

*Alaska*

# BEYOND »

HORIZON EDITION MAGAZINE MAY 2017

## **SONOMA/NAPA**

New and notable  
in wine country

**PAGE 28**

## **MONTANA STATE PARKS**

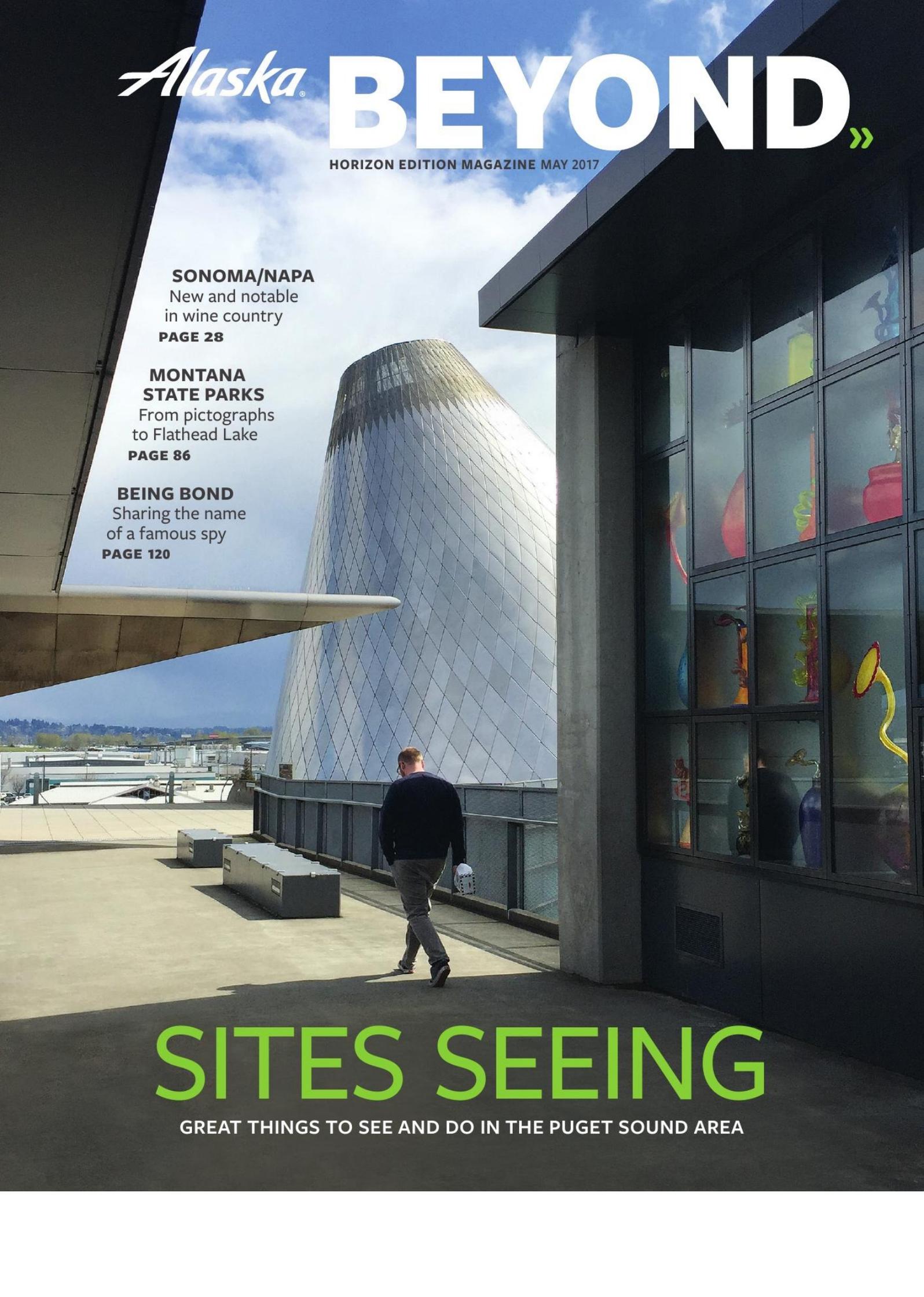
From pictographs  
to Flathead Lake

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## **BEING BOND**

Sharing the name  
of a famous spy

**PAGE 120**

A man in a dark jacket and grey pants is walking away from the camera on a rooftop terrace. In the background, there is a large, modern building with a distinctive, conical, diamond-patterned facade. To the right, a large glass display case is visible, containing various colorful objects. The sky is blue with some clouds.

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**ON THE COVER:** *The Museum of Glass in Tacoma, WA, is one of the Puget Sound area's great attractions.*

**Photo by** Nancy O'Connell.

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# WELCOME»



## THE ESKIMO STAYS

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» By now, I'm guessing that many of you have seen that we decided to keep the Alaska brand name for our new larger airline, which now includes Alaska Airlines,



**Brad Tilden, Chief Executive Officer**

Horizon Air and Virgin America. I want to share more with you about our decision.

This is a subject that many people feel very passionately about. Long-time Alaska flyers and supporters feel

very invested in the name "Alaska" and wanted to see us continue with this name. As we've seen in the press, longtime flyers and supporters of Virgin America, including one very important supporter, wanted to see the Virgin America name remain in some form.

We did a tremendous amount of research before making this decision. After surveying 6,000 flyers across the U.S., we learned and categorized what customers want and need from their airline. We studied the extent to which both Alaska and Virgin America met those needs, and we also looked at the things we believe we're good at—the areas

where we have a core competency, so to speak.

At the end of the day, we made two decisions. One, we are going to move forward under the name Alaska Airlines when the merger is complete in 2019. And two, the future of our airline will become a combination of both Alaska's and Virgin America's strengths, plus some fantastic new guest enhancements.

Some new and better things you will see include a focus on connectivity (high-speed satellite Wi-Fi and free texting) and entertainment (a large selection of free premium movies and TV shows). New First Class seats and enhanced Main Cabin seats with thoughtful design features such as easy-to-access power and tablet/phone holders. And new and renovated lounges in Seattle, Portland, San Francisco, Los Angeles and New York's JFK. We are also working to build a modern, welcoming West Coast vibe that will include greater use of music, mood lighting, and a food-and-beverage program with fresh, healthy and local offerings.

Most important, though, is that we will continue to be known as the airline that gives you—our guests—the best service that you'll see on the ground or in the skies. For the 26 years I have been at Alaska, people have continually told me how they like, or even love, Alaska because of the hospitality they receive from our people. I want to tell you today that we know that it is our people who make us who we are, and we are going to continue to empower them, and support them, and give them the tools they need to make the flying experience great for you.

Thank you for flying with us today, and thank you for supporting us during this year of transition for Alaska. A lot of things are "under construction" at the moment (including several of our airports). All of these investments are being made to make Alaska the best airline we can possibly be for our guests.

Thanks again. —Brad

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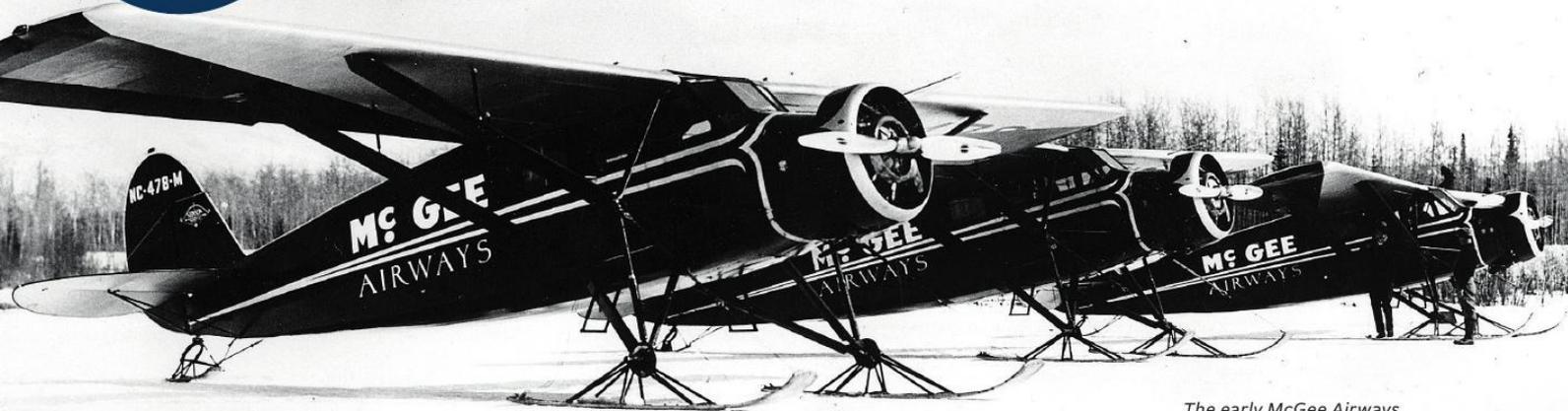
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CELEBRATING  
**85**  
YEARS



The early McGee Airways fleet served villages and camps throughout bush Alaska.

# A SPIRIT OF ADVENTURE

**LINIOUS “MAC” MCGEE ARRIVED IN ANCHORAGE AS A STOW-AWAY, \$1.65 IN HIS POCKET.** But the 30-year-old from Indiana was a hard worker with an oversize sense of adventure—character traits that proved key to the success of the company he would found.

Right away, Mac took a job as a dishwasher to pay the fare for his 1929 passage. He then became a fur trader and quickly recognized a need for innovation in transporting goods amid the wilds of the Alaska Territory. That insight led Mac to partner with legendary bush pilot Harvey Barnhill, and in 1932, McGee Airways took flight.

This year we celebrate the storied 85-year journey that has shaped

Alaska Airlines, which has grown from Mac’s single Stinson aircraft to become the top West Coast airline, with nearly 300 aircraft and 19,000 employees operating 1,200 flights a day to 118 destinations.

Alaska Airlines has tipped its wings in many directions over the years, but it has never lost sight of Mac’s ideals—of the remarkable heritage that continues to drive a sense of genuine caring and spirit of adventure. Ingenuity in aviation and a desire to serve a community that has expanded far beyond the airline’s Alaskan roots have propelled Alaska to a new era of thoughtful, welcoming service and feel-good hospitality—a vibrant airline people love.

## ALASKA AIRLINES THROUGH THE YEARS

1932

Linious “Mac” McGee launches McGee Airways in Anchorage with a single three-seat Stinson floatplane.

1944

After many mergers and acquisitions, Alaska Star Airlines incorporates as Alaska Airlines. The airline is operating 50 aircraft covering some 6,000 route miles—all within Alaska.

1948

With charters operating around the globe, Alaska Airlines is the largest nonscheduled carrier in the world.

1951

The federal government grants Alaska permission to fly to Seattle and Portland after the airline spends years trying to expand outside Alaska.

1958

Alaska shows its first movie, a Jerry Lewis comedy, onboard a DC-6.

## ALASKA FIRSTS

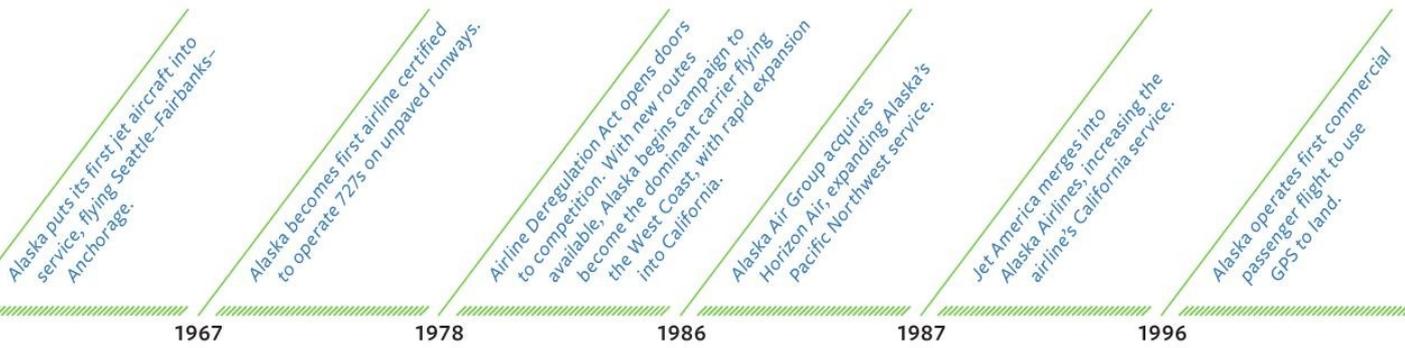
- **1940s** First carrier to operate DC-3s on skis to expand access to Alaska villages.
- **1967** First U.S. airline to fly a commercial jet north of the Arctic Circle.
- **1989** First commercial carrier to land a passenger jet in dense fog using the Head-up Guidance System, enabling reliable service to guests in SE Alaska.
- **1995** First commercial airline to book and sell tickets online, making it easier to purchase flights.
- **2014** Biometrics allow convenient guest fingerprint check-in at Alaska Lounges.
- **2016** First to fly jets with environmentally efficient alcohol-to-jet biofuel.



**ALASKA AIRLINES** has always been a little unconventional, from a service agent on 8-foot stilts waving to passengers through aircraft windows to elaborate onboard service themes. These have included Alaska Gold Rush—era decor (from 1967 to '72) that featured an onboard saloon, and the Golden Samovar Service, shown above, that promoted charter service to the Russian Far East in the early 1970s.



**COMMUNITY SERVICE** has been fundamental to the Alaska work ethic, from flying 40,000 displaced Jews from Yemen to Israel in 1949 to the contributions made by dozens of employees who volunteer each year to help dreams come true for Make-A-Wish children. In 2016, employees logged 27,000 volunteer hours on top of Alaska Air Group's \$13.5 million in ticket and cash donations.



CELEBRATING  
**85**  
YEARS



# CREATING AN AIRLINE PEOPLE LOVE

**AS WE CELEBRATE ALASKA AIRLINES' 85 YEARS** as an innovator in aviation, it's easy to imagine an equally impressive future: You arrive at the airport and are welcomed to a fresh, modern experience. You know that with Alaska you enjoy consistently low fares and more nonstop flights to more destinations from the West Coast than with any other airline. At your gate, you can't help Shazaming songs on the airline's upbeat playlist as you check for updates on your mobile app.

On the plane, you make your way to a comfortable leather seat in a mood-lit cabin. If you're seated in Premium Class, it will include extra legroom and complimentary beverages—and a power outlet to recharge your devices. For the next three hours, you'll enjoy fresh, West Coast-inspired food; Free Chat; and all the free movies you can watch.

Your airline is unconventional, just like you are.

It's 2019, and this is how we're defining the future of Alaska Airlines.

ALASKA AIRLINES  
THROUGH THE YEARS

1999

Alaska and Horizon are first U.S. airlines to enable passengers to download and print boarding passes, and to check in online.

2001

Alaska goes coast to coast with its first route east, to Washington, D.C.'s Ronald Reagan Washington National Airport.

2003

Alaska is world's first airline to introduce a portable entertainment system.

2007

Virgin America launches in San Francisco.

2009

Virgin America becomes first airline to offer inflight Wi-Fi on every flight.



### LOUNGE EXPANSION

By early 2019, guests will enjoy refreshed and expanded airport lounges in Seattle, Portland and Los Angeles. Alaska also plans to build new lounges in San Francisco and at New York's John F. Kennedy International Airport. Together, the expansions will double the square footage of our existing airport lounges. And don't forget—Alaska Lounge members also enjoy access to more than 60 Global Partners lounges throughout the United States and around the world.

### MODERN, WARM AND WELCOMING

You'll begin seeing the new Alaska brand personality come to life this year. Music from new artists will be featured on planes, in airport lobbies and at gates. In 2018, we'll debut an entirely redesigned cabin with new seats and amenities, and we've already started to retrofit Boeing aircraft with expressive blue mood lighting. Modern, stylish uniforms by designer Luly Yang will roll out in mid-2019.



### FREE MOVIES

We recently made our entire catalog of more than 200 direct-to-your-device premium inflight movies and TV shows free to guests using their own devices. Free entertainment is now a permanent feature on our Boeing 737 and E175 fleets, and the same library of movies will be added to Virgin America's fleet in August.

## NEW EXTRAS

- **More to love.** 36 new routes from California have been announced or launched since last year, bringing more low-fare options to California flyers.
- **Reliable high-speed internet.** In mid-2018, we'll begin retrofitting our fleet with satellite Wi-Fi fast enough for you to use your favorite streaming service.
- **More rewards.** In 2018, Mileage Plan will become the sole loyalty program for Alaska and Virgin America, offering more rewards and an expansive Global Partners network.
- **Free Chat.** Alaska is the first and only U.S. airline to offer Free Chat onboard. The service extends to Airbus flights in August.
- **West Coast-inspired food and beverages.** By this summer, Alaska's First Class guests will be able to select meals before they fly. Main Cabin guests will be able to prepay for meals by early 2018. ✈

2011

2013

2016

2018

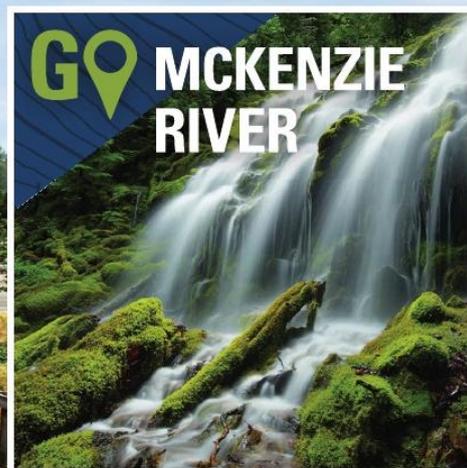
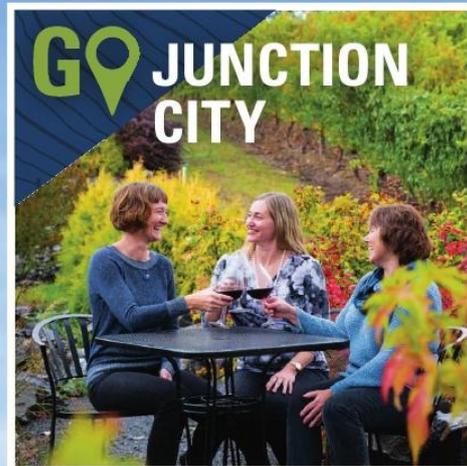
Alaska becomes first airline to replace pilot-flight manuals with iPads.

Alaska and Horizon pioneer online self-bag-tagging.

Alaska Airlines announces intent to merge with Virgin America, one of the biggest endeavors the airline has ever pursued.

Alaska begins rolling out thoughtful new elements inspired by Virgin America, including mood lighting, new First Class seats, and the latest in entertainment and internet technology.

# GO EUGENE



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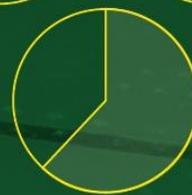
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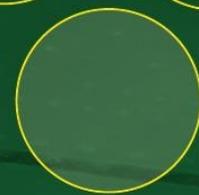
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» **It's a simple case** of buying the right tool for the right job. The new Embraer 175 for Alaska Air Group's carrier Horizon Air fits a niche perfectly, and it promises to get its job done efficiently. And who doesn't love getting a really cool new set of tools—in this case, a brand-new jet airplane?

On the morning of March 17, hundreds of Horizon Air employees gathered at Portland International Airport to watch their first E175 touch down and taxi into Horizon's hangar—like pulling a new car into the driveway for the first time, turning off the engine and just sitting there for a minute. Multiply that moment by the hundreds of people gathered who will maintain, schedule, load and fly the planes. There's a feeling of satisfaction and a sense of anticipation as the airline prepares to put the first installment of its \$2.8 billion investment to work.

The aircraft—tail No. N620QX—is one of 33 E175s on order with the Brazilian aircraft manufacturer. The all-new fleet of 76-seat jets is expected to help open doors for new midcontinental markets, allowing greater flexibility for growth for parent company Alaska Air Group.

"With the arrival of our first E175 jet, our

future starts now," David Campbell, Horizon Air President and CEO, told the Horizon team.

For Alaska customers, the new fleet means more destinations and greater frequency of flights throughout the Alaska network. The aircraft allow the company to accelerate growth in California, in particular, by offering service to markets that cannot initially be supported on the company's larger Boeing 737 or Airbus A320 series aircraft.

"With Horizon getting E175s this year, it's a lot easier to deploy our strategy of matching the right aircraft to the right market," says John Kirby, Alaska's Vice President of Capacity Planning. "As we saw with Seattle–Omaha and LAX–Loreto, the E175 allowed us to grow these markets so we could then move to 737s to accommodate greater demand."

The first five routes for Horizon's E175 jets that will arrive this spring include:

- Portland–St. Louis, starting in May.
- Portland–Dallas/Fort Worth, June.
- Seattle–San Luis Obispo, June.
- Seattle–Colorado Springs, July.
- Seattle–Santa Barbara, July.

Exact service start dates and frequencies are still being finalized—and these five routes are only the beginning. Horizon

### THE E175 EXPERIENCE

Our growing fleet of new Embraer 175 jets features all the things you love about our 737s, in a smaller package.

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- Three classes of service: First, Premium and Main Cabin.
- Spacious cabin featuring large windows and tall ceilings (6'7").
- The widest Main Cabin seats in our fleet.
- Overhead bins large enough for standard carry-ons.
- Wi-Fi and Alaska Beyond Entertainment systems.
- Power outlets located throughout the cabin.
- Fresh meals available for purchase, on longer flights.

will have up to eight E175s in service by the end of summer, with a total of 13 new jets to be delivered in 2017.

"This is just a snapshot of where our network can go, because there is so much potential between having our new jets on board and taking advantage of a growing Alaska network," Campbell says. "Our growth is real, and the future is here."

—Paul Frichtl

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Dr. Brian McKay

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# THE REGION



## BRADLEY, CA

### LIGHTNING IN A BOTTLE

» Thousands of music fans, art lovers and yoga enthusiasts will gather for **Lightning in a Bottle**, May 24–29 in Bradley, CA, about halfway between Los Angeles and San Francisco. The festival, named after the idea of dynamic energy, is billed as an eclectic celebration of music, art, environmental conservation and personal expression, features a lineup of more than 90 musical acts, including Grammy-nominated singer **Jhené Aiko**, acclaimed alternative folk-rock group **Thao & the Get Down Stay Down** and fan-favorite DJ and producer **Bassnectar**.



In addition, interactive sculptures and architectural installments will dot the grounds of the San Antonio Recreation Area. Painters will be demonstrating their talents throughout the festival in an event called “**Lightning in a Paintcan.**” Lightning in a Bottle also hosts a unique collection of immersive environments, including a working observatory and a boutique hotel with rooms visitors can explore. The festival grounds will be home to open-air yoga tents that offer daily workshops for all skill levels, led by world-renowned instructors. At the Marketplace, vendors will sell artisanal jewelry, clothing and other handcrafted goods, as well as a variety of healthy food options.

The festival strives to be environmentally conscious by using LED and solar-powered lights and hosting classes on creating and maintaining natural resources. Contact: [lightninginabottle.org](http://lightninginabottle.org). —*Amanda Easter*



#### FUN FACTS:

- Heavy rainfall during the winter has replenished Lake San Antonio, meaning the lake is deep enough that this year’s attendees can swim and play in it.
- One of the festival’s most popular immersive environments, “**The Grand Artique,**” features a frontier-themed town with a functional trading post and a performance stage.

*Source: Lightning in a Bottle*

A man with a beard, wearing a red and black plaid shirt, is sitting in a chair and laughing heartily. He is in a studio or rehearsal space, with a green screen visible on the left and various studio equipment like lights and rigging in the background. The lighting is warm and focused on him.

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**BOISE, ID**

## SEEING THE WORLD IN BOISE

» **More than a dozen** communities whose residents came to Idaho from countries across the globe will be represented during the **World Village Festival**, June 9–11 in Boise. The festival is presented by Boise nonprofit Global Lounge, which aims to support culturally diverse communities through education, engagement, preservation of history and tradition, and mentorship in the arts and humanities.

“Our mission is to create an inclusive community where cultural connections bring people together across generations and ethnicities,” says Dayo Ayodele, executive director and board member for Global Lounge.

The family-friendly festival will showcase the diversity of the Treasure Valley. A few of the area’s global communities that will be participating in this year’s World Village

Festival include Indian, Japanese, Greek, Filipino, Bosnian, Mexican, Basque and Western African groups.

The event is expected to include a traditional Bosnian dance by Mladi Behar; an Aztec dance by the Danza Azteca Tonatiuh group; and a classical Indian dance by Sneha Prakash. In addition, food vendors will supply bites of Ethiopian, Indian and Nigerian cuisine.

The festival hopes to encourage guests to think globally while enjoying personal interactions. Visitors not only get to see performances, but are invited to be involved in festivities for an unforgettable learning and community-building experience. Contact: [worldvillagefestival.com](http://worldvillagefestival.com).

—Rachel Lucus

» **Aztec dancers, above, and Indian dance performers, left, provide cultural experiences visitors can enjoy at Boise’s World Village Festival.**



DONNA KOVALESKI '12

**AROUND OREGON**

## WINE TIME

» **Wines from** throughout Oregon, including the **Willamette Valley**, *Wine Enthusiast’s* 2016 Wine Region of the Year, will be showcased during **Oregon Wine Month**, May 1–31. Visitors can attend events such as wine classes, Oregon cheese-and-wine pairings, wine dinners, art walks and live-music performances.

The festivities begin with Gamay Week at Portland’s Southeast Wine Collective, which aims to introduce visitors to one of the fantastic grapes cultivated by



Oregon viticulturists in addition to the Pinot Noir and Pinot Gris for which the state is famous.

Mother’s Day events throughout the area, including “Momosas” at Remy Wines in McMinnville, take place on May 14. On May 20 and May 27, Winter’s Hill Estate Vineyard and Winery in Dundee will provide tastings of “futures,” from barrels of the 2016 vintage yet to be bottled.

The Youngberg Hill Half Marathon, May 21, offers the opportunity to run or walk through

22-year-old organic vineyards in McMinnville.

Memorial Day weekend is the biggest weekend of the month, during which more than 150 wineries and tasting rooms are hosting special events. Enjoy a winery tour or vineyard picnic to sip the region’s acclaimed wines and meet some of the winemakers who crafted them.

And don’t hesitate to take some bottles home with you—with Alaska’s Wines Fly Free program, you can check your first case of appropriately packaged wine free of charge for Alaska Airlines flights from Oregon wine country (for details, see [alaskaair.com/wine](http://alaskaair.com/wine)). Contact: [oregonwine.org](http://oregonwine.org).

—Lara Douglass

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ASHLAND, OR

AUGUST WILSON—INSPIRED PREMIERE



» **Works by** Pulitzer Prize- and Tony Award-winning poet/playwright **August Wilson** have inspired a world-premiere musical, **UniSon**, running through Oct. 28 at the Oregon Shakespeare Festival in Ashland.

Steven Sapp, co-founder of theater ensemble

Universes, expressed his profound appreciation for Wilson to Constanza Romero, Wilson's widow. She granted Sapp and Universes access to a vast collection of Wilson's private poetry. The works—including unpublished poems, some written on napkins and backs of menus—provided the production ensemble with unique insight to Wilson's life.

Though *UniSon* is inspired by and incorporates some of this poetry, the musical is a new creation. "I was originally thinking we would say that August's poetry was the spine of the play, but it's not," says Mildred Ruiz-Sapp, co-founder of Universes. Rather, the poetry brings different energies to different parts of the musical, she says.

The plot begins when a dying poet leaves a mysterious box for his apprentice, with strict directions to destroy it. The production fuses poetry, theater, energetic choreography and music, including songs drawn from genres such as blues, hip-hop and jazz. Through *UniSon*, Universes hopes to open up Wilson's work to new audiences. Contact: [osfashland.org](http://osfashland.org). —Lara Douglass

SAN JUAN ISLAND, WA

STUDIO SHOWCASE

» **Twenty artist studios** will open their doors to the public to give visitors a glimpse at their private workspaces during the **San Juan Island Artists' Studio Tour**, June 3–4 in northwestern Washington.

From silk painters to jewelry makers, the island attracts a range of artists, who attribute to "the feeling of stepping out of the mainstream [on the beautiful island] that's so stimulating to creativity," says event chairperson and co-founder Nancy Spaulding.

The event began in 1991 as a way for nine island artists to showcase their unique work environments. As the creative community grew, so did the event. This year's tour features 61 artists, each eager to answer



questions about their work and techniques. Select locations will host live music and on-site demonstrations.

A variety of art will be on display, including oil paintings, pottery, and pieces such as BJ Dollahite's *Living in the Light* watercolor collage, above. Several studios also are adjacent to gardens that visitors can explore.

A free map that highlights each participating location is available online and in island cafes and shops. Contact: [sanjuanislandartists.com](http://sanjuanislandartists.com). —Amanda Easter



RENO, NV

RENO CRAFT BEER WEEK

» **Something exciting** is brewing in Reno, Nevada. **Reno's Craft Beer Week**, June 2–10, will include more than 40 events that range from a craft-beer brunch to a homebrew competition whose winning beer will be on tap this summer at The Silver Peak, a local restaurant and brewery.

This year will feature a new Reno Booze Bus that drives beer lovers around the city on a mystery brew tour. The tour will stop at multiple breweries that will remain unknown to guests until they arrive, and will also include surprise prizes along the way.

In addition, Jupiter Fest, a favorite from last year, will return this year. Named after the planet Jupiter, whose atmosphere is extremely heavy, this beer-tasting features full-bodied brews with 10 percent alcohol or more by volume.

Events are open to anyone over the age of 21 and will include curated pairings—from a beer-and-oyster pairing to a beer-and-cupcake pairing. The week gives a taste of the craft beers and breweries that are on the rise in Reno. Contact: [renocraftbeerweek.com](http://renocraftbeerweek.com).

—Rachel Lucus

TOP, UNISON (2017); PICTURED: STEVEN SAPP (POET); ASIA MARK (APPRENTICE); BOTTOM, LIVING IN THE LIGHT BY BJ DOLLAHITE

# [ I GROW ]

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**BIGFORK, MT**

**RIDE THE WAVE**

» Designated the “Wild Mile” due to its Class IV whitewater rapids, the last mile of the **Swan River** as it feeds into Flathead Lake in **Bigfork, Montana**, makes an exciting venue for the **Bigfork Whitewater Festival**, May 27–28.

One of the longest-running events in Bigfork, The Bigfork Whitewater Festival attracts entries from all over the world, including last year’s finalists from Spain, Chile and England. The festival typically draws more

than 1,000 spectators and 100 kayakers and canoers in slalom competitions, in which participants paddle through a series of strategically placed gates.

The races will start on Saturday morning with the **Lower Slalom**, which showcases younger and intermediate-skill kayakers, canoers and stand-up paddleboarders.

In the afternoon, expert kayakers will take the course in the **Upper Slalom**, an International Canoe Federation–style slalom race with 15 to 20 gates on 250 yards of continuous Class IV whitewater.

The head-to-head rafting and kayak giant slalom take place on Sunday.

Spectators can stand on a nature trail that runs parallel to the Swan River to get a front-row view of the rapids, as an announcer directs attention to the action taking place.

Throughout the weekend, multiple vendors, beer trailers and local bars will be celebrating with festivities downtown.

The Bigfork Whitewater Festival is also a part of the Western Whitewater Championship Series, which will aggregate race results for yearly division winners. Contact: bigfork-whitewaterfestival.com.



» Thrilling slalom races in whitewater rapids draw international entries to the Bigfork Whitewater Festival.



## SLALOM HISTORY

- Modeled after ski slalom, canoe slalom originated in Switzerland in 1932. In canoe slalom’s early days, it was first performed on flat water, but it later switched to whitewater rapids.
- Canoe slalom made its debut during the 1972 Olympic Games in Munich, Germany (it was listed then on the Olympic program as “whitewater slalom”). The sport did not reappear until the 1992 Olympic Games in Barcelona, Spain.
- Slalom boats have benefited greatly from advancements in composite technology. They are now lighter, sleeker, and faster, made from carbon fiber, Kevlar, fiberglass and epoxy resin.

*Source: International Canoe Federation*

—Kara Spencer

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■ The **Spokane Lilac Festival**, May 14–30, celebrates the blooming flower with events such as one of the largest Armed Forces



torchlight parades in the nation, May 20; crowning of a “royal court”; tea parties; and luncheons (spokanelilacfestival.org).

■ Experience two days of birding field trips to top wildlife and birding spots in the Lahontan Valley Wetlands during the **Spring Wings Bird Festival**, May 19–20 in **Fallon, Nevada**, about 60 miles from Reno. The excursions are led by experts from U.S. Fish & Wildlife, the Nevada Department of Wildlife and the Lahontan Audubon Society. Additional weekend highlights include a “Bugs and Butterflies” exhibit, raptors on display, keynote speakers, and hands-on activities such as decoy carving (spring-wings.org).



■ Panels and workshops will present leading wellness speakers such as author **Arianna Huffington** during the 20th-anniversary **Sun Valley Wellness Festival**, May 26–29 (sunvalleywellness.org).

■ Enjoy indigenous arts, music, dance and cultural foods during the **Métis Music and Art Fest**, celebrating the culture of the Métis (people with Native American and European ancestry), June 9–11 in **Choteau, Montana**, about 50 miles from the city of Great Falls.

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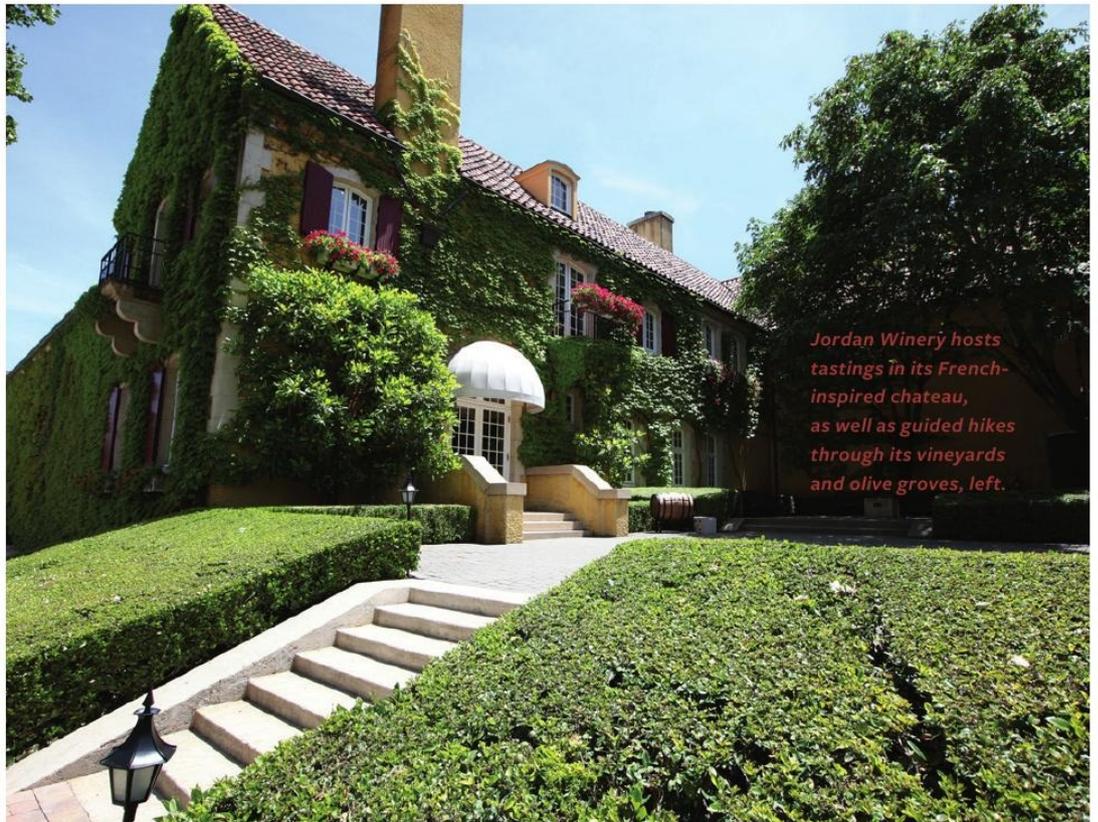


# RAISING A GLASS TO SONOMA/NAPA

**High above the Alexander Valley**, as aromatic, wild chamomile flowers squish beneath my hiking boots, I see rows upon rows of vines spread out before me like a giant swath of green corduroy. I'm enjoying the morning sun of a hot spring day as I stride downhill toward a lake just out of view. Over the next few hours, I'll hike a total of 3.5 miles past vineyards and olive orchards in the oak-dotted hillsides of Jordan Winery, in Northern Sonoma County outside of Healdsburg.

After building an appetite on this hike, our group will enjoy a picnic lunch including homemade charcuterie and local cheeses, paired with Jordan's signature wines.

The Jordan Vineyard Hike is a new way to experience the 1,200-acre Jordan estate. Sure, visitors can book reservations for the winery's cellar room or for a tour that leads to a tasting at the Vista Point Pavilion, the property's highest point. The hike, however, is an option for visitors who wish to combine indulgence with a little exercise. It also is a great way to get up close and personal with the vines and grapes themselves. The hikes tend to book up, so it is recommended that visitors check dates and reserve in advance via [jordanwinery.com](http://jordanwinery.com).



*Jordan Winery hosts tastings in its French-inspired chateau, as well as guided hikes through its vineyards and olive groves, left.*

## NEW NOTABLE EXPERIENCES IN WINE COUNTRY BY MATT VILLANO

Hiking at Jordan exemplifies some of the changes to Sonoma County and Napa Valley wine country in recent years. While many wineries still have tasting counters at which guests can walk up and sample, a growing number of wineries also are offering options such as cave tours and underground tastings to broaden appeal to visitors.

Businesses such as restaurants and bars are differentiating themselves with atypical products and services, too—efforts designed to appeal to visitors who come for wine but are eager to explore other aspects of local living.

I live in this wine country region and like to keep up with the latest and greatest trends. Here's a closer look at some options worth exploring.

### GOING UNDERGROUND

**Dug deep into the earth**, caves are nature's refrigerators. Historically, winemakers and winery owners throughout Napa and Sonoma counties used these subterranean facilities as ways to store and age products. A handful of wineries carry on this tradition today.

Far Niente Winery, in the Napa Valley town of Oakville, was founded in 1885—decades before Prohibition—and was reopened in 1979. On my recent visit, our group accessed the winery caves via a narrow, wrought-iron staircase in the ornate reception area.

# TASTE

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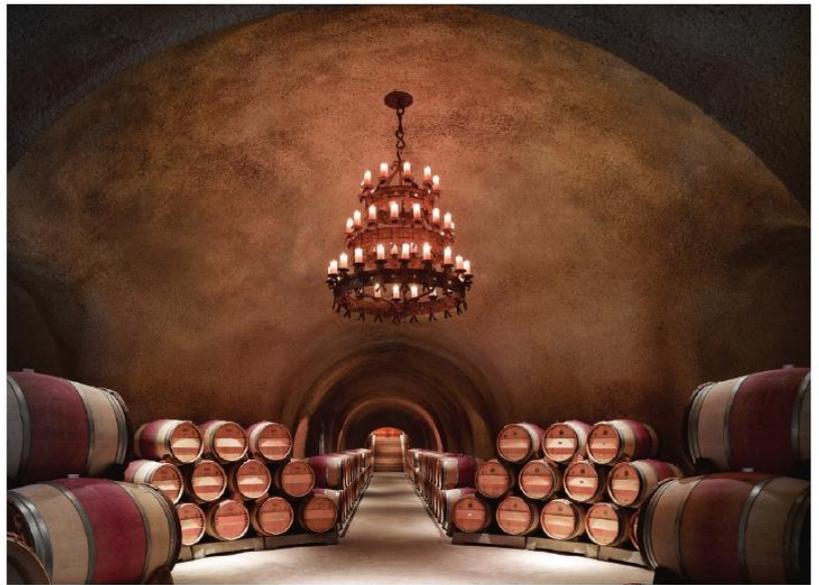


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On the eastern slope of the Vaca Mountains, Jarvis Estate is unique because the entire winery exists underground in a cave. Think of a place like Aglarond from “The Lord of the Rings” books: a glittering cave visitors must enter to achieve the ultimate experience. The cave system includes an underground waterfall and a “gallery” of a dozen oak fermentation tanks; all tours also include a seated tasting in an underground room.

The oldest caves in Sonoma County are in the town of Sonoma, at Buena Vista Winery. Most tours here are led by Count Agoston Haraszthy—or, at least, a character actor dressed up like him. Haraszthy (the real one) founded the winery in the 1850s. On tours today, George Webber, who portrays Haraszthy, emphasizes the engineering accomplishment.



“It took laborers three months to carve each cave out of stone,” Webber told me on a recent visit. “When you think about it, that’s pretty incredible.”

Haraszthy also used the caves as quarries to build the stone winery building.

Other notable cave experiences: Schramsberg Vineyards, in Calistoga; and Stag’s Leap Wine Cellars in the town of Napa, where the main cave boasts a Foucault pendulum. In Healdsburg, there are also caves in Bella Wines, as well as an underground cellar at Ferrari-Carano—both winegrowers of the Dry Creek Valley AVA.

The MacPhail Wines tasting lounge at The Barlow in the Sonoma County town of Sebastopol offers a spin on underground wine-tasting, too: In its “Soil Room,” the walls are lined with soil samples from the different vineyards where the grapes

*Take a tour through Buena Vista Winery’s caves, led by an actor playing Count Agoston Haraszthy, above, or visit Far Niente Winery’s beautiful caves, top right.*

## WHERE TO STAY

The Sonoma County/Napa Valley area has experienced a bit of a hotel boom in recent months, with a spate of new properties opening and a host of older spots getting new life.

Among the newcomers, **Las Alcobas** in Napa Valley may be turning the most heads. This 68-room boutique hotel just north of downtown St. Helena opened this year and offers expansive rooms with breathtaking views of nearby vineyards. There’s also a highly regarded spa.

In Sonoma County, out on the coast in Jenner, **Timber Cove** also has drawn rave reviews; more than half of the 46 rooms and suites have unobstructed ocean views, and the on-site restaurant, Coast Kitchen, is famous for its seafood dishes.

Elsewhere around the region, long-time favorites have gotten upgrades. In Santa Rosa, **Vintners Inn** remodeled all 44 of its rooms to give them a subtle yet sophisticated feel, while the **Flamingo Resort** poured big bucks



into redoing the pool area and guest rooms and suites. In Napa, **The Estate Yountville**—which comprises Vintage House and Hotel Villagio & Spa Villagio—recently finished a refresh on all guest spaces, while **Auberge du Soleil** renovated eight new suites, all designed by San Francisco interior designer Suzanne Tucker.

The region is also eagerly anticipating three other openings: the **Archer Hotel** in downtown Napa, the **H3 GuestHouse** in Healdsburg, and the **Four Seasons Resort and Private Residences Napa Valley** in Calistoga. The first of these should be open by mid-2017; the others in 2018 and 2019, respectively. —M.V.

are grown. During the “Terroir Tasting” in this room, guests get to sample some of the winery’s most exquisite wines and learn how different soils can impact grapes during the growing process. You’ll never think about dirt the same way again.

*The team at Charter Oak includes (from left) co-owner Christopher Kostow, chef Katianna Hong and co-owner Nathaniel Dorn.*



## ST. HELENA RISING

**The city of St. Helena**, in the middle of the Napa Valley, always has been known as a great place to engage in retail therapy. Over the last 12 months, however, the city has assumed a new identity: It now challenges Yountville as the center of good dining in the valley.

Don’t worry, Yountville still has Thomas Keller’s The French Laundry (and after a recent expansion, the kitchen is bigger and better than ever before). But St. Helena now is home to four world-

renowned chefs: Christopher Kostow, Charlie Palmer, Douglas Keane and Chris Cosentino.

Kostow’s The Restaurant at Meadowood is one of only 14 establishments in the United States to earn three stars from the Michelin Guide, along with The French Laundry, and remains the trailblazer for new techniques in food preparation and new approaches to fine dining. When The Charter Oak, Kostow’s forthcoming restaurant, opens south of

downtown St. Helena later this spring, it is sure to carry over some of the same wizardry—only at lower price points.

The other chefs on the list are working wonders in their own ways.

Palmer, who has been a judge on *Top Chef*, purchased St. Helena’s Harvest Inn in 2014 and opened Harvest Table restaurant there shortly after. The menu at his newest establishment highlights locally sourced ingredients that vary by season. Palmer gets them from purveyors such as

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Tolenas Rabbit & Quail, Masami Cattle Ranch, Mary's Free Range Chickens, Sebastopol Berry Farm, and Bera Ranch. Perhaps the best thing about Palmer's restaurant is its egalitarian spirit: When I dined there, I randomly was seated at a table next to two of the most famous winemakers in the region.

Keane, who rose to fame at the now-closed Cyrus restaurant in Healdsburg, in 2016 opened the Japanese-themed Two Birds/One Stone with Chef Sang Yoon. Dishes here come yakitori-style, or in bite-size morsels on skewers. Ingredients include kimchi, *lap cheong* sausage, *shiso*-edamame puree and chilled shiitake broth. Many of the meats are cooked on a *binchō-tan* grill, which is common in Japan. Menus at TBOS frequently change, but during my meal the best dish was the crispy Sonoma duck leg with grilled

## NEW CULINARY INSTITUTE HOME

The Culinary Institute of America always will have its Napa Valley headquarters at Greystone, a palatial circa-1889 stone building north of downtown St. Helena. Now, however, the culinary education facility also has a presence downvalley, in the heart of downtown Napa.



The new facility, situated next to the Oxbow Public Market, is titled "The CIA at Copia," and is designed to be the more public-facing of the two spots.

When programming is complete, the new space will offer regular cooking classes, wine and other beverage explorations, chef demonstrations, and wine-tasting workshops, to name a few options.

Much like Greystone, the downtown outpost has a dining component: The Restaurant at CIA Copia. Student chefs inspired by global flavors and fresh ingredients bring their creations directly from the kitchen to tables where guests can choose and share. There's even a retail store. CIA Copia aims to be a complete and total immersion into culinary life.

For more information on the Culinary Institute of America, visit [ciaatcopia.com](http://ciaatcopia.com).

—M.V.

OPPOSITE, KELLY D PULEIO; CHARTER OAK; RIGHT, VICTOR M. SAMUEL PHOTOGRAPHY



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persimmon and spiced tamarind.

Cosentino achieved celebrity status after experimenting with offal meats at his San Francisco restaurants, Cockscomb and the former Incanto. He fronts the kitchen at Acacia House, the restaurant at Las Alcobas Napa Valley, which opened in April (see sidebar on p. 31). With the new menu, Cosentino has promised to take an eclectic approach designed to appeal to a broad base of diners. I can't wait to see what he comes up with.

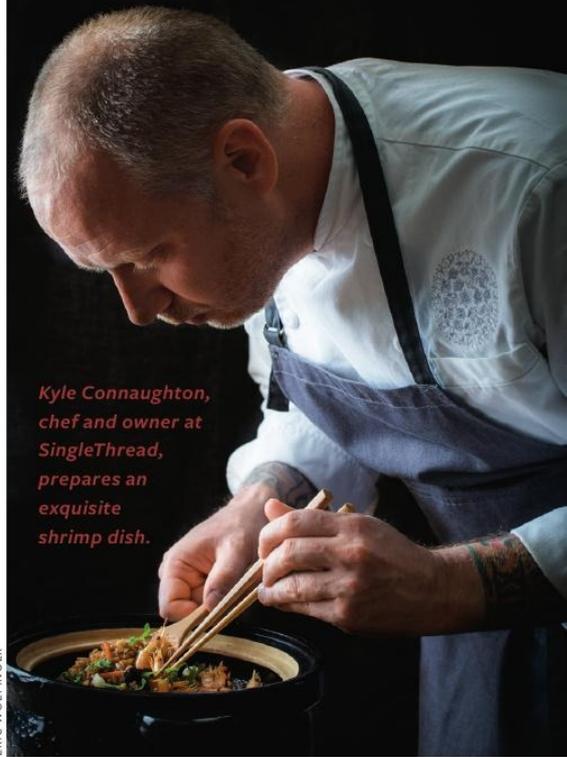
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## HOT IN HEALDSBURG

In Healdsburg, where guests at Jordan can wander through vineyards (and where I live), foodies have swooned over another new restaurant: SingleThread, the latest creation from chef/owner Kyle Connaughton and farmer wife, Katina, embodies the Japanese concept of *omotenashi*, or warm hospitality. For nearly \$300 a person, guests are treated to an 11-course meal, served over three and a half hours, that embraces *shun*, or an emphasis on seasonal foods. Each course is meticulously prepared with ingredients from SingleThread's farm, which grows produce in 72 distinct microseasons.

Another story in Healdsburg these days revolves around off-wine beverages, especially cocktails, hard cider and lightly



Kyle Connaughton, chef and owner at SingleThread, prepares an exquisite shrimp dish.

ERIC WOLFFINGER

alcoholic drinks called "shims."

Some of the best cocktails in town are at Duke's Spirited Cocktails, a newish bar in the Town Plaza that was started by



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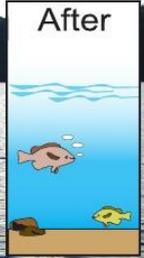
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*Duke's Spirited Cocktails serves fresh, seasonal drinks such as the Night Vision, right, made with gin, carrot juice, caraway, lemon and vermouth.*



Laura Sanfilippo, Tara Heffernon, Steven Maduro and Cappy Sorentino—alumni from the local Spoonbar restaurant. Duke's specializes in various perennial drinks with fresh and seasonal ingredients. Some of the drinks incorporate locally grown garnishes and fruits from the owners' farm. The bar also boasts a huge collection of local distilled spirits. Perhaps the biggest attractions are the cocktails on draft; fizzy concoctions that go down like juice.

Just south of the plaza, in a shopping center comprising warehouses, the Sonoma Cider Taproom serves up hard cider. On any given day the pub has at least 19 different ciders on tap. Some are made with apples grown in orchards right down the road. The best of the bunch—a crisp and sweet cider—is made from Gravenstein apples. (Sonoma Cider also recently started a brandy program; ask and they'll pour you tastes of that, too.)

Shims and their nonalcoholic cousins, shrubs, are all the rage at Shed, a self-proclaimed "modern grange" on the west side of town. The drinks start as shrubs—mixtures of seasonally based drinking vinegars made from freshly muddled fruit juice, sugar and aromatics sourced from local farms. These concoctions become

shims when mixed with various aperitifs and bitters to create "leveling" cocktails that enliven the palate, says Perry Hoffman, chef at Shed.

One of my favorite shims is the Windfall: hard cider that started as a ginger and turmeric shrub. To experience it, grab a seat at Shed's Fermentation Bar like I do, or sign up for a workshop on how to make shrubs and shims yourself. Consider the choice a win-win. Just like wine country. ■

*Matt Villano is a writer and editor based in Healdsburg.*

*Alaska Airlines (alaskaair.com) provides regular service to the Sonoma County city of Santa Rosa, which is the most convenient air gateway to Napa Valley and Sonoma County wine-tasting.*

TOP: NAT AND CODY GANTZ; BELOW: CAROLYN FONG

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**Photo:** Tim Thompson.

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# Emerald City Hidden Gems

Experiences to treasure in and around Seattle | By Jeff Layton

Our 28-foot wooden sailboat, made with Northwest cedar, is approaching 100 years old and still going strong. The wind is picking up, and I'm learning how to navigate the restored antique watercraft amid kayakers and seaplanes on Lake Union, north of downtown Seattle.

My turn at the tiller is taking place in conjunction with one of Seattle's best traditions: the free Sunday Public Sail at The Center for Wooden Boats. Every Sunday for more than 25 years, volunteers

have offered approximately hour-long rides aboard historical wooden boats so that visitors can sample the rich nautical culture of the Puget Sound region. I'm with a dozen fellow visitors aboard the *Admirable*, a gillnetter that was once part of a salmon-fishing fleet.

The five to 10 boats used for the Sunday sails also include a steam-powered vessel and an electric-motor watercraft. From the water, our group has fantastic views of downtown skyscrapers, Gas Works Park, compact house-

boats and commercial fishing boats. The *Admirable's* billowing ivory sail provides visual and aural accompaniment.

In addition to the public sail, the center ([cwb.org](http://cwb.org)) rents sailboats, rowboats, canoes, kayaks and pedal boats by the hour, and it's a great place to learn the art of wooden-boat restoration.

Wherever I travel, it's easy to find well-known attractions, but when I dig deeper, I usually find hidden gems that provide an enhanced, locally authentic experience. Here are four more hidden gems worth discovering in the Puget Sound area:



Here are four more hidden gems worth discovering in the Puget Sound area:

## New Smith Tower Tour

Upon entering Smith Tower, I'm transported back in time to 1914,



Far left: The *Admirable* on a Center for Wooden Boats' Sunday Public Sail. Center: Smith Tower's speakeasy-inspired bar at the Observatory, and the 1914 Otis elevator that serves the Observatory. Above and right: The Boeing Red Barn and one of its several craftsman-sculpture exhibits.



## Boeing Red Barn

The Wright brothers may have been first in flight, but the Boeing Red Barn is where aviation really got off the ground. Located in a quiet area of The Museum of Flight ([museumofflight.org](http://museumofflight.org)) between Seattle and Sea-Tac Airport, the two-story, gable-roofed barn was the birthplace of Boeing, and its original airplane factory.

In 1975, the 16,000-square-foot building—now on the National Register of Historic Places—was barged 2 miles up the Duwamish River to become part of the museum, where the Red Barn exhibits tell the story of early flight. The 1909 building was originally part of a shipyard, which

when the 522-foot-tall building was the tallest skyscraper west of the Mississippi. Nowadays, a new self-guided “The Legends of Smith Tower” tour winds through ornate hallways and to switchboard and radio-room exhibits—where flapper-era voices crackle on speakers—and then goes up to the Observatory, which has a new speakeasy-inspired bar.

During my tour, I learn several fun facts about the building. For instance, in 1922, a one-armed stuntman parachuted off the tower, which at the time was also the fourth-tallest building in the world. In addition, during Prohibition the Bootleg King—Roy Olmstead—and his wife, Elsie, had a broadcasting studio in the tower.

As “Aunt Vivian,” Elsie read bedtime stories—broadcasts purported to contain secret messages.

One of the most fun parts of my visit to the Neoclassical-architecture tower, which was developed by typewriter and firearms magnate L.C. Smith, is the ride in a 1914 Otis elevator. It clangs open, and I’m greeted by a smiling elevator operator who whisks me 35 floors to the open-air observation deck, with views of Puget Sound and of attractions such as the Space Needle.

The nearby speakeasy bar, filled with ornate wood decor, was formerly the Chinese Room, and it has retained the Wishing Chair, rumored to have been a gift to Smith, many years before comple-

tion of the tower, by China’s Empress Dowager Cixi. Legend holds that if you are single and you sit in the chair, you will be married within the year.

The speakeasy is a serene setting for a drink, and the Smith Tower’s Prohibition-era roots add to the feeling that I’m in on a secret. I sip my craft cocktail—Aunt Vivian’s Bedtime, featuring locally produced rye whiskey, Foro Amaro, lemon juice and ginger shrub—as I watch the ferries docking below me. I’m delighted that my panoramic view comes with a stylish lounge, a sofa and a fun beverage. On my next visit, I vow to dress the part in a fedora and wax my moustache ([smith-tower.com/observatory.php](http://smith-tower.com/observatory.php)).



Kayaking by Vashon Island.

William Boeing purchased for \$10 in 1910, when he was 28. He bought it to house construction of his yacht, according to the National Park Service ([www.nps.gov/nr/travel/seattle/s36.htm](http://www.nps.gov/nr/travel/seattle/s36.htm)), but in 1916, after his interests “shifted from the sea to the air,” he established the engineering offices and manufacturing plant of his fledgling aerospace company in the barn.

The company’s first plane, the 1916 B&W (Boeing and Westervelt) seaplane, was assembled by a team that included shipwrights

along with carpenters, cabinet-makers and seamstresses, according to the park service website.

The 27.5-foot-long, two-crew seaplane, made with wood, linen and wire—with a cruising speed of 67 mph and a range of 320 miles—was sold to the New Zealand Flying School, becoming Boeing’s first international sale, notes The Boeing Company website. In 1917, the company got a big order to construct 50 Navy training aircraft.

I wander around the antique table saw and jointer in the Red

Barn while the sounds of wood-working flood the room, reminding me that airplanes were once routinely made from wood and canvas. From other displays, I learn about the harrowing adventures of trailblazing airmail pilots (Boeing’s first airmail-carrying plane dates to 1919).

The Red Barn is the place to ponder the romantic years of air travel, when flying was still so novel, then continue on to the museum’s other spaces to see fighter planes, spy planes and an actual Space Shuttle Trainer—part of the museum’s collection of more than 175 aircraft and spacecraft. You can also try out your own flight skills in a simulator.

## Vashon Kayaking

Harbor seal heads pop up all around me as my kayak skims over the calm waters of Vashon Island’s Quartermaster Harbor. A trip to Vashon Island is a scenic adventure from the Fauntleroy ferry terminal on the West Seattle mainland, which is approximately 10 miles from downtown Seattle. After about a 20-minute water crossing, the Washington State Ferries boat drops you at a forested bedroom community with fabulous waterfront homes and inlets.

Our group paddles over carpets of translucent moon jellyfish, then we scoot up Judd Creek to a half-submerged houseboat guarded by chatty kingfishers,



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which makes me feel like a character in the *Scooby-Doo!* and the *Sunken Ship* adventure.

This fusion of urban and wild kayaking is offered by Vashon Watersports ([vashonadventures.com](http://vashonadventures.com)), which also guides summer full-moon tours, as well as providing rentals and classes.

It also provides drop-off/pick-up services for self-guided overnight and multiday camping trips, and—when the conditions are right—for self-guided kayaking along the length of the west side of Vashon on the exiting tide through narrow Colvos Passage.

Only experienced paddlers should do this tide ride, which is known as the “Colvos Flush,” according to Vashon Watersports.

### Parsons Gardens

When I was in college, Kerry Park was my go-to on a first date. If you buy a postcard of Seattle’s skyline, there’s a good chance the photo was taken from this overlook atop Queen Anne Hill north of downtown Seattle.

But after that obligatory first stop, I would guide my date out of the crowds, and we would stroll five blocks west to Parsons Gardens ([seattle.gov/parks](http://seattle.gov/parks)), where we’d find ourselves enveloped in the lush foliage and fragrant perennials of this hidden park less than a half-acre in size.

A dense canopy of green branches waved in the breeze above rhododendrons, camellias, hydrangeas and hellebores, creat-

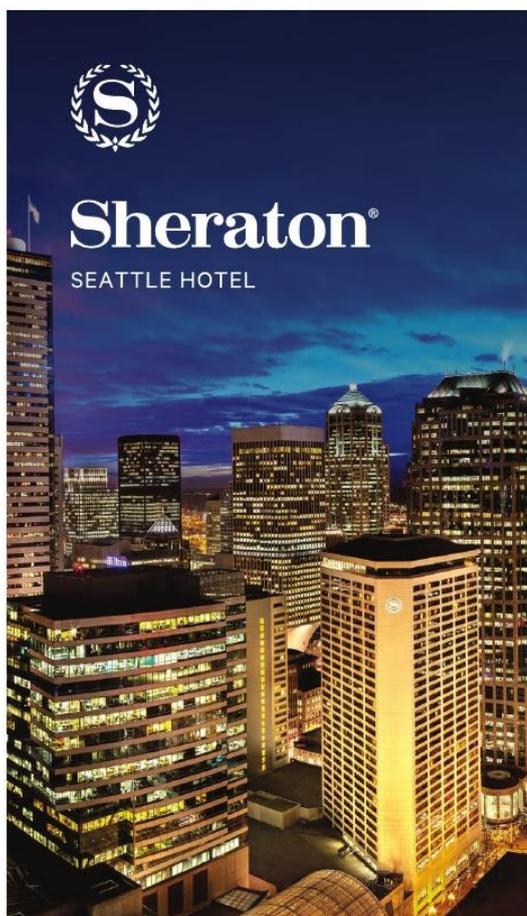
ing the sense of a secret garden.

Then, rounding the corner and traveling a sidewalk north along Eighth Avenue West, we would enjoy a vintage promenade featuring early-1900s mansions on one side of the street, with ornamental streetlights and the setting sun ducking behind the Olympic Mountains on the other. A simple stroll was all a poor college student needed to impress his date. **s**

*Jeff Layton is always on the lookout for hidden gems in his home state. For more information on Puget Sound-area recreation, see [visitseattle.org](http://visitseattle.org), [visitbellevuewashington.com](http://visitbellevuewashington.com), [explorekirkland.com](http://explorekirkland.com), [seattlesouthside.com](http://seattlesouthside.com), [traveltacoma.com](http://traveltacoma.com) and [experiencewa.com](http://experiencewa.com).*



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# Sharing the Pleasures of Hospitality

Master Sommelier Shayn Bjornholm always keeps the customer in mind | By Nicholas O'Connell

When Shayn Bjornholm talks wine, people listen. As the examination director for the Court of Master Sommeliers, America, an exclusive group of less than 200 top wine experts, Bjornholm is privy to the latest trends in wine. Publications ask for his advice and list his favorite vintages.

Even with such wine expertise, Bjornholm focuses his attention on the customer. He says that the Court of Master Sommeliers, America, “sets the global standard of excellence for beverage service within the hospitality industry, with integrity, exemplary knowledge and humility.”

Bjornholm does this by keeping in mind the real reason for his job. “The endgame has always appealed to me,” he says. “You’re doing your utmost to make guests’ lives better.”

The one-time actor never set out to become a sommelier. He grew up in Lexington, Massachusetts, and attended the University of Virginia, where he majored in architecture.

However, Bjornholm found he was more interested in acting and moved to New York City to pursue his passion. He supported himself by working in restaurants. During the early 1990s, he came to Seattle to join its theater scene. But after several years, Bjornholm

grew disenchanted with the actor’s life, and, instead, fell in love with wine. He got a job at a now-closed restaurant where he developed his expertise for combining wine with food.

“I realized I wanted to be in the sommelier game,” Bjornholm says. “So I got up at 4 A.M. every Monday and drove up to Vancouver, B.C. to attend the eight-hour course to obtain the Canadian Sommelier Guild Diploma, and then drove back to Seattle. I got really good at tasting and spitting [wine].”

When the Canlis restaurant’s legendary sommelier Robert Bigelow moved on to a new job, Bjornholm was hired as the new sommelier in 2000. He later went on to earn his Master Sommelier Diploma in 2005.

Bjornholm found the process fascinating and knew the training would challenge him and build on his intellectual understanding of wine and the factors that help determine how wines taste.

Today, Bjornholm works full-time as the examination director for the Court of Master Sommeliers, America. He also promotes the enjoyment of wine around the world.

While he could live anywhere, Bjornholm and his family have chosen to live in the Seattle area, giving him a front-row seat to the local wine and food culture.



“Seattle is an astounding gastronomic destination,” he says. “There are supremely talented chefs and sommeliers creating with some of the greatest local foodstuffs in the world. Our scene is sophisticated, authentic, imaginative and delicious.”

Bjornholm and his family live on Bainbridge Island, which he says is the perfect place to raise kids. “Bainbridge Island is my soul spot,” he says. “This quiet, idyllic, rural area, just a 45-minute trip from one of the more exciting cities in the United States, is hard to beat.” s

*Nicholas O'Connell writes from Seattle.*

## SHAYN BJORNHOLM'S SEATTLE-AREA FAVORITES:

- Eating Sunday brunch at Café Campagne located in Pike Place Market. The *Oeufs en Muerrette* is a perfect dish.
- Kayaking with my daughters on Lake Union to see the floatplanes fly right over our heads.
- Taking the Winslow Ferry to Seattle so that my 5-year-old daughter can see the Seattle Great Wheel, the aquarium and the “big loud city.”

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Starbucks Reserve Roastery & Tasting Room.



View of downtown and Mount Rainier from the Space Needle.



Kayaking Portage Bay.



Sunset over Puget Sound.

# SEATTLE

## PHOTO SAFARI

Fun shots of the Emerald City, taken and curated by the magazine staff



The Giant Shoe Museum, Pike Place Market.



Go, Sounders!



International Fountain and the Space Needle, Seattle Center.



Simultaneous sun and rain shower—very Seattle.



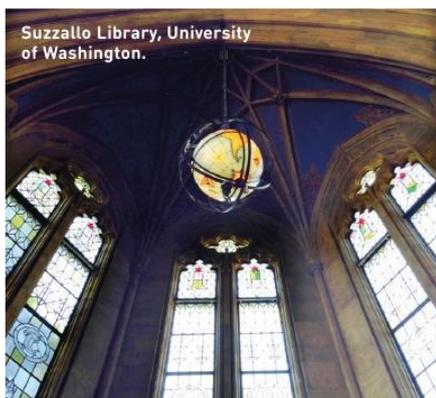
Georgetown neighborhood.



Melrose Market, Capitol Hill neighborhood.



Seattle Aquarium.



Suzzallo Library, University of Washington.



U.S. Navy Blue Angels at Seafair.



Volunteer Park.



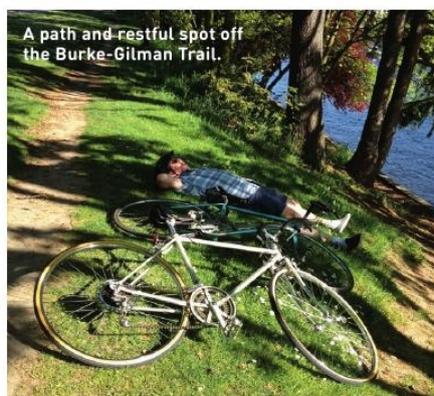
Pioneer Square neighborhood.



Olympic Sculpture Park.



Fish ladder plaza, Ballard Locks.



A path and restful spot off the Burke-Gilman Trail.



Seattle Great Wheel.

A woman with long blonde hair, wearing a wide-brimmed hat, a grey tank top, dark pants, and brown boots, stands on a large piece of weathered driftwood on a beach. She has a red backpack and is looking off to the side with a slight smile. The background shows a sandy beach, waves, and a line of trees under a bright sky.

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# BRIAN

## LOST 72 POUNDS



My son is the primary reason I joined 20/20 LifeStyles. When he was born, I wanted to be around for a long time to watch him grow up and, more importantly, I wanted to be a role model so he'd learn healthy habits. I also just wanted to feel better and healthier so I can keep up with him and all the activities he'll want to pursue in the future.

I've struggled with my weight my entire life. By my mid-30s, I was starting to battle the health effects of being overweight. I was on medication for high blood pressure and acid reflux, and had started to notice new issues with cholesterol levels. I knew my diet was unhealthy but, no matter how many times I resolved to change my ways, it just wouldn't stick. I might exercise more, but wasn't taking the steps to improve my diet. I saw that my poor eating habits were impacting my wife's eating choices too. Something had to change.

When I began the 20/20 LifeStyles program and started learning about proper nutrition, it was eye-opening! I discovered that even the "healthy" fruit smoothies I'd been making for breakfast

were having the opposite effect. I learned so many little tips and tricks, but what stood out the most for me was the theme of mindfulness. By just stopping for a moment to think about what I was eating and, more importantly, why I was eating it, has changed my view on food forever. I no longer snack mindlessly. I make each meal count. If it's "on plan," then I want the right fuel to get me through to my next meal or carry me through an activity. If it's "off plan," then it needs to be delicious. I won't waste calories on comfort food like pizza unless it's a pizza I'll really enjoy, and even those moments have become fewer and fleeting. I don't overindulge. It's all about being present and mindful, choosing what I eat and not letting the food choose me.

My personal trainer was also a huge part of my success. When I was younger, I despised running and couldn't string together two miles without a lot of motivation. Once I got into shape, exercise became fun! Now, I routinely run 5-6 miles, three or four times a week. I recently completed the Seattle Half Marathon in 2 hours and 20 minutes, far exceeding my own expectations! I routinely run 5Ks and

10Ks and have signed up for four more half marathons in 2017. I also plan to run my first full marathon next October. I used to make excuses for not exercising. Now, I look forward to working out, hitting the workout room or running on the road six days a week. I also swim, cross-train and plan to get back into hiking and yoga, as well as try skiing for the first time next winter and kayaking over the summer. I'm also trying Pilates for the first time.

Exercise is great for busting stress and staying in shape, but exercise alone won't fix the problem. You have to have diet and exercise in harmony. Even now, I see my trainer and dietitian regularly to get my diet dialed-in to support my level of activity.

Biggest changes? I could list so many, but what I love the most is that I have more energy, feel so much more confident, and love wearing clothes from stores I couldn't have set foot in before. It's a lifestyle change, not a diet. I'll be working on my lifestyle for the rest of my life. At least now, I have the tools to get it right most of the time.

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## SEATTLE

# New in Town

Attractions, hotels and restaurants in the Puget Sound region

| By Michele Andrus Dill

We can feel the wind sweeping by as we fly behind a giant “spirit eagle” over Cape Flattery, the northwesternmost point in the contiguous United States. As we glide low over Skagit Valley tulip fields, we catch the fragrance of flowers. And spray mists our faces as we descend toward the splash of a breaching orca in the San Juan Islands, then skim Snoqualmie Falls and zoom over hydroplane roostertails on Lake Washington during Seattle’s summer Seafair festival.

It’s all part of **“Wings Over Washington: A Flying Ride,”** next to the Seattle Great Wheel at historic Miners Landing on the Seattle waterfront. “Wings Over Washington,” which opened in August, is an immersive high-definition-film experience, featuring a curved screen, seat rows that rise and dip in concert with the flight path, and sensory involvement as you cross the state to visit 14 iconic sites from the perspective of an eagle in flight.

In the Olympic National Forest, our feet seem to touch the treetops and we smell evergreens before we swoop low over mountain bikers. A breeze brushes past as we float amid hot-air balloons above a Walla Walla vineyard. We hear the roar of football fans as we dart over the University of Washington’s Husky Stadium. At Mount

St. Helens, we dive right toward the heart of the snowy crater and into the rising steam cloud.

“We’ve never made it out to Mount St. Helens in person, but now we’ve even seen the crater,” my husband, Michael, raves. He knows his comment won’t disturb the people around us, because they’ve been punctuating the entire experience with cries of “Whoa!” “Awesome!” and “Wow!”

Including a pre-ride introduction—which features a separate video presentation by Ranger Jesse; five wooden, Native-inspired animal masks, from bear to raccoon, that move and make the appropriate creature sounds; and a walk through a holographic fire to enter the theater—the experience lasts about 15 minutes.

“If you go into the night sky when the stars are burning their brightest,” Ranger Jesse told us, “the spirit of the thunderbird [eagle] will take you on a magical journey to reveal the spirit of Washington.” That certainly describes our aerial adventure over Evergreen State wonders ([wingsoverwa.com](http://wingsoverwa.com)).

The following are also among the many new attractions, hotels and restaurants in the Puget Sound area.

### Attractions

#### Center for Wooden Boats

**Wagner Education Center** ([cwb.org](http://cwb.org)): Expected to open sometime this summer, the 9,200-square-



Top: “Wings Over Washington: A Flying Ride” is an exciting and fun immersive experience that showcases Evergreen State scenery and icons. Above: The Pike Place MarketFront at famous Pike Place Market is scheduled to open the end of June and will include new artisan vendors.

foot center will include a gallery with historic photos and models; a boat shop where visitors can see classic boats being repaired; a glass-enclosed viewing area overlooking Lake Union; and a classroom/sail loft where visitors can learn skills such as navigation and rope work, kids can build toy boats, and volunteers will demonstrate sail-making techniques.

**KidsQuest Children’s Museum** ([kidsquestmuseum.org](http://kidsquestmuseum.org)): KidsQuest moved into a new 13,500-square-foot location in

downtown Bellevue in January, doubling its exhibit space. Exploration areas, ranging from a two-story climbing feature to a Water Gallery, emphasize science, technology, engineering, art and math (STEAM).

**Living Computers: Museum + Labs** ([livingcomputers.org](http://livingcomputers.org)): The museum reopened in November after an expansion that created hands-on opportunities in areas ranging from robotics and virtual reality to creating videogames and trying out a self-driving car simulator. A vintage-computers section of the museum includes computers dating to the 1960s.

**The Museum of Flight “Apollo” exhibit** ([museumof-flight.org](http://museumof-flight.org)): Starting May 20, the museum will offer the first permanent public display of Apollo 12 and 16 F-1 rocket engines that launched Apollo astronauts to the

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moon but then lay at the bottom of the sea for many years, until Seattle area-based Bezos Expeditions located and raised them in 2013. The “Apollo” exhibit will also include actual moon rocks, space suits and a lunar rover.

**Pike Place Market Market-Front** (marketfront.org): The grand opening of this expansion of famous Pike Place Market is scheduled for June 29. The new MarketFront will feature 30,000 square feet of open space, including a public plaza and viewing deck; 47 new table spaces for farmers and craftspeople; four new artisan vendors, such as Old Stove Brewing and indi chocolate; and three art installations.

**SODO Track** (sodotrack.com): Fifty artists—from Seattle’s Mary Iverson to the Netherlands’ Joram Roukes—are creating a 2-mile-long street-art corridor on Fifth Avenue South between Royal Brougham Way and Spokane Street. The track is along a frequently traveled bus and light-rail route, and the theme of the corridor is “motion, speed, progression.” A total of 32 walls will be painted. The first nine large-scale murals are already completed, with up to 15 more scheduled to be painted sometime in July, and the remainder slated for completion next summer.

**Space Needle Digital Experiences** (spaceneedle.com): Seattle’s most recognizable icon is offering several digital experiences, such as the free “Space Needle 360°” virtual-reality app, with options such as walking on the Needle’s outer edge and flying over the city in a floatplane. Other digital experiences range from a free “selfie” taken by a mounted

camera on the Needle’s Observation Deck to “SpaceSpots” that offer augmented-reality experiences, such as standing over a virtual glass floor that shows the ground level 520 feet below.

**Upstream Music Fest + Summit** (upstreammusicfest.com): Founded by Paul Allen’s Vulcan Inc. company, the inaugural event, May 11–13, will include performances by more than 300 bands, as well as speakers and breakout sessions. Scheduled keynote speakers include Seattle rapper Macklemore.

## Lodging

**Thompson Seattle** (thompsonhotels.com/hotels/seattle/thompson-seattle): The sleek, luxury boutique hotel, which opened last summer near Pike Place Market, boasts water and mountain views, including from The Nest rooftop bar, and has a culinary partnership with the noted Huxley Wallace Collective local restaurant group, which operates The Nest and the gourmet Scout PNW at the hotel.

### Upcoming openings:

**Embassy Suites by Hilton Seattle Downtown—Pioneer Square** (hiltonworldwide.com): The hotel is expected to open in January 2018 in the new 1.5 mil-



*Terrestrial Melody* (detail shown), is part of 32 walls of murals being painted for the SODO Track. Below: The lakeside Hyatt Regency Lake Washington at Seattle’s Southport, expected to open in June, will offer water views.

lion-square-foot Stadium Place mixed-use development near Seattle’s football and baseball stadiums. The local 13 Coins restaurant group—which is celebrating its 50th anniversary this year and is known for dining rooms that are open 24/7 and that offer more than 100 menu choices—will open a restaurant in the hotel.

**Hotel Theodore** (hoteltheodore.com): The 1929 Roosevelt

Hotel, near the Washington State Convention Center, is being re-born this summer as “a refined urban escape.”

**Hyatt Regency Lake Washington at Seattle’s Southport** (lakewashington.regency.hyatt.com): Expected to open in June, the upscale lakeside hotel in Renton, south of Seattle, will offer water and Seattle-skyline views, with the Water’s Table restaurant featuring alfresco dining and Northwest seasonally inspired cuisine. Also in development is the Hyatt Regency Seattle, expected to be the region’s largest hotel, with 1,260 guestrooms, when it opens in late 2018 in Seattle’s Denny Triangle area near numerous tech companies.

**Moxy Seattle South Lake Union Marriott** (marriott.com): Marriott is expected to bring its “spirited and fun” Moxy boutique-hotel concept to Seattle’s South Lake Union neighborhood this summer. Marriott’s AC Hotel Seattle Bellevue/Downtown is expected to open this summer in Bellevue, and Residence Inn by Marriott in the Denny





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Triangle is scheduled to open in late 2017.

**SLS Seattle** (sbe.com/hotels/locations/sls-seattle): Slated to open this summer, the downtown hotel will offer modern luxury on 16 floors of the new 48-story The Mark, whose other floors contain office space. The website promises “nearly 27,000 sq. ft. of food and beverage offerings,” which will be presided over by prominent local chef Gavin Stephenson.

**W Bellevue**, scheduled to open in June, will include this vibrant library. Right: No Anchor is known for distinctive beverages, and dishes featuring Northwest ingredients.

**W Bellevue** (wbelleve.com): Scheduled to open June 15, the modern hotel, with a new contemporary Northwest restaurant, The Lakehouse, by local chef Jason Wilson, is part of the 1.5 million-square-foot Lincoln Square Expansion in The Bellevue Collection

shopping/dining/entertainment/office/hotel/residential development east of Seattle.

## Dining

**Cafe Hitchcock** (cafehitchcock.com): Produce and pork from chef/owner Brendan McGill’s Bainbridge Island farm influences dishes ranging from breakfast biscuits to lamb osso bucco at this restaurant in downtown Seattle.

**Circadia** (circadiaseattle.com): The decor of this new downtown restaurant evokes the glamour of Hollywood, while the creative menu features classic dishes with a modern twist and world flavors, and the service is deliberately warm, without “pomp and pretense.”

**Derby at The Shop** (ethanstowellrestaurants.com): Expected to open in June, the SoDo (south of downtown) restaurant will be located within a new car club called The Shop, providing diners with a view of luxury and classic cars to complement American-classic fare.

**Heartwood Provisions** (heartwoodsea.com): Showcases unique food and beverage pairings, and both artful and rustic cooking methods.

**Kiki Ramen** (kikiramen.com): The latest of more than a half-dozen new restaurants by local chef Josh Henderson, the new Kiki, formerly Bar Noroeste, in the South Lake Union area, features traditional ramen dishes.

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**No Anchor** (noanchorbar.com): One of the two Seattle restaurants named a James Beard Foundation 2017 Best New Restaurant semifinalist, No Anchor, located in the Belltown neighborhood, serves distinctive beer, spirits and cocktails, complementing a menu emphasizing fresh Northwest ingredients. About a third of the menu is vegetarian.

**Outlier** (outlierseattle.com): Shareable plates and global flavors, as well as Northwest influences, are the focus at this downtown restaurant, whose bar menu

includes farm-fresh juices as well as specialty cocktails.

**Rhein Haus Tacoma** (rheinhaustacoma.com): The fun Bavarian-inspired restaurant/beer hall in Tacoma, south of Seattle, also has four indoor bocce ball courts.

**RN74** (michaelmina.net): New executive chef Ben Godwin, whose credits include the three-Michelin-starred The Fat Duck in England, is combining his world culinary expertise with local ingredients at this downtown restaurant serving modern interpretations of French cuisine.

**Upper Bar Ferdinand** (barferdinandseattle.com): The other Seattle restaurant named a James Beard Foundation 2017 Best New Restaurant semifinalist,

Upper Bar Ferdinand, in the Capitol Hill neighborhood, showcases wines from family-owned, small-production wineries around the world. Likewise, chef/co-owner Matt Dillon's food menu spotlights simply prepared food, with meats and vegetables from his Vashon Island farm.

**Young American Ale House** (youngamericanalehouse.com): Launched by Maria Hines, who was the James Beard Best Chef: Northwest winner in 2009, the Ballard neighborhood gastropub offers creative, fresh and local takes on American classics and comfort food. **s**

*Michele Andrus Dill is the senior editor of the magazine.*

**mbar** (mbarseattle.com): This lively indoor/outdoor rooftop space in the South Lake Union neighborhood features a contemporary menu inspired in part by Italian, Spanish and Middle Eastern flavors.

**Minamoto Japanese Cuisine** (facebook.com/minamotobellevue): Minamoto provides a fine-dining experience in Bellevue,

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# Perennially Popular

Favorite Puget Sound-area attractions | By Michele Andrus Dill

**Dave and Veronica**, visiting from the New York area, stand enthralled by the Puget Sound panorama visible from the 902-foot-tall Sky View Observatory on the 73rd floor of the Columbia Center. “This view is gorgeous!” Veronica enthuses.

She points across today’s calm aqua waters to Bainbridge Island, which the couple explored the day before, then gestures toward the 605-foot Space Needle, built for the 1962 World’s Fair and now likely Seattle’s best-known attraction, and the 175-foot-tall Seattle Great Wheel on the waterfront. “You can see so many iconic things—it’s just so expansive,” she says.

Billed as “the highest public observatory in the Northwest”—the aerie-height space offers a view that extends west to the Olympic Mountains, south to Mount Rainier and north to Mount Baker. And an expansion scheduled to be finished in early June will complete the observatory’s “necklace of views,” allowing visitors to stroll in a 360-degree

circle for a broader vista of landmarks to the east such as Lake Washington and the Cascade Range.

Interpretive panels identify various sites visible from the observatory and provide additional information. For example, one display explains that the term “flying saucer” was popularized in 1947 after a mysterious sighting near Mount Rainier was reported by a man named Kenneth Arnold.

Northwest wines and craft beers are available from the Sky View Cafe by Ravishing Radish, whose food menu includes “Picnic in the Sky”—an array of French Brie, herbed salami, Tillamook sharp white cheddar, fresh grapes, spiced almonds and rosemary crackers—to accompany the spectacular view.

Tickets to the observatory ([skyviewobservatory.com](http://skyviewobservatory.com)) allow in-and-out privileges all day (10 A.M. to 8 P.M., or 8 A.M. to 11 P.M., depending on time of year), so you can come back to enjoy the city’s sparkling night lights.

Here are some more of the many popular attractions in the Puget Sound area:



Top: The Sky View Observatory provides a breathtaking view of downtown Seattle and Puget Sound. Above: Chihuly Garden and Glass, showcasing glass art such as *Pacific Sun*, shown here, is one of the spectacular attractions at Seattle Center.

**Archie McPhee** ([archie-mcpheseattle.com](http://archie-mcpheseattle.com)): Novelty items from a toy/gift/craft/party-supply shop that prides itself on being weird.

**Bellevue Botanical Garden** ([bellevuebotanical.org](http://bellevuebotanical.org)): Celebrating its 25th anniversary in June. Boasts more than 50 acres of gardens, woodlands and wetlands.

**The Bellevue Collection** ([bellevuecollection.com](http://bellevuecollection.com)): Shops

such as ExOfficio, restaurants, 365 by Whole Foods Market, cinema, nightclubs, comedy, bowling, billiards, hotels such as the excellent Hyatt Regency Bellevue, and more.

**Bill & Melinda Gates Foundation Visitor Center** ([gatesvc.org](http://gatesvc.org)): Exhibits tell the stories of work being done to improve people’s lives, and activities show how each person can make a difference.

**Bill Speidel’s Underground Tour** ([undergroundtour.com](http://undergroundtour.com)): Entertaining history-and-culture walking tour. Fun fact: A TV movie pilot for *Kolchak: The Night Stalker* was filmed in the Underground.

**Brewery Tours** ([seattlebrewerytour.com](http://seattlebrewerytour.com)): Visit three Seattle breweries in three hours, led by Road Dog Tours. Also enjoy:

One-hour Redhook Woodinville Brewery tours ([redhook.com](http://redhook.com)).

**Chambers Bay** ([chambersbay-golf.com](http://chambersbay-golf.com)): This scenic 7,585-yard traditional links course on Puget Sound shoreline hosted the 2015 U.S. Open.

**Children's Museum of Tacoma** ([playtacoma.org](http://playtacoma.org)): Playscapes from "Voyager" to "Invention."

**Cruises:** Among the many options, cruise Puget Sound on the **Blake Island/Tillicum Excursion with Argosy Cruises** ([argosycruises.com](http://argosycruises.com)) to enjoy the scenery, a Native storytelling show and a buffet meal with alder-fire-roasted fish. Also: Cruise **Lake Union and Lake Washington** for brunch or a sunset dinner

with **Waterways Cruises and Events** ([waterwayscruises.com](http://waterwayscruises.com)).

**Dunn Gardens** ([dunngardens.org](http://dunngardens.org)): Century-old gardens with a lovely 7.5-acre Olmsted Brothers design; guided tours, by reservation, select days and times, April–July and September–October.

**Emerald Downs Racetrack** ([emeralddowns.com](http://emeralddowns.com)): Exciting thoroughbred racing through Sept. 17 this year.

**Emerald Water Anglers** ([emeraldwateranglers.com](http://emeraldwateranglers.com)): Guided fly-fishing trips on area rivers and Puget Sound.

**Hiram M. Chittenden Locks** ([ballardlocks.org](http://ballardlocks.org)): Watch boats transfer between freshwater and saltwater, and June to September, watch salmon on the fish ladder.

**LeMay—America's Car Museum** ([americascarmuseum.org](http://americascarmuseum.org)): Vintage vehicles, modern marvels, simulators and special events.

**Museum of History & Industry** ([mohai.org](http://mohai.org)): Seattle-area history enlivened by interactive exhibits and intriguing objects.

**Nightlife:** Many options, such as **The Crocodile** live music; **Foundation Nightclub** electronic dance music; **Muckleshoot Casino** live music, comedy and DJ dance parties; **The Triple Door** live music; and the **Tractor Tavern** live music.

**Point Defiance Park** ([pointdefiancepark.org](http://pointdefiancepark.org)): Sweeping water and mountain views, and Point Defiance Zoo & Aquarium.



**Seattle Center** ([seattlecenter.com](http://seattlecenter.com)): Numerous attractions, such as the Space Needle; Museum of Pop Culture (MoPOP); Chihuly Garden and Glass; KeyArena; Pacific Science Center; Seattle Children's Museum; International Fountain; KEXP Live In-Studio performances; and ballet, opera and theater companies. Alaska Airlines is a sponsor of Seattle Center.

**Seattle Monorail** ([seattlemonorail.com](http://seattlemonorail.com)): Built for the 1962 World's Fair, the monorail provides a two-minute ride between Westlake Center downtown and a Seattle Center station near the

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Space Needle and Museum of Pop Culture (MoPOP), along the way passing sites such as the flagship cafe of the locally based Top Pot Doughnuts group, and the hip red neon sign on the side of fun and funky Hotel Five Seattle, part of locally based Pineapple Hospitality.

**The Shops at the Bravern** (thebravern.com): High-end shops, plus restaurants such as the lauded John Howie Steak.

**Starbucks Reserve Roastery & Tasting Room** (roastery.starbucks.com): Some of the world's rarest coffees are roasted and brewed in this fascinating space that also serves specialty espresso and tea.

**University of Washington** (washington.edu/discover/visit):

Waterfront Activities Center canoe and rowboat rentals; Meany Center performing arts; and attractions such as the **Burke Museum** (burkemuseum.org), which features cultural and natural-history specimens and artifacts.

**Washington State Ferries** (wsdot.wa.gov/ferries): Scenic routes such as sailings to Bainbridge Island (museums, restaurants, wine-tasting rooms, Mora Iced Creamery) and Bremerton (USS *Turner Joy* naval-ship tours, fountain parks, and restaurants such as Anthony's at Sinclair Inlet).

**Washington State History Museum** (washingtonhistory.org): Exhibits bring the state's past to life and show how history connects communities and resi-

dents. "Gridiron Glory: The Best of the Pro Football Hall of Fame" will be on view May 27–Sept. 10.

**Wing Luke Museum of the Asian Pacific American Experience** (wingluke.org): Features intriguing items

such as a Chinese opera costume and the Mahjong room in a historic hotel. Also: guided walking tours.

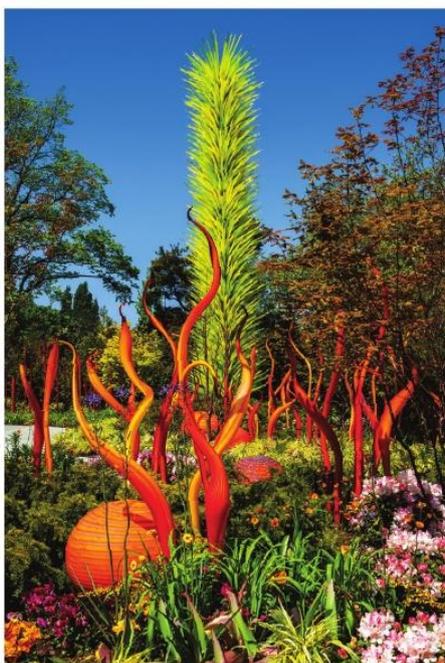
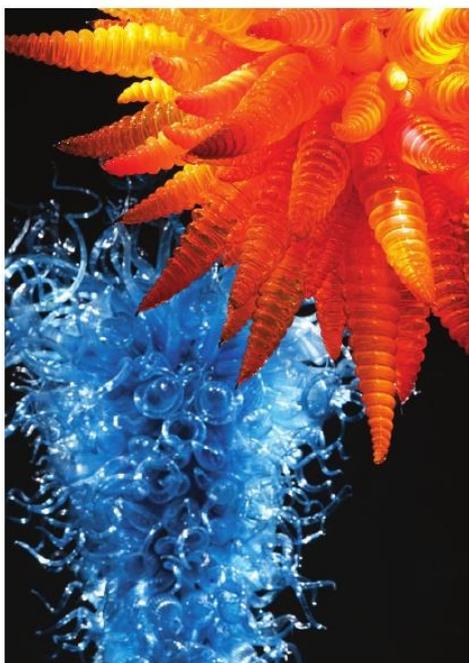
**Woodinville Wine Country** (woodinvillewinecountry.com): More than 100 wineries (including Chateau Ste. Michelle) and tasting rooms, representing every Washington appellation.



Ferries travel scenic Western Washington routes.

**Woodland Park Zoo** (zoo.org): More than 1,000 animals—including four Asian-small-clawed otters born in December—represent 300-plus species from around the world. ZooTunes concerts take place June through August each year. **s**

*Michele Andrus Dill is senior editor.*



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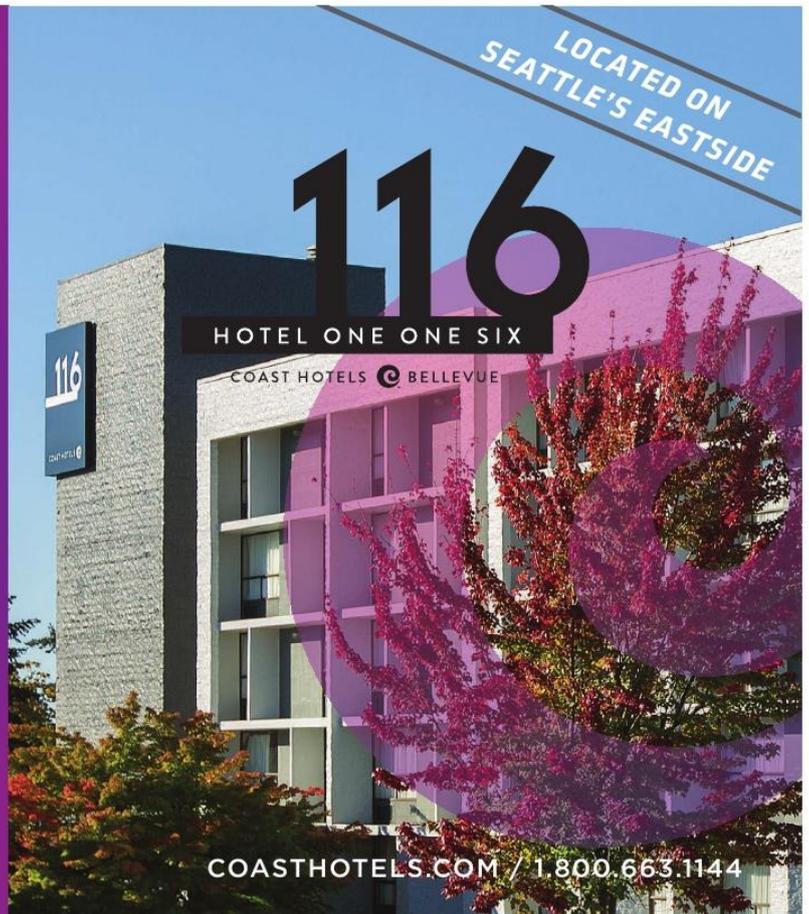


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# Playoff Potential

Seattle teams are poised for a strong year

With a solid mix of veteran players and new talent, the Seattle Mariners, whose sponsors include Alaska Airlines, should be a fun team to watch this season at Safeco Field.

The nucleus of All-Stars second baseman Robinson Canó, designated hitter and outfielder Nelson Cruz, pitchers Félix Hernández and Hisashi Iwakuma, and third baseman Kyle Seager, remains intact for 2017. To complement this group, the Mariners have added speed and athleticism with players such as outfielders Jarrod Dyson and Mitch Haniger and shortstop Jean Segura.

The team also boasts the young and talented closer Edwin Díaz, whose fastball can reach 100 mph. If this mix of veteran leadership and new athleticism clicks, the Mariners could be playoff bound.

The team's season-long 40th-anniversary celebration is being sponsored by Alaska Airlines ([mariners.com](http://mariners.com)).

## Seattle Sounders FC

The Sounders are out to prove that their MLS Cup Championship last season was no fluke.

Superstar forward Clint Dempsey, who has been central to the team's attack in recent years, was sidelined for much of last season with an irregular heart-beat. However, he made a spectacular return to the pitch this spring with the U.S. Men's



All-Star second baseman Robinson Canó, above, is expected to lead the Mariners' offensive attack this season. Coming off her WNBA 2016 Rookie of the Year season, the Storm's Breanna Stewart, left, is continuing to improve her game in 2017.

## Seattle Reign FC

The Reign FC soccer team is regrouping after a difficult off-season, which saw top players retire or leave, including high-scoring Scottish midfielder Kim Little, who has returned to her former English club, Arsenal Ladies FC. Reign FC is counting on veteran Megan Rapinoe and co-captains Jessica Fishlock and Lauren Barnes to lead the retooled team back to the playoffs ([reignfc.com](http://reignfc.com)).

## Seattle Storm

Led by forward Breanna Stewart, the 2016 WNBA Rookie of the

Year, and guard Jewell Loyd, the 2015 Rookie of the Year, the Storm are ready to make another run at the postseason. Last season, Stewart was a force under the rim, and Loyd developed into one of the league's best backcourt players. If the two continue to progress, Seattle will have one of the league's most potent combinations. Veteran guard Sue Bird is expected to be back for her 16th season ([stormbasketball.com](http://stormbasketball.com)).

## Seattle Seahawks

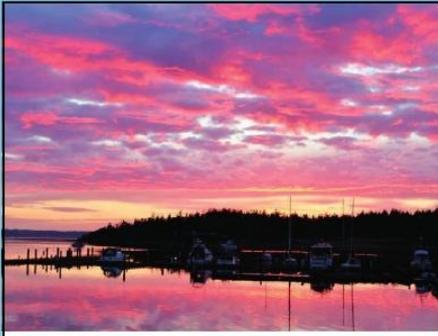
While questions about the team's offensive line persist, the Seahawks are still the odds-on favorite to win their division, as long as quarterback Russell Wilson (Alaska Airlines' Chief Football Officer) is healthy and protected. The team's defense remains one of the best units in the NFL, and coach Pete Carroll continues to get the most out of his players ([seahawks.com](http://seahawks.com)). — Jeff Bond

National Team, including scoring three goals against Honduras.

Sounders fans are hoping such scoring feats will continue now that he has rejoined Seattle for the season.

Seattle native Jordan Morris, who was named MLS Rookie of the Year in 2016, looks to be back in scoring form, and midfielder Nicolás Lodeiro of Uruguay, who was acquired last summer, has been an excellent addition to the team ([soundersfc.com](http://soundersfc.com)).

# Around the Sound...



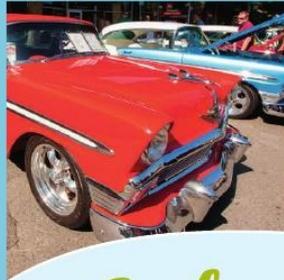
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# A Whale of an Excursion

Experiencing the mighty mammals in the Salish Sea | By John Nelson

I am standing on the deck of the *Chilkat Express*, a whale-watching boat, staring at the Puget Sound waters in hushed anticipation.

The other passengers and I know that gray whales are nearby, since we earlier saw the spray from their spouts as our boat, the Puget Sound Express company's high-speed foilcat, cruised through the area. However, we haven't actually gotten a look at the huge creatures just yet.

Suddenly, as if by magic, an enormous gray head rises straight up out of the chilly Puget Sound waters close to our boat, and it seems to stare right at us.

"Ooooh!" the passengers say in happy unison at the whale's "spy-hopping" display. We are all overjoyed to end up being the ones watched by the whale.

For the next 45 minutes, we stay with three grays—two males and a female—as they search for ghost shrimp off Hat Island in the waters west of Everett, Washington. It is fascinating to observe these mammals, which can grow to be 45 feet in length, as they swim in the shallow waters near the island. Eventually, we say goodbye as the whales swim north into deeper waters.

Every spring, about 20,000 gray whales travel 5,000 miles from the Baja Peninsula in Mexico to the Bering Sea in Alaska. In the fall, they turn around and head back to Baja. This is one of the longest

migrations of any mammal in the world. A special subgroup of about 12 gray whales makes a side trip into Puget Sound every spring to snack on the local seafood.

"This is the only group of gray whales that visits the Puget Sound, and nobody knows why," says Renee Beitzel, marine naturalist onboard the *Chilkat*, one of three vessels in the whale-watching tour company's fleet, which is based in Edmonds and Port Townsend, Washington ([pugetsoundexpress.com](http://pugetsoundexpress.com)).

Unlike orcas, which travel in pods and can be seen year-round in this area, gray whales don't have formal groupings. This contingent returns to Puget Sound every year because it feels some connection, almost like a social club going to an annual reunion, Beitzel says. "They tend to form loose associations or friendships," she explains.

Whale-watching has long been a popular pastime in what has become known as the Salish Sea, comprising coastal waterways that stretch from Puget Sound north into British Columbia. The region's dozens of whale-watching operations form a loose-knit group that shares information on where whales can be seen and which way they are headed.

Orcas are a commonly seen mammal in the Salish Sea and are most prominent from late April to early October. The best-known "resident" orca group is J Pod,



Top: Passengers on the deck of the Puget Sound Express boat the *Chilkat Express* watch as a group of orcas swims by. Above: Two orcas breach at the same time in the Salish Sea. Orcas are commonly seen during whale-watching tours in the waters around the San Juan Islands.

about 30 feet in length, is sometimes seen during whale-watching tours. Other whale species in the area include the humpback whale.

While still endangered, the humpback's numbers are on the rise and some members of the species have made a return to the Salish Sea, where they spend the summer. They are most often seen in and around the Strait of Juan de Fuca, between Port Townsend and Victoria, British Columbia. "We've seen some incredible displays with the humpbacks," Hanke says, as he pilots the *Chilkat Express* back to our starting point in Edmonds. We dock, and 41 happy whale-watchers disembark the ship.

"This was a good trip," Hanke says, smiling as our excursion comes to an end. "We pinch ourselves every day that we get to do this for a living." **s**

24 whales that live in the waters around the San Juan Islands. While resident pods are primarily salmon eaters, transient orcas—which may roam from Southern California to the waters of Alaska—are increasingly venturing into the Salish Sea to hunt for seals and sea lions, says Pete Hanke, owner of this family business and the captain of today's whale-watching cruise.

Another year-round resident of the Salish Sea is the minke whale. This species, which can grow to

# Outdoor Experiences

Adventurous ways to enjoy the Greater Seattle area | By John Nelson

Seattle is one of the nation's most outdoorsy cities for a reason. Within the metropolitan area, you'll find gorgeous hikes, watery playgrounds and scenic cycling routes. And just a short drive away are wilder adventures and some of America's favorite national parks.

Here's a sampling:

**Bike the Burke-Gilman Trail:** The 27-mile paved multiuse recreation trail is perfect for cyclists traveling from Ballard east to Lake Washington and then north to

Bothell. The trail passes through many picturesque neighborhoods and park areas.

**Stand-up paddleboard in West Seattle:** Survey the often bustling beach area from your paddleboard, available for rent at places along Alki Beach.

**Explore Green Lake Park:** Rent a pedal boat, a kayak or a small sailboat at this urban lake in North Seattle. You can also swim at a kid-friendly beach, as well as run, walk or skate on the lovely



GREGG BAGEL / GETTY IMAGES

Green Lake Park offers a variety of outdoor activities.

2.8-mile paved path around this popular lake.

**Bike Discovery Park:** Enjoy a network of multiuse trails that are great for biking and hiking.

**Canoe Mercer Slough:** Paddle into a wetland ecosystem filled with birds, beauty and quiet waterways, located just south of

Bellevue. You can pick berries at the Mercer Slough Blueberry Farm mid-July to early September.

**Go to the Alps:** The Issaquah Alps, that is, where trails take hikers to the summits of Cougar, Squak and Tiger mountains.

**Dive in Edmonds:** The Edmonds Underwater Park includes



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various sunken ships at different stages of decomposition, a man-made reef of concrete blocks and other items, and a network of guide ropes anchored to the bottom for easy movement through the 27-acre park.

**Fish the Snoqualmie River:** Cast your flies near Carnation and you might hook a steelhead; go farther upstream on the Middle Fork of the Snoqualmie for trout.

**Mountain bike the John Wayne Pioneer Trail:** Starting

near North Bend, follow a former railway roadbed that is now a gravel path as it runs east through the Cascade Range.

**Summit Mount Si:** Hike 3,100 vertical feet in 4 miles on this mountain trail for amazing views of the area's rugged landscape.

**Hike the Pacific Crest Trail:** Go north from Snoqualmie Pass into the Alpine Lakes Wilderness to explore one of the most scenic sections of the PCT.

**See local national parks:** Experience Mount Rainier National Park from every angle on the 93-mile Wonderland Trail. Hike the breathtaking landscape in the Mount St. Helens National Volcanic Monument. And visit Hurricane Ridge on the northern



Stunning views abound when hiking in Mount Rainier National Park.

THINAI28 / GETTY IMAGES

side of the Olympic Peninsula, where you can see amazing views of Olympic National Park. **s**

*John Nelson writes from Seattle.*



Cyclists enjoy picturesque Discovery Park.

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# Mountains as Metaphors for Life

Elite alpinist Ed Viesturs knows how to overcome obstacles | By Nicholas O'Connell

It was a step into the unknown. In 1990, American mountaineer Ed Viesturs started for the summit of Mount Everest (29,029 feet) from a high camp at 27,000 feet. He planned to climb the peak without supplemental oxygen, something only a handful of climbers had managed to do. He'd failed on two previous attempts, once getting within 300 feet of the top before turning back.

He left his high camp at 1 A.M., using a headlamp to find his way in the dark. He'd already been on the mountain for two months, acclimating to the altitude, in which the air has less oxygen the higher you go.

He'd also endured terrible cold, ferocious winds, and separation from friends and family—all for the chance to put himself in a position to do something few had accomplished.

"The norm was to use oxygen when climbing as it, in effect, decreases the altitude of the mountain by several thousand feet," says Viesturs who now splits his time between Seattle and Sun Valley, Idaho. "I considered it a contrived way of gaining success. If I couldn't climb Everest without oxygen, I wouldn't climb it."

Viesturs relied on intensive training and long experience at high altitudes. He'd gained these skills while working on Mount Rainier for Rainier Mountaineering

Inc. Viesturs became a guide for the company in 1982 while attending the University of Washington. He has since climbed Washington's highest peak 215 times.

"Rainier has all of the elements of a mini Himalayan peak," he says. "I could learn about altitude, glacial terrain and bad weather. It became my classroom. It's fairly easy to access from Seattle, even in the winter. Within a couple of hours from downtown you can be on an amazing adventure."

Growing up in Illinois, Viesturs first became interested in climbing after reading Maurice Herzog's classic tale, *Annapurna*, about the first successful climb of the 26,545-foot Nepalese peak. The book inspired him to attend school in a place surrounded by mountains. Seattle fit the bill.

Viesturs' experience climbing and guiding on Mount Rainier allowed him to move up to the higher Himalayan peaks. He undertook months of endurance and strength training in preparation for the Everest climb.

"You have to have that deposit of physical fitness," he says. "But the mental part is big; you have to be comfortable being uncomfortable. It's so hard to keep going above 20,000 feet."

While making that final ascent on Everest, he breathed 15 times for every step. He would focus on short-term goals such as the rock 100 yards ahead. Then he'd find another rock, then another.



Around 1 P.M., he finally stood on the summit, with the entire world at his feet. "It was one of those dream-come-true moments," Viesturs says. "I had this notion of climbing Everest without oxygen. I lived that dream."

Today, Viesturs makes his living in part as a corporate speaker, talking about his ascent of Everest and of the 13 other mountains he's summited that are at least 26,000 feet high, and all without oxygen. The feat puts him in extremely rarefied mountaineering company. He helps audience members find the inspiration to overcome their own obstacles.

"Mountains are great metaphors for life," Viesturs says. "Maybe not literally, but figuratively, because everyone's trying to climb a mountain." ■

*Nicholas O'Connell is a Seattle-based climber and writer.*

## ED VIESTURS' SEATTLE-AREA FAVORITES:

- When I'm not climbing on Mount Rainier, I enjoy hiking and climbing in the alpine environment of the Stuart Range, located in Central Washington, outside of Leavenworth.
- I like to ski at Mt. Baker Ski Area in the North Cascades and Crystal Mountain Resort located to the northeast of Mount Rainier.
- Attending Seattle Sounders and Seahawks games at CenturyLink field is a lot of fun for the family.
- In summer, I visit the beaches and wakeboard on Lake Washington.



Bellevue Arts Museum.



Marymoor Park.



Local strawberries.



Bellevue Square.

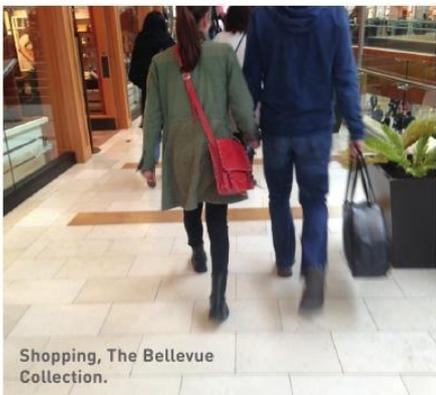


Bellevue Botanical Garden.

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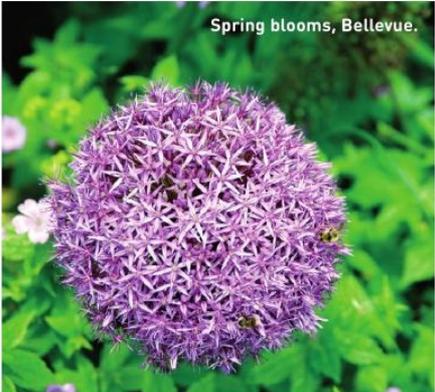
Hiking, Cascade Range.



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Facts and Statistics Source: United States Census Bureau and City of Richland

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# Exhibiting Excellence

Artwork offers inspiration | By Ted Fry

Striding into the Seattle Art Museum, I quickly was struck with awe as I marveled at the 105-foot-long replica of a 140-year-old western hemlock that was hanging high above my head.

The new installation, titled *Middle Fork*, by John Grade, is a naturalistic wonder created by first using a plaster cast to replicate an old-growth specimen that still stands somewhere in the Cascade Range, then weaving together precision-cut, inch-long pieces of salvaged cedar to mimic the tree's trunk and branches. The sculpture is a breathtaking apparition of life-size magical realism. It spans the museum's Brotman Forum, a soaring foyer that's part gathering place and part exhibition space for large-scale installations that are suspended from the ceiling.

I've been a SAM fan for more than 30 years, starting when it was housed in a stately Art Deco structure in Volunteer Park. The magnificent original structure became a sister site as the Seattle Asian Art Museum, now undergoing its own massive makeover for a 2019 debut.

I was delighted along with the rest of the city when SAM opened the 9-acre outdoor Olympic Sculpture Park, which became home to an ever-expanding collection of large artworks, such as renowned sculptor Richard Serra's 300-ton iron piece, *Wake*.

A new sunset-hued indoor

installation, *The Western Mystery*, by Spencer Finch, also is on view, inside the park's Paccar Pavilion.

I've found inspiring moments in SAM's permanent collections as well. For instance, Albert Bierstadt's dramatic oil-on-canvas evocation of Northwest atmosphere, *Puget Sound on the Pacific Coast*, and the angular intensity of Morris Graves' gaze in his *Self-portrait* stay vivid in my memory. So does the sublimity pervading paintings such as



Top: *Middle Fork*, by John Grade, in the Seattle Art Museum. Above right: *En Paysage dans l'Île Saint-Martin*, by Claude Monet, at SAM. Above left: *The Western Mystery*, by Spencer Finch, inside the Olympic Sculpture Park's Paccar Pavilion.

Claude Monet's *En Paysage dans l'Île Saint-Martin*, in "Seeing Nature: Landscape Masterworks from the Paul G. Allen Family Collection," SAM's featured exhibit through May 23.

SAM's legacy endures as it continues to enthrall—now more than ever, under the sweep of a majestic tree beckoning visitors to grow alongside the city's art. **s**



## ADDITIONAL EXHIBITS

- **Bellevue Arts Museum**, Bellevue: "The Contact: Quilts of the Sierra Nevada by Ann Johnston," through June 11; "Future Machine," through Sept. 10; "Emerge/Evolve 2016: Rising Talents in Kiln-Glass," May 26–Oct. 1.
- **Cascadia Art Museum**, Edmonds: "Botanical Exuberance: Trees and Flowers in Northwest Art," through June 25; "Northwest Sculpture: Five Decades of Form and Innovation," through Sept. 24.

- **Chihuly Garden and Glass**, Seattle: Includes glass art, drawings and stunning installations by Dale Chihuly.

- **Frye Art Museum**, Seattle: "Between the Frames: The Frye Art Museum Collection After 1952," through July 23; "Frye Salon," through Jan. 21; "Amie Siegel: Interiors," May 20–Sept. 3.

- **Museum of Glass**, Tacoma: "Art Deco Glass from the Huchthausen Collection," through Aug. 13; "Into the Deep," through Aug. 20; "Linda MacNeil: Jewels of Glass," through Oct. 1; "Ispirazione: James Mongrain in the George R. Stroemple Collection," through Oct. 15.

- **Tacoma Art Museum**, Tacoma: "Cultural imPRINT: Northwest Coast Prints," through Aug. 20; "Familiar Faces & New Voices: Surveying Northwest Art," May 13–Summer 2019.

- **Online maps** are available for **self-guided art tours** of Seattle ([seattle.gov](http://seattle.gov)), Kirkland ([explorekirkland.com](http://explorekirkland.com)) and Bellevue ([visitbellevue-washington.com](http://visitbellevue-washington.com)).



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# Crowd Connections

Fostering community through film | By Ted Fry

**Sarah Wilke** has been a fan of the Seattle International Film Festival (SIFF) since she first attended with her parents in the 1990s. “Film was a primary art form in my family,” she says. “It was a real shared experience in terms of how we gained empathy and started thinking about how to see the world.”

This year, as SIFF’s executive director, Wilke is guiding the film festival, May 18–June 11, with a more-important-than-ever mandate to manage an inclusive experience for one of the most vibrant film communities anywhere. This year, especially, emphasis is on bringing together the diverse populations in the Seattle area through the inherent connection moviegoers share.

Wilke, who led the estimable Seattle theater organization On the Boards for 12 years, says she’s grateful to be helping another organization with such a heralded reputation. SIFF showcases more than 400 films from more than 80 countries in 25 days. Hence the excited queues in front of theaters all over town.

“The conversations that are happening in line? Those are life-changing,” says Wilke. She’s overheard “everything from reunions to recommendations for the festival and beyond.”

A sense of anticipation is among the most memorable parts of the festival for SIFF audience members. Being on the edge of our seats during a film—or per-

haps jumping out of our seats—may be when we’re most aware of the collective feeling of immersive participation.

“The first thing I want to do when I have a strong response in a movie theater is look to the person to the left and to the right, and have that as a shared experience,” Wilke says. “It’s fun to see the way other people react, and remember that my reactions are part of a larger conversation.”

Wilke’s mission is getting a boost from the massive influx of new people in the area searching for community. “We need to be able to meet the needs of people who are coming in with their own diverse experiences and abilities to expect a wider conversation,” she says. “It’s a huge opportunity for SIFF, especially since we’re bigger than just the festival.”

SIFF operates several year-round theaters, curates an array of educational and community-outreach programs and offers filmmakers opportunities to grow in a city known for film lovers.

When people in Seattle come to SIFF, they really engage in the film experience, she says. “We don’t have to teach the audience to be that way; we just get to help foster it.” **s**

*Ted Fry is a Seattle-based writer.*

The Seattle International Film Festival (SIFF), May 18–June 11, showcases more than 400 films from 80-plus countries. Alaska Airlines is a sponsor of SIFF.



## SARAH WILKE'S SEATTLE-AREA FAVORITES:

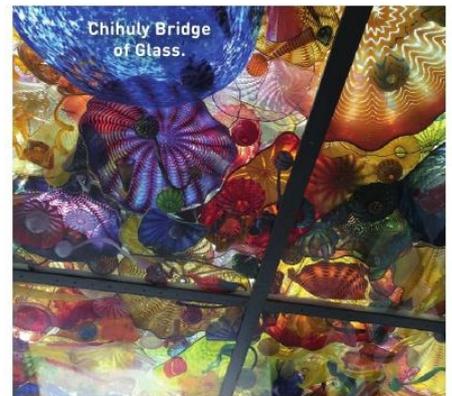
- Carkeek Park. I love combining the forest and the beach in a single hike. It’s by my house, and I am there at least once a week.
- Low-tide days are my favorite days in Seattle. I explore the usually hidden sea creatures. Green shrimp are still my favorite find. I think the best spot is near the Fauntleroy ferry dock.
- My favorite quiet spot is Shrine of the Blessed Virgin Mary at St. James Cathedral on First Hill. When all the candles are lit, it is particularly amazing.
- When I have a free night, I always look at the Town Hall Seattle website ([townhallseattle.org](http://townhallseattle.org)).
- I really like any Danish bakery, but Larson’s Danish Bakery in Ballard and Nielsen’s Pastries in Uptown are my favorites. Nielsen’s famous potato pastry is worth a taste.



LeMay—America's Car Museum.



Chambers Bay.



Chihuly Bridge of Glass.

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PHOTO SAFARI  
Our collection of vibrant images highlighting locations south of Seattle



Pacific Bonsai Museum.



Emerald Downs.



Museum of Glass.



Des Moines Marina.



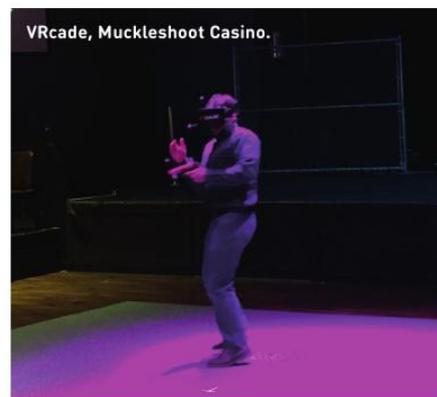
Rhododendron  
Species Botanical  
Garden.



Point Defiance Park.



Tacoma Union Station.



VRcade, Muckleshoot Casino.



Tacoma Art Museum.



Saltwater State Park.



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## SEATTLE

# More to See

● **Bellingham/Whatcom County** (bellingham.org): You can take your pick of numerous outdoor adventures in this scenic region, and also taste locally made wine, beer and spirits. At **Semiahmoo Resort** (semiahmoo.com), enjoy the waterfront, beach and exceptional golf. And drive the **Mount Baker Scenic Byway** to mountain, forest and meadow views in the Mount Baker-Snoqualmie National Forest (www.fs.usda.gov/mbs).

● **Flying Heritage & Combat Armor Museum** (flyingheritage.com): More than 25 aircraft—many of them WWII planes from five different countries—along with tanks and other rare artifacts, are on display in two large hangars on Paine Field in Everett; also special events throughout the year. The collection is owned and displayed by Seattle Seahawks owner/Microsoft co-founder Paul G. Allen.

● **Future of Flight Aviation Center & Boeing Tour** (futureofflight.org): See Boeing's production line in Everett during North America's only publicly available tour of a commercial jet-assembly plant; also hands-on activities such as digitally designing an airplane.

● **Gig Harbor** (gigharborguide.com): Go fishing, scuba diving, boating, golfing or bicycling, or take a guided beach walk with **Harbor WildWatch**, in this delightful maritime area. You can also peruse boutique shops, relax with a local beer or cocktail, and savor water-view dining.

● **Leavenworth** (leavenworth.org): Known for its Bavarian-themed village and shops, this picturesque region amid the Cascade Range also offers wineries, breweries, distilleries, restaurants, and myriad outdoor activities, from horseback riding and whitewater rafting to Nordic skiing and dogsledding.

● **North Bend & Snoqualmie:** This month Showtime launches its



Top: Hikers in the Mount Baker-Snoqualmie National Forest in the Bellingham area. Above: Dancers in Bavarian-themed Leavenworth. Above right: A horse-drawn carriage in front of the Parliament Buildings in Victoria, BC.

limited-event *Twin Peaks* TV series, based on the early 1990s original, which was set in a fictional Northwest town; filming locations included the North Bend (northbendwa.gov) and Snoqualmie (cityofsnoqualmie.org) areas, making this a great time to visit. In addition to seeing landmarks such as **Twede's Cafe** ("home of Twin



● **San Juan Islands** (visitsanjuans.com): These internationally acclaimed islands offer recreation ranging from cycling and hiking to kayaking and whale-watching (plus **The Whale Museum**, whalemuseum.org). Also enjoy villag-

Peaks cherry pie"), enjoy outdoor activities, view Snoqualmie Falls, and take a train ride offered by the Northwest Railway Museum.

● **Olympia-Lacey-Tumwater** area (visitolympia.com): Attractions include tours of the 1928 **state capitol**; the **Thurston Bountiful Byway** agritourism self-tour; the **South Sound Wine Trail**; distilleries; one of the world's largest collections of beads, at **Shipwreck Beads**; kayak rentals; and trails in the **Billy Frank Jr. Nisqually National Wildlife Refuge** (www.fws.gov/refuge/Billy\_Frank\_Jr\_Nisqually).

es; artist studios; boutique shops; local wine, beer, cider and spirits; farm visits; and the **San Juan Islands Scenic Byway**, which includes ferry and driving routes.

● **Victoria, BC** (tourismvictoria.com): Options for visiting British Columbia's charming capital include the **Victoria Clipper** ferry (clippervacations.com) from Pier 69 in Seattle. It's about a 3-hour trip on the Salish Sea, and overnight packages also are available. Victoria's many attractions include the **Royal BC Museum**, the **Parliament Buildings**, **The Butchart Gardens**, horse-drawn carriage rides and afternoon tea. —M. Dill

# Seattle Calendar

SEATTLE



## Summer Fun at Seafair

**Seafair**—one of the Puget Sound area's largest festivals—includes popular events such as the **Alaska Airlines Rock 'n' Roll Seattle Marathon & 1/2 Marathon**, the **Alaska Airlines Seafair Torchlight Parade**, and exciting hydroplane races. Seafair events will take place June 14–Aug. 20 this year.

Music will be playing at about every mile of the course for the marathon and half marathon, June 18. The parade, July 29, along a 2.5-mile route downtown, will include clowns, pirates, bands, floats, and drill teams such as the Alaska Airlines Flight Attendant Drill Team, a crowd favorite. And the **Seafair Torchlight Run 5K and 8K** will let race participants run the parade route before the procession starts.

On **Seafair Weekend**, Aug. 4–6, spectators will be thrilled by the hydroplane racing and the Boeing Seafair Air Show, which includes the aerial acrobatic feats of the U.S. Navy Blue Angels. For a complete schedule of events, visit [seafair.com](http://seafair.com). —*Kara Spencer*



Mesmerizing Luzia.

- **Cirque du Soleil's Luzia**, Marymoor Park, Redmond: A beautiful world of astounding acrobatics, costumes, music and staging, inspired by Mexico, creates a mesmerizing and magical experience, through May 21; [cirquedusoleil.com/luzia](http://cirquedusoleil.com/luzia).

- **Holocaust Center for Humanity**, downtown: "The Journey That Saved Curious

George: The True Wartime Escape of Margret and H.A. Rey" exhibit is on view through May 24; [holocaustcenterseattle.org](http://holocaustcenterseattle.org).

- **Nordic Heritage Museum**, Ballard: "Marimekko, With Love" looks at how Marimekko's designs helped shape an international revolution in pattern and textile production, through July 9; [nordicmuseum.org](http://nordicmuseum.org).

- **Pacific Science Center**, Seattle Center: The world-premiere exhibition of "Terracotta Warriors of the First Emperor," whose local sponsors include



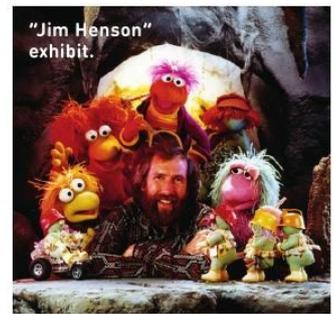
"Terracotta Warriors."

Alaska Airlines, is on view through Sept. 4; [pacsci.org](http://pacsci.org).

- **Northwest Trek Wildlife Park**, Eatonville: Species such as the snowy owl, cougar, bobcat, lynx, wolf and more can be seen at this park dedicated to native Northwest wildlife; [nwtrek.org](http://nwtrek.org).

- **Chihuly Garden and Glass**, Seattle Center: "Yoga Under Glass" will be held in the beautiful Glasshouse, May 6 and 21; [chihulygardenandglass.com](http://chihulygardenandglass.com).

- **Town Hall Seattle**: Upcoming events include "Tommy Caldwell: Climbing 'Beyond the Limits,'" May 31, in which he will talk about achieving the first free ascent,



"Jim Henson" exhibit.

with Kevin Jorgeson, of Yosemite's nearly vertical 3,000-foot Dawn Wall in 2015; [townhallseattle.org](http://townhallseattle.org).

- **Museum of Pop Culture (MoPOP)**, Seattle Center: The world-premiere exhibit of "The Jim Henson Exhibition: Imagination Unlimited" will be on view May 20–Jan. 3. "David Bowie: Starman" will be exhibited July 1–Jan. 15; [mopop.org](http://mopop.org).

- **KeyArena at Seattle Center**: "Stars on Ice," including Olympic medalists, skates in on May 20. "The Total Package Tour," featuring New Kids on the Block, with special guests Boyz II Men and Paula Abdul, arrives June 7; Alaska Airlines is a sponsor of the arena; [keyarena.com](http://keyarena.com).

- **Kirkland Performance Center**, Kirkland: Tony award-winning Broadway actress Laura Benanti will give a solo singing performance May 20, and the Seattle Repertory Jazz Orchestra will perform with Christian McBride, June 18; [kpcenter.org](http://kpcenter.org).

- **Northwest Folklife Festival**, Seattle Center: The festival cele-



Chateau Ste. Michelle Concert Series.

SEAFAR: DANIEL MCMORROW; LUZIA, LAURENCE LABAT / COSTUMES: GIOVANNA BUZZI / 2016 CIRQUE DU SOLEIL, "TERRACOTTA WARRIORS" GENERAL, COURTESY OF THE SHAKTI CULTURAL HERITAGE PROMOTION CENTER; JIM HENSON WITH PUPPETS FROM FRAGGLE ROCK; © THE JIM HENSON COMPANY; CONCERT SERIES: KEVIN CROFF

brates various cultures, with 5,000-plus performances, May 26–29; nwfolklife.org/festival.

• **Chateau Ste. Michelle 2017**

**Summer Concert Series**, Woodinville: This year's series, June 1–Sept. 15, is part of the renowned winery's 50th-anniversary celebration, with performers ranging from John Legend and The Moody Blues to Diana Krall and Goo Goo Dolls, plus a jazz festival day and a blues festival day; ste-michelle.com.

• **Meydenbauer Center**, Bellevue:

The Bellevue Jazz and Blues Festival will include events at the center, June 2–3, with featured artists such as Catherine Russell; bellevuedowntown.com/events/bellevue-jazz-blues-festival.

• **The Fremont Tour**:

Combines improv theater with the Fremont neighborhood's fun public art, including the **Fremont Troll** sculpture; tours take place Saturdays and Sundays, June 18–Sept. 3; thefremonttour.com.

• **Bite of Seattle**, Seattle Center:

Features food samples from more than 60 restaurants, along with craft-beer and cider tasting, live music, a cooking-demonstration stage and a family-fun stage; July 21–23; biteofseattle.com.

• **Pacific Northwest Scottish**

**Highland Games and Clan Gathering**, Enumclaw: Learn about Scotland, sample ales, watch traditional sporting events, and listen to harps, bagpipes and drums, July 28–30; sshga.org.

• **Bumbershoot**, Seattle Center:

Enjoy music, comedy, theater, film, dance and more at one of the Puget Sound area's biggest cultural events, Sept. 1–3; bumbershoot.com.

• **Washington State Fair**, Puyallup:

One of the largest fairs in the world, it offers food, rides, music, animals and rodeos; Sept. 1–24; thefair.com.

• **Seattle Children's Theatre**,

Seattle Center: *Fire Station 7* is presented through May 21. Upcoming plays include *Go, Dog. Go!*, Sept. 28–Nov. 26;



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FIRE STATION 7: ILLUSTRATION BY TRAVIS JAWORSKI; ROMY AND MICHELE: PHOTO BY MARK KITAOKA (COURTESY WOLFSON, SHOWN LEFT, AND STEPHANIE RENEÉ WALL, SHOWN RIGHT)

*Mr. Popper's Penguins*, Nov. 9–Dec. 31; and *The Little Prince*, Jan. 18–March 4; sct.org.

**General Theater:**

**ACT**, *Chitrangada*, through May 20, and *Murder for Two*, through June 11 (acttheatre.org).

**Book-It Repertory Theatre**, *Welcome to Braggsville*, June 7–July 2 (book-it.org).

**The 5th Avenue Theatre**,

world premiere of *Romy and Michele's High School Reunion: The Musical*, June 8–July 2; *Fun Home*, July 11–30; *Something Rotten!*, Sept. 12–Oct. 1; and more, including the world premiere of *Intermission! The Musical!*, Feb. 2–25; Alaska Airlines is a sponsor of The 5th Avenue Theatre (5thavenue.org).

**Paramount Theatre**, *The Curious Incident of the Dog in the Night-Time*, July 25–30, and others, including *Hamilton*, Feb. 13–March 18; stgpresents.org.

**Seattle Gilbert & Sullivan Society**, *H.M.S. Pinafore*, July 14–30 (pattersong.org).

**Seattle Repertory Theatre**, *Here Lies Love*, through May 28 (seattlerep.org).

**Seattle Shakespeare Company**, *A Midsummer Night's Dream*, May 3–21 (seattleshakespeare.org).

**Taproot Theatre Company**, *Busman's Honeymoon*, May 17–June 24, and *Persuasion*, July 12–

Aug. 19 (taproottheatre.org).

**Village Theatre**, *Dreamgirls*, Issaquah, May 11–July 2, and Everett, July 7–30 (villagetheatre.org).

**Additional Performing**

**Arts: Pacific Northwest Ballet**, *Pictures at an Exhibition*, June 2–11 (pnb.org). **Seattle Opera**, *The Magic Flute*, May 6–21 (seattleopera.org). **Seattle Symphony**, "Broadway Rocks with the Seattle Men's Chorus," May 19–21 (seattlesymphony.org).

For more information about Puget Sound–area events, see websites such as visitseattle.org, visitbellevuewashington.com, explorekirkland.com, seattlesouthside.com, traveltacoma.com and experiencewa.com.

—M. Dill and Kara Spencer



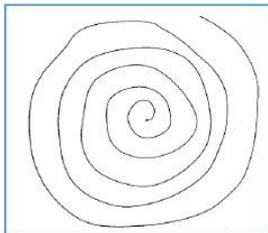
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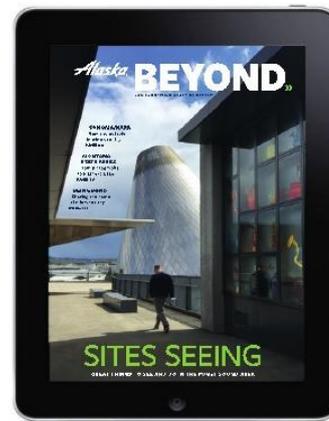
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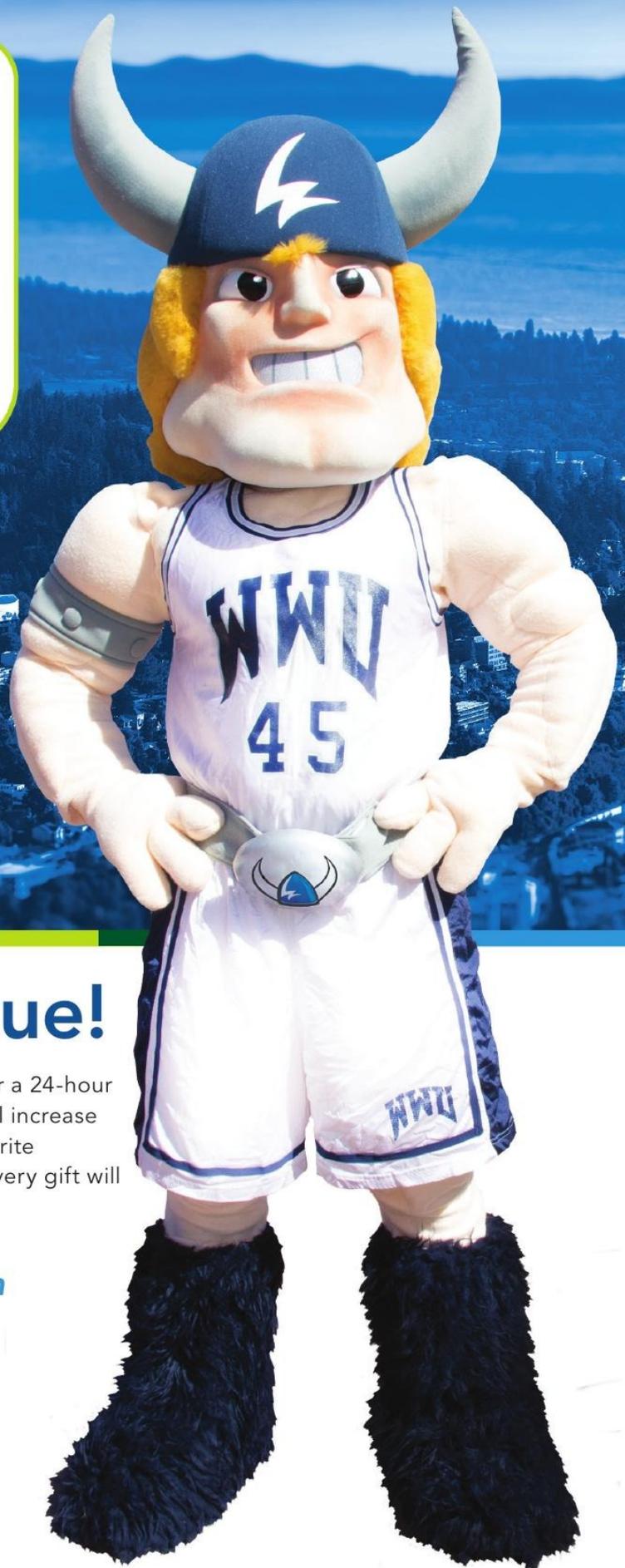
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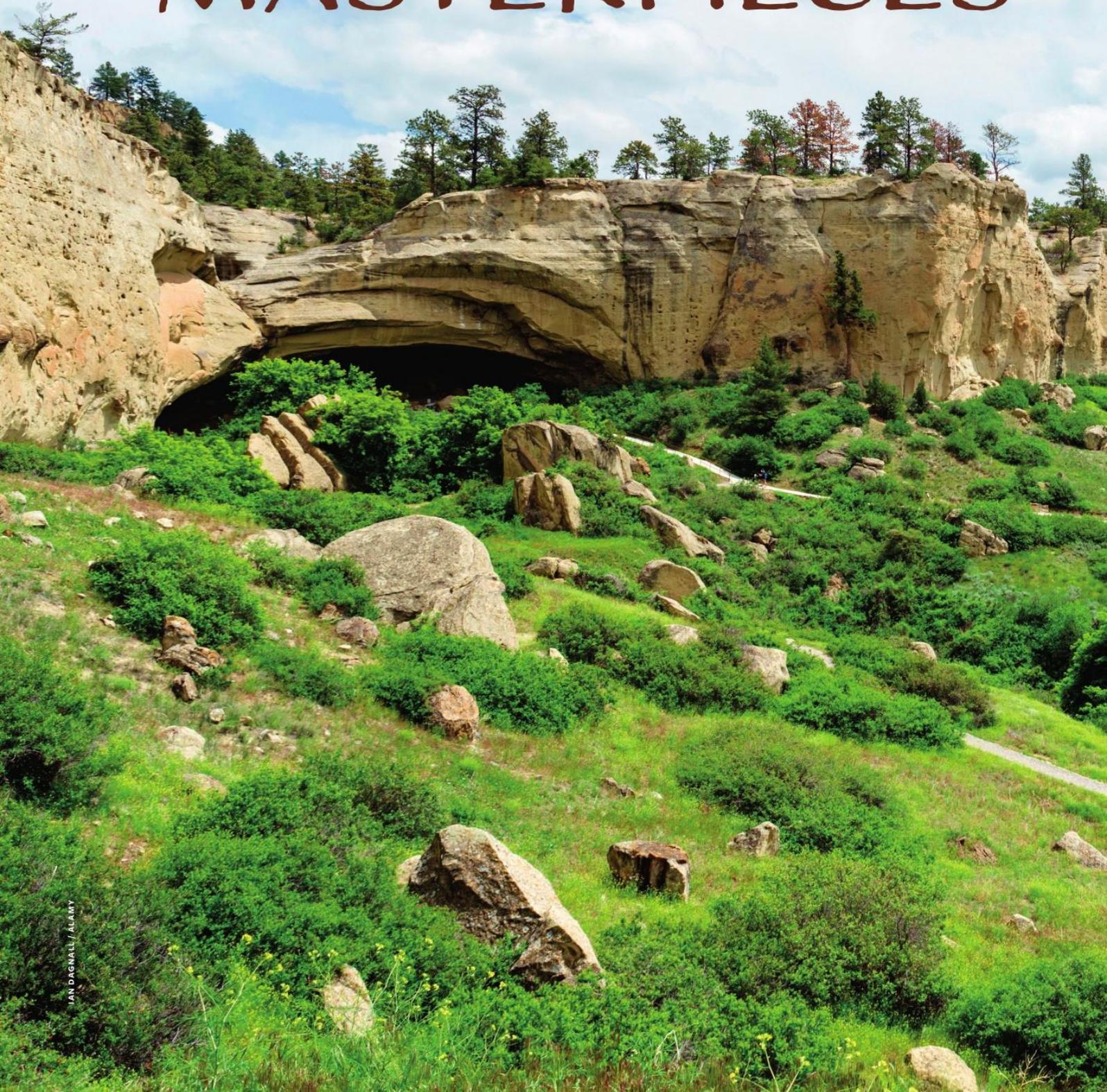
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# MONTANA MASTERPIECES



# STATE PARKS DISPLAY NATURAL AND CULTURAL ARTISTRY

BY JEAN ARTHUR

» Pictograph Cave State Park, near Billings, is home to three caves containing drawings that date back more than 2,000 years.





The White Cliffs of the Upper Missouri River

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For anyone who wants to experience the authentic American West with its unspoiled wilderness and stirring past, Montana may be the last frontier. In 1805, Lewis and Clark first discovered the rivers, ravines, and rejuvenating fresh air of Montana's Great Falls. More than 200 years later, America once again has the opportunity for the experience of a lifetime. A remarkable journey awaits. Plan your trip to explore must-see sights in Montana's beautiful Big Sky Country.



Giant Springs State Park



Glacier National Park

### **Great Falls: Gateway to Montana**

Great Falls provides access to a variety of exceptional destinations and is also rich in art, history, and Old West charm. Stroll through the unique shops and art galleries. To make the most of the warm weather, discover refreshing fun for the whole family at Electric City Water Park. Plunge down a 20-foot-tall water slide or lounge poolside. Spend time at Giant Springs State Park, tucked just inside the city's border. Visit the fish hatcheries, stroll the grounds, or picnic on the cool grass. For dinner, you'll be welcomed at any of the area's wonderful family-owned restaurants, where you can enjoy the local specialty—Montana-raised beef.

### **Glacier National Park: Crown of the Continent**

The eastern Many Glacier entrance opens to the densest population of brilliant white glaciers, sapphire blue lakes, and glorious wildflowers. Waterfalls tumble into green valleys, and hundreds of lakes reflect Montana's vast skies. Wildlife abounds, so you might catch a glimpse of wolves, a family of bears, or eagles swooping down from the treetops.

[GenuineMontana.com](http://GenuineMontana.com)



**W**alking among ancient art, I'm hushed by the gravity of 2,100 years of human history. A red ochre sketch shows two warriors in battle. An elk poses. A bird perches.

I'm inside Pictograph Cave, which is the largest and most ornate of three caves in Pictograph Cave State Park, southeast of downtown Billings, Montana. The short stroll here from the parking lot allowed me to take in this brilliant May afternoon.

The park's meadows are dressed in spring green and dotted yellow with coneflowers and sego lilies. Native prairie grasses shimmy in the breeze. Juniper bushes and white sage infuse the air with fragrance, while box elder trees shimmer under the Big Sky—sapphire and cloudless.

The park's one-third-mile paved interpretive trail loops past Pictograph, Middle and Ghost caves, which have been sculpted for centuries by the wind and weather, and once were shelter to prehistoric hunters. Inside Pictograph I find several stone paintings, from two centuries of Native cave use. The Apsaalooké, or Crow Tribe, called the cave complex "Alahpalaax-awaalaatuu," which means, "Where there is spirit writing."

In this 160-foot-wide, 45-foot-deep cave, I see 10 pictographs, including a mountain lion, horse and coupstick—this was a club wrapped in colorful beads

that Plains Indians kept to mark acts of courage.

Archaeologists have identified about 100 total different charcoal, white-pigment and ochre drawings in Pictograph Cave, but I can't see all of them.

"Spirit writing," says Jarret Kostrba, park manager, who is accompanying me on my exploration. "The work is only revealed to certain people. Most can't see the other pictographs, but they are still there."

He must detect my disappointment because he explains that many of the images are covered up by calcium deposits and are only revealed during wet weather, when water in the caves washes away the calcium veil.

"This spring, we had a big thaw," he adds, "where snowmelt percolated through the cave, and the calcium disappeared, so we saw 20 to 30 pictographs. Spirit writing."

Most visitors can easily spot six pictographs, even on dry days.

We spend a few more minutes enjoying this glimpse into Mon-

tana's human past, and then we head to the park's 2,730-square-foot visitor center and find a display of the caves' oldest art. Drawn on a 12-inch-by-9-inch piece of rock is a charcoal turtle that radiocarbon dated to more than 2,000 years ago. That means it may have been crafted during the time of Cleopatra's reign in Egypt.

The visitor center also features some of the more than 30,000 artifacts, such as stone tools, found at this cave complex. Local wares, including woven

Pictograph Cave's sandstone cliffs were formed during the Cretaceous Period when eastern Montana was covered by a vast inland sea.



» Visitors to Pictograph Cave State Park can see ochre drawings, such as the ones above.

## MONTANA PARKS

baskets, hand drums, beaded pouches and quivers decorated with feathers are also displayed.

In summer, visiting scholars, archaeologists and Native American historians give presentations about the caves and area history, offering visitors a greater understanding of this special place.

Pictograph is one of 55 state parks in Montana, which, of course, is also home to Yellowstone and Glacier national parks. Yet their lesser-known state park cousins offer wonders all their own.

From the tiniest, Elkhorn, a less-than-1-acre ghost town of silver-mining fame near Helena, to the largest, Makoshika, which is 11,538 acres of dramatic badlands and dinosaur fossils at the edge of Glendive, Montana's state parks create a full portfolio of cultural and natural artistry. Here are some of my favorites.

### SLUICE BOXES STATE PARK

About 40 miles southeast of Great Falls, near the north-central town of Belt, Sluice Boxes State Park is a rugged limestone fortress with cliffs the shape of placer mining sluice boxes, which were used to sift out precious metals from creeks and rivers in this area.

Belt Creek, which got its name from Belt Butte's "belt" of Cretaceous sandstone cinching the peak, rushes through the park's middle and hurries some 80 miles to meet the mighty Missouri River.

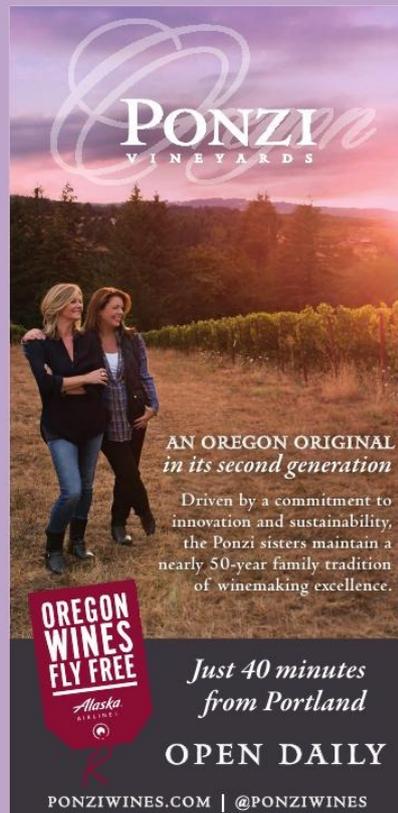
An approximately 7-mile trail follows a former rail bed and climbs from the Logging Creek

Bridge trailhead along green bluffs and riverside vantages to the Evans-Riceville trailhead after 16 creek crossings. Both trailheads are near U.S. Route 89.

Limestone canyons and precipitous cliffs lure bald eagles to ride thermal winds over the 1,450-acre park in the Little Belt Mountains. Visitors can float and fish for trout in Belt Creek. They can also learn about the site's mining history. Tunnels and track lines hint at the old Belt Mountain Branch Line of the Great Northern Railway, which once chugged into the 1890s town of Albright. Visitors can see rusted train carts, kiln stacks—smelters for limestone operations—and a rock-roofed miner's cabin.

In the mid-1890s, some 500 people lived in Albright. No Montanans now reside in the mining town, which is a private holding within Sluice Boxes State Park.

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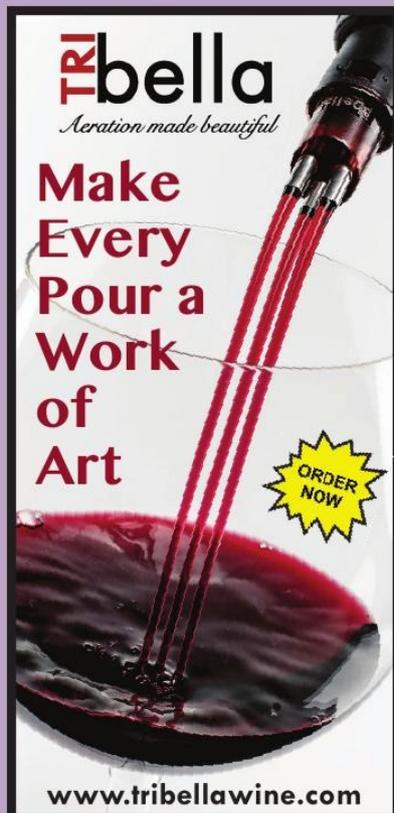
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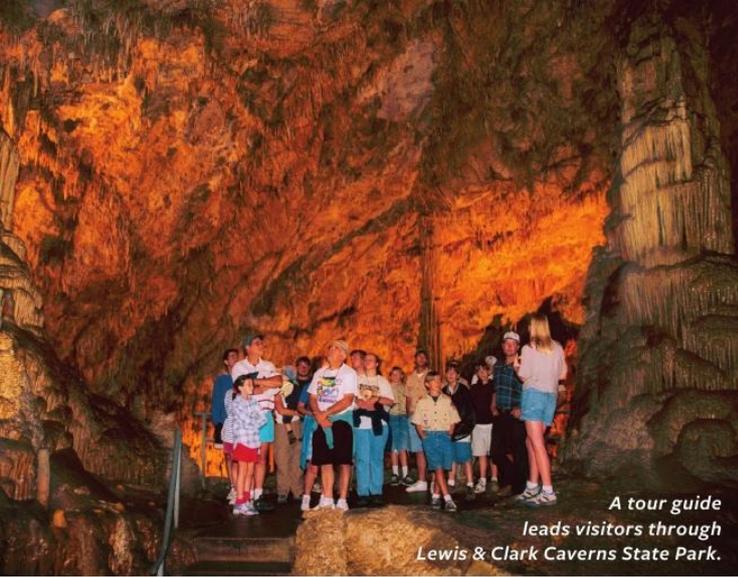
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A tour guide leads visitors through Lewis & Clark Caverns State Park.

GREG VAUGHN / ALAMY

## LEWIS & CLARK CAVERNS STATE PARK

South of Helena and west of Bozeman along the Jefferson River is Lewis & Clark Caverns State Park, Montana's first state park. Originally established as a national monument in 1908, President Theodore Roosevelt chose the name as a nod to Meriwether Lewis and William Clark, who

## MORE MONTANA STATE PARKS

**Bannack State Park:** About 150 miles southwest of Bozeman, step back in time at Montana's best-preserved ghost town. On guided tours, which are available Memorial Day through Labor Day, learn about the town's history as the site of Montana's first major gold discovery, which took place in 1862. Bannack State Park's ghost town comes to life during Bannack Days in July, Living History tours in September and Bannack Ghost Walks in October.



PATTI MCCONVILLE / ALAMY

**Giant Springs State Park:** Near downtown Great Falls, picnic in lush greenery alongside the Missouri River, see the four waterfalls in the park and visit the Giant Springs State Fish Hatchery. At a



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## MONTANA PARKS

flow rate of 156 million gallons of water per day, Giant Springs is one of the largest freshwater springs in the country. Children's activities, a Lewis and Clark interpretive center and great bird-watching mean there's something for everyone to enjoy.

**Greycliff Prairie Dog Town State Park:** Explore the protected prairie ecosystem and watch the daily lives of prairie dogs at this park in southeastern Montana. Interpretive displays tell the story of the black-tailed prairie dogs that inhabit the 98-acre park. Don't feed the wildlife, but do bring your camera.

with interpretive displays, and camp year-round. An archery range and a disc golf course are open during the summer.

**Medicine Rocks State Park:** See inscriptions carved centuries ago into sandstone structures at this park in eastern Montana. A site once used by Native Americans to rouse healing spirits is now open for visitors to see the engravings. Biking and hiking are two great ways to explore these scenic lands.



TOM BEAN / ALAMY

**Makoshika State Park:** From a triceratops skull to T. rex remains, Montana's largest state park also has fossils from some of the largest dinosaur species. In this 11,538-acre eastern Montana park, see badlands and parts of the Montana Dinosaur Trail, complete

**Painted Rocks State Park:** Layers of orange, yellow and green lichens turn the black and gray granite and rhyolite rock walls near this park into a colorful canvas. Painted Rocks, south of Missoula, is a picturesque place for overnight camping, boating and fishing.

—Olivia Sullivan



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## MONTANA PARKS

had traveled on today's park property in 1805 but did not find the cave. The land became a Montana state park in 1937.

The stalactites, stalagmites, columns and helictites deep underground can be accessed during a guided two-hour, two-mile tour with park interpreters, May 1–September 30, and on special December holiday tours. Guides illuminate the limestone features with powerful lamps and humorous tales as they lead visitors through a series of caverns and tunnels—a few of which are tight squeezes.

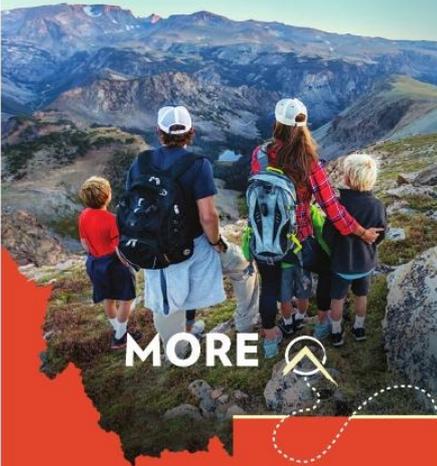
Visitors can reserve one of 40 campsites, three cabins or a teepee in the 3,015-acre park. Trails, such as the 5.9-mile Grand Loop, provide great vistas, and in May, hikers are typically treated to displays of the official state flower—the delicate pink, low-to-the-ground bitterroot blanketing dry hills. Pack water and lunches for the Grand Loop jaunt, and pack a sense of adventure for the caverns tours—guides turn off all the lights for a minute of true darkness, deep underground.

## WAYFARERS/ FLATHEAD LAKE STATE PARK

On the west side of the Rocky Mountains, between Missoula and Kalispell, is many Montanans' favorite lake spot, Wayfarers/Flathead Lake State Park on the northeastern shore of Flathead Lake at Bigfork. Rocky cliffs punctuate the shoreline, where summer sunsets mean lawn chairs, cameras, tall tales and new friends. I think this is *the* best spot to be at sundown on the 27.3-mile-long and 15.5-mile-wide Flathead Lake, a remnant of glaciation that formed about

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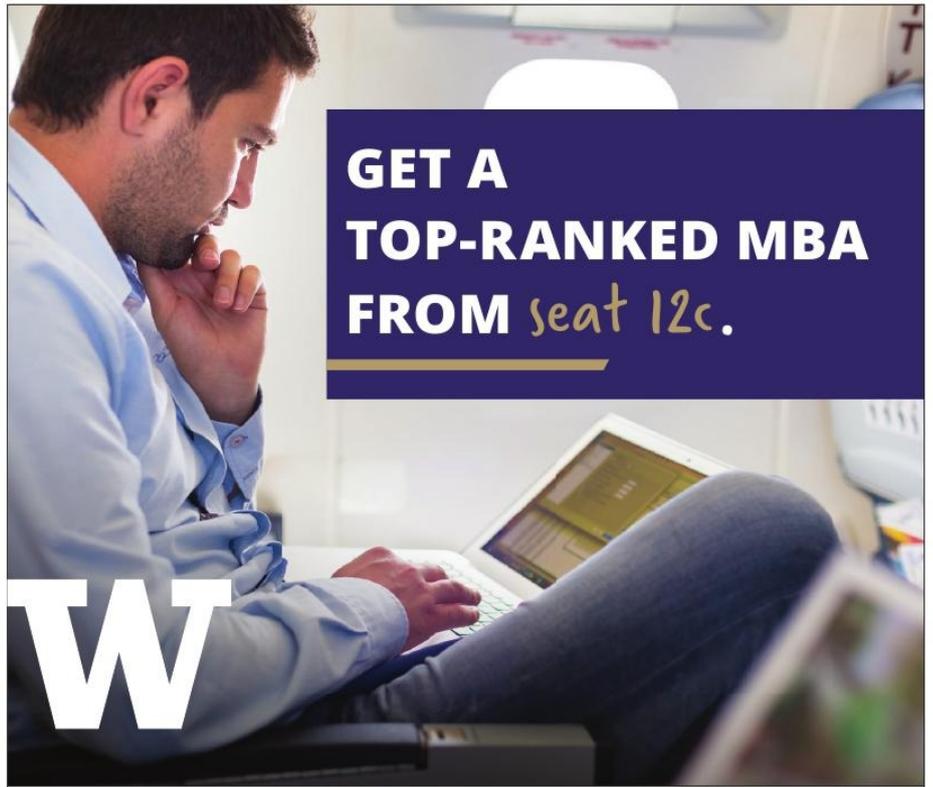
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## MONTANA PARKS

15,000 years ago. Flathead Lake's approximately 192 square miles of surface area make it the largest natural freshwater lake, outside Alaska, west of the Mississippi River.

Wayfarers is open year-round, and the park's 30 campsites are open mid-March through mid-November.

By surface area, Flathead Lake is the largest natural freshwater lake, outside Alaska, in the western United States. Flathead Lake's mainland shoreline totals about 160 miles.

Spring reveals wildflowers, pine trees and breeze-tossed grasses. Towering western larches, Douglas firs and ponderosa pines shade the park and provide a pine-needle bed for quiet footsteps in this 67-acre masterpiece.

At the park's dock, canoes, sailboards, sailboats and fishing vessels launch into the cerulean waters. In the swimming area, kids splash, happy for parents' towel hugs on the rock beach. ■

*Jean Arthur writes from Bozeman.*

*Alaska Airlines (alaskaair.com) flies to cities throughout Montana that are gateways to its state parks. For more information about Montana, go to visitmt.com.*



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# EXPLORE»

## SIP AND SAVOR

Inland Northwest  
Craft Beer and Wine

By Adriana Janovich

» All of the beers listed on the chalkboard above the bar at Black Label Brewing Co. ([blacklabelbrewing.com](http://blacklabelbrewing.com)) in downtown Spokane sound good, but two in particular catch my eye. Small signs taped by their names identify them as Palouse Pints, and their main ingredients are almost as local as their production. The hops came from 200 miles down the road in Yakima Valley. The barley was grown by a fifth-generation farmer 60 miles away in the Palouse region and then malted at Palouse Pint, a new malting operation about 10 miles from Spokane. So, naturally, I have to try both brews.

The Palouse Pale Ale is balanced and smooth, with a hint of bitterness. The Summer Shandy offers a hint of orange but not as much sweetness as I might expect from a beer mixed with Black Label's housemade orange soda.

Black Label is one of the 10 Inland Northwest breweries crafting beers with malt from Palouse Pint, believed to be the first commercial malt house in Eastern Washington, and the second craft-malt operation in the state of Washington since Prohibition. Part of LINC (Local Inland Northwest Cooperative) Foods, a Spokane-based worker- and farmer-owned cooperative, Palouse Pint opened in 2016 and produces malts from grains grown by area farms such as Joseph's Grainery in Colfax, Washington.

Palouse Pint is supplying an Eastern Washington beer industry that comprises more than 70 craft breweries. One of the easiest ways to try several regional beers in the same place is to attend the **Inland Northwest Craft Beer Festival** (

tonbeer.com), September 22–23 this year at Spokane's Avista Stadium. The festival takes place on the baseball field and features live music as well as more than 150 beers and more than 40 breweries, many of which are part of the **Inland NW Ale Trail** ([inlandnwaletrail.com](http://inlandnwaletrail.com)).

Started in 2013 by the Inland Northwest Craft Brewers Association, the ale trail features 40-plus sites, from Yakima, Washington, to Sandpoint, Idaho. Visit at least a dozen of these breweries, and get a stamp at each one (minimum purchase likely required, but as the trail website notes, this is really all about trying and savoring beer, anyway) to receive a souvenir 32-ounce mini-growler. There is no time limit for when you need to accomplish the dozen visits; it can be done over multiple trips to the Inland Northwest.

A few breweries that are off the path



» Top: Black Label Brewing serves beers made with local ingredients. Above: The Inland Northwest Craft Beer Festival is a fun way to try regional beers.



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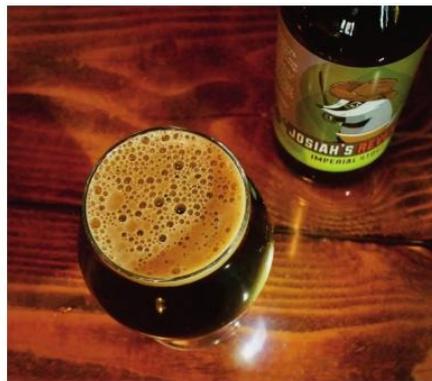


most visitors take are **Bellwether Brewing Co.** in North Spokane ([bellwetherbrewing.net](http://bellwetherbrewing.net)); **238 Brewing Co.** in picturesque Green Bluff, about 20 miles north of downtown Spokane ([238brewing.com](http://238brewing.com)); and **Daft Badger Brewing**, in a residential neighborhood in Coeur d'Alene, Idaho ([daftbadgerbrewing.com](http://daftbadgerbrewing.com)).

Bellwether is known for its experimental brews, such as the ever-changing **Fibber McGee's Experimental Northwest IPA**. Other favorites are the lemony **Second Breakfast Hefeweizen**; the smooth, rich, crisp **Fernweh Baltic Porter**; and the earthy, fruity, **Old World Seawolf Braggot mead beer**.

At **238 Brewing**—named for the Green Bluff community's telephone prefix—take in the sweeping views of the bucolic area while sipping the **Snozzberry Belgian Wit**. Also look for the very lemony **Long Distance Lemon Wit** and the **Party Line Porter**, which has hints of coffee, chocolate and peanut butter.

**Daft Badger** brews run the gamut from the citrusy and piney **Badger's Bounty IPA** to the rich, smooth, and big but approachable **Josiah's Revenge Bourbon Stout**.



### TOAST-WORTHY WINE

Greg Shelman, pharmacist and woodworker turned winemaker, favors gentle, low-tech, Old World-style winemaking methods at the boutique winery he owns with his wife, Margo. For instance, he relies on gravity rather than electricity-powered pumps to transfer the grape juice to his fermenting tanks and later to transfer the fermented wine into bottles.

After becoming one of the first graduates of Washington State University's **Viticulture and Enology** undergraduate-degree program in 2003, he worked at two respected Eastern Washington wineries before combining his science, craftsman



» *Bellwether Brewing Co., top left, and Daft Badger, left, are among the 40-plus breweries on the Inland NW Ale Trail. Craftsman Cellars, above, which focuses on robust reds, is part of the Spokane Cork District.*

and viticulture interests to start his own winery, **Craftsman Cellars** ([craftsmanwinery.com](http://craftsmanwinery.com)), in 2013, with a focus on robust reds aged in new French oak.

About a year and a half ago, he opened a tasting room in Spokane's growing **Kendall Yards** neighborhood. The winery currently offers a **Syrah**; a **Pinot Noir**; a **Merlot-Pinot Noir blend**; a **Mattawa Red** blend of **Cabernet Sauvignon** and **Syrah** (named for an Eastern Washington town); and the winemaker's favorite: a full-bodied, balanced yet bold **Cabernet Sauvignon** with aromas of huckleberry and cherry.

The new tasting room is one of the approximately two dozen wine-related

» EXPLORE  
INLAND NW



DOYLE WHEELER / KINETEK MEDIA

Townshend Cellar.

sites in the Spokane Cork District, where wineries waive tasting fees for Alaska Airlines guests who show qualifying boarding passes (for details, see [visitspokane.com/cork-district/winepass](http://visitspokane.com/cork-district/winepass)). The Cork District includes 15 tasting rooms within walking distance of each other in the downtown area.

Near Craftsman Cellars, you can also enjoy the new **Solace Mead and Cider** tasting room ([solacemeadandcider.com](http://solacemeadandcider.com)), which opened last fall. Although it is not part of the Cork District, it features honey wine from Hierophant Meadery ([hierophantmeadery.com](http://hierophantmeadery.com)), as well as cider from Twilight Cider Works ([twilightciderworks.com](http://twilightciderworks.com)), both of which have production facilities in Green Bluff.

Wineries with tasting rooms in Green Bluff include **Townshend Cellar** ([townshendcellar.com](http://townshendcellar.com)), known for its red blends, such as T3 Red; Red Table Wine; and Vortex Red. Vortex, a zippy blend of Cabernet Sauvignon, Merlot and Cabernet Franc, has interesting herbal, nut and cranberry aspects.

Oversize windows behind the bar at Townshend's tasting room provide sweeping views of the pine-covered countryside to enjoy with your wine flight.



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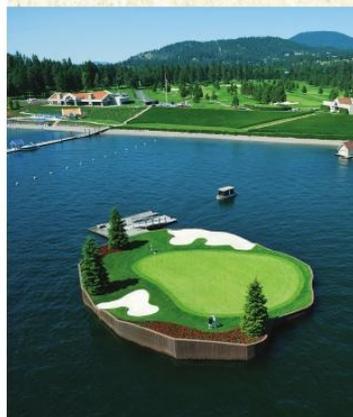
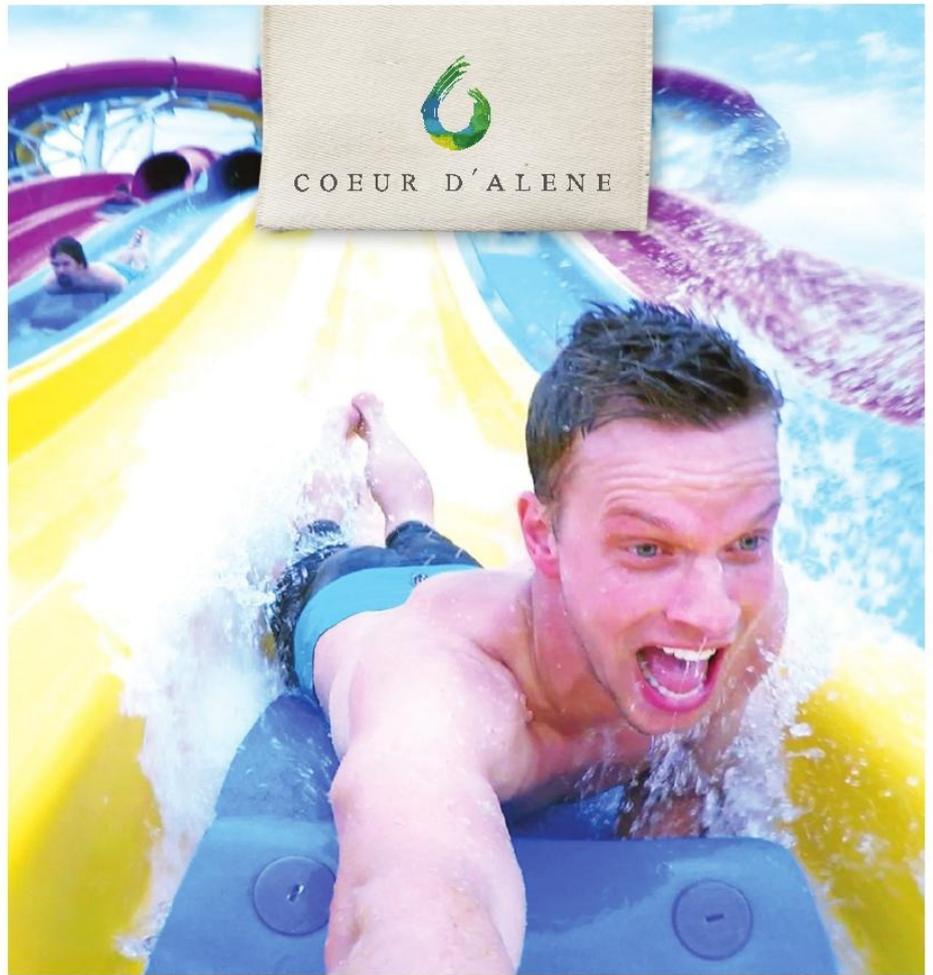
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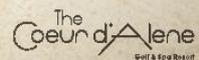
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## » EXPLORE INLAND NW

In downtown Spokane, **Overbluff Cellars** ([overbluffcellars.com](http://overbluffcellars.com)), located on the first floor of the 1890s Washington Cracker Co. building, focuses on limited-production varietals, such as Cabernet Sauvignon and Syrah. With exposed brick and metal chairs, the feel here is industrial.

### INLAND NW ALE TRAIL ([inlandnwaletail.com](http://inlandnwaletail.com))

- 40-plus breweries.
- Some breweries offer tours, live entertainment and special events.
- Ale trail maps are available at many participating breweries, as well as at various hotels, and from ale trail sponsors such as the Spokane-area locations of Total Wine & More.



### SPOKANE'S CORK DISTRICT ([visitspokane.com/cork-district](http://visitspokane.com/cork-district))

- Approximately two dozen wineries, with clusters downtown (around 15 wineries within walking distance of each other), and in the Mount Spokane and Spokane Valley areas.
- Various wineries offer tours, live entertainment and special events.
- The Alaska Airlines Cork District Wine Pass program includes waived tasting fees for travelers who present a qualifying Alaska Airlines boarding pass (including a pass on a smartphone); for details, see the Wine Pass link at the Cork District website.



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In North Idaho, boutique **Coeur d'Alene Cellars** ([cdacellars.com](http://cdacellars.com)) also specializes in reds, such as its No. 6 Red, aged for 15 months in French and American oak; BDX, which includes Cabernet Sauvignon, Cabernet Franc, Merlot, Malbec and Petit Verdot; and the fruity Confetti, with strawberry and raspberry notes.

The winery also hosts murder-mystery theater productions, as well as sip-and-paint nights and, on most Saturday nights, live music.

For more information about wine and craft beer in the Inland Northwest, see [visitspokane.com](http://visitspokane.com). ■

*Adriana Janovich lives, and savors beer and wine, in the Spokane area.*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) provides regular service to Spokane.*

**Puzzle on page 118.**



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# Flyer guide

Your overview of the Alaska experience.

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  - Regional wines and microbrews
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- A4 Alaska Airlines Mileage Plan**
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- A6 Global Partners**
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# Enjoy a drink

## Refreshing selections, for free or for purchase.

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

### COMPLIMENTARY BEVERAGES



#### Sodas

- Coca-Cola
- Coke Zero
- Diet Coke
- Sprite
- Sprite Zero
- Seagram's Ginger Ale
- Seagram's Seltzer
- Seagram's Tonic

#### Other

- Bottled Water
- Orange Juice
- Cranberry Juice
- Apple Juice
- Bloody Mary Mix

#### Coffee

- Proudly serving Starbucks®
- Pike Place® Roast



### LIQUOR



#### Craft USD \$7

- Sun Liquor Vodka
- Sun Liquor Gin
- Sun Liquor Rum
- Crater Lake Hazelnut Espresso Vodka

#### Classic USD \$7

- Dewar's White Label Scotch
- Crown Royal

### REGIONAL WINES AND MICROBREWS

You are welcome to enjoy a glass of Northwest wine or microbrew at no additional charge on select flights. Please refer to the card in your seatback pocket for more information.

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

## Horizon Air's fleet

### BOMBARDIER Q400

Our 76-seat Bombardier Q400 is among the most environmentally friendly aircraft in the skies today. The Q400 is ideally suited for short hops across the Pacific Northwest, California and Alaska.



### EMBRAER E175—COMING SOON

Last year, we placed our largest aircraft order in our history, ordering 30 Embraer E175 regional jets. The new aircraft will offer a first-class cabin, spacious overhead bins, inflight Wi-Fi and the Alaska Beyond Entertainment streaming entertainment system. The first three of these new aircraft will enter service soon.



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Visit [alaskalistsens.com](http://alaskalistsens.com).

Free to access inflight.

Our bag guarantee.

Delivered in **20 mins or less.**

If we miss the mark, see an agent for a voucher.

Terms apply. See [bit.ly/BagGuarantee](http://bit.ly/BagGuarantee) for details.

# Your safety and comfort

## AT YOUR SEAT

- Buckle Up. Please fasten your seat belt whenever the seat belt sign is illuminated. We ask that you keep your seat belt fastened throughout the flight whenever you are seated in case of undetectable clear-air turbulence.
- Seat backs and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage, including laptop computers, must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Pets must remain in their carrier for the entire flight. The carrier must be stowed under a seat for taxi, takeoff and landing.

## WHILE IN THE AIR

- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under the law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties.

- Smoking is not permitted on any flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Horizon Air prohibits the use of items that do not meet Federal Aviation Regulations or Company regulations, including the use of seat-belt extensions not provided by Horizon Air.
- Chewing tobacco and electronic cigarettes are not permitted.
- Alcohol may not be consumed unless it has been provided by a Flight Attendant.
- 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.
- Headphones must be worn when using portable electronic devices that produce sound.

The Federal Aviation Administration (FAA) and Alaska Airlines have set these rules and regulations to assure your safety and comfort.

## USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

### Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- Cellphones (prior to door closure only)

### Not allowed during flight

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

## Start every trip at [alaskaair.com](http://alaskaair.com).

- Always find our lowest fares, guaranteed
- Check out our weekly flight deals
- Plan your trip with hotel, car and vacation packages
- Manage your Mileage Plan account and use miles
- Check-in, print boarding passes and baggage tags

## Join the conversation.

Come chat with us—and your fellow flyers—online. Tag your journey with #iFlyAlaska so we can all share in your adventures. Have a question? Ask away. Our Social Care Team is available 24/7 on Facebook and Twitter.



[/AlaskaAirlines](https://www.facebook.com/AlaskaAirlines)



[@AlaskaAir](https://twitter.com/AlaskaAir)



[@AlaskaAir](https://www.instagram.com/AlaskaAir)

## Our app keeps you mobile on any device.

We have several mobile options to keep you moving when you're on the go: iPhone, Android, Windows Phone and our mobile website at [m.alaskaair.com](http://m.alaskaair.com).

- Find and book flights
- Check in from your phone
- No more paper—use your mobile boarding pass
- Access Mileage Plan™ information
- Pre-reserve meals

# Alaska Airlines Mileage Plan™

## Welcome to a world of rewards.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 900 destinations worldwide with our airline partners.

Earn miles on hotel stays, car rentals, and everyday purchases, too.



The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.\*

### MVP

(20,000 miles flown on Alaska)

- Priority check-in
- Two free checked bags
- Eligible for complimentary First Class upgrades
- 50% bonus miles and more

### MVP GOLD

(40,000 miles flown on Alaska)

- All MVP® benefits, plus:
- Waived ticket change fees on Alaska
  - Four annual guest upgrades
  - 100% bonus miles and more

### MVP GOLD 75K

(75,000 miles flown on Alaska)

- All MVP Gold benefits, plus:
- Complimentary inflight entertainment player
  - Four Alaska® Lounge day passes
  - 125% bonus miles and more

\*Miles flown on PenAir and Ravn do not count toward elite status qualification.



LONDON, ENGLAND



## Carry the card for even more rewards.

Get **30,000 bonus miles** after qualifying purchases with the Alaska Airlines Visa Signature® card. Enjoy added benefits like:

- Alaska's Famous Companion Fare™ offer—because traveling is more fun with a friend.
- **Free** checked bag for up to six people on the same reservation.

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

Apply at [AlaskaOffer.com](http://AlaskaOffer.com) or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.

**Cardholder perk:** There's no limit to the number of miles you can earn.

## Big adventures for fewer miles. NEW

You can now book nonrefundable one-way award travel within the continental United States and Canada starting at just 5,000 miles.\*

New starting price*	Previous starting price*	Distance each way	Sample routes
5,000 miles	7,500 miles	Less than 700 miles (intrastate)	San Jose–Orange County
5,000 miles	12,500 miles	Less than 700 miles	Seattle–San Francisco
7,500 miles	12,500 miles	701 to 1,400 miles	Los Angeles–Portland
10,000 miles	12,500 miles	1,401 to 2,100 miles	Portland–St. Louis
12,500 miles	12,500 miles	More than 2,101 miles	New York–Seattle

\* Plus taxes and fees from \$5.60 each way. Award availability and pricing may vary.

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Join today and start getting rewarded. [alaskaair.com/mileageplan](http://alaskaair.com/mileageplan)

# Mileage Plan gives you the world.

## Earn and redeem your Alaska Airlines miles to more than 900 destinations worldwide.

Find tips on how to earn and use miles on our global partners at [blog.alaskaair.com/mileage-plan](http://blog.alaskaair.com/mileage-plan).



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British Airways



**Reykjavik, Iceland**  
Icelandair



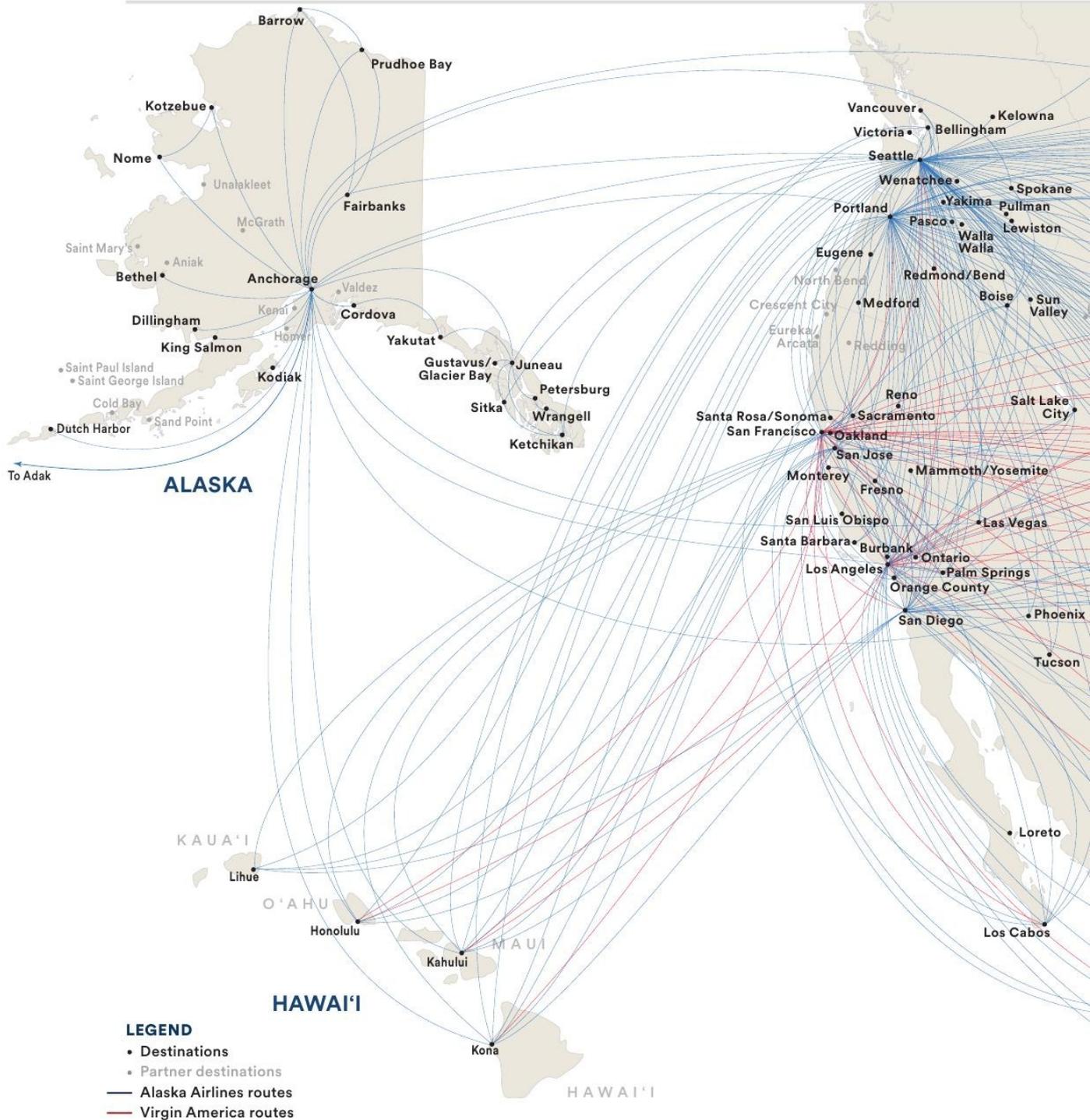
**Beijing, China**  
Hainan Airlines



**Dubai, UAE**  
Emirates

# Where we fly

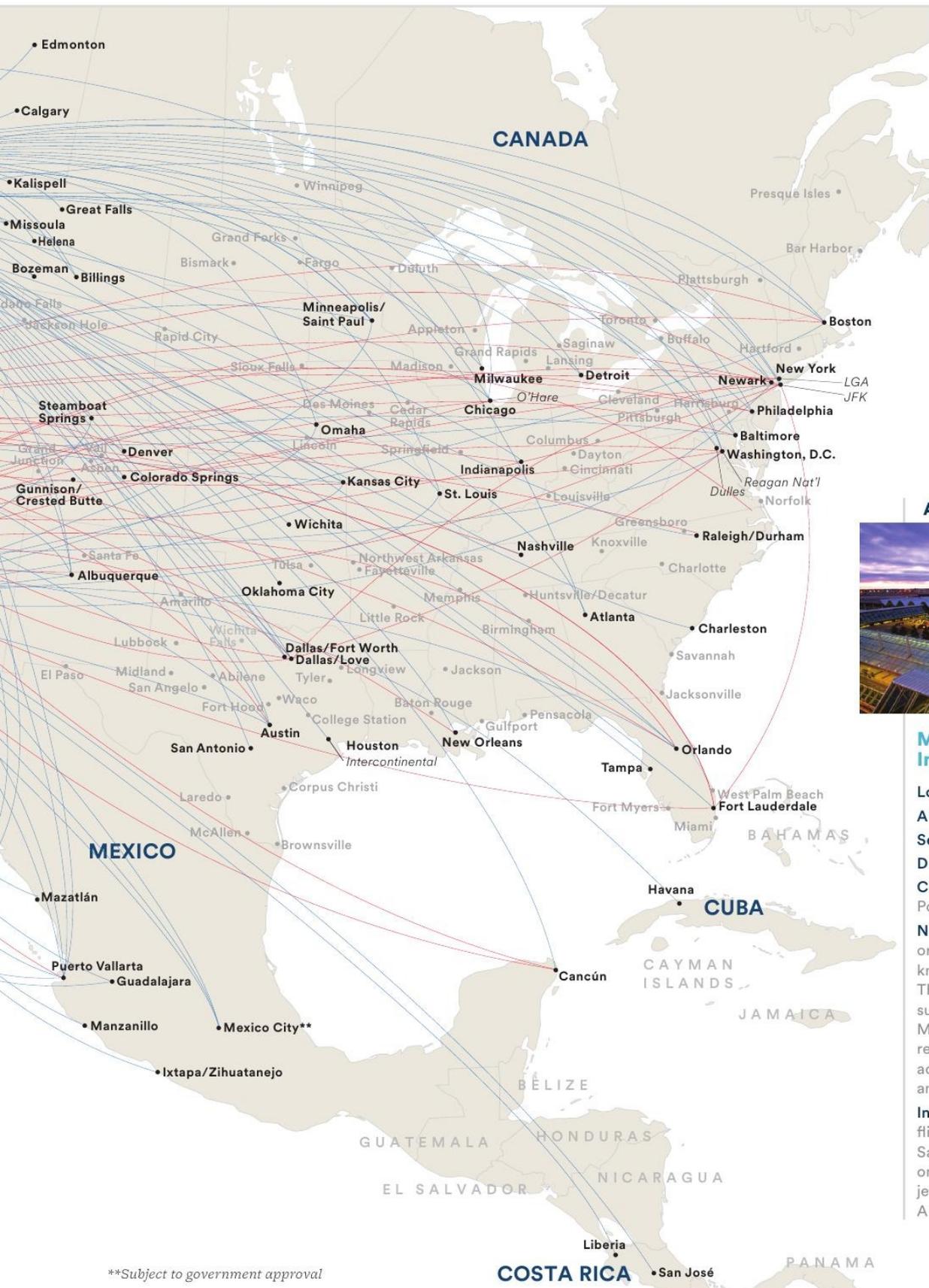
## 118 destinations and counting.



### UPCOMING NEW SERVICE

Route	Service Begins
Seattle, WA—Indianapolis, IN	May 11
Portland, OR—Philadelphia, PA	May 22*
Portland, OR—Milwaukee, WI	June 5*
Portland, OR—Baltimore, MD	June 6*
Sacramento, CA—Los Cabos, MX	June 10*

\*Seasonal service



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

Some routes shown operate seasonally.

**Airport of the Month**



**Minneapolis–St. Paul International Airport**

**Location:** Minneapolis, MN  
**Airport code:** MSP  
**Served since:** 2008  
**Daily flights:** 4  
**Cities served:** Seattle and Portland

**Notable:** The MSP site was originally an auto-racing track known as Snelling Speedway. The racing venue was not very successful and was sold to the Minneapolis Aero Club, which redeveloped the land to accommodate airmail service, and named it Speedway Field.

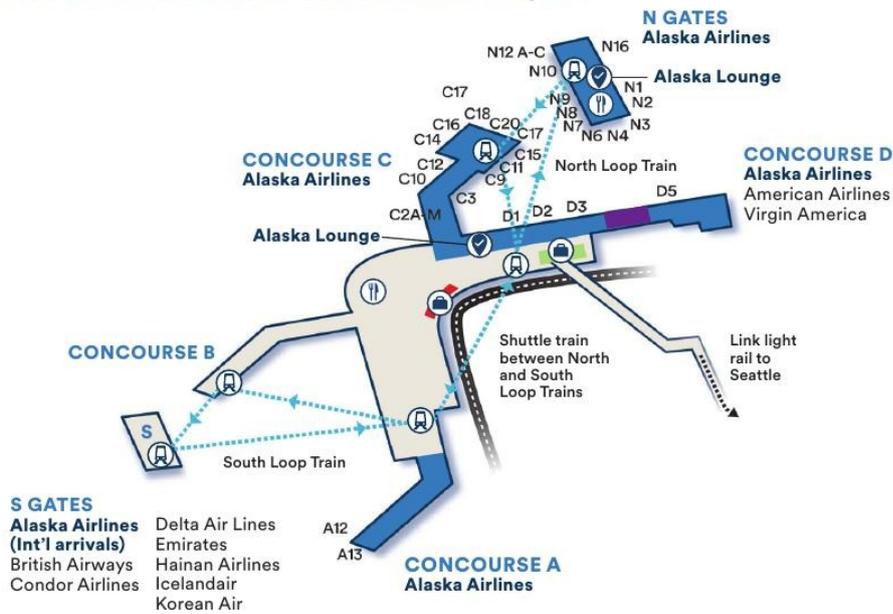
**Insider info:** Twice-daily flights between MSP and San Francisco start July 18 on Alaska's new fleet of E175 jets (operated by SkyWest Airlines).

\*\*Subject to government approval

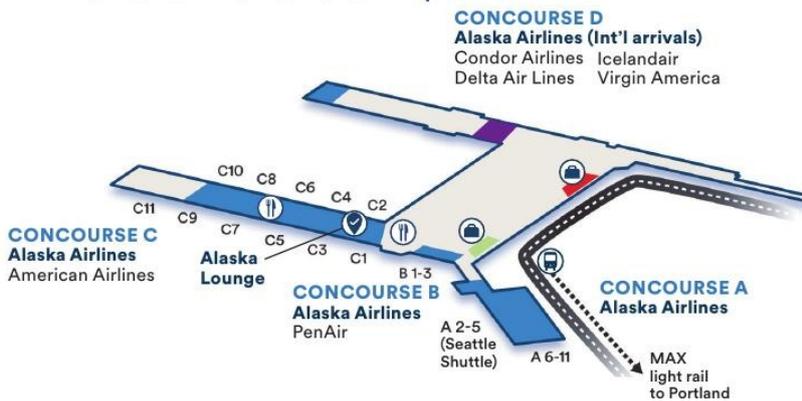
# Airport terminal maps

## SEA Seattle/Tacoma International Airport

**Tip:** Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.



## PDX Portland International Airport



## SFO San Francisco International Airport

**Tip:** Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



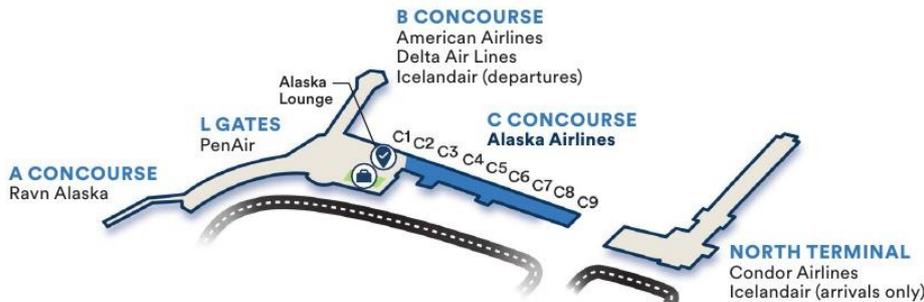
- Legend:**
-  Lounge
  -  Dining Options
  -  Alaska Airlines check-in
  -  Virgin America check-in
  -  Public transportation
  -  Airport transportation
  -  Underground walkway

## LAX Los Angeles International Airport

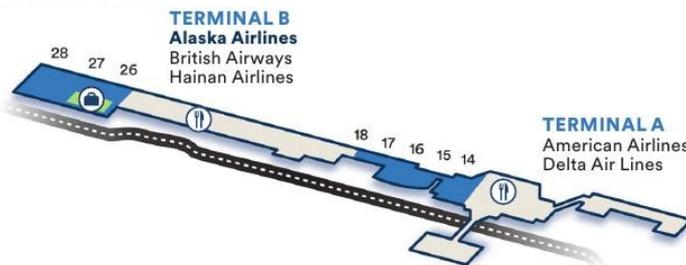


**Tip:** Virgin America will move to Terminal 6 beginning May 12, 2017. Virgin America Loft will close on May 10, 2017. Please visit the Alaska Lounge at Terminal 6.

## ANC Anchorage International Airport



## SJC San Jose Mineta Airport



## SAN San Diego International Airport



# MOOD INDIGO

» CROSSWORD

## A C R O S S

- 1 Jewish title
- 6 Pursue
- 11 \_\_\_\_-Ball
- 15 Female ruff
- 18 Detective Pinkerton
- 19 Knockoff
- 20 Illuminator
- 21 Grab a bite
- 22 Pollutes
- 23 Swift brute
- 24 Et \_\_\_\_
- 25 Rap's Dr. \_\_\_\_
- 26 Central argument
- 28 Hugh Grant movie
- 32 Degrades
- 34 Thumb through
- 35 Enriched, as soil
- 36 Heir piece?
- 38 Earthquake
- 41 Medium letters
- 42 Call \_\_\_\_ day
- 44 Perspective
- 46 Mix chemically
- 48 Tight
- 52 Caper
- 54 Played over
- 57 Corp. bigwig
- 58 Vitality
- 59 Approve of
- 62 Prevent
- 64 Notched
- 66 Fell
- 67 Condemn
- 68 Grazing group
- 69 Tofu matter
- 70 Low-priced lunches
- 74 Piece of mind?
- 76 Locate
- 77 Man of Calcutta
- 78 Langley org.
- 79 Lustrous fabric
- 81 Finback's food
- 82 Purse
- 86 Hungry
- 87 Mountain pass
- 89 Actress Diamond
- 91 Otherwise
- 92 Mr. Stravinsky
- 93 Iota
- 95 Indian garments
- 98 Ho's accompaniment
- 99 Tub
- 101 Pips
- 104 Service station?
- 106 Despicable
- 108 Cat call
- 110 Bad-mouth
- 112 Sky, during the day
- 117 Computer shortcuts
- 119 Airline info
- 120 Bergman role
- 121 Antipathy
- 123 Portion
- 124 Cadge
- 125 Piece of cake

1	2	3	4	5		6	7	8	9	10		11	12	13	14		15	16	17		
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- 126 Curt
- 127 "Steppenwolf" writer
- 128 Watering hole
- 129 Greek letters
- 130 Discontinued
- 131 Affirmative answers

## D O W N

- 1 Abundance
- 2 "Hi, Ho!"
- 3 Fairy-tale baddie
- 4 1 Downs
- 5 Demands
- 6 Guess
- 7 Bore
- 8 Plant nuisance
- 9 Earthenware vessels
- 10 "77 Sunset Strip" character
- 11 Make 'em laugh
- 12 Revolutionary general
- 13 Jannings of film
- 14 Uniform trimming

- 15 Tint anew
- 16 Having pinnae
- 17 Summers abroad
- 27 Marine mammal
- 29 Top sheik
- 30 Winter hazard, in Weimar
- 31 Caveat \_\_\_\_
- 33 Rubberneck
- 37 Chemical suffix
- 39 Religious branch
- 40 West of Hollywood
- 42 Pierre's key
- 43 Basker's desire
- 45 Refrain syllables
- 47 Trig term
- 49 Accumulate
- 50 Until
- 51 He and she
- 53 Eye makeup
- 55 Hindu incarnation
- 56 Archival
- 58 Decree

- 60 Employed again
- 61 Cleaned with a broom
- 63 Spring back
- 65 Heath shrub
- 67 Sandwich letters
- 68 Cooped-up type?
- 70 Fab
- 71 Take the wrong way
- 72 Loses interest
- 73 Stow, as cargo
- 74 Needle case
- 75 Bunch
- 80 Ardent
- 81 Modernist painter
- 82 Seraglio
- 83 Banjo music
- 84 Implore
- 85 "Turn right!"
- 88 Certain connectors
- 90 Welcome sight?
- 93 Hairdresser
- 94 Audition tape
- 96 Muslim leader

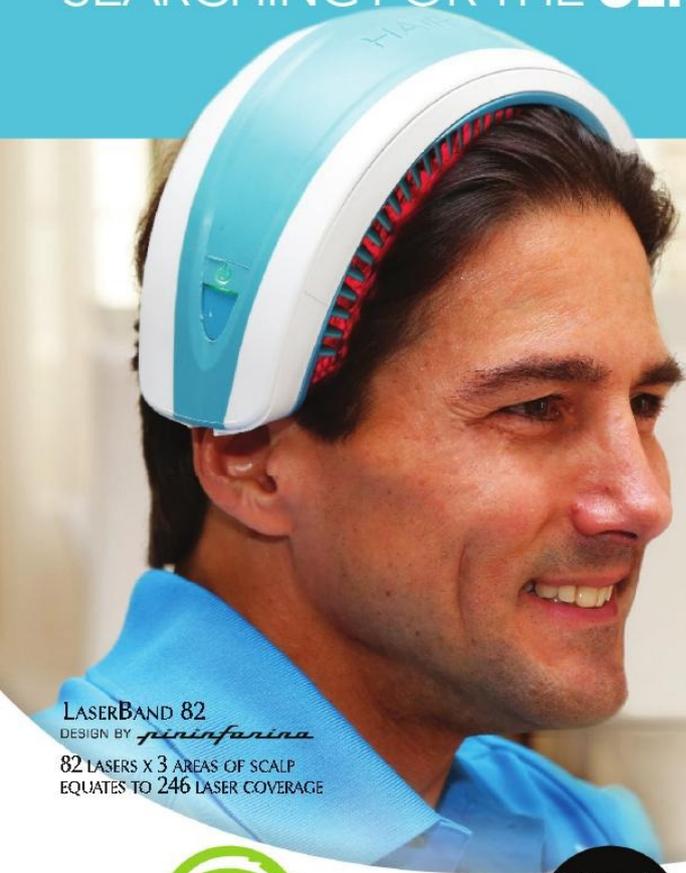
- 97 Ostentatious
- 100 Envoy abbr.
- 102 Designate
- 103 Soaked
- 105 Chinese fruit
- 106 Stomach exercise
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Solution on page 105.



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**LASERBAND 82**  
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82 LASERS X 3 AREAS OF SCALP  
EQUATES TO 246 LASER COVERAGE

The pioneers in home use laser technology for hair loss brings you the newest innovation in hair growth. HairMax® LaserBand hair growth devices transform your thinning, weakened, lifeless hair into denser, fuller more vibrant hair!

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41 LASERS X 6 AREAS OF SCALP  
EQUATES TO 246 LASER COVERAGE



## BAND DESIGN

New LaserBand models provide the fastest laser hair loss treatment available - as little as 90 seconds. They provide full scalp coverage equating to 246 lasers. Lightweight, comfortable and portable allowing for freedom of movement at home or while traveling.



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More clinical studies than any other company to date, HairMax laser devices have been proven safe and effective in 7 studies with 460 men and women. Clinical study participants experienced an average increase in hair count of 129 new hairs per sq. inch.



## HAIR GROWTH TECHNOLOGY

HairMax delivers nourishing laser light to your hair follicles through high quality medical grade lasers - No LEDs. This boost of light energy stimulates and enlivens your hair follicles at the root, activating them to regrow fuller, denser, more vibrant hair.



## INNOVATION AT ITS BEST

HairMax leads all other devices with 3 elements for efficacy which includes patented hair parting teeth, laser intensity and laser density. Working in unison, these 3 elements provide a highly effective treatment for hair loss and thinning hair.



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\*HairMax Laser devices are indicated to treat Androgenetic Alopecia, and promote hair growth in males who have Norwood Hamilton Classifications of IIa to V and in females who have Ludwig (Savin) I-4, II-1, II-2, or frontal patterns of hair loss and who both have Fitzpatrick Skin Types I to IV. Offer subject to change or expire without notice.

# JEFF BOND, JAMES BOND

My happy life as a fictional spy

By Jeff Bond

» In the early 1990s I lived in the Russian Far East, where I edited an English-language newspaper and worked as a freelance journalist. Of course, since my last name was Bond, just about every Russian I came in contact with was convinced I was a spy.

During one evening event I was introduced to a wealthy industrialist. The big, stocky, bald man could have been any of a dozen villains I'd seen on the big screen. He looked at me, shook my hand, and said, "Bond, James Bond" in a thick Russian accent. He then let loose a deep-throated chuckle.

I felt as if I'd stepped right into a James Bond film, and I imagined just for a moment that I was facing a bad guy bent on world domination. I could almost hear the background music swell around me, and those unmistakable electric guitar chords of the Bond theme.

No matter where I've traveled, from the streets of Beijing to the Aran Islands of Ireland to the beaches of Costa Rica, people have always known the name "Bond." Be it department stores, restaurants, doctor's offices—anywhere that I give my name to someone—the person I'm speaking to will often say, "Bond, Jeff Bond." And then they laugh and ask, "Have you ever heard that before?"

Other comments usually include, "Is your first name, James?" And then the required, "I bet you've never heard *that* before."

I always smile and politely answer, "No, never."

The Bond legend has always been on the periphery of my life, and I've thoroughly enjoyed it. After all, who wouldn't want to be compared to a cool, handsome spy with plenty of sex appeal? Although, I must confess, the name hasn't helped me much in the areas of romance, fighting bad guys or driving nuclear submarines.

My two older brothers and older sister and I have experienced this general fascination with our family name our entire lives ... and I don't think we'd want it any other way. Even my father, on occasion, refers to himself as "007 and a half."

I realize that I have a lot of reasons to thank British author Ian Fleming. By naming his hero Bond while writing his first spy novel, *Casino Royale*, published in 1953, he enabled my family to be associated with one of the great pop-culture last names in history.

Ironically, Fleming, who wrote 12 novels featuring the dapper spy, has been quoted as saying that he chose the name "Bond" because he wanted the "simplest, dullest, plainest-sounding name I could find."

Whatever his motives, by 1960, when I was born, the character and the name had become a sensation. So much so that family folklore maintains that my parents joked about naming me James, but dismissed the idea, in part because they didn't think people would ever believe me.

Growing up, I was a major fan of everything Bond. In grade school, one of my most prized possessions was a Bond attaché case I was given for my birthday. It fired plastic bullets out the side (which would travel only a few feet) and was full of cool pretend gadgets.

I also have James Bond to thank for my one and only success in politics. In high school, I was elected school president, mainly due to a campaign that featured T-shirts with the slogan "J. Bond for President" on the front and *Nobody Does It Better* (the name of a popular Carly Simon theme song from the Bond film *The Spy Who Loved Me*) written on the back.

As an adult, the name has been a great icebreaker. It's given me a quick rapport with most people I've met and is certainly a conversation starter.

Needless to say, I love the movies—even if they are a bit silly—enjoying the action sequences, the death-defying stunts, the suits, the cars and, of course, the many Bond girls.

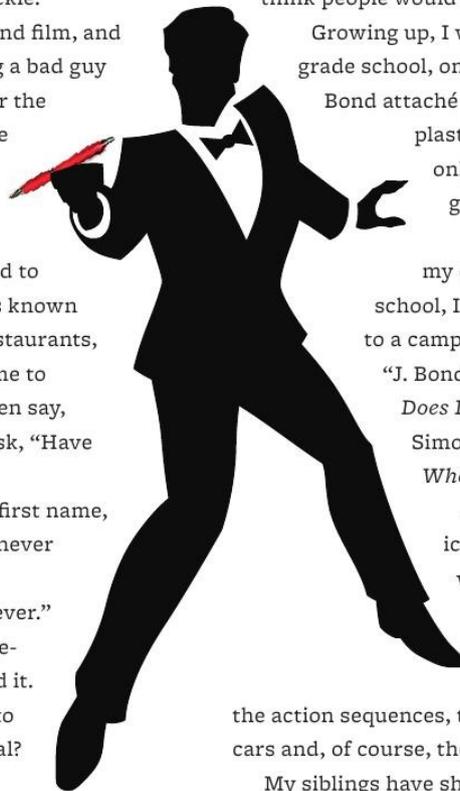
My siblings have shared many of the same experiences. For instance, my oldest brother, Stuart, who is a Presbyterian minister, was checking in for an airline flight. The gate attendant noticed his last name and asked if his first name was "James."

Stuart replied, "No." His wife, Cindy, added: "But I am one of the original Bond girls."

Stuart recently took his car in for an oil change, and the employee behind the counter asked him the perennial first-name question: "James?"

Stuart said, "No."

"You probably get that all the time," the employee said. "I know just what it's like. My name is Steve Martin."



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# T-Mobile®

## UNLIMITED DATA

## ON THE GROUND

## FREE WI-FI IN THE SKY

\*On all T-Mobile plans, during congestion, the top 3% of data users (>30 GB/mo.) may notice reduced speeds until next bill cycle due to data prioritization. Activate HD feature at no cost for HD video (U.S. only). Unlimited data while on our network.

Fly like a pro with T-Mobile ONE™ All unlimited. All in! Now with taxes and fees included. Plus, only T-Mobile customers get one hour of FREE Wi-Fi and unlimited in-flight texting on Gogo®-equipped flights.

SWITCH TO T-MOBILE ONE

TAXES & FEES INCLUDED



Limited time offer; subject to change. Deposit and \$25 SIM starter kit may be required. Sales tax & regulatory fees included. Capable device required for some features. U.S. roaming and on-network data allotments differ: includes 200MB roaming. Unlimited talk & text features for direct communications between 2 people; others (e.g., conference & chat lines, etc.) may cost extra. T-Mobile ONE not available for hotspots and some other data-first devices. Activate HD feature at no cost for HD video on T-Mobile app or myT-Mobile.com. Otherwise, and in Mexico/Canada, video typically streams at DVD quality (up to 1.5Mbps) which may affect speed of video downloads. Gogo: on U.S.-based airlines; Wi-Fi Calling functionality, valid e911 address, & 1 prior Wi-Fi call w/ current SIM card req'd for messaging. Coverage not available in some areas; we are not responsible for our partners' networks. Network Management: Service may be slowed, suspended, terminated, or restricted for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or significant roaming. On-device usage is prioritized over tethering usage which may result in higher speeds for data used on device. See T-Mobile.com/OpenInternet for data management details. Not for extended international use; you must reside in the U.S. and primary usage must occur on our network. Device must register on our network before international use. See Terms and Conditions (including arbitration provision) at www.T-Mobile.com for additional information. T-Mobile and the magenta color are registered trademarks of Deutsche Telekom AG. ©2017 T-Mobile USA, Inc.