Zipline Eco Tour offers an exciting way to see the natural beauty of Descanso Canyon. You can also tour the community of Two Harbors and the city of Avalon's beautiful natural harbor.

# Shopping

# **THE GROVE**

Located across the street from Los Angeles' original Farmers Market, this car-free shopping district boasts a trolley, musical entertainment and a choreographed water feature called the Dancing Fountain (thegrovela. com; 888-315-8883).

# **RODEO DRIVE**

Known as the center of shopping and dining luxury located in the heart of Beverly Hills, Rodeo Drive is home to dozens of unique high-end boutiques and shops (rodeodrive-bh.com; 323-769-3600).

# **SOUTH COAST PLAZA**

Retail chic has become the hallmark of the South Coast Plaza shopping center in Orange County's Costa Mesa. The plaza has 250 boutiques and department stores and 30 different restaurants. After shopping, you can walk next door and see a performance at The Segerstrom Center for the Arts, which presents music, dance and theater productions. Or visit the Renée and Henry Segerstrom Concert Hall, home of the Pacific Symphony (southcoastplaza. com; 603-318-4129).

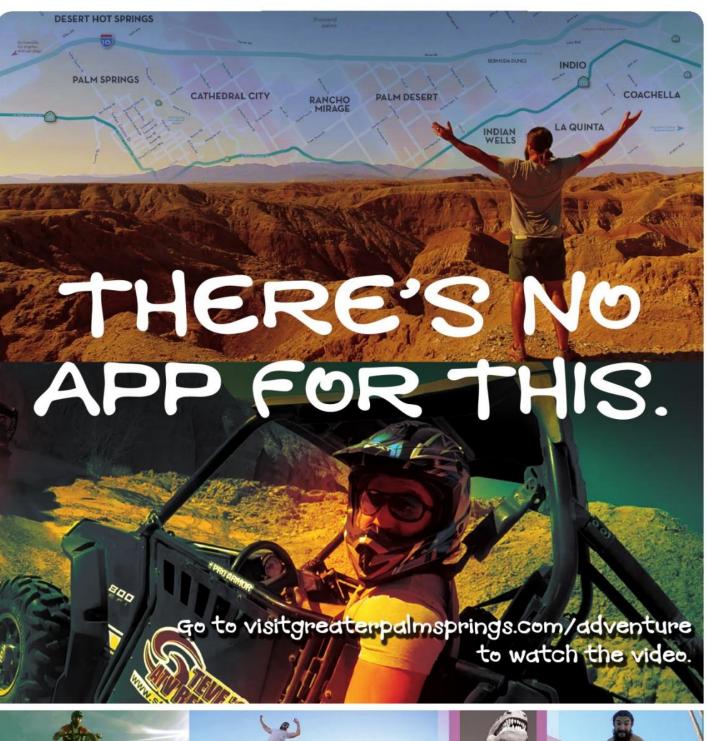


Costa Mesa's South Coast Plaza.

Cheryl Murfin is a freelance writer based in Los Angeles.

Alaska Airlines offers daily service to five airports in the Greater Los Angeles area. To book a flight, visit alaskaair.com or call 800-ALASKAAIR.















palm springs | desert hat springs | cathedral city | rancho mirage palm desert | indian wells | la quinta | indio | coachella





Left: The SilverRock Resort in La Quinta has one of the area's top public golf courses. Above: The Palm Springs Aerial Tramway offers views of Coachella Valley as it rises up the slopes of Mount San Jacinto on its way to the Mountain Station.

# **Desert Delights**

The desert oasis of Coachella Valley is one of the nation's top vacation getaways I By Ken Van Vechten

The following are some of Coachella Valley's must-see and must-do activities:

# **GOLF IN THE DESERT**

For excellent golf, reserve a tee time at the Classic Club golf course, SilverRock Resort, Desert Willow Golf Resort or Indian Wells Golf Resort, to name just a few. The championship Canyons and Mountains courses at the private Bighorn Golf Club also offer stellar layouts (bighorngolf.com; classicclubgolf.com; desertwillow.com; indianwellsgolfresort. com; silverrock.org).



This popular Palm Desert destination features such animals as cheetahs, giraffes and bighorn sheep in natural habitat settings. "Zoorassic Park, Rethink Extinct" is an informative and family-friendly live stage show at the zoo that features three lifelike dinosaurs (livingdesert.org).

# PALM SPRINGS AERIAL TRAMWAY

Boasting the world's largest rotating tramcars, the Palm Springs Aerial Tramway climbs 2.5 miles up the steep cliffs of Chino Canyon to arrive at the Mountain Station, at an elevation of 8,516 feet. Passengers can enjoy the views, hike the miles of trails in Mount San

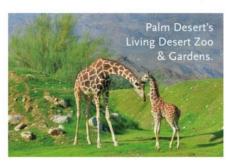
Jacinto State Park and have a meal at Peaks Restaurant or the Pines Cafe (pstramway.com).

# PALM SPRINGS AIR MUSEUM

The museum preserves and also displays aircraft from World War II, the Korean War and the Vietnam War, and offers special exhibitions about military aircraft. Book a flight this month on the last flying B-29 SuperFortress FIFI in existence and attend a weekly program on air power (palmspringsairmuseum.org).

# PALM SPRINGS ART MUSEUM

A world-class facility with paintings by Charles Russell and glass art by Dale Chihuly, the museum recently opened an Architecture Design Center that focuses on the unique Midcentury Modern architectural aesthetic that is popular in the valley (psmuseum.org).





# it's Everywhere

From the sparkle in your bellhop's eye to your child's wide-eyed wonder. The maitre d' who found a romantic table to propose and the concierge who found your keys. As much as our celebrated balmy climate, it's the gracious welcome from people genuinely happy you're here. Contact us today. And feel the warmth where it matters: deep in your soul.

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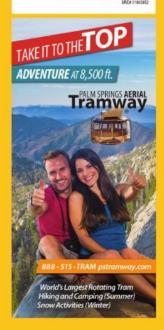
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# FROM TOP, CABOT'S PUEBLO MUSEUM; ETHAN KAMINSKY; AXEL BRUNST, TANDEMSTOCK.COM

# **Hidden Gems**

# CABOT'S PUEBLO MUSEUM

Tour the large and eccentric Hopi-style house of homesteader Cabot Yerxa in Desert Hot Springs. The structure contains 35 rooms, multiple stories and winding halls (cabotsmuseum.org).

# **CANYON HIKES**

Take a ranger-led tour of Tahquitz Canyon and learn that this dry landscape actually contains streams and a 6o-foot tall waterfall. You can also hike along the Andreas, Murray and Palm canyons. Admission fees vary (indian-canyons.com; tahquitzcanyon.com).

### **MOORTEN BOTANICAL GARDEN**

Founded in 1938 and still run by the Moorten family, the Palm Springs garden features 3,000 species of cacti, succulents and trees; geologic oddities; and fossils (moortenbotanicalgarden.com).

# **MUSIC FESTIVALS**

Each April, Indio hosts The Coachella Valley Music and Arts Festival (coachella.com) and Stagecoach: California's Country Music Festival (stagecoachfestival.com).



Cabot's Pueblo Museum in Desert Hot Springs, located at the north end of Coachella Valley, is a testament to the fortitude of homesteader Cabot Yerxa. He is credited with finding the mineral waters of Desert Hot Springs while digging a well on his property. The find later gave rise to the area's spas and resorts.

# Take a Trip Joshua Tree National Park

Located to the north of Coachella Valley and partially in the Little San Bernardino Mountains, Joshua Tree is a natural and geologic stunner of a park, which offers 1,250 square miles of desert landscape and rock outcroppings. It is popular as a camping, hiking and rock-climbing destination. The area includes a number of the famous Joshua trees and is composed of two distinct desert ecosystems: the Mojave Desert and the lower Colorado Desert (nps.gov/jotr).

# **Dining**

# **LE VALLAURIS**

French culinary techniques and California inventiveness come together at this Palm Springs landmark. The courtyard dining offers a romantic ambiance complemented by the excellent dishes such as grilled lamb chops with olive oil–mint pesto (levallauris.com; 760-325-5059).

# PLATE | GLASS

This new Palm Springs restaurant offers a light and unusual approach to breakfasts, lunch,

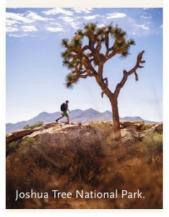
appetizers and desserts, and also serves excellent cocktails. A local favorite is the bistro tenderloin skewer with red wine au poivre sauce (plate-glass.com; 760-322-2322).

# TWENTY6

La Quinta Resort & Club's new American contemporary restaurant focuses on comfort food while also offering some fun twists, such as homemade catsup and jams. Boasting a



relaxed atmosphere that is perfect for families, the restaurant serves dishes that run the gamut from pancakes to burgers to slow-roasted Scottish salmon (laquintaresort.com; 760-564-5720).

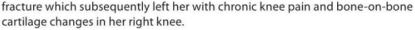




# HAVE JOINT PAIN, KNEE PAIN OR SHOULDER PAIN?

World Record Holder Cyclist back on track after regenerative joint cell procedure by Dr. Jeffrey Riopelle

Long distance cycling champion Seanna Hogan holds the world record for the transcontinental bicycle race set in 1999 and has won the race 6 times. In 2011 she sustained a tibial plateau



In September 2014 Hogan underwent a procedure performed by Dr. Jeffrey Riopelle in which cells were taken by liposuctioning fat from her abdomen under local anesthesia. Regenerative cells were removed from the fat and these cells were then mixed with platelet-rich plasma from her blood and injected into her knee.

"Everyone I know who has joint issues, I tell them, you have to talk to Dr. Riopelle. This technology is incredible." — Seanna Hogan

The statements, treatments, and other information discussed in this advertorial have not been evaluated or approved by the US FDA. No guarantee of safety or effectiveness is made as results may vary and there are no US published long term studies.

Jeffrey Riopelle, MD | 925.275.9333 5401 Norris Canyon Rd, San Ramon, CA 94583 http://riopellesportsmedicine.com

# Lodging



The La Quinta Resort & Club has been a top Coachella Valley destination since opening in 1926.

### LA QUINTA RESORT & CLUB

Known for combining class and comfort, the resort offers 41 pools, five excellent golf courses and an array of activities. (laquintaresort.com; 760-564-4111).

# MIRAMONTE RESORT & SPA

Built to resemble a Mediterranean village, Miramonte has multiple pools, access to golf and tennis facilities, and an award-winning spa (miramonteresort. com; 800-237-2926).

# OMNI RANCHO LAS PALMAS RESORT & SPA

The Palm Springs resort is built for the whole family, with the Splashtopia waterpark for the kids and 27 holes of golf and a 20,000-square-foot spa for the parents (omnihotels.com; 760-568-2727).

# TWO BUNCH PALMS

The iconic Desert Hot Springs resort invites guests to experience the natural mineral waters that have been flowing here for centuries. The recently renovated resort offers 70 rooms on 77 lush acres, a gourmet restaurant, an awardwinning spa and various exercise classes (twobunchpalms.com; 800-472-4334).

### California Travel Planner Coachella Valley

## Shopping



More than 250 shops and top restaurants attract visitors to Palm Desert's fashionable El Paseo Drive.

### **EL PASEO**

With more than 250 shops and stores in the area, this boulevard in Palm Desert offers blocks of trendy boutiques, galleries and top restaurants. Take part in the area's Art Walk and extended store hours during the first Friday of each month (elpaseocatalogue.com).

### **DOWNTOWN PALM SPRINGS**

Home to antique shops, art galleries and boutiques, downtown Palm Springs offers a little bit of everything, including the chic shops along Palm Canyon Drive (palmcanyondrive.org).

Ken Van Vechten is a freelance writer living in Southern California.

Alaska Airlines offers daily flights to the Palm Springs area. To book a reservation, visit alaskaair.com or please call 800-ALASKAAIR.

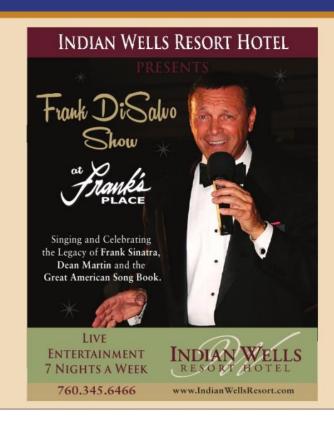






### PALM DESERT • PALM SPRINGS

### out and about





## Memmoth Mountain Cornice Bowl Dave's Run Roadrunner



Left: Snowboarders and skiers enjoy the view at the summit of Mammoth Mountain. Above: Fishing is a popular summer pastime at Mammoth Lakes.

## **Mountain Majesty**

From granite peaks to expansive valleys and alpine meadows, Mammoth Lakes is a natural playground for adventure travel and sightseeing I By Monica Prelle

The Mammoth Lakes area is a center for outdoor activities in winter and summer. Here are some top experiences in the area:

### **SKIING MAMMOTH**

At 11,053 feet, Mammoth Mountain Ski Area has the highest summit of any California ski resort. It offers 3,500 skiable acres of terrain, more than 150 named trails and an average annual snowfall of 400 inches, which means that the season extends well into the spring, and it has been known to last until July (mammothmountain.com).

### HORSEBACK RIDING

Explore the Mammoth Lakes Basin on horseback from June through September. Various guide services have day rides and multi-night trips to such areas as the Inyo National Forest and the John Muir Wilderness (visitmammoth.com).

### **BIKING MAMMOTH**

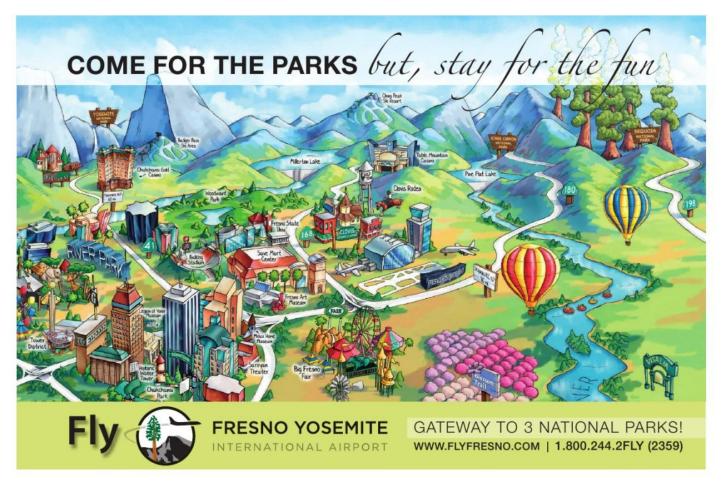
In the summer months, Mammoth Mountain Bike Park has more than 80 miles of lift-accessed singletrack bike trails for downhill, cross-country and beginning riders. There are additional public-access multiuse trails for mountain biking in surrounding non-wilderness areas. Road cyclists will also find many area routes (mammothmountain.com).

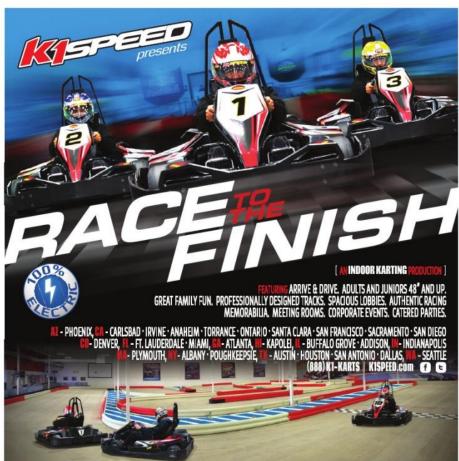
### DEVILS POSTPILE NATIONAL MONUMENT

The Devils Postpile National Monument—so named because of its unique basalt columnsand nearby Rainbow Falls are highlights of the Reds Meadow area, which is located on the western side of Mammoth Mountain. Visitors board buses at Mammoth Mountain Ski Area to ride the short distance to the monument. From the Devils Postpile, they can hike throughout the area, including visiting the 101-foot-tall Rainbow Falls (nps.gov/depo/index. htm).

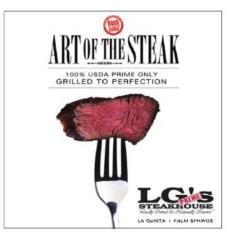
### **FLY-FISHING AT HOT CREEK**

Famous for its high numbers of wild trout in various stretches, Hot Creek is an excellent fly-fishing destination throughout the year. Hire a guide for the day and enjoy this unusual location where natural mineral hot springs bubble up in the creek, warming the water and creating a nutrient-rich habitat for bugs that attract the trout (visitmammoth.com).









# ROM TOP, BRETT HOLMAN / TANDEMSTOCK. COM; PETER MORNING; MELISSA SOUTHERN / TANDEMSTOCK, COM

### **Hidden Gems**

### VISITING MONO LAKE

Just 34 miles north of Mammoth is the Mono Lake Basin, a habitat for migrating birds. The interpretive walk at the South Tufa Reserve allows visitors to learn about the natural and human history of the area (monolake.org).

### HIKING TO CRYSTAL LAKE

Take the Crystal Lake Trail from Lake George and hike 2.6 miles to reach the pristine alpine lake. In the distance you will see the towering granite monolith of Crystal Crag (mammothtrails.org).

### **RUNNING THE TRAILS**

With its high altitude and miles of trails, Mammoth is a top training center for runners from all over the world. Mammoth Rock Trail is a favorite, offering a good workout with expansive views during the 5-mile roundtrip (mammothtrails.org).



One of the oldest lakes in North America, Mono Lake has no outlet and is more than twice as salty as the ocean. The lake is famous for its unusual calcium-carbonate formations, and is a habitat for more than 1 million migrating birds each year.

### Take a Trip Sequoia & Kings Canyon National Parks

Part of the Majestic Mountain Loop, Sequoia & Kings Canyon National Parks have many of the largest trees on earth, including the General Sherman Tree. The parks can be reached easily from Fresno, located about 60 miles to the west (nps. gov/seki/index.htm).

### Yosemite National Park

One of the nation's most popular national parks and part of the Majestic Mountain Loop, Yosemite is home to El Capitan and other famous landmarks (nps gov/yose/index htm)



Yosemite Falls in Yosemite National Park.

## **Dining**

### **GIOVANNI'S RESTAURANT**

The Italian restaurant is said to serve the best pizza pie in town. The bar has flat-screen televisions and is a hot spot for watching sports events. Dine in, take out or have your food delivered (giovannismammoth. com; 760-934-7563).

### MAMMOTH ROCK BRASSERIE

Located above a bowling alley, the newest upscale restaurant to open in Mammoth Lakes offers a French-inspired seasonal menu from Chef Fredric Pierrel, who is known for his excellent seafood dishes. The lively location has unobstructed views of Mammoth Mountain

and the nearby Sherwin Range, part of the Sierra Nevadas (mammothrocknbowl.com/ restaurant; 760-934-4200).

### MAMMOTH TAVERN

A gastropub located in the Old Mammoth district, Mammoth Tavern specializes in hand-crafted cocktails and small-plate meals. Try the signature Tavern Burger or share the smoked Gouda, yellow cheddar and pale ale fondue (mammothtavern. com; 760-934-3902).

Mammoth Tavern's burger, with sweet potato fries, is a local favorite.

### PETRA'S BISTRO & WINE BAR

Wine Director Mitch Cahoon selects an eclectic mix of varietals to pair with the restaurant's California bistro–style menu. More than 20 wines are served from the Cruvinet and selections are changed each week (petrasbistro.com; 760-934-3500).





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### Mammoth Lakes



Mammoth's Snowcreek Resort.

### ALPENHOF LODGE

Just steps from the Village at Mammoth, the Alpenhof Lodge has fireplace suites and cabins (alpenhof-lodge.com; 760-934-6330).

### MAMMOTH RENTALS

Mammoth Premiere Reservations and Season 4 Condominiums rent privately owned resort home accommodations throughout the Mammoth area (mammothpremiere.com; seasons4.com).

### SIERRA NEVADA RESORT & SPA

The lodge has wonderful accommodations and amenities. It is located near shops and restaurants (thesierranevadaresort.com; 760-934-2515).

### SNOWCREEK RESORT

Renting luxury condominiums and townhomes here allows visitors access to the athletic club, plus discounted greens fees at the resort's golf course (snowcreekresort.com; 760-934-3333).

Monica Prelle is a freelance writer living in Mammoth Lakes.

Alaska Airlines serves the Mammoth Yosemite Airport daily. To book a reservation, visit alaskaair.com or please call 800-ALASKAAIR.





### **Mammoth Premiere Reservations**

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## **Enchanting San Diego**

Residents of San Diego embrace an easygoing attitude that comes with the mild weather and breathtaking natural beauty I By Don Ayres

The following are just some of the attractions that have made San Diego one of the nation's top vacation spots:

### **SAN DIEGO ZOO**

Elephants, koalas and panda bears are among the 3,700 animals that are found at the world-class San Diego Zoo. For a different perspective, get a birds-eye view of everything by taking a ride on the Alaska Airlines Skyfari Aerial Tram in a gondola. The San Diego Zoo Safari Park, located 30 miles northeast of the San Diego Zoo, offers visitors the opportunity to see animals in a more open environment. You can even book a night in one of the park's Roar & Snore tents (sandiegozoo.org).

### **LOCAL BEACHES**

San Diego County has 70 miles of spectacular Pacific coastline. Whether it's the family playground of Coronado, the thriving bar scene of Pacific Beach or the natural, rugged beauty of Torrey Pines, there is a beach here to fit every interest (sandiego.org/what-to-do/beaches).

### **BALBOA PARK**

Featuring more than a dozen museums and the Spanish Village Art Center, Balboa Park is the cultural center of San Diego. This urban oasis is currently in the midst of a centennial celebration, as many of the Spanish Renaissance—style buildings first opened for

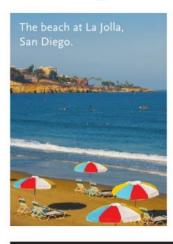
This panda bear is among the 3,700 animals that can be found at the San Diego Zoo.

CA34 ALASKA BEYOND MAGAZINE MARCH 2015

the Panama-California Exposition in 1915 (balboapark.org).

### MISSION BAY AQUATIC PARK

With 27 miles of shoreline and a 12-mile bike path, Mission Bay Aquatic Park packs a multifaceted San Diego outdoor experience into its 4,600 acres. Rent a watercraft, or go for a swim in the protected bay. SeaWorld San Diego is also



located in Mission Bay. The marine life adventure park has rides, exhibits and attractions (sandiego.org).

### THE EMBARCADERO

This waterfront walkway is home to restaurants, shops and many attractions, including the USS *Midway* Museum, which organizes tours of America's longest-serving aircraft carrier of the 20th century (midway. org). A few blocks farther north is the Maritime Museum of San Diego, where visitors can board several historic vessels, including the *Star of India*—the world's oldest active sailing ship (sdmaritime.org).

### THE GASLAMP QUARTER

The center of San Diego's nightlife, the downtown neighborhood boasts 16 blocks of hotels, bars, restaurants and nightclubs. It is also adjacent to the beautiful Petco Park, home of Major League Baseball's San Diego Padres (gaslamp.org).

### **OLD TOWN STATE PARK**

For history buffs, Old Town gives a glimpse of 19th century life in San Diego. Duck into any of the 17 historical sites or visit the nearby Whaley House, billed as America's most haunted house. The park's Cafe Coyote also serves tasty tortillas (oldtownsandiego.org).

### **TORREY PINES GOLF COURSE**

One of America's finest municipal golf complexes, Torrey Pines was home to the 2008 U.S. Open. The North and



Stone Brewing World Bistro & Gardens is one of about 100 craft beer makers in the San Diego area.

South courses feature breathtaking ocean vistas and layouts that will challenge any golfer (sandiego.gov/torreypines).

### **LA JOLLA**

Chic clothing boutiques, restaurants and the Museum of Contemporary Art are just some of the highlights of this charming San Diego neighborhood (lajollabythesea.com).

### Hidden Gems

### **CABRILLO NATIONAL MONUMENT**

The hilltop park commemorates Juan Rodriguez Cabrillo's 1542 arrival in San Diego, and features incomparable views of the city and the Pacific Ocean. Visitors will find tide pools teeming with marine life (nps.gov/cabr).

### **DEL MAR THOROUGHBRED CLUB**

Located in the city of Del Mar, 20 miles north of San Diego, the racetrack is one of America's most picturesque horse-racing settings and the place "where the turf meets the surf" (dmtc.com).

### THE GRUNION RUN

From April through June, many San Diego beaches are covered at night by thousands of grunions—small silver fish—that wiggle



Once partly owned by Bing Crosby, the Del Mar Thoroughbred Club is a top attraction in the San Diego area.

their way ashore to spawn in the sand. Bring your flashlight and enjoy this unique natural spectacle. Guided tours are also available at some beaches (grunion.org).



### Where the magic of the sea comes to life.



### STORE LISTING (partial)

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Asaggio

**Bay Company** 

Buster's Beach House

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Captain Hunt Tobacconist

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Harley Davidson San Diego

Marion's Fish Market

San Pasqual Wine Tasting Room

Seaport Cookie Company

Seaport Shoe Co.

Silver Crossing

The Tile Shop

Village Hat Shop





## FROM TOP, IAN DAGNALL / ALAMY; CORVETTE DINER; COURTESY: SANDIEGO.ORG; CHIP MORTON / ALAMY

## Lodging

### THE DANA ON MISSION BAY

This Mission Bay hotel is a family resort surrounded by recreational options. Explore the Mission Bay Aquatic Park bike trail, take a dip in the pool, or rent a paddleboat or aquacycle to explore the large protected bay (thedana.com; 800-445-3339).

### **HOTEL DEL CORONADO**

Since opening in 1888, the opulent hotel on Coronado Beach has captured the public's imagination with its distinctive

location and style. Author L. Frank Baum used the hotel's turrets as inspiration for the Emerald City in *The Wizard of Oz.* It has served as a backdrop for various films, including the classic comedy *Some Like It Hot* (hoteldel.com; 800-468-3533).

### HOTEL INDIGO SAN DIEGO-GASLAMP QUARTER

This environmentally focused hotel is near dozens of trendy restaurants and bars, and is so close to Petco Park that the hotel's Level 9 Rooftop Bar and some of the guest rooms actually overlook the baseball park's outfield (hotelinsd.com; 619-727-4000).

### TOWER23

The Pacific Ocean is your front yard when you stay at this boutique hotel just south of La Jolla. Situated on the northern end of Oceanfront Walk, the hotel is just a few steps from the beach and only a short stroll to the shopping and nightlife of Pacific Beach (t23hotel.com; 858-270-2323).



Hotel del Coronado is one of San Diego's most famous landmarks.

## Dining

### **CORVETTE DINER**

The 1950s come to life at this family-friendly diner that features poodle-skirted waitresses and a live DJ spinning the hits from rock's formative years. Try the meat loaf and hand-scooped milkshakes while listening to Elvis. You can also play video games in the Gamers Garage (cohnrestaurants.com/corvettediner; 619-542-1476).

### HODAD'S

Rated by CNN as one of America's five best burger restaurants, Hodad's is best known for its bacon cheeseburger, which uses an additional patty made entirely of chopped bacon. Two locations: the original

Ocean Beach location (619-224-4623), and a downtown location (619-234-6323). A third location is in Petco Park during Padres games (hodadies.com).

### ISLAND PRIME

With panoramic views of downtown and Coronado setting the mood, Island Prime might be the most picturesque place for fine dining in San Diego. The upscale menu features seafood and artisan steaks (cohnrestaurants.com/islandprime; 619-298-6802).



The 1950s come alive once again at the Corvette Diner.

### THE MARINE ROOM

This La Jolla beach favorite has an unparalleled waterfront dining experience in which you may literally be in the surf. For something truly memorable, make a reservation for the High Tide Breakfast. Enjoy a gourmet buffet while waves splash dramatically against the restaurant's windows during certain high tides (marineroom.com; 866-644-2351).

### Beyond San Diego San Clemente

The community between San Diego and Los Angeles is one of California's best surf towns. Whether you're a beginner or a seasoned veteran, the area surf has a break to fit your skill level (sanclementedaytrips.com).

### Temecula

Located about 60 miles north of San Diego, this inland wine country has tasting rooms, golf and a hot-air balloon festival (visittemeculavalley.com).



### San Diego

## Shopping

### **DEL MAR VILLAGE**

A posh shopping area in the city of Del Mar, about 20 miles north of San Diego, the village has a mix of high-end boutiques, fashion stores and wonderful coastal views (delmarmainstreet.com).

### **FASHION VALLEY**

Conveniently located along the green line of San Diego's trolley, Fashion Valley has all of the amenities of a major shopping mall, with an open-air environment that allows shoppers to enjoy that year-round mild weather (simon. com/mall/fashion-valley).



The Fashion Valley mall has 200 stores and a variety of restaurants.

### SEAPORT VILLAGE

Visit dozens of stores and restaurants, and enjoy the buskers and musicians at this waterfront promenade located near the Gaslamp Quarter (seaportvillage.com).

### **WESTFIELD HORTON PLAZA**

A Gaslamp Quarter attraction, the mall has about 130 stores and is known for its whimsical architecture and bright colors (west-field.com/hortonplaza).

Don Ayres is a San Diego-based writer.

Alaska Airlines offers daily flights to San Diego. To book a reservation, please visit alaskaair.com or call 800-ALASKAAIR.



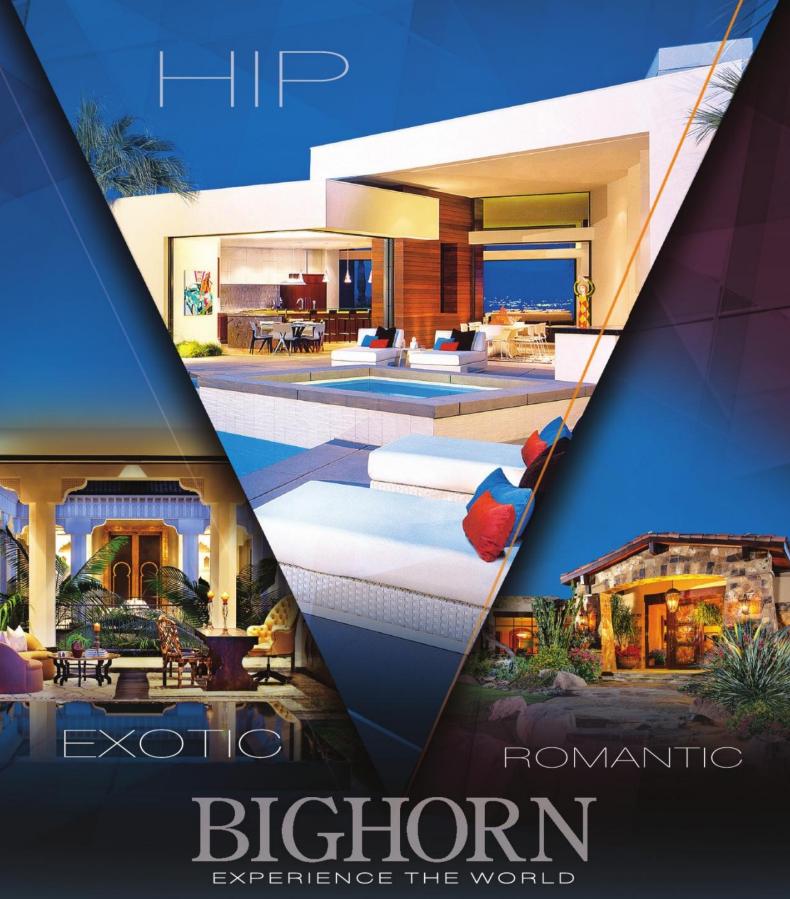


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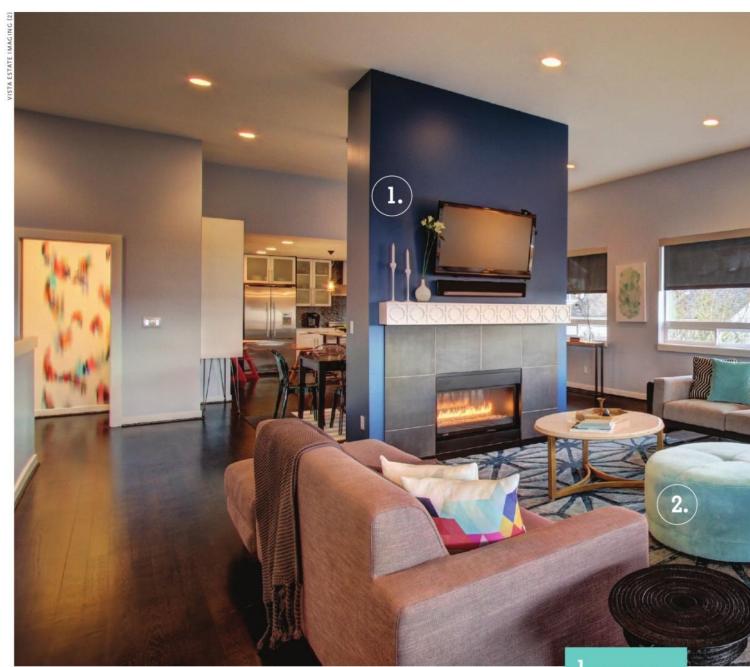


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The dining-area table (at right) was one of only two items a young Seattle couple wanted incorporated into their new home. Seattle designer Kenna Stout helped the couple create a bold yet family-friendly home design.



Kenna Stout, owner of Brio Interior Design in Seattle, was inspired to use bold accents in the color palette for this new home's living area. The blue paint for the dividing wall (housing the fireplace) illustrates this decision, as does the red of the custom hutch adjacent to the dining area (shown at left).



Because the couple moving into the new home was expecting their first child, Stout sought out soft, rounded furniture that the owners could move as needed. "The blue cushy ottoman is on wheels," Stout notes, "and they can totally roll that around or out of the way if it becomes too cluttered in the space."

The three focal points for the home's design scheme were color, pattern and texture. One way that the designer added texture was through lighting such as the polymer-with-rattan Ango Five Stone Floor Lamp in the living area (shown above) and the Hart Lighting Waveform Chandelier in the dining area (shown at left).

### Design Inspirations

Simple ideas for updating interiors and decorating new spaces | By Shannon O'Leary

When a young couple expecting a child sought help turning a newly built, contemporary house in Seattle's Fremont neighborhood into a dynamic family home, they presented designer Kenna Stout with just two items from their previous residence: an upright piano and a dining table.

"They hadn't collected a lot or had their first child yet," recalls Stout. "So they were open to just moving on and starting fresh in the new space."

Ultimately, the designer created a polished but accessible abode well-suited to a growing family.

Such is the kind of seemingly effortless alchemy that is an interior designer's stock-in-trade. And even the least style-inclined among us can appreciate a professional's insights and inspirations.

Given the amount of time we spend within our four walls, it makes sense that we want to enliven our dwellings. And many of us switch up a home's decor alongside major lifestyle changes.

With spring arriving, we asked a few experts to share their **tips on freshening up** living spaces, whether that means creatively outfitting an entirely new house or retrofitting a single room.

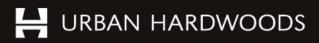
### STARTING FROM SCRATCH

The couple with a baby on the way first hired Stout, owner of Seattle's Brio Interior Design, for a color consult. After they experienced her design sensibility, they had her develop the overall style for their home.



A natural beauty never goes out of style.

FINE FURNITURE FROM SALVAGED TREES





▲ Black Crow Studios, based in Long Beach, California, specializes in wall coverings ranging from abstract watercolors (above and below) to photo-realistic printed wallpaper.

"They desired a fun, vibrant, familyfriendly interior," explains Stout. "We achieved this by infusing the spaces with color, texture and bold pattern."

Out went the typical new-house whitewash and in came a lively, more complex palette of soft grays (Sea Fog by Parker Paint for the main walls), blue (on the freestanding fireplace) and red (on a custom-built kitchen hutch by Strand Woodworks).

The powder room on the stairway landing is bold, too, lined in DNA-strand-emulating wallpaper called Chroma, by Trove. Stout loves Trove's wall coverings. (She also loves the designs of Black Crow Studios.)

Stout's furniture layout is **conversation-friendly**. Only two of the living room's chairs face the TV. The room's central pieces, which mix Midcentury Modern and contemporary styles, are also kid-friendly. "We chose round pieces for the middle of the space," says Stout. "We knew they had a little one coming."

The dining room is home to the hardy table from before the couple's move, along with acrylic Calligaris chairs and easy-to-clean Flor carpet tiles. "Basically, you can hose down the dining area," jokes Stout.

The house came with site-finished smooth wood floors and minimal millwork. So to give the interiors a fun sense of movement, Stout inserted textural elements throughout. The lamps have compelling surfaces, as does the dining room's striking Hart Lighting Waveform Chandelier. Stout hired Seattle's Urbancase to create a mantelpiece with a distinctive Indian-style fretwork pattern. She hired Designs by Ferdod to weave a stark, zigzagging black-and-white carpet runner for a staircase and a large, lush, starstreaked, tone-on-tone area rug for the living room.

"We spent a lot more on the rug and furnishings than on art," says Stout, noting the owners' youth. "Art is one of those things that can grow with you."

### DRAMATIC WALLS

Keri Petersen knows how to imbue a space with drama. The owner of the Seattle design firm KP Spaces is also a talented real estate stager.







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Accessories such as these variably shaped lights sold by the Seattle store and Web retailer Digs add form and texture to designs. And they are less expensive to replace with changing tastes than furniture.

An ottoman such as this stuffed hexagonal form by Gus\* Modern adds a casual, colorful, movable seating option to a living space. "I'm not afraid to put color on the walls," says Petersen. "I've done accent walls in bold teal and in black, and both look amazing—especially if you have gold or white accents, like white frames, or art prints."

Petersen says that an accent wall should be a focal wall, such as a wall with a fireplace or in an entryway, and it should come with good sight lines.

"The idea is that you're going to bring that color into the rest of your space with your accessories," says Petersen. "So if you can catch that teal wall from the corner of your eye in the family room or the kitchen, then you can bring that color into all the spaces, and it has a flow to it. It's sort of a launching pad for whatever else you're going to do."

Sometimes Petersen prefers stencils or wallpaper. "There's a lot of great self-adhesive wallpaper out there," she says. "CB2, the furniture and decor store, has some really fun ones that you can put up to make an accent wall in an entryway or a powder room, and I think it makes a big impact."

At other times, the designer will favor a well-conceived art array. "What I see often when I go into people's homes is a lot of tiny art. It's just kind of swimming on the walls. It's not really anchored to anything," says Petersen. "So I like to start with a big piece. It can be an abstract piece or a watercolor, or maybe it's a funky Chippendale mirror that you've spray-painted orange—something cool—and then I start building around that. Just make sure that you have enough different-sized art."

Petersen is fond of unexpected objects that add dimension, such as wooden oars, rustic baskets or papier-mâché elephant heads. "Just look for funky things that you decide are going to be a piece of art, and mount those to your wall," she says.

### EYE-CATCHING ACCESSORIES

Just as accessories such as jewelry, belts and purses can make an outfit in the fashion world, **home accessories** can make an interior's look.

Ben Knudsen and his wife, Gretchen, owners of the Seattle home shop and Web retailer Digs, have helped many customers find just-right accents.

"While your bigger pieces are really investments that should be in neutral tones, accessories allow you to bring in **pops of color**," says Gretchen Knudsen. "And even if your mood or taste changes, you won't break the bank switching these."

Some of the Knudsens' favorite accessories for adding color are Jonathan Adler's bold geometric



Jane Rug selections (available in 20 colors); Gus\* Modern's Hex Ottoman, in Tartan Rouge; and Newgate's retro red Metro clock.

Throw pillows are useful for reinforcing a color scheme, and are an easy way to bring texture and pattern into a space.

Interior designer Kenna Stout routinely turns to Society6 and its huge inventory of pillows that range from comely to comic—such as one bearing a portrait of actor Bill Murray in a military pose.

Other advice: **Keep an eye on the scale** of accessories. "It's better to have a few larger featured elements in a room than a bunch of smaller pieces that end up looking cluttered and random," says Ben Knudsen.

Kenna Stout and Keri Petersen also advocate for big light shows. "A sculptural floor lamp adds so



GOLF COURSE VIEW | Woodinville

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much glamour and drama," says Petersen, who relishes the industrial edge of the brassdomed Miles Floor Lamp by Schoolhouse Electric & Supply Co., while Stout is wowed by the whimsical works by Ango. This company's 5 Stone Floor Lamp, resembling a

wobbly stack of paper lanterns, is featured in her project for the young expecting couple.

Whether signature lighting is overhead or freestanding, you don't have to spend a lot on it. "I'm sending my clients fixtures for \$99 from World Market or \$200 from CB2," says Petersen.

Stout also urges introducing a large-scale piece of art into your space; she often scouts for her fine art and photography online at Saatchi Art and PurePhoto.

► Small spaces

pieces that serve

stylistic purposes.

right has colorful

stacking trays for

storage or serving

(both items are

from IKEA).

functional and

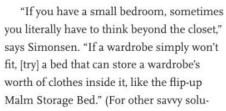
The wall shelf above doubles as

benefit from



Limited square footage need not relegate you to a design desert. Just ask the furniture pros from the famed home furnishings store, IKEA.

"When living in a small home or apartment, look for smart solutions to help maximize your space," advises Janice Simonsen, design spokesperson for IKEA USA. She recommends mobile and multifunctional pieces, such as IKEA's PS 2014 Storage Table. This piece has four stacking trays that resemble dim sum containers; they provide storage and can be used for serving. Another example: the PS 2014 Wall Shelf, which has knobs to hang up everything from jackets to scarves, and can be secured to any wall.



tions, visit IKEA's Share Space site at thesharespace.com.)

For Ben Knudsen, it's The Edge bedside table that wins when it comes to stylish storage for the bedroom. Designed by Seattle-based Urbancase, the slim walnut piece is large enough for a lamp, several books and a clock, yet it is wall-mounted so that it takes up little valuable floor space.



For small spaces, Stout employs wall sconces, since they don't use horizontal space. She likes the options from Restoration Hardware and Schoolhouse Electric & Supply Co.

### SINGULAR SENSATIONS

Design inspiration truly can come from anywhere. For instance, Barbara Hyde Evans recently got a color consult-indirectlyfrom Ryan Gosling.

Her client, a 30-something single seeking a fresher-looking, better-functioning living room for her 1920s Magnolia Bluff home in Seattle, had fallen in love with the actor's favorite paint color.

"Luckily, it is a really neat color," says the owner of Seattle's Hyde Evans Design. "It's called Gray Owl by Benjamin Moore and is a pale gray with a touch of blue and green. ... Normally, we would never do paint before fabrics, but it worked out great."

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Aside from matching the new drapery to the Gosling-favored wall color, Hyde Evans' main focus was making the space user-friendly. "The owner lives in her living room," Evans explains. "So she wanted it not only to work really well for watching TV, eating a meal or babysitting her niece, but for hanging out with friends and drinking wine."

The designer moved the flat-screen TV away from its perch above the fireplace to a viewing area across the room. She replaced a single sofa with two matching custom couches, more than doubling the room's seating capacity.

The basic circulation was improved simply by displaying previously scattered and piled items—from books to stereo equipment—on two Room & Board metal bookcases set against the far wall, and stashing some items inside a vintage storage console set next to the windows. To brighten a muted palette, touches of yellow, pinks and patterns were added via custom Robert Allen DwellStudio pillows, West Elm marble-base table lamps and original art by Hyde Evans.

Ever mindful of her client's wish for a durable "sturdy room," the designer was careful to choose furnishings with strong lines and materials, from the stark polished-nickel West Elm floor lamp to the chunky wood Tritter Feefer coffee table with a pretty but practical antiqued finish. Says Hyde Evans, "You can beat it up and it will look the same."

The most entertaining-proof (and young-niece-proof) pieces have to be the two custom sofas covered in a soft gray Pindler outdoor velvet fabric.

"The fabric is soft and cozy and curlup-able, and it will last forever," says Hyde Evans. "If wine spills on it, it will just bead up and roll off."

Shannon O'Leary is a Seattle-based writer specializing in residential design.



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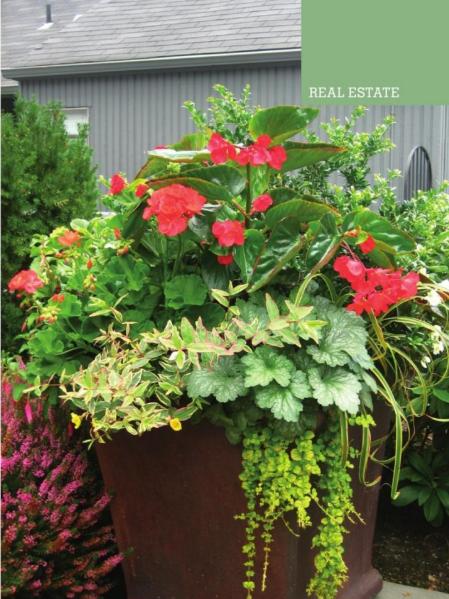
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Air out the rugs, turn the mattresses and dust that top shelf you can barely reach—it's time for a centuries-old human tradition, spring cleaning. That includes the garden, and the patios, paths and porches; and while you are at it, mow the lawn. Think of cutting the grass as a fresh haircut with not too much off the top: It's a quick and easy way to tidy your garden. And that approach can serve for the whole yard.

The thought of just how much there is to do pruning, weeding, replacing, scouring—can seem overwhelming. Surely it will take more time than you can spare to get the yard presentable?

But a good-looking yard may not be as hard to come by as you thought—there are simple tasks that can do as much for your garden's appearance and eventual bounty as a haircut can do for you. And the effects in the garden last longer. Here are some early spring suggestions.

### SENSIBLE CONTAINMENT

Container gardening seems like an intrinsic timesaver, because it's so, well, contained. But easy as it may be to have a pot at the front door or out on the deck, containers can assume a sad-sack appearance by the end of winter. Our first inclination is often to dump the entire contents and begin again.

That may not be necessary. Sprucing up by selectively removing and replanting can provide new interest, a fresh environment, and months of color.

First, says Toni Cross, owner of Seattle's Seasonal Color Pots, decide what to keep and what to chuck. Cross designs pots that include permanent elements: evergreen shrubs such as box honeysuckle (*Lonicera nitida*) and andromeda (*Pieris japonica*), which look good year-round and need little effort in spring.

Leave those plants in place and work around them. "I dig out the old soil down about 8 to 12 inches," Cross says, "around the permanent plants

- Keeping garden beds well cultivated helps hold weeds in check.
- ▲ Certain container plants often winter over, so fill-in additions are all you need for summer.
- Mowing the lawn has many virtues—it helps create a neat and tidy appearance; it keeps down weeds; and the clippings are nitrogen-rich material. for the compost bin.



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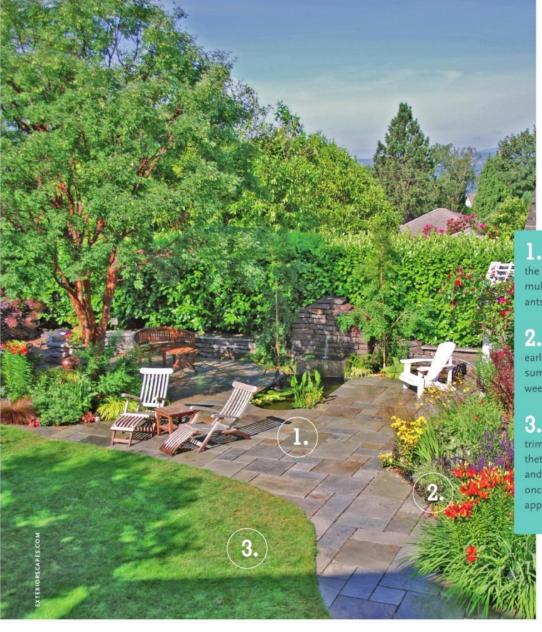


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- Pressure-washing patios and walks is the best way to remove the winter's accumulation of moss and debris. Stone sealants are not really necessary.
- A 2- to 4-inch layer of mulch applied early will help flower beds look fresh all summer long; mulch also helps suppress weeds, and gently nourishes plants.
- Keeping the lawn mowed and edges trimmed is an easy way to boost the aesthetic appeal of any yard. Prune branches and flowers away from walkways and patios once they're done blooming, and the visual appeal will be boosted considerably.

◀ This garden design by Exteriorscapes artfully blends lawn, patio, perennial flowers and specimen trees.

without disturbing them." She adds back fresh, compost-based potting medium along with new plants such as summer annuals, and she's finished.

Seasonal touches—annuals that bloom from spring until fall—crowd the nursery shelves in May, prime container-planting season. Cross goes for easy, good-looking selections, such as 'Gartenmeister Bonstedt' fuchsia, which has a reddish tint to its leaves and narrow tubular orange-red flowers that draw hummingbirds. Cross calls the fuchsia and the Bolivian begonia stalwarts for a semi-shady spot.

Summer geraniums (*Pelargonium*) provide firepower in shocking shades of pink, red and orange for months. Cross chooses from the vast number of petunia-like *Calibrachoa* cultivars (found with names such as Million Bells and Super Bells). Colors range from violet through terra-cotta to bubblegum pink. They look like little petunias, but do not melt in the rain, and "there's no deadheading."

### A LITTLE BIT OFF THE TOP

No need to carry a pair of hand pruners in your pocket when all you need do is reach out and break off a dead stem here and there. Stacie Crooks, owner of Crooks Garden Design, takes the easy route when it comes to sprucing up the garden in spring.

"Pinch back pines and Hinoki cypress," she says. On pines, this is called candling, because the new growth before the needles expand looks like a pale green candle emerging upright at the ends of stems. Breaking the candle in half results in thicker growth, and doing it in spring, when the fresh new growth is tender, requires no special tool other than a thumbnail. She also pinches back the many cultivars of Hinoki cypress (*Chamaecyparis obtusa*), keeping the conifers in scale with their surroundings. Take your morning latte out to the garden and before your mug is empty, she says, your pruning is finished.

Deadheading early-flowering camellias and rho-



▲ Plucking spent flower heads from rhododendrons improves their summer appearance.

dodendrons is another task that can be accomplished one-handed. "It's easy to snap off the flowers," Crooks says, "and it's instant gratification." Camellia flowers tend to cling to the shrub long after they have lost their appeal and end up looking like wads of brown papers stuck to the plant, and once the

petals fall from a rhody all that's left is a little bundle of twigs. A quick tidy and voilà—a clean and serene broadleaf evergreen. Your hand will be sticky, so wash up before you leave for work.

It's a mistake to cut back evergreen ornamental grasses, such as sedges (*Carex*) and blue oat grass (*Helictotrichon sempervi*rens)—the result is a stubble at the base that never goes away and

detracts from the free fountainlike form of the grasses. Again, the easy way wins—Crooks says all these plants need is a good combing. "Just use your fingers to comb through the foliage and you'll pull out all the dead stuff." It's a good idea to have a bin at the ready, because all that dead stuff turns out to have a mind of its own and springs here and there.

Roll all the thin, wiry leaves up—two hands needed here—and place the resulting bundle into your compost bin.

### **BRICKS & STONES**

Hard surfaces in the landscape finish winter spongy with mold and slick with slime. Here's where some hard work comes in: pressure-washing stone and brick paths and patios. "Rent one of the large surface attachments," urges Cameron Scott, owner of Seattle's Exteriorscapes. "It looks like a floor polisher and it'll take less time to clean."

Here's a thought for long-term landscape plans: The patios that Scott's company installs are not mortared. Far too much of our urban and suburban landscape is solid pavement, and when it rains, the water has no place to go except run across patios, down driveways and into storm drains where it makes its way—along with sediment, oil deposits and chemicals—into our waterways. Unmortared stone and brick allow water to percolate through the cracks into the soil, and soil is an exceptional filter.

Naturally, when there is even the tiniest space between bricks or stone, a weed seed or two will find its way in. Not to worry, now comes the fun part—







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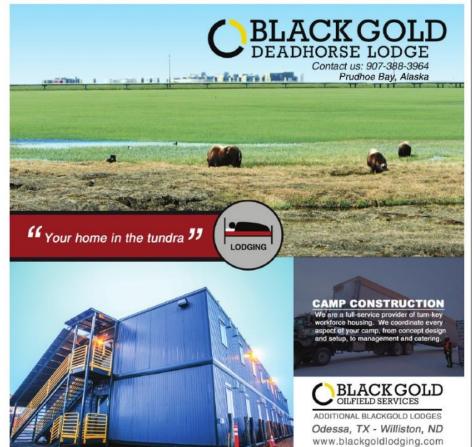
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### **GROWTH PLANS**

- Be sure to order seeds and plants early nurseries and seed companies, especially regional ones, may run out by late spring.
- Add plant sales to your calendar, such as the immensely popular annual Seattle Tilth sale in early May.
- Most perennials can still be divided or moved in March and April.
- Now's the time to seed bare patches in the lawn, when nature will keep the ground adequately watered.
- Now's also the time to plant coolweather vegetables such as potatoes, onions, lettuce and peas.

using a flame weeder (carefully). "It's half therapy, half gardening," Scott says. "If you've had a bad day at work, you can take it out on the weeds."

Shotweed, creeping woodsorrel, common groundsel, dandelions—they make your blood boil, don't they? Make the weeds boil instead.

For the future file, Scott recommends laying a proper foundation for patios and paths so there is less buildup of moss and slime on stone and brick. A thin layer of sand is not enough—4 to 6 inches of gravel will help drain the water away, prolonging the life of the material on the surface. "A proper base needs to be completely free-draining," Scott says. "You can't let water stay next to stone."

Scott does not endorse applying sealants to stone. The coating wears unevenly, the chemical seeps into the ground, and in many cases it becomes a yearly task to reapply. The time and money are better spent elsewhere.

### MULCH MUCH

Cutting the grass regularly is top on the list of easy ways to make the yard look good for Seattle's Cass Turnbull, founder of PlantAmnesty. "You can mow any-





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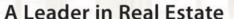
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thing," she says. "It'll look good." The clippings are excellent additions to your backyard composter, adding nitrogen and decaying rapidly.

After that, edge. Rake off leaves that have fallen onto shrubs and prune limbs away from paths. Cut out little twiggy bits of deadwood from the interior. Compost it all, pull weeds, then lay a mulch.

"Mulch is like a new coat of paint," she says of spreading a 2- to 4-inch layer around the garden. Mulch comes in many forms. Turnbull prefers a sawdustbased version that has been composted with cow or chicken manure, because the texture is fine and it looks like a rich. brown blanket on the ground. Some composted mulches may incorporate wood shavings, too.

Arborist chips, which look rougher in the landscape, have the added benefit of usually being free. Check online for arborists who will deliver a truckload to your drive. Do not believe anyone who says that arborist chips will "rob the soil of nutrients." When fresh wood begins to decay, the nitrogen is soon released and your garden soil is all the better for it.

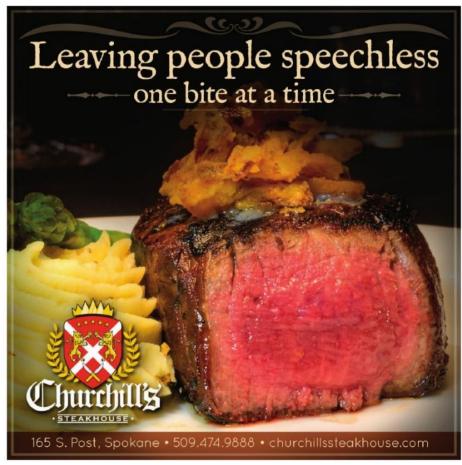
Turnbull draws the line at bark mulch. "It's hydrophobic and it gives you slivers. And it's orange." Shredded bark forms an almost impenetrable layer over the soil, shedding water. A good mulch will ease the passage of water, allowing it to drain through slowly so that soil is not eroded and plants are neither drowned nor parched.

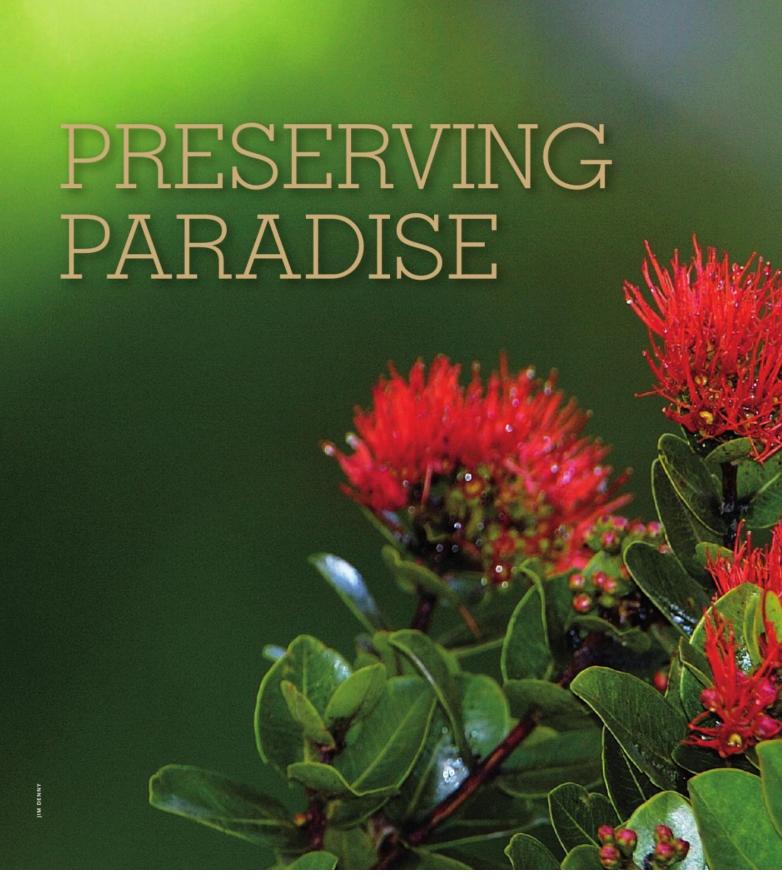
The easiest task of all is the one that need not be done: Turnbull rarely fertilizes landscape plants, apart from the odd azalea. "We've got plenty of nutrients. Really-weeding, water and mulch, that's all our gardens need." And a light application of hands-on care each spring.

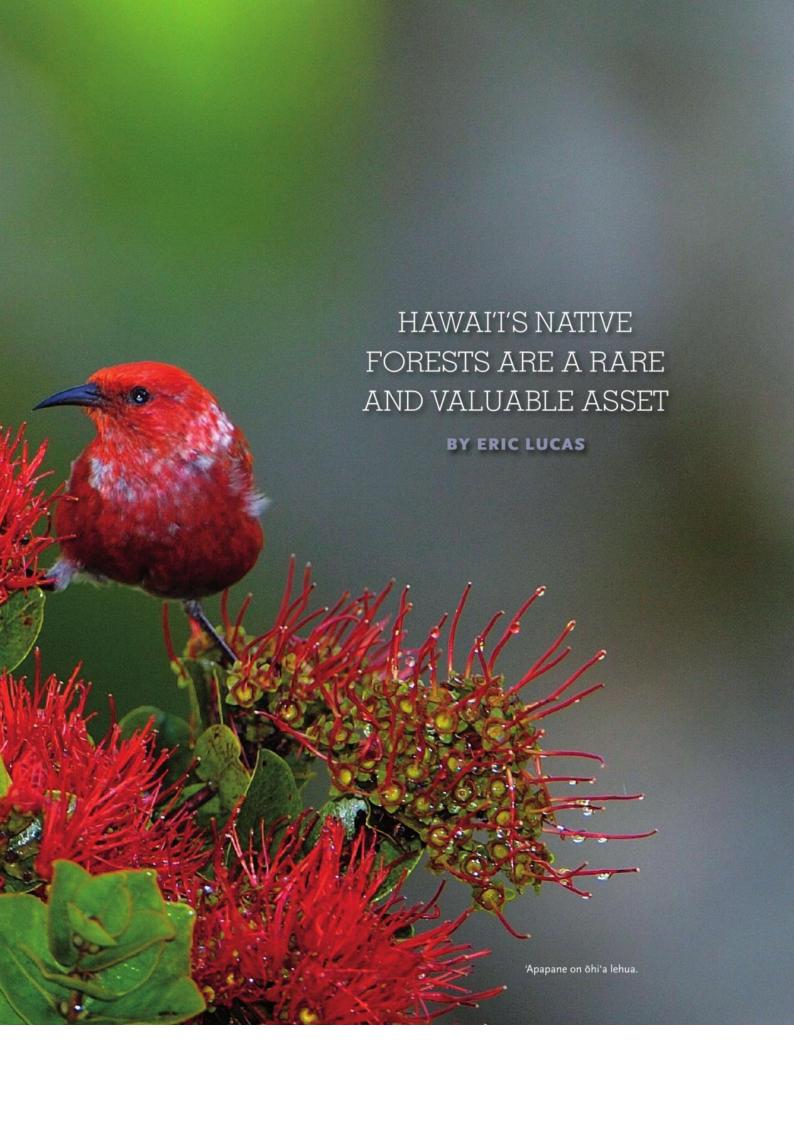
Seattle-based Marty Wingate is the author of the Potting Shed Mystery series.













he old-growth tree beside me has an immense, columned bole, 18 feet around, a diameter of more than 5 feet. It's the color of harness leather, with thin scaly bark ascending in a corkscrew pattern to the first branches at 18 feet. An aura of steadfast grandeur emanates from its mass; leaning against it I'm certain no ordinary force could bring it down.

This tree on the northeast slope of Maui's Haleakalā is a living great-grandfather, sacred to Hawaiians, impressive visually, tactilely and spiritually. It's in a Nature Conservancy forest preserve at 4,200 feet, and thus will grow on well into the future, barring hurricanes or disease or the ravages of the climate. It may be 300 years old; its wood, were it sawed, planed and polished, would be a deep, purplish brown that signi-

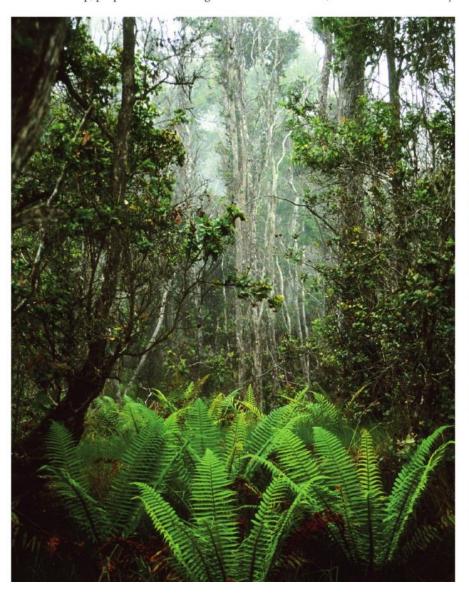
fies its kinship to ancient mesquites of the American Southwest.

This is a koa, Hawai'i's most revered tree; Acacia koa to botanists, a member of the legume family and thus related to beans and peanuts. Massive as it is, when I peer up into its canopy 90 feet above ("king canopy," ecologists call it in tropical forests) its foliage is a lacy, light-shedding chartreuse that, compared to the heft of the tree, seems oddly insubstantial. Those tiny leaves grew this venerable behemoth?

Yes, and although the Hawaiian Islands are relatively small by geographic standards, they hold some of the world's most impressive and unique forests. Rich with endemic plants and animals found only here—perhaps 9,000 unique species, including koa—treasured by Island inhabitants for centuries, home of dozens of lovely



Though the Hawaiian Islands are relatively small by geographic standards, they hold some of the world's most impressive and unique forests.





Left: Native forest, Kona Hema Preserve, Hawai'i Island. Top: The 'ilima is a delicate flower native to Hawai'i. Above: Botanist Pat Bily holding invasive Himalayan ginger.



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songbirds that fly their esplanades and visit their flowers, Hawai'i forests encompass 1.5 million acres on the Islands.

While that may sound immense, ecologists estimate it is just half the woodland found here when humans first arrived.

Though riven by forces ranging from invasive non-native species, such as pigs and ginger, to development and drought, the forests remain landscapes of wonder to virtually all Hawai'i residents and visitors. Relatively few people find their way up here; but the gifts of the woods range from the Islands' water supplies to ceremonial leis intrinsic to Hawaiian character.

"See all those vines on the tree? Let me show you something," offers my guide,
Nature Conservancy staff botanist Pat Bily.
"This is a maile vine." He grasps a flexible tendril snaking its way around the koa tree, shiny green leaves glinting in the filtered light, and artfully strips a strand from the vine. He hands three such to me, and I weave them together to make a maile lei, beloved of Hawaiians for its spicy, mountain meadow aroma. Used in weddings and other meaningful ceremonies, it's an adornment representing Laka, the goddess of hula. Though it's traditionally worn open-



"Some of us believe the forest remembers forever. It won't forget your name," says Keoki Apokolani Carter as he explains the traditional name-saying ceremony with which we have begun our visit.

ended, like a horseshoe, I loop the strands so it won't fall off as we hike down from our mountain excursion.

Everywhere I go for the next three days people admire my maile lei-and why not, for it's from the realm of the gods, wao akua. In the old days only specially consecrated Hawaiians could ascend to these forests. They came to find old, straight koa trees to carve into canoes-today, a rare art practiced by just a few artisans. They came to find wood for drums, paddles, fishhooks and other articles of daily life. Wanton use was forbidden; each tree was thanked for its contribution as it was turned into practical or ceremonial objects. Sacred then, beautiful now, the upcountry woodlands are quiet chantries of a lush solitude in which distant birdcalls thread the green light. Considering that much of that ancient landscape is gone now, I feel blessed to have visited the koa's home, though I am a thoroughly mortal 21st century layman consecrated only by my compulsive reverence for big old trees. But I'm not the only one.

**"SOME OF US BELIEVE** the forest remembers forever. It won't forget your name."

Keoki Apokolani Carter smiles gently as he explains the traditional name-saying ceremony with which we have begun our visit to an entirely different woodland. It's

Koa trees grow in dryland forest at Kuka'iau Ranch, 7,200 feet up the side of Mauna Kea. Above: The Nature Conservancy watches over the vast Waikamoi Preserve on Maui.

MARCH 2015 ALASKA BEYOND MAGAZINE 149



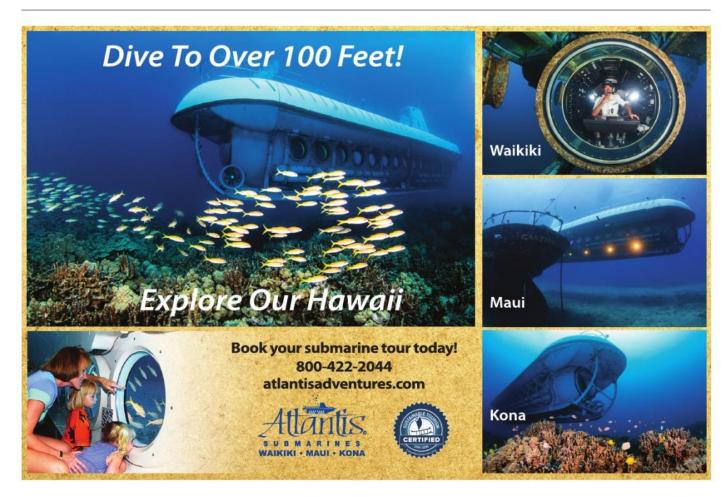
The author admires a hand-carved pounding tool made of wood from a *kauila*—the tree which is directly behind him.

the Kaʻūpūlehu Dryland Forest Preserve on the slopes of another ancient volcano, Hualālai, north of Kona on Hawaiʻi Island. Keoki; his wife, Yvonne Yarber Carter, the outreach and program coordinator; Hawaiʻi Island storyteller Kuʻulei Keakealani; and I have all announced our various names to the ancient forest around us. These trees are at least as old as the koa I visited on Maui—likely much older—but they top out at just 30 feet, have 18-inch-diameter trunks, and create a spare canopy through which the morning sun filters down to the forest floor.

Yvonne and Ku'ulei offer a chant to the woods; then the latter tells the lengthy legend of how this grove of trees on the midland slopes of the Ka'ulupūlehu ahupua'a came to be known as the "place of roasted breadfruit." It's a rambling tale of a disguised goddess Pele wandering from village to village looking for something to eat; Hualālai's lava bypassed the one place where she was welcomed, a grove nearby.

After the tale, I heft a marvelously balanced pounding tool made of *kauila*, another wood central to Island tradition. About 18 inches long, this instrument has been carved by Keoki, a Hawaiian cultural practitioner who explains that aside from pounding devices, kauila was favored for fish lures that would, because of the wood's great density, sink deep quickly. Keoki fashioned this tool with a drawknife, leaving lengthy facets that help the holder's hand connect with the wood. He grins when I admire its balance and texture.

"If you like that so much," Yvonne advises me, "you can meet a kauila right behind you." I turn around, and 10 feet uphill is a wiry 25-foot tree whose fawn-colored bark sports scales much larger than a koa's. I draw my fingers across its trunk. Modest as it is in size, it is centuries old. Nearby are equally ancient <code>ēlama</code> trees; and the iconic Hawaiian 'ōhi'a lehua, whose vermilion bottle-brush blooms are favored by the rare honeycreepers that inhabit the Islands' uplands and are among the most endangered birds in the United States.



This forest was spared incineration during one of Hualālai's last lava flows, in the early 19th century. Yvonne tells me that an undisturbed dryland forest such as this is a rarity even greater than the rain forests of the Islands' windward mountainsides. Here, just 19 inches of rain falls a year; thus the trees' great age but small size. The age estimates are based on complicated carbon dating; lack of a winter-summer growth disparity precludes the precision of tree-ring measurements that dendrologists use on the mainland. As a dryland forest, this is among the rarest ecosystems on Earth. Worldwide, cleared for timber and firewood or development, or ravaged by drought, dryland forest has diminished more than 90 percent, forest ecologists estimate. Of the remaining fraction, Yvonne tells me, just 10 percent is healthy.

If that seems disconcerting, consider that Kaʻūpūlehu holds a type of tree so rare

### Native or Not?



Residents and visitors often wonder which plants were here when the first Polynesians arrived centuries ago; which plants came with them ("canoe plants," they're called); and which have been introduced since European colonization began in the late 18th century. Recent scientific research has changed our understanding.

Sometimes, tree status even spawns controversy, as in current efforts to replace the state tree, kukui nut, with the Islands' only palm, the *loulu*. "People feel strongly about a lot of cultural items in Hawai'i," says paleo-ecologist David Burney, whose research on Kaua'i proved that kukui nuts were brought by Polynesians.

#### Here's a primer:

- Koa: Native. This member of the legume family was once found throughout the Islands; Hawaiians considered it best for canoes.
- 'Öhi'a lehua (top): Native. The brilliant vermilion blossoms look like bottlebrushes; they are crucial to survival of rare native honeycreepers whose bills are adapted to sip nectar from the flowers.
  - Coconut palm: Non-native. This is one of the world's most widely distributed seaside plants. The Polynesians brought it.
  - African tulip (bottom): Non-native. Its red flowers resemble 'ōhi'a; but it's a 19th century introduction considered invasive.
  - Pandanus: Native. Essential to early Hawaiians for weaving, this yucca-like tree was long thought a canoe plant. Burney's fossil evidence places it in the Islands for at least 5,000 years. —E.L.





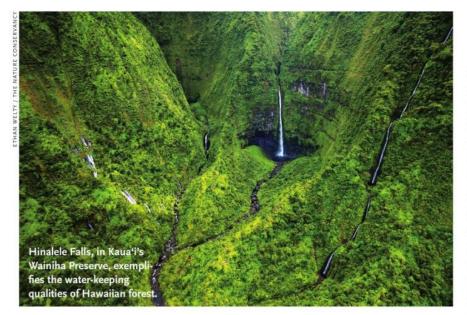
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that the preserve is the home of the only two adult specimens in the world.

So, if this forest is to remember our names, it must be not only preserved but protected and restored. And that's a challenge that faces virtually all Hawai'i's forests and their shepherds.

"SOUNDS PRETTY FANCY, doesn't it?
'Kāhili ginger.'" Pat Bily sweeps his hand toward the hillside 300 feet below the Waikamoi Preserve. An alien Himalayan ginger has accomplished an astounding invasion that literally overwhelms every-

thing on the forest floor. The 6-foot-tall

flower was brought to the Islands in the 1950s and given its faux-Hawaiian name. Planted ornamentally and along roadsides for erosion control, it proved a colossal mistake. Not only does it obliterate existing shrubs and other low vegetation, but its dense mat of roots and corms intercepts water that then never reaches deeper tree roots below, thus killing entire stands of 'ōhi'a elsewhere on Maui. Its crimson flowers are not aromatic, and last only a few days, leaving a spiky, brushlike stem. The plant is on the global list of 100 worst invasive species compiled by the International Union for Conservation of Nature.

Crews work assiduously to keep the ginger in check, by manual removal and occasional chemical means. So far, the plant appears only sporadically in the actual preserve, and as we hike through otherwise unblemished native woodlands above the infested hillsides below, I enjoy



#### PARADISE

rooting out a few specimens. Am I trying to stem a tide with a thimble? Maybe, but I derive great satisfaction nonetheless.

Saving these woods is more than an altruistic objective. On our way to Waikamoi, we drove past two large reservoirs that supply much of the water to upcountry Maui's hamlets and farms—homeland of the famous Maui onion and the Island's nascent natural-beef industry.

Hawaiian woodlands are uniquely adept at catching, filtering and slowly releasing freshwater. The island chain's human population has relied on this characteristic for centuries, now more than ever. University of Hawai'i researchers estimated the value of O'ahu's Ko'olau Mountains forest, north of Honolulu, at \$7.4 billion to \$14 billion; ensuring clean fresh water for almost a million people equals about half that value. The lower \$7.4 billion figure roughly equals the asset value of the 476th company in the Fortune 500, Owens Corning.

But never mind dollars. Island forests are also an unparalleled laboratory of life. The most isolated major island chain on the planet, Hawai'i has been described as the place Charles Darwin would have most enjoyed had he ever come here.

"This is one of the world's masterpieces of natural history," says Rob Pacheco, founder and president of Hawai'i Forest & Trail, a Big Island tour company that introduces visitors to the island's vast biological and geological wealth. "Hawai'i is one of the best examples of differentiating evolutionary processes on Earth." For instance, some of the Islands' famous (and endangered) nectar-feeding honeycreepers apparently evolved from seed-eating finches. But the introduction of dozens of new invasive species has overwhelmed the ability of many Hawaiian life forms to adapt. The voracious spread of Himalayan ginger is a potentially calamitous illustration.

If a severe infestation of Himalayan ginger could dry up an 'ōhi'a forest, it's not hard to imagine what it could do to a













watershed that supplies Oʻahu's metropolitan needs. And even though some of Hawaiʻi's high-elevation woodlands boast rainfall totals that may be the greatest in the world—close to 500 inches a year that does not mean ample clean fresh water will continue if the forests do not.

Alas, no easy answers are available.

"What on Earth should we do with this?" Bily asks as he looks across the disturbing spectacle of hundreds of acres of hillside blanketed by ginger, through which only tree trunks rise. "Don't want to apply all the herbicide it would require—it's a watershed. Can't bulldoze

We just need to give these trees a little space and protection from things they didn't evolve to handle.

it; that might eradicate the ginger, but it would wreck the watershed anyway. So much of what we might do would cause more harm than good."

For now, TNC concentrates on making sure no ginger colonies get started in the actual forest preserve; volunteer crews such as high school groups use manual control, a fancy term for good old-fashioned digging.

Such halting measures typify the responses forest conservationists apply to the many threats in Hawai'i's woodlands. Pigs, cattle, goats, deer—all non-native, potentially destructive introductions—can be fended off with fences. But as any rancher will tell you, determined livestock animals find or create gaps, and when storms fell trees across fence lines, Nature contributes her own havoc.

And fence building is not easy, here. Each island boasts towering spires, precipitous cliffs, eroding hills and deep gullies. Bily brings me to the edge of one of the latter in Waikamoi and I peer down the steep pitch below. Doesn't seem

#### PARADISE

passable, but somehow invasive animals have colonized many uplands on all the Islands, no matter how arduous.

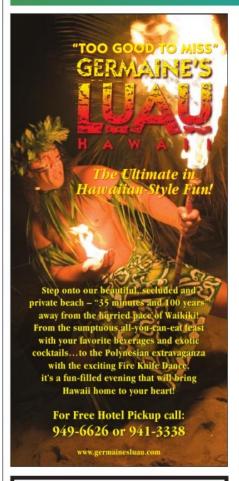
"What we do is bring our dogs along. If they can get up or down, so can a deer or pig." In the past 20 years, TNC has fenced 18 miles of the original Waikamoi boundary—100 percent—and is starting on a new 3,721-acre addition.

But even though humans can cross the fences (on guided tours), and the preserve is just 40 minutes or so from Maui's Kahului Airport, few people come up here to visit. The Nature Conservancy estimates just 1,100 people a year visit the preserve. Much of the rest of Maui's rain forest lies within Haleakalā National Park adjoining Waikamoi. The vast majority of visitors drive to the volcano's summit, and the park's native forests are not generally open to the public. The same situation is true on Hawai'i Island, whose two huge volcanic cones hold immense rain forests, and on O'ahu, where forest blankets the heights of the island's east and west shores.

On Kaua'i, where a popular scenic drive brings numerous visitors to Kōke'e State Park, just a few thousand people a year reach the end of the road to explore what may be the wettest woodland on Earth, the Alaka'i Swamp, a plateau atop Mount Wai'ale'ale. Here, mist and drizzle intermix with harder rain to create a memorable, otherworldly land in which colorful forest birds dart among surprisingly stunted trees on ground where the constant rain leaches nutrients. This is like no other place I've ever been, and it's just an hour drive from the bustling Po'ipū resort district. But the thousands who hike the Alaka'i Wilderness Preserve represent a tiny sliver of the 1.1 million travelers who come to Kaua'i each year.

Perhaps one could bring the forest to the people, if the reverse isn't happening. That's the theory behind the new Children's Discovery Forest under development at the Honolulu Zoo. This expansive facility at the east end of

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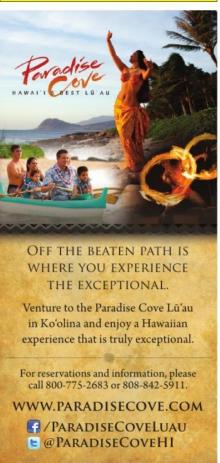
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Waikīkī is within easy walking distance for the resort area's 30 million annual visitors; the forest will be a tiny facsimile of that found in the Koʻolau Mountains nearby, and it will include both indigenous trees and shrubs, and a few introduced species the original Polynesians brought along when they arrived. Fledgling native 'ōhi'a trees grow beside 'ulu (breadfruit) and taro; eventually an entire acre, with a path, will allow urban travelers to see koa, ēlama, maile vines, and many other forest plants and trees, including the rare but revered loulu, Hawai'i's only native palm.

It's sea level here, but Travis Idol, a University of Hawai'i professor and president of the Hawai'i Forest Institute, says forest growth depends on soil composition more than elevation or climate.

"Most Hawai'i native trees can grow in some form over most of the Islands," Idol reports. "Take the 'ōhi'a—it can be a 10-foot shrub or a 100-foot tree. It can grow in the wettest rain forest or quite arid circumstances. We just need to give these trees a little space and protection from things they didn't evolve to handle."

Whether it's a forest in the middle of a city of almost I million people, or on the remote volcanic heights of a mountain, time and care are needed. None of us will be here as long as the forest remembers our names, Keoki Carter observes. But the thought is as strong as the wood he carves. It's the trees themselves that hang in the balance—beautiful, fragrant, useful and worth all the regard we can bring into their gentle light. Perhaps, each time we enter these woods, we should announce their names, too.

Eric Lucas is a contributing editor.

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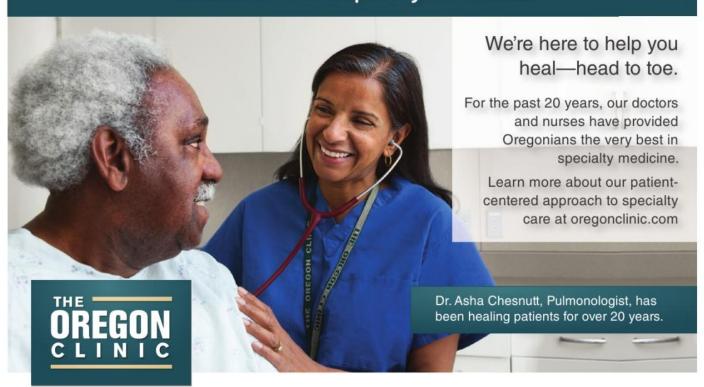
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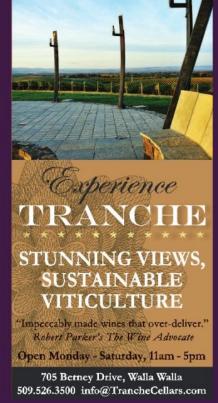


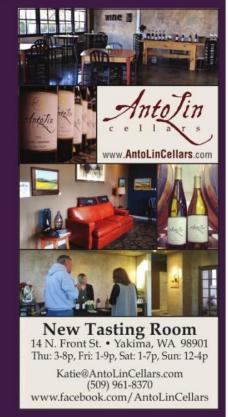
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## MyPlate Nutrition

By Evelyn Spence

Well-balanced meals, paired with physical activity, are crucial to good health. The benefits of proper nutrition include positive physical and mental health effects, such as increased energy, enhanced self-esteem, improved sleep habits and reduced health risks. ■ So it's perhaps no surprise that National Nutrition Week, launched in 1973, was expanded in 1980 and has since spanned the entire month of March.

And it makes sense that the U.S. government wants to help us make smart dietary choices. The task is tall: A recent survey by the International Food Information Council Foundation showed that 52 percent of those polled believe it's easier to do their taxes than to figure out how to eat healthfully.

The USDA's solution? After 19 years of recommending nutrition using the somewhat nonintuitive food pyramid, the department rolled out a simple, colorful new icon in 2011. Called MyPlate, it portrays a well-rounded meal in five food groups. Like the pyramid, it's based on the Dietary Guidelines for Americans, released every five years. Both schematics emphasize the importance of a balanced diet for eating the right nutrients in the right amounts. Still, there are differences.

"MyPlate *looks* like a real meal," says Joan Salge Blake, a clinical associate professor of nutrition at Boston University. She and many other nutritionists agree that MyPlate is useful and easy to understand.

"You don't need to spend a lot of time studying it," says Isabel Maples, a dietitian in Washington, D.C. "Rather than being



told to eat nine servings of vegetables per day, you can focus on proportions."

Overall, MyPlate takes a pile of science and turns it into something, well, *digestible*. Just as important, the plate is designed as an eating plan that can be sustained.

"MyPlate isn't meant to be a diet," says Karen Barale, a Washington State University Extension associate professor. "It's not a quick fix, and it takes planning. But it highlights a positive lifelong dietary pattern."

The following is a short guide to using MyPlate, with information about each food group the diagram contains.

Making the most of MyPlate Reducing something as complicated as diet into a single diagram means that some points go missing. Additional support on the website choosemyplate.gov is meant to make up for the icon's simplicity.

"MyPlate treats each part of the diet as a monolithic image," says Neil Levin, the program chair of the American Nutrition Association. "Are legumes and hamburger meat equivalent in both protein content and health implications? Obviously not."

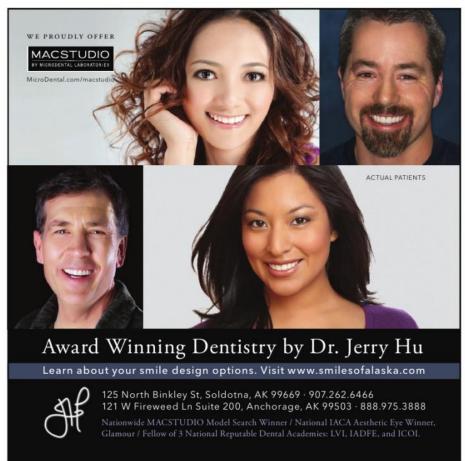
Americans tend to overeat salt, sugar and fat, and this isn't explained in the diagram—nor is the benefit of consuming healthy oils such as olive oil. Some dietitians have called for a glass of water to be added, and the Harvard School of Public Health has created a modified diagram—adding icons for water and healthy oils, and adapting advice for some food groups.

However, if you're confused about how to break down the vegetables and protein in a casserole recipe (for example), you can enter the ingredients at choosemyplate.gov and get a detailed analysis. If you want to compare the nutritional values of different foods, you can explore the site's Food-A-Pedia, a database with 8,000-plus entries. Start a profile on the SuperTracker, and you can track physical activity, weight and calories, and save your favorite meals.

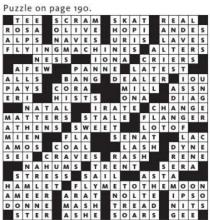
"The website provides an amazing amount of in-depth education," says Blake.











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Among the most important features of the site is extensive information about the food groups and the benefits of each.

#### Veggies

"Vegetables should and do represent the largest portion on MyPlate," says Levin.

Why? They're low in calories and rich in vitamins, minerals and phytonutrients that may reduce the risks of heart disease, stroke, cancer and Alzheimer's disease. Yet according to a 2010 survey by the National Fruit & Vegetable Alliance, Americans ate only 1.13 servings of veggies daily, and rarely in a healthy mix.

"A lot of people over-rely on potatoes alone or overprocessed options," says Levin. This reduces nutritional plant power, because processed potatoes are often unhealthy in other ways.

Veggie variety is key. Acorn squash and spinach give you a kick of potassium. Edamame and radishes are great for folate, which helps the body form red blood cells. Orange vegetables, such as carrots and winter squash, have a lot of vitamin A, which fends off adverse effects of aging and disease.

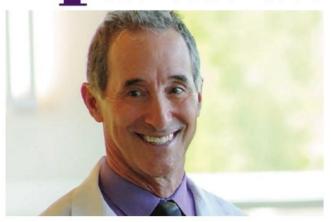
"And don't discount things that aren't super high in any one nutrient," Maples says. "The vitamins and minerals in corn and green beans still add up." If you buy canned vegetables, choose low-sodium options, or rinse them to remove salt.

#### Fruits

According to 2013 data released by the Centers for Disease Control and Prevention, about 38 percent of adults in the United States consume fruits and vegetables less than one time daily. Many people miss out on nutrients from fruits, such as potassium, which helps maintain healthy blood pressure and decrease bone loss, and vitamin C, for repairing tissues and keeping gums healthy. Whole fruits are best—they contain high levels of fiber to reduce cholesterol and fill you up on fewer calories—but canned fruit and fruit juice can count toward your daily quota.

Beware of heavily processed fruit salads and sweetened fruits, and seek out 100 percent fruit drinks.

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People tend to forget fruit if it is not in front of them, so keep a bowl of whole fruit in the middle of your table—or cut up fruit and store it in the fridge at eye level. Dried fruits make a great snack, and they're easy to stash in your desk or bag; just remember that dried fruit is concentrated, its vitamin and mineral content is sometimes lower, and some dried fruit comes with added sugar.

#### Grains

A January 2015 study in JAMA, with data from two large groups of men and women tracked for 20-plus years, found that eating more whole grains lowered mortality. Subjects who swapped red meat for whole grains reduced their mortality by 20 percent. The operative word: whole. Participants who replaced refined grains with a serving of whole grains had a drop of only 8 percent.

Whole grains help control blood sugar, and contain B vitamins (to help regulate metabolism) and magnesium (to build bones). With their high fiber content, whole grains are more filling. Fiber can lower LDL cholesterol, decrease insulin resistance in people with prediabetes and improve gastrointestinal health. Check the labels: If a food has 3 grams of fiber or more per serving, it's a good source.

#### Protein

Eating enough protein isn't a problem for most North Americans. According to the National Health and Nutrition Examination Survey, the average American man eats more than 100 grams a day, almost twice the recommended daily allowance.

Protein isn't itself a problem. It's the building block for everything from muscles to skin to enzymes. And foods in this group are packed with B vitamins and iron. We tend to choose the wrong proteins, though. It's long been known that eating protein with too much saturated fat can lead to heart disease.

"Protein can and should come primarily from plant sources—tofu, hummus, lentils—with fish, poultry and red meat eaten in moderation, and in descending order," says Neil Levin.



Reduced-fat meats are best. As for the portion, aim small: "It should be the size of the palm of your hand," Maples says.

#### Dairy

"The dairy group is the No. 1 source of three of the four nutrients that Americans are most likely to miss out oncalcium, potassium and vitamin D," says Maples. Calcium and vitamin D help prevent osteoporosis, which causes 1.5 million bone fractures per year.

"Overall," says Blake, "we're falling short of our three recommended servings of dairy per day."

If you are lactose-intolerant, it's still possible to make your quota: Try lactosefree milk or soy milk (with calcium).

We all need to limit dairy items high in added sugar or fat, such as flavored yogurt, chocolate milk and ice cream.

Which brings the discussion to sweets, the old food pyramid's tip. With empty calories accounting for 35 percent of the calories Americans consume, the USDA dropped sweets from its new diagram. MyPlate doesn't have a place for desserts-and, for the most part, neither should we.

Evelyn Spence writes from Seattle.





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Beautiful Belize

Exploring a Caribbean gem

By Eric Lucas

It's easy to find Butterfly Falls, a popular sight in the pine-scented mountains of Belize. The falls are within the 7,290-acre reserve that is home to the Hidden Valley Inn, and as you hike along the hillsides below the inn, the signs indicating where to go are supplemented by butterflies themselves, evanescent patches of orange and blue that dash from flower to flower. 

My wife, Leslie, and I are amused at this

lovely irony—guided by butterflies to their namesake falls. I turn off the main trail and begin to walk down another path.

"It's that way," says Leslie, as she points in the other direction. "Right?"

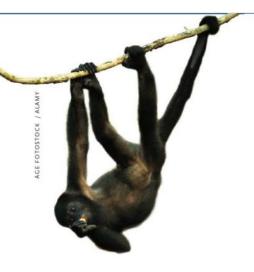
"Let's go there later," I suggest. She rolls

her eyes; headstrong husband, so sure he knows where he's going.

And so we clamber along the trail and into a lush rain forest vale. We make our way down a set of wood steps, passing below the leafy canopy of the forest and Cascading 80 feet down to an emerald pool, Butterfly Falls is a popular attraction in Belize's Mountain Pine Ridge area.

stepping around a small rock outcropping to arrive at a tiny copse by a stream. There, we find a portable table, with a wicker picnic basket resting on top of an ivorycolored linen tablecloth. Beyond the table is a pool in an emerald creek, dappled in sun that sifts through the shade of palmettos and broadleaf jungle trees. A vase of pink orchids on the table completes the scene.

Leslie claps her hands in delight. Unknown to her, I'd signed up for the special excursion to Secret Falls & Pool that was offered by the inn. However, I could



not know beforehand how musical the water's rush over the nearby Secret Falls would be; how fresh it would feel to strip to our swimsuits and plunge into the 10-foot-deep pool; and how clean the air would feel when we came back ashore to enjoy the simple lunch of handmade tortillas, salad and potato cakes.

Like our Secret Falls picnic location, almost everything during our 10-day stay in Belize is full of unexpected joys. A small country of about 9,000 square milesroughly the size of New Jersey-Belize is tucked along the East Coast of northern Central America, south of Mexico's Yucatán and east of Guatemala. It's a country rich in history, natural beauty and outdoor adventures. Belize contains cool, piney mountains, lush lowland tropical rain forests, numerous small resorts and superb saltwater recreation attractions, including the Belize Barrier Reef. A diverse ecosystem favored by snorkelers, the reef runs along the country's Caribbean coastline and is part of the Mesoamerican Barrier Reef System—one of the world's longest reefs.

Part of the ancient Mayan empire for hundreds of years, Belize contains a number of ruins, including the vast excavated city of Caracol, which is as impressive as the lost cities found on Mexico's Yucatán Peninsula, but attracts fewer visitors. Because Belize was a British colony in the 19th and 20th centuries (known as British Honduras), the official language remains English (a most musical version).

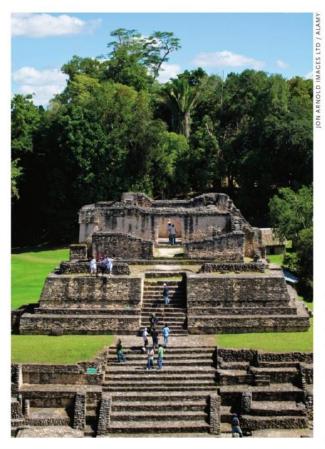
However, the origin of the name of the country, which gained its independence from Great Britain in 1981, remains a mystery. A popular—yet dubious—theory is that the name was derived from the name of 17th century Scottish pirate Peter Wallace, who often hid on the Belize coast-line. Over the years, general mispronouncing of his name may have allowed "Wallace" to morph into "Belize."

A few days before Leslie and I enjoyed our creekside picnic, we joined a coastal jungle expedition with a guide named Clive, who had fun explaining the mystery surrounding the country's name.

"Wallace? An African word of some sort? A Mayan word?" Clive shrugs, and turns the tiller to take us around a bend as we head up Monkey River near Placencia.

How, a member of the tour asks him,





The Temple of the Wooden Lintel is one of the oldest excavated structures in the Mayan city of Caracol.
Upper left: The Black Howler Monkey inhabits the Belize jungle.

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One of the seven luxurious pavilion-style villas found on the private Belize island resort of Cayo Espanto. Each villa comes with its own waitstaff.

could the name Wallace be transformed into Belize? Our guide grins. "Well, that's the thing. Nobody knows. And never mind that," he adds, slowing the boat. "Look carefully at that dried branch on the mud bank over there." We all peer to our left. It's a crusty stick indeed, about 2 feet long. "That's a crocodile. Just a baby, you know."

Born and raised along the coast south of Belize City, Clive renders his narration in a Creole patois with oddly placed accents and a generous helping of dropped-letter endings. Old dock posts along the river hold "Ko-more-*ans*" preening in the sun. He describes the many uses Belizeans have for the 5-foot-tall termite nests we see scattered in the jungle: a paste to patch holes in dugout canoes, feed for chickens, even survival food. "They's a *lot* of termites in jus' one ah them." Clive grins, licking his lips humorously.

Finally, he pulls the skiff into a landing, and we walk 40 yards through the jungle to a large tree he identifies as a cohune palm. After a few minutes of yelling up into the branches, he rouses a large male howler

monkey, which climbs out on a branch and begins to roar down at us. The sound is nearly indescribable, a cross between a locomotive whistle and a jackhammer. The tiny heads of baby monkeys peer out of the leaves at us, eyes wide. As are ours at the impressive racket.

The day after our Secret Falls excursion, we drive 36 miles south on mountainous jungle roads to reach the ancient Mayan city of Caracol. The site is on a high plateau about 120 miles from the much-



#### What to order: STEW BEANS AND RICE

This inexpensive and hearty staple of daily life is found throughout the Caribbean.

Closely related to North America's red beans and rice, Belize's version is a favorite among local residents. It is mildly spicy and is often accompanied with chicken.

#### ONLY IN BELIZE

- As in many former British colonies (including Canada), the official head of state in Belize remains Queen
- With more than 340,000 people, Belize has the lowest population density in Central America
- The national tree of Belize is the mahogany tree, which is pictured on the nation's flag.
- Cockscomb Basin Wildlife
   Sanctuary was among the first
   wilderness preserves for the
   jaguar, the third-largest mem ber of the feline family.
- For more information on traveling in Belize, visit the Belize Tourism Board at travelbelize.org.

#### Lodging

Cayo Espanto, located on its own 4-acre island near the resort city of San Pedro, is a hotel with just seven villas, all completely private, each with its own dedicated staff. Guests can relax on the island, or enjoy day trips to snorkel, tour the rain forest or sail nearby (aprivateisland.com or 888-666-4282).

Hidden Valley Inn occupies a 7,290-acre reserve in the Mountain Pine Ridge area. Ninety miles of trails lead guests through the woods and down into the rainforest. The inn's coffee is grown and roasted on-site (hiddenvalleyinn.com or 866-443-3364).

Turtle Inn, a seafront resort near Placencia is owned by Hollywood legend Francis Ford Coppola. The hideaway helped inaugurate Belize's luxury hospitality industry when it was opened in 2003. Guests relax in thatched-roof palapas, and take tours of nearby Monkey River (www.coppolaresorts.com or 888-364-3451).



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better known Mayan site of Tikal in neighboring Guatemala. At its peak about 14 centuries ago, Caracol was a metropolis of perhaps 140,000 people and covered an estimated 77 square miles. Just the central portion of the city has been excavated and rebuilt, and it contains majestic pyramids and temples, sports courts, tombs and residential acropolises.



A stoplight parrotfish at Hol Chan Marine Reserve off the coast of Belize.

All this exploring is a prelude to visiting a few days later the main destination of our trip, a private island resort called Cayo Espanto, reached by motorboat a half hour from Ambergris Caye, one of the largest barrier islands in the country and a popular travel destination. The resort contains just seven stand-alone villas. Each is a fresh-air pavilion facing the opalescent water, with an outdoor shower in back. Flowers spell out a welcome on the bed, and we meet our own personal villa staff. Later, the chef comes by to discuss the supper we'll enjoy by candlelight on our private veranda.

Extravagant? No question. This is a once-in-a-lifetime splurge, and we make the most of our sojourn. Twice weekly the entire island is misted with chrysanthemum juice, so there are no pesky mosquitoes or other bugs, and we take advantage by lying on the dock to watch satellites and stars wheel across the tourmaline sky. Each morning, I take a dip in the warm waters of the Chetumal Bay and watch roseate spoonbills fly by.

One day, a resort guide takes us out to the reef for a snorkeling excursion at Hol

Chan Marine Reserve. The reefs of the Caribbean are gardens of color hard to imagine until you plunge in the water, where you find green triggerfish, yellow damselfish, brain coral, lettuce coral, grouper, angelfish, green moray eels, huge spotted eagle rays, and perhaps the most mind-boggling tropical fish of all, the aptly named stoplight parrotfish. As we swim, loggerhead turtles and nurse sharks pass by close enough for us to admire the turtles' golden-green eyes and the sharks' fabriclike tails.

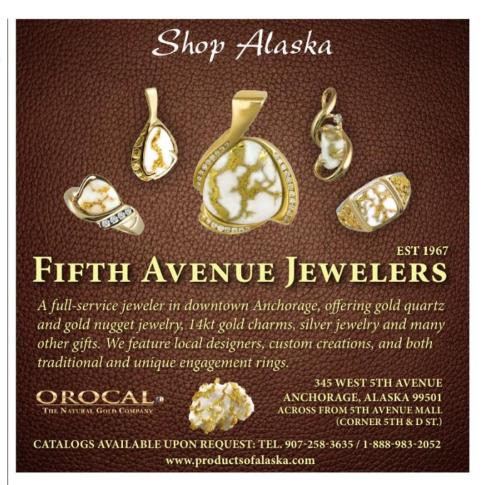
On our last day at Cayo, we sail off in a Hobie Cat to enjoy another special picnic lunch on a small islet that we have entirely to ourselves. Tiny chalk-white shells line the shore, and we go for a swim before lunch.

During the trip back, I bring the boat to a stop in the middle of the bay, miles from any land. I'm enamored by the idea of swimming out here in the crystal-clear ocean. So, I jump carefully into what looks like 5 feet of water—we can see every blade of eelgrass below—only to find that it's 15 feet deep or more. The delicious novelty of swimming so far from land dissolves into sheer pleasure at the mild, clean grasp of the sea.

Who knows how long I might have stayed here, but our farewell dinner is waiting back onshore: conch fritters, Caribbean lobster, chocolate cake. I haul the sail back up and run before the wind, savoring the sound of the hull on the water and the way the sunlight splashes off the wind ripples. There's no need for words; at the moment, we're experiencing the beauty of a marvelous place.

Eric Lucas is contributing editor at Alaska Beyond Magazine.

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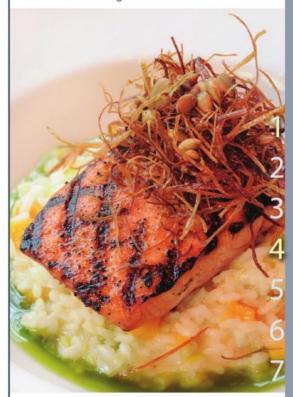
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#### **D** EXTRAORDINARY HIKES

Continued from page 58

Vidette Meadow, it's a long—13-mile but fast downhill trip back to your car. Information: Sequoia and Kings Canyon National Parks' Wilderness Office: 559-565-3766; nps.gov/seki

Insider tip: While in the park, don't miss the 2,000-year-old General Grant Tree, one of the largest living things on the planet.

#### » MCKINLEY BAR

Denali National Park & Preserve, Alaska

THOUGH IT REQUIRES a lengthy drive to reach this hike's trailhead, the payoff is an easy day hike that makes for a magical experience in a phenomenal setting. The relatively short walk along one of the few maintained trails in Denali National Park is not so much the main event as it is a means to an end: immersion in one of the most dramatic wilderness areas on the continent.

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#### **Precursors**

By Bengt Halvorson

Attend any of the major, world-debut auto shows—for Americans those held in Los Angeles, Detroit, Chicago and New York—and you'll find something that can still quicken the heartbeat of any car enthusiast: the concept car. • Concepts serve a wide range of purposes for automakers: Some are thinly veiled versions of production cars slated to arrive in mere months. Others tease styling or technology

innovations and are designed to test the public's response. Still other concepts are pie-in-the-sky sketches brought to life on a showroom display stand. And in between: plenty of spotlights, gloss and glitter, and, for some companies, a healthy dose of whimsy and offbeat creativity.

At the North American International Auto Show in Detroit this January, there was a concept car, from the Chinese automaker GAC Group, that would supposedly drive itself, while lighting and an aquarium built into the backseat center console set the mood for the drive.

That might push things into the realm of fantasy, but the pragmatic side of concept cars is that they're presented as precursors—potential forerunners of vehicles that might be on the road a few months, a few

years or a decade from now.

As cars get more dependent on technology and electronics, the other big U.S. show for concept cars is, increasingly, the Consumer Electronics Show held each January in Las Vegas.

The Audi Prologue Piloted Driving Concept showcases some autonomousdriving technologies that will start appearing in more of the German automaker's



cars over the next several years.

At the Los Angeles Auto Show in November, Audi introduced a version of the Prologue concept, which previews the design direction of its all-new A8 sedan due out next year.

Much of the technology featured in the Prologue was installed in an Audi A7, which essentially drove itself from San Francisco to Las Vegas for the CES.

This kind of autopilot is, of course, still many years in the future for normal cars, and although the Prologue is packed with laser, radar and ultrasonic sensors, as well as 3-D cameras and sophisticated processors, it could be fun to drive the "old-fashioned" way as well, with its turbocharged V-8, part of a hybrid system making 667 horsepower.

THE CONCEPT REVEALED BY Mercedes-Benz at CES-its F 015 Luxury in Motion Concepttakes a completely different tack. The F 015, which could be powered by a battery pack or hydrogen fuel cell, looks more than a decade into the future, with a bold vision that builds on the idea that occupants will focus inwardly once cars are fully autonomous, freeing up the driver to relax or converse. With doors opening into four seats that can be swiveled to face each other (a steering wheel emerges when the "driver" turns into the forward-facing position), plus an interior that uses gesturebased eye-tracking controls, and a lightweight body structure that includes carbon fiber-reinforced plastic, the F 015 represents a longer-term look at what the future might hold.

INFINITI PRESENTED a different kind of advanced concept car, the Q80 Inspiration Concept, at the Paris Auto Show in October for its world debut, and then at the Los Angeles show in November for a first U.S. appearance. Essentially a glimpse of what a next-generation flagship sedan might look like in 2020 or so, the Q80 Inspiration shows design themes and technologies that





#### **AUTOS**

Infiniti is considering, and combines some exotic-car verve with some futuristic concepts, including a smart hybrid powertrain and autonomous driving systems.

The Inspiration Concept has a long sports-car stance, rear-hinged rear doors and lots of unconventional detailing, including a moonroof that flows right into the rear window and tapers to a dramatic point. The instrument panel itself is minimalist, with a head-up display showing alerts to the driver and allowing selections through a touchpad on the center console.

The car would also have an autonomous (autopilot) mode, but use the head-up display for critical alerts to the driver. The Q8o Inspiration has a 55o-horsepower powertrain that's just as exotic as the exterior design: a twin-tur-bocharged V-6, supplemented with an electric motor system, and a driver-selectable mode that would allow a choice between smart all-wheel drive for all-weather traction, or the rear-wheel-drive setup that sport-sedan aficionados appreciate.

HYUNDAI MANAGED to keep its Detroit concept a complete surprise. With its HCD-15 Santa Cruz pickup concept, the South Korean automaker appears not quite ready to jump into the full-size truck market against heavyweights such as the F-150 and Silverado, but it is clearly thinking about adding a midsize, activity-oriented truck like the Honda Ridgeline or Chevrolet Colorado to its lineup.

GM ALSO BROUGHT an unexpected beauty of a show car, the Buick Avenir, which offers a glimpse of how a next-generation full-size flagship sedan for the brand might look. At nearly 205 inches long, the Avenir is a big car, powered by a V-6 and all-wheel drive. Almost every industry and media colleague attending the show agreed: The Avenir was one of this year's best concepts, with the nice pro-

portions of a classic rear-wheel-drive sedan, plus contemporary curves that make it interesting to look at from any angle. There's no word yet that such a vehicle is headed to production, but it could be useful to Buick's lineup both here, where Buick is still undergoing a resurgence, and in China, where the majority of the brand's worldwide sales now are.

almost the big surprise for the Detroit Auto Show—if only word of the concept hadn't leaked just the weekend before. Nevertheless, this all-electric small crossover created quite the buzz. It's not all that daring from a design standpoint, but what makes it especially noteworthy are the numbers that GM targets for a production version that will follow one to two years from now: 200 miles of driving range on a charge, and a starting price around \$30,000.

VOLKSWAGEN HAS PLANS to make major sales gains in the United States, and the Cross Coupe GTE Concept from the Detroit show gives plenty of insight on how the brand is planning to do that. The Cross Coupe GTE is about the size of a Jeep Cherokee or Kia Sorento and previews a new family of crossover utility vehicles-more affordable than the brand's current Touareg SUV-that will go on sale sometime in late 2016. Also previewed in this concept is the plug-in hybrid powertrain that will be available on other models in the lineup, permitting electric-only operation for up to 20 miles, or optimized on- or off-road performance using the electric motor system and six-cylinder engine together. Expect a three-row vehicle to arrive on the market first, but a two-row version like this concept could follow a year or two later.

**EXCEPT FOR THE** boundary-pushing LFA supercar, Lexus coupes and convertibles

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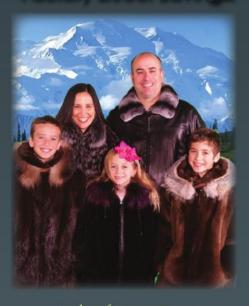
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#### **AUTOS**

have hardly been considered edgy in recent years. But with especially bold lines, an eye-catching, braided-mesh grille, and finlike rear diffusers—as well as a classic roadster stance—the Lexus LF-C2 Concept that was first shown at the Los Angeles show is an indication that Lexus is considering a more daring, more spirited look for a future convertible. Lexus says that the LF-C2 Concept is only a design study at this point, but it's a look that could serve the luxury brand well.

ONE OTHER TRUE SURPRISE at January's

Detroit show—one that had driving
enthusiasts' and racing fans' hearts
affutter—was the Ford GT. It's an exclusive new supercar that serves not only as
a celebration of Ford's top placement 50
years ago in the 24 Hours of Le Mans
race—and the GT's return to Le Mans in
2016—but also as a technology showcase
for Ford's EcoBoost engine technology
(with a new twin-turbo V-6 making more
than 600 hp) and weight-saving efforts
with carbon fiber and aluminum.

Ford didn't actually call the GT a concept car, and there hadn't been any earlier concept versions heralding its development. It just arrived, a preview of a car expected to go into production later next year.

A VETERAN INDUSTRY insider once told me, "The public doesn't know what it wants until it sees the possibilities." Any of the more extreme concept cars may seem, at first glance, like a waste of money or a pointless exercise in vanity. Yet in reality, they may be the best investments automakers can make, serving not only to test out designs and ideas before pushing money into vehicle development, but also to expand our horizons as to the possibilities.

Conceptually, that's the point.

Bengt Halvorson is an independent automotive journalist living in Portland.



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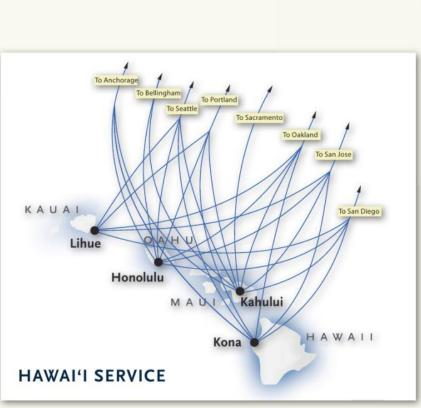




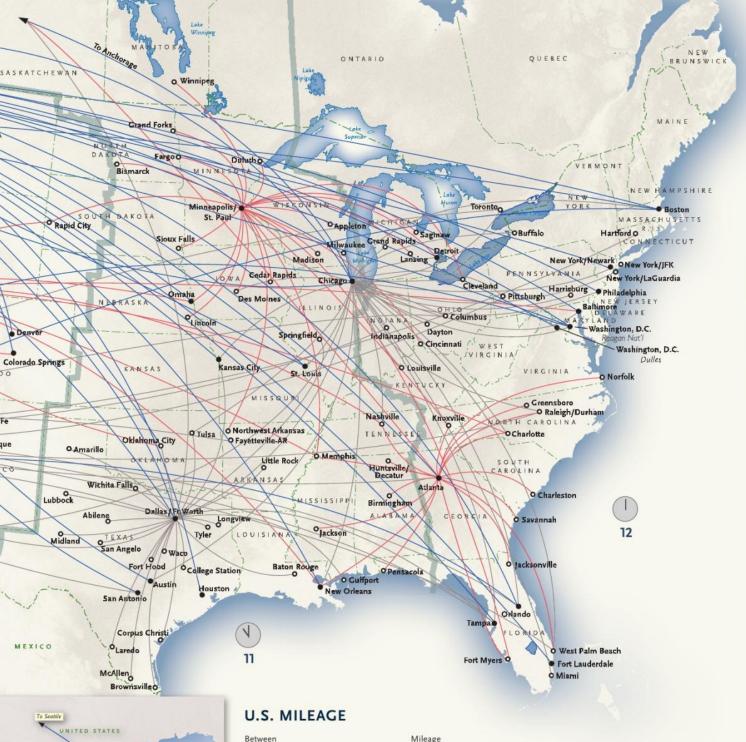


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Amy, Customer Service Agent, San Francisco

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- Información sobre formularios aduaneros e inmigratorios en la página A11

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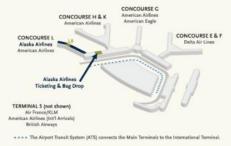
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A quick guide to help you make easier connections.

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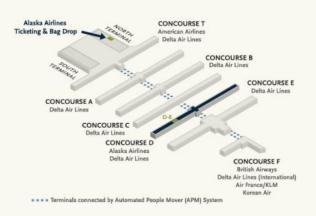
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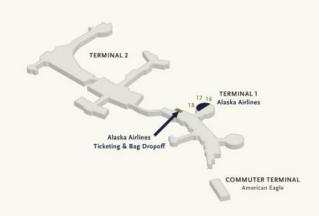
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#### TO THE UNITED STATES

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Who must complete this form? All travelers

#### Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6—If not using a passport, leave these lines blank
- · Line 9-Enter "AS" for Alaska Airlines
- · Sign at the "X"

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Who must complete this form? Citizens of Mexico



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- 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.
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- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault,

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- 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, selfheating 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

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#### **USING YOUR DEVICES**

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#### 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

#### EXTRAORDINARY HIKES

Continued from page 172

The hike at the end of the drive is not a long one, but you should also plan to stay at least a night at the campground to enjoy the splendor of this area. The rolling taiga and imposing peaks embody big wilderness, seldom so easily accessed.

#### » MORE GREAT HIKES

Picking a favorite hike is like picking your favorite child. The fact is, they are all worthy, just different. For additional options, consider these bucket-list routes in the West: the Chilkoot Trail accessed from Skagway, Alaska; the Tonquin Valley out of Jasper, Alberta; the Beartooth Traverse out of Bozeman, Montana; the Four Pass Loop out of Aspen, Colorado; the Sawtooth Traverse out of Sun Valley, Idaho; and the South Rim Trail in Texas' Big Bend National Park. Or try all or part of the epic Pacific Crest Trail, accessible in several states and brought to prominence recently by the book and film Wild. -P.P.

From the campground, hike a halfmile back along the road to the trailhead. Much of the trail through scrub forest and tundra has boards to walk on, and the going is easy. But keep an eye out for bears. It's best to make noise and hike in a group.

Soon you reach the braided channels of the McKinley River, the end of the line. If you're very lucky, the mountain will be out, creating one of the most awe-inspiring views of any peak anywhere. Information: Denali National Park &

Preserve: 907-683-9532; nps.gov/dena Insider tip: Mosquitoes are busiest in midsummer. Bring a head net or visit early (in June) or late (in August or September).

Adventure journalist Peter Potterfield is the author of two dozen books; Classic Hikes of North America (W.W. Norton and Company) was released in 2012. For more of his hiking tips, visit classichikes.com.

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After

#### Fix Your Pipes From The Inside!

Before



new pipe within the original pipe, restoring the pipe system to "better than new" condition for a long-term solution – without digging or tearing up walls, ceilings or floors. With a life expectancy up to 50 years. Cert fied Green Technologies, NSF 61 & UL Classified.

- Potable hot and cold drinking water lines
- Potable water distribution mai Industrial pressure applications
- Compressed air systems
   Process pipes
- Hydronic systems (air and water) heating and cooling lines
- Fire suppression sprinkler systems
- Natural gas and petroleum product lines
   Electrical conduit
- Collection, Hold and Transfer (CHT)
- systems in mariting
  Water Mains

pipes consisting of copper, clay, concrete, metal, iron, steel, PVC and fiberglass. Pipe diameter applications range from 1/2" to 12". Applicable use in the following piping systems, in any infrastructure, in every market sector:

- Distribution Mains
- Storm Drains
   Rain & Roof leaders
- Drain and sewer lines
   Vertical & vent stacks
- Industrial pressure applications
- Repair broken pipes

#### WORD GAMES

22

26

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#### Winging It

23

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A	c	R	0	S	S

- 1 Casual shirt
- 4 Get lost
- 9 Card game
- 13 True
- 17 Bus-rider Parks
- \_\_\_ branch (peace symbol)
- Pueblo Indian
- 20 South American range
- 22 Italian peaks
- 23 Church areas
- 24 Exodus author
- 25 Washes
- 26 Airborne vehicles
- 29 Makes adjustments in
- 30 Famous loch
- 31 Island in the Hebrides
- 32 Hawkers
- \_\_\_ Good Men 33
- 35 Lightweight velvet
- 37 Most recent
- \_\_\_ Fair
- 39 Explosive noise
- 40 Wholesale merchant
- 42 Letters of debt
- 45 Forks over
- 46 Mrs Dithers
- 47 Paper factory
- 48 Organization: abbr.
- 49 Silkworm
- 50 Attention-getters
- 52 Actress Munson
- 53 Explanatory drawing: abbr.
- 54 Of birth
- 57 Furious
- 60 Modify
- 62 TV's Family \_\_\_
- 64 Hackneved
- 65 Electric-guitar pedal
- 66 Greek capital
- 67 Amiable
- 68 Whole \_\_\_ Shakin' Going On
- 69 Conduct
- 70 Orlando's state: abbr.
- 71 French legislative council
- 74 Tree deposit
- 77 Actor John \_
- 78 Fuel source 79 Hitch
- 80 Force measure
- 81 Finback, e.g.
- 82 Has a hankering for
- 84 Impetuous
- 85 Mr. Lacoste
- 86 Poet/playwright Tate et al.
- 88 English river
- 90 Watery liquids
- 91 Pressure
- 92 Jib, e.g. 93 Movie dog
- 95 Gertrude's son
- 96 Tony Bennett song

- 102 Mideast ruler
- 103
- 104 The Prince of Tides star
- 105 Facto preceder
- 106 Poet/clergyman John \_\_\_\_
- 107
- 108 Walk
- 110 Gang ending
- 111
- 112 Ascends
- 113 Golly!

#### DOWN

- 3 Simplicity

- \_\_\_ Ridge (racehorse)
- 7 With, to Marcel
- Weaving 8
- 9 Kept away from

- Smell

82

- Pulverize
- 109 Louse eggs

- 1 Highway fee

- 4 Tunes
- 5 Quahog and steamer

- 10 Manchuria's neighbor

- Tennis's Arthur \_\_\_

- 2 Glimpse

- Sacred bull 11
- \_\_\_ the season . . ." 12
- 13 Person who comes from behind
- 14 Mother's family
- 15 Sunday-paper insert
- 16 Rude stares
- 17 British pilots: abbr.
- 21 Draft organization: abbr.
- 27 Fresh
- 28 Electric particle
- 29 Russian workers' group
- 32 White bloom
- 33 Like birds, e.g.
- 34 Troublesome thing
- 35 Levels of equality 36 Medical-school course:
- abbr.
- 37 Rawhide performer 38 Gibbon, e.g.
- 39 Seethes 41 Emulate a ham

- 43 Member of a Kansas tribe
- 44 Madison's roommate 46 Scorches
- A Bell for \_\_\_\_ 48

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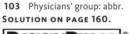
68

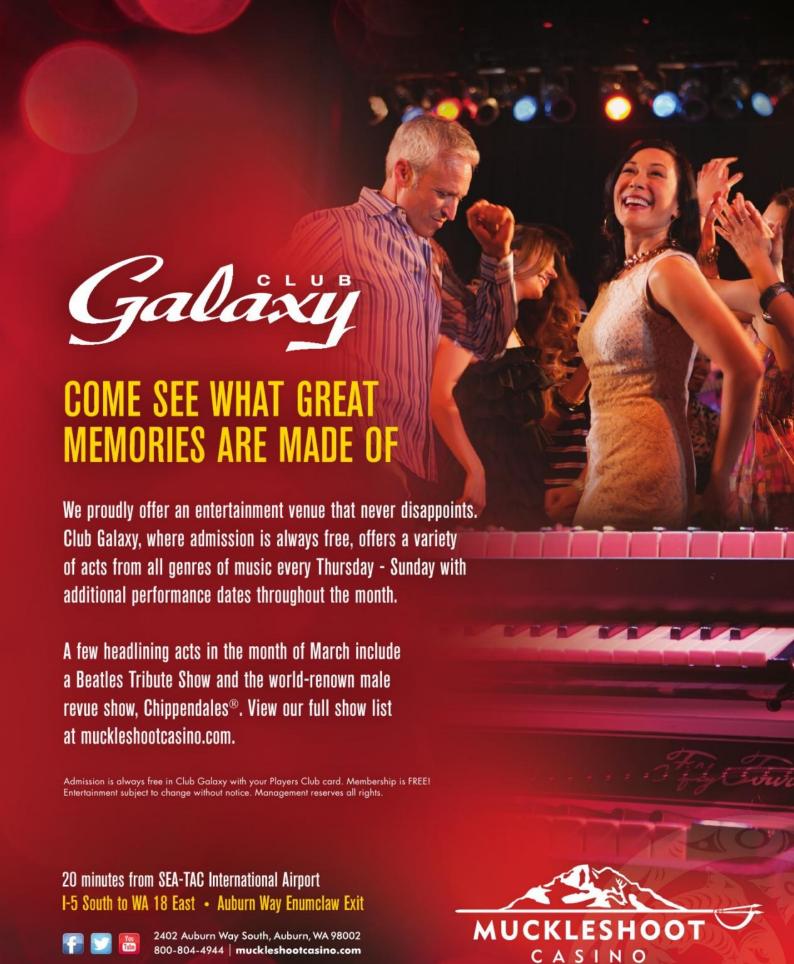
- 51 Spot
- 55 Sun god and namesakes
- Bowling-frame count 56
- Ms. Dawn Chong
- Computer keys 59
- 60 Woven fabric 61 Fedora, e.g.
- 62 Papas' partners
- \_\_\_for Us 63 64 Low region
- 65 \_\_\_ in the pan
- 67 Croats, e.g.
- 70 Makes a froth
- **72** Vim 73 Cartoonist Thomas \_\_\_\_
- 75 Ms. Pavlova 76 So-so grade
- 78 Pastry shell 80 Fancying

82 Pep-rally attendee, e.g.

100 101

- \_ course (complete a
- challenge)
- 84 Becomes less severe
- 87 Actress Dahl
- 89 Hoop part 90 Fr. holy woman
- 91 Greek island 92 Slit
- 93 Rose oil
- 94 Removes
- 95 Contained
- 96 Diavolo and Lippo Lippi 97 Matador's foe
- 98 Olive genus
- 99 Mayberry tot
- 100 Bone: pref. 101 Negative replies







Orangutans are one of the relatively few species with self-awareness, fully recognizing themselves in a mirror reflection.

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