

Alaska

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MAGAZINE JUNE 2018

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FAMILY MAGIC

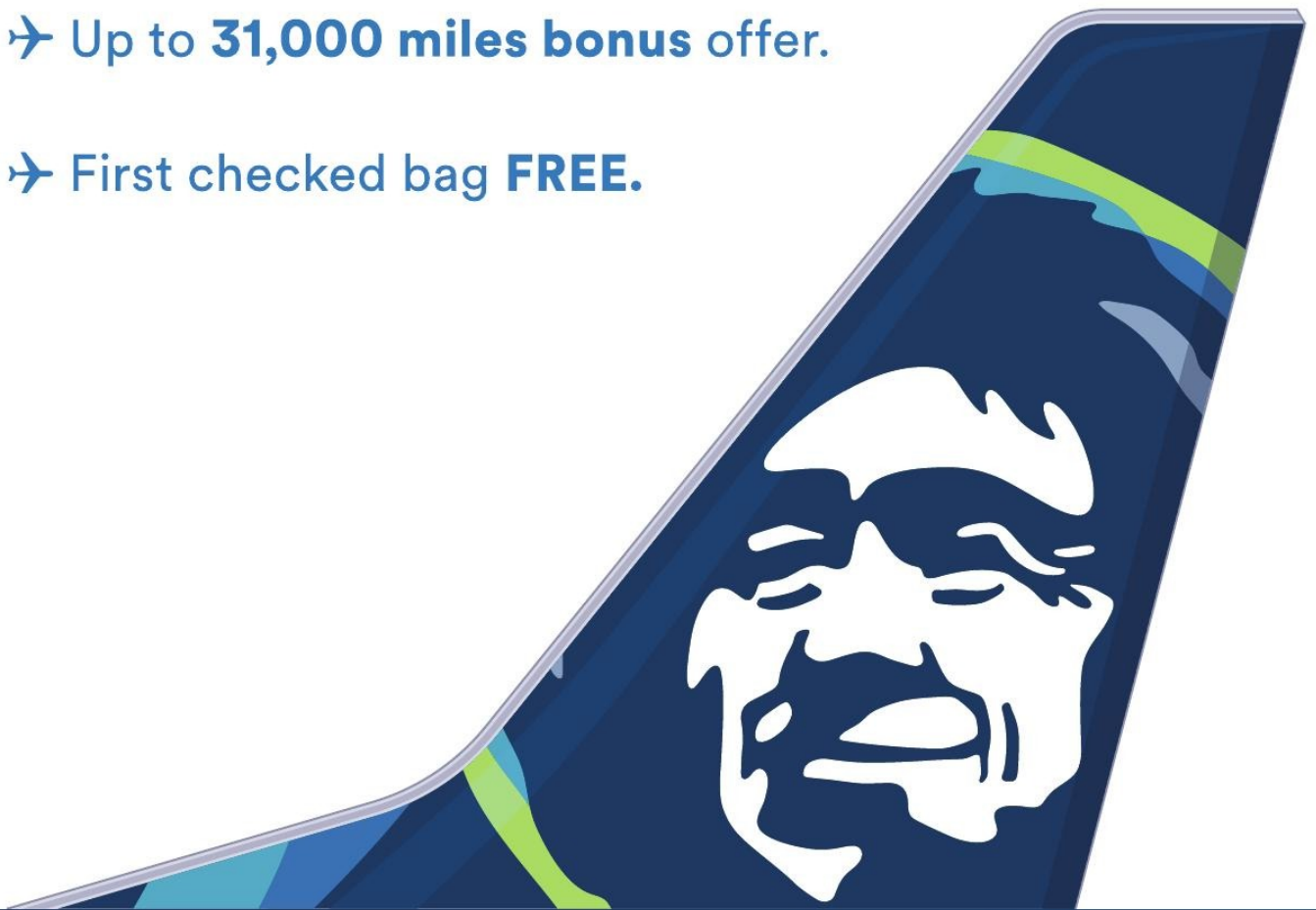
Disneyland Resort celebrates
our dreams **PAGE 80**

DESTINATION: WASHINGTON

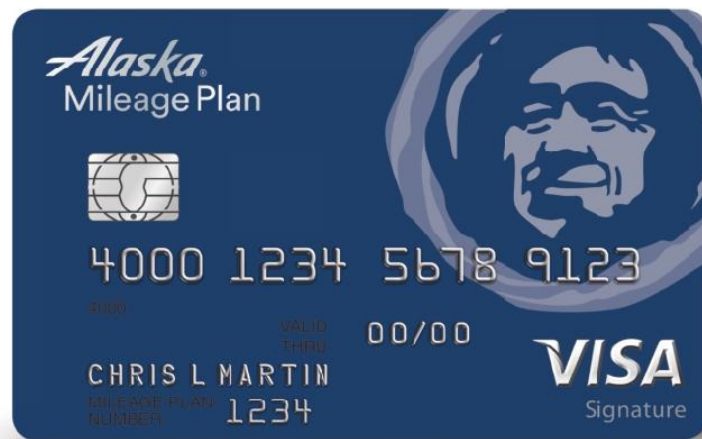
Summer fun in the
Evergreen State
PAGE 95

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Family Magic

Disney keeps the focus on making dreams come true.

By Ben Raker

80

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JUNE 2018

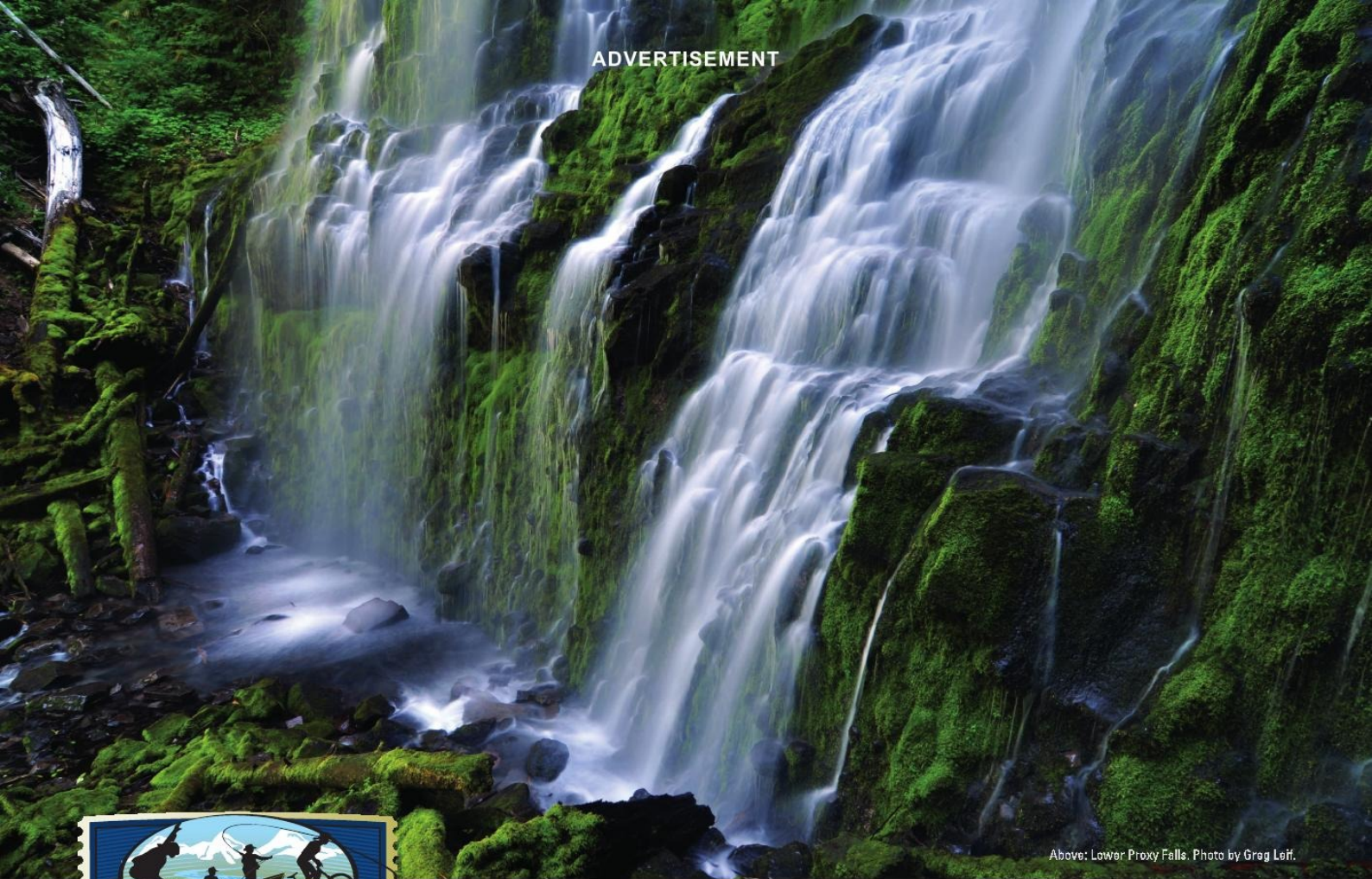
88 Northern Ice

Enjoying the glaciers of Alaska.

By Eric Lucas

95 Destination: Washington

Summer fun throughout the Evergreen State.



Above: Lower Proxy Falls. Photo by Greg Leff.



DISCOVER A RIVER RETREAT ON THE WILD & SCENIC MCKENZIE RIVER

2018 marks the 50th anniversary of the Wild & Scenic Rivers act. Has there ever been a better time to explore one of Oregon's best kept secrets?

Located in the middle of the Willamette National Forest, Oregon's McKenzie River corridor winds past peaceful natural hot springs, thundering waterfalls, and miles of trails for hiking and mountain biking. The bright blue river is known for being exceptionally pristine, with a 13-mile (21 km) stretch designated Wild & Scenic in the upper section of the river.



Find serenity in one of the lodges tucked back in the forest or get cozy in a cabin overlooking the river. For a night under the stars, set up camp at any one of the many designated campgrounds, rich with hiking opportunities.

Start your day with a guided fishing trip in one of the region's iconic drift boats, or a float down the river in a raft. Your guide will help you keep your eyes honed into the trees as this river is a great place to see wildlife like bald eagles, osprey, deer and elk.

The McKenzie River corridor also boasts two waterfalls which rank among Oregon's most impressive. Sahalie and Koosah Falls are powerful waterfalls on a family-friendly 2.6-mile (4.2 km) loop trail. This trail is a perfect mid-day activity and the ideal place to see the water's iconic crystal-clear blue color.

End the day with a relaxing soak in spring-fed natural pools and swimming pools. Be sure to pack a bottle of Willamette Valley Pinot Noir to enjoy beside a roaring fire when you settle in for the night.

TRIP

TIPS

It's official! The McKenzie River Scenic Byway is one of the newest officially designated Oregon Scenic Byways.

In the fall, discover a prime forest road for Oregon fall foliage at the Aufderheide Drive along the West Cascade Scenic Byway. Track color changes when the season arrives at OregonFallFoliage.com.

Cell service can be spotty, so don't be afraid to turn off the phone and reconnect with nature!

Find more about guides, where to stay and what to do on and along the McKenzie River at 541.484.5307 or EugeneCascadesCoast.org/McKenzie.



186 Here & Now California Exploring Safari West in the Bay Area.



95 Destination: Washington Teeing off at Chambers Bay, near Tacoma.

WELCOME

- 11** A message from CEO Brad Tilden.

IN THE KNOW

- 15 What's New**
The latest from Alaska Airlines.
- 17 People Behind the Spirit**
Flight Attendant Davy Chrysler.
- 19 Crew Tips**
Traveling with family.

- 23 Community**
Alaska Airlines inspires the next generation.
- 27 Inflight Entertainment**
The Incredibles take flight with Alaska Airlines.
- 29 Old School**
Powered by pixie dust.



67 Plates
Cherry picked.

ON POINT

- 31 Fresh Takes**, Tom Douglas
- 35 View**, Rob Dunton
- 39 Savvy Traveler**, Johnny Jet

THE FEED

- 43** The Mix
- 53** In Focus
- 56** #WeekendWanderer
- 58** When in St. Louis
- 61** Out & About Boston
- 67** Plates & Pours
- 71** Likes
- 73** Looks
- 75** Finds
- 77** In Play
- 79** Wheels

NEAR & FAR

- 158 Vibrant Victoria**
The capital of British Columbia shows its charms.
- 164 Hong Kong Connections**
Traditional and modern influences living in harmony.

HERE & NOW

- 186** California
- 188** Portland
- 190** Alaska

FEATURES

- 88** Northern ice: Alaska's glaciers.
- 148** Dining farm to table in the Portland area.
- 172** Finding your place in the sand on Hawai'i's beaches.

DESTINATION: WASHINGTON

- W6** Puget Sound Region
- W16** Bellevue
- W27** Bellingham
- W32** Vancouver
- W40** The Cascade Loop
- W44** Eastern Washington

FLYER GUIDE

- 197 Alaska Airlines Flyer Guide**
Travel tips, air safety, flight information, Mileage Plan, route maps, vacations and more.

- 216** Games
- 224** #iFlyAlaska

ON THE COVER

The superhero Parr family from *Incredibles 2*.
Illustration: Disney•Pixar ©2018.

Volume 42, No. 6

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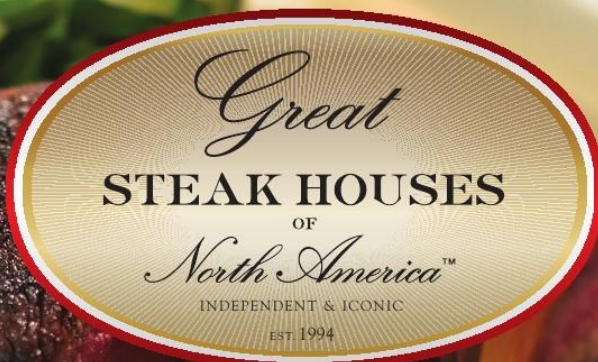
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"For the first time, I began losing weight and keeping it off. No more roller-coaster dieting."

Photos: Arlene Chambers



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10 WEEKS TO YOUR BEST YOU!

As the mother of two wonderful, teenage children, I lead a full life. I love traveling, watching the UW Huskies, family dinners, and nights out with my fiancé and friends. I also enjoy gardening and walking my dog. Although I maintained a healthy diet, my workouts were sporadic and I struggled to lose weight.

After learning about My Best 10, I felt that it was a program where I could actually succeed because it is so comprehensive. With the nutritional guidance, personal training, emotional support, along with the spa and beauty pampering, I felt like the program was put together just for me. I'd be able to lose the weight I wanted, feel good, and have a sustainable plan going forward.

The program exceeded my expectations. In particular, the personal training became a game-changer for my weight loss. The three-days-a-week commitment and comprehensive workouts kept me motivated and on track. My trainer and I set weight loss goals and six-days-a-week workout goals, as well as creating workouts I could do on my own.

I also learned a lot about how to pair foods from my registered dietitian. Although I felt I already knew a lot about nutrition, there were some key things that I wasn't doing which turned out to be instrumental to my weight loss and future meal-planning.

In the third week of the program, I began shedding weight. I realized that, in the past, I'd always been on a roller coaster, alternating between gaining and losing the same 5-10 pounds. For the first time, I began losing weight and learning how to maintain the weight loss.

The advice I would give anyone starting out in the program is not to get discouraged if you don't see an immediate weight loss. I was initially worried that I didn't see any changes with the hard work I was putting in but, sure enough, at just about the three-week mark, I began losing weight fast. The other piece of advice I'd share is to take full advantage of everything My Best 10 has to offer – the full spa access at all times, a personal locker, and recipes on how to prepare meals for every stage of the program, to mention just a few.

My Best 10 has now become a way of life. It taught me that if I apply what I learned from my caring registered dietitian and personal trainer, I can achieve my long-term goals. I now have the tools and resources I need. Thank you, My Best 10!

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WELCOME»



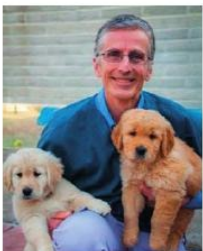
SPECIAL OLYMPICS



Brad Tilden,
Chief Executive
Officer

MAKING SURE THE SKY'S NOT THE LIMIT

» **Ray Prentice**, our director of customer advocacy, has championed our efforts to make travel inclusive, and he is a fantastic ambassador for the company. This month, we are especially proud to partner with the City of Seattle in hosting the 2018 Special Olympics USA Games. —Brad Tilden



Ray Prentice,
Director of Customer
Advocacy, with Guide
Dogs for the Blind
puppies.

Twelve years ago, my niece Dina and her husband, Barnaby, were taking a trip to Alaska that would be Barnaby's first trip with his power wheelchair. She was anxious, and he was very afraid. When they got to the gate, I got a frantic call from Dina because Barnaby's power chair would not fit onboard the aircraft type assigned to the flight. The trip that they had been planning for a year was ruined. They were absolutely devastated, and there was nothing I could do to help them.

I committed at that time to help make a difference for travelers with disabilities. Today, Alaska partners with disability-advocacy organizations, such as Open Doors and The Arc, to help us better understand our guests' needs and to do a good job of getting mobility devices on and off the aircraft. I can honestly say that my advocacy work for accessibility is the best part of my job at Alaska Airlines. And mainly because I have so many caring co-workers who have taken this important effort to heart and are making a difference.

I often hear about the wonderful work that our employees are doing to remove travel barriers for our guests. Gary Peterson, one of our maintenance supervisors in Seattle, who uses a power wheelchair, regularly conducts tours at our aircraft hangar in Seattle for children with disabilities, and he meets with every new flight attendant class to talk openly about diversity and inclusion. Shirley Purkey, one of our longtime flight attendants, founded an event for travelers who are blind or have low vision, and their

» **Through Special Olympics**, athletes with and without intellectual disabilities celebrate the joy of sports and promote social inclusion.

» WELCOME

guide dogs, to familiarize them with flying.

We also have many employees who volunteer as coaches with Special Olympics throughout the communities where we fly. Michael Gardner, lead customer service agent in Portland, has served as a Special Olympics basketball referee for years. He says he is always amazed at the true sportsmanship that these athletes display on the court. "They play with all their heart; they lift each other; they uplift the fans; they work hard to make everyone on their teams feel success."

Lifting people up is what we do at Alaska Airlines, and that's why I am so proud that Alaska Airlines is sponsoring the 2018 Special Olympics USA Games being held in Seattle July 1–6. This is the largest sporting event in Seattle since the 1990 Goodwill Games and promises to be a highlight of the summer.

As a major sponsor, Alaska is "all in" to welcome these amazing athletes, families and coaches, and to make sure they have a remarkable adventure. We're all in by recognizing athletes and coaches arriving

on our flights; by volunteering at various events and the Opening Ceremony; and by celebrating the Games' participants on their flights home!

Our goal is to provide amazing travel experiences for these athletes, who remind us to not let anything hold us back. I hope that you get a chance to experience the spirit of the Special Olympics USA Games as you travel through Seattle next month.

As always, thanks for flying with us.

—Ray Prentice

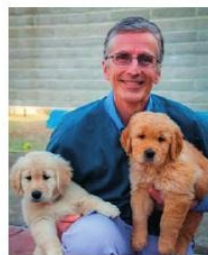
» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

ASEGURÁNDOS DE QUE EL CIELO NO SEA EL LIMITE

» **Ray Prentice**, nuestro director de apoyo al cliente, ha defendido con ahínco los esfuerzos de Alaska para hacer que los viajes sean lo más inclusivos posible y es un fantástico embajador para la compañía. Este mes estamos especialmente orgullosos de asociarnos con la ciudad de Seattle que organiza las Olimpiadas Especiales de los Estados Unidos del 2018. —Brad Tilden



Ray Prentice,
Director de Apoyo al Cliente, también trabaja con perros guía para invidentes.

Hace doce años, mi sobrina Dina estaba planeando un viaje a Alaska y me pidió consejos de viaje. Su esposo, Barnaby, estaba haciendo su primer viaje con su silla de ruedas eléctrica. Ella estaba ansiosa y él tenía mucho miedo. Recibí una llamada frenética de Dina en la puerta de abordaje ya que la silla de ruedas eléctrica de Barnaby no cabía a bordo del tipo de avión asignado al vuelo. El viaje que habían planeado durante un año se había arruinado. Estaban absolutamente devastados, y no había nada que yo pudiera hacer para ayudarlos.

En ese momento me comprometí a ayudar a marcar la diferencia para los viajeros con discapacidades. En la actualidad, Alaska está asociado con organizaciones de defensa para

los discapacitados, como Open Doors, y The Arc, para ayudarnos a comprender mejor las necesidades de nuestros clientes y para hacer un buen trabajo al cargar y descargar aparatos de movilidad del avión. Honestamente, puedo decir que mi trabajo de apoyo a la accesibilidad es la mejor parte de mi trabajo en Alaska Airlines, y principalmente, porque tengo tantos compañeros de trabajo responsables que han tomado muy en serio este trabajo tan importante y están marcando la diferencia.

Con frecuencia escucho sobre el maravilloso trabajo que nuestros empleados hacen para asegurarnos de que no haya límites para nuestros clientes, independientemente de sus capacidades. Gary Peterson, uno de nuestros supervisores de mantenimiento en Seattle, quien usa una silla de ruedas eléctrica, organiza y conduce recorridos para niños con discapacidades cada año en nuestro hangar de aviones en Seattle, y se reúne con nuestras nuevas clases de sobrecargos para hablar sobre accesibilidad e inclusión. Shirley Purkey, quien ha colaborado como una de nuestras sobrecargos desde hace mucho tiempo, fundó un evento para viajeros ciegos o con discapaci-

dad visual, y sus perros guía, para familiarizarlos con el proceso de vuelo.

También tenemos muchos empleados que trabajan como entrenadores voluntarios en las Olimpiadas Especiales en todas las comunidades donde volamos. Michael Gardner, supervisor de servicio al cliente en Portland, ha servido como árbitro de baloncesto de Olimpiadas Especiales durante años. Michael dijo que siempre se sorprende del verdadero espíritu deportivo que estos atletas ponen en el campo. "Juegan y participan con todo su corazón, se animan entre sí y también a los fanáticos, trabajan duro para que todos en sus equipos sientan esa sensación de éxito."

Elevar a la gente es lo que hacemos en Alaska Airlines y es por eso que me siento tan orgulloso de que Alaska Airlines patrocine las Olimpiadas Especiales de los Estados Unidos del 2018, celebradas en julio en Seattle. Este es el evento deportivo más importante en Seattle desde los Juegos de la Buena Voluntad en 1990 y promete ser el evento más destacado del verano.

Como patrocinador principal, Alaska está "invitada" a dar la bienvenida a estos increíbles atletas, sus familias y entrenadores y asegurarse de que disfruten de una aventura extraordinaria. ¡Todos participamos al reconocer a los atletas y a los entrenadores que llegan en nuestros vuelos, fungiendo como voluntarios en varios eventos y en la ceremonia de apertura y al celebrar su participación durante sus vuelos de regreso a casa!

Nuestro objetivo es proporcionar una experiencia de viaje verdaderamente increíble a estos atletas, que nos recuerdan que no debemos permitir que nada nos frene. Espero que tengan la oportunidad de experimentar el espíritu de las Olimpiadas Especiales de los Estados Unidos mientras viajan a través de Seattle este mes. Y como siempre, gracias por volar con nosotros. —Ray Prentice

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The journey from where we are to where we're going is bound to hit some turbulence. Orman Morton III can attest. When the steel mill he worked at went bankrupt, he found his next career move by enrolling online with Oregon State University Ecampus. Now with an environmental sciences degree in tow, Orman restores wetlands in Maryland. Turns out, it's his dream job, and it was out there waiting for him.

Orman Morton III
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IN THE KNOW»



WHAT'S NEW: INCREDIBLE FLYING

» The skies just got more super, with Alaska's unveiling of a specially decorated plane featuring moviegoers' favorite family of exceptionally powered characters ("Supers") from Disney•Pixar's *Incredibles 2*. The film opens in theaters on June 15. The plane began flying with its distinctive livery (consisting of a set of giant decals) in May, starting with a flight from Seattle to Orange County, California, home of Disneyland Resort.

"This plane will delight guests of all ages," says Natalie Bowman, Alaska Airlines' managing director of brand marketing and advertising. "Like all of us at Alaska Airlines, many of our guests have eagerly awaited *Incredibles 2*. We're honored to take this incredible family to new heights and share the imagery with travelers across our expansive route network."

Decked out in their Super suits, members of the Parr family—Bob, Helen, Violet, Dash and baby Jack-Jack—stretch across the fuselage. Guests boarding the plane will see the film's logo when they board. An image of a raccoon character, Jack-Jack's nemesis in the film, will

delight guests who can see the insides of the winglets at the tips of the wings.

The unique design is the result of a collaboration between Disney•Pixar and Alaska Airlines. With a cruising speed of 530 miles per hour, the *Incredibles 2*-themed 737-800, tail number N519AS, will visit fans throughout the country via transcontinental routes and flights to and from Hawai'i.

Alaska guests and Disney fans can follow at facebook.com/alaskaairlines and @AlaskaAir on Twitter to learn about promotions tied to the release of *Incredibles 2*.

To watch footage of the livery being installed, visit bit.ly/2juU1TU.



INCREDIBLE NUMBERS:

40+ PIECES
panels in the plane's themed decals

440 SQUARE FEET
approximate surface area of the decals

200 HOURS OF LABOR
time required for installation

ALASKA'S INCREDIBLE CELEBRATION

Along with the *Incredibles 2* livery, the airline is celebrating the film with the following:

- **Inflight entertainment:** During June, Alaska Beyond Entertainment will feature the original film, *The Incredibles*.
- **Sweepstakes:** This contest ran from May 14 to May 20. One lucky winner received a trip to the world premiere of *Incredibles 2* on June 5 in Los Angeles.
- **Giveaways:** Movie vouchers, distributed on select flights on the new plane.

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Flight Attendant Davy Chrysler is a Legend of Customer Service

» **Giving it his all.** That's what Davy Chrysler considers most important about his approach to work. Whether he is providing guests with excellent service in his job as a flight attendant, contributing artistic touches to workspaces and company events, or showing leadership on his teams, Chrysler throws himself into his work and does so with good humor.

"I'll do whatever it takes," says Chrysler. "Having a willing attitude is important because we all help each other."

Now based in San Francisco, Chrysler formerly worked from Los Angeles as a flight attendant for Virgin America. He was one of the founding teammates in 2007, after being in the industry as a flight attendant since 2000.

A man of many talents, Chrysler was a mural painter and worked in construction prior to his airline career. He was managing a gym when a friend suggested he become a flight attendant, due to Chrysler's love of travel and people.

"I thought I'd give it two years," Chrysler says. "Those two years have just kept going."

Praised as a hardworking inflight team leader, Chrysler is also well-known for anchoring event-production teams on the ground. He remembers one time when he led a team that built a stage resembling the side of an airplane, complete with mood lighting. For another event, the team made curtains from purple cloth left over from women's uniforms. After setup, Chrysler often volunteered at the events.

Chrysler has used his talents in the workplace, too. "I painted and hung decals on four floors of walls at the Virgin America headquarters," he says, noting that, outside work, he paints canvases: "I just always have a project!"

As a respected leader who thrives on making sure guests are treated well, Chrysler is legendary for infusing work with joy and creativity. "You can fulfill your responsibilities and still have plenty of fun," he says. ✈



Davy Chrysler.

QUESTIONS & ANSWERS

What do you like most about your job?

I'm a definite people person. I love people's stories, and I'm always learning new things from people about where I should go, what I should do and what I should see. The guests make my job fun. I like working with the public, going to great destinations and having a product that I support.

How do you measure success at work?

Knowing that everyone arrives safely and happily, and seeing people who are happy when they're getting off the plane.

Do you have any fun stories from work?

I always have fun at work. There are too many stories to choose from!

What's your favorite place to travel?

Ireland. The people there are always happy to see you. They'll open their homes to you. And the green of the land is beautiful.

What do you pack when you travel?

A 6-foot extension cord. When your phone is dead after a trip, you don't have to stretch over a hotel bed to stay plugged in.

KUDOS FROM DAVY'S CO-WORKERS

"Davy lives to surprise and delight [everyone] he serves, transmitting his enthusiasm to those around him. 'No' is not an option for Davy. If there is a problem, he will find the solution, and the outcome will always be creative. He sets the standard for excellence when it comes to taking care of our guests and his teammates. In spite of all of Davy's wonderful qualities, he remains humble and always approachable."

—Val J., former Director of InFlight at Virgin America, San Francisco

"Davy has been a fixture of yearly parties and special events. He always greets you with his huge smile. I'm a true Davy fan!"

—Kary T., Flight Attendant, San Francisco

"Davy is an amazing and talented person. I have had the pleasure and honor of working with him for many years. He is a great teacher, teammate and friend."

—Christina B., Technical Data Management Analyst, San Francisco



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

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1. Sydney Laurence (1865–1940), *Going to the Potlatch*, oil/canvas, 20×36 in., Est: \$40,000–60,000 2. Thomas Hill (1829–1908), *Morning, Mt. Tacoma*, oil/canvas, 15×21.5 in., Est: \$20,000–30,000 3. Magnus C. Heurlin (1895–1986), *Whatever it Takes*, oil/canvas, 24.5×18 in., Est: \$15,000–25,000

TRAVELING WITH FAMILY

» **Trips with loved ones** often lead to a family's most-cherished memories and tales told far into the future. But let's face it: Family travel can also be quite challenging—and it can be memorable for the wrong reasons, too.

Fortunately, a little planning goes a long way toward keeping young ones entertained and grown-ups sane while traveling to and through airports, on flights, and upon arrival. We asked expert travelers—Alaska employees—for tips on how to help everyone enjoy family travels.

■ **Be an early bird.** “The best tip is to allow for lots of extra time at the airport. We would arrive two hours before our flight. This allowed us to get through check-in, baggage drop, security, bathroom stops and a snack, without being rushed. When you are not rushed, everyone is a lot calmer and happier.” —*Earle E., Maintenance Operations Manager, Portland*

■ **Plan the trip in parts.** “I try to plan one activity for every 30 minutes of air travel. My go-to activities include snacking; watching short movies on a tablet/phone; reading a story; and playing with a roll of tape, a pack of pipe cleaners, a small toy surprise, or a coloring book.” —*Amber S., Corporate Project Management Office Portfolio Manager, Seattle*

■ **Trace your path beforehand.** “We made a map of our airport adventure, with dotted lines to show our trek and pictures to symbolize our tasks. Our map continued all the way to the hotel. This way, all of the unknowns of airports and travel were a little more familiar.” —*Renae G., Flight Attendant, Seattle*

■ **Tape it up.** “I always bring a roll of colorful tape [low-tack, no-cleanup tape, such as painter's tape]. I use this with my 4-year-old to play alphabet games, make car tracks, play tic-tac-toe or even just stick and peel.” —*Timelle R., Customer Service Agent, Phoenix*



■ **Bring snacks and simple surprises.** “I always brought my daughter brand-new toys for the airplane. When she got on the plane and looked in her bag, she was really excited to look at new things!” —*Amanda B., Reservations Sales Agent, Seattle*

■ **Simplify, simplify.** “Try not to put too much into your child's carry-on. Simplifying is key. I often see parents who have their hands so full. Trust me, the struggle is real. Take a load off and don't try to do too much.” —*Heather G., Flight Attendant, Boise*

■ **Share the load.** “Once the kids were mobile, we got them their own little backpacks. My rule was, ‘If you can't carry it, I can't either.’ In my backpack, I would pack reserve snacks and a change of clothes, but they didn't know that.” —*Laura R., Flight Attendant, Anchorage*

■ **Pack spare clothes.** “With kids you have to be prepared. Always have a change of clothes in a carry-on, just in case.” —*Kelseyann V., Customer Service Agent, Seattle*

■ **Diversify your options.** “Don't just take electronics. Take small books, puzzles and games, and be sure you have options between

MORE TIPS: Multiple Alaska employees recommended the following: Pack easy-cleanup snacks. • Shop at a dollar store for toys to dole out gradually. • Wear a small child in a front-carrier to keep hands free. • Bring an empty water bottle. • Preload movies on a tablet. • Preload the Gogo Entertainment App for Alaska's free films and TV shows. • Find airport play areas. • Visit a restroom before flying.

the movies and shows onboard as well as the games, music, etc., that they enjoy at home to give more choices than one or two types of media.” —*Jay P., Dispatcher, Seattle*

■ **Keep ears clear.** “For babies, have a bottle ready for climb and descent. [Some moms might plan nursing at these times.] For toddlers, use a sippy cup that requires sucking to get at the drink. Sucking provides some relief for children too young to be taught how to clear their ears.” —*Rocky R., Captain, Portland*

■ **Read on!** [Editors' favorite:] “We use the magazine for a scavenger hunt and see what we can find in the new magazine each month.” —*Kanani R., Customer Service Agent, Juneau*

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INSPIRING OTHERS

Alaska Airlines encourages young people to reach new heights

By Jacob Uitti

» Whether it's introducing travelers to new locations and events or inspiring the next generation of aviation pioneers, Alaska Airlines is dedicated to connecting people. That mission has led Alaska to co-host and co-sponsor events such as Aviation Day in Seattle and Portland and also to co-sponsor the upcoming 2018 Special Olympics USA Games, being held in Seattle and surrounding communities July 1–6 of this year.

Last month, more than 3,000 students from dozens of Washington and Oregon school districts gathered at Alaska Airlines' hangars at Seattle-Tacoma International Airport and Portland International Airport to explore the world of aviation. The events were part of the 10th-annual Aviation Day, which is co-sponsored by Alaska and introduces students to the career possibilities in aviation and aerospace.

About 300 volunteers, including Alaska employees and their families, run the programs, which aim to inspire the next generation of aerospace adventurers. The students performed maintenance checks with Alaska mechanics, flew simulators, inspected the latest robotics equipment and built gliders. The Seattle students also saw the unveiling of Alaska's newest themed plane, which features images of the beloved Disney•Pixar superhero family from *Incredibles 2*.

Rob Lowy, Alaska's manager of maintenance programs, who also helps organize volunteers for the program, says Aviation Day has grown from a gathering of about 120 Boy Scouts earning their aviation merit badges in 2008 to become one of Alaska's largest youth outreach programs.

"What sets Alaska Airlines' Aviation Day apart is the ability to ignite the imagination of

young people to what is possible in an aviation career," Lowy says. "I have been honored to have a small part in making the magic of Aviation Day happen."

Another inspirational event will take place on July 1 during the Opening Ceremony of the 2018 Special Olympics USA Games. Thousands of spectators will cheer for thousands of athletes from across the country entering the University of Washington's Husky Stadium to mark the beginning of the six-day event.

The 2018 USA Games are welcoming 4,000 athletes and coaches, and 10,000 family members, to the Seattle area, where the athletes will compete in 14 different sports, including gymnastics, swimming, and track and field.

About 300 Alaska employees are volunteering for the event, which, like the Olympic

Games, is held every four years. The USA Games promote inclusion and diversity through sports and were first held in Ames, Iowa, in 2006. For many athletes, taking part in the USA Games is a dream come true.

"These games change the lives of the people competing in them," says Jaymelina Esmele, communications manager for the USA Games. "But for anyone who's involved in Special Olympics as a volunteer or spectator, you'll find your life is actually transformed and inspired just as much as the athletes' lives."

Those interested in volunteering for the games can visit specialolympicsusagames.org. Special Olympics USA Games officials also request that spectators come out to the venues and cheer for athletes in their quest for Special Olympics gold. ✈



» Above: Captain Tom Rogers, left, and college student Jo'Nathan Alderson, center, talk with Captain Ron Limes, right, during the 2018 Aviation Day at Sea-Tac Airport.



Left: About 4,000 athletes and coaches will gather in Seattle for the 2018 Special Olympics USA Games, July 1–6.

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Getting physically and mentally healthy enough to start a family had always been a goal for Amelia. Her weight and uncontrolled type 1 diabetes had brought an additional element of urgency, so she joined 20/20 LifeStyles to ensure that she'd make progress at a rapid, but safe and steady, pace. John joined to support his wife, Amelia, but also because his weight had started to create a flood of other health problems.

"Being obese for most of my life, I had learned to view exercise as a miserable experience that made me feel even more inadequate and helpless than I already did," says Amelia. "Having a knowledgeable trainer helped me set a safe but challenging pace."

When John joined 20/20 LifeStyles, he didn't understand why there was a counseling component to the program. Over time, it turned out to be the most valuable aspect of the program for him. "I could have never changed my lifestyle

or stuck it out without understanding how my stress affects my food choices, or gained insight about how my guilt at being overweight reinforces the behavior that keeps me overweight," he says. "I feel like the person who entered this program couldn't fathom who I am now, mentally, emotionally, and physically. I have worlds more energy than ever before."

I've replaced my entire wardrobe almost twice already. I can't thank my trainer enough for helping me realize that my body has the potential to do so much more than I ever thought possible."

My diabetes is under control and well within range for a safe pregnancy. I'm wearing clothes in sizes that I haven't worn since middle school, and I'm far more comfortable interacting with people than I've ever been in my life," shares Amelia.

It's not about denial or deprivation. 20/20 LifeStyles re-tunes your brain so that you remember what it's like to be satisfied with a reasonable amount of food that doesn't have a ton of added sugar, fat, and salt.

"The way to beat obesity isn't starvation, punishment, guilt, shame, or hatred," says Amelia. "With the right support, you can learn how to transform these into love, knowledge, patience, kindness, and determination."


"It's not your fault," says John. "You have no idea of the forces arrayed against you, both in your mind and in your environment. However, that doesn't mean you can't overcome them. Join 20/20 LifeStyles. You'll be glad you did!"

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INCREDIBLES TAKE FLIGHT

By Paul Frichtl

» It's all about family with the Parrs. And, well, amazing superpowers.

In the Disney•Pixar film *Incredibles 2*, opening June 15, the family of “Supers” live the stereotypical roles—strong dad, flexible mother, insecure and defensive teen girl, ball-of-energy adolescent boy, and a toddler who reacts impulsively and unpredictably to any family situation. It's a normal family—but with a few twists.

The story picks up right where writer-director Brad Bird left off 14 years ago with *The Incredibles*. Now, the Parr family is back, working their superpowers to save the world from a new threat, with two key differences. Mom Helen gets the assignment as the Super ops leader, and baby Jack-Jack, a veritable “Swiss Army knife of powers,” steals the show.

“I always wanted to return to this family and their universe, and had two of the core ideas for this film back when I was promoting the first one,” Bird says. “One was the idea of Helen getting the assignment over Bob [the father]. We also had an unwrapped present—the audience knew about Jack-Jack's multiple powers, but his own family didn't.”

“Jack-Jack is definitely a scene stealer,” says *Incredibles 2* producer Nicole Paradis Grindle. “Anyone who has spent time with a toddler will recognize how he mirrors the emotions of the people around him, is easily distracted, and surprises both himself and others as he discovers what he can do. Just like a real baby! Except for all those powers.”

And that, of course, is what keeps his family on edge. As Helen takes off to save the world, Elastigirl becomes the new face of the Supers and Bob remains home with the family.

“Done properly, parenting is a heroic act,” notes Super costume designer Edna Mode. “Done properly!”

And there's the source of fun in this new film, the producers say: figuring out the proper way to raise the family, with situations



and experiences that can only happen in the incredible technical world of Pixar Animation Studios.

“Our reach in 2004 definitely exceeded our grasp, in almost all the technical areas,” says producer John Walker. “Our characters in *Incredibles 2* look and move more like we wanted in the first film; our clothing and hair are seamless and cool; and effects, as befitting an *Incredibles* movie, are almost too much fun.”

Anticipation has been high-flying for the release of *Incredibles 2*, and has grown to involve Alaska Airlines, a longtime collaborator with Disney. Alaska introduced the first of five Disney-themed planes back in 2002, featuring Disney's traditional Fab Five characters, including Mickey and Minnie. Other aircraft have featured Tinker Bell and characters from Pixar's *Cars*. Last month, the airline unveiled an *Incredibles 2* plane before a crowd of about 2,000 teens attending the

airline's 10th-annual Aviation Day in Seattle.

The new movie was a natural tie-in for Alaska as the airline launches into its summer travel season.

“The timing was almost perfect for us,” says Kelley Winn, manager of brand activation at Alaska. “We had just renewed our longtime collaboration with Disneyland Resort when the *Incredibles 2* opportunity was presented to us. With Pixar Pier opening at Disney California Adventure Park in June, we saw a chance to capitalize on the buzz surrounding the film.”

The airline has worked with Disney•Pixar on a number of *Incredibles 2* special promotions, fare sales, and giveaways such as movie vouchers on select flights on the new *Incredibles*-themed plane.

If after 14 years you need a refresher, check out *The Incredibles* and other bonus Pixar content available onboard this month for free viewing, on your own device or on a tablet available for rent. ✈

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
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POWERED BY PIXIE DUST

» **Tinker Bell** was long one of the favorite aircraft in Alaska Airlines' special-livery fleet, especially among families headed toward Orange County, California, and a vacation at Disneyland Resort.

Tinker Bell was the second of Alaska's joint projects with Disneyland Resort, a collaboration that started in 2002. *The Magic of Disneyland*—the Tinker Bell plane's formal name—made her first flight in April 2005 from the paint shop at Everett, Washington's Paine Field to Seattle-Tacoma International Airport, with 50 children from the Highline YMCA onboard, many of whom had never flown

before. Each person on the flight found golden Mickey Mouse ears on their seat, commemorating Disneyland's 50th anniversary.

During the plane's subsequent inaugural commercial flight, to Orange County, the captain requested a low-clearance flyby of Disneyland Park, giving passengers on the left side of the aircraft a bird's-eye view of Sleeping Beauty Castle.

Alaska's newest specialty aircraft is themed for Disney•Pixar's new movie *Incredibles 2*.

Tinker Bell, a Boeing 737-400, was retired from Alaska's fleet in February 2017 after more than 34,000 flights. That's a lot of pixie dust. ✈

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

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

Life before It's Just Lunch?

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

It's Just Lunch Matchmakers:



MELISSA BROWN



SARA DARLING



JULIE LOPEZ

What was working with a matchmaker like?

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

Best part of the IJL experience?

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

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

What makes you two a great match?

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

Advice for singles considering IJL?

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

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SKEWERED! THE ART OF KEBABS

Enjoy these classic dishes in the grilling season

By Tom Douglas



» At Lola restaurant in Seattle, we take the art of grilling kebabs seriously. Every detail of kebab-making at Lola—my restaurant group’s Greek-inspired homage to my wife Jackie’s grandfather—is organized around getting the little loaded skewers cooked correctly, glazed or caramelized deliciously, and served with a pyrotechnic flair at the table. And there are a few tricks we have found useful that I would like to share to help make you a Kebab Master.

Kebabs, of course, are those delectable dishes of meats or vegetables—sometimes both, and sometimes with fruit—that are most often spiked on a skewer and cooked over a fairly high heat. A food tradition with roots in the Middle East, kebabs (aka “kebobs,” or “kababs”) have variants worldwide.

The first thing to do when you cook kebabs is to choose the meat, fish or veggies you are taking into battle. I’ll share a few of our tried-and-true combinations: wild sockeye salmon garnished with an herb-caper relish, chicken thighs with fresh full-fat dill

yogurt, and lamb tongue or leg meat with a black-pepper-and-red-wine glaze. For vegetarian ingredients, there are halloumi cheeses and ouzo-macerated figs brushed with *petimezi* (grape molasses from the isle of Crete). The possibilities are endless. My favorite ingredient might be heritage-breed Duroc pork with a sweet-and-spicy glaze of honey mixed with harissa, a North African chile paste.

As you can tell, there is a tremendous variety and wealth of options available when it comes to kebab creations. After choosing ingredients, we need to prep proteins for the skewers. This is where our process diverges from that of most cooks. I’m a fan of small, delicate cubes, cut approximately 1-inch square, tightly laced onto a thin 4-inch to 6-inch stainless steel skewer, leaving an open inch at each end. You can use bamboo skewers, but they sometimes burn over open flame. (To avoid this, soak bamboo skewers in water beforehand for at least an hour or even overnight.) I like the “mini” kebab style with small cubes because I

» ON POINT FRESH TAKES

believe the meat cooks more evenly than with chunky pieces where some end up rare and others overcooked.

For seasoning before cooking, I generally use only salt and pepper, because I want a sear on the meat (or cheese) before I sauce it. If there is a glaze involved, I brush it on about halfway through the cooking process so the glaze caramelizes on the skewer meat.

Before you cook, you should also decide what you are going to serve with your tasty delicate morsels. Typically, I grill pita bread brushed with olive oil over the same charcoal fire I use for the kebab grilling, and I flank the bread with some delicious, creamy tzatziki on a side plate. Minty Greek salad, with a slab of sheep's milk feta, also makes a great accompaniment for your finished kebabs. Additionally, I enjoy making olive oil–fried potatoes with crispy garlic and fragrant Greek oregano to go with this ensemble.

Now for the over-the-top finish—are you ready? One of my favorite tools in the kitchen is a Lodge brand cast-iron sizzle platter that is usually sold with a wood base so you don't burn your table. Before I put my skewers on the grill, I put the sizzle platter on a burner turned high to get the

platter smoking hot, and I place the wooden trivet on the dinner table. I thinly slice some yellow onion into a bowl, add the zest of a lemon and drizzle in a touch of olive oil. I put my skewers onto a medium-high hot grill. Because the morsels are cut small, they should only take a few minutes to cook.

After I've pulled the skewers off the grill and let them rest for a minute or two, I put the onion mix onto the sizzle platter. The onions will pop and squeak as I char them to an almost-black edge. When I am ready to serve, I arrange my skewers on top of the onion mix, with the pan still hot. When I arrive at the table, I may add a drizzle of Metaxa spirit, which will ignite the dish into a dramatic flame, or a half-ounce of ouzo, which will cause a sizzle. The licoricelike flavor of the ouzo, mixed with the blackened onions, is particularly magical. Be cautious of the flame and sizzle, but have fun, too—and enjoy the spectacle. At this point, the only reasonable thing to do is yell, “Opa!” (Cheers!) ✈

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



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as a mirror mount. The vibrating bristles feature a two-minute timer that pulse every 30 seconds, signaling when to switch between quadrants of the mouth. Sign up for a subscription service (from \$5), and every three months you'll get a fresh brush-head, toothpaste refills (including a travel-sized option), and a charged battery. Stay fresh, at home and on the go.



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ARTS APPRECIATION

Discovering a city's culture through its museums, galleries and events

By Rob Dunton



» **Exploring the gardens** at Chihuly Garden and Glass during a visit to Seattle Center, I realize that famous Puget Sound-area artist Dale Chihuly's unique glass sculptures of flowers and other plants blend into the rich natural greenery in a way that makes his otherworldly creations feel as if they have sprouted from the soil. I am moved, inspired ... and astounded. How are such complex, fragile glass structures imagined? Fabricated? Assembled? How does an artist conceive of a new piece of art?

As a child struggling with the three R's, I was drawn to art. When I was in elementary school, we went on field trips to the Norton Simon Museum in Pasadena and the Getty Villa near Malibu, and I was surprised at how different each museum's space was, from the modern lines of the former to the ornate Roman style of the latter. Though at that age I underappreciated what was on display, it was a revelation just to visit

places that revered and preserved art. I could sense the beauty and emotion of the installations without formal instruction, and as I got older, I began to see the artistic everywhere: in buildings and interiors; in landscape design and city planning; in films and plays; in performances by musicians and street artists. I chose my college as much for its architecture and grounds as its academic standing.

When I began to travel as a young adult, I tried to include visits to museums and galleries, and after an art-history course in college, I became aware of the historical periods and events connected to art and architecture. Soon, every street became a history lesson and cultural diorama; each building a testament to a period, style, materials, building technology and craftspeople.

In my home state of California, attractions such as San Francisco's Asian Art, de Young and Legion of

» ON POINT VIEW

Honor museums reflect the aesthetic and cultural heritage of many of the city's residents. San Diego's museum-rich Balboa Park carries as much of the city's DNA as its beaches, from the Latin influences in some of the buildings for the 1915 and 1935 Expos to foliage shepherded by city matriarch Kate Sessions starting in the late 1800s.

In Los Angeles, when I visit the Getty Center, with its austere cut-stone facade and its perch above the city below, I marvel at the massive spaces and clean lines that create an ideal environment in which to showcase premier works—a lasting testament to the oil baron's wealth and commitment to fine art.

In my hometown of Santa Barbara, my wife, kids and I have spent hours among the sculptures that inhabit the cozy alleyways of La Arcada on State Street, wondering how the bronzes seem so lifelike. And fine-art galleries such as Sullivan Goss and Waterhouse display superb collections, including plein-air paintings that capture the sublime lighting and natural beauty of the central coast.

An appreciation for the arts is one of the reasons my trip to the Northwest includes a visit to Seattle Center, long the cultural heart of the city. After leaving Chihuly Garden and Glass, I see bronze sculptures showing the backs of two whales—a mother and calf—swimming through the lawn by the International Fountain, reminding me of the water world around Seattle. At the Space Needle, I appreciate the futuristic vision represented by its design. Like the International Fountain, the Needle was created for the 1962 World's Fair, whose theme, according to a city website, included “modern science, space exploration, and the progressive future. ...”

The Space Needle is another reminder that art is everywhere, and that it can tell us a lot about a place, as long as our minds and eyes are open to see. ✈

Rob Dunton is a Southern California writer and photographer.



» Artist Seward Johnson's bronze window-cleaner sculpture, *Nice to See You*, is located at La Arcada in Santa Barbara.

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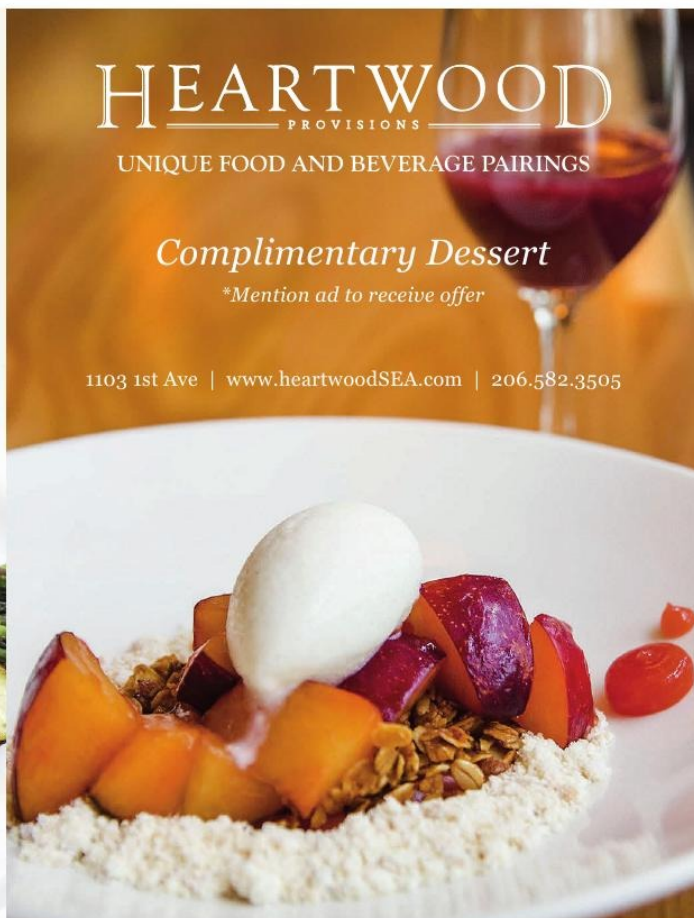
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"My goal is to be sure that my work is completely natural and undetectable," says Dr. Goertz. "I recently had a physician come to me because a mutual patient finally revealed to him that he'd had a hair transplant. When that physician realized that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

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PLANNING THE PERFECT HONEYMOON

By Johnny Jet

» **There is no honeymoon handbook.** Conventional honeymoons once lasted a week, and were the first opportunity for a couple to vacation together. My honeymoon was only five years ago, and my wife and I (already experienced travelers) stopped over in Seoul, South Korea, and then flew to the beaches of Bali, because we wanted to both explore and relax. It was perfect.

When trying to decide on a honeymoon destination and itinerary, consider your budget, your ideal destination (mountains, beaches or cities), activity level (backpacking, sightseeing or doing nothing at all), time available to travel, and whether your passport is already well-stamped or it's your first time overseas. Here are some general tips and observations for honeymoons:

■ **Creatively compromise.** If, as a couple, you have differing interests, combine destinations—city and beach, for example, for exploration and relaxation. Or break your honeymoon into multiple long-weekend getaways, or escape for a month (or a few). My sister went to Martha's Vineyard, Massachusetts, for one weekend, then to the Caribbean.

■ **My ultimate luxury** honeymoon stay arguably involves overwater bungalows in Tahiti, the Caribbean or the Maldives. These aren't cheap, so accrue hotel and credit card reward miles/points or look at places that offer bungalows at a discounted price. Less expensive options are out there—notably in Malaysia and Mexico.

■ **All-inclusive resorts** are ideal for couples who don't want to worry about where to have dinner every night or how much the trip might cost. Located in romantic destinations such as Hawai'i, the Caribbean and Mexico, these all-inclusive resorts wrap lodging, food, activities and more into one price. Adult-only resorts also attract honeymooners.

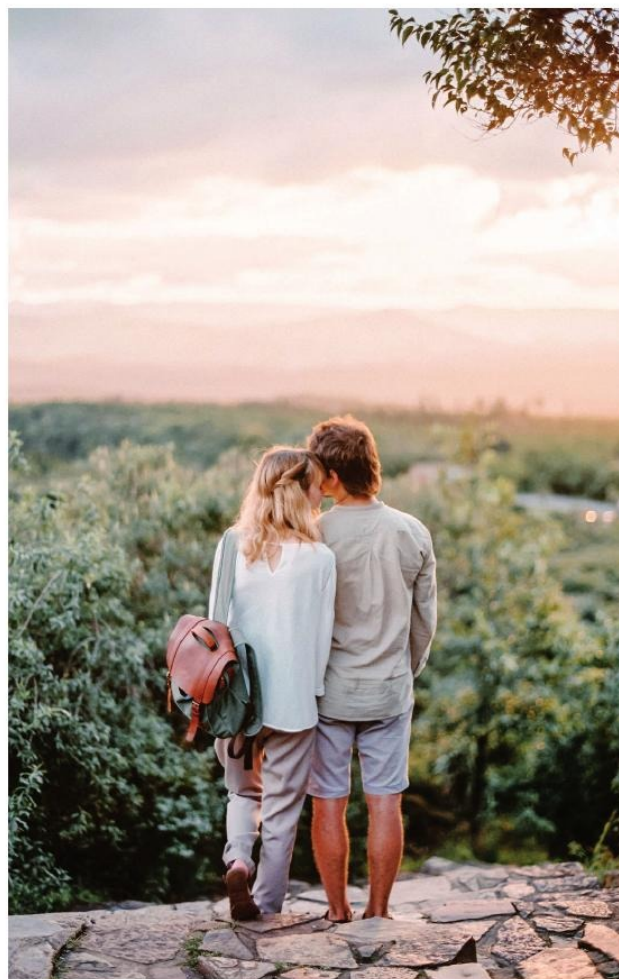
■ **To save money,** travel off-peak. Or choose a popular, affordable getaway such as Las Vegas, where you may hit the savings jackpot thanks to hotel competition or an airline package. If possible, avoid school vacation weeks in spring and summer, as in-demand destinations will be more expensive and packed with families.

■ **Don't overschedule.** Leave plenty of time for impromptu decisions. On our honeymoon, we created our schedule on a daily basis. Perhaps we'd wake up and feel like lounging by the pool all day, or want to hire a driver for a last-minute excursion.

■ **Hire a travel agent.** A good honeymoon planner or travel agent will know your destination, suggest activity options tailored to your interests and plan everything. An agent's services will cost a little more, but this is a once-in-a-lifetime trip. If something goes wrong overseas, call your agent, and they'll help fix it.

■ **Wherever you choose to go,** it's best to disconnect from the world. That's easier said than done, but time together will pass fast, so make the most of it. On our honeymoon, we kept the TV off. Setting my phone in airplane mode helped me avoid distracting text messages, but I could still take photos to document the trip. Not necessarily for the purpose of sharing on social media, but to relive our honeymoon experience down the road. ✈

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



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THE FEED»

WING ROOM

» A restored copper-pipe factory will now be a new exhibition space at the Institute of Contemporary Art/ Boston. The ICA Watershed, opening July 4, will integrate the worlds of industry and artistry with its location at the East Boston Shipyard and Marina. The new 15,000-square-foot exhibition site will be across the harbor from ICA's main facility, and the museum will provide water-taxi service between the two buildings.

Open seasonally, until Oct. 8 this year, the ICA Watershed will feature the work of prominent Los Angeles installation artist Diana Thater. On display will be pieces such as *Untitled Videowall (Butterflies)*, pictured, which consists of digital panels depicting butterfly wings, and *Delphine*, which includes underwater film footage of dolphins projected onto a composite video wall. For more, visit icaboston.org/ica-watershed. —Michaela Ware



DIANA THATER, UNTITLED VIDEOWALL (BUTTERFLIES), 2008. INSTALLATION VIEW, DIANA THATER: THE SYMPATHETIC IMAGINATION, LOS ANGELES COUNTY MUSEUM OF ART, 2016. COURTESY LACMA AND DAVID ZWIRNER, NEW YORK / LONDON / HONG KONG. © DIANA THATER, PHOTO © FREDRIK NILSEN

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MIDSOMMAR IN MINNESOTA

» For centuries, Midsommar Dag has been one of Sweden's most important holidays. And for more than 30 years, the Midsommar Dag festival, celebrating the summer solstice, has been one of the most important annual events at the Gammelgården Museum in Minnesota's Twin Cities region. The museum's Midsommar Dag, June 23 this year, follows in the traditions of Midsommar Dag festivals in Sweden and in other Nordic countries. The centerpiece is the raising of the Majstång (maypole), which is decorated with greens and flowers. During the ceremony, traditional Swedish music plays as adults and children—many wearing flower wreaths on their heads—circle the pole. Afterward, visitors feast on smörgåsbord favorites such as almond cake and herring in wine sauce.

The Gammelgården is made up of five historic buildings, including the 1856 Elim Lutheran Church, which is open for free tours during Midsommar Dag.

For more, visit gammelgardmuseum.org/ events. —Kaylee Strachan



VYING FOR VICTORIES

» Evolving from an annual 3-on-3 basketball tournament, the Island Summer Games in Victoria, British Columbia, is now a multisport event with 1,500 attendees competing in games ranging from ball hockey to bocce.

June 22–24, the games are bringing people together through entertainment and friendly competition in seven sports: ball hockey, basketball, bocce, dodgeball, slo-pitch, soccer and touch football.

One highlight is the Mascot Game, in which mascots from around the Victoria area compete in dodgeball. Past mascot participants include Striker from the Victoria Highlanders professional soccer team and Grizz from the Victoria Grizzlies professional hockey team.

Attendees can also enjoy a beer garden, food vendors, skills competitions and music from four DJs.

A local group of artists is collaborating to paint two large billboards as a display of live performance art. Throughout the weekend, the giant boards transform from blank canvases into colorful products of teamwork.

Visit islandsummergames.com for more information. —Kaylee Strachan



» Dodgeball is one of seven sports played at the Island Summer Games in Victoria, British Columbia.

» DODGEBALL has roots around the world, including in 16th century England, and in ancient Greece, where a game called *ostrakinda* involved children tossing a shell to determine who should chase whom.



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SUMMER SYMPHONY SERIES IN SAN DIEGO

» **Talent flows through** the San Diego Symphony's Bayside Summer Nights concert series as singers such as Grammy Award winner Patti LaBelle and Broadway star Megan Hilty

The concert series begins with a patriotic show June 29 and comes to a triumphant end on Sept. 2 with the symphony playing Tchaikovsky's *1812 Overture*, accompanied by real cannons.



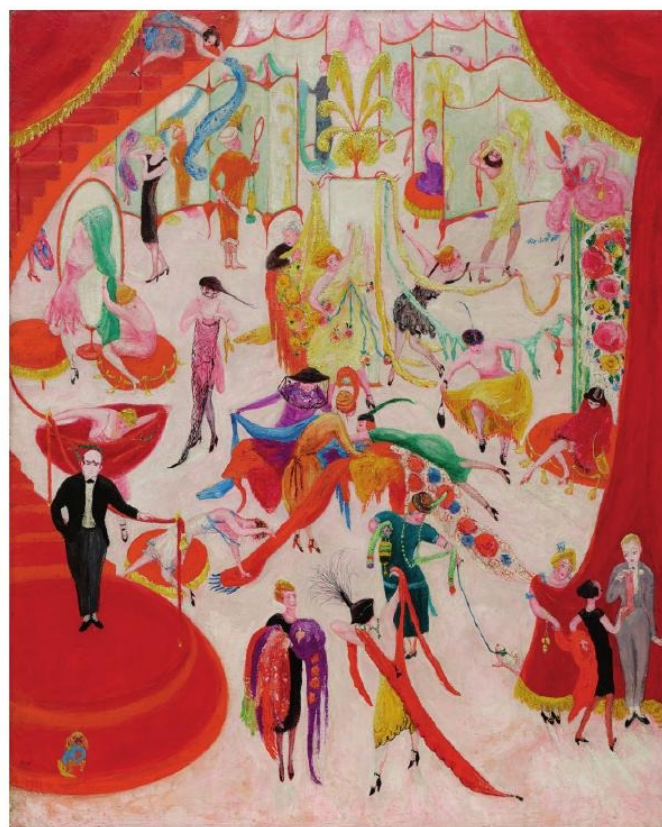
perform with the symphony. Other notable performers include singer Roger Daltrey from The Who.

The concert series will also feature the symphony playing the scores to movies as they're shown. For instance, *Harry Potter and the Goblet of Fire* will show Aug. 4–5, and *West Side Story* will show Aug 10. For more, visit sandiegosymphony.org/tickets-events/bayside2018.

—Megan Campbell

BOWLS FULL OF COLOR

» **In 1981, famed glassblower Dale Chihuly** had the idea to use all of the 300 colors he had in his Tacoma, Washington, hot shop. He began with charts, choosing one color for the interior of a piece, another for the exterior, and then he started combining colors in unexpected ways. The result was the Macchia series, which is on display in the "Macchia Forest" exhibition at the Wiener Museum of Decorative Arts near Fort Lauderdale, Florida, through Dec. 31. The exhibit features 20 floral-shaped bowls that showcase Chihuly's unique blending and layering of colors. For more information, visit wmoda.com. —Megan Campbell



'BEAUTIFUL CHAOS' IN PHILADELPHIA

The era of modern art in the United States was full of stylistic diversity that curators at the Philadelphia Museum of Art describe as "beautiful chaos." The museum's "Modern Times: American Art," through Sept. 3, showcases the artistic breadth of the period, from Florine Stettheimer's *Spring Sale at Bendel's* (above) to Georgia O'Keeffe's abstract *Red and Orange Streak* to works by Marsden Hartley, Jacob Lawrence and Horace Pippin.

The exhibition explores the period from 1910 to 1950 when a diverse array of artists addressed life in America in a new visual language of colors and shapes. For more, visit philamuseum.org/exhibitions/866.html. —Megan Campbell



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A WIDE-OPEN CHAMPIONSHIP

The U.S. Open Championship is one of professional sports' great meritocracies—this year, 9,049 golfers entered, which is the eighth most in the tournament's 118-year history. Sure, local and sectional rounds have winnowed the field down to 156 players actually vying for the second major of the season. But the U.S. Open is a championship—taking place at Shinnecock Hills Golf Club in Southampton, New York, June 14–17—that lives up to its name. U.S. Open champions such as Rory McIlroy, Jordan Spieth and Tiger Woods, and 2018 Masters champion Patrick Reed, are competing against qualifying amateurs and other professionals. At last year's U.S. Open, Brooks Koepka won his first-ever major.

Shinnecock, a links-style course, has hosted the U.S. Open four times, most recently in 2004, when South African Retief Goosen won. For more, visit usopen.com. —Andrew Waite



Brooks Koepka.



CLASSICAL SOUNDS IN SITKA

Organized in 1972 by acclaimed Alaska violinist Paul Rosenthal, shown above left performing with Navah Perlman and Jia Kim in 2017, the Sitka Summer Music Festival features internationally renowned musicians playing melodies that dance along the picturesque Sitka Sound. The lineup for this year's festival, June 5 to July 1, includes Grammy Award-winning Virginia cellist Zuill Bailey, Puerto Rican violist Christian Colberg, Russian pianist Yuliya Gorenman and Spanish pianist Alfredo Oyágüez playing for more than 2,700 attendees.

Performances rotate on a weekly schedule. For instance, on Wednesdays, the setting is the Mean Queen cocktail and pizza cafe. On Thursdays, Bach classics serenade a lunch at the Odess Theater, where families can bring their own boxed lunches. Friday and Saturday evenings feature the music of Chopin, Brahms and Mozart in Harrigan Centennial Hall overlooking the water. The music festival is sponsored by Alaska Airlines. For more information, visit alaskaclassics.org. —Megan Campbell

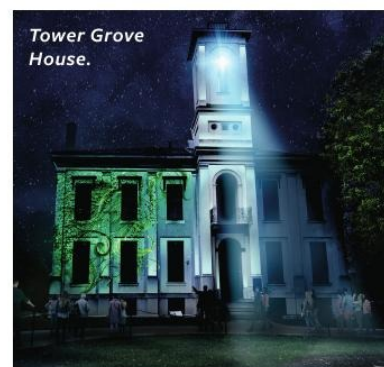
MISSOURI GARDEN LIGHTS UP AT NIGHT

» During **Flora Borealis**, the Missouri Botanical Garden in St. Louis becomes especially luminous. From 7 P.M. to 11 P.M., June 29 to Aug. 26 (closed Wednesdays in July), guests can take a 1-mile nighttime journey through the garden grounds, which are enlivened with cinematic images and lighting.

Guests can control the interactive lighting elements near the Climatron,

which is a 70-foot geodesic greenhouse dome with a tropical-themed rainforest; hear the garden's trees whisper their stories through a custom soundscape; and admire light and art projections at the historic Tower Grove House, which is the restored country residence of the garden's founder, Henry Shaw.

For more, visit events.missouribotanicalgarden.org/flora. —Michaela Ware



Tower Grove House.

» THE FEED THE MIX



GROVE GROOVES

» **Grammy Award winners** Peabo Bryson and Ziggy Marley are among the 18 or more performers expected for San Francisco's 81st Stern Grove Festival, which kicks off June 17 and continues with 10 Sundays of free concerts.

Other performers playing in the Sigmund Stern Recreation Grove are singer Jeffrey Osborne, Brazilian singer Flavia Coelho, Indian musician Anoushka Shankar, the San Francisco Ballet and the San Francisco Symphony.

The festival also offers a number of educational opportunities. During "Kids Days" programs, children can learn about music and dance styles such as Bhangra dance from India and Bomba music and dance from Puerto Rico. "KidStage," available to all ages, including adults, offers a variety of dance lessons, instrument exploration and lectures led by artists.

For more information, visit sterngrove.org. —Kaylee Strachan

Barrels of Fun in SLO County

When wine barrels are made, their insides are often toasted—either in an oven or with an open flame. This process mellows the tannins in the wood and helps shape the taste of the wine.

At Roll Out the Barrels, June 21–23 in San Luis Obispo County, California, a master cooper is demonstrating barrel toasting and explaining the process. The seminar takes place during the festival's Barrels in the Plaza, which also includes tastings of wines produced by more than 30 San Luis Obispo Wine Country wineries, such as Autry Cellars and Chamisal Vineyards, in historic downtown San Luis Obispo.

Other Roll Out the Barrels events include Passport to SLO Wine Country, during which attendees can visit wineries for tastings and open houses while keeping track in a "passport" booklet.

For more information, visit slowine.com/events/roll-out-the-barrels.php. —Kaylee Strachan



THE BARD IN BOULDER

» **The Colorado Shakespeare Festival** at the University of Colorado Boulder began in 1958 with a determined Elizabethan-theater scholar, a cast of unpaid students and a grass stage. Now, in its 61st season, the Colorado event, which is one of the nation's oldest Shakespeare festivals, continues to present great theater. This year's summer season, June 8–Aug. 12, includes performances of *Love's Labour's Lost* and *Richard III* by William Shakespeare; *Cyrano de Bergerac* by Edmond Rostand; and *You Can't Take It With You* by Moss Hart and George S. Kaufman. Venues include the Mary Rippon Outdoor Theatre and the University Theatre on the campus that is situated about 30 miles northwest of Denver.

In addition to being an annual event, the Colorado Shakespeare Festival also is a professional theater company with an educational-outreach program, and it's one of the few theater companies to have completed the entire Shakespeare canon twice. For more information, visit coloradoshakes.com. —Michaela Ware



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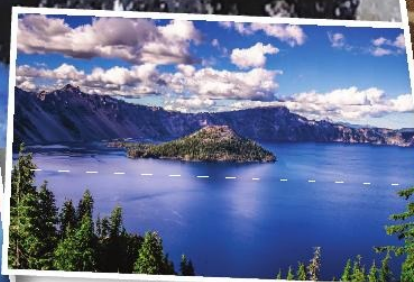
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2020 VISION

Decathlete Jeremy Taiwo prepares for the next Olympic Games

By Jim Caple

» The decathlon may be the world's toughest, most demanding athletic endeavor. Over the course of just a few days, you must compete in 10 events, which include throwing a 16-pound shot put, pole-vaulting and running 1,500 meters. It's no wonder decathlon champions have been referred to as the world's greatest athletes.

Jeremy Taiwo, 28, has firsthand experience with the rigors of being a high-level decathlete. The Seattle-area native represented the United States in the sport at the 2016 Rio Olympics—and finished 11th. Prior to that, he won the 2011 Pac-10 decathlon championship as a student at the University of Washington. He won that competition in spite of a torn ligament in his right elbow. His elbow ached so much that he threw the javelin left-handed even though he is right-handed. To do so, he kept telling himself, "I am left-hand dominant."

Taiwo feels that the mental challenges of the decathlon are comparable to the physical demands. "You need that scientist brain," he says, referring to how a decathlete needs to take an analytical approach to events—breaking them down to focus on what needs to be done, and thinking positively. He notes that he often has conversations with himself, saying, "I can do this." And he can. And he does.

"The decathlon is so much fun," he says. "It's the most challenging thing I've done, both physically and mentally. And I've learned so much about myself."

Taiwo speaks English, Spanish and Portuguese, and has an intriguing family background. His dad, Joseph Taiwo, from Nigeria, was a two-time Olympic triple jumper. His mother, Irene Botero, is a lawyer from Washington state. The two met while attending Washington State University.

"I kept telling myself from when I was 4 years old: 'I want to be like my dad. I'm going to be an Olympian.' And it just happened that I'm in the hardest event, competing to make the hardest team," Taiwo says. "I'm very happy with that."

As important as the decathlon is to him, Taiwo says he might eventually play Australian Rules Football. He also

plans to work eventually in public health and community outreach, building from his college major in Latin American studies and minor in global health. For now, he's focusing on the decathlon at the 2020 Tokyo Olympics.

Taiwo also gives motivational talks at schools, often talking about decathletes the students should know about, such as Jim Thorpe, the first Native American to win a gold medal.

"I feel like a big part of why I'm a decathlete is that I know how special it is to have these abilities," he says. "I've seen so many good athletes not have any kind of work ethic, and I've seen athletes with all the work ethic in the world, but they don't have the capacity to succeed because they don't have the abilities. So if I have both, I have to do it. It's my obligation."

Alaska Airlines is cheering on Jeremy Taiwo as he prepares to qualify and compete at the 2020 Olympic Games. The airline is helping Taiwo with some of the challenging logistics he faces as a top-level decathlete—such as transporting poles, shot puts and other gear to competitions. Visit jeremytaiwo.com to learn more about Taiwo and his work to achieve Olympic glory. ✈



» Jeremy Taiwo represented the United States in the decathlon at the 2016 Summer Olympics in Rio. He placed 11th.

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RESIDENCES

DAY 1

» The Golden Gate Bridge, with its Art Deco styling, 746-foot towers and burnt-orange paint, is as vibrant as San Francisco itself.



As a resident of the City of Angels, Mark Miller (wearing sunglasses) has won hearts with his photos of adventure, love and delicious eats. Together with his boyfriend, Ethan, he showcases exploration and fun in Los Angeles. Mark and Ethan traveled to San Francisco Pride last year (this year's event is June 23–24) as part of Alaska's #WeekendWanderer series. For more #WeekendWanderer posts, be sure to follow @alaskaair on Instagram.

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SAN FRANCISCO CELEBRATION

» **What are weekends for** if not to wander?

Those two (sometimes three) days of freedom at the end of the week promise whatever adventures your mind can dream up. Maybe it's a product of following a Monday-through-Friday schedule during my 17 years in public school, but even now, with a freelance work schedule, I view the weekend as an unfiltered escape from the everyday.

That's why, when presented with the opportunity to wander someplace new for a weekend, Ethan and I embraced it with zero hesitations. And that was before we even knew where we were going—San Francisco during its Pride celebration. As a recent transplant to Los Angeles, I couldn't wait to visit the foggy sister city to the north. As a person who also happens to be gay, I couldn't wait to experience the draw that is San Francisco Pride.

The city is home to so much LGBTQ+

history, and I couldn't think of a better place to celebrate how proud I am to be able to live my truth with the man I love at my side.

Maximizing the few days we had, we captured the rhythm of the city in moments. A foggy hike along the coast at Lands End. A day in the sun at Mission Dolores Park. A cocktail above the city at The View Lounge at the Marriott Marquis. A night out dancing in the Castro. A huge square slice at midnight at Golden Boy Pizza.

Regardless of how many unforgettable memories we made this weekend, what will stick with me most are the many smiling faces. Our three days in San Francisco were pure jubilation, with more than 500,000 visitors coming into the city to take part in the celebrations. So many people—different, yet the same—coming together to say to whoever is listening, “You are valid. You are wanted.”

DAY 2



Colorful row houses create an architectural aesthetic that is distinctly San Francisco.



We spent the day in Mission Dolores Park enjoying all the sunshine and self-expression.

DAY 3



The streets of San Francisco radiate happiness and acceptance today. More than half a million people came into the city to show their support.



I found this peaceful scene of a gull flying amid sailboat masts in the San Francisco Marina. It marked a quiet moment in a weekend of nonstop fun.

A CULTURAL GATEWAY

Historic St. Louis offers a variety of Midwestern charms

By Jeannette Cooperman

» Known as the Gateway to the West,

St. Louis was a starting point for Americans who were part of the westward expansion of the United States. Today, the city is also celebrated for its rich culture, music and restaurant scene.

St. Louis' most famous landmark is the Gateway Arch, commemorating the city's role in the nation's growth. Part of Gateway Arch National Park, the 630-foot-tall monument was built in 1963 and is reportedly the world's tallest arch and one of the tallest human-made monuments in the Western Hemisphere. You can ride an internal tram to the top of the arch for a breathtaking view of the area.

The park has been refurbished, and its underground Museum of Westward Expansion is scheduled to reopen in July.

Other attractions include the Missouri Botanical Garden, among the oldest botanical gardens in the nation; Laumeier Sculpture Park, with more than 70 sculptures on the grounds; and the Cathedral Basilica of Saint Louis, home to some of the largest mosaics in the world, which cover much of the interior of the cathedral and depict religious figures and motifs. The mosaics are made from more than 40 million pieces of glass that feature 7,000 different colors.

This summer is the 100th season of the Municipal Theatre Association of St. Louis, better known as "The Muny," one of the nation's oldest and largest outdoor musical theaters. The Muny, which can hold about 11,000 people, is famous for its huge-scale productions and for the nearly 1,500 seats in the back of the roofless theater that are free and are on a first-come basis.

The Muny is located in Forest Park, a 1,371-acre green space. The park is home



» THE FEED WHEN IN ST. LOUIS

to a variety of cultural institutions, including the Saint Louis Art Museum, which is the first North American museum to host the exhibition “Sunken Cities: Egypt’s Lost Worlds,” on display through September 9. The exhibit includes artifacts and sculptures that are up to 18 feet tall and are from two ancient Egyptian cities that were found underwater in the Mediterranean Sea.

Near the art museum is the well-known Saint Louis Zoo, one of the nation’s leading zoos and a significant player in animal conservation efforts. The park is also home to the Missouri History Museum, which has an exhibit about the 1904 World’s Fair, which was held in Forest Park. Adjacent to the park is the Saint Louis Science Center, with a planetarium and a four-story Omnimax Theater.

If you’re a baseball fan, then you know St. Louis is the center of Cardinal Nation. One of



Music runs through the city as strongly as the Mississippi current. Drop by Jazz at the Bistro for an intimate musical experience. Authentic blues can be found at the National Blues Museum, which has exhibits on the history of the musical genre and features a regular lineup of top musicians. Later, drop by BB’s Jazz, Blues and Soups.

There are also blues cruises on select Thursday evenings during the summer. You can ride a riverboat down the Mississippi while enjoying some of the region’s best music. ✈

» **Clockwise from far left:**
The world-famous Gateway Arch;
the vegetable-forward dishes at
Vicia restaurant; popular Pappy’s
Smokehouse; a visitor enjoying the
seal and sea lion exhibits at the
Saint Louis Zoo.



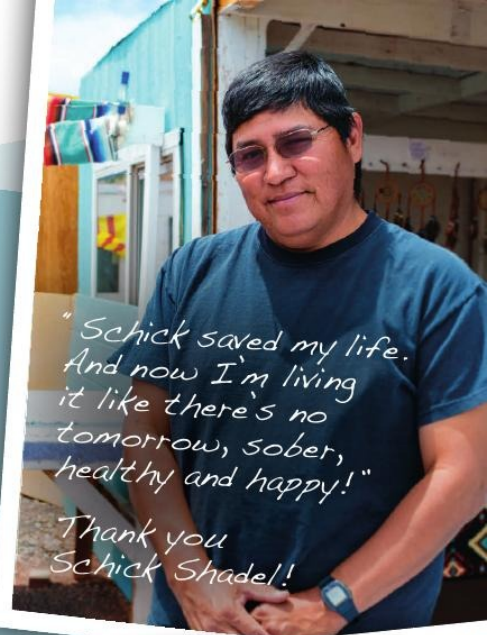
Major League Baseball’s greatest franchises—with 11 world championships—the St. Louis Cardinals play at Busch Stadium. Stop by for a game, and enjoy the views and the history.

When it comes to food, this is barbecue country. Two of the city’s best are Bogart’s Smokehouse and its sister restaurant, Pappy’s Smokehouse, both known for cooking briskets for 14 hours.

For a change of pace, try the Vicia restaurant, which focuses its dishes on locally grown vegetables. Other great options include any of the five restaurants owned by the James Beard Award-winning chef Gerard Craft, or Zoë Robinson’s three bistros, including I Fratellini.

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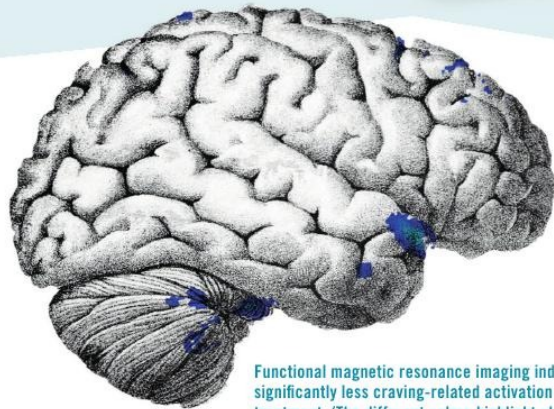


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» The Old State House, left, is one of the stops on Boston's Freedom Trail. Above, a re-enactor leads a tour on the trail, which is marked by a red line and plaques, below.

FOOTPATH OF THE FREE

Walking the Freedom Trail in Boston

By Steve Jermanok

» **One of the finest purchases** I made upon arrival in Boston more than two decades ago was an inexpensive copy of Charles Bahne's *The Complete Guide to Boston's Freedom Trail*, found at the Boston Common Visitor Center. With this guidebook in hand, I walked the 2.5-mile trail—marked by a line of red bricks or paint on the pavement—and stopped in front of the 16 historic sites to read about each place's significance.

More recently, I decided to upgrade my experience with a tour offered by the Freedom Trail Foundation, a nonprofit organization that has helped promote and preserve the trail since 1964. A fellow dressed in Colonial garb and Ben Franklinesque spectacles sauntered up to start the tour, and then—firmly in character—delivered anecdotes at various sites as we walked (such as an explanation of the speech at the Old State House that proclaimed “Taxation

without representation is Tyranny!”) I was entranced. The foundation's Freedom Trail Players—dressed in historical costumes—guide a variety of tours on various aspects of Revolutionary-era history and beyond. The foundation offers maps, an app and an audio tour on its website.

The history of America's independence is woven into the fabric of present-day Boston. The final resting spots of John Hancock, Paul Revere and Samuel Adams are in the Granary Burying Ground, one of my favorite stops on the route. The Freedom Trail also takes you past such revered markers of American independence as the Old South Meeting House. On December 16, 1773, thousands came to the meeting house, spilling out into the streets to protest the Tea Act. There is the Old North

Church, where Paul Revere's friend Robert Newman was, according to Henry Longfellow's poem, instructed to hang lanterns in windows: “One, if by land, and two, if by sea.” (Details about the story remain in debate to this day.)

And there's Bunker Hill, where colonists were, at least according to legend, ordered not to fire on the British “‘til you see the whites of their eyes.” The trail also leads to some of Boston's most cherished neighborhoods: Beacon Hill, with its centuries-old brick architecture and village squares; North End, with its winding streets and lively Italian community; and Charlestown, home to the celebrated ship *USS Constitution*, also known as Old Ironsides.

My advice: Take the trail slowly, in parts. And go with a good guide—especially if the guide wears breeches. Visit thefreedomtrail.org. ✈



Lee Fisher

POSITION: Manager, Gatehouse & Equipment Control

LOCATION: Anchorage, Alaska

DATE HIRED: May 21, 2003

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SEASIDE IN SALEM

By Steve Jermanok

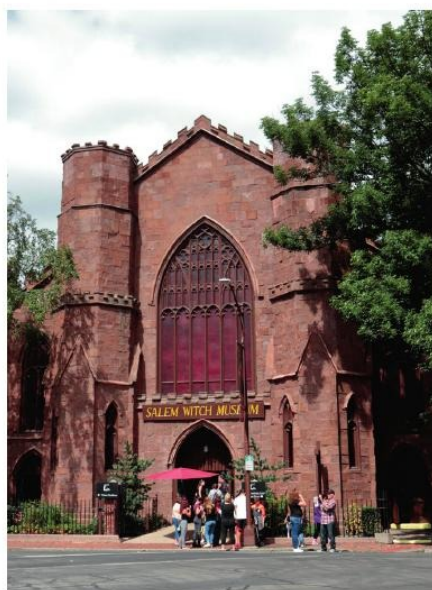
» It was inside the giant manse that Nathaniel Hawthorne made famous in his 1851 novel, *The House of the Seven Gables*, that I first thought that ghosts *might* just be real. When I tried to record notes about the site on my audio recorder, the device didn't work. I went outside, and the recorder worked fine. Back inside, I had no luck. *Hmm*.

Salem is famous, of course, for dubiously occult goings-on. It's the place where, in 1692, 20 people were tried and then executed as witches. Yet spend a day in this coastal town about 16 miles northeast of Boston and you'll come to appreciate a broader history, as well as modern-day enticements.

Salem flourished during the 17th and 18th centuries as a seaport for merchant vessels that circled the globe. Sea captains erected homes on the waterfront, including the house that Hawthorne immortalized.

Emulating the seafaring souls of old, you can venture to Salem via ship. Board the Salem Ferry at Long Wharf in Boston, and smell the salty air as you motor out of Boston Harbor, then enjoy sights such as the estates that line Marblehead Peninsula. About 45 minutes after departing, you'll arrive in Salem's harbor. Find the famed seven-gabled house a short walk from the dock, and, afterward, cross the street to Ye Olde Pepper Candy Companie, which dates its origins to 1806 and claims to be America's oldest candy company.

The must-see destination for most visitors is the Salem Witch Museum, where you'll learn details about Colonial mass hysteria. In a huge room, 13 life-size figures are illuminated, as an audio narration plays. The exhibit gives an overview of events from the winter of 1691–1692, when a group of girls began to feel violent afflictions, and accusations of witchcraft arose. The afflictions soon spread, and so did the condemnations, until approximately 150 people were accused and imprisoned. The



» The House of the Seven Gables, top, is a landmark made famous by a literary classic. Salem's Peabody Essex Museum, above, has terrific exhibits about maritime history. The Salem Witch Museum tells of a darker past.

trials finally ended when the rules for evidence changed, and the remaining prisoners were cleared and eventually released.

Another Salem highlight is the collection at the Peabody Essex Museum. Established more than two centuries ago, the museum displays artifacts from the town's trade-center heyday and beyond. There are wares from China, Japan and India; Native American crafts; and New England maritime art. Don't miss the museum's

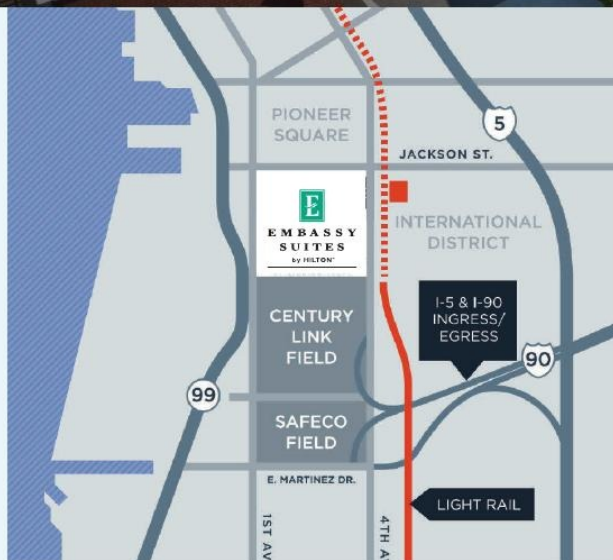
Yin Yu Tang house. Originally built in southeastern China during the Qing Dynasty, this Chinese merchant's house was purchased from his descendants and sent to Salem in pieces.

Down the street is one of the latest properties to open in town, The Hotel Salem, along with its street-level restaurant, Counter. Try a double-beef burger before your voyage back to Boston. Or get a room and spend the night. Don't worry—no ghosts or witches here. ✈



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CHERRY PICKED

By Naomi Tomky

» Showers of pink cherry blossoms mark spring's arrival in the Northwest, and then summer rushes in, red and bold, with a bounty of fruit from the same trees. Around the region, chefs integrate the sweet, plump fruit into menus reflecting culinary inspiration from around the world.

"Cherry trees have such presence," says chef Bonnie Morales, the owner of Eastern European-inspired **Kachka** in Portland. Russian cuisine, she says, shares a love of cherries with her adopted hometown. Local tart cherries are folded into imported sour-cherry syrup for dumplings called *vareniki*, a Ukrainian specialty. "I love being able to use what is natural, abundant and best in the Northwest—strawberries, chanterelles, cherries," Morales says.

The cherry's versatility helps it find its place in global dishes, including a version of Japanese ponzu sauce crafted by Mutsuko Soma, chef

and owner of Seattle's **Kamonegi**. Local Bing cherries are pitted, then soaked in the house-made ponzu for three days, which keeps the cherries crisp and bright. The burgundy ponzu is then used in a vinaigrette for kale salad, served with a pickled cherry on top.

Like Soma, Emme Ribeiro Collins will apply the fruit's sweetness in savory dressings, in her new **Alcove Dining Room**, opening mid-June in Seattle. "It has a nice, rich flavor that adds a hint of tanginess," she says of the cherry, which will be incorporated into Alcove's Brazilian-inspired menu.

For example, the hearty texture works well in salsas for fish or other meats; other fruits might turn mushy or soft, Collins notes. The cherry's seasonality reminds Collins of her childhood in Brazil, "where most of the native, tropical fruits are only available for a short amount of time," she says. ✂

CHERRY SALSA

Courtesy of Emme Ribeiro Collins, Alcove Dining Room

2 cups pitted cherries, roughly chopped

¼ cup fresh cilantro, chopped

¼ cup red onions, small diced

¼ cup bell pepper (any color), small diced

1 serrano pepper, seeded, finely chopped

¼ cup fresh-squeezed lime juice

¼ cup vegetable oil

1 tablespoon honey

¼ teaspoon cumin

¼ teaspoon black pepper

Salt to taste

Combine all ingredients in a large bowl. Cover and refrigerate for at least 30 minutes before serving.

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CHERRY CHEER

By Naomi Tomky

» Cherries typically meet cocktails in a jarred maraschino form. But summer is fresh cherry season, when red Bings, Vans and Lapins ripen. Seeking ways to use more fresh ingredients in place of expensive bottles of liquor and liqueurs, cocktail writer Maggie Hoffman realized that a fresh cherry's bass notes, deep flavors and tannins can stand in for things such as wine or vermouth in cocktails.

"Cherries have a backbone," explains Hoffman, author of *The One-Bottle Cocktail*, which includes a recipe for "She's My Cherry Pie," from Charleston-based bartender Shaun Gordon. In Gordon's recipe, the fruit is blended with ginger, molasses, light rum and fizzy kombucha. Blending in this manner is the easiest way to use cherries in a cocktail, along with muddling (pressing cherries against the side of the glass with a muddler, a bartender's tool used like a pestle), Hoffman says.

Cherries are muddled right into a caipirinha, along with lime, demerara sugar and cachaça at Employees Only in Los Angeles. "Most people don't mix cherries with Brazilian ingredients, but the tannins work really well," says owner Dushan Zaric. Well enough, he reports, that when Martha Stewart and her crew visited Zaric's previous restaurant serving caipirinhas, they ordered a round.

In Zaric's home country of Serbia, the coast is laden with sour cherry trees, he says. While Serbian bartenders have long used those cherries in liqueurs and brandying, Zaric looks for new ways to incorporate both sour and sweet cherries.

When using the fresh fruit, Zaric blends or cooks with a bit of sugar, lemon or lime juice to truly bring out the taste. "If you just mix cherries with rum or vodka, you're not getting enough fruit flavor," he says. Sugar in cocktails is like salt and pepper in cooking, he notes.



A pitcher of "She's My Cherry Pie," a summer punch that pairs well with barbecue, says author Maggie Hoffman.

No matter the cherry type, "Drink the way you cook; taste as you go," says Hoffman. Add some lemon juice to make it sour or sugar to sweeten, she says.

To start experimenting with the fruit, she advises cherry enthusiasts to simply muddle four cherries into the bottom of a cocktail shaker, then make their favorite cocktail in the same shaker, be it a negroni or a whiskey sour. "This adds just a bit of cherry character to the drink," she says. ✂

DRINKS FROM THE SOURCE

"I like muddled cherries with vodka, mint and crushed ice," says Katy Klein of Oregon's Hood River Cherry Company, who prefers dark, sweet and slightly crunchy Bings. Her husband and co-owner, Brad Fowler, makes brandied cherries with Lapins: "Fill a quart jar with cherries, add brandy, let it sit for six months in the fridge, then pour over ice."

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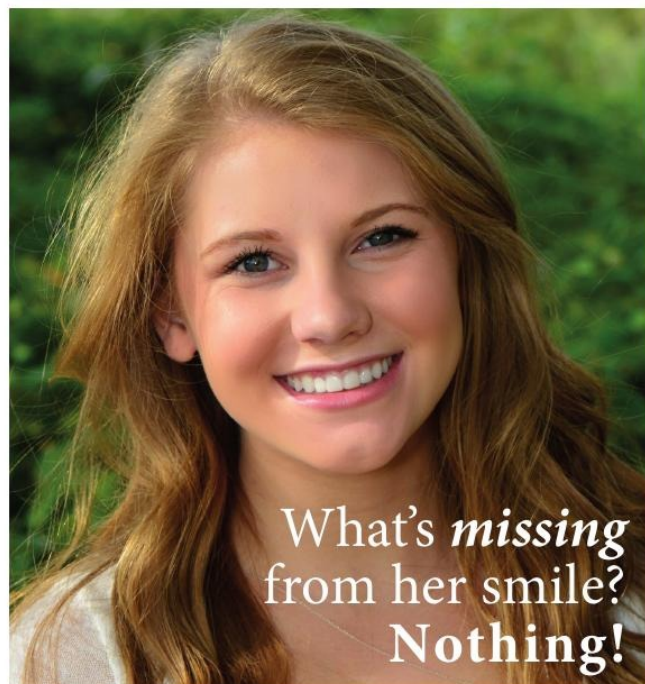
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- Jordan

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TOP MOUNTAIN-BIKING TOWNS

By Kaylee Strachan

» From downhill to cross-country, more people than ever are strapping on helmets and taking to mountain-biking trails. Ski resorts and mountain areas are increasingly transforming paths and opening up trails to accommodate two-wheeled adventurers. The following are some of the top cities in the West for mountain biking.



» Bend, Oregon:

With more than 277 miles of mountain-biking trails in the area, Bend has long been a center for mountain bikers of all abilities and styles. The town is gearing up for The Best of Both, a bike race that combines road cycling and mountain-bike riding. The event takes place June 16 this year on the maintained trails of Wanoga Sno-Park.

Bellingham, Washington:

Mountain bikers will enjoy the 65 miles of trails on Galbraith Mountain, southeast of the city. Spanning more than 2,800 acres, Galbraith caters to all biking styles. Nearby Lake Padden is the site of the Queens of Dirt Mountain Bike Race, September 22. The event is open to adult and junior women riders.

Sun Valley, Idaho:

The resort area has more than 400 miles of singletrack trails, including lift-accessed cycling trails that run from the summit of Bald Mountain to its base. The Sun Valley Enduro race is scheduled for August 4 this year. Enduro races involve a series of multiple-timed stages, testing a rider's technical and physical abilities.

» THE FEED
LIKES



» Park City, Utah:

Designated as one of the world's first Gold Level Ride Centers by the International Mountain Bicycling Association, Park City offers access to more than 400 miles of trails. Park City is the site of the 75-mile Point 2 Point mountain-bike race, being held September 1. The event attracts some of the world's top mountain bikers.



» Downieville, California:

This small gold-rush town has established itself as a mountain-biking center, home to the Downieville Classic bike race and festival, August 2-5 this year. The festival includes a 29-mile cross-country and a 15-mile downhill race. Riders and visitors also come to enjoy the food booths and festival events. ✈

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SUN SCREENS

Start summer with a full-spectrum wardrobe of UPF and SPF clothing

By Kate Calamusa

» Whether you're enjoying a beach vacation or lounging on the back patio this summer, these UPF and SPF (ultraviolet- and sun-protection factor) fabrics will help protect skin and have you soaking up the sun in style.



Complete with a comfy mock turtle-neck and raglan sleeves, the quick-dry **Men's WaterShade Rash Guard** by Seattle-based Sun Precautions also boasts lightweight four-way stretch fabrication, making it a fit for warm-weather sports such as surfing or wind-sailing (\$94.95; SPF 100+; solumbra.com).



The **Global Adventure Packable Hat** retains its shape even after being tucked into a suitcase corner. From Portland-based Columbia Sportswear, the women's sun hat combines effortless, easy-breezy style with a sweat-wicking headband, wide brim and faux-leather strap to keep you covered even on windy days (\$30; UPF 50+; columbia.com).



This comfortable **Women's Pareo wrap** from Minneapolis-based Coolibar converts to a skirt, shawl or dress. Crafted in light, breathable polyester with sweet scallop trim, the piece easily transitions with you from surfside strolls to barside surf and turf (\$69.50; UPF 50+; coolibar.com).



Made from a high-performance, sweat-wicking recycled nylon fabric, the sleek **Sunlover UPF Tulip Back Tee** from San Francisco's Athleta works for errands or exercise. The overlapping back drape adds ventilation to beat the summer heat (\$54; UPF 50+; athleta.gap.com).

The **Okana Short** from prAna is crafted to go from sand to sea, thanks to an interior boy short brief made of swimwear fabric. Braided spaghetti ties and whimsical yarn details channel the California cool this Carlsbad-based brand is known for (\$55; UPF 50+; prana.com).

Meet your new go-to summer dress. Accented by a coral, magenta and tangerine tassel fringe at the waist, the **Porter frock** from Chicago's Mott50 is as fresh as a daisy in a pristine white hue, with a classic shift silhouette (\$178; UPF 50+; mott50.com).



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GEARED FOR TRAVEL

Family-friendly products to help when traveling with children

By Michaela Ware

» **Keep kids entertained and comfortable** on trips with family-oriented travel products. Portable, space-saving gear can reduce the trouble of lugging around clunky items and make adventures easier and more fun for children and their parents alike. Here are a few options.

Small Tranquilo Mat: This portable sleeping pad is designed to simulate the sounds and motions of a mother's womb through gentle vibrations and calming white noises. It brings the comforts of home to on-the-go slumberers, helping babies fall asleep and stay asleep. The small mat can be used in a carrier, stroller or car seat (\$84.99; tranquilomat.com).



Puro Sound Labs BT2200 Volume Limited Kids' Bluetooth Headphones: Keep kids entertained while helping to protect hearing with studio-grade sound and ambient-noise reduction. Volume is limited without sacrificing quality. Ear cushions help keep ears comfortable for long listening sessions. A carrying case helps for travel (\$99.99; purosound.com).



bbluv Döse Multipurpose Stackable Containers: These compact containers pack snacks and save space in your bag during vacations or for everyday excursions. The three compartments are easy to clean; dishwasher-safe; and described as free of BPA, PVC or phthalates—with a durable top cap to avoid breakage (\$9.99; bbluvgroup.com).



Lugabug: Convert your suitcase into a carrying device with this travel accessory that attaches to roller luggage and unfolds into a seat that can tote a small traveler without the need for a stroller. The lightweight, foldable seat makes traveling convenient and hands-free for parents as they navigate the airport. With a clip-on lap strap included for safety, this seat is recommended for children 2 years and up, with a maximum weight of 60 pounds (\$59; lugabug.com).



BubbleBum Backless Inflatable Car Booster Seat: This innovative seat is easy to inflate and deflate, and comes with a carrying bag great for travel. Use it for the cab or rental car ride right after your flight (not intended for inflight use). A belt-positioning clip is attached to help keep your young adventurer comfortable and secure (\$29.99; bubblebum.co/us).

MORE FAMILY GEAR

Chicco QuickSeat Hook-On Chair: This foldable chair clamps smoothly onto tables and eliminates the trouble of finding a high-chair. The fabric seat can be easily removed and hand-washed for the tiny messy eaters in your life (\$59.99; chiccousa.com).

Circle Home: Manage multiple devices to control content and screen time, with this compact gadget. Personalize online experiences by child, set bedtimes, and pause all internet with one click. Includes access to Disney media. Add a Circle Go subscription to manage devices on the move (\$99 for device; \$4.99/month for Circle Go; meetcircle.com).

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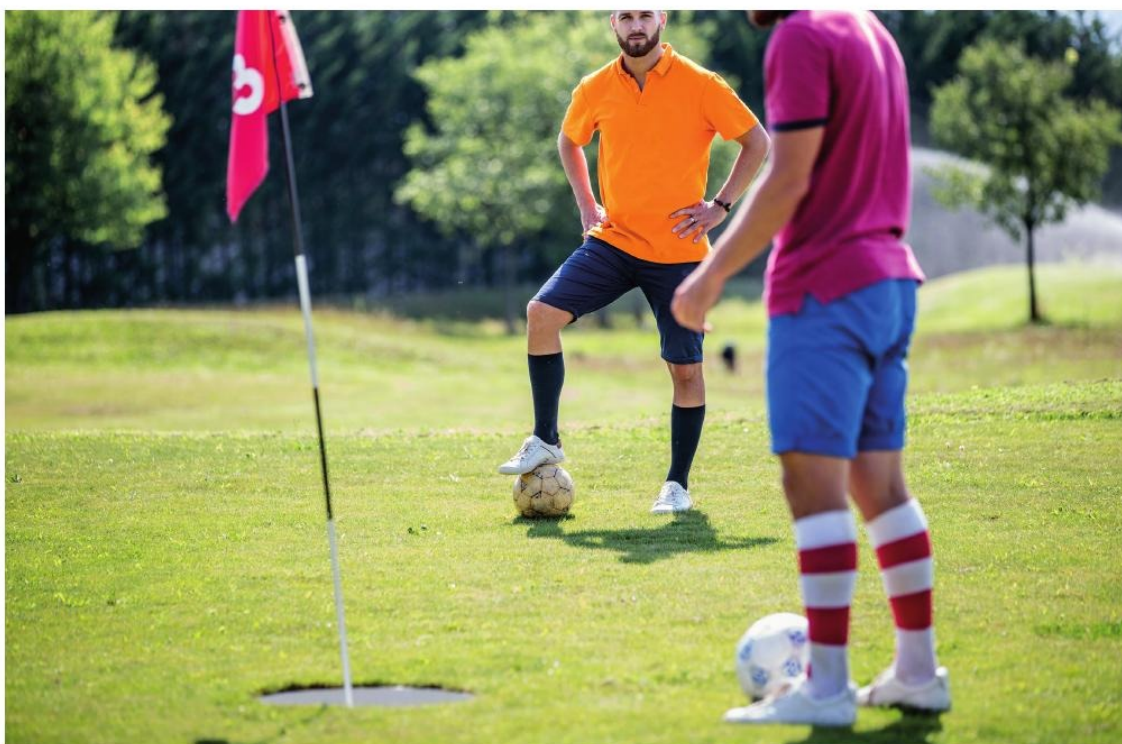
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A NEW KIND OF GOLF

By Ken Van Vechten

» If your local golf course has started to look a little like a soccer pitch, then you've been introduced to the sport of footgolf, a European import that has established a foothold in the United States within the past decade.

Still new to many golfers, footgolf involves kicking a soccer ball on a regular golf course, beginning from a separate teeing area, and then down the fairway and into a 21-inch cup cut on the edge of the fairway or just into the rough. Unlike traditional golf, the sport is growing, and the activity fills empty spots on tee sheets. Promoters also maintain that footgolf is drawing players who otherwise wouldn't be interested in being on a golf course.

The American Footgolf League counts more than 500 participating courses across all 50 states, with monthly play estimated at 10,000 rounds.

Footgolf contests are similar to golf. They involve 9 or 18 holes, and par ratings of 3, 4 and 5, depending on the hole's length. Some clubs with par-3 courses use the shorter routing to accommodate footgolf. A full-size 18-hole footgolf layout will typically measure 2,500 yards to 3,000 yards, less than half the length of an average golf course.

"It is a strategic game just like golf," says Nicole Adams, a

lifelong soccer player in her 30s who plays footgolf at River Ridge Golf Club in Oxnard, California. "It's just on a different scale. You have to assess how the ball will roll, and you need to set yourself up for the next shot. It is golf on a *giant* scale, and your foot is your putter."

It's also your driver, iron and wedge. Footgolf is played by all ages and skill levels. It's typically less expensive than golf, and the equipment needs are minimal. Wear cleatless shoes and bring a soccer ball, or rent one at the course.

While some golf purists may cringe at the thought, golf and footgolf aren't the oil-and-water combination many may believe. Courses have varying strategies to help the two sports coexist. Footgolf action typically starts in the afternoon, when golf play often decreases. It can be routed within a tighter space, so 18 holes of footgolf can be played within the footprint and time frame of 9 holes of regular golf. Some courses intersperse tee times for the two sports. Wigwam Resort in Litchfield Park, Arizona, even allows both sports to be played within the same foursome.

Footgolf: It might sound foreign, but after a few three "putts" and a shank, it will feel totally normal. ✂



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THE MOMENT FOR CLARITY AND INSIGHT

Honda is producing green vehicles with an eye toward the future

By Bengt Halvorson

» It is Honda's hope that by 2030, two-thirds of all its vehicles sold will have electric motors. The automaker is already working toward that goal with a new green-vehicle push. Its Insight, a compact sedan that slots into the lineup between the Civic and Accord, leads the way with a 50-mpg fuel-economy rating paired with impressive in-cabin tech and a plush, quiet interior. But the Insight isn't alone. The recently launched Clarity, a family of sedans sized closely to the Accord, offers models with different engine technologies: a plug-in hybrid, a fuel-cell version and a fully electric car.

Here's an overview of how these four vehicles fit into Honda's view of the future of green cars.



» 2019 Insight

How it works: The same two-motor hybrid system and 1.5-liter four-cylinder engine as the Clarity Plug-in Hybrid, but with only a small hybrid battery that the system uses to recover energy when braking. It releases that energy when accelerating and cruising and can go about a mile at a time with the gas engine off, in some cases, and achieve an EPA combined 50 mpg or better.

Driving range: N/A.

Power it up: Gas station with regular grade.

Who's a good fit: Those who don't want to worry about charging.

Availability: Nationwide, later this summer, for sale or lease.

Clarity Plug-in Hybrid

How it works: The 17-kWh battery can provide 47 miles of electric driving before the 1.5-liter four-cylinder engine even needs to start. After that, the model functions as a hybrid, with the system making 212 horsepower.

Driving range: 47 miles on electric; 340 miles factoring in electric mode together with the 7-gallon gas tank.

Power it up: In 2.5 hours with a 240-volt Level 2 charger—or fill it up at any gas station.

Who's a good fit: Nearly anyone. Charge it when you can, and the rest of the time you can treat it like any other gasoline-powered car.

Availability: Nationwide, for sale or lease.

Clarity Fuel Cell

How it works: Hydrogen gas fed into a fuel-cell stack reacts with oxygen and produces electricity that powers a motor—and the only operating waste is heat and water vapor. An electric motor with 174 horsepower and 221 foot-pounds of torque is assisted by a 1.7-kWh battery pack.

Driving range: 366 miles.

Power it up: In three to five minutes, from one of more than 30 California stations capable of dispensing hydrogen gas at 10,000 psi.

Who's a good fit: California commuters.

Availability: In California by lease, with Honda supplying credit worth up to \$15,000 of hydrogen gas for three years.

» Clarity Electric

How it works: A 25.5-kWh battery pack powers an electric motor that delivers 161 horsepower and 221 foot-pounds of torque.

Driving range: 89 miles.

Power it up: Fully with a 240-volt Level 2 charger (home garage or workplace) in 3.5 hours, or to 80 percent in 30 minutes with Combined Charging System DC fast charging.

Who's a good fit: Workers commuting in an urban setting. Honda says the average Los Angeles roundtrip commute is 42 miles.

Availability: California and Oregon, by lease only. ✈



Family Magic

DISNEY KEEPS THE FOCUS ON MAKING DREAMS COME TRUE • BY BEN RAKER



The top of Wren's head just barely nudges over the minimum-height line. We are queued up for the "Guardians of the Galaxy—Mission: Breakout!" attraction at Disney California Adventure Park, within Disneyland Resort.

Wren, 7 years old and the younger of my two daughters, is thrilled. I have some reservations. After all, this attraction was known as the "Tower of Terror" until it was revamped in 2017 to tie in with the *Guardians of the Galaxy* film series. And, if the imposingly tall structure isn't enough, the description of the attraction explains my lingering concern: "Big Drops, Thrill Rides, Dark, Loud, Scary."

We've been eyeing this giant structure since our family first arrived at Disneyland Resort a few days ago. The tower is one of the tallest landmarks across the resort's two parks—Disney California Adventure Park and Disneyland—so we spotted it easily from our deck at Disney's Grand Californian Hotel & Spa. My wife, Jessica, and older daughter, Ella, didn't want much to do with it. And I'm pretty ambivalent about "drop rides," though this one made me curious.

As for Wren: "Scary rides that are maybe bigger than I should go on—those are my style," she says.

I might not have picked this style for Wren, but I think it's cool that she's developing one. It seems to me that Disneyland is all about growing up and not growing up at the same time. It's a place that measures height qualifications but also values smiles and laughs and thrills; a place where success is determined by how many rides and attractions you can pack into a day, by how many family photos you can fit onto a camera card, by how far a kid can stretch her imagination—and also by how willing a grown-up is to become a kid again.

Disneyland is a place where children talk about the next cool land to explore, and grown-ups talk nostalgically about their first visits.

Disneyland Resort, itself, is always pushing boundaries, even as it strives to stay true to the essential elements that bring families back year after year. Some examples: On June 23, Disney California Adventure Park is opening Pixar Pier, a new park area that will include

Opposite page: The characters of Disney and Pixar features add charm and energy to a Disneyland Resort visit. Above: Wren takes on the new "Guardians of the Galaxy" ride in style, while the film's character Groot greets a group of kids.

features such as the “Incredicoaster,” honoring the June 15 release of the Disney•Pixar film *Incredibles 2*. And, continuing through September 3, Pixar Fest is celebrating a wide range of Pixar stories and characters with parades, fireworks and other attractions throughout both Disneyland Resort parks.

Additionally, Disney’s Grand Californian Hotel & Spa has been recently refurbished, and the Downtown Disney District of shops outside the parks is undergoing upgrades.

Back at the “Guardians of the Galaxy,” Wren becomes more subdued once we actually enter the tower. She’s aware that she’s the shortest person in the line that winds toward the elevatorlike “Gantry Lift” cars. We stay entertained while in line, watching video presentations and animatronics to learn the backstory, and how we will be helping the characters from the film: The Guardians have been imprisoned as museum pieces by a nefarious Collector, and we’ll help them escape. There are lots of other curiosities alongside the queue, as well: strange space creatures in tanks, futuristic gadgetry, assorted space-exploration memorabilia.

A Disneyland regular in line with us points out that the old abominable snowman from

Disneyland’s “Matterhorn” has been incorporated into the collection. Eventually, we’re ushered with others into a lift car. We get buckled into our seats; classic rock starts pumping (a soundtrack inspired by the film franchise’s “Awesome Mixtape”); and the ride begins.

Wren and I are both laughing and exhilarated by the time the “Guardians of the Galaxy” ride ends. It’s thrilling and absolutely fun, though we both have to pry our clenched hands from the rails when we’ve come to a stop.

Outside in the sun, I snap a photo of Wren standing tall next to the tower she’s just conquered. She talks about returning tomorrow with her mom and sister. She is literally bouncing up and down and beaming with pride. In that moment, she is suddenly a big kid measuring up to the fortress that looms behind us. But she is also awesomely, classically, a kid.



Iconic Disneyland design helps create an experience that is both fun and nostalgic at the Disneyland Hotel’s centerpiece pool area. Below: The Disneyland Monorail features *Incredibles 2* characters.



PRACTICAL TIPS

Get the most out of a visit to Disneyland Resort with these tips and tools.

● Download the App.

The official Disneyland app is available free from the App Store or on Google Play. This tool is especially handy for mobile information while you’re in the parks. The app allows you to buy tickets and scan a barcode for entry; check your location and attrac-

tion wait times on an interactive map; place dining reservations and orders; find characters; locate Disney PhotoPass photos; and more.

● **Feel the Magic.** Beat the crowds with an Extra Magic Hour, which allows early-admission access to one park or the other on designated days, for qualifying ticketholders.

● **Get Hopping.** Park Hopper Tickets allow

same-day access to both Disneyland Resort parks. Prices vary by date; multiday tickets are available, with options for an Extra Magic Hour with passes of three or more days.

● **Take a Pass.** Look for FastPass-distribution signs near the entrances to popular attractions; take a ticket; and return during the indicated time window to reduce your wait time. Or purchase

Disney MaxPass to make FastPass reservations on your phone (another reservation can be made at the time indicated on the app). MaxPass also allows access to Disney PhotoPass so you can download and share photos taken by park photographers or within certain attractions.

● **Be Their Guest.** Travelers staying at Disney’s Grand Californian Hotel & Spa, Disneyland Hotel

or Paradise Pier Hotel receive benefits that include Extra Magic Hours and easy park access (such as a designated entry at Disney’s Grand Californian).

● **Check the Latest.** Guests can check @DisneylandToday on Twitter, or use Facebook, Instagram, DisneyParks-Blog.com or Disneyland.com for planning and updates. —B.R.

My wife, daughters and I are staying at Disney's reimagined Grand Californian Hotel & Spa. Opened in 2001, this 948-room hotel, which is within Disney California Adventure Park, has an Arts and Crafts design that echoes the work of Frank Lloyd Wright. With its woodwork and boulder-size stonework, it also honors the feel of an expansive California lodge. In 2017, the guestrooms, lobby and pool area were all updated. Changes in the rooms included upgraded technology and artwork, and even new shower wands designed to help families wash kids quickly and get back to the parks. For upper-level rooms with concierge service, there is a convenient lounge with refreshments, as well as healthy, portable snacks for families to grab for a day in the parks. Other hotel highlights include the Mandara Spa, the Napa Rose restaurant, the Storytellers Cafe (featuring Character Breakfasts with costumed cast members), and the inviting Hearthstone Lounge.

My family particularly enjoys splashing in the three outdoor pools, which feature waterslides and two hot tubs.

One of the best family features for guests of Disney's Grand Californian—as well as the other two hotels within the Disneyland Resort complex—is access (with a valid park ticket and hotel key) to an Extra Magic Hour on particular mornings at both parks before the main gates open. Disney's Grand Californian has a designated entrance for hotel guests that we take advantage of. On our magic hour one morning, we head straight for one of the most popular attractions: "Radiator Springs Racers," in Cars Land, inspired by the Pixar *Cars* films. The street through the fantasy town—with an iconic Route 66 theme—is still nearly empty and in shadows. We enjoy the fun-loving race-car adventure that takes our six-seater on banked roads through an elaborate Southwest highway. My daughters cheer as our car wins the race!

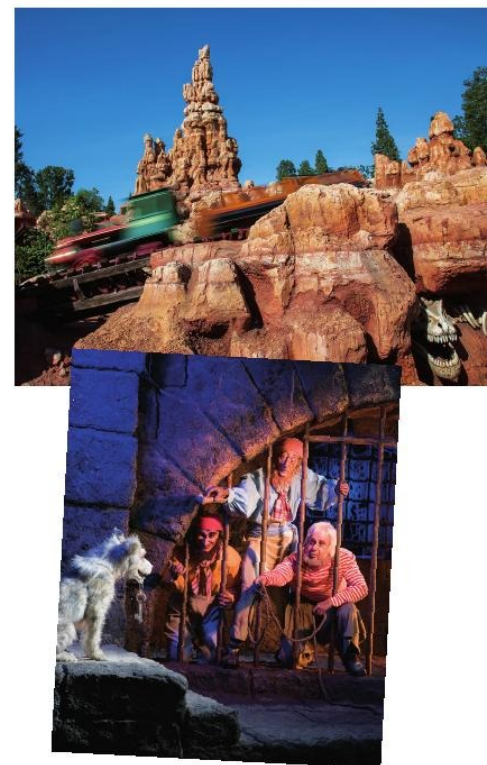
Cars Land is one of several areas added to the parks to celebrate popular films and characters created by Pixar Animation Studios. The award-winning studio, with its

characters especially well-recognized among young generations, is in the spotlight this year. Pixar Fest emphasizes the theme of friendship that is a common thread through Pixar films. It includes the Together Forever—A Pixar Nighttime Spectacular, which, with musical accompaniment, lights up the Disneyland Park sky this summer with fireworks and projections of characters on familiar landmarks—including a flyover of Sleeping Beauty Castle by Buzz Lightyear.

Part of the festivities is the revived Pixar Play Parade at Disneyland Park, with characters led by the Pixar Lamp and yellow Pixar Ball that open films by the studio. The Paint the Night parade, at Disney California Adventure Park, will feature more than 1 million LED lights. Among the floats will be one, starting in late June, that features the characters of *Incredibles 2*. Pixar Fest also includes a Pixar Shorts film festival, musical performances of tunes from the films, themed food and special merchandise.

Super-powered entertainment features prominently in the permanent attractions of Pixar Pier. Guests ride a high-speed coaster alongside the members of the Parr family, who—through lighting and special effects, and with themed music—play out a scene attempting to chase down the youngest family member, Jack-Jack.

The Incredibles is also the focus of the first "neighborhood" within the Pixar Pier space. Other neighborhoods are inspired by *Toy Story*, *Inside Out* and other Pixar movies. Also



From top: A train zips through "Big Thunder Mountain." Pirates of the Caribbean characters appear in the "Pirates of the Caribbean." Pixar Fest celebrates the stories created by Pixar Animation Studios.



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new: “Mickey’s Fun Wheel” transforms into “Pixar Pal-A-Round” with 24 freshly painted gondolas that feature Pixar character duos. Food spaces, midway games, character encounters and other activities will reflect the Pixar theme, as well, along with Pixar attractions such as Disney California Adventure Park’s Cars Land and Disneyland Park’s “Buzz Lightyear Astro Blasters.”

Along with the changes, many Disneyland classics remain familiar—often with some modern enhancements. The last time I went to Disneyland, I was in second grade. I remember the “Pirates of the Caribbean,” the “Haunted Mansion” and “Matterhorn Bobsleds,” and we enjoyed those classic attractions on our modern visit. One of my wife’s favorite rides is the boat trip through “Pirates,” which has decidedly old-school features, but also new aspects, such as Johnny Depp’s Jack Sparrow character in very lifelike animatronics.

Another distinct memory from my childhood visit to Disneyland was the Portrait Chamber of the “Haunted Mansion,” with paintings and walls that seemed to magically lengthen. My girls loved that effect, too. The chamber seemed essentially the same, though it had a modern sound system. And effects that appeared to put somewhat goofy-yet-ghoulish projections beside us must have been using newer technologies.

Some of the other longtime attractions—from the 1950s and ’60s—that our family enjoyed included the “Matterhorn Bobsleds” (now with an updated snowman) and “it’s a small world.” Among the other classics, we especially enjoyed “Big Thunder Mountain Railroad” because it was a thrilling roller coaster open to the sunshine. Then there’s “Space Mountain,” the “Indiana Jones Adventure,” the monorail, the nighttime fireworks spectacles. ... The list goes on and on. It’s why families keep coming back.

The common thread through our favorite Disneyland features—the rides, restaurants, entertainment and accommodations—is the impressive attention to detail. That precision

shows up in the scents of places you visit—such as the ocean air over Fiji—in the “Soarin’ Around the World” attraction; in the layers of faux sandstone in Cars Land; and in Disney’s Grand Californian lobby pianist playing *Hotel California* alongside *Let It Go* from *Frozen*. The essence of Disney is in the details.

Nearing the end of our time at Disneyland, my family and I head for another Disneyland fixture: “Pirate’s Lair on Tom Sawyer Island,” in Frontierland. We access the island by barge. Even though the park is hopping on this weekend afternoon, there is space on the island for kids to run around. There are no big drops or 3D graphics or animatronics here. Instead, there are winding passageways and caves to explore, paths leading to who knows where, sturdy rope bridges and the occasional collection of “pirate treasures” embedded in the rocks.

As my kids race off with others to enjoy a land powered by old-fashioned imagination, I stop to reflect. This is the day before Ella’s 10th birthday, and I can hardly think of a better way for her to spend the last day of her first decade than by just being a kid.

But I pause on this thought only briefly, because I want to run into the caves with my daughters and discover what treasures are hidden within. ✈

Ben Raker is associate editor.

COMING SOON

Here are a few new features coming to Disneyland Resort.

• More at Pixar Pier:

Disney California Adventure Park will see updates in connection with Pixar films.

• Changes in the Downtown Disney District:

The promenade of restaurants, shops and other venues outside the parks continues to evolve. Among the updates: Beer pioneer Ballast Point opens the first brewpub on Disney grounds this year; the World of Disney retail store gets a revamp.

• New galaxy, not far away:

Construction is underway for *Star Wars: Galaxy’s Edge*, a new land expected to open at Disneyland Park in 2019.

• Marvelous:

A Marvel-themed land is coming to Disney California Adventure Park in 2020. —B.R.





Compared to other US airlines, based on full-year schedule. Incredibles 2 ©2018 Disney/Pixar



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ENJOYING THE GLACIERS OF ALASKA

BY ERIC LUCAS

ALL AROUND ME is a torrent of sensations—noise, chaos and change, color and motion. I'm a half-mile into a trek on Alaska's Matanuska Glacier, about 100 miles northeast of Anchorage. The surface is a broad palette of color, from ivory snow to watermelon algae to the shimmering sapphire of exposed ice.

Water rushes everywhere in trickles and freshets and runnels and cascades.

A symphony of sound is erupting: the creaks and crackles and groans of shifting ice and, beneath our feet, the roar of hidden cataracts.

It's as vivid and immediate a natural experience as any on this planet.

But if you are philosophically inclined, Alaska's glaciers also represent abstract infinities—eons of time, trillions of snowflakes, unstoppable geological forces that





Hiking on Matanuska Glacier provides views of blue ice pinnacles and mountain peaks.

FROM LEFT: LYNN WEGENER / DESIGN PICS / GETTY IMAGES; PATRICK J. ENDRES / DESIGN PICS / GETTY IMAGES

break down mountains born long before the human race, long before the glaciers themselves.

The state's overall statistics are gargantuan: more than 27,000 glaciers (about 600 of them named by the U.S. Geological Survey), more than 30,000 square miles of surface area, 17,000 to 28,000 gigatons of ice. Alaska holds 0.1 percent of all the glaciers on Earth, which may seem small

until you realize that Greenland and Antarctica have virtually all the rest. Alaska's Wrangell-St. Elias National Park & Preserve north of Icy Bay contains the nation's largest glacial system, including Bagley Icefield, stretching 127 miles long, 6 miles wide and up to 3,000 feet deep.

But when you are actually on an Alaska glacier, none of these statistical superlatives come to mind. Physical immensity

gives way to sensory immediacy—even the air seems alive as you breathe it, a crisp atmosphere of ice vapor, mountain zephyr and hints of the dust that glaciers file off the rocks as they pass.

"Not like anywhere else, is it?" observes my hiking partner, Jody, as we stop beside a serac, an ice pinnacle, on the Matanuska.

No, it isn't like anywhere else. The

snowy peaks of the Chugach Mountains tower southward; cotton-ball clouds rim the sky; it's astoundingly warm in the sun, whose rays bounce off the ice like high beams. Ravens soar nearby, and tiny puffs of fireweed seeds float past.

What we are experiencing is amazingly easy to accomplish in Alaska, where dozens of glaciers are close to major visitor hubs and within fairly reasonable distance of roadways or other access points.

Alaska visitors can drive to glaciers, walk to glaciers, paddle to glaciers, sail to glaciers, fly to glaciers—and once there, can hike, climb, sled, ski, dog-sled, picnic, sightsee and even swim on glaciers. Yes, swim—more on that later.

Calling our trek on the Matanuska “easy” might seem unrealistically naive to those who’ve never tried it. But with crampons strapped on our hiking boots, ice axes that serve mostly as walking sticks, and sufficient layers to guard

against the cold (and to remove in the warm sun), Jody and I find our Matanuska excursion no more challenging than any moderate mountain hike. The surface of the glacier is typically more a crust of slushy snow—resembling grains of a snow cone—than slippery ice. And we have a Matanuska Glacier Park guide to steer us around hazards such as crevasses, icefalls and moulins (ice shafts).

My first Alaska glacier walk, years ago, was on the Mendenhall, in Juneau’s backyard. Once we tramped our way up the valley and reached the glacier itself, we admired the stunning blue of exposed ice, the precipitous cataracts of surface streams plunging into moulins, the long uphill rise of the glacier into the mountains above, the clean whisk of ice-scented air on our skin.

The blue ice looked like highly polished stainless steel formed into curvilinear shapes that put me in mind of Frank

Gehry’s Museum of Pop Culture in Seattle. Our guides led us, carefully, to the edges of crevasses and moulins that they had checked for safety on prior outings. The bravest among us peered into the immeasurable depths where a hydro symphony roared.

On that trip, I was in the capable hands of Above & Beyond Alaska, a Juneau-based adventure company that has operated on and near the Mendenhall for nearly two decades. Sean and Becky Janes first offered helicopter camping tours on the Mendenhall, but soon added guided hikes, somewhat of a novelty in the late 1990s. Even though Becky Janes has been on the Mendenhall hundreds of times, she pronounces her fascination undimmed.

“Glaciers are magical, mysterious, always changing. Go up one week, it’s one place; a week later, you’re exploring a completely new wonderland,” says Janes, who grew up in Juneau. She and Sean



From left, a short stroll offers great views of the Mendenhall Glacier. A man navigates Wrangell–St. Elias National Park & Preserve’s Root Glacier.



STARS ON ICE

More Alaska glaciers to visit:

Exit → Diving down a steep gulch from the heights of Kenai Fjords National Park near Seward, the glacier is visible from an overlook that's reached by about a 1-mile path from the Nature

Center. Energetic adventurers can climb a longer trail up to the glacier's origin in the Harding Icefield.

Portage → About 60 miles southeast of Anchorage off the Seward Highway, this glacier (above) is a popular

destination for fat-bike trips and boat tours.

Spencer → The Alaska Railroad's Glacier Discovery Train includes a whistle-stop at this wilderness locale, where a cabin, campground and hiking trails await visitors.

Worthington → The Worthington drops to within a mile of the Richardson Highway, 28 miles northeast of Valdez, in 2,805-foot-high Thompson Pass. A short hike takes visitors to the toe of the glacier. —E.L.

sometimes visit the Mendenhall just for fun in winter, skiing across the frozen out-fall lake. In summer, the company leads outings, including paddling trips in large, eight-person canoes. Once the group reaches the glacier, an hourlong hike follows. These adventures usually sell out.

The popularity of these trips matches the Mendenhall's overall popularity. U.S. Forest Service officials, who manage the glacier's visitor center, estimate that more than 600,000 travelers come each year. The glacier's proximity to downtown Juneau is amply illustrated by the fact that the glacier can be seen when flying into Juneau International Airport.

While my time on the Matanuska and the Mendenhall were experiences befitting the old Zen saying "Be here now," later reflection led me to pondering: How can something that flows downhill also retreat? Simple: The glacier is melting at its face at a faster rate than it is moving downhill from its origin. Think of a trickle

of hose water running down a driveway on a hot day. As the day warms, the evaporating water seems to retreat back up the drive. The face of Prince William Sound's Columbia Glacier, one of the world's fastest-moving glaciers, has retreated almost 10 miles in the past 35 years.

"I'm fascinated by the fact that glaciers seem slow, but in fact are moving rather fast geologically," says Shad O'Neel, a researcher with the U.S. Geological Survey in Anchorage who has spent years studying Alaska's Columbia and Wolverine glaciers. "We can see the evidence of movement, but not the motion itself."

Philosophical peregrination did not occupy me while I was trekking across Root Glacier, which is near Kennecott in Wrangell-St. Elias National Park.

Heidi, our guide, led us up on the ice on a sunny, 70-degree June day, and the surface was as granular and saturated as any Rockies snowfall dropping amid warm Chinook winds.

We sidestepped down a small slope to the edge of a deep, narrow blue pool of standing meltwater. "I'll go in if anyone else does," Heidi declared, confident she was the only one suited up for a dip. But I happened to be wearing swimming trunks and was more than willing to take the dare. The sun beamed, and the water in the blue pool shimmered—water that had fallen on the distant heights centuries before.

"Life is only a flicker of melted ice," said the Serbian poet-philosopher Dejan Stojanović.

Heidi and I looked at each other, instant co-conspirators, and grinned. ✈

Eric Lucas lives on Washington's San Juan Island. For more on visiting Alaska, go to travelalaska.com.

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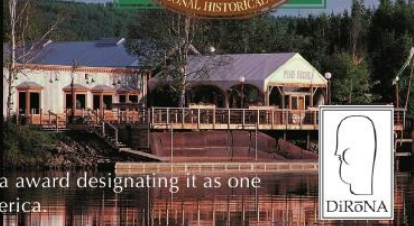

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Cover: Hikers on the Mazama Ridge Trail in Mount Rainier National Park.

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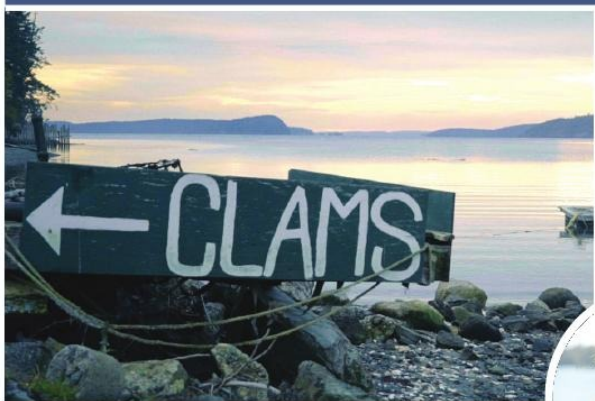
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FROM LEFT: ALABASTRO PHOTOGRAPHY; BEN VANHOUTEN, SEATTLE MARINERS

Summer-Vacation Destination

Recreation in the Puget Sound region ● By Craig Hill

In an interior corridor below the stands at Safeco Field, past the murals depicting iconic moments in Seattle Mariners history, beyond the door to the visiting-team clubhouse, we follow a bend in the hall to the main attraction of our stadium tour.

Chattering stops in our 15-person group as the right field foul pole comes into view through an open door. With each step, more of the field unfurls before us, until we are enjoying a player's perspective.

We are allowed onto the dirt warning track, and two young boys from Toronto reach down to brush their palms over the perfectly manicured grass in front of them while their mom snaps photos. My 16-year-old son, Alex, makes a beeline to the visitor dugout and starts sending pictures to friends via Snapchat.

Summer and baseball pretty much go hand in hand in the

United States, where the sport is called "the national pastime," and this insider-tour experience will add to the fun of subsequently attending a game. "People really get a kick out of going on the field and sitting in the dugout," says Mariners spokesperson Rebecca Hale. "There are a lot of pictures taken during the tours."

Alex is an avid sports fan, so spending a day in Seattle touring the Mariners' stadium and nearby CenturyLink Field—home to the Seattle Seahawks pro-football team and the Seattle Sounders FC pro-soccer team—is a dream come true. At CenturyLink, he stands on the artificial turf to look up at the Seahawks' Super Bowl championship banner. And at both stadiums, he poses for pictures on the podiums where athletes give postgame press conferences; he visits the luxury and press boxes; he uses behind-the-scenes passageways; and he

learns trivia about the venues that house his favorite teams.

Did you know that CenturyLink Field is actually eight connected structures so that it can better handle earthquakes?

Did you know that at Safeco Field a worker walks along the tracks for the wheels that roll the roof open or closed? The worker is looking for items birds dropped that could jam the equipment.

Did you know that the home clubhouse and dugout at Safeco is on the first base side partly because players expressed that preference before the stadium opened in 1999, perhaps to provide a shorter walk to the players' parking lot? Neither did we when the day started.

"Our tour guides are very familiar with the ballpark and can show people quite a bit that they probably wouldn't see otherwise," Hale says. "It's a pretty special experience."

Left and right: A stadium tour provides an inside look at Safeco Field, home of the Seattle Mariners.





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At the end of our Safeco Field tour, our guide hands Alex and the other kids each a baseball that was used in batting practice. The logos on the well-used balls are smudged beyond recognition, and the guide delivers them with one last piece of trivia.

Did you know the impact of a major leaguer's bat hitting a baseball produces enough energy to melt the ink? Now we do.

Safeco Field tours (\$10–\$12) are offered most days, April 1–October 31, and Tuesdays–Sundays the rest of the year. CenturyLink Field tours (\$8–\$14) are available most days, June 1–August 30, and Fridays through Sundays the rest of the year.

Wandering the playgrounds of the pros is one of the myriad activities that make the Puget Sound area an exceptional place for a summer vacation. It's a place where nature beckons near urban areas, and where there's always something to do. Here are a few more ideas:

Dockton Forest Mountain-Bike Trails

I'm not a very good mountain biker, but that's OK on the Dockton Forest mountain-bike trails. There are options for different skill levels, and while there are features such as bridges, and jumps for more-advanced riders, there are also a number of es-

cape routes on the trails in case you feel like you're getting in over your head.

Dockton Forest and Natural Area is a 170-acre King County park whose trails are maintained with help from Vashon Forest Stewards and the Vashon Mountain Bike Association. The park is located on Maury Island, about 25 miles southwest of downtown Seattle. Maury is linked by an isthmus to Vashon Island, a popular destination, reachable by ferry or water taxi, for road cyclists seeking a hilly challenge.

Exploring the nine trails in Dockton Forest, I'm delighted to learn that all 2.5 miles of loops, connected for continuous riding,

The Dockton Forest mountain-bike trails offer great riding for varying skill levels.



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● **Gig Harbor** (gigharborguide.com): The delightful maritime area includes restaurants, wine bars, an ale trail, boat rentals and even the Gig Harbor Gondola.

● **Museums:** World-class art exhibits are on display at the Museum of Glass (museumofglass.org), Seattle Art Museum (seattleartmuseum.org) and Tacoma Art Museum (tacomaartmuseum.org). Other excellent museums include LeMay—America's Car Museum (americascarmuseum.org); The Museum of Flight (museumofflight.org); Museum of History & Industry (mohai.org); Nordic Museum (nordicmuseum.org); and Washington State History Museum (washingtonhistory.org).

● **Parklands** (nps.gov, www.fs.usda.gov and parks.state.wa.us): Mount Rainier National Park, Mount St. Helens National Volcanic Monument, North Cascades National Park and Olympic National Park are all within day-trip distance of Seattle. Also: Wonderful national forests such as the Mt. Baker–Snoqualmie National Forest, and marvelous state parks such as Saltwater State Park.

● **Pike Place Market** (pikeplacemarket.org): Enjoy produce and flower stalls, arts-and-crafts vendors, restaurants and water views.

Chambers Bay, which hosted the 2015 U.S. Open, is renowned for its challenging links-course layout, its "Lone Fir" hole and its marvelous views of Puget Sound.

are doable with my humble skillset. A trail called Mr. Hyde catches my eye. The route swoops up and down the sides of a lush gully, beckoning me to give it a try. The combination of steep downhills linked to steep uphill means I barely have to tap my brakes as I sweep through the woods, feeling like an action-sports star.

To make the most of a visit to the islands, you might enjoy a day trip that includes stops such as The Vashon Island Coffee Roastery, where you can pick up sandwiches for a picnic at waterfront Dockton Park or at another local park. If time allows, you might even want to add the trails at Island Center Forest, about 7.5 miles north of Dockton. Island Center Forest's 440 acres, also managed by King County, include 10 miles of shared-use (bikers, hikers and equestrians) trails that offer a relatively flat and easy ride.

Options for getting to Vashon Island include Washington State Ferries (vehicles, bikes, walk-ons)

and the King County Water Taxi (walk-ons and bikes). Be sure to check schedules and logistics in advance. For instance, there is no weekend water taxi service and no weekend King County bus service to the Dockton area. However, if you have your own bike with you and are undaunted by island hills, you can pedal about 12 miles on Vashon/Maury roads from the ferry terminal to Dockton Forest.

If you need a bike rental, Spider's Ski & Sports on Vashon Island is working to have a mountain-bike rental fleet available by early this summer, and Vashon Bikes already has mountain bikes available. Again, be sure to check logistics for getting from the bike shops to Dockton Forest.

Chambers Bay

Standing on the tee box at the par-3 No. 15—Chambers Bay's signature hole—I pull my camera out of my bag before I even think of reaching for my 9-iron.

The players in my foursome

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● **Seattle Center** (seattlecenter.com): Experience the Space Needle. Clap for star performers at KeyArena. Play in the International Fountain. Explore attractions such as Chihuly Garden and Glass, the Museum of Pop Culture (MoPOP), Pacific Science Center and Seattle Children's Museum. See outstanding Pacific Northwest Ballet and Seattle Opera performances, and watch world-class theater productions by companies such as Seattle Children's Theatre, Seattle Repertory Theatre and Seattle Shakespeare Company. Alaska Airlines is a sponsor of Seattle Center.

● **Seattle Waterfront** (visitseattle.org/neighborhoods/waterfront): The many attractions include The Seattle Great Wheel, Wings Over Washington, the Seattle Aquarium, the *Victoria Clipper* terminal for day trips to Victoria, B.C., the Olympic Sculpture Park, and restaurants.

● **Watersports:** A few of the many options include paddling Lake Union (nwoc.com), Lake Washington (washington.edu/ima/waterfront), Lake Sammamish (issaquahpaddlesports.com and kayakacademy.com), or Puget Sound (olympicoutdoorcenter.com), and fishing Puget Sound and area rivers (allriversguide-service.com and emeraldwateranglers.com).

mug for photos as they take practice swings. Then a friend sets up his phone and shoots video of me launching a high arcing shot into a giant bunker.

The hole—dubbed “Lone Fir” because it has the only tree on the course—serves as a quick picture break for many golfers, says Chambers Bay General Manager Matt Allen. After a few hours on the supremely challenging course, golfers are often in awe when they arrive at No. 15 and gaze down at the green, the tall tree and picturesque Puget Sound. And they tend to have the same thought as we do: “Where’s my camera?”

“It is a beautiful course, so there are a few places like that where people just want to stop and take pictures,” Allen says.

Ever since the links course opened in 2007, it’s been one of the crown jewels of Washington golf, and it has become even more popular since hosting the 2015 U.S. Open. For that major tournament, the course was set up to be “the ultimate test of golf,” and only eight of the 156 players finished below par.

Today, people come from all over the world to play the hilly terrain. The course isn’t set up with the ultrafast greens that frustrated so many pros during the U.S. Open, and you can shorten the 7,585 yards by nearly 2,500, depending on the tee boxes you choose, but it’s still a challenge. “The course definitely has a way of extracting plenty of strokes without traditional hazards,” Allen says. “As a links course, there are no trees [except

Lone Fir] or water hazards. Just undulating fairways, fast greens and wind off Puget Sound.”

The course definitely makes me pay. After 18 holes, I’ve shot well above par. But it’s the challenge that makes the course so appealing.

It’s one of just six public courses that have hosted a U.S. Open, yet despite Chambers Bay’s popularity, visitors can almost always get a tee time, Allen says. The more flexible your schedule, the better your odds. Or book in advance on the course’s website, chambersbaygolf.com. Greens fees range from \$119 to \$275 for those who don’t live in Pierce County. Residents can play at a discounted rate.

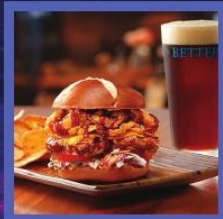
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Watching paragliders adds to the enjoyment of a hike to Poo Poo Point.

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ers' games, golfers often ask Allen how to make sure they're getting the most out of their experience. "That's easy," he says. "Hire a caddie [about \$100 and available onsite]. Taking a caddie can make a huge difference. They know this course better than anybody."

On the other hand, you don't have to be a golfer to enjoy Chambers Bay. A paved trail, open to all, meanders around and through the course, and within feet of Lone Fir. Or, Allen says, dine on fish tacos and clam chowder at the Chambers Bay Grill overlooking the course and watch others chase their balls.

Poo Poo Point

Less than a mile up Chirico Trail, my wife and I approach two men carrying large packs. "Wow," I say. "Are you guys doing what I think you're doing?"

They're breathing hard as they move aside to let us pass, but they smile and nod. They are, indeed, taking the hard way up and the easy—albeit considerably more thrilling—way down. The scenic overlook at Poo Poo Point is also a launching area for paragliders.

That's one of the things that make hiking in the Tiger Mountain State Forest and West Tiger Mountain conservation area, east of Seattle, so popular. Not only are there multiple trails to the point, and a sweeping view of Lake Sammamish and of the nearby forested slopes of Cougar and Squak mountains, but on nice days, you're bound to see people taking a flying leap.

Before you go, there are two good things to know. First, there's the story behind the name that makes so many hikers giggle. Poo Poo Point is named for the sound that steam whistles used to make in the area in the days when lumberjacks logged the forest. Second, there is the matter of parking. There simply aren't enough spaces to accommodate all the hikers who want to visit Poo Poo

Washington

Point, says Sam Jarrett, outdoor recreation manager for the Washington Department of Natural Resources. "Strive to arrive early, or use transit," he says.

One option is Trailhead Direct, a King County/City of Seattle service that shuttles hikers from Seattle's Mount Baker Transit Center, Bellevue's Eastgate Freeway Station and Issaquah's Transit Center to several popular hiking trails in areas such as Tiger Mountain, for just \$1 to \$2.75 a ride. Find all the details at kingcounty.gov/trailheaddirect.

Hop off at the stops for the Chirico or High School trailheads to hike to Poo Poo Point. Each option offers a different experience.

The High School Trail, named because of its proximity to Issaquah High, is a 7.5-mile roundtrip walk through the forest that climbs about 1,900 feet. Chirico Trail, named for Marc Chirico, co-owner of Seattle Paragliding, is steeper, climbing 1,760 feet in 1.9 miles (3.8 miles roundtrip).

Chirico may be shorter and steeper, but it offers some bonus scenery near the top. A brief section of the route passes out of the trees and provides a view to the south of majestic Mount Rainier.

The trail is part of an area aptly called the Issaquah Alps. Like so many experiences in the recreation wonderland of the Puget Sound region, hiking to views of Rainier and paragliders will take your summer vacation to new heights. **W**

Craig Hill is a Puget Sound-area freelance writer. For more information on Puget Sound-area recreation, see websites such as visitseattle.org, seattle-southside.com, visitbellevuewashington.com, explorekirkland.com, traveltacoma.com and experiencewa.com.

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Weekend at The Bellevue Collection

Experiences range from cardio to culinary, from film to fashion ● By Rachel Gallaher

Jason and I are rocking out as we pedal to *Despacito*, last year's Billboard Hot 100 chart topper featuring Justin Bieber. The SoulCycle studio at The Bellevue Collection is dark and candlelit, but from my stationary bike I can still make out bold words of encouragement on the walls: "Athlete." "Legend." "Warrior."

From her own bike at the front of the room, our instructor, an extremely cheerful woman named Victoria, spends the next 45 minutes calling out affirmations as we pedal energetically to the beat of the music, lift hand-weights while cycling, and hover inches off our seats in order to doubly work our legs and core.

"Say YES to today!" Victoria bounces back and forth with the

music. "Let's do this, Bellevue! Give everything to this moment!"

As we round the clock toward 9 A.M., I think there's no way I'm going to last the final quarter hour of this Saturday-morning class. Right when I'm ready to sit down on the seat and half-heartedly pedal through the end of the session, Victoria calls, "Yes, Rachel, you've got this!" As though she can sense my imminent defeat.

I grip the bars of my bike, push myself up a little taller and pedal hard on a sudden rush of energy that carries me to the end of class and feels like it will see me through the rest of my day.

SoulCycle, which opened last year, is one of the many new attractions at The Bellevue

Collection, a shopping/dining/entertainment destination in the vibrant city of Bellevue, just 10 miles east of downtown Seattle. Jason and I are enjoying a weekend getaway at The Bellevue Collection, with experiences ranging from a gourmet dinner and artisanal cocktails to a spa treatment and exceptional shopping.

Comprising Bellevue Square, Lincoln Square and Bellevue Place, The Bellevue Collection has continually improved and expanded since its founding by the local Kemper Freeman family in 1946. Today, locals and visitors have their choice of more than 200 shops; 50 destination dining and nightlife spots; three hotels, including the trendy new W Bellevue in Lincoln Square South;



Washington



and entertainment options such as a new cinema with seatside food service.

Evening at the W

Jason and I began our getaway the previous night, entering W Bellevue at ground level, where the walls by the stairs to the main-floor check-in area are enlivened by a street art-style mural created by internationally known artist Gaia. Depictions of strawberries, logs and a smartphone are visual references to the Puget Sound region's natural appeal and tech-innovation culture.

On the main level, the check-in desks sit between The Library, whose shelves are stocked with vintage paperbacks, and the Living Room, which displays framed, funky paint-by-numbers art of subjects such as deer, flowers and a model boat. Off the Living Room, a covered alfresco space called The Porch offers swing chairs and a gas fireplace. These spaces reflect the hotel's appealing design around the theme of a traditional lakehouse.

Upstairs in our Marvelous Suite (in approximately the midrange category between the

Cozy Room and the Extreme WOW Suite), we were delighted to discover a deep soaking tub, and a separate sitting room with views of downtown Bellevue. The room is also just plain fun, with bright-orange, chartreuse and purple furniture, and decor that seems like something out of a Pop Art painting.

We were still enthusing about this lively ambiance as we headed back down to the Living Room to enjoy a pre-dinner cocktail. The inviting gathering area, with its own bar, appeared to be a strong draw for the millennial set, from

Above: The Porch is an appealing alfresco space at W Bellevue.

Facing page from left: SoulCycle provides an invigorating workout. The Living Room at W Bellevue includes areas for work or relaxation.

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FIRE & VINE HOSPITALITY

Above: Live plants enhance the sophisticated decor at The Lakehouse restaurant, which focuses on fresh ingredients for farmhouse-inspired meals.

Below: Shopping is a fun part of a weekend getaway at The Bellevue Collection, which offers more than 200 shops.



the many people in suits who were sipping after-work drinks to a group shooting pool.

Jason ordered the Inception cocktail, a smoky, leathery blend of mescal and citrus, while my Bare Naked was like a Moscow Mule made with gin. We happily sipped, and munched savory housemade waffle chips, until it was time for our 8 P.M. dinner reservation at The Lakehouse restaurant in the hotel.

The Lakehouse, owned by James Beard Award-winning local chef Jason Wilson, has eye-catching design elements such as black industrial trestle beams and a wall with niches for green plants.

I'm a pescatarian, while Jason likes just about anything that's well-prepared, and The Lakehouse menu was a dream for both of us. Locally sourced, farm-to-table ingredients are the stars. We chose two vegetarian appetizers: a roasted-local-beets salad with tender local baby lettuces and pickled Muscat grapes, and a plate of Moroccan-spiced roasted heirloom carrots in a thick, creamy yogurt sauce. The natural sweetness of the tender-crisp carrots balanced the spices and char.

For entrees, Jason savored a grilled prime Manhattan steak sourced through a Washington beef co-op, and topped with

MORE FOR A WEEK-END IN BELLEVUE

- **Bellevue Arts Museum** (bellevuearts.org): Exhibitions often focus on craft and design. An exhibit on view through August 19 spotlights work from José Guadalupe Posada, one of Mexico's most influential printmakers and illustrators. The museum is located near Bellevue Square.

- **Bellevue Botanical Garden** (bellevuebotanical.org): Stroll 53 acres of cultivated gardens, restored woodlands, and natural wetlands at the Bellevue Botanical Garden, located just a couple miles east of downtown.

- **Bellevue Zip Tour** (bellevueziptour.com): Ride multiple ziplines through leafy treetops at Eastgate Park, about 6 miles south-east of downtown Bellevue. The ziplines range in length from 78 feet to 458 feet, and the experience includes a walk across two wooden suspension bridges.

- **Woodinville Wine Country** (woodinvillewinecountry.com): Enjoy winery/distillery/cidery visits and the Chateau Ste. Michelle Summer Concert Series, in Woodinville Wine Country, about 10 miles northeast of Bellevue. You can arrange a ride-share vehicle, or hire private transportation offered by companies such as Butler Seattle and Starline Town Car to pick you up in Bellevue for touring.

—R.G.

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Washington



Above: At the Lincoln South Food Hall, the many choices range from poke (top) to duck ramen.

Below: The Cinemark Reserve Lincoln Square, for moviegoers 21 and older, provides seatside food-and-beverage service.



mushroom conserva and sun-chokes. I enjoyed a pan-seared king salmon from the Quinault River, which is located on the western coast of Washington state. The salmon was cooked to perfection—moist and slightly firm, with pieces easily flaking off the fillet with each forkful, and a delicious crispy skin adding a bit of contrast.

We finished our meal with a selection of sorbets (coconut lime the favorite) before going downstairs for a nightcap at Civility & Unrest. The modern speakeasy—also owned and managed by Jason Wilson—is entered via a hidden door in the Gaia mural at the ground-level hotel entrance, and consists of two sections. Civility feels like a more typical after-work bar, with wood paneling, plenty of bar seating, and flat-screen TVs, while Unrest takes it up a notch with glamorous Art Deco–

inspired decor, low lighting and lounge seating.

Both sides offer craft cocktails and small bites, and the waitstaff will ask the bartenders to whip up personalized cocktails based on guests' favored-flavor profiles. Jason received a smoky and herbaceous gin-based sipper, and I was presented with a refreshing citrusy vodka concoction. Drinks in hand, we sank back into the aquamarine banquette seating, amid the Friday-night revelers, and toasted the successful start to our weekend.

Be Well at The Collection

After our Saturday morning SoulCycle class—where we have pedaled our way through an intense 650-calorie burn, according to Jason's fitness tracker—we visit Pressed Juicery. Originally well-known for cleanse kits, the company also offers individual

bottles of cold-pressed juice featuring a range of ingredients, from greens to fruits. I order the Greens 3 juice, which has a refreshing cucumber flavor that finishes with a nice kick of ginger.

All juiced up, I next visit Truce Spa, where I'm scheduled for a Bamboo Fusion massage. Located at The Westin Bellevue in Lincoln Square North, the 4,000-square-foot spa is a haven of serenity. My massage practitioner, Allison, starts by working the muscles in my shoulders and back—I've asked for medium pressure—and pushing her thumbs against tight knots to coax them out. About 15 minutes into the massage, she brings out different lengths of smooth, heated bamboo, and uses them like rolling pins on my back and limbs. The heat is designed to deepen the massage experience and help my muscles relax. Afterward, I feel loose and fluid.

Other health and beauty options at The Bellevue Collection include two additional spas, as well as the Seven salon, a chic hairstyling studio. My stylist gives my recently chopped hair a glam blowout that leaves it shiny and bouncy. Another beauty highlight is Organic Nail Bar, which uses natural and organic products in a plethora of colors.

Lincoln South Food Hall

After my pampering time, Jason and I have lunch at the Lincoln South Food Hall. This recent addition to Lincoln Square features six fast-casual concepts and Dote Coffee Bar, and is a sophisti-

Washington



Truce Spa offers a variety of services to help guests "retreat, reset, relax."

cated upgrade to the standard food courts of yesteryear. The options range from Crosta E Vino, a craft pizzeria with 30 wines on tap, to burgers, bao, baguette sandwiches, and create-your-own poke bowls.

It's a cool day, so Jason and I opt for food to warm us up. Jason goes for a bowl of duck ramen at Fat & Feathers, featuring pork-and-poultry broth with thick slices of five-spice roasted duck. He pronounces it "very tasty," with the tender marinated meat complementing the seasoned broth.

For me, it's the mushroom mole taco at Barrio Luchador.

The mole is pleasantly smoky, and the mushrooms are firm yet tender. I also order the *elote*: corn on the cob coated with a mix of mayonnaise, cotija cheese and spices. The *elote* is deliciously tangy, with just the right amount of zip from the spices, moderated by the creamy mayo and cheese. In addition, a condiment bar has pickled vegetables, chopped onions, cilantro, and housemade salsas and sauces of varying colors and degrees of heat that diners can add as desired.

For dessert, we stop at Dote, getting to-go coffee and a selection of handcrafted chocolates—

salted caramel, honey dark chocolate and chocolate peanut butter—by master chocolatier Ewald Notter. Relaxing with our desserts while enjoying the downtown view from our hotel room, we agree that chocolate and coffee will always be a perfect pair.

Cinemark Reserve

For evening entertainment, we walk to Lincoln Square South's Cinemark Reserve to see *Ready Player One*, the Steven Spielberg-directed science-fiction adventure story about a future world where humans use virtual reality as an escape from real life.



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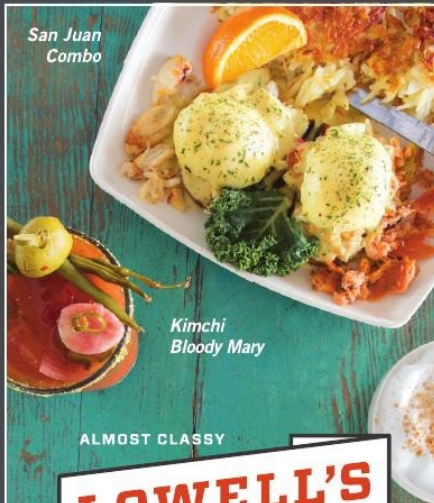


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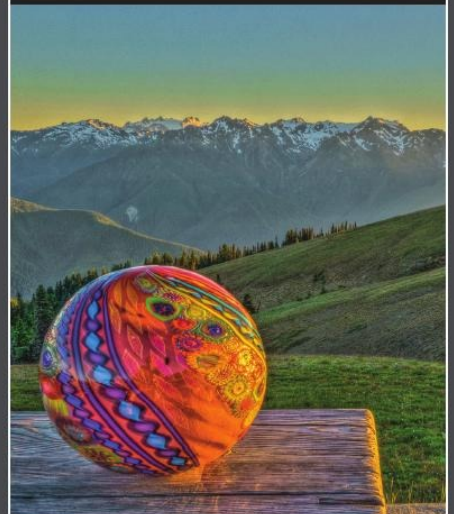
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Instead of the standard dinner *before* a movie, we're experiencing a theater that allows us to order dinner and drinks *during* the movie. It's a 21-plus establishment that has six auditoriums with wall-to-wall screens, advanced sound systems and electric-powered reclining Luxury Loungers with extendable footrests. Plus, moviegoers can reserve their seats in advance when they buy their tickets online or at the box office.

Once Jason and I settle into our spots, I call a waiter by reaching down to push a button on the front of the seat's armrest. He brings us menus that have a

gourmet selection of appetizers and entrees. When was the last time you had rosemary fries or blistered shishito peppers at the movie theater? Our food, fresh and flavorful, comes out just as the opening credits are finishing. Jason has ordered a beer and a traditional burger—juicy and satisfying. I've ordered a glass of white wine and the black-bean burger. The patty is made with corn and chipotle peppers, with a slightly crispy bite complemented by a balance of smoky roasted salsa and chipotle mayonnaise. And, hey, the movie is great, to boot.

Additional entertainment

options at The Bellevue Collection include the family-friendly Cinemark Lincoln Square movie theater, the Parlor Live Comedy Club/Parlor Billiards (which also has pingpong tables and a live-concert series), and Lucky Strike Lanes and Power Play.

Shopping

We start the last morning of our weekend visit with breakfast at Eques, in Hyatt Regency Bellevue, at Bellevue Place. We enjoy two different versions of eggs Benedict: crabcakes for me and cedar-planked salmon for Jason. We also enjoy the unique do-it-yourself Bloody Mary bar (they

bring you a glass of premeasured vodka), which features Smitty's Mary Mix from Seattle Pickle Co., as well as accoutrements such as pickled vegetables, bacon, cheese cubes, hot sauce, lemons and more.

Then it's off to explore some of The Bellevue Collection's fabulous shopping options. I grew up in the Seattle area, and when I was in high school, Bellevue Square was the ultimate shopping destination. Fifteen years later, there's even more high-quality retail at The Bellevue Collection.

Bellevue Square, anchored by Nordstrom and Macy's, boasts prestigious international, national

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Washington

and local companies. On the upper level of Bellevue Square, I wander into Zara, whose parent company is based in Spain. The brightly lit boutique thumps with electronic music and is lined with racks of trendy, European-inspired clothing. Its youthful vibe has attracted fellow customers of all ages, who are browsing a range of clothing styles from white button-downs to ultra-trendy crop tops and ruffled floral pants.

Amazon puts its own spin on its bookstore shelves at Bellevue Square, with small plaques under each book that show ratings and customer reviews pulled from Amazon's website. Outdoor brand Eddie Bauer, headquartered at Lincoln Square, with a shop in Bellevue Square, provides its signature Ice Box, a small room that allows customers to test cold-weather apparel in below-freezing conditions.

We also peruse Bellevue Square's own mini high-end-fashion street—a corridor lined with shops such as Ted Baker London, Max Mara, Burberry, and Tiffany & Co., among others.

It's less than a 10-minute stroll back to W Bellevue, where we need to pack up and regretfully leave our luxurious accommodations. Our wonderful weekend at The Bellevue Collection has not only included a broad range of great experiences, but we've been able to walk to every activity and meal on our itinerary.

After enjoying so many cosmopolitan offerings at The Bellevue Collection, we've realized that this is a must-do destination, whether for a romantic dinner date, a weekend getaway or a longer vacation. **W**

Rachel Gallaher, based in the Seattle area, regularly writes about food, fashion and fun.

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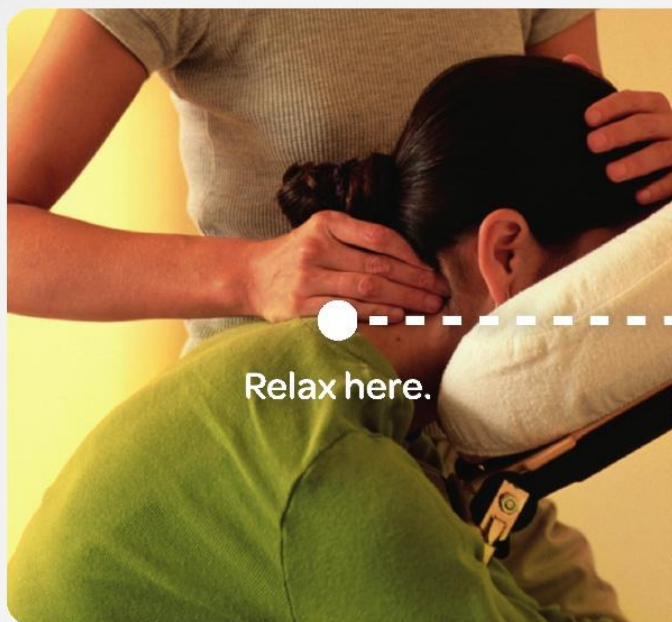


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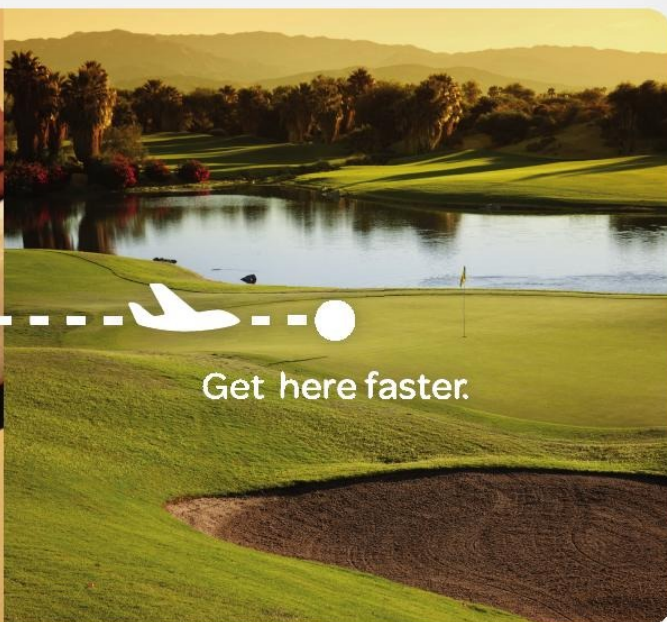
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Touring Bellingham

From the mountains to the sea in Whatcom County ● By Hilary Parker

I wake up to a brilliant azure sky, with a fresh scent in the air. Mornings like this are why I adore summer in the city of Bellingham in Whatcom County.

The days are warm, but rarely hot, and the late-evening sunsets that come at this northern latitude seem to go on forever.

In addition to the pleasant weather, Bellingham and Whatcom County boast a vibrant urban scene, great shopping, natural beauty, and varied arts and science attractions. With all this in mind, it's clear why families are discovering this region as a great vacation spot.

The following are some of my favorite activities during the delightful days of summer.

Outdoor Adventures

To the east of Bellingham is the snowy summit of Mount Baker, which looks almost close enough to touch. The mountain is one of the peaks that dominate the North Cascades mountain range.

I like to take my family for hikes in this stretch of mountains whenever possible. A favorite location is Heather Meadows, less than 60 miles east of Bellingham. The easily accessible destination is near the end of the

Mt. Baker Scenic Byway and makes a great base camp for day hikes and picnicking. The classic stone lodge there was built in 1940 by the Civilian Conservation Corps, and now serves as the Forest Service visitor center.

A short walk from the lodge brought me and my 6-year-old son past rocky outcroppings to a lookout point for the deep-blue Bagley Lakes below us.

Another family favorite is Artist Point, located a short distance from Heather Meadows, at the terminus of State Route 542. At an altitude of more than 4,200 feet, this area has great

Hikers at popular Artist Point, above, enjoy spectacular views of Mount Shuksan and other peaks in the North Cascades range.



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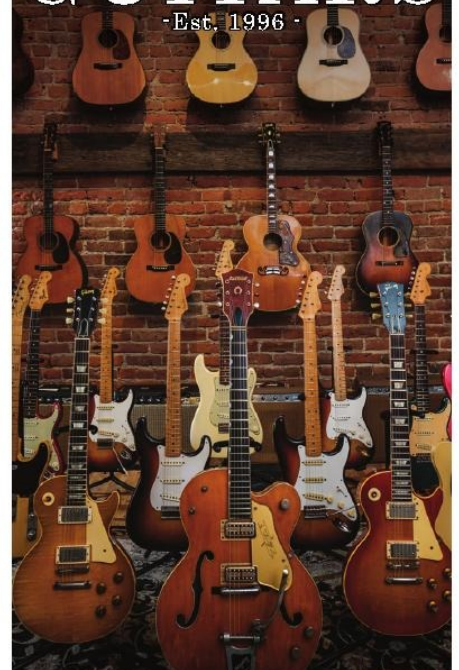


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Washington

views of Mount Shuksan and can be snowy during warm months. Families flock here for the novelty of sledding in the summer. There are also various hiking trails in the area.

Living in Bellingham means we're never far from the water. Combine one of our amazing sunsets with a cruise on Bellingham Bay, complete with a sea breeze and a glass of wine, and it's near perfection in my book.

From the Bellingham Cruise Terminal, in the city's historic Fairhaven neighborhood, you can catch a ferry to Alaska, or board a San Juan Cruises vessel for whale-watching tours or trips around Bellingham Bay.

The Whatcom Museum is collaborating with San Juan Cruises to offer its History Sunset Cruises, Tuesday evenings, July 10–September 11. With a historian as a guide, the cruises will tour historical areas in and around the bay. Sailboat, kayak and paddleboard rentals are also available at the Community Boating Center.

Other activities in Whatcom County include cycling. You can cover a lot of ground through the



STEVE MCKINLEY PHOTOGRAPHY

agricultural lands around Birch Bay, Ferndale and Lynden. A place to start your ride is at Paddle and Pedal Adventures in Birch Bay, where you can rent bikes and get information on where to cycle.

Fairhaven Sites

When visiting Fairhaven, my family and I always stop at Rocket Donuts. The kitschy shop has a whimsical 1950s sci-fi theme that includes showing old sci-fi movies on the shop TV.

The sister location in downtown Bellingham has an imitation rocket on the building.

After our doughnuts, we swing by Village Books. This iconic location has been a staple for book lovers of all ages for nearly 40 years. Behind Village Books is the Fairhaven Village Green, a gathering place that hosts a farmers market on Wednesdays and outdoor movies on Saturday evenings during summer. It's also the central gathering spot for festivals of all kinds, including the Fairhaven Steampunk Festival, July 28 this

A woman rides in the town of Lynden, Whatcom County, above, with Mount Baker in the distance. The nearby communities of Birch Bay and Ferndale are also favored areas for cycling.

A local historian, below, discusses important sites around Bellingham Bay during a History Sunset Cruise.



SAN JUAN CRUISES

ALSO IN WHATCOM COUNTY

- **Greenhouse** (greenhousehome.com): This boutique kitchen and home decor shop has been a downtown Bellingham fixture for more than 40 years and is known for its unique items.
- **Vartanyan Estate Winery** (vewinery.com): Enjoy charming surroundings as you sip wines at the tasting room not far from downtown that is open Friday through Sunday.
- **Miniature World Family Fun Center** (miniature-world.org): The Birch Bay facility features miniature golf, go-karts and a small train you can ride.
- **Mindport** (mindport.org): The Bellingham gallery offers fine art and interactive exhibits that will fascinate. —H.P.



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Washington



Taylor Dock, above, includes a long walkway that offers a unique view of Bellingham's waterfront.

Woods Coffee's Boulevard Park location, below, is at the north end of the Taylor Dock walkway and has breathtaking views of the Salish Sea.

Bellingham's Old City Hall, above right, with its distinct clock tower, is part of the Whatcom Museum campus and features exhibits on local history.



year. The South Bay Trail just north of the Village Green skirts along the waterfront to the Chrysalis Inn & Spa and down to Taylor Dock, a favorite place for families to walk or bike. The Chrysalis' deck is also a great place to view the sunset.

At Taylor Dock, I take its walkway for a pleasant stroll to Boulevard Park and Woods Coffee. Woods' Boulevard Park location offers great views of the Salish Sea.

Arts & Sciences

When it comes to museums, my kids love to visit the Spark Muse-

um of Electrical Invention in the heart of Bellingham.

The Spark melds history and scientific discovery with its fascinating collections of machines, including some of the earliest batteries, radios and photographs. Spark is also home to the MegaZapper; one of the largest working Tesla coils in the United States, which produces large amounts of electricity that flows like lightning.

The museum is part of Bellingham's downtown Arts District, which has grown into a vibrant hub for museums and galleries. The Whatcom Museum campus comprises three buildings, including the dynamic Lightcatcher. Opened in 2009, this art museum features a variety of traveling exhibitions, as well as the Family Interactive Gallery, a place for kids to create art.

Another Whatcom Museum building is the Old City Hall, built in 1892. Its red and white clock tower makes it one of the city's most recognizable landmarks. It

features exhibits from the Whatcom Museum's collections and focuses on the history of the area, through photographs and artifacts. The third building is the Syre Education Center, which houses the Whatcom Museum's photo archives.

Any mention of the arts scene in Bellingham must include Western Washington University. Perched on Sehome Hill, just southeast of downtown, the university lays claim to a world-renowned outdoor sculpture collection. It also features exhibits from well-known artists at the school's Western Gallery.

Bellingham and Whatcom County are vacation settings that offer families plenty of outdoor adventures and urban fun. **W**

Hilary Parker writes from Bellingham. For more information on Whatcom County-area recreation, go to bellingham.org.

Alaska Airlines (alaskaair.com) flies daily to Bellingham.





Vancouver Discoveries

Historical sites, in-town attractions and outdoor recreation in southwestern Washington ● By Susan G. Hauser

The costumed volunteers

at Fort Vancouver National Historic Site are demonstrating daily activities—blacksmithing, carpentry and baking—using tools and foods that would have existed 200 years earlier. I listen closely to the blacksmith explain his use of coal to heat iron. He's staying true to character: In the 1800s, coal was available from Hudson's Bay Company ships.

Fort Vancouver, which began operating in 1825 and was a hub for the company's fur trade from 1829 to 1860, has been re-created as authentically as possible. Tobacco is grown here because the original traders layered fur pelts with this natural insecticide. And the garden and

orchard grow only produce that 1800s traders and trappers might have found on their plates.

Learning about the rich history of the Vancouver area is fascinating to me. Also intriguing are the city's more recent updates. With a major redevelopment effort over the past two decades, today's downtown is revitalized—and continuing to evolve—with park and waterfront enhancements, new food-and-drink purveyors, and more. Today, the fort is one of the many fun attractions to enjoy on a trip to Vancouver and the surrounding area.

Fort Vancouver: Living History

In the 1800s, Fort Vancouver was

a business center for people representing at least 35 ethnic and tribal groups. So, if the re-enactors wanted to be totally accurate, they would have to speak at least a few European languages and numerous Native American dialects. Instead, they tell about this history.

There were French speakers for sure, because of the many French-Canadians involved in the fur trade. Many of the fort's clerks were Scottish with thick brogues. There were Hawaiian speakers—Islanders who had signed on to work on the ships. And members of Native American tribes came from across the country to trade fur pelts to the Europeans.

Fort Vancouver National Historic Site includes reconstructed fortifications, above left, on the grounds of the 1800s trading center and military outpost.

Modern visitors, above right, enjoy touring the grounds on self-guided or guided tours.

Washington

The administrators, such as Chief Factor (trader) John McLoughlin, were of British descent, and by the looks of the chief factor's large white clapboard house—complete with a veranda and English garden—they lived a comfortable life in the wilderness, enjoying elegant dinners at a table set for 16.

The top of the bastion at the northwestern corner of the fort's wooden stockade affords a sweeping view of the adjacent apple orchard. Also visible are two re-created houses on the site of Kanaka Village, where Hawaiians, Native Americans, French-Canadians and others made their home. In time, that village grew into what is now the city of Vancouver. From the bastion I also see a trail to and across the Confluence Land Bridge, a sinuous, landscaped span over State Route 14 about a mile from the fort. This bridge, which is adorned with plantings and interpretive signage, and was designed with assistance from famed sculptor Maya Lin, ultimately connects the fort with a trail to the Columbia River.

After considering this scene, I realize it is happy hour at the restaurant Eatery at the Grant House. Built in 1849, the house is one of 22 well-preserved homes, collectively known as Officers Row, where U.S. Army officers and their families once resided. (Note: Ulysses S. Grant never lived in the house, though he did serve at the fort in 1852, living in quarters that no longer exist.) The eatery in the house is a lovely farm-to-table establishment.

I recognize after being seated that this is another perfect place to get in the spirit of Fort Vancouver's history. I order whiskey—something that was always a treat for the fur traders—plus a snack of poutine (essentially french fries and cheese curds doused in gravy). Poutine is a specialty of French Canada, so I figure it is as appropriate as the whiskey. Later I meet the restaurant's friendly chef, Capers Ogletree, whose family was originally from Scotland, as were many of the original residents of the fort.

There are many layers of history at Fort Vancouver. As I enjoy my refreshments in the 169-year-old house, I contemplate the past and how it is represented here in the present.

Esther Short Park: The Heart of the City

I shift my bags of freshly purchased veggies to free up a hand for the tamale I just ordered from a food stand. It's late Saturday morning, and I'm taking my time progressing up a street already busy with shoppers and more than 150 vendors at the weekend farmers market.

Tables piled high with produce, plants and crafts fill Esther Street between Sixth and Eighth streets, plus a block of Sixth Street to the west. In adjacent Esther Short Park, children are enjoying the playground and climbing on the low boulders and bronze fish sculptures that surround the 69-foot redbrick Salmon Run Bell Tower and Glockenspiel. On a regular schedule (check ahead to confirm times), the bells ring and

the diorama revolves, with music, to represent salmon life cycles, as well as the historical importance of this fish to local tribes.

Esther Short Park is named for a pioneer resident of the area who came west on the Oregon Trail and gifted the property to the city in 1853. The park really came to life in the 1990s, when a public campaign took place to make the park the heart of the downtown district. Helped along by a generous donation from George Propstra, founder of the Vancouver-based Burgerville restaurant chain, the playground, tower, square and farmers market were created.

Each year, the park hosts many community events and festivals. This month, look for The Craft Beer & Wine Fest, June 8–10, at

Eatery at the Grant House is a charming restaurant situated within a historic mansion, below, on Vancouver's Officers Row.

Esther Short Park, bottom, which features the Salmon Run Bell Tower, is a natural gathering place at the heart of downtown.



Washington



Vancouver holds a weekend farmers market, above.

A rendering, facing page, shows plans for the city's waterfront.

which around 150 wines and 50 craft beers (plus some spirits) will be served. The Clark County Recycled Arts Festival, June 23–24, features art for sale (made of items that might otherwise have become landfill), family-friendly activities, music and a parade. Next month, the park will be graced by hula dancers and will feature various festivities for the 3 Days of Aloha in the Pacific Northwest event, July 26–28.

Along the Waterfront

Another thing to see while in downtown Vancouver is the waterfront project that is changing the city's horizon along the

Columbia River. By mid-to-late summer, the first phase of the \$1.5 billion Waterfront Vancouver Project is expected to be completed, creating new buildings and a 7.3-acre park. The new Waterfront Park includes an extension of the Columbia River Waterfront Renaissance Trail for a total of 5.5 miles (0.5 miles along the riverfront), with access for strollers, joggers and bicyclists. The plans also include a cable-stay pier extending over the water.

Apartments are expected to open in fall, and further plans are underway for this development site that formerly held an abandoned paper mill.



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Beyond Ape Caves: June Lake, Trail of Two Forests, Lava Canyon



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Ape Cave, illuminated here for photography, is a cavern formed by ancient lava flows from nearby Mount St. Helens.

Going Ape at Ape Cave

As we pull into the parking lot at the Ape Cave Interpretive Site, at the base of Mount St. Helens, my brother admits that he is not a Bigfoot Believer. I am more open-minded than David about

Sasquatch and have been secretly hoping for an encounter in this area where the elusive (many would say imagined) giant ape is reputed to dwell.

Yet we're really here to hike Ape Cave, which is more accu-

ately a lava tube—a roughly 2.5-mile-long underground cavern created by lava flows from an eruptive period more than 2,000 years ago. One of the longest mapped lava tubes in North America, and located about 50 miles northeast of Vancouver, it's a popular spot for hiking above ground and underground. A paved trail on the surface leads to the lower cave entrance. With its year-round temperature of about 42 degrees, Ape Cave is also a great place to cool off in the summer.

We're dressed warmly, with hats, coats, gloves and sturdy boots. Because the cavern is



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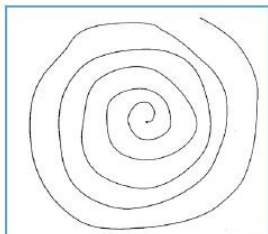
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Washington

pitch-black, we're both carrying a couple of flashlights with fresh batteries. We descend 17 feet on a metal stairway as I ponder the brave boys from a local Scout group who first explored this cave in the early 1950s (a common story is that the cave was named for the group, which was known as the St. Helens Apes). The boys lowered themselves by rope into the dark, mysterious cavern, not knowing if they might be barging in on Bigfoot.

David dismisses such thoughts of great-ape encounters. Instead, he's intrigued by the origin of the lava tube, which is 20 feet tall in some places and marked by prominent ridges left by the lava. The fluid basaltic flows were out of character for Mount St. Helens, which usually explodes violently, as it did in 1980. The tube formed as surface lava hardened but left hotter flow beneath it, tunneling into the earth.

"Imagine what it would be like to see that lava rushing toward us," David muses.

I personally find that image more unsettling than the prospect of meeting a giant ape.

After walking along the lava tube's sometimes bumpy hardened-lava floor, we're glad to see the light at the end of the tunnel. At this far end, there is a metal ladder, and up on top is a surface trail leading back to the entrance of the cave, about a mile away.

Emerging into bright sunlight, we feel virtuous after exercising both our bodies and our imaginations. **W**

Susan G. Hauser writes from the Portland, Oregon/Vancouver, Washington, area. For more information about recreation in Vancouver and southwestern Washington, see visitvancouverusa.com.

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After sinking your teeth into award-winning cuisine at one of ilani's restaurants, guests can

celebrate over specialty drinks and live music at Muze Lounge. Enjoy free live entertainment from award-winning artists just a few feet away from Muze's intimate stage. If you'd rather relax over craft cocktails, try some of Rose & Thorn's amazing signature cocktails or stop by the 360 Bar. Looking to shop? Find the latest fashions at Marshall Rouso for apparel and accessories and Ruby Blue for jewelry and gift items.

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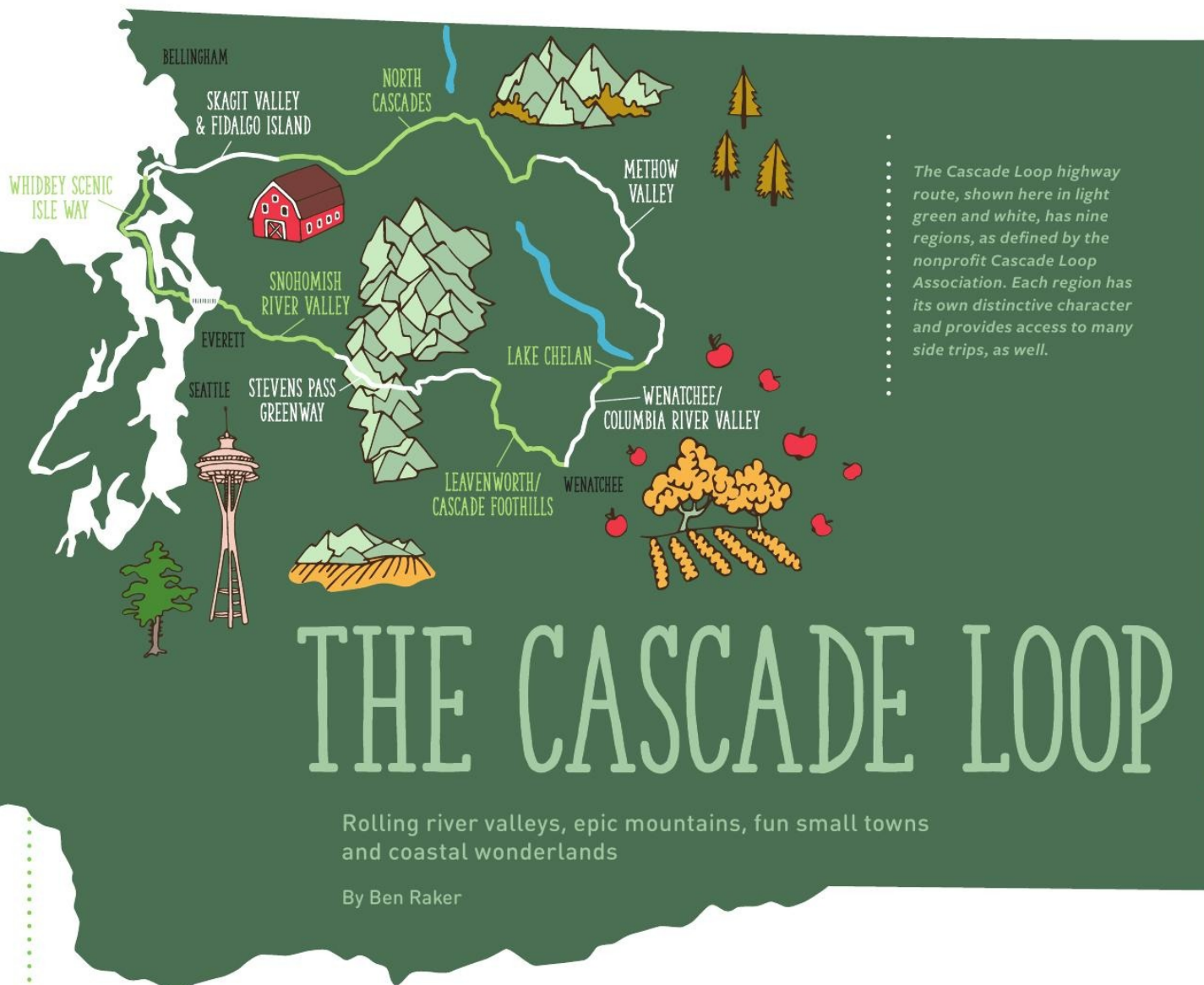
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A road trip on the exquisite Cascade Loop—a 440-mile route in northern Washington state that encompasses three scenic byways (plus a short ferry trip)—is a great way to experience the area's diverse towns and terrain.

Travelers planning trips along this popular route are served well by the work of the nonprofit Cascade Loop Association. This organization segments the loop into nine regions, shown in the map above. The following text and photos feature some of the highlights of these areas.

The Snohomish River Valley section, which has its west end at the town of Mukilteo, features rural scenes, as well as urban attractions in the city of Everett.

Moving east, the Stevens Pass Greenway heads into mountains rich with outdoor recreation.

Over the pass is Leavenworth, a fun-loving Bavarian-themed town. The surrounding Cascade foothills offer exceptional hikes.

The Wenatchee area, famed for apples and other fruits, has wonderful markets, and links to the Columbia River Valley.

North on Highway 97 is Lake Chelan, a water sports/resort/recreational oasis.

Visit the Methow Valley for Old West charm, scenic ranchlands and winter skiing.

The North Cascades region is a land of epic mountains. The route through this area closes in winter.

To the west, find bucolic Skagit Valley, and Fidalgo Island, with access to the San Juan Islands.

Whidbey Island provides more great rural and coastal scenes.

Find additional info and helpful resources at cascadeloop.com. **W**

Washington



Mukilteo Lighthouse, above, is at the west end of the Cascade Loop's Snohomish River Valley region. The adjacent Mukilteo Ferry Terminal connects the town of Mukilteo with Whidbey Island to the west.

The gorgeous scenery along the Stevens Pass Greenway, left, makes it an exceptional route for a road trip any time of year, but especially in autumn to see fall foliage.

The Bavarian-themed village of Leavenworth, right, is a popular destination, thanks to its relaxing resorts, nearby hiking and skiing, and lively festivals.





Central Washington's Wenatchee River, top, is lined with orchards that bear famously tasty fruits, such as apples and pears.

Horses graze, above, in the Methow Valley, an area known for pastoral beauty and Old West history.

Water play is one of the main attractions at 50.5-mile-long Lake Chelan, left, which is one of the deepest lakes in the nation.

SPREAD, CLOCKWISE FROM TOP LEFT: CONNIE COLEMAN / GETTY IMAGES; CHRISTOPHER KIMMEL / GETTY IMAGES; MONA MAKELA / GETTY IMAGES; STEVE LAGRECA / SHUTTERSTOCK.COM; TEDDY YAEGER / GETTY IMAGES; EDMUND LOWE / GETTY IMAGES; SOISUDAS / SHUTTERSTOCK.COM



Washington



A trail in the rugged North Cascades, left, exemplifies the grand vistas and spectacular hiking opportunities in this region. Snowy Mount Baker rises in the background.

Rainbow Bridge, above, links Fidalgo Island with La Conner, a Skagit Valley town known for its thriving art galleries and museums, as well as for its springtime flower-festival events.



A farmers market sign, above, in the Whidbey Island town of Langley, spotlights some of the enticing produce harvested at island farms.

The bridge over Deception Pass, right, allows cars to drive onto Whidbey Island, across a narrow channel characterized by dramatic tidal flows.



Eastern Washington Excursions

Some of the region's top summer sites ● By Rick Stedman

My nephew Bryan and I stand on the elevated 17th tee at Yakima's Apple Tree Golf Course, sizing up one of the most iconic golf images in Eastern Washington: the apple-shaped island green in a pond on this picturesque par-3. Framing the scene are green trees and the blond hills of the Yakama Indian Reservation. I make a nice swing with a 7-iron and find the green. I escape with a par.

My golf triumph is one of the highlights of a day in this town that resident Gary Lukehart liked so much, he put up a billboard in 1987, proclaiming it "The Palm Springs of Washington." The

billboard and the moniker are still popular to this day.

During a weekend visit from the Puget Sound area, Bryan and I manage to play golf twice, visit several wineries, attend a Yakima Valley Pippins semiprofessional baseball game, learn about the area's bountiful hops industry while sipping a local brew at the Bale Breaker Brewing Company, run along the Yakima Greenway and visit a farmers market.

"Time flies when you're having fun!" I tell Bryan as we catch our flight home. "This Merlot we're bringing back will help us relive fond memories."

Yakima is one of the many fun

and relaxing vacation areas in Eastern Washington, an agricultural center that comes alive in the summer with festivals, events and an array of outdoor activities. The following are some of the top attractions in the region.

Yakima

A favorite Yakima-area activity is exploring its many wineries. And a unique way to tour vineyards and tasting rooms is by horseback with Red Mountain Trails. They offer guided rides to some of the 12 wineries on the Rattlesnake Hills Wine Trails, southeast of Yakima, in the town of Zillah. The trail's name is a



Rafting on the Yakima River, above, is a favorite summer pastime.

Red Mountain Trails offers horseback wine tours, right, near Yakima and on Red Mountain.

The apple-shaped green at the par-3 17th hole on Yakima's Apple Tree Golf Course, left, is one of the most picturesque golf holes in Eastern Washington.



Washington



misnomer. There are no rattlesnakes in the area, just great wine. Red Mountain Trails also guides horseback riders through the famous Red Mountain American Viticultural Area (AVA), located west of the Tri-Cities.

Floating the Yakima River Canyon is another way to experience the Yakima Valley. Those looking for more adventure can go whitewater rafting on the Tieton River. Later in the summer, state officials release irrigation water from Rimrock Lake that results in whitewater rapids on the waterway, drawing enthu-

siasts from around the country.

Closer to the city you can walk, run or cycle along the Yakima Greenway. The 20-mile trail is easily accessible from the downtown area, and features parks, picnic areas and playgrounds. It also offers access to lakes and rivers, as well as protected areas where you can view birds and other wildlife.

Tri-Cities

I'm sitting with thousands of people on the grassy banks of the Columbia River, marveling at the rooster tails of water shooting



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Washington

high into the air as hydroplanes race past us at up to 200 mph. While the race is fast, my perch in Columbia Park is calm and pleasant. All around me, families are picnicking; children are playing; and everyone is enjoying the action. We are attending the Tri-City Water Follies, one of the most popular summer events in the Tri-Cities, which comprises the adjacent communities of Richland, Pasco and Kennewick.

This year, the follies will be July 27-29 at Columbia Park. The event includes an air show, featuring flyovers by modern and vintage Air Force aircraft and aerobatics performed by stunt flyers. However, the focus is always on the Columbia Cup, a series of weekend hydroplane races around a 2.5-mile course in the middle of the river.

Summer in this area often revolves around the Columbia River. The region's long, warm days are perfect for enjoying this great body of water as it meanders through all three towns. Various riverfront parks offer places for family outings and

summer fun, including boating and water-skiing. Outfitters such as Columbia Kayak Adventures rent stand-up paddleboards, kayaks and other equipment and also offer lessons.

Spokane

The 100-acre Riverfront Park in Spokane is a wonderful place to take a stroll. The park, which sits along the banks of the Spokane River, has numerous attractions and fabulous views.

The park is in the midst of a \$64 million renovation that will be completed in 2020. I can see one aspect of the remodel that is already completed—the new 650-foot-long Skate Ribbon, a paved loop trail that in the winter is covered in ice for skaters. In the summer, it is used for roller skating, biking and other activities. The park's Looft Carrousel, which was originally built in 1909, is now in a new building, and the SkyRide over the Falls, with its purple gondolas, is scheduled to be back in service this month. The ride takes passengers over the Spokane Falls.

Beyond the park, be sure to visit the Kendall Yards Night Market, held on Wednesday evenings, through late September. The market has vendors, food and live music.

Another exciting attraction is the Northern Quest Resort & Casino, located about 10 miles west of Spokane. This summer, the resort is opening Kids Quest, a center featuring activities and games for children up to age 12. It will also unveil a Cyber Quest facility, which provides family-



AARON THEISEN

friendly arcade games that entertain and challenge. The resort's new Movie & Dinner feature allows adults to enjoy a film in a theater while having dinner, drinks and snacks. The resort will also continue its summer concert series, June 18 to September 18, featuring a variety of top acts, including Willie Nelson and Joan Jett & the Blackhearts.

Pullman

As a graduate of Washington State University, I love returning to Pullman for visits that always seem like a fond homecoming. My trips usually include a round of golf at the Palouse Ridge Golf Club, WSU's home course and one of the best golf courses in Eastern Washington and the Pacific-12 Conference.

A trip to Pullman also wouldn't be complete without a stop at the WSU Creamery to try its locally made ice cream and pick up a can or two of the award-winning Cougar Gold Cheese, and

Roller skaters, above right, enjoy the newly opened Skate Ribbon in Spokane's Riverfront Park.

The summer concert series at Spokane's Northern Quest Resort & Casino, below, boasts a varied musical lineup that ranges from Willie Nelson to Joan Jett & the Blackhearts.



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Washington



Palouse Falls, above, is a site of breathtaking beauty that has been captured by many artists and photographers.

Justin Wylie, below, the founder and winemaker for Va Piano Vineyards, is also a founder of Eritage Resort, located in a captivating setting outside Walla Walla.



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some of the seven other cheese flavors at the creamery.

Another of my regular stops is Palouse Falls, located about 80 miles west of Pullman. The Palouse River runs through a narrow opening and drops 200 feet into a churning bowl. Officials are warning visitors to be sure to stay on designated paths to the viewpoints.

Cyclists will enjoy the Bill Chipman Palouse Trail, a 7.1-mile route that runs from Pullman to Moscow, Idaho, offering views of the beautiful Palouse countryside. The trail is part of the federal Rails-to-Trails program, which preserves railroad corridors for recreational uses.

Walla Walla

One of my fondest memories of Walla Walla is playing the Wine Valley Golf Club when it debuted in 2009. After the round, I

stopped at Cougar Crest Estate Winery where I tasted their incredible Merlots. I've been a fan of the winery ever since.

However, Cougar Crest is only the beginning. With more than 120 wineries in the area, this region produces some of the finest Cabernet Sauvignons and Merlots in the country. Wine lovers can walk through Walla Walla's charming downtown to find dozens of world-class wineries and tasting rooms.

The town is also famous for its sweet onions, and on July 21, Walla Walla will celebrate the edible bulb with the Sweet Onion Festival. The event features foods that incorporate sweet onions, plus chef demonstrations and a sweet-onion-eating contest.

Walla Walla has developed into a cycling center. On the city website wallawalla.org/things-to-do

WINE FLIES FREE

Washington state is home to more than 900 wineries and 14 American Viticultural Areas (AVAs)—wine-grape-growing regions with distinguishable geographic features and distinctive climate, soil, elevation and physical features.

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From Spokane to Walla Walla, the Tri-Cities to Yakima, wine lovers will discover exquisite vintages served in a variety of beautiful settings.

Alaska Airlines Mileage Plan members also have an easy way to get the wines back home.

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Alaska passengers visiting Yakima, Tri-Cities, Spokane's Cork District and Walla Walla can show their inbound boarding passes (within 10 days of arrival) to have tasting fees waived at participating wineries.

For more information on these programs, visit alaskaair.com/wine. —R.S.



VISIT WALLA WALLA

Walla Walla has become a center for cycling, attracting riders from far and wide to city streets and nearby country roads.

do/cycling/, you will find several cycling clubs and bike rental facilities, including Allegro Cyclery and the Bicycle Barn, which offer route maps and advice

about where to ride.

Set to open this summer is the Eritage Resort. Founded by Justin Wylie, the owner and winemaker for Walla Walla's Va

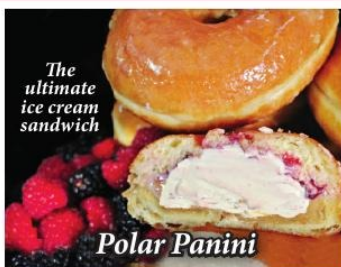
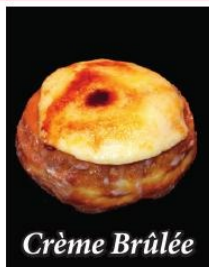
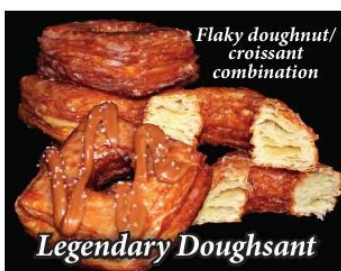
Piano Vineyards, Eritage is managed by Fire & Vine Hospitality, and will include luxury suites and lakeside villas. James Beard Award-winning chef Jason Wilson will create the restaurant menu. **W**

Rick Stedman writes from Olympia, Washington. For information on Eastern Washington-area recreation, see websites such as visityakima.com, visittricity.com, visitspokane.com, pullmanchamber.com and wallawalla.org.

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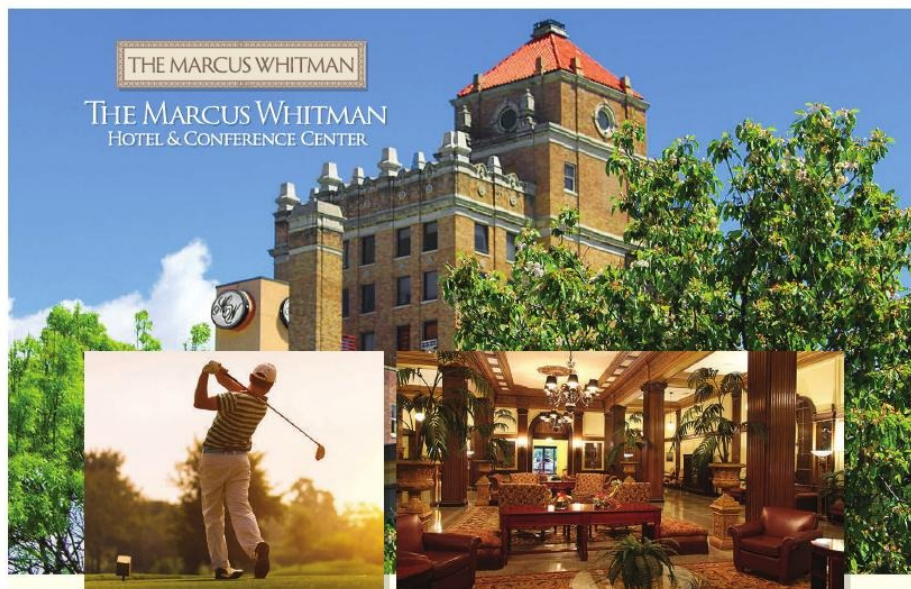
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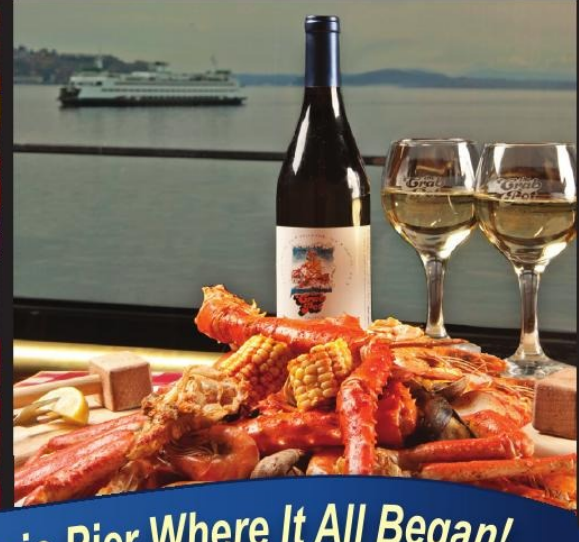
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Farm ^{TO} Table

A fresh perspective on Portland's culinary scene / by Jim Moore

This is the most interesting cheeseburger and fries I've ever had. I'm at southeast Portland's Willow Restaurant, which specializes in farm-to-table cuisine, enjoying the six-course tasting menu, and the "Cheeseburger and Fries" is both simple and complex. It's a beef tartare of strip loin, diced and seasoned with smoked oil, rosemary-whipped egg yolk, dill-pickled sweet white onions, chives and dill, with a tomato-and-shallot dressing.

The "fries" are russet potatoes and yams, deep-fried twice and glazed with maple syrup, garlic butter and herbs. The

Then again, Portland is a hub for cuisine that's locally sourced. Ever since chef Greg Higgins jump-started Portland's local food movement when he opened Higgins Restaurant and Bar in 1994, the city has been renowned for and committed to its farm-to-table cuisine.

Upon arriving at Willow, the other guests and I were greeted by Doug Weiler and John Pickett, the co-owners and chefs. They met while working at Portland's esteemed Bluehour, and their professional connection was immediate.

Weiler and Pickett eventually took a chance on their shared dream by opening Willow, which serves its \$50 tasting menu for no more than 11 people at a time, two seatings a night. "It's almost like an anti-restaurant—more like a dinner party, where we only cook things we would eat ourselves," Weiler explains.

The chefs have close relationships with several produce farms within a 20-mile radius, and they source the nearest available high-quality proteins, as well—they say 90 percent of their ingredients comes from within 100 miles of Portland. Their suppliers tell them each week what's available, and what's particularly good, and Weiler and Pickett design a menu based on that.

"It pushes our creativity," Weiler says. "We actually work best when we have limited ingredients and have to be



BENJAMIN YERKE

entire dish is served with a cheddar cheese fonduta.

This entree, following a course of fruit salad that used an earthy base of bulgur to counter the airy sweetness of honeydew and Cara Cara oranges, is updating my expectations about great, fresh food.

» Left, Willow Restaurant's "Cheeseburger and Fries" is beef tartare with russet potatoes served with cheddar fonduta. Facing, a server carries a locally sourced dish during a farm dinner.





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» Above: Willow Restaurant serves fried chicken with ingredients such as button mushrooms. Right: Departure Restaurant + Lounge offers views of downtown Portland from atop the Nines hotel.

restrained; it makes us focus more on our cooking techniques.”

The results are astounding. In addition to the cheeseburger, we eat agnolotti pasta filled with housemade ricotta, seasoned with olive oil, lemon and herbs, and served with broccoli prepared three ways. Another dish features salt-cured black cod prepared with seasoned butter and a side of asparagus topped with a miso sauce. We savor fried chicken that expands the definition: It was cooked sous vide for an hour, then dredged and fried, topped with maple syrup, lemon, dill, chives, fried shallots and a touch of peanut.

It’s accompanied by a ragout of button mushrooms finished with apple cider, chicken broth, semolina and crème fraîche, plus mustard greens folded in at the last minute.

Dessert is maple cheesecake that combines masa shortbread, whipped maple meringue, a maple-eggs-cream cheese body, and a sprinkle of bacon powder.

The artistic blending of textures and flavors is reinforced by Pickett’s description of where the ingredients came from and how he and Weiler combined and prepared them.

I don’t ever want to cook dinner again; I just want to have a seat here every night.

Following are more ways to enjoy the Portland area’s farm-to-table culture.

Local attractions paired with locally sourced cuisine

For great views of downtown, walk or pedal a less-than-3-mile loop that travels both banks of the Willamette River, with crossings at the Steel and Hawthorne bridges. (You can rent a bike using Portland’s successful Biketown bike-share program.)

The loop includes the Vera Katz Eastbank Esplanade, which features more than 20 interpretive panels detailing information about the river and the history of the area. From the Hawthorne Bridge at the southern end of the loop, it’s a pleasant walk or ride to Shizuku, Naoko Tamura’s Japanese restaurant that honors culinary traditions with creative uses of Northwest ingredients. For lunch, try the Spicy Pacific NW Mussel Noodle, which includes kale and udon noodles.

In the heart of downtown, visit some of the many shops, explore the Portland Art Museum, and reserve some time for people-watching in Pioneer Courthouse Square. And then indulge in a meal at Departure Restaurant + Lounge, perched atop the Nines hotel in the 1909 Meier & Frank Building. Departure offers





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In the quaint Northwest neighborhood, explore a mix of boutiques and specialty shops along 23rd Avenue, taking time to visit the Pittock Mansion, the International Rose Test Garden and the Oregon Zoo. Then go to Ataula, Cristina Baez and Jose Chesa’s Catalan restaurant that updates and advances classic Spanish dishes by using local ingredients. Try the salt-cod croquetas with smoked piquillo alioli, or the *rossejat*, a pasta-based version of the traditional paella.

The east side beckons with panoramic downtown views from the graceful new car-free Tilikum Crossing bridge, the Moda Center for concerts and Trail Blazers games, the antique shops of Sellwood, and the architecture of the genteel early 20th century homes in Ladd’s Addition. A burgeoning restaurant scene includes Daven-



» **Farm dinners, such as those organized by Plate & Pitchfork at Smith Berry Barn, above, and by Field & Vine Events, top right, bring farmers, chefs, diners and others together in agricultural regions near Portland.**

port, which offers a wide-ranging menu built on local produce. Try the scallops served with summer squash and mint.

Farm dinners

Just outside Portland, regions such as the Tualatin Valley offer diners the chance to gain an even stronger appreciation for local cuisine, by eating food right where it's grown. At farm dinners, farmers, winemakers, chefs and diners meet at a local farm or winery to enjoy an unbeatably fresh gourmet meal.

Erika Polmar started Plate & Pitchfork in 2003 with the express goal of making that connection for people. Polmar's family-style, multicourse dinners for 2018 take place only on producers' farms, meaning the produce on your plate was grown on-site. Dinner locations will include Smith Berry Barn in Hillsboro, Sun Gold Farm in Forest Grove and Domaine Drouhin Oregon winery in Dayton.

There's a different chef and winemaker for every dinner, and each event starts with a glass of wine poured by the person who made it, followed by a tour of the host farm. Diners get the chance to see exactly what goes into producing their meal's ingredients, and even receive growing tips for their own gardens.

"This is an experience people don't get anywhere else," Polmar says. "Eaters are often completely disconnected from where their food comes from. The produce and proteins in the Northwest are distinct, and our chefs honor the ingredients available; they let each food tell its story on the plate. After an event like ours, you'll remember that taste, that story—and it will, hopefully, impact your future purchase decisions."

Chef Pascal Chureau of Field & Vine Events has also made the decision to serve farm-to-table meals outdoors. "The names of all the producers are on the menu, but when you tour the property before dinner and harvest some produce, and then you find you're sitting next to



ON THE FARM

"Farm-to-table" doesn't work without farms. The intertwined relationships of small farms and top chefs help make the Portland-area food scene so vibrant.

In 2017, Jennifer Van Wey and her husband, Matt, moved Quackenbush Farm from a 5-acre site to 18 acres southeast of Portland, and they now sell their produce through a combination of farmers markets, community-supported agriculture (CSA) subscriptions that deliver produce directly to consumers, an on-site farmstand, and local restaurants. Their produce includes 40 different vegetables, from arugula to beets to tomatoes to winter squash, with more than 100 total varieties within those crops, and a year-round harvest rotation.

Quackenbush Farm develops close relationships with restaurants that feature fresh food. "We find a place we like to eat, start the conversation, and then we're proactive in keeping it going," Jennifer Van Wey says. "The guys from Willow [please see main story] came out, walked the farm and had lunch with us. We love it when chefs take the time to get to know us."

Chefs say they appreciate having close relationships with farmers. "Everyone I buy from, I've been on their farm and seen how they work," says Greg Higgins, owner of Higgins Restaurant and Bar. Doug Weiler of Willow Restaurant says, "We only do business with people we like—genuine people we know by name and develop a relationship with."

At Quackenbush Farm, the new, larger space is providing the owners an opportunity to experiment with pasture-raised meats, including adding a flock of Katahdin sheep this year. The farm is also focusing on maintaining long-term soil health through crop rotations and cover cropping.

"We only exist because the other parts of the equation are there," Jennifer Van Wey says. "We love seeing our name on the menus in a great restaurant—almost as much as we love eating our food with other people." —J.M.







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the farmer at dinner—that connects guests, ranchers, producers and chefs,” he explains.

Field & Vine has scheduled 35 dinners for 2018. Each meal features some combination of a chef, a vintner or brewer, a cheesemaker and a chocolatier. Each “pairing” is driven by what fresh ingredients are available at the time. The host sites include vineyards such as Tualatin Estate, and produce growers such as Fir Point Farms.

“The site is the spotlight,” Chureau says. “Then we look for nearby wineries and other producers, and find out what ingredients are good. We create the menu on Monday for a Saturday dinner.”

The right ingredients

With numerous locavore restaurants and producer dinners, there’s no doubt Portland is an epicenter of the farm-to-table movement. This ethos flourishes because of many factors.

Weiler and Pickett from Willow point to the agricultural wealth of the Willamette Valley, which has microclimates so distinct that local farmers grow kiwis and other crops you might not expect. Chureau notes the locals’ love of small, artisanal producers. Polmar lauds Portland’s urban-growth boundary, which means agricultural lands are not distant.

But in the end, all the reasons add up to one thing: the opportunity to experience a fresh, local meal that just might forever change your expectations of quality cuisine. ✕

Jim Moore writes from Portland. For more information on exploring the area, visit travelportland.com.

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VIBRANT VICTORIA

The capital of British Columbia shows its many charms

By Lauren Kramer

» In summer, **Victoria** is a flower lover's paradise. The capital of British Columbia, located on Vancouver Island, appears to have flowers blooming everywhere. They even are used to spell out a colorful "welcome" to visitors near the grounds of the Parliament Buildings.

My 9-year-old daughter, Maya, and I are amazed at all the flowers we pass during a morning bike ride. We are cycling with Charles Horn, owner of The Pedaler Cycling Tours, and our first stop is the Beacon Hill Children's Farm located in beautiful Beacon Hill Park.

We arrive to watch the "goat stampede." Every day at 10:10 A.M., dozens of ruminants of various sizes, ages and colors are herded along a pathway from their nighttime barn to the petting area, much to the delight of the viewing crowd. In the afternoon, at 5:10 P.M., the goats ramble back home. The spectacle is guaranteed to put a smile on your face.

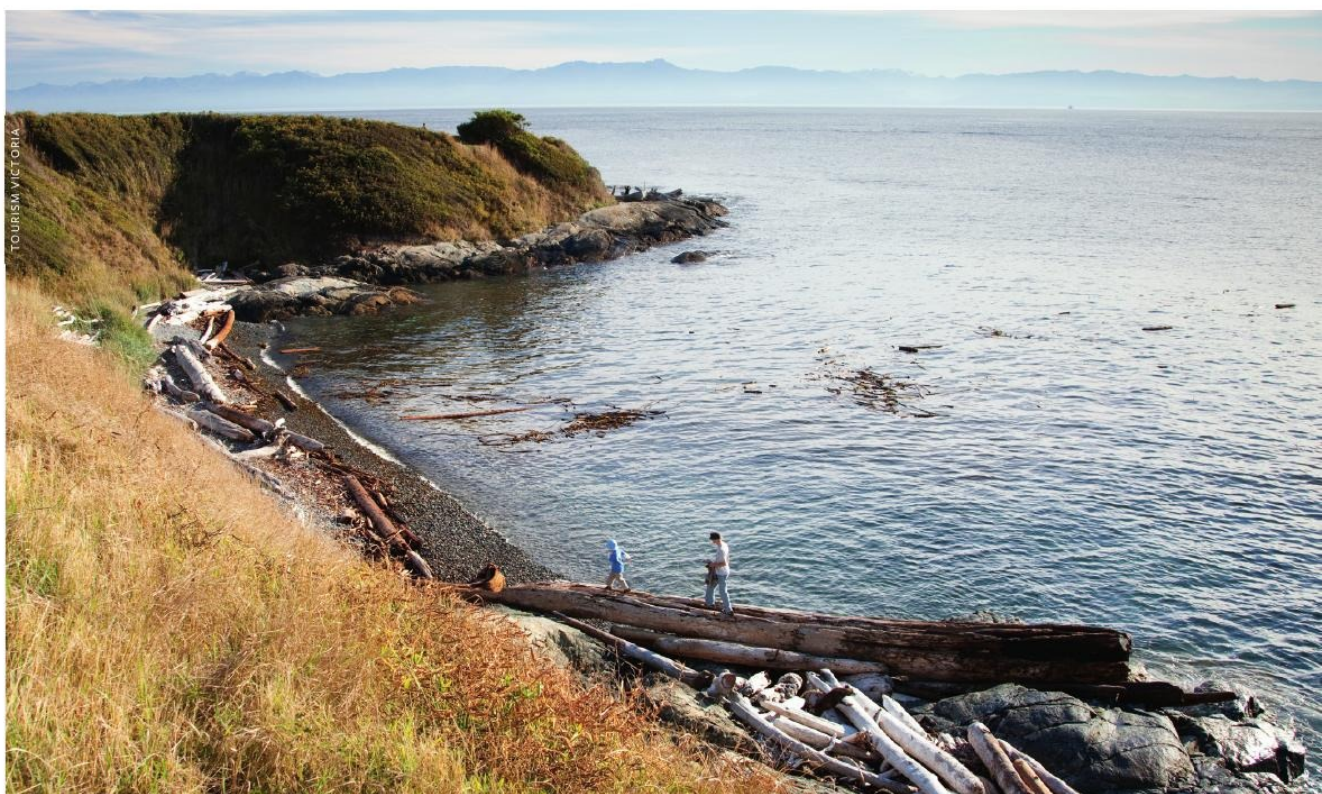
With the goats safely in their pen, we pedal east on Dallas Road, which winds along the island's southern coastline. The combination of sunshine, warm weather and flowers brings dog walkers, couples and families out to the city's popular spots, many of them located a short distance from the downtown core.

As a longtime resident, Horn offers many interesting anecdotes and insights. He leads us past Ogden Point, and its concrete breakwater, connected to the shore and running a half-mile out into the Strait of Juan de Fuca. Horn says the breakwater is one of the city's most romantic walks.

We ride on, past bluffs and long



NEAR & FAR»



» **Clockwise from left:** Victoria's Inner Harbour is a lively summer location. A driftwood-covered Vancouver Island beach is perfect for exploring. A youngster combs a goat's coat at the Beacon Hill Children's Farm.

stretches of quiet beaches filled with driftwood. We turn around at Ross Bay Cemetery, the picturesque resting place for many of Victoria's early settlers and famous citizens, including coal baron Robert Dunsmuir, who built Craigdarroch Castle, a popular local attraction.

We cycle back and make a lunch stop at Fisherman's Wharf, just to the west of

Victoria's Inner Harbour. Maya and I stop at The Fish Store to enjoy a plate of chips. We eat on the waterfront, where the aroma of fried fish fills the air, and watch a harbor seal swim lazily among the many floating homes and fishing boats berthed there. Maya and I finish our lunch and bike the few blocks back to The Pedaler, and then continue our day on foot.

Seeing Victoria

Victoria exudes a unique old-fashioned charm. This is evident in its exquisite architecture, such as the Romanesque style and rusticated exterior of the Parliament Buildings and the Edwardian, château-style Fairmont Empress hotel. The city also has quaint streets lined with pubs, bookshops, boutiques and galleries and a host of museums and other family-friendly attractions.

Thanks, in part, to its British origins, Victoria has made an art of the tea ceremony, and the meal can take up a good portion of the afternoon. We walk into



PERSONAL FAVORITES

Victoria chef Kunal Ghose, who has competed in *Top Chef Canada*, owns three restaurants in the Victoria area, including Dobosala Cantina & Ride-Thru, an Indo-Pacific restaurant, with a drive-through for cyclists. Ghose loves exploring the region with his wife and son. Here are a few of his recommendations.

■ **Beacon Hill Park:** We love packing a picnic and coming here for lunch, followed by an afternoon of walking on Willows Beach and searching for shells and driftwood. Afterward, we head to Ottavio Italian Bakery & Delicatessen in Oak Bay for perfect gelato and pastries.

■ **The Shaw Centre for the Salish Sea:** Located in Sidney, B.C., the center has an aquarium, and it is a terrific place to learn about ocean ecology. You can also explore B.C.'s unique sea life. Don't miss the fun hands-on touchpools exhibit or the jellyfish exhibit.

■ **Hiking Spots:** If you're in the mood for a physically challenging hike through beautiful country, try Mount Finlayson, located about 15 miles northwest of Victoria. Within the city, hike Mount Tolmie, which offers great views of the city. —L.K.



Victoria's Chinatown for an afternoon tea combination at Venus Sophia, a family-owned vegetarian tea room that offers a rotating menu of handmade treats. This day, Maya and I have the cranberry bliss, a fruit tisane of cranberries, apples and a hint of hibiscus. It's a great companion beverage to our three-tiered plate of scones, sandwiches, quiche, cheesecake and sponge cake.

We walk off the calories at the Royal BC Museum, a Victoria landmark known for its compelling exhibits. On the second floor's Natural History Gallery, we marvel at vividly composed Pacific Northwest forest and beach scenes, complete with animals and bird life. On the third floor, the First Peoples Gallery, we listen to the sounds of the many First Nations languages in an exhibit that highlights the history of the First Nations People who live in the area. In addition, visitors can see the traveling exhibition "Egypt: The Time of Pharaohs," on display at the museum through December 31. It contains more than 300 original Egyptian artifacts, some up to 4,500 years old, which depict life in ancient Egypt.

Maya and I then tour the Parliament Buildings, which date back to 1897. The

» *Clockwise from top: The world-famous Fairmont Empress hotel; the Sunken Garden at The Butchart Gardens; a couple poses above the Finlayson Arm fjord; afternoon tea is a Victoria tradition.*

interior features murals representing some of the main industries of British Columbia: agriculture, fishing, logging and mining. They are highlighted by arched windows and a central dome decorated with 23-karat gold leaf. The exterior of the buildings includes statues of prominent figures such as the city's namesake, Queen Victoria, who regally stands on Parliament's front lawn. You can also see statues of Captain James Cook and Sir Francis Drake. At night, the buildings are lit up with about 3,500 lights.

History seems to be all around us as we explore Victoria, including a tour of Craigdarroch Castle. The house was completed in 1890 and features 37 rooms. With stained-glass windows, frescoes on

DID YOU KNOW?

Victoria boasts one of the oldest Chinatowns in North America, and is where you'll find Fan Tan Alley, Canada's narrowest alleyway.

LONG WEEKEND IN COWICHAN VALLEY

About 40 miles north of Victoria, the Cowichan Valley is a verdant farming district that's a haven for all types of artists. From painting to sculpture, viticulture to cuisine, the towns of Ladysmith, Cobble Hill and Chemainus offer a weekend filled with diverse sights and sounds.

FIRST DAY

Head to Ladysmith, a picturesque town with a Main Street lined with turn-of-the-century buildings. They house an eclectic mix of gift shops, novelty stores and restaurants, including the gluten-free Wild Poppy Bistro, plus bakeries selling some of the island's best cinnamon buns. Don't let the buns distract you from the art at the Ladysmith Waterfront Gallery, especially the works of local bird-carver Jack Fisher and local ceramic artist Mary Fox.

SECOND DAY

The 54 murals in the town of Chemainus reveal the history of the area, from the story of the First Nations Peoples to World War II. Created by many different artists, the murals are easily explored on foot or on a horse-drawn trolley tour. Spend an evening at the Chemainus Theatre, which will feature a production of the musical *Grease*, June 8–Sept. 1. There are also a variety of hiking trails in the area.

THIRD DAY

Cobble Hill is your destination, and the road to get there is a gorgeous one that weaves between forests and vast open meadows, offering dramatic glimpses of the ocean. Stop at Cherry Point Estate Wines for wine-tasting. Save room for the Unsworth Restaurant. Located at Unsworth Vineyards, the restaurant is in a charming farmhouse and features fruits, vegetables and meats that are sourced from nearby farms. —L.K.

the ceilings and ornate wood carvings throughout, the castle's design has an impressive elegance and beauty.

Victoria is surrounded by water, and the local waterways are a great way to tour the area. Maya and I hop on one of the Victoria Harbour Ferry boats that taxi between Inner Harbour destinations. The fleet also offers 75-minute historic gorge cruises and 45-minute harbour tours. These cheerful little water taxis are a novel way to explore the city.

There are also a number of fishing and whale-watching charters that depart from the Inner Harbour.

Exploring outside Victoria

A trip to the world-famous Butchart Gardens, in Brentwood Bay, is a must while visiting Victoria. In 1912, Jennie Butchart, the wife of a successful industrialist, began what would become 55 acres of display gardens. Today, there are five dazzling gardens on the property, including the Sunken Garden, Rose Garden, Japanese Garden, Italian Garden and Mediterranean Garden.

Attractions continue to be added, such



as an annual summertime fireworks display (every Saturday evening, June 30–September 1) and a children's pavilion with a carousel with 30 wooden animals and chariots. Visitors can walk through the gardens, admiring the many flowers and plants. There are various restaurants serving meals and a famous afternoon tea.

One of our favorite aspects of Vancouver Island is its wild side. We get a small taste of its untamed natural beauty on a hike with Mark Vukobrat, owner of Hike Victoria. He drives us a half-hour from Victoria to a hike in the Gowlland Tod



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Dining

■ Q at the Empress restaurant:

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■ Fishhook at Mermaid Wharf:

Chef Kunal Ghose serves Indian-French fusion cuisine with a focus on wild, sustainable seafood.

Lodging

■ **Fairmont Empress:** The grand hotel just completed a \$60 million (CAN) restoration that saw a host of updates to its 464 rooms. Spruced up and as elegant as ever, the Empress remains the city's most famous location.

■ The Hotel Grand Pacific:

Located near the Parliament Buildings, the hotel has balconies in every room. It also offers a sumptuous afternoon tea and an athletic club with a pool, squash courts and a weight room. —L.K.

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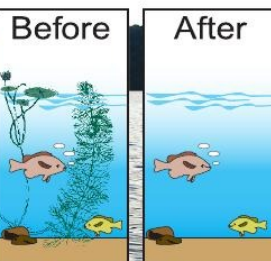
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Provincial Park. The 3.8-mile trek takes us through a forest and up on an escarpment. For the efforts of our climb of more than 1,300 feet, we're rewarded with spectacular views of Finlayson Arm, the winding, southernmost part of the Saanich Inlet.

Turkey vultures soar nearby as Vukobrat directs us to a famous rock, where we pose for pictures. Getting into position, he captures Maya and me against a backdrop of amazing beauty—the wilderness of Vancouver Island. ✈

Lauren Kramer enjoys writing about British Columbia.

Alaska Airlines offers regular service to Victoria, British Columbia. For more information on flights, visit alaskaair.com.



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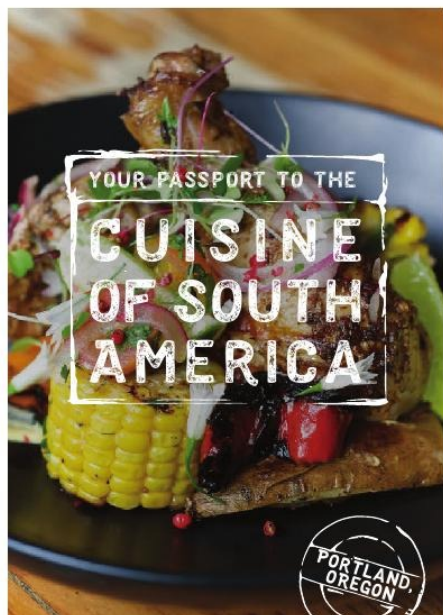
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HONG KONG CONNECTIONS

Traditional and modern influences blend harmoniously in this lively Chinese city

By David Armstrong

» It's not often a person feels he's in the 21st century and 19th century simultaneously. That's how I feel right now, though, as I ride the historic Star Ferry across Victoria Harbour, which divides the Kowloon Peninsula from Hong Kong Island.

I've paid 39 cents for a ticket on a two-level passenger boat run by a company that was launched in 1898. It's a cozy, midsize boat, painted green and white and rounded at the ends, like a lozenge. I sit at the rail, listening to the rhythmic slap of water on the eight-minute ride across a harbor crowded with vessels from the South China Sea and well beyond. A forest of glassy high-rises comes into view on Hong Kong Island. Behind the high-rises, I see the rugged outline of Victoria Peak.

Since 1997, when Hong Kong returned to China after 156 years as a British crown colony, the metropolis of 7 million has continued to operate on fast-forward. It

opened the gorgeous 1998 Hong Kong International Airport on Chek Lap Kok Island, linked it to the central city by bridges and express train, and hung a curtain of skyscrapers around the deep-water harbor.

I've been to Hong Kong about a dozen times. On every visit, I enjoy a mix-and-match of past and present. Despite all the development, the city has wisely held on to charming aspects of the past. Among them are the still-relevant and popular Star Ferry, an abundance of traditional outdoor markets, smartly repurposed colonial-era buildings and superb restaurants. One of the world's great food cities, Hong Kong has dining covered, whether your taste runs to heritage restaurants or of-the-moment destinations.

Destination restaurant Bo Innovation is very much of-the-moment. On a previous visit, I was wowed here by star chef



» Clockwise from left: A Star Ferry boat crossing Victoria Harbour. Nathan Road, Kowloon's neon-lit shopping street. Tian Tan Buddha, also known as Big Buddha. The Bird Market on Yuen Po Street.



Alvin Leung's "X-treme Chinese cuisine," as he describes the food. The wow factor is still very much present in this Wan Chai neighborhood outpost of molecular cuisine, which sparkles with three Michelin stars.

Seated at a table, I pause in amazement at the highlight of the ever-changing menu: a molecular *xiao long bao*. It's a modernist take on Chinese steamed pork dumplings, with savory pork soup inside an egg yolk, served in a ceramic spoon. It's as surprising as it is delicious, and like the restaurant as a whole, it's unique.

For more of 21st century Hong Kong, I head to the Fringe Club, a contemporary arts center ensconced in a repurposed dairy built in 1892 on hilly Lower Albert Road. The curved corner building is solid brick outside; inside, the scene is fluid. This innovation-minded nonprofit has been a contemporary art and performance

destination since 1983.

I check out a sculpture and installation show featuring local artist Lau Wai Cheong, which runs until September 30. Called "As Usual," it's actually an unusual reworking of everyday objects such as bicycles and metal piping into art. In an untitled piece, Lau shapes thin tubing into a curved lamppost with a human figure standing at the base. A key protrudes from the figure's back; its face is pressed against the post. Is the figure a humanlike machine? Or a machinelike human?

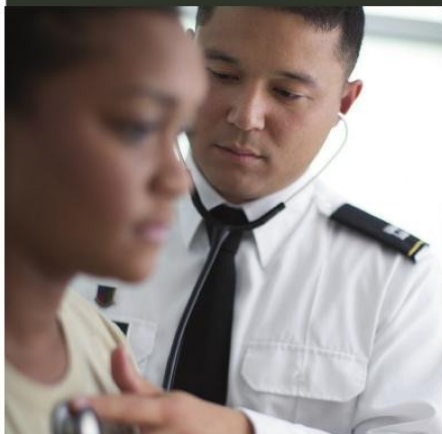
By evening, I'm in the mood for Cantonese comfort food. Thus, I dine at Yung Kee, a multilevel, 76-year-old local favorite in the Central district, Hong Kong's business and financial hub. Yung Kee is known for roasted goose, but the restaurant is also respected for painstakingly authentic, subtly flavored Cantonese fare. Ordering à la carte, I start with pleasantly chewy

wonton soup with savory broth, then a small serving of crispy bean curd with winningly briny crab roe. Lightly sautéed prawns in hot XO fish sauce round out the repast. It's a satisfying end to the first day of my visit.

On my second day, I rise late and board the subterranean Mass Transit Railway (MTR) under the harbor from Kowloon to Hong Kong Island. The MTR subway is an everyday marvel: It's cheap, clean, safe, air-conditioned (important in this subtropical city) and Wi-Fi enhanced, with fare instructions in Chinese and English.

I head straight to the famed Noon Day Gun, a decommissioned British Navy light artillery piece fired off once every day at noon. The tradition dates to the 1860s. The mounted gun, overlooking the harbor, is reached by a short pedestrian tunnel near the Excelsior Hotel. It attracts well-behaved crowds that invariably flinch

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when the gun is fired. Neighbors complained that the 6-pounder formerly used was too loud, so authorities substituted a 3-pounder. Trust me, it's still loud.

Afterward, I take the MTR back to Kowloon and visit another favorite, the Bird Market, on Yuen Po Street. It's very popular, and you can see why. The outdoor market, composed of bird sellers' stalls under canopies raised to keep out sun and rain, is a lively, tuneful, colorful place. A big blue macaw greets visitors at the entrance with "Hello!" in English.

Thrushes sing, parrots call out. A large white cockatoo preens. Bird keepers, mostly older men, groom the birds and talk to them, pausing occasionally to sip tea from tiny cups. Few overseas travelers buy birds to take home, but the market is a great, admission-free place to admire birds and to people-watch.

I have a late lunch at Dim Sum Library, on the first level of the high-rise Pacific Place shopping complex, in the Admiralty district. Dim Sum is an expansive restaurant, nearly always humming, and like most thriving lunch and dinner spots, should be booked ahead of time. Adding to its appeal is a full bar. This is dim sum with a modern twist. I order several delicate coral grouper dumplings, graduate to a spiced kimchi prawn spring roll, and

» From top: The Fringe Club, a contemporary art center. Dim Sum Library's Dan Dan Xiao Long Bao.

finish with a pan-fried turnip cake wrapped in crispy, tasty Parma ham.

Pacific Place is one of Hong Kong's upscale indoor shopping magnets. Others include The Landmark and The International Finance Center on Hong Kong Island and the International Commerce Center Elements Mall in West Kowloon. These are prime places to look for items such as designer threads, elegant accessories, stylish shoes and more. At Pacific Place, bartering is not allowed. Bartering is fine in street markets, where there are some deals but beware of knockoffs.

In Pacific Place, I ascend to the sixth floor, where I sip a Woodford Reserve Bourbon in the Lobster Bar and Grill at the Island Shangri-La, Hong Kong hotel.



Top Attractions

■ Hong Kong Disneyland Park:

Enjoy rides, classic characters and the "Royal Princess Garden," which opened in December 2017.

■ Ocean Park Hong Kong:

Education meets entertainment at this theme park, from bumper cars to a chance to meet penguins.

■ Stanley:

Take a scenic 40-minute bus ride to

experience this quaint village's seaside promenade and outdoor market.

■ **Tian Tan Buddha:** This 112-foot-tall bronze statue, also known as Big Buddha, sits on Lantau Island near the Po Lin Monastery.

■ **Victoria Peak:** One of the world's oldest funicular railways whisks visitors 1,300 feet above sea level for panoramic views.

» NEAR & FAR HONG KONG

TOM BONAVENTURE / GETTY IMAGES



The escalator to the Mid-Levels neighborhood.

Good food, good grog and other creature comforts are abundant in this and other upmarket Hong Kong hotels, which are great places to relax before or after going out.

On my last full day in Hong Kong, I take a midday stroll down Nathan Road, the neon-lit shopping street in Kowloon.

Starting waterside in the Tsim Sha Tsai neighborhood, I stroll inland. I admire the vertical jumble of advertising signs hung over 2.2-mile Nathan Road—so brilliant and evocative at night—and step into iSquare, a mid-priced, modern indoor mall that showcases HMV, Marks & Spencer and other Western

brands. Continuing inland, I pass tailors, casual cafes, electronics shops and more. I'm amazed by the sheer energy of the crowded stores and busy sidewalks.

I turn and walk back to the water. When I reach humming Salisbury Road, I go into the Peninsula Hotel. Hong Kong's first European-style gem opened in 1928

and has since expanded. The Peninsula retains a bit of Old Europe, especially in its elegant, high-ceilinged lobby.

I linger over afternoon tea. Tea is served British-style, with little water-cress, cucumber or egg salad crustless sandwiches, along with clotted cream and house-baked raisin scones. I drain a perfectly brewed pot of Earl Grey, served with hot milk. On the mezzanine, formally dressed musicians play instrumental versions of vintage Western songs: *I've Got You Under My Skin*, *Begin the Beguine* and, of course, *Tea for Two*. It's a lovely way to pass an afternoon.

That evening, I head to Mid-Levels, a popular nightlife and residential neighborhood, so named because it's about mid-way up the slope of 1,811-foot Victoria Peak. The steep hillside is best ascended by stepping onto the free two-way esca-

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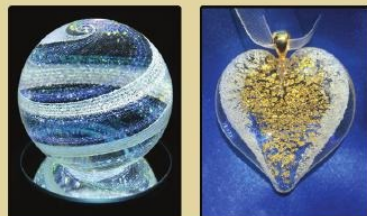
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■ January's hotel opening of

The Murray was one of the most anticipated in years. It is a 5-star renovation of a landmark 1969 Modernist government building. Located next to the Central district's Hong Kong Park, the 25-story Murray boasts a spacious, stylish lobby and public spaces that are attractions in themselves, thanks to a multimillion dollar makeover by London star architects Foster + Partners. The upscale rooftop restaurant, Popinjays, will feature seasonal ingredients. An auto ramp to the parking garage was transformed into a dramatic pedestrian entrance to the snow-white hotel. —D.A.

tor and moving walkway. Covered and open on the sides, this innovative outdoor form of transport takes visitors and commuters past vertical apartment buildings, neon-lit blocks of restaurants and a multitude of cafes and bars.

When the walkway reaches Elgin Street, I negotiate the narrow sidewalk to the entryway of Bistro Manchu, which specializes in the hearty, wheat-based cuisine of mainland China's north. I love it here. Sitting at a red lacquered chair before a lacquered wooden table, I inhale a bowl of perfectly spiced cumin lamb dumplings and tuck into a plate of stir-fried Mongolian lamb. I finish out my meal with a glass of red Dragon Seal wine, a robust vintage made in Beijing.

I end the night, and my visit, at the 118-floor Ritz-Carlton Hong Kong. Opened in 2011, the hotel towers above the new

West Kowloon Cultural District, an ambitious nexus of performing-arts venues and gallery spaces on the harborfront. The high-speed elevator takes me to the tallest rooftop bar in the world, Ozone, for a Lagavulin Scotch whisky, peaty and entirely pleasing.

Then it's down to my room on the 109th floor. I look down at the lights of the great city. Far below, slowly traversing the gray-black nighttime harbor, is a rounded, softly illuminated boat from out of the past: the Star Ferry. ✕

David Armstrong is a journalist and author in California.

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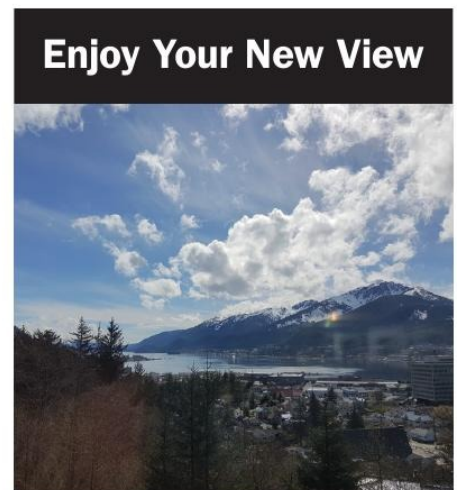


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An aerial photograph of a tropical beach. The top half of the image shows the ocean with clear, turquoise water. Several people are swimming and playing in the water. The bottom half of the image shows a wide, sandy beach. People are sunbathing on towels or blankets, some are sitting on the sand, and others are walking. The overall scene is a vibrant and relaxing beach day.

DREAM *Hawai'i* *Beaches*

FIND YOUR PLACE IN THE SAND • BY SHANNON WIANECKI

When I was 11, my family moved to Hawai'i, granting me endless opportunities to study and critique sand. I discovered grains as fine and white as flour, large golden grains that were good for making sand angels, and the largest—small pebbles, really—that sounded like a South American rain stick when washed by the tide.

Most guidebooks rate beaches according to picnic tables, barbecues, lifeguards and parking, but I feel a beach's true measure belongs to this basic elemental substance.

Beyond sand, Hawaiian beaches are portals to endless variations on the color blue. English writers tend to evoke gemstones when describing the many hues, such as sapphire or turquoise. The Hawaiian language goes deeper. *Lipolipo* refers to the blue-black unfathomable depths, the source of all

creation. Indeed, the deep water off Kona's coast is a dark ultramarine—a world apart from the pale, aquamarine milk of Kāne'ohe Bay or the sparkling cyan of Lanikai.

My favorite blue appears whenever I open my eyes underwater. The blurry teal is best with a natural soundtrack. Hawaiian humpback whales sing to one another—long complex serenades that evolve from year to year. To eavesdrop on this miracle, you need only submerge your head beneath the surface during the winter months.

Another wonder: Enjoying the sea is free. Anyone can swim until their fingers prune. Just be sure to observe water-safety signs and guidelines.

Here's a treasure map of Hawai'i's natural riches to get you started:

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Image: KaMilo at Mauna Lani Makani Plan



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BEACH SAFETY TIPS

Even on calm days, the ocean is unpredictable; Hawai'i lifeguards rescue more than 4,000 annually. Tips from the Hawaiian Lifeguard Association:

- Discover current conditions at lifeguarded beaches by visiting hawaiibeachsafety.com before heading out.
- Never swim alone, and always snorkel with a buddy. Skip snorkeling if you can't swim; have breathing or heart issues; or are unfamiliar with the equipment.
- Don't turn your back to the ocean, and heed all warning signage. If you spot rough surf or a steep shore grade, remain above the high water mark.
- If in doubt, don't go out. Wind and surf conditions can change dramatically.

BEFORE HEADING OUT

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Ho'okipa Beach Park, Maui.

FOR WATER SPORTS

Ho'okipa Beach Park | Maui

A windsurfing capital of the world, Ho'okipa has five separate surf breaks and perfect conditions for catching air. Spectators can view the action from the cliff side parking lot while drinking from fresh-husked coconuts. (Expert)

Kahalu'u Bay | Hawai'i Island

This popular beach on Ali'i Drive is a convenient, fun spot to surf ankle-biters (small waves) or practice stand-up paddling. You can book lessons or rent equipment across the street. Snorkeling is good here, too: the shallow bay is teeming with fish and frequented by sea turtles. Take care navigating the slippery rocks at the water's edge. (Beginner)

Kalapaki | Kaua'i

Partly protected by a large breakwall, Kalapaki Bay is a serene spot to experiment with all varieties of water sports: stand-up paddling, surfing, boogie boarding and outrigger canoeing. A beach shack rents equipment on-site. The golden sand is great for napping, playing beach volleyball or watching the massive cruise ships pull into picturesque Nāwiliwili Harbor. (Beginner)

Kanahā Beach Park | Maui

Immediately outside of Kahului Airport, kite-surfers launch 60 feet into the air, held aloft by brightly colored kites. On windy days, the beach park is a hub for wave riders of all sort, including windsurfers and those in sailing canoes. (Expert)

Keālia Beach | Kaua'i

While strong waves at east-facing Keālia can make swimming difficult, the swells create a perfect opportunity for experienced surfers and body-boarders. The 150-foot long, half-mile-wide beach has a lifeguard. (Expert)

Olowalu | Maui

The shallow reef off Honoapi'ilani Highway offers steady swells perfect for those learning to surf, kayak or stand-up paddleboard. I learned to surf here—and to surf in a canoe. Outrigger canoe surfing is a traditional water sport gaining a new following. Three to six paddlers climb into a *wa'a* (outrigger canoe) to catch waves—just as islanders have done for centuries. Olowalu also offers terrific snorkeling above one of the oldest, healthiest coral reefs in the Hawaiian Islands. (Beginner)

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Waikīkī | O'ahu

I never pass up a chance to revel in this popular beach's nostalgic Beach Boys vibe. Hawaiian kings and queens surfed here, as did Duke Kahanamoku, the Olympic champion who taught the world to ride waves. To follow in his wake, take a lesson and then practice riding tandem or toes-on-the-nose. At sunset, watch the whole scene turn a lovely sherbet pink. (Beginner)

Waimea Bay Beach Park | O'ahu

During the winter months, waves 20 feet tall (and larger) pound the shore at Waimea Bay. The North Shore beach is home to the Eddie Aikau Big Wave Invitational surf contest. As athletes conquer the towering walls of water, a mix of adrenaline and salt spray fills the air. In summer, the sea quiets, allowing snorkelers to explore the reef. (Expert)

FOR WILDLIFE

Hanauma Bay Nature Preserve | O'ahu

This Marine Life Conservation District within a volcanic crater is best visited early in the morning. Its underwater inhabitants look like extras from the cast of *Finding Nemo*: butterflyfish, unicorn-

fish, goatfish and trumpetfish—even a few *humuhumunukunukuāpua'a*, Hawai'i's colorful, pig-nosed state fish.

Honolua Bay | Maui

A lush, forested path leads to Honolua Bay—a large, protected cove filled with corals, clouds of fish and occasionally dolphins. The snorkeling is best on the edges of the bay, rather than the middle. Eels gape from slits in the reef, and parrotfish audibly nibble on bits of coral. It's a Marine Life Conservation District, so take care not to remove (or harass) any of the splendid natural resources.

Ho'okipa Beach Park | Maui

Anywhere from 10 to 50 green sea turtles crowd onto the sand daily at the east end of this famed surf spot. Camouflaged against the rocks, the massive marine reptiles bask in the sun. Often, a monk seal takes up residence on the opposite end of the beach—unperturbed by surf championships.

Ka'ena Point | O'ahu

The westernmost tip of O'ahu is mostly still wild and worth visiting for a glimpse of the rare



CRITTER CAVEATS

Hawai'i's native sea life is vulnerable to disturbance. To stay within federal law: Give spinner dolphins 150 feet of distance, Hawaiian monk seals 50 feet, Hawaiian monk seals with a pup 150 feet and green sea turtles 10 feet. Never step on coral, which kills the living colony of creatures.

Hanauma Bay Nature Preserve, O'ahu.





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Kealakekua Bay,
Hawai'i Island.

SUN SMART TIPS

- The tropical sun is strong, especially between 10 A.M. and 2 P.M.
- Sunburns can happen on overcast days and triple your chances of contracting melanoma.
- Clothing and sunscreen can help defend against damaging ultraviolet rays.
- Opt for mineral sunscreens or look for sunscreens touting the “reef-safe” label.

Laysan albatross. A hike threads along the coast to the birds' nesting site, which is protected behind a 2,000-foot-long fence. During spring and summer the graceful fliers return here to raise chicks. *Ka'ena* means “the heat,” so visitors should be prepared with water and sun protection.

Kealakekua Bay | Hawai'i Island

Hawaiian spinner dolphins and manta rays regularly visit this bay, the historic site where Captain James Cook died. Snorkeling here can be magical. The brightest corals are found near the monument to Cook, which can be reached by boat or kayak. The bay is a Marine Life Conservation District, so consider joining a tour with a shoreline access permit. View all the creatures and corals from a respectful distance.

Keauhou Bay | Hawai'i Island

Magnificent manta rays soar up from the ocean's depths to feed at night at Keauhou Bay. They're attracted to bright lights—those on shore and those held by scuba divers. You can watch the angelic creatures from the shore, or join a twilight dive or snorkel tour and swim amidst them. Remember to look, not touch.

Po'ipū | Kaua'i

Who knows what draws rare Hawaiian monk seals to this popular South Kaua'i beach? Perhaps the soft pillows of sand for napping, or the calm and protected lagoon waters? Whatever the reason, these whiskered 500-pound marine mammals have a habit of sunbathing in front of the lifeguard stand. With just 1,200 of these seals left on Earth, catching sight of one is pretty special. They're adorable but wild; keep a distance while snapping your selfies.

FOR FAMILIES

Kaimana Beach | O'ahu

The Diamond Head end of Waikiki Beach is special enough to warrant its own name (or two—it's also called *Sans Souci*, translated from the French as “worry free”). Located across from shady Kapi'olani Park, the beach is protected by a wide reef. After swimming, kids can shower off and visit the neighboring zoo or Waikiki Aquarium.

Kama'ole III | Maui

Three Kihei beaches—Kama'ole I, II and III—share the name of an old Maui king. Each offers a fun spot for swimming and boogie boarding, but

the latter beach is best for kids. It has a huge lawn and playground with plenty of shade. Bonus: there's a shave ice stand across the street.

Lydgate Park | Kaua'i

Just north of Līhu'e, Lydgate Park has protected lagoons that are essentially bathtubs full of fish—perfect for novice snorkelers wishing to grow gills. Schools of tiny, colorful fish pass through crevices in the lagoons' surrounding rock walls and stand out against the sandy bottom. A playground, posted lifeguard and protection from ocean waves create a family-friendly destination.

Old Kona Airport State Recreation Area | Hawai'i Island

This is the spot for young marine biologists. At the park's southern tip, pockets of white sand are sheltered from the waves and surrounded by lava-rock tide pools. Kids can search for black *ā'ama* crabs skittering along the rocks, sea urchins



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Lydgate Park,
Kaua'i.

and big-eyed blennies. However, the water isn't under the watch of a lifeguard, so if your little Cousteau needs a lifeguard-protected beach alternative, try Kahalu'u Beach Park or La'aloa Beach County Park.

Pu'unoa | Maui

Commonly referred to as Baby Beach, this West Maui spot doesn't have public bathrooms. It does have a tranquil natural pool protected by an off-shore reef. Kids can splash here without getting whacked by waves, and parents can soak up the splendid view of Lāna'i and Moloka'i.

FOR ROMANCE

Hālonā Beach Cove | O'ahu

In 1953, this gorgeous beach surrounded by rocky cliffs served as the backdrop to the steamiest scene in *From Here to Eternity*. It now attracts many smartphone-toting visitors. Go for a dip in the surf with your sweetie. You may end up star-

ring in a viral video. Safety note: Geysers erupting from the nearby blowhole are exciting but dangerous and unpredictable; remain behind safe-distance barriers.

Kūki'o Beach | Hawai'i Island

The coral-strewn beach on the Kohala Coast is narrow, but seems to go on forever. After a long stroll, it's fun to pop into one of the glamorous resort restaurants, or go for a moonlit swim in one of the protected coves. Note: Parking is limited at this beach.

Pa'akō Cove | Maui

A passage in a rock wall leads to a pocket-sized beach in Mākena. Waves crash dramatically against the lava rocks, and the islands of Ka-ho'olawe and Molokini rise out of the horizon. A favorite spot to tie the knot, it's also known as "Wedding Beach." More than one bride has jumped into the surf here for a post-wedding photo op.

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FOR BEAUTY

Hāmoa Beach | Maui

Just past Hāna town, this salt-and-pepper beach is an idyll worth spending the day at. Viewed from the road above, the water is a kaleidoscope of blues and greens. Watch bodysurfers and boogie boarders roll in, as the beach is known for its strong currents. A thick tangle of coconut palms, vines and hala trees provide dense shade.

Hapuna Beach State Recreation Area | Hawai'i Island

On the dramatic Kohala coast, Hapuna Beach is the Big Island's largest white-sand beach: a stretch of deep, soft sand washed by turquoise water. When the sea is calm, it's a great place to practice breast stroke and butterfly. Adventurous hikers can explore the Ala Kahakai trail, an ancient footpath that meanders along the coast, past petroglyphs and anchialine ponds.



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Pa'akō Cove, Maui.

Kauna'oa | Hawai'i Island

The sand here is a singular shade that falls somewhere between taupe, tan and parchment. The sandy seafloor extends far into the bay, giving it an opalescent quality. Manta rays, turtles and schools of *akule* often appear in the translucent water.

Koki | Maui

The sand's red pigment comes from the volcanic cinder cone, named after Pele, the volcano goddess. As the cone collapses, the beach below turns redder. The contrasting colors, along with the view of little 'Ālau Island offshore, make this one of the prettiest spots in all of Hawai'i.

Lanikai | O'ahu

All of the beaches on O'ahu's windward (eastern) side are jaw-droppers. Lanikai is the crown jewel; its sparkling turquoise water is the color of pure joy. Paddlers steer canoes out to the twin islets offshore while birds wheel in the sky above.



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Mākena State Park | Maui

The sand is so deep here it muffles the sound of the waves slapping the shore. Thus, an encompassing quiet is one's first impression of this still-wild place. Primary colors dominate the sunbaked landscape: yellow sand, blue water, red dirt and black lava.

Nāpali Coast | Kaua'i

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Nāpali Coast, Kaua'i.



Waimānalo | O'ahu

The first glimpse of Waimānalo from Makapu'u Lookout is dramatic: cerulean waters wash up to a white-sand beach hemmed in by the rain-carved Ko'olau Range. The view from the beach itself is just as arresting: foamy white waves framed by two little islets on the horizon. ✈

Shannon Wianecki is a writer and editor based on Maui.

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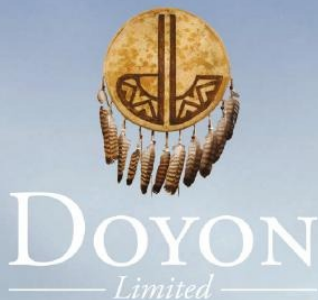
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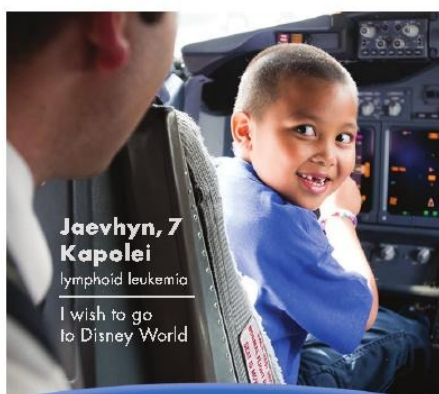
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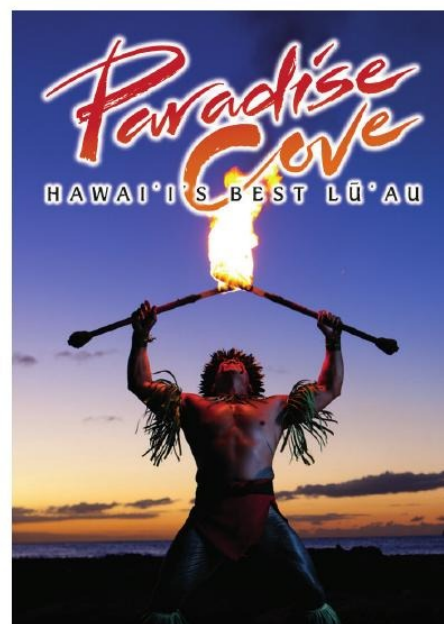
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A WILDLIFE OASIS IN WINE COUNTRY

Glamorous camping at Safari West, the “Sonoma Serengeti”

By Johanna and Naomi Werther

» Zebras and giraffes roaming through sun-dappled hills in Northern California? Who would believe such a scene exists?

Across the Golden Gate Bridge and about 75 miles north of San Francisco, in the heart of California wine country in Santa Rosa, is an unlikely and splendid place—Safari West, a private animal preserve that has been a refuge for rare and exotic wildlife since the 1980s.

Our family arrived at Safari West on a warm spring evening, and we immediately saw ring-tailed lemurs climbing a tree in the nearby “Lemur Island” enclosure. We heard the chattering of birds, such as kookaburras, cranes, flamingos and guinea fowl.

We walked past the lemurs into the African-themed Savannah Cafe, the on-premises restaurant, where we met up with friends and enjoyed a delicious dinner of chicken, corn-bread and veggies. Then we went to a fox talk given by an ecologist who was an expert on gray foxes and had lived for a year in the wild with them in a rural area of California.

After making s'mores around an open fire, we walked a few steps up a dirt path to our luxurious tent-cabin (complete with hardwood floors, electricity, and running hot and cold wa-



» *Clockwise from above: The private animal preserve Safari West features excellent food and drink, tours to view wildlife in open-air safari vehicles, opportunities to see exotic species such as the demoiselle crane, and overnight camping in well-appointed tent-cabins.*



ter). We made ourselves cozy under electric blankets and were lulled to sleep by the sounds of the savannah.

The next day we woke up bright and early. It was time to go on our safari! We clambered up to the top bench of the open-air, double-decker safari truck—including us, there were 12 passengers in the vehicle—and spent the next three hours exploring the 400-acre park.

Safari West was founded in the late 1980s when entrepreneurial adventurer Peter Lang purchased a former cattle ranch and began to create a conservation breeding facility on the site. Lang, a lifelong wildlife enthusiast and a conservationist, relocated his private collection of exotic animals to the area, intending to establish breeding programs for these animals, many of which were endangered. In the process, he met his to-be wife, Nancy, who was then the lead curator and a raptor specialist at the San Francisco Zoo.

Together, the two turned the facility into a pioneering wildlife preserve, with a mission to “actively promote conservation and environmental education, while sharing knowledge



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that empowers each individual to think sustainably about their role in the environment and the world at large.” They opened Safari West to the public in 1993.

Today, Safari West offers a variety of programs, ranging from private excursions to overnight stays to field trips for school groups. The preserve is home to nearly 1,000 animals, representing 90 different species.

On our visit, we encountered giraffes, antelopes, rhinos, zebras, impalas and Cape buffalo, among many other animals. One of our favorites was the wildebeest. Our knowledgeable tour guide described this animal humorously as a combination of assorted parts from other animals: the beard of a goat, the stripes of a zebra, the head of a cow. In Africa, wildebeests are famous for their migrations as they roam Serengeti plains and grasslands in search of water and food. At Safari West, all their needs are met by the zoological team, so they are free to eat and drink contentedly here year-round.

As we drove through the grounds, the scars of the Tubbs fire that swept through the Santa

Rosa area in 2017 were clearly visible. A hillside just beyond the rim of the park was scorched and black. Through good fortune and the quick work of the Safari West team, no animals perished. Now the park is bustling with visitors and stands as an example of how the region has rebounded from the trauma of last year’s fires.

After disembarking from our safari truck, we continued our tour on foot, meandering through the Amani Oasis Aviary and spotting exotic birds such as demoiselle cranes and scarlet ibises. We saw a cheetah resting lazily in the shade of its enclosure and had the chance to touch the cool, ribbed shell of a giant tortoise that was roaming in the grass near the cafe.

Being up close and personal with the wildlife and spending the night among the animals of Safari West are experiences we will never forget. ✕

Johanna and Naomi Werther (who are mother and daughter) write from the San Francisco Bay Area.



ARTISTIC PORTLAND

The Rose City offers an array of dazzling public art
 By Susan G. Hauser

» In Portland, public art has been a tradition since the 1888 unveiling of the Skidmore Fountain, which is still bubbling away near the Portland Saturday Market.

Today, there are more than 1,900 pieces of public art, thanks in large part to local governments, which have made supporting art more formal. Portland, Multnomah County and other municipalities are part of a program that dedicates a percentage of capital construction costs to the creation of public art. For Portland and Multnomah County, the rate is now 2 percent of the construction budget.

TriMet, Portland's public transportation system, sets aside 1.5 percent of the civil construction section of its overall project construction budget to pay for art. This has allowed commissioned artworks to be installed all over Portland and area communities.

For instance, people waiting for buses and light-rail trains at the downtown Portland Transit Mall are treated to the sight of more than 25 sculptures and works of public art along Southwest Fifth and Sixth avenues.

Animals in Pools, Georgia Gerber's sculptures of otters, bears, ducks and deer in or near 10 fountains, was installed in 1986 next to Pioneer Courthouse Square. The work is beloved by all, including a group of local knitters who each winter garb the bronze critters with homemade holiday sweaters and scarves.

And who doesn't love *Transcendence*, the 11-foot-long 1998 bronze salmon sculpture that was hand-forged by Keith Jellum. The fish appears to be swimming through the corner of a brick building that houses the Southpark Seafood restaurant, which is—appropriately enough—located on Southwest Salmon Street.

The "Public Art in the Central City" brochure is available at visitor centers in town. It offers a walking tour that features many of the city's most famous artworks. And TriMet has extended public art to the far reaches of the transit system.

TriMet asks artists to reflect elements of the surrounding community's history. Thus, at the Expo Center of the system's Yellow Line, I find a reminder that in 1942, thousands of local Japanese were housed at the center before being sent to camps. Valerie Otani's *Voices of Remembrance* is composed of cedar temple gates at the platform entrances. The timbers are strung with hundreds of metal tags—reminiscent of the internees' identification tags—that tinkle in the wind.

A few stops away on the Yellow Line, at the Kenton/Denver Station, there are bright-blue benches in the shape of huge hooves, sculptural seating by artist Brian Borrello. The hooves, no doubt, belong to the mythical blue ox, Babe. And just across the street is Babe's owner, in the form of Portland's iconic 31-foot-



» Portland's public art (clockwise from top) includes the lights on the Tilikum Crossing bridge; the Feathers wind vanes; Passage's steel rowboats; Babe the Blue Ox-inspired sculptural seating and Transcendence.





tall Paul Bunyan statue, designed and paid for by businessman Victor A. Nelson and his family in 1959.

On the Orange Line, at the Southeast 17th Avenue and Holgate Boulevard stop, sculptor Bill Will created an installation of 38 weathered steel rowboats, called *Passage*, in honor of the many brooks and ponds that formerly could be found in the area.



On the Red Line, which leads to Portland International Airport, artist Frank Boyden created *Feathers*, an installation made of three painted blue wind vanes that twist and turn atop poles at the Gateway Transit Center.

An unusual work of art is the nighttime lighting

of the Tilikum Crossing, a pedestrian bridge that is also used by the Orange Line to cross the Willamette River. Anna Valentina Murch and Doug Hollis conceived of the pulsing of the colored lighting on the bridge to match the seasons and the current of the river.

Airline passengers preparing to land at Portland International Airport can see the bridge's shifting colors in the night. It should be a hint to all visitors that in this city, art is everywhere. ✈

THE ROSE FESTIVAL'S PARADES MARCH ON

By Danielle Centoni

Every June, for 100 years and counting, the Junior Parade (June 6 this year) has arrived like an end-of-school gift. Scores of kids eager for summer's arrival get out of school to march through Portland's streets, with the students in costumes, wagons decked out like pirate ships, and wheel-chairs decorated to look like winged dragons.

Some kids take weeks to prepare for the parade, while others might don a fuzzy clown wig and join in on the fly. Many just watch the procession go by.

This just-for-kids spectacle of school bands, dance troupes and more is a perfect way to usher in summer. However, the best part is that anyone is welcome to just show up and participate. The Junior Parade's all-comers spirit hasn't changed much since a group of schoolkids started the tradition in 1918. It's a prime example of the Portland Rose Festival's mission to involve the community.

The festival's two other major parades include the nighttime Starlight Parade,

June 2 this year, which dazzles downtown Portland with light-covered floats. A week later, on June 9, the Rose Festival culminates with the Grand Floral Parade as flower-bedecked floats in an array of shapes march through downtown.



Alaska Airlines is a premier sponsor of the Rose Festival, and Alaska's Flight Attendant Drill Team will march in the Starlight Parade and Grand Floral Parade. Other employees hand out prizes at various festival events, and one Alaska group competes as a team in the dragon boat races.

Despite the many activities, one of the most popular jobs remains decorating Alaska's Grand Floral Parade float.

"We love getting out there and interacting with our customers outside of the airport and the airplane," says Contesa Diaz-Nicolaidis, a flight attendant and special projects coordinator at Alaska Airlines. "When our employees have fun, it permeates everything."

LUXURY LODGES

Alaska accommodations offer great amenities in beautiful settings

By Eric Lucas

» **Stillpoint Lodge** has all the comforts you'd expect at any boutique luxury resort. Guests stay in one of a dozen custom-crafted spruce-and-cedar log cabins perched above the Kachemak Bay shoreline.

The main lodge is a spacious facility with a small spa, an intimate dining room, a gourmet kitchen and a comfortable relaxation area warmed by a flickering fire. Huge picture windows offer a vantage on the rainbows that light dynamic skies and overlook the lodge's charming kitchen garden. Appetizers such as salmon nori rolls enjoyed with elderflower spritzer precede delicious cuisine such as caramelized scallops. A waterfall feature trickles in the main lodge entry.

This is Halibut Cove, Alaska, a remote community across from the village of Homer off the southwest corner of the Kenai Peninsula. It's accessible only by boat or plane. Sea otters splash in the cove and in a beautiful channel a short kayak paddle from the lodge. Humpback whales ply the main bay. And then there's the matter of the local ursids.

"When you walk up to the viewpoint, keep your eyes peeled for a mother bear with a couple cubs," advises lodge owner JT Thurston as I'm checking in. "We've been seeing them on the beach across the water, looking for clams."

Like a dozen or so such outposts in Alaska, Stillpoint is a remote guest lodge. The fact that it offers both unparalleled natural surroundings and unparalleled luxury exemplifies a unique niche of Great Land travel that's available in few other places.

You can start your day with a fresh-made double cappuccino; go for a stroll to watch foraging bears from a safe distance; fuel up at lunch with gourmet salmon chowder; paddle out to seek sea otters or view spawning sockeye salmon; return for a late-afternoon hot

stone massage; then savor a gourmet supper and relax in a hot tub beneath the stars. Yoga? Check. Feather pillows and down comforters? Yes. On-site wine cellar? Sure.

Luxury wilderness properties are available across the state. Kenai Fjords Wilderness Lodge occupies its own remote island in Resurrection Bay, south of Seward. Nearby, Kenai Fjords Glacier Lodge perches on a sandy beach across a lagoon from Pedersen Glacier—guests paddle canoes over to the glacier face, and return for warm chocolate-chip cookies. Brooks Lodge, in Katmai National Park & Preserve, is downstream from Brooks Falls, which may be the most famous bear-viewing site in North America. Winterlake Lodge, along the Iditarod Trail near Denali, and Tutka Bay



» **Stillpoint Lodge near Homer** offers guests beautiful cabins overlooking Kachemak Bay and excursions such as helicopter fishing trips. Right, **Sheldon Chalet** is perched on a ridge next to Denali's Ruth Glacier.

Alaska Calendar

Seldovia Summer Solstice Music

Festival: Folk artists perform and hold workshops; June 21–24 (seldoviaartscouncil.net).

Midnight Sun Festival: Celebrate the summer solstice under the midnight sun. About 30 live bands, arts and crafts, and activities such as gold panning and a BBQ cook-off; June 24; Fairbanks (downtownfairbanks.com).

World Eskimo-Indian Olympics:

Athletes compete in traditional events such as the knuckle hop and four-man carry; July 18–21; Fairbanks (weio.org).



JEFF SCHULTZ PHOTOGRAPHY

43rd Blueberry Arts Festival: Parades, culinary contests and art exhibits; Aug. 3–5; Ketchikan (ketchikanarts.org/events-programs/blueberry-arts-festival/blueberry-arts-festival).

Golden North Salmon Derby: Anglers compete to catch the largest salmon; Aug. 17–19; Juneau (goldennorthsalmonderby.com).

Alaska State Fair: Headline performers include the Goo Goo Dolls and comedian Jim Gaffigan at an event that also features competitions such as vegetable weigh-offs and cooking contests; Aug. 23–Sept. 3; Palmer (alaskastatefair.org). —Kaylee Strachan

Lodge, on Kachemak Bay, are culinary destinations operated by famed Alaska chef Kirsten Dixon and her daughter, Mandy.

A new remote lodge, Sheldon Chalet, is poised on a rock pinnacle (known as a *nunatak*) beside Denali's famous Ruth Glacier. The lodge features deluxe facilities surrounded by the glacier, inside Denali National Park & Preserve. Guests helicopter in from Talkeetna or Anchorage and land on the lodge's own chopper pad, which also serves as an observation deck. From the lodge, guests can keep their eyes open for views of Denali's summit high above, ski or snowshoe on the glacier, and enjoy the sauna tucked into the cliff.

Though Ruth Glacier is formed by the mountain's prodigious snowfalls, the weather

is less challenging than one might expect. The chalet is open year-round, says co-owner Marne Sheldon, and the lodge has installed solar arrays to supply electricity (though there is still a diesel generator as backup).

"The sun is quite intense—and more common than people think—where we are on the south side of the mountain," Sheldon says. "That also means there's a really good chance of seeing the mountain's summit if you're there a few days."

There's a really good chance of seeing many things at one of Alaska's remote lodges. Maybe it's a brown bear hoisting a salmon from a wilderness river. Maybe it's a dessert sundae featuring handcrafted spruce tips ice cream. All of it makes for a true Alaska experience. ✈

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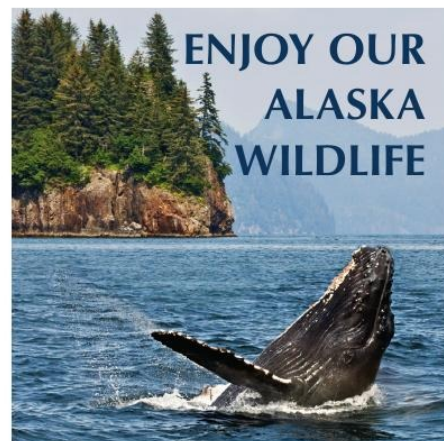
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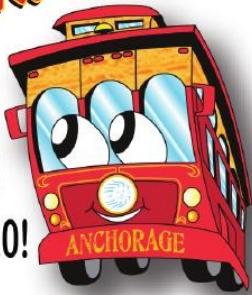
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TABLE OF CONTENTS

198 Everything Alaska

alaskaair.com
Our 5-star mobile app
Alaska Lounge
Alaska's fleet

200 The Alaska experience

201 Beverages

First Class wines

202 Alaska Beyond Entertainment

Movies and TV on your own device
Go online
Rent a preloaded tablet

204 Mileage Plan

Welcome to a world of rewards

206 Global Partners

Travel the world with our airline partners

208 Where we fly

115+ destinations and counting

210 U.S. airport terminal maps

212 Global Airline Partner terminal maps

214 Customs and immigration

215 Your safety and comfort

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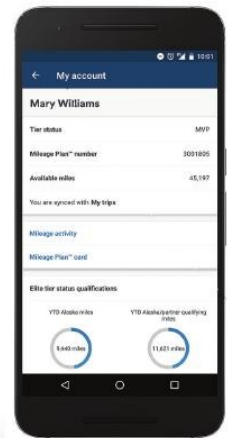


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Tazo® Awake® black tea
Tazo® Sweet Orange hot herbal tea (caffeine-free)

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

PREMIUM WINE

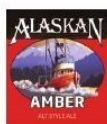


Canoe Ridge Exploration \$7.50
Red Blend

Canoe Ridge Exploration \$7.50
Sauvignon Blanc

La Marca \$8.50
Prosecco

All prices in U.S. dollars.



BEER

Premium Beer \$7.50
Alaskan Amber
Ballast Point Sculpin IPA
Kona Longboard Island
Lager (to/from Hawai'i)
Modelo Especial (to/from Mexico)
Imperial (to/from Costa Rica)

Domestic Beer \$7.50
Miller Lite
Budweiser

LIQUOR

Spirits \$7.50
Woodford Reserve
Bourbon
Crater Lake Hazelnut
Espresso Vodka
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Baileys Irish Cream

NEW!

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



First Class Wines

Featured wines this month.



Chateau Ste. Michelle
Mimi Chardonnay

Washington, Horse Heaven

With a lightly oaked, elegant style, the wine offers apple and pear fruit character with bright natural acidity.



Chateau Ste. Michelle
Indian Wells Red Blend

Washington, Columbia Valley

This wine reflects the rich, round powerful style of Washington fruit, highlighting seven varietals.

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.

Movies, TV, Wi-Fi and more.

The choice is yours.

Get Started:

The "Movies & Wi-Fi" card in your seatback pocket has instructions on how to watch.

Kick back with over 200 free movies and TV shows.

Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Food Network—as well as new discoveries, including new musicians on Seattle's independent record label, Sub Pop.



Download the app:

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



Star Wars: The Last Jedi



The Post



The Greatest Showman

MOVIES RECENTLY ADDED:

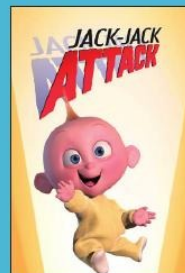
- Batkid Begins
- Big Hero 6
- Blade Runner 2049
- Bullitt
- Dunkirk
- Father Figures
- Gravity
- Ice Age
- Justice League
- Love, Simon
- March of the Penguins
- Moana
- Mulan
- Tangled
- The Good Dinosaur
- The House
- The Lion King
- The Shape of Water
- Toy Story

INCREDIBLE SPECIAL FEATURES:



Incredibles 2

- Trailer for *Incredibles 2*
- Special Look at *Incredibles 2*
- *The Incredibles* (the original movie)
- *Jack-Jack Attack* (shorts featuring cast of the original movie)
- *Boundin'* (short from original movie)



Pixar Shorts

- *The Pixar Story* (documentary)
- *Piper*
- *Day and Night*
- *Partly Cloudy*
- *Sanjay's Super Team*
- *Presto*
- *La Luna*
- *Lifted*
- *Jack-Jack Attack*
- *Boundin'*
- *For the Birds*



For a complete movie/TV program listing, go to AlaskaWiFi.com while in flight.

Like our tunes?

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

| Artist | Song |
|---------------------|----------------------|
| High Hives | <i>Ocean to City</i> |
| Shout Out Louds | <i>Jumbo Jet</i> |
| The Revivalists | <i>Gold to Glass</i> |
| Jamie xx feat. Romy | <i>Loud Places</i> |
| Fever Fever | <i>Hypnotized</i> |
| The Revivalists | <i>Keep Going</i> |
| Yahtzel | <i>Someone Else</i> |
| Streets of Laredo | <i>Laying Low</i> |

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

Beach House

7



The band's seventh album, *7*, represents a process of creative rejuvenation, often addressing "the beauty that arises in dealing with darkness; the empathy and love that grow from collective trauma; the place one reaches when they accept rather than deny."

You're now cleared for text-off.

Never miss a thing when you can text for free using Wi-Fi. Text your friends from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

- Free texting is for text-based messages only. Photos and video are not supported.
- Both you and your recipient must have one of the compatible apps.
- Free texting is available only on flights with Gogo or Viasat Inflight Internet.

Inflight, go to AlaskaWiFi.com to get started.



Go online.

Inflight Internet is available on all of our Airbus, Boeing and Embraer 175 aircraft, when flying over the continental U.S., Canada and parts of Alaska. Internet is also available on flights to Hawaii operated by Airbus aircraft.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

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

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

Rent one of our premium entertainment tablets.

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

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



NEW MOVIES ON THE TABLET:



Black Panther



Game Night



The 15:17 to Paris



Thoroughbreds



**Maze Runner:
The Death Cure**

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.

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



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.

Alaska
GLOBAL PARTNERS

Aer Lingus

American Airlines

BRITISH AIRWAYS

CATHAY PACIFIC

Condor

Emirates

FIJI AIRWAYS

FINNAIR

HAINAN AIRLINES
Charmed Experience

ICELANDAIR

JAL
JAPAN AIRLINES

KOREAN AIR

LATAM AIRLINES

PenAir
THE SPIRIT OF ALASKA

QANTAS

Ravn
ALASKA

SINGAPORE AIRLINES

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.



HONG KONG
CATHAY PACIFIC



Carry the card for even more rewards.

Introductory offer: Buy 1 ticket, get 1 for just the taxes and fees with Alaska's Famous Companion Fare™ offer.

- **Up to 31,000 bonus miles** after qualifying purchases.
- **Free checked bag** for you and up to six other passengers on the same reservation.

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

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

Apply at AlaskaOffer.com or ask your flight attendant.

The Visa Signature® card benefit described herein is subject to certain restrictions, limitations and exclusions. For more information about rates, fees, other costs and benefits of this credit card, or to apply, visit AlaskaOffer.com and refer to disclosures accompanying the application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. ©2018 Bank of America Corporation.

Big adventures using your miles.

Book one-way award travel within the continental United States and Canada starting at just 5,000 miles.*

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

Visit alaskaair.com to explore all the ways to use miles.

Join today and start getting rewarded. 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.



Explore more with Mileage Plan.



Bangkok
Cathay Pacific



Dubai
Emirates



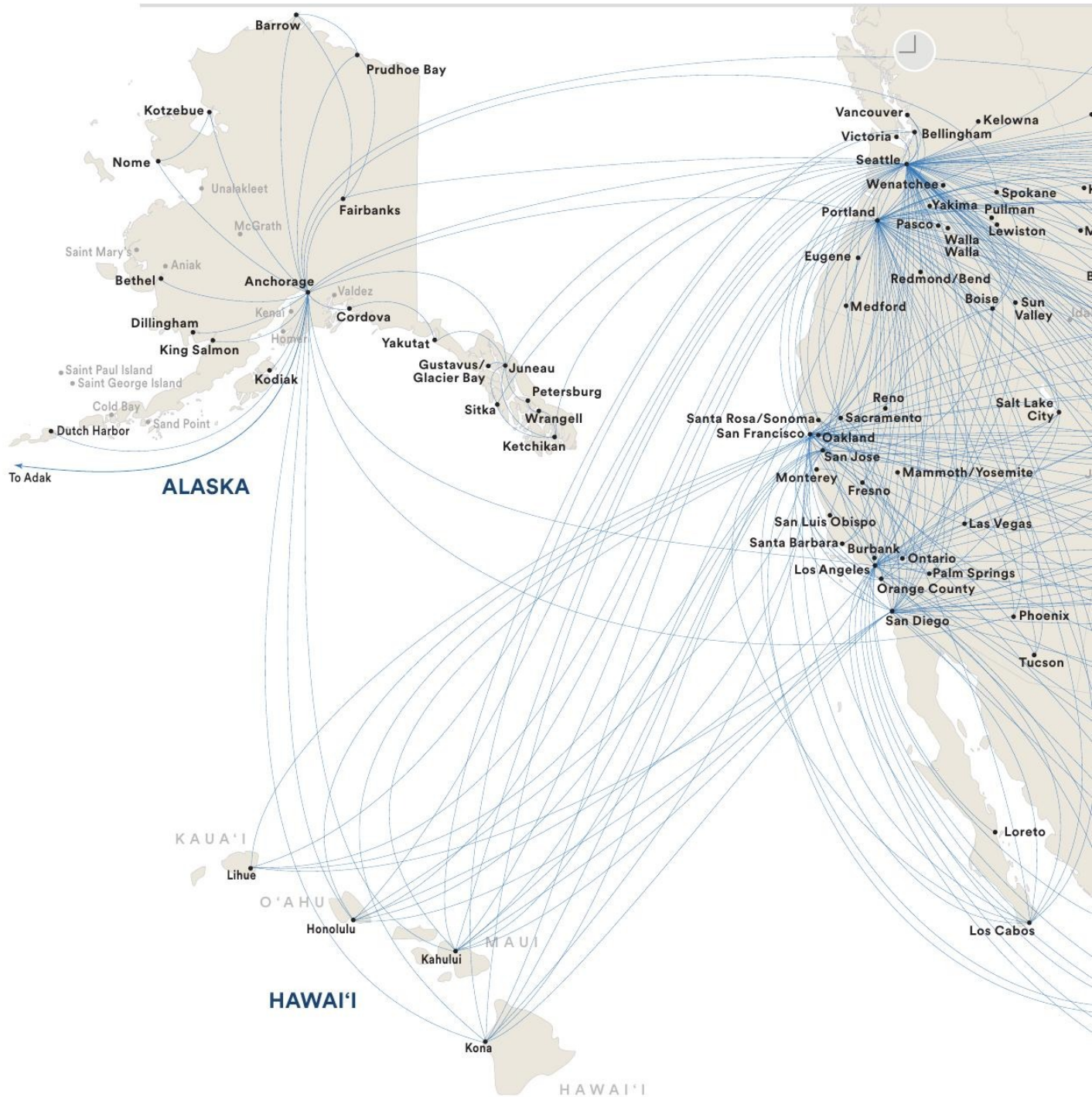
Dublin
Aer Lingus



Singapore
Singapore Airlines

Where we fly

115+ destinations and counting.

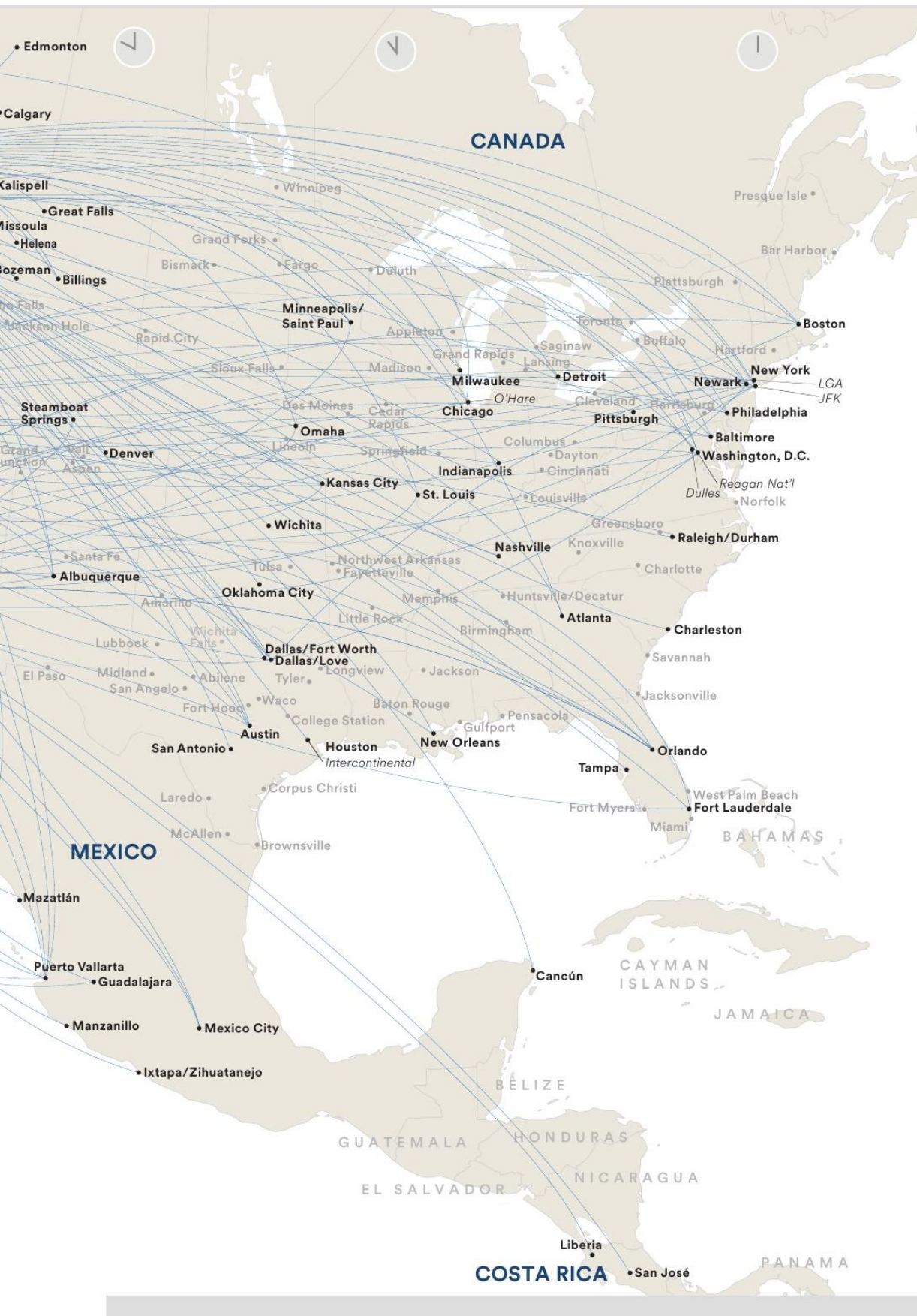


LEGEND

- Destinations
- Partner destinations
- Alaska Airlines routes

UPCOMING NEW SERVICE

| Route | Service Begins |
|----------------------------|-------------------|
| Seattle, WA—Pittsburgh, PA | September 6, 2018 |



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

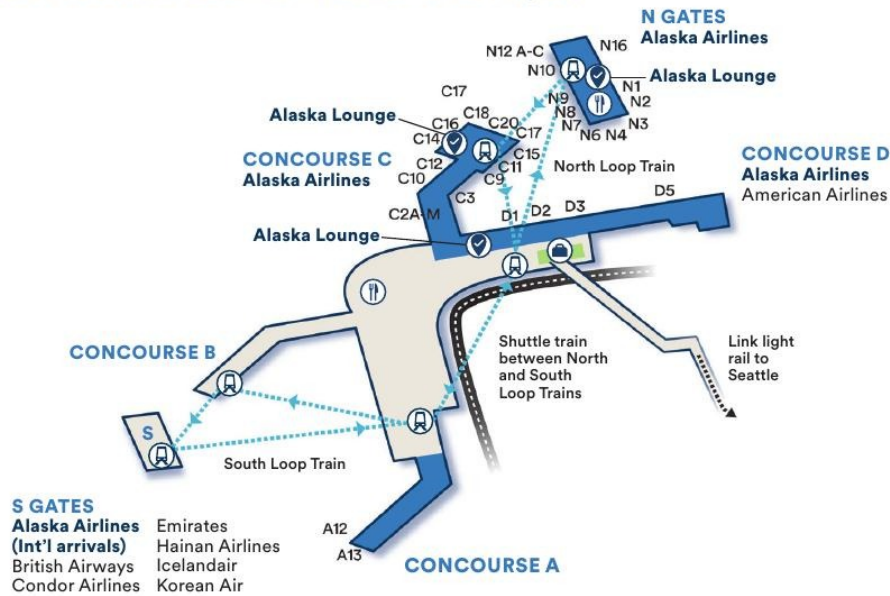
Some routes shown operate seasonally.

Airport terminal maps

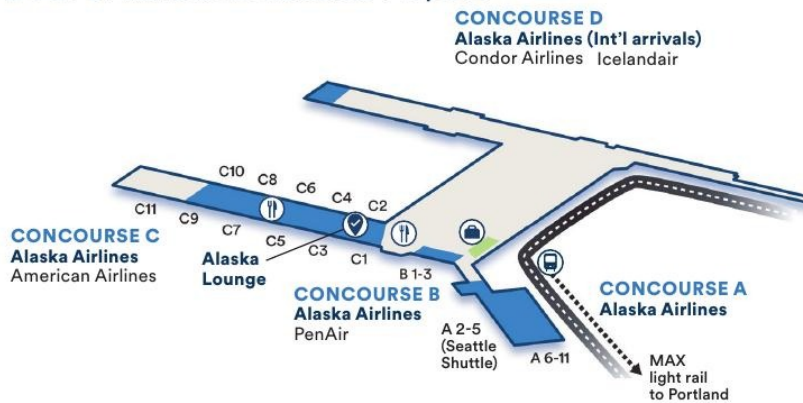
SEA Seattle/Tacoma International Airport

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

Tip: Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



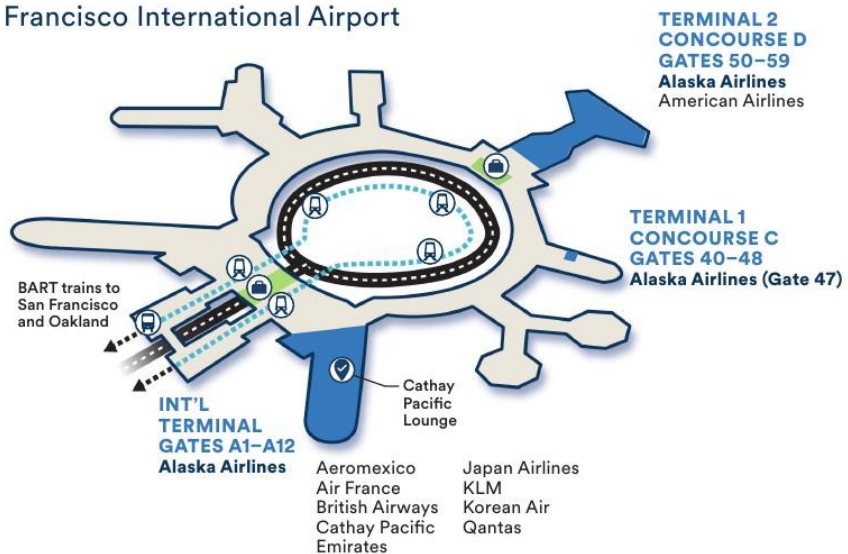
PDX Portland International Airport



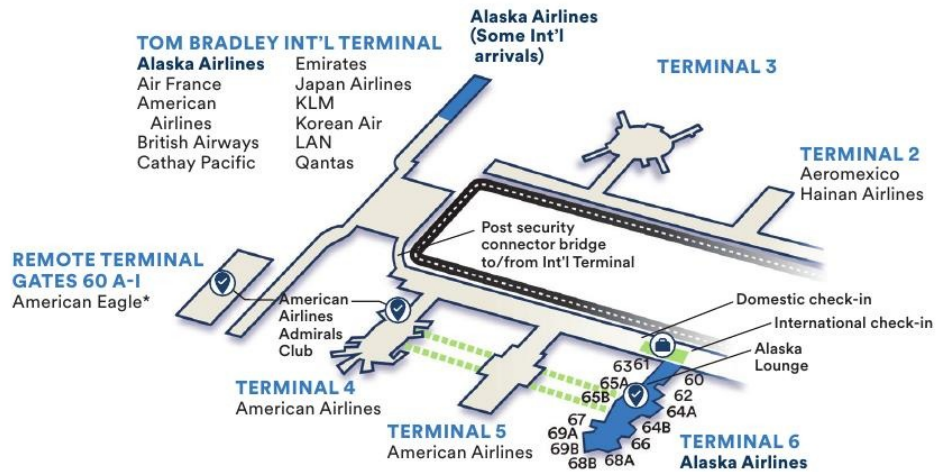
Tip: Head's up: We fly out of more than one terminal at SFO, please check your boarding pass to ensure you arrive at the correct gate.

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

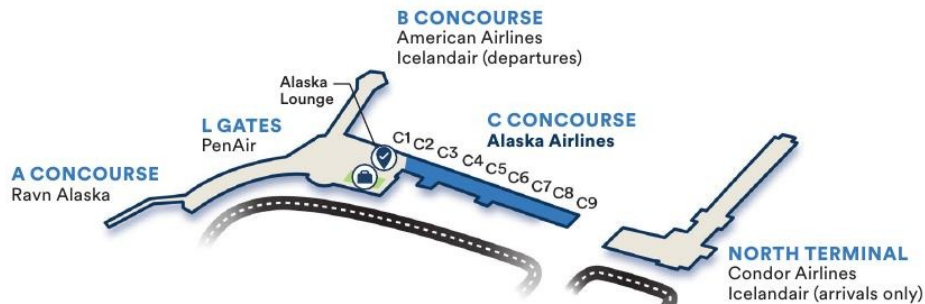
SFO San Francisco International Airport



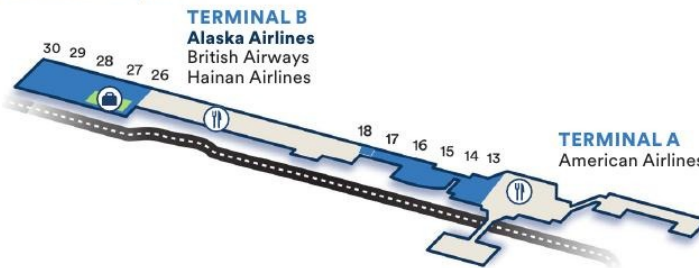
LAX Los Angeles International Airport



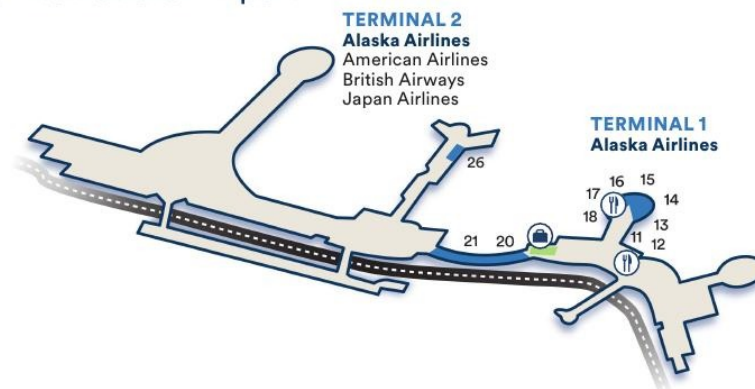
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



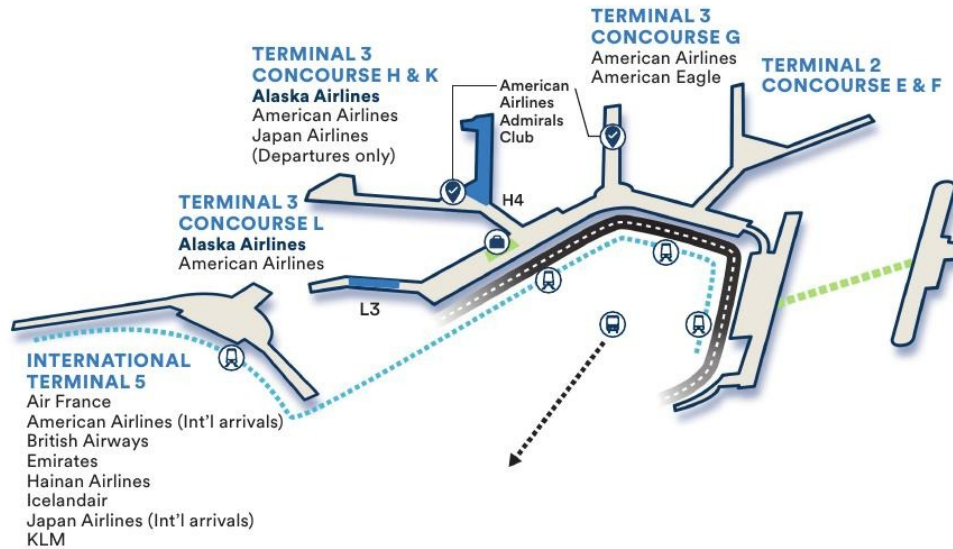
Global Airline Partner terminal maps

ORD Chicago O'Hare International Airport

American Airlines 

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

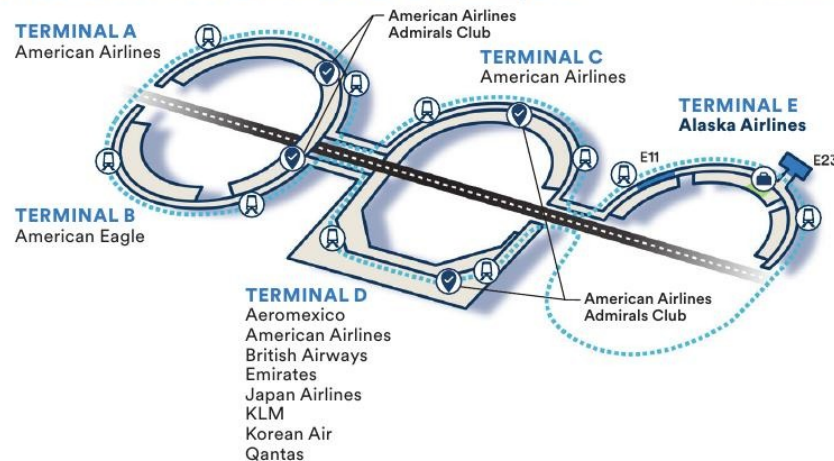
Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



DFW Dallas/Fort Worth International Airport

American Airlines 

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.

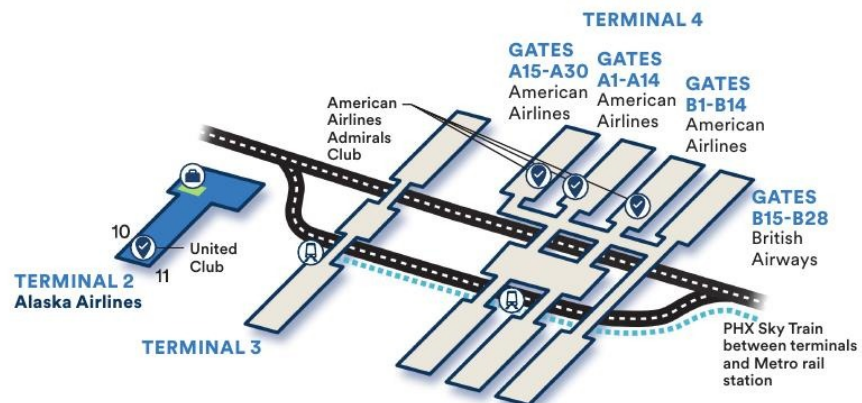


PHX Phoenix Sky Harbor International Airport

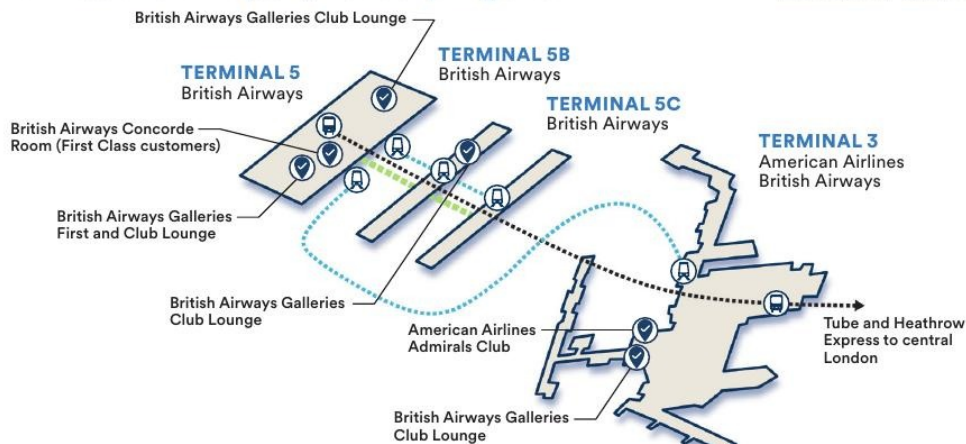
American Airlines 

From Phoenix, American flies to 81 cities with over 300 flights.

Tip: Alaska Lounge members have access to the United Club across from gate 10 at Sky Harbor when flying on Alaska.



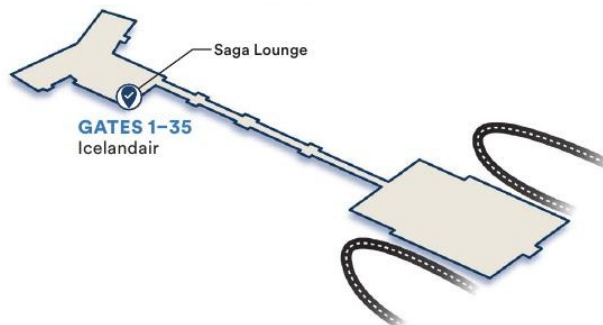
LHR Heathrow Airport, London, England



British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

Tip: MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.

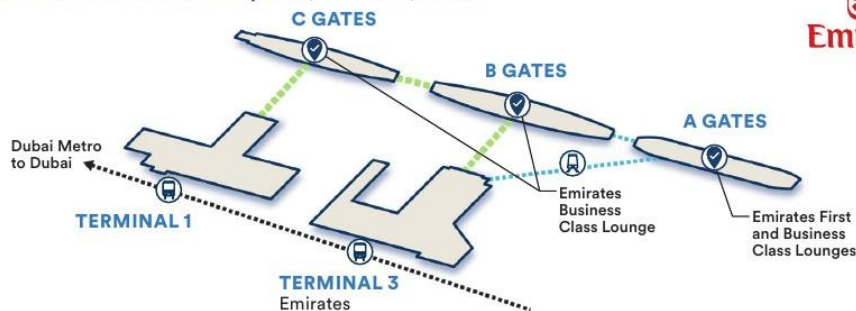
KEF Keflavík International Airport, Reykjavík, Iceland



Tip: MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

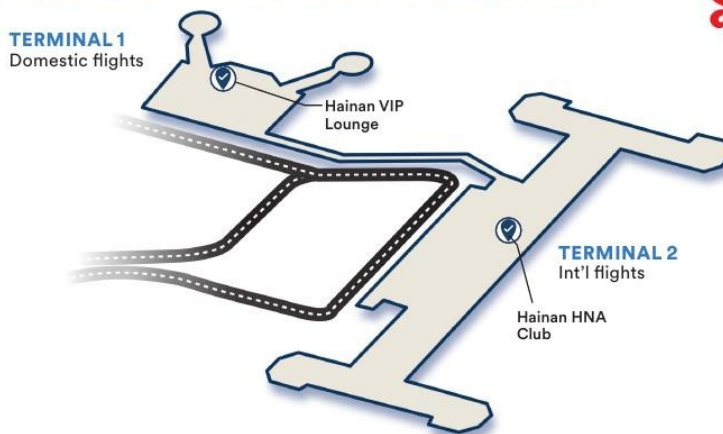
Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

DXB Dubai International Airport, Dubai, UAE



Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.

PEK Beijing Capital International Airport, Beijing, China



Tip: MVP Gold and MVP Gold 75K members receive complimentary access to Hainan's lounges.

With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paperwork, TSA Pre✓® eligibility and access to expedited entry in other countries. Apply at www.cbp.gov.



Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

Helpful tips

- Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- Customs declaration forms are unnecessary.
- Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption).
- Lines 5, 6—If not using a passport, leave these lines blank.
- Line 9—Enter “AS” for Alaska Airlines
- Sign at the “X.”

INTERNATIONAL TRAVEL TIPS TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

TO COSTA RICA

- All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a \$29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area. The fee is included in the price of tickets purchased after June 1, 2016.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación. Las formas completas serán presentadas en la Terminal Internacional.

QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

DECLARACION DE ADUANA

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección.
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco.
- Línea 9—Use “AS” para Alaska Airlines.
- Firme en la “X.”

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; uno por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

Your safety and comfort

SEATS

- Your seat belt must be fastened whenever the “FASTEN SEAT BELT” sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

CREW SAFETY

- Interference with crew members’ (including flight attendants’) duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer’s behavior.

PETS

- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

USING YOUR DEVICES

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

Allowed on the ground and in the air

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

TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle safety conditions and the restraint must be certified for use in motor vehicles and aircraft.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, etc.

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

OTHER PROHIBITED ITEMS

- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air-purifying devices.

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

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

CONTACT US

Customer care:
800.654.5669
(Mileage Plan,
Customer Care)

Toll-free
reservations:
Within the U.S.
and Canada:
800.ALASKAAIR
(800.252.7522)
(TTY 800.682.2221)
alaskaair.com

En Español:
800.858.5525
From Mexico:
001.800.252.7522

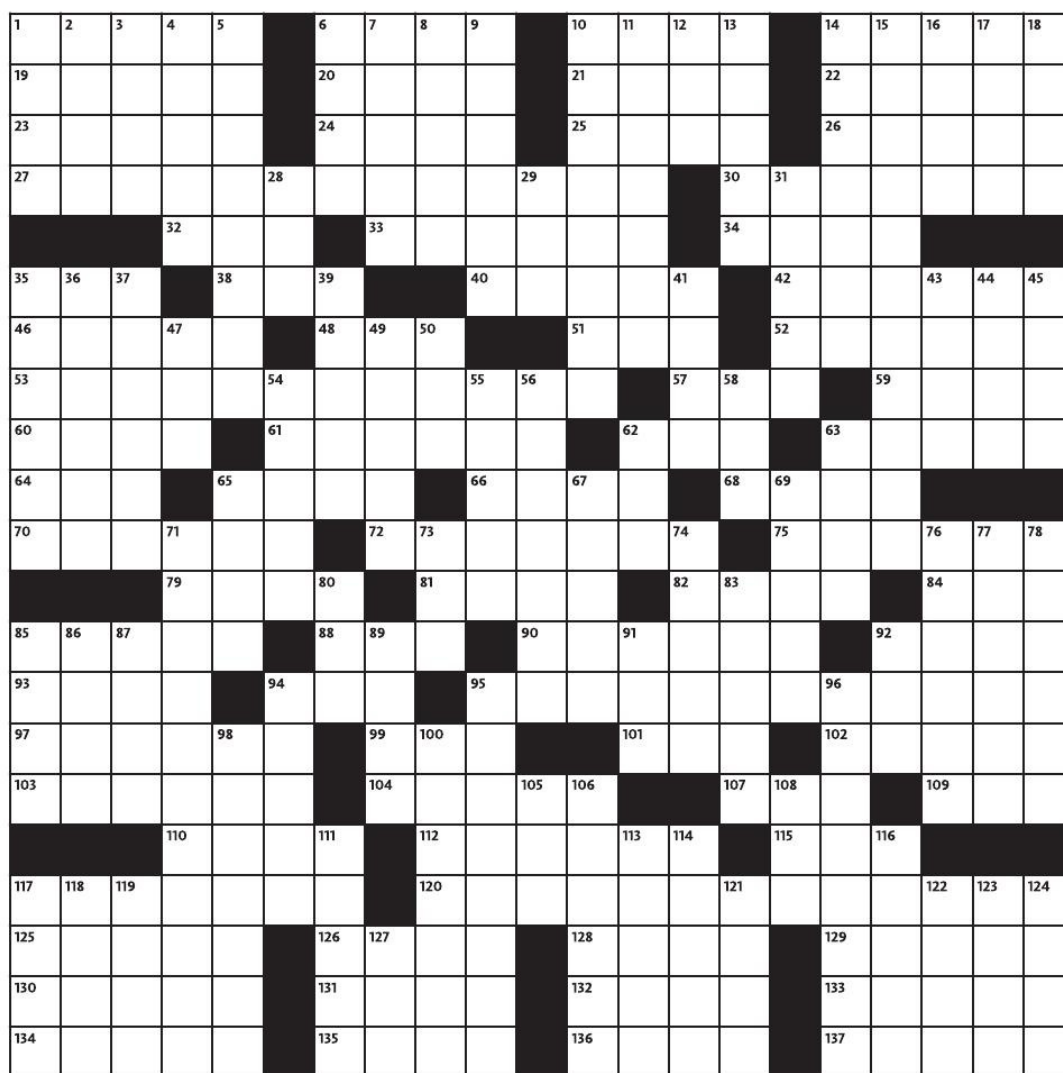
Alaska Airlines
Vacations:
844.762.0087
vacations.alaska-air.com

A TASTE OF EUROPE

GAMES
CROSSWORD

ACROSS

- 1 Scrap
- 6 Exercise system
- 10 Up to the task
- 14 Subsequently
- 19 Venetian painter
Veronese
- 20 Memorable times
- 21 Raised dogs
- 22 Rubbish!
- 23 Indian state
- 24 Charity gifts
- 25 Acapulco affirmative
Belief
- 27 Brunch choice
- 30 Mocked
- 32 Heredity letters
- 33 Mom or dad
- 34 Harmony
- 35 ____ Canto
- 38 Ooola's Alley
- 40 Book's name
- 42 Warm over
- 46 Parisian student
- 48 Literary collection
- 51 Guided
- 52 Landed property
- 53 Breakfast treat
- 57 Motor fuel
- 59 Food morsels
- 60 Heroic tale
- 61 Card game
- 62 Poetic contraction
- 63 Nice greeting?
- 64 Chicago hrs.
- 65 Like a bird
- 66 List ender
- 68 Makes lace
- 70 Punching in numbers
- 72 Comes into view
- 75 Sign on the ____ line
- 79 Lion's call
- 81 Golfer Aoki
- 82 At the peak
- 84 Small bill
- 85 ____ reaction
- 88 Decorative vase
- 90 Volcano's mouth
- 92 Comic Johnson
- 93 Eternities
- 94 Garden buzzer
- 95 Bistro offering
- 97 Soap suds
- 99 Pintacle
- 101 Printers' measures
- 102 Creepy
- 103 Baseball hit
- 104 Knockoff
- 107 Botch
- 109 Archaic
- 110 Norse king
- 112 Type of sausage
- 115 Ms. Thurman
- 117 Pick the wrong moment
- 120 Nooks and crannies
treat
- 125 Open a bottle



- | | | | |
|-----------------------------|---------------------------|-----------------------------|---------------------|
| 126 Wedding jewelry | 12 ____ <i>Miserables</i> | 56 Take back | 98 Oval shape |
| 128 ____ boy! | 13 Polishes the prose | 58 Picasso's forte | 100 Earnings |
| 129 Electron tube | 14 Brings into accord | 62 Barcelona cry | 105 Std. |
| 130 Emulates Ella | 15 Pancake alternative | 63 Halt | 106 Surfing the web |
| 131 Sticky stuff | 16 Hue | 65 Unknown auth. | 108 Island drink |
| 132 Shipshape | 17 Fencing sword | 67 Plato's market | 111 Brink |
| 133 Archer's missile | 18 No longer in bus. | 69 Garnish | 113 Saltpeter |
| 134 Pang | 28 ____ Paulo | 71 Stew ingredient | 114 Very, musically |
| 135 ____ out (barely earns) | 29 Aloha gift | 73 60 secs. | 116 Blazing |
| 136 Canal of song | 31 Actor Lew ____ | 74 Glossy material | 117 Requisite |
| 137 Playful mammals | 35 Enhance | 76 Matador | 118 Ruler mark |
| | 36 Pass, as hours | 77 Necessitate | 119 Wound remnant |
| | 37 Mildness | 78 Transferred, as property | 121 Despise |
| | 39 Large Pacific island | 80 Lament | 122 Public meetings |
| | 41 Border | 83 Jest with | 123 Fan's favorite |
| | 43 British nobleman | 85 Highland Scot | 124 Current events |
| | 44 Alaskan island | 86 Frost | 127 Sort |
| | 45 Sample | 87 Against | |
| | 47 Crooner Damone | 89 Behind | |
| | 49 Shell lining | 91 Pub order | |
| | 50 Blond shade | 92 Chances ____ | |
| | 54 Hagar's wife | 94 Freshwater fish | |
| | 55 Elms, e.g. | 95 Encroaches | |
| | | 96 Casual shorts | |

SOLUTION ON PAGE 222.

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LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

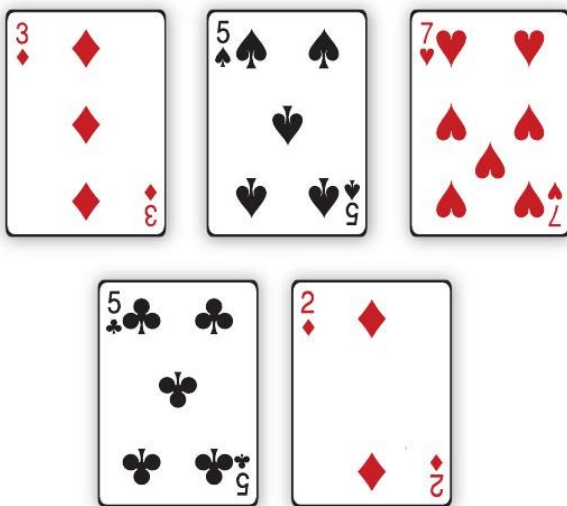
| | | | |
|-----|-----|-----|--|
| 1. | 2. | 3. | |
| 4. | 5. | 6. | |
| 7. | 8. | 9. | |
| 10. | 11. | 12. | |
| 13. | 14. | 15. | |
| 16. | 17. | 18. | |
| 19. | 20. | 21. | |
| 22. | 23. | 24. | |

DEFINITIONS

- | | | |
|----------------------------|--------------------------|------------------------------|
| 1. Be of opposite opinion | 9. Manning of football | 18. Bar mitzvah boy, for one |
| 2. Prepared tempura | 10. More promptly | 19. Creative person |
| 3. Discharge (an employee) | 11. Certain Scandinavian | 20. Flight unit |
| 4. Aerie occupant | 12. Nevada gambling city | 21. Hindu garment |
| 5. Exuberance | 13. San Diego player | 22. Little Bighorn commander |
| 6. Journey segment | 14. Mimicked | 23. Pie edging |
| 7. 1950s icon | 15. Gym surface | 24. Brusque |
| 8. Lū'au souvenirs | 16. Total | |
| | 17. Computer key | |

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- The heart is below both fives but is not on the bottom.
- The three is above the spade but is not on top.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram ROBE. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

| | | | | | |
|------------|------------|------------|------------|------------|------------|
| 1 JETS | 2 ROBE | 3 MAKE | 4 DOSE | 5 TAME | 6 SOIL |
| 7 PROD | 8 WOOL | 9 OWNS | 10 FLEE | 11 LILY | 12 FATE |
| 13 CAPE | 14 BANK | 15 THAW | 16 HOOT | 17 AFAR | 18 CHIN |
| 19 BLOW | 20 DUST | 21 VOTE | 22 OXEN | 23 NEON | 24 REEF |
| 25 HIGH | 26 KIWI | 27 LESS | 28 FALL | 29 SHUT | 30 MAZE |
| 31 TELL | 32 ZINC | 33 EXAM | 34 DANK | 35 GRAD | 36 GLEE |

SOLUTIONS ON PAGE 223.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 222.**

DIFFICULTY: **EASY**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | | | | | | | |
| | 3 | | | | 2 | 6 | | 8 |
| 4 | 2 | | 5 | 1 | | | | 7 |
| 5 | | 7 | | | 4 | 3 | | |
| 2 | | | 6 | 3 | 1 | | | 5 |
| | | 1 | 8 | | | 2 | | 9 |
| 9 | | | | 6 | 5 | | 8 | 2 |
| 6 | | 8 | 4 | | | | 5 | |
| | | | | | | | 9 | |

DIFFICULTY: **MEDIUM**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 5 | | 9 | | 3 | 4 | | |
| | 6 | 1 | | | 7 | | | |
| 4 | | | | | | | 7 | 8 |
| | 2 | | 3 | | | 7 | | 9 |
| | | 9 | | 7 | | 5 | | |
| 8 | | 7 | | | 5 | | 3 | |
| 3 | 1 | | | | | | | 7 |
| | | | 7 | | | 9 | 6 | |
| | | 6 | 2 | | 4 | | 1 | |

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DESERT OASIS

CROSSWORD ON PAGE 216.

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | H | R | E | D | Y | O | G | A | A | B | L | E | A | F | T | E | R |
| P | A | O | L | O | E | R | A | S | B | R | E | D | T | R | I | P | E |
| A | S | S | A | M | A | L | M | S | S | I | S | I | T | E | N | E | T |
| S | P | A | N | I | S | H | O | M | E | L | E | T | T | A | U | N | T |
| | | | | | D | N | A | P | A | R | E | N | T | S | Y | N | C |
| B | E | L | O | O | P | | | | T | I | T | L | E | R | E | H | E |
| E | L | E | V | E | | A | N | A | | L | E | D | | E | S | T | A |
| D | A | N | I | S | H | P | A | S | T | R | Y | G | A | S | O | R | T |
| E | P | I | C | | E | U | C | H | R | E | O | E | R | | S | A | L |
| C | S | T | | A | L | A | R | | E | T | A | L | T | A | T | S | |
| K | E | Y | I | N | G | | E | M | E | R | G | E | S | | D | O | T |
| | | | | | R | O | A | R | | I | S | A | O | A | T | O | P |
| C | H | A | I | N | | U | R | N | | C | R | A | T | E | R | A | R |
| E | O | N | S | | B | E | E | | I | T | A | L | I | A | N | B | R |
| L | A | T | H | E | R | | A | R | M | | E | N | S | | E | E | R |
| T | R | I | P | L | E | | R | E | P | R | O | | E | R | R | O | L |
| | | | | | O | L | A | V | | V | I | E | N | N | A | U | M |
| M | I | S | T | I | M | E | | E | N | G | L | I | S | H | M | U | F |
| U | N | C | A | P | | R | I | N | G | | I | T | S | A | | D | I |
| S | C | A | T | S | | G | L | U | E | | N | E | A | T | | A | R |
| T | H | R | O | E | | E | K | E | S | | E | R | I | E | | S | E |

SUDOKU ON PAGE 221.

DIFFICULTY: EASY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 1 | 9 | 3 | 7 | 6 | 5 | 2 | 4 |
| 7 | 3 | 5 | 9 | 4 | 2 | 6 | 1 | 8 |
| 4 | 2 | 6 | 5 | 1 | 8 | 9 | 3 | 7 |
| 5 | 8 | 7 | 2 | 9 | 4 | 3 | 6 | 1 |
| 2 | 9 | 4 | 6 | 3 | 1 | 8 | 7 | 5 |
| 3 | 6 | 1 | 8 | 5 | 7 | 2 | 4 | 9 |
| 9 | 4 | 3 | 1 | 6 | 5 | 7 | 8 | 2 |
| 6 | 7 | 8 | 4 | 2 | 9 | 1 | 5 | 3 |
| 1 | 5 | 2 | 7 | 8 | 3 | 4 | 9 | 6 |

DIFFICULTY: MEDIUM

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 5 | 8 | 9 | 1 | 3 | 4 | 2 | 6 |
| 2 | 6 | 1 | 8 | 4 | 7 | 3 | 9 | 5 |
| 4 | 9 | 3 | 5 | 2 | 6 | 1 | 7 | 8 |
| 1 | 2 | 5 | 3 | 6 | 8 | 7 | 4 | 9 |
| 6 | 3 | 9 | 4 | 7 | 2 | 5 | 8 | 1 |
| 8 | 4 | 7 | 1 | 9 | 5 | 6 | 3 | 2 |
| 3 | 1 | 4 | 6 | 8 | 9 | 2 | 5 | 7 |
| 5 | 8 | 2 | 7 | 3 | 1 | 9 | 6 | 4 |
| 9 | 7 | 6 | 2 | 5 | 4 | 8 | 1 | 3 |

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BRAIN BOOSTER PUZZLES ON PAGE 218.

LADDERGRAM

| | | | | |
|---|------------|-----------|----------|---|
| F | 1. DIFFER | 2. FRIED | 3. FIRE | D |
| A | 4. EAGLE | 5. GLEE | 6. LEG | E |
| V | 7. ELVIS | 8. LEIS | 9. ELI | S |
| O | 10. SOONER | 11. NORSE | 12. RENO | S |
| R | 13. PADRE | 14. APED | 15. PAD | E |
| I | 16. ENTIRE | 17. ENTER | 18. TEEN | R |
| T | 19. ARTIST | 20. STAIR | 21. SARI | T |
| E | 22. CUSTER | 23. CRUST | 24. CURT | S |

CARD SENSE

The heart is not on the bottom but is below the two fives (clue 1) and the three (clue 2), so the heart is fourth and the two of diamonds is fifth. By clue 2, the five of clubs is on top, the three of diamonds is second, and the five of spades is third. In summary from top to bottom: five of clubs, three of diamonds, five of spades, seven of hearts, two of diamonds.

ANAGRAM MAZE

The path through the maze, with only one anagram given for each, is 2. bore; 1. jest; 7. drop; 13. pace; 19. bowl; 20. stud; 21. veto; 15. what; 9. snow; 10. feel; 4. does; 5. meat; 6. oils; 12. feat; 18. inch; 24. free; 23. none; 29. huts; 35. drag.

| | | | | | |
|----|----|----|----|----|----|
| 1 | 2 | | 4 | 5 | 6 |
| 7 | | 9 | 10 | | 12 |
| 13 | | 15 | | | 18 |
| 19 | 20 | 21 | | 23 | 24 |
| | | | | 29 | |
| | | | | 35 | |



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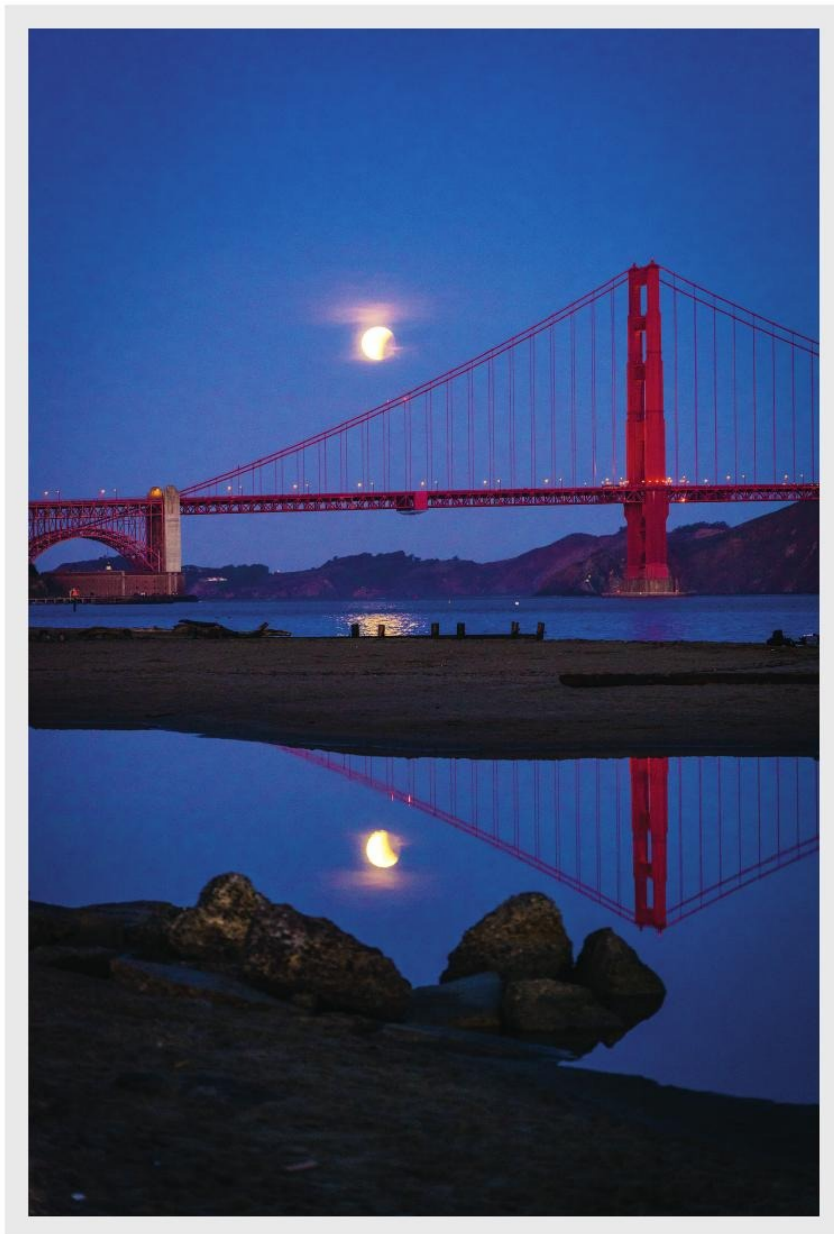
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Photo: © Ami Vitale



» **“We woke up well before dawn** and made our way into San Francisco to capture the lunar eclipse,” says Sofi Pechner (@Sofiflies) of this photo taken on January 31, 2018. “After capturing this phenomenon from our first location, we decided to make a quick stop near the Golden Gate Bridge for one last photo. That’s where this magical shot came to life.”

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