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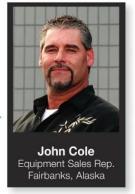
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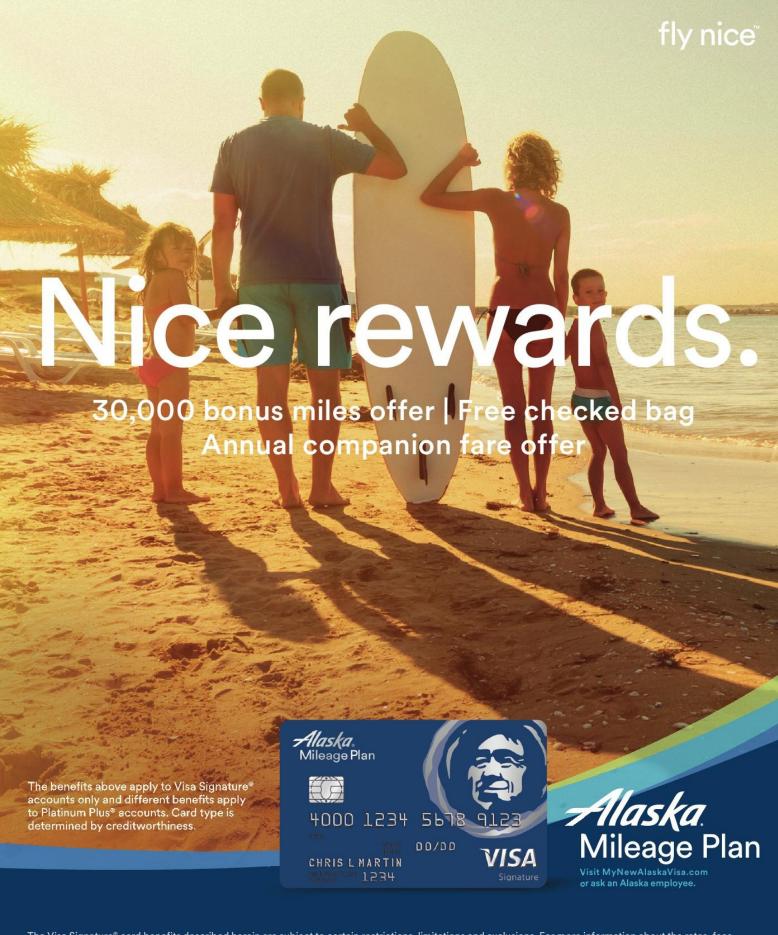




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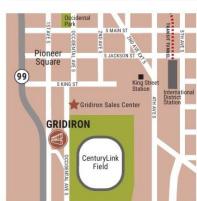






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ALASKA BEYOND MAGAZINE AUGUST 2016 **VOLUME 40, NUMBER 8**

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Alaska Beyond Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2016 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$65 in the U.S.; \$70 elsewhere. Single-copy price: \$8. Photocopies of articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or artwork. Printed in the United States of America.

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





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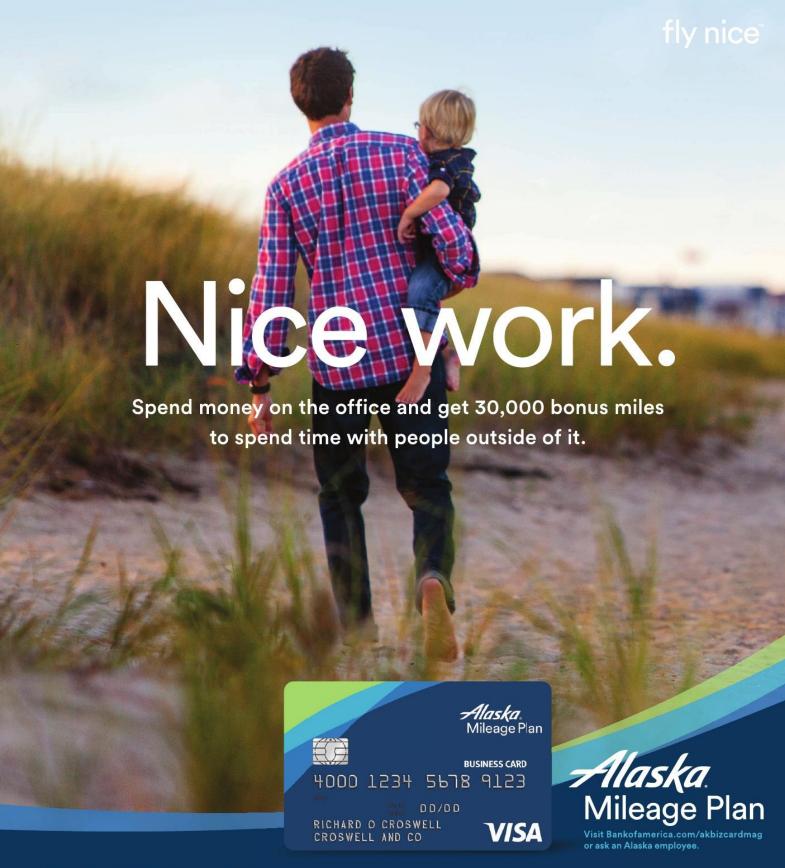


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Spirit of Alaska

Mileage Plan 101

Andrew Harrison, our chief commercial officer, wears a lot of hats. Among them is leading our award-winning Mileage Plan. Below, Andrew talks about how our international partners can show you the globe. —*Brad Tilden*

I like things simple. It's my Australian roots, I guess. But some airlines' frequent-flyer programs today are anything but straightforward. There are so many ways to earn and use miles that it requires a degree in astrophysics to piece together a trip—let alone an international vacation.

Given this, I thought it might be helpful to share a little bit about Alaska Airlines Mileage Plan. Unlike other programs, our members are still rewarded miles based on, well, miles. You'll earn miles for the miles you fly with us or with one of our growing list of global airline partners. That's just one element of our common-sense approach that makes planning an amazing trip as easy as 1-2-3.

1. EARNING YOUR MILES

There are many ways to earn miles, but the three important ones, which account for the majority of miles issued to our members, are:

- Flying on an Alaska Airlines flight.
- · Spending on an Alaska Airlines credit card.
- · Flying on one of our partners.

The first two are generally well understood, but the third? Not as much. The map below lists Alaska Airlines' 15 global partners, and if you purchase a ticket and fly on any of these carriers, you can earn Alaska Airlines miles. All you need to do is enter your Alaska Mileage Plan number. Our global partners account for 44 percent of all international long-haul seats flown to and from the U.S.—that's more than any of the big-three global airline alliances. So our partners provide expansive options for your travel needs (including to my old stomping grounds, Down Under).

Fly with our global partners



2. USING YOUR MILES

Not only are your miles good to redeem a ticket on any Alaska Airlines flight, but you can also use them to take a trip on our global partners to more than 800 destinations. Use your miles in the main cabin, business class or first class. While the number of miles needed on each partner varies, Alaskaair.com makes it easy to book global partner awards by clicking on "use miles" when searching for your flight. And unlike other programs, you can even book one way, and mix and match using a different partner airline in each direction.

To use your miles on an Alaska Airlines flight in North America, there are several types of awards. You can choose an affordable coach award (which uses the lowest number of miles) or a refundable coach award, where as long as there is still a seat on the plane, you'll get it, which is nice to know. If you use more miles, you can also select these awards for first class.

3. EXTRA PERKS

Alaska Airlines offers an annual companion fare if you carry our Visa Signature® credit card.* This means that when you purchase a ticket, you can purchase a second roundtrip ticket from \$121 (\$99, plus taxes and fees from \$22). With no blackout dates or route restrictions, this is a great deal! Our Visa Signature® card also gives you and up to six companions traveling on your reservation a free checked bag on Alaska flights.**

Be sure to check out our Mileage Plan Partner Guide starting on page 76. If you're not already a

Mileage Plan member, it is easy to sign up at Alaskaair.com/MileagePlan. And, whether this is your first or your 101st flight with us, thank you, and I wish you and your family a fantastic summer season.

—Andrew Harrison

*Cardholder must spend at least \$1,000 on the Visa Signature card within 90 days of opening the account to aualify for the companion fare.

aqualify for the companion fare.

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Brad Tilden, Chief Executive Officer



Andrew Harrison, Chief Commercial Officer



Brad Tilden, Jefe Ejecutivo

Espíritu de Alaska

Un siglo de innovación

Andrew Harrison, nuestro director comercial, desempeña muchas funciones. Entre ellas está dirigir nuestro galardonado Mileage Plan. A continuación, Andrew nos habla sobre cómo nuestros socios internacionales pueden mostrarle el mundo. —*Brad Tilden*



Andrew Harrison Director Comercial

Me gustan las cosas sencillas. Creo que son mis raíces australianas. Lo cierto es que los actuales programas de viajero frecuente son todo menos claros. Algunos se basan en las millas, mientras que cada vez más programas otorgan puntos basados en los dólares que usted gasta. Existen tantas formas de ganar y usar millas que se requiere un título en astrofísica para organizar un viaje, y eso sin mencionar unas vacaciones internacionales.

Dicho esto, pienso que podría ser de gran ayuda dedicar algunos momentos para hablar sobre el galardonado programa Mileage Plan de Alaska Airlines y, en particular, de cómo nuestro enfoque, basado en el sentido común, y nuestra gran cantidad de socios globales hacen que ganar y usar millas en un viaje increíble sea tan sencillo como contar hasta tres.

1. CÓMO GANAR MILLAS

Hay muchas formas de ganar millas, pero las tres más importantes, que representan la mayoría de las millas otorgadas a nuestros miembros, son:

- · Viajar en vuelos de Alaska Airlines.
- Pagar con la tarjeta de crédito de Alaska Airlines en todas sus compras.
- Volar con uno de nuestros socios.

Por lo general, las primeras dos se entienden bien, pero ¿la tercera? No tanto. El mapa en la página 9 enumera los 15 socios globales de Alaska Airlines, y si usted compra un boleto y vuela en alguna de esas aerolíneas, puede ganar millas de Alaska Airlines. Todo lo que tiene que hacer es ingresar el número de su Mileage Plan de Alaska. Nuestros socios globales representan el 44 % de todos los vuelos internacionales de larga distancia realizados hacia v desde los Estados Unidos; eso supera a las tres alianzas más importantes de aerolíneas globales. Por lo tanto, ellos le brindan amplias opciones para sus necesidades de viaje (incluido mi querido terruño, Australia). Nuestras aerolíneas asociadas internacionales, como British Airways, Emirates y Qantas, son marcas reconocidas mundialmente, que ofrecen productos y servicios

únicos que reflejan la riqueza de la cultura de los países que representan.

2. CÓMO USAR SUS MILLAS

Las millas no solo sirven para canjear un boleto en cualquier vuelo de Alaska Airlines, sino que también pueden utilizarse para hacer un viaje en nuestras aerolíneas asociadas globales a más de 800 destinos. Úselas en la cabina principal, clase ejecutiva o primera clase. Si bien cada socio requiere una cantidad distinta de millas, Alaskaair.com le ayuda a reservar vuelos en las aerolíneas asociadas internacionales; solo tiene que hacer clic en "use your miles" (use sus millas) cuando busque un vuelo. Y, a diferencia de otros programas, usted incluso puede reservar vuelos de ida y combinar diferentes aerolíneas asociadas en cada dirección.

Para usar sus millas en un vuelo de Alaska Airlines en Norteamérica, existen varios tipos de premios. Puede elegir un premio económico en clase turista (el cual usa la menor cantidad de millas) o un premio en clase turista reembolsable, con el cual obtiene un asiento en el avión siempre que haya uno disponible, algo que siempre es bueno saber. Si usa más millas, también puede seleccionar un premio en primera clase.

3. BENEFICIOS ADICIONALES

Puede convertir las compras cotidianas en millas con la tarjeta Alaska Airlines Visa Signature[®]. Cada vez que haga una compra, salga a cenar o pague sus cuentas, puede ganar millas. Y, entre otros beneficios, usted y hasta seis acompañantes de viaje incluidos en su reservación pueden registrar una maleta gratis en los vuelos de Alaska.

No olvide revisar nuestra Guía de Socios de Mileage Plan, a partir de la página 76. Si todavía no es miembro de Mileage Plan, registrarse en Alaskaair. com/Mileage Plan es muy sencillo. Finalmente, no importa que sea su primer vuelo o el número 101, le doy las gracias, y le deseo a usted y a su familia una fantástica temporada de vacaciones.

-Andrew Harrison





Be your best. Feel strong & vibrant. Awaken ageless beauty.

Step into our time machine and roll back the years with our step-by-step rejuvenation program. Together with our experts, you will look and feel your best in just 10 weeks.



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







MARIE LOST 17 LBS & 10 YEARS IN 10 WEEKS



Until about year ago, I was very career-minded. I served in senior management/ finance roles for various Seattle-area companies. I gave that up to become a business consultant. In my free time, I enjoy cooking and entertaining, travelling and, most importantly, spending time with family, which now includes babysitting my adorable granddaughter.

I'm a total foodie. I make killer desserts and could put together a cheese/salami appetizer that could rival a professional caterer. When I reached a point where I was going to have to buy new clothes because I couldn't fit into even my "fat clothes," I knew I had to make a change. I signed up for My Best 10 that day.

Prior to My Best 10, I went to the gym once a week (not PRO Sports Club) and met with a personal trainer. I also walked my dogs and did cardio at home from time to time. In spite of all this, I'd been consistently gaining weight over the past five years and couldn't figure out why.

Learning about nutrition and how to eat right was paramount to my success. My dietitian was excellent at setting my expectations and I actually looked forward to the weekly weighins to see the progress I'd made.

I became a student of the program. I devoured the videos, learning about what sugar, fat and salt do to your body, and how the reward center is triggered. I learned, understood, preached and lived the program. It became my lifestyle. Let's just say, cake is not on my diet anymore!

While the first five weeks were about weight loss, the last five weeks were a body transformation! I really enjoyed my personal training sessions and, in fact, I continue to train. My trainer was always positive and pushed me just enough. After 2 1/2 months, I achieved results that I'd only dreamed about with my other trainer. I had several "a-ha" moments. One day, while drying my hair, I actually noticed muscles in my arms and definition in my shoulders. Another time, I discovered a well-loved pair of jeans I'd tucked away was actually loose! Then there was the day that I had to punch holes in my belt to make it smaller to keep my pants from falling down! Ultimately, I bought new belts - fancy sparkly ones that show when I actually tuck in my shirt. That's a new one too. I'd been wearing blousy shirts to hide my muffin top. What a difference! I think my new body looks amazing!

The program was everything it represents and very comprehensive – from fitness to nutrition to education to "fluff" (pampering spa treatments). My Best 10 was the start to establishing great habits. It made me realize that I can actually look the way I want to look. And once armed with that knowledge, I now know how to stay looking great!

mybest10.com

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



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

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

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

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

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

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

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



Eyebrow Transplantation Before & After

Whether you are a man, woman or child, Dr. Goertz is dedicated to creating results that are so natural that the only way someone will know you have had a transplant done is if you tell them.

Visit www.HairTransplantSeattle.com or Call 1-888-642-4247

11007 Slater Avenue NE Kirkland, WA 98033

Hair Transplant Seattle

What's new



New routes aplenty—including Cuba

Starting this fall and continuing through next spring, Alaska is launching new routes—both long and short. Perhaps the most exciting of the airline's new routes is to Havana, Cuba. Alaska will offer one flight daily from the airline's Latin America–focused Los Angeles International Airport (LAX), including same-plane service to/from Seattle. Havana adds to the more than 110 nonstop destinations Alaska and its global partner airlines serve out of LAX. The tentative approval still requires a final order from the U.S. Department of Transportation, but the airline anticipates the service to begin by the end of the year. Alaska will be one of the first U.S. carriers to fly commercial flights to Havana in more than five decades.

Here's a look at Alaska's other upcoming new routes.

- · Late 2016: Los Angeles to Havana, Cuba, daily
- November 12: Bellingham to Kona, seasonal weekly flights
- December 17: San Diego to Hayden/Steamboat Springs, seasonal, twice weekly*
- · March 16, 2017: San Diego to Sacramento, three times daily*
- March 16, 2017: San Jose to Burbank, three times daily*
- · March 16, 2017: Portland to Orlando, daily
- April 13, 2017: Seattle to San Luis Obispo, daily*

* These flights will use the airline's new fleet of 76-seat E175 jets operated by SkyWest Airlines.

Nice lineup

Alaska Beyond Entertainment now features more than 40 free shows from the popular TV networks HGTV, Food Network and Travel Channel. Each month the airline's streaming entertainment system will include a new round of shows, many with a seasonal flair. Other shows, such as *Flip or Flop*







and *House Hunters*, will be offered throughout the year. See the Amenities Card in the seatback pocket for more information on how to connect to Alaska Beyond Entertainment.

Focus on sustainability

ISOBUTA-WHAT? ALASKA PARTNERS TO BRING BIOFUEL TO COMMERCIAL FLIGHTS

Earlier this summer, Alaska operated the first commercial flights using the 20 percent blend of renewable alcohol-to-jet biofuel produced by Gevo, a renewable-chemical-and-biofuel company. Alcohol-to-jet biofuel was approved for use by ASTM International in March 2016, and is the first aviation biofuel to be certified and approved since 2011.

To make renewable jet fuel, Gevo starts with a nonedible field corn. The process first captures the protein and fiber in the corn to produce a high-value animal-feed product. Then, the starch (or sugars) in the corn kernels is fermented into isobutanol. This fermentation process is similar to that used to make ethanol—the type of alcohol found in alcoholic beverages.



Isobutanol is then chemically converted through a Gevo-patented process into a renewable jet fuel.

Eventually, Gevo plans to build a commercial plant to produce large volumes. The two Alaska flights served as proof of concept, and the airline remains committed to achieving a market for sustainable biofuels as soon as possible.

The people behind the spirit

A step above

CUSTOMER SERVICE AGENT DEBORAH ABE

Deborah Abe's day really starts in her car, as she drives the few miles from her Des Moines, Washington, home to Seattle-Tacoma International Airport. No radio, no distractions. That's the time she uses to mentally prepare herself for the challenges—she calls them opportunities—she knows she will face. And each morning, she vows to make a difference.

Deborah spends her day on the concourse. As a Customer Service Agent, she might be boarding flights or serving as the Flight Controller, coordinating the myriad details that must be addressed before the aircraft can push back from the gate safely and on time. She'll spend a portion of her day at the concourse customer service desk, rebooking passengers who have missed a flight or a connection, and handling a vast array of customer requests.

"I know that I can make a difference every single day I go to work, whether it be for my passengers or for a co-worker," she says. "I love the satisfaction I get when I change the course of a passenger's experience with Alaska."

Deborah likens customer service to working a puzzle. The trick, she says, is to be proactive in dealing with the variety of challenges that passengers bring with them to the gate. "We want to solve all seating issues, and accommodation requests before our passengers board," she says. "We want each one to have a great experience with Alaska."

Deborah grew up in Roseburg, Oregon, and began her career in the airline industry with Hawaiian Airlines. She landed a job as a Flight Attendant and flew out of Hawaiian's LAX, HNL and SEA bases for nine years. When the airline closed its Seattle base, Deborah went to work for Alaska as a Customer Service Agent—a position that has allowed her to be home every night with her family, including children Alyssa and Shawn.

In her 20 years with Alaska, Deborah has been called on to help open new stations and to train new station crews. She has served as a Customer Service Lead and as an on-the-job-training coach for new agents, to whom she passes on the kinds of skills that are impossible to teach in the classroom. She presents to new hires the kind of attitude that comes from a career's worth of experience, such as compassion, empathy, and an unselfish pride in teamwork. For instance, when a fleet service crew didn't show up for a flight last summer, Deborah and a co-worker began cleaning the aircraft themselves to help make sure the flight got out on time.

Always quick to credit her co-workers, Deborah says she is "truly inspired by them every day. They motivate me to step up my game and to reach inside, to make a difference. We're all passionate and committed to delivering unforgettable and outstanding service."

Genuine and caring customer service has become a hallmark of Alaska's corporate culture, Deborah says. Yet, she seems to elevate everyday service to an even higher, more elegant level.

"Grace is the step above," she says. That's a tall step Deborah Abe takes every day. —Paul Frichtl



Each year,
Alaska Airlines
recognizes
employees, such
as Customer
Service Agent
Deborah Abe, as
Legends of
Customer Service,
the airline's
highest honor.

Volunteer spirit

CELEBRATING

Throughout the summer, Alaska employees have been showing their #iAmAlaska spirit at events along the West Coast. Here are a few of the highlights:



Employees volunteered more than 1,000 hours to build Alaska's award-winning Portland Rose Festival float, which honored the parade Grand Marshal Portland Timbers.



More than 60 volunteers handed out water, energy drinks and encouragement for runners during the Alaska Airlines Rock 'n' Roll Seattle Marathon and Half Marathon.



Alaska employees participated in pride festivities in Seattle, Portland, Anchorage and San Diego, and have plans for upcoming events in Honolulu and Palm Springs.

The six qualities of a world class Steakhouse.

Chef driven seasonal menus.

House baked breads and desserts.

Six tiers of great steaks ... from USDA Prime all the way through to Japanese Wagyu.

A "Best of Award of Excellence" from Wine Spectator.

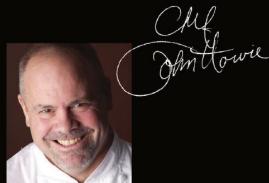
The deepest selection of scotches, bourbons and other fine liquors.

Service that makes you feel as if you were a guest in my home.

Now that's a world class steakhouse!

I invite you to come experience John Howie Steak.

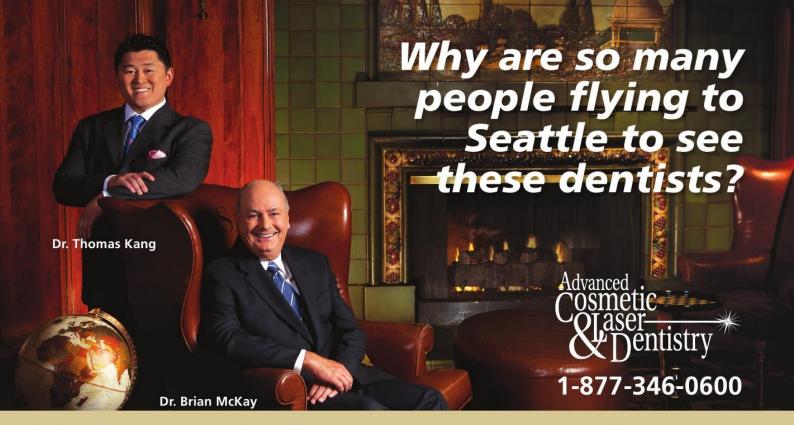




JOHN HOWIE STEAK



johnhowiesteak.com 425 440 0880



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There is a difference when it comes to the dentist you choose. Experience counts, not just in what you have done but who does the work. In Seattle, at Advanced Cosmetic & Laser Dentistry we have the fussiest patients from all over the world plus we feature unique, luxury surroundings and an attentive and professional staff. Designed on purpose to meet the needs of our out-of-town guests. Convenient overnight accommodations arranged for you at Hotel Sorrento or another of our fine hotels.*

Our total focus is on you. We only treat one patient at a time. You are pampered from the very start with a limo ride to the office.* Whether you need **Teeth By Tonight** Dental Implants or a **Smile Makeover** using cosmetic techniques imagine how you'll feel when you finally get the most beautiful smile you've ever desired.

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything with just a few visits. We reduce your time in the dental chair to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

Concerned about cost? Be assured with our <u>NEVER PAY AGAIN</u> policy. If any restoration we place in your mouth breaks or is damaged we'll replace it for free.*

Our world-class dentists are trained and experienced in making the impossible happen everyday. You can relax and feel comfortable. Sit back, enjoy the limo ride and we'll take care of the rest.*

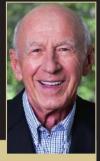
6 REASONS TO HAVE US BE YOUR DENTIST

- Experience Counts We've Successfully Completed Thousands Of Cases
- Teeth By Tonight Dental Implants Replace Missing Teeth
- Advanced Sedation Options Complete Your Treatment In One Visit
- No Hidden Fees Everything Included
- Never Pay Again Policy
- Saturday Appointments Available

*Terms and conditions apply.













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JOURNAL



PHILADELPHIA, PA

Revisiting African Art

THE AFRICAN CONTINENT has more than 1.13 billion people, 11.6 million square miles of land, and a cultural and artistic history dating back tens of thousands of years.

The Philadelphia Museum of Art's "Creative Africa" series, on view through September 25, is showcasing artistry—old and new—from this vast, diverse land, in five exhibitions. "Look Again: Contemporary Perspectives on African Art," drawn from the collections of the University of Pennsylvania's Penn Museum, offers new ways to look at African art from the last five centuries. "Three Photographers/Six Cities"

reveals metropolitan aspects of modern Africa's urban centers, through works by photographers Akinbode Akinbiyi, Seydou Camara and Ananias Léki Dago. "The Architecture of Francis Kéré: Building for Community" shares, in an interactive space, images of the innovative designer's work across the continent. "Vlisco: African Fashion on a Global Stage" displays how modern African fashion utilizes its global connections. "Threads of Tradition" highlights traditional African textiles and their production. For more information, visit philamuseum.org. —Matthew Gulick

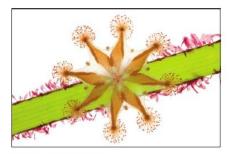


Top: Fashions from the Vlisco Dazzling Graphics Collection (2011). Above: A reliquary figure from the "Look Again" exhibition.



Juvenile giant Pacific octopus.

Juvenile giant Pacific octopus.



San Juan stalked jelly.



Red-fringed fragile file clam.

BELLINGHAM, WA

Illuminated Invertebrates

A juvenile giant Pacific octopus, a San Juan stalked jelly and a red-fringed fragile file clam are among the fascinating and ornate sea creatures that will be spotlighted in the exhibition "Spineless: Portraits of Marine Invertebrates," at the Whatcom Museum in Bellingham, September 17—December 31.

The exhibition's portraits, taken by photographer Susan Middleton, encompass 50 carefully lit exposures that accentuate translucent appendages, vibrant pigmentations and unusual body structures-without backbones. The photos will depict mostly local species selected from the set that appears in Middleton's 2014 book, which shares the exhibition's name and draws on years of fieldwork. Middleton's images are also represented in permanent collections at the National Gallery of Art and the National Academy of Sciences. Call 360-778-8930 or visit whatcommuseum.org. -Tyler Hillis

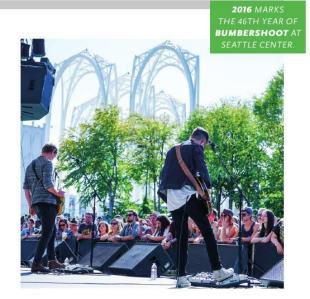
SEATTLE, WA

A BUMPER CROP FOR BUMBERSHOOT

More than 140 artists will perform at 74-acre Seattle Center during Seattle's annual multiarts extravaganza, **Bumbershoot**, September 2–4. Seattle-based rapper-producer duo **Macklemore & Ryan Lewis** and locally founded alt-rock band Death Cab for Cutie are among the headliners for the Labor Day Weekend bash that will include 90 musical acts, across various genres—rock, electronica, R&B, blues and more.

Bumbershoot's lineup will also include comedy, film, music, theater, literary events, art exhibits and a new food program, B-Eats, which will present a variety of local food options. The festival's Youngershoot section will provide kid-focused entertainment, hands-on activities, and performances for children 10 and under.

This will be the 46th year of Bumbershoot. Alaska Airlines is a sponsor of Seattle Center. Visit bumbershoot.com to learn more about the event and ticket options. —Tyler Hillis









Going the Distance in Hawai'i

Sunny skies, idyllic beaches and inviting ocean waters make Hawai'i a hot spot for a multitude of sporting events, including several late-summer and fall distance races with longstanding traditions.

Hawai'i Island honors the birthday of the last Hawaiian monarch with the Queen Lili'uokalani Canoe Race series (Kailua-Kona; Sept. 1-5; 808-937-3255; kaiopua.org). Traditional outrigger races are accompanied by other events.

Bikers will choose distances ranging from 25 to 100 miles in the 35th Annual Honolulu Century Ride, while others will join the associated Aloha Fun Ride (9 or 18 miles) for a familyfriendly experience (Kapiolani Park; Sept. 25; 808-735-5756; hbl.org/honolulucenturyride).

The world's toughest triathletes (who qualify through prior Ironman-series races or by meeting other criteria) will meet at the Ironman World Championship (Kailua-Kona; Oct. 8;

ironman.com) to endure 2.4 miles of rough-water swimming, 112 miles of biking and 26.2 miles of running in their efforts to win the title of Ironman World Champion.

Bringing together some of the world's top outrigger-canoeracing talent, the Moloka'i Hoe (Moloka'i-O'ahu; Oct. 9; molokaihoe.com) challenges participants physically and mentally during a 38-plus-mile crossing of the Kai'wi Channel, while honoring a Polynesian

Above left: Joyful participants run in a past year's Honolulu Marathon. Above: Racers dig their paddles deep in a prior Queen Lili'uokalani Canoe

canoeing tradition.

Long-distance racers are also signing up now for the Honolulu Marathon (Honolulu; Dec. 11; honolulumarathon. org), open to runners and walkers. The race will continue until the last participant has crossed the finish line.

-Meagan Wehe

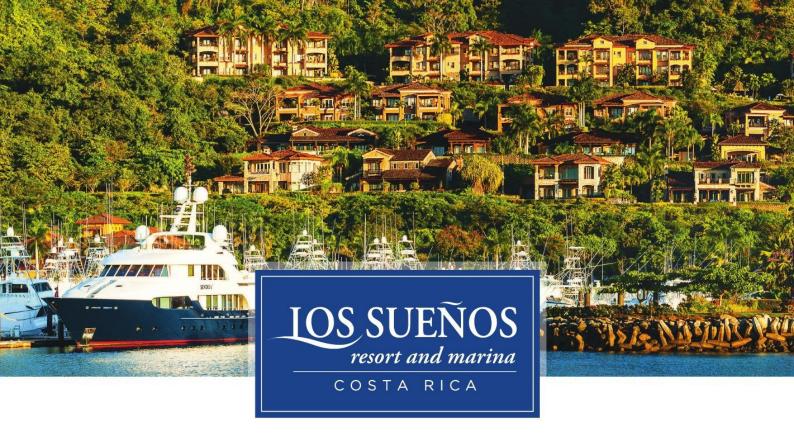


Sculptures in artist John Grade's Floats series were inspired by glass fishing floats.

ANCHORAGE, AK

Perspectives on the Far North

Although the Arctic is often viewed as sparsely inhabited, it is home to millions of people and contains rich ecosystems. The cultural and environmental complexities of this circumpolar region are explored in "View from Up Here: The Arctic at the Center of the World," showing through October 2 at the Anchorage Museum. The exhibition features diverse works by 20 artists who are either from the Arctic or were inspired by the region. Films, sculptures, installations and photos depict the cultures of the Arctic, the land's stark beauty and human impacts on the land. Among the featured work is a series by Seattle sculptor John Grade that was inspired by the glass fishing floats that often land on Alaska's Arctic coast. The exhibition's art is complemented by performances, lectures, talks, public "Curated Conversations" and electronic interactive displays. Call 907-929-9200 or visit anchoragemuseum.org. —Janel Crouch



A LIFESTYLE BEYOND COMPARE







Los Sueños Resort & Marina,

located on Costa Rica's Central Pacific Coast, is one of the finest luxury residential destination communities in the world with stunning ocean view condominiums and single family villas. With a lively Marina Village featuring a variety of restaurants to please the inner foodie in you, a family activity center, watersports a plenty, an 18-hole championship golf course, private beach club for residents, and much more, Los Sueños offers residents a lifestyle beyond compare.

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20/20 LIFESTYLES GAVE ME THE MOTIVATION TO TAKE CHARGE OF MY HEALTH.

I'm a 45-year-old mom with two teenage boys who led a completely sedentary lifestyle. I was the typical corporate employee who spent time working at a desk or sitting in meetings. When I wasn't working, I'd sit around the house and watch TV or play on the computer. Although I grew up playing sports, I never learned how to live a truly healthy lifestyle. I also ate a lot of processed, frozen foods. As I became less and less active, the pounds began to add up.

I had heard about 20/20 LifeStyles at work. Some of my colleagues had successfully completed the program and had great results. So I decided to give it a try. From all of the advertising you see on late night TV, I was a bit skeptical that a program could actually completely transform someone's health and fitness in five months. 20/20 LifeStyles is not a gimmick and I know it can be done, because I did it. I lost 48 pounds in 30 weeks. Completing the 20/20 LifeStyles program changed my life. It gave me the motivation and strength to separate myself from unhealthy habits and stand up for the lifestyle I desired.

20/20 LifeStyles addresses how to change your lifestyles, behaviors, and habits so you overcome factors in your life that cause weight gain and metabolic problems like high cholesterol, high blood pressure and stress.

My trainer, dietitian, counselor, and doctor helped me to create a home-away-from-home,

both physically and emotionally. It was a place I looked forward to visiting, and on the days I couldn't show up, how I missed them! They became my family of supporters.

I continue to meet with my trainer a few times a month and rely on the nutritional knowledge

Being sedentary at work, made me less active, and the pounds really began to add up.

I gained to re-balance myself after a vacation or when I find that my eating habits have become less healthy. I have muscles in places I didn't know I could have muscle! I'm muscular and lean-who knew?!

This program truly helped me transform from a sluggish, unhappy caterpillar into someone who feels, both emotionally and physically,

> 20/20 LifeStyles effectively addresses how to change your behaviors and habits that cause weight gain and metabolic disorders.

beautiful, gracious, light, and strong-like a butterfly. I'm also healthier, happier and more mentally charged at work. When you feel your best, you perform at your best in every aspect of your life. 20/20 LifeStyles was a game changer for me.

Call (425) 376-3333 or visit 2020lifestyles.com/wellness-program to learn more about proven techniques for lowering corporate health care costs.

20/20 LIFESTYLES SAVES **COMPANIES HEALTH CARE** DOLLARS.

FACT: 20% of employees' with metabolic disorders cost companies 80% of their total health care dollars.

FACT: 32% of benefit dollars are spent on soft costs such as medical claims, absenteeism, short-term disability, etc.



MOAB, UT

Desert Airs

A land of sculpted sandstone canyons, eastern Utah is a popular destination for exploring majestic locales such as Arches and Canyonlands national parks. This area is also the backdrop for the **Moab Music Festival**, September 1–12, which promises "music in concert with the landscape." Historic in-town venues, scenic resort settings and red-rock amphitheaters house performances ranging from chamber music to Latin jazz. Audiences can watch musicians adapt their playing to the natural venues.

Tickets are available for many of the Moab performances. Other events are sold out for 2016 but available for 2017—these include "grotto concerts" in which audiences and performers boat to a special site, and ranger-guided "musical hikes." Learn more at moabmusicfest.org. —Matthew Gulick





LONG BEACH, CA

Jump Serves in the Sand

Close on the heels of the Summer Olympics, some of the world's elite beach athletes will compete in Long Beach, California, in the Asics World Series of Beach Volleyball, August 23–28. This tournament is expected to feature stars such as past Olympic women's gold medalist Kerri Walsh Jennings (at left, above), and past men's gold medalist Phil Dalhausser. Fans can also enter coed or single-gender four- and six-person amateur tournaments concurrent with the pro championship. And music lovers can enjoy house and electronic dance music at the WSOBV's Fiat Concert Series on August 27. The tournament will end with a celebrity match. Call 310-906-3800 or visit wsobv.com. —Meagan Wehe

SURF'S UP! For bodysurfing, that is. Spectators can watch 350 to 400 competitors from around the world, August 20–21, at the **40th-annual World Bodysurfing Championships** at the pier in Oceanside, California. Visit worldbodysurfing.org to learn more. —*M.W.*

CALENDAR

Through Sept. 4, "First Hand: Architects, Artists, and Designers from the L.J. Cella Collection," drawings and sculptures; Palm Springs Art Museum Architecture & Design Center, Palm Springs, CA; psmuseum.org

Through Sept. 28,
"Personal Journeys:
American Indian
Landscapes," artistic
expressions of connections
to landscapes; Heard
Museum, Phoenix, AZ;
602-252-8840; heard.org

Aug. 22–28, Boeing Classic, a PGA Tour Champions event; TPC Snoqualmie Ridge, Snoqualmie, WA; 425-965-3915; boeingclassic.com

Aug. 26–28, Charlie
Parker Jazz Festival,
concerts, talks and more;
multiple venues, New York,
NY; cityparksfoundation.
org/summerstage/about/
charlie-parker-jazz-festival

Sept. 9–24, The San Francisco Fringe Festival, grassroots theater; 150 shows; multiple locations, San Francisco, CA; sffringe.org

Sept. 10–23, Seattle
Design Festival,
contemporary design
events and installations;
multiple venues, Seattle,
WA; designinpublic.org

Buildings by the Bay

Architects will guide tours through San Francisco's classic and quickly developing neighborhoods, and through five innovative homes during the Architecture and the City Festival, a citywide celebration of design, September 1–30. This year's theme, "Resilient

City: Strength by
Design," will be
underscored by lectures
and a film series that
examine the challenges
of urban living and
architectural solutions.
In addition to the
tours, the festival
will feature
workshops and
a gallery

exhibition in partnership with the Recology Artists in Residence program. For the exhibition, artists created pieces from items



landfills, again to emphasize the theme of urban resilience.

With more than 40 events, the festival will allow guests to explore building trends, and meet architects and designers in person.
Call 415-874-2620 or visit archandcity.org.

—Jaime Archer

Miners Lancing



- Northwest Dining
- Gifts & Apparel
- Yintage Carousel
- · Seattle Great Wheel

We Will Be Open During All Seawall Construction,

The historic pier where it all began! In 1897 the steamship Portland with the first load of gold from the Klondike docked adjacent to the pier where Miners Landing now stands.

Miner's Landing on Pier 57 is a family-friendly shopping, restaurant and entertainment complex.

Pier 57 is the perfect place to come with family and friends.











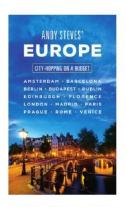


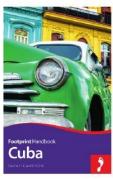


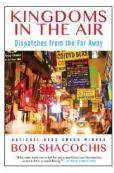
Pier 57 1301 Alaskan Way, Seattle, WA Seattle's Historic Waterfront

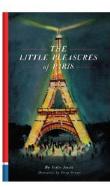


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BOOKS

Globe-Trotting by the Book

A good travel book—whether it's a recently updated guidebook or a travelogue by a skilled observer—enhances a reader's travel experience and provides ideas for future trips. The following recent releases span cities and continents, spotlighting destinations from Rio to Reykjavík. With beautiful photos, travel tips and anecdotes, these books inspire explorations of the exotic, foreign and unknown. —Jaime Archer and Emily Fourcroy Smith

ANDY STEVES' EUROPE

By Andy Steves; Avalon Travel
From Andy Steves, son of travel guru
Rick Steves, comes a guide for
travelers hoping to see Europe
without breaking the bank, with
in-depth city guides and multicity
travel plans tailored to varied travel
interests.

FOOTPRINT HANDBOOK: CUBA

By Sarah Cameron; Footprint Handbooks

A guide that features Havana and also covers other major Cuban towns, with hotel, restaurant and entertainment suggestions, as well as an overview of Cuban history and culture.

KINGDOMS IN THE AIR

By Bob Shacochis; Grove Press A collection of culture and travel essays in which award-winning author Shacochis recounts adventures from Nepal to Mozambique.

THE LITTLE PLEASURES OF PARIS

By Leslie Jonath; Illustrated by Lizzy Stewart; Chronicle Books Organized by season and beautifully illustrated, Jonath's book delights in the famous as well as overlooked charms of Paris, from the stained glass at Sainte-Chapelle to candied violets at the city's oldest sweet shop.

LONELY PLANET RIO DE JANEIRO

By Lonely Planet and Regis St. Louis; Lonely Planet

This easy-to-read guide suggests itineraries, top attractions and month-by-month trip plans, to enjoy tastes of Rio outside of the Olympics' Maracanã Stadium.

THE ROUGH GUIDE TO ICELAND

David Leffman and James Proctor; Rough Guides Stunning photographs, helpful historical background and sections about particular locations and regions of interest—including Southwestern Iceland, the area near Reykjavík—set this guidebook apart.

VOYAGER

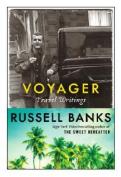
By Russell Banks; Ecco
Part memoir and part travel guide,
acclaimed novelist Banks' new
nonfiction work weaves personal
discoveries into breathtaking
descriptions of his travels, from the
Caribbean to Senegal, Edinburgh to
the Himalayas.

THE WONDER TRAIL

By Steve Hely; Dutton
Comedy writer Hely blends history
and humor in recounting his trip
from Los Angeles to the tip of Chile,
giving readers a lively take on his
travels and encounters with different
cultures in South America









More World Travel

► Insight Guides: Ecuador & Galápagos By Insight Guides.

Known and lesser-known attractions, with highlights of the exotic Galápagos Islands.

► Nomad Deluxe By Herbert Ypma; Assouline Publishing. Ypma's dazzling photos are complemented by anecdotes and commentary from wide-ranging travels.



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

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

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

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

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

M: I'd ask, "Are you looking for a relationship

or not?" With online dating you never know who's on the other side of the line. IJL had better quality people who were interesting. It truly was an experience that was tailored

Tell us about your first date with one another.

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

What was your favorite part about dating through IJL?

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

Find out what an It's Just Lunch matchmaker can do for you by calling 800. 858.6526 or visit ItsJustLunch.com.



DATE BY NUMBERS

When it comes to personalized matchmaking, our success is unmatched!

25 YEARS

Of changing lives one match at a time.

+ 2 MILLION

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

64%

Of singles want to date others with similar political opinions and beliefs.

1 IN 3

Singles think talking politics on a first date is a bad idea.

Of singles think talking politics is sexy.

1 IN 2

Singles could date someone who didn't have the same political beliefs but long term believe it won't work out.

800.858.6526 ITSJUSTLUNCH.COM

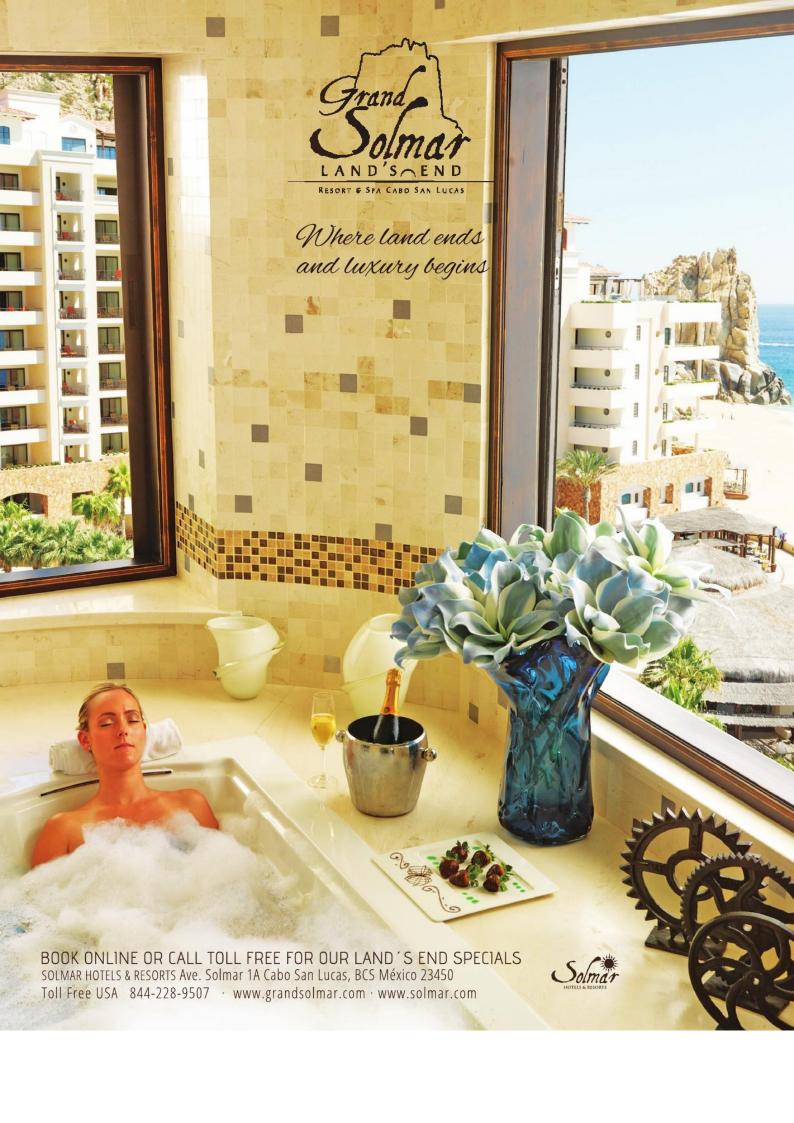
It's Just Lunch Matchmakers











GEAR

Adventure Accoutrements

Camping innovations for navigating in nature By Matthew Gulick

Everyone from the novice car camper to the seasoned outdoorsperson can benefit from tools that address challenges presented by Mother Nature. This list provides innovative products that help campers solve common problems, stay safe and even enjoy a few creature comforts in the wild.



TENTSILE FLITE TREE TENT Attach this hammocklike tent to three anchor points, using loop-around tension straps to create a suspended shelter. With approximately 10 minutes of setup time, the sleek two-person tent is ready. It weighs 7.4 pounds and comes in a variety of colors (tentsile.com; \$350).

MORE CAMPING GEAR ...

ExOfficio BugsAway This treated, odorless clothing line repels mosquitoes and other insects. Products include socks, hats, shirts and pants. Repellent effects last for 70 washes (exofficio.com; prices range by product).

GoBites Award-winning ergonomic plastic cutlery designed with campers in mind. Comes in one-, two- or three-piece sets (humangear.com; \$3.99–\$13.99).

Green Goo First Aid An all-natural herbal salve for itch and soreness relief, and topical healing (sierrasageherbs.com; \$12.95).

Matador Pocket Blanket A water-repellent, puncture-resistant blanket that folds into a pocket-size bag (matadorup.com; \$29.99).



BIOLITE CAMPSTOVE This 2-pound, wood-fueled cooking stove turns the heat of its fire into an energy source for USB-powered devices. A portion of the proceeds from its sales go toward creating clean-burning, sustainable energy resources in the developing world (bioliteenergy.com; \$129.95).



SURVIVOR PERSONAL WATER FILTER At 3.5 ounces, this lightweight water filter is designed to work as a straw for you to drink directly from a fresh water source as it removes bacteria and viruses. The filter also screws into certain-size bottles for portable refreshment (survivorfilter.com; \$29.95).

GOTENNA When two people connect goTenna devices via Bluetooth to their smartphones, the technology allows for texting and broadcasting location data, even without cellular service. Ranges vary from 1 mile to 4 miles depending on where the devices are used (gotenna.com; \$199 for a set of two).



measures 9 by 2 inches and weighs just

over a pound (vsslgear.com; \$99.50).

NA HOKU

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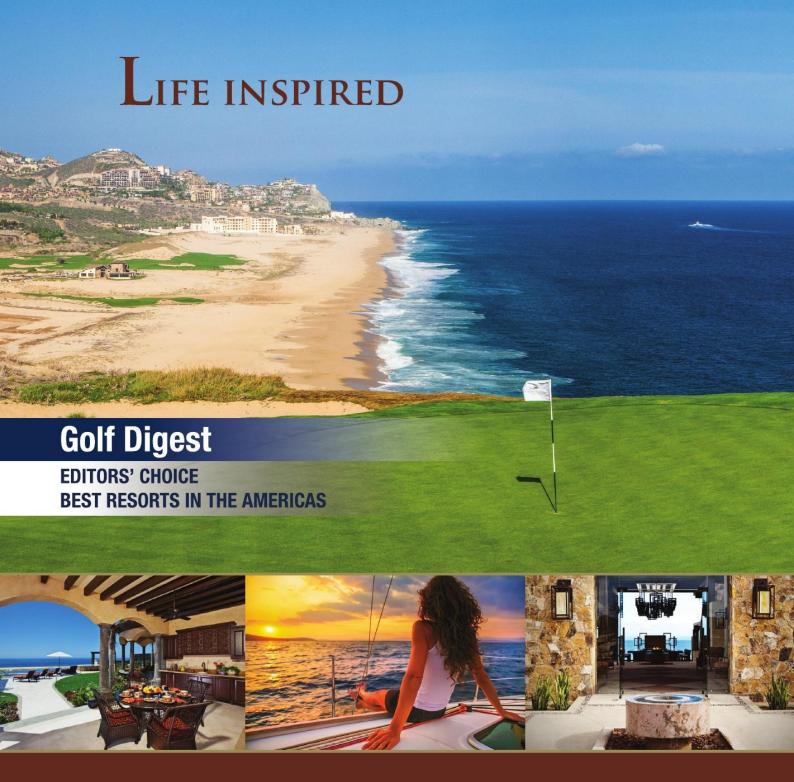
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SPORTS SPOTLIGHT

Golden Days for the Purple and Gold

Women's sports are on the rise at the University of Washington in Seattle By Albert Rodriguez

t's been a Dawg-on good year for the University of Washington Huskies in women's athletics, with teams in four major sports surpassing expectations in their 2015–2016 seasons—and an overall eight of 12 women's programs finishing in the top 15 in the NCAA.

Leading the pack was the **UW Women's Golf** team, under the helm of head coach **Mary Lou Mulflur**. In May, the team captured the school's first-ever NCAA Division I National Championship in golf, going to extra holes before knocking off Stanford 3–2.

The UW is old stomping grounds for Mulflur, who graduated from the Seattle-based university in 1980, and she is thrilled to have led her Huskies to the title. "Having played at Washington and being an alum, it's rather difficult to explain the depth of pride that I feel about U-Dub," Mulflur stated by email, using a common UW abbreviation. "It has been part of my entire adult life. It's the place that understands the true meaning of the term *student-athlete*."

When asked if she saw the potential in her championship team at the start of the season, Mulflur replied, "I think every coach believes in their team, but at the beginning of our spring season, in February, the belief really started to grow. Not just for me, but for our other coaches and the players, as well."

Earlier in the year, the **UW Women's Basketball** team also did something that none of its predecessors had done: It reached the Final Four of the NCAA Women's Division I Basketball Tournament. En route, the Husky hoopsters beat three tough teams: Maryland, Kentucky and Stanford. Impressively, they beat Maryland and Kentucky on those teams' home courts. They received congratulation notices from Washington Governor Jay Inslee and a proclamation from King County Executive Dow Constantine, who declared April 3, 2016, UW Husky Women's Basketball Day.

After hosting and winning its postseason Regional against three other teams, the **UW Women's Softball** squad was eliminated by Alabama on the Crimson Tide's home field during Super Regional play.





Top: Members of the University of Washington Women's Golf team celebrate their victory at the NCAA Division I National Championship, at Oregon's Eugene Country Club, on May 25. Left: In June, Jennifer Cohen became the Pac-12's only female athletic director.

The Huskies of **UW Women's Volleyball** completed a strong regular season under first-year coach Keegan Cook, finishing with 32 wins and 3 losses. As a result, they shared the Pac-12 Conference title with the University of Southern California. In tournament play, the UW was a match away from clinching a Final Four spot, only being eliminated in the postseason Regional by longtime rival and eventual champion Nebraska.

"Our women's sports programs experienced unprecedented success this year," summarizes Jennifer Cohen, who became UW's athletic director in May, after serving as the interim director since January. In taking the permanent position, Cohen became the only female athletic director in the Pac-12 Conference and one of three among 65 schools in the Power Five conferences. "It has been inspiring to see these women compete so hard athletically and academically, and a lot of fun to see the Seattle community support them in some big ways," she says.

As students return to school this fall, and teams head into new seasons and training programs, players and fans are excited about the future. In UW women's sports, it seems, the Dawgs are hungry for more.

Alaska Airlines is a sponsor of UW Athletics. For information about 2016–2017 schedules and attending events, visit gohuskies.com.



"Practically anywhere - because I care about the source of my food and what's in it."

Jimmy Morales is always on the run. Jimmy is a marathon runner, healthy eater and an avid gardener. His interest in plants developed after working for a nursery that grew roses. "My job was to plant, spray and prune hundreds of roses." Over time, his job turned into a gardening hobby, then a source of nutritional food. "More than ever I care about the source of my food and what's in it." Jimmy still loves roses, but things like beans, lettuce and tomatoes are in his garden these days. "Eating right is an essential part of my race strategy. I place as much importance on how and what I eat as I do in training for each race."

"When I was fresh out of college, I moved into an 800 square foot condo which presented some space challenges. The small outside patio didn't allow much room for gardening. I had to get creative." Jimmy has fashioned a number of do-it-yourself gardening solutions like using pallets for a space-saving, vertical garden. As you can see, with a little imagination and some chicken wire, gardening can be done practically anywhere.

Today, Jimmy gardens outdoors and indoors. "The technology for indoor gardening is remarkable. It's always progressing, making it more effective for small space growers in urban settings like mine. Sunlight Supply products have been a huge part of why I've been so successful and had as much fun as I've had growing indoors."

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Jimmy Morales Vancouver, WA







CITY SPOTLIGHT

Vegas Ventures

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Vegas Nets NHL Team

► Ice will soon fly in the desert. This summer, the NHL announced that Las Vegas will be home to an expansion team starting in the 2017–2018 season. —Janel Crouch

Bright Boulders

▶ In the Ivanpah Valley, south of Las Vegas, seven towers of painted boulders rise to heights of 30 to 35 feet. The limestone pieces stacked in various arrangements of fluorescent and metallic colors make up artist Ugo Rondinone's Seven Magic Mountains installation, which will be shown through May 2018. Call



775-329-3333; visit sevenmagicmountains.com. —Meagan Wehe



Touring Wayne's World

They don't call Wayne Newton "MR. LAS VEGAS" for nothing—2016 marks the 58th year the crooner has performed in the city. Now visitors can gain insights about the 74-year-old entertainer by touring the 52-acre estate, Casa de Shenandoah, where Newton lived until recently. Tours range from \$19.95 to \$95 for out-of-town visitors and grant different levels of access.

The property, which sits southeast of McCarran International Airport, is a 15-minute cab ride from most Strip hotels. Each tour begins in the visitor center, where a video chronicles Newton's early years. Most tours continue to a museum of Newton's memorabilia. On display is everything from Newton's tasseled stage costumes to the Bentleys and Rolls-Royces that make up Newton's classic car collection.

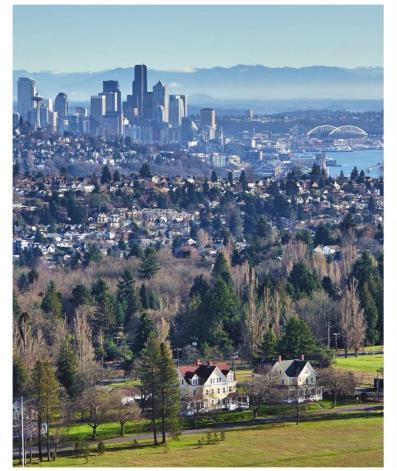
In addition to extensive CD and filmographies and TV credits, Newton is known as one of the world's foremost collectors and breeders of Arabian horses; some tours showcase Casa de Shenandoah's stables. Guests might get to meet the singer's capuchin monkey, Boo, or be invited to a shaded paddock to watch the horses run.

The more expensive tours end in the mansion, where guests can marvel at a crystal pool table, ornate wrought-iron staircases, and Newton's office, complete with a desk once owned by Franklin Delano Roosevelt.

When leaving Casa de Shenandoah, the best way to express gratitude for a worthwhile tour might be to croon the chorus of Newton's career-launching 1963 single, Danke Schoen. —Matt Villano



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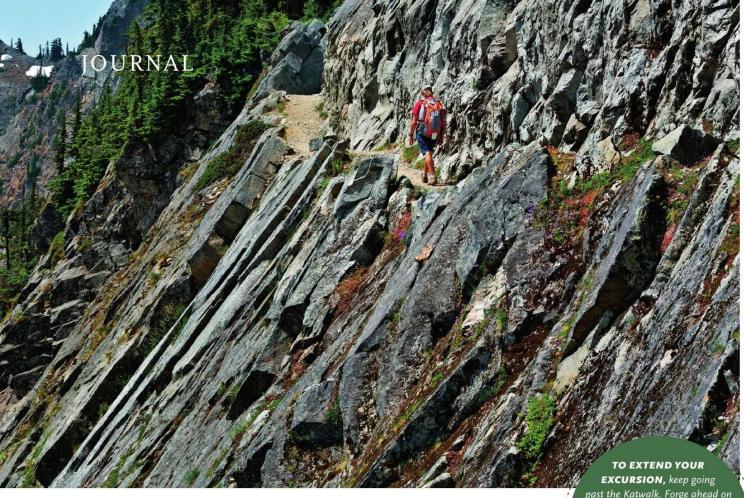
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HIKING HIGHLIGHT

Katwalk on the Crest

A short drive from Seattle, the Cascade Range boasts one of the most spectacular sections of the famed Pacific Crest Trail By Peter Potterfield

THE 2,650 MILES of the Pacific Crest
Trail begin in Mexico and end in Canada,
but many of the scenic highlights are in
the Sierra Nevada of California and the
Cascades of Washington and Oregon.
Ranging in elevation from near sea level to
13,153 feet in the Sierra, the trail winds
through national forests, national parks
and wilderness areas. Hikers refer to the
epic path as the PCT, though its official
moniker is the Pacific Crest National
Scenic Trail, designated in the National
Trails System Act of 1968.

Each year, hardy "through hikers" cover the entire distance end to end—three months is considered very fast; five is more typical. Regardless of pace, it's a grueling trek for anyone, so most people choose the highlights of the PCT, and hike it a section at a time, year after year.

Getting to the iconic trail is problematic in many areas. But the hike to the "Kendall Katwalk," along a sensational stretch of Washington's PCT, can be tackled as a day trip. It provides an accessible and satisfying taste of the route's character and allure.

The Katwalk hike begins about an hour's drive east of Seattle on Interstate 90. At Snoqualmie Pass, take Exit 52 and head for the PCT parking lot. A 6-mile hike through old-growth forests and up switchbacks to alpine wildflower gardens brings you to the famous Katwalk, a narrow 150-yard section of trail blasted into a sheer slope at 5,400 feet. Highlights of this hike include views of the Central Cascades (including Mount Rainier) and the mountainous landscape of the Alpine Lakes Wilderness. Find a good spot to savor the scenery and enjoy lunch before retracing your steps to the trailhead.

past the Katwalk. Forge ahead on a two- or three-day backpacking trip, camping at established sites, then return to your car. Or plan for a weeklong trip and follow the PCT for 71 miles to Stevens Pass (on section J of the PCT).

Kendall Katwalk / Pacific Crest Trail

Distance: 12 miles, roundtrip. Elevation gain: 2,700 feet. Details: This is a moderately difficult day trip, best hiked July through September, when the Katwalk is generally free of snow. Check local conditions in advance. A Northwest Forest Pass (available online and at various ranger stations and retailers) or an equivalent permit is required to park. Self-register at the trailhead for a permit to hike or backpack. Camp at established sites. Information: Call the Snoqualmie Ranger District's North Bend Office (425-888-1421; www.fs.usda.gov/main/mbs/home), or visit pcta.org and wta.org/go-hiking/hikes/kendall-katwalk.





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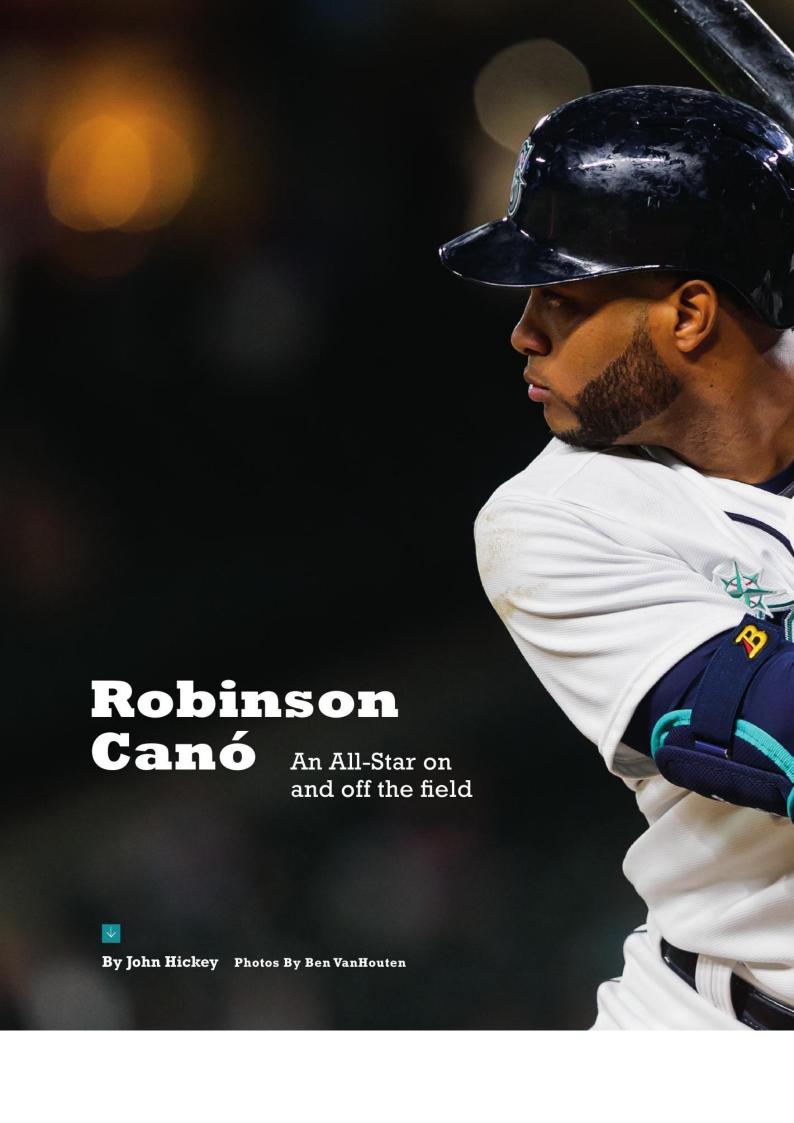








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SEATTLE MARINERS' All-Star second baseman Robinson Canó beams like any other proud father when talking about his son's potential in the big leagues.

Of course, Robinson Miguel Canó is only 5, but that isn't deterring Dad from offering up a stellar scouting report.

"He just loves baseball," Canó says of his son.
"He's going to be better than me some day. Trust
me, he will. That little guy swings a bat all day.
All he wants to do is play baseball, all day."

That his son is a chip off the old block is no surprise, but better than the Mariners' best hitter? That's going to be a tall order. Canó, who was selected for the All-Star Game in 2016 for the seventh time in his 12-year major-league career, is considered one of the game's finest second basemen, and a possible candidate for Cooperstown. One of the best players to come out of the Dominican Republic, a hotbed of baseball talent, Canó has won two Gold Glove awards for his outstanding fielding. He is a pure hitter, with a .308 career batting average and the rare ability to swing for both average and power. To emphasize the point, he has taken part in three All-Star Home Run Derbies, winning the contest in 2011.

Family Game

Canó's son may be the latest example of how baseball excellence runs in the family. Canó's father, Joselito "José" Canó, spent seven years in the minor leagues with the New York Yankees, Atlanta Braves and Houston Astros. For the final five weeks of the 1989 season, he was on Houston's major-league pitching staff, where he pitched a seven-hit complete game against the Cincinnati Reds on the next to last day of the season. His mother, Claribel Mercedes, comes from a long line of softball players. She found out she was pregnant with Robinson when she had sudden severe back pain that caused her to pass out while she was running the bases during a softball game. After Robinson was born in 1982, Claribel and José spent three weeks discussing a name for their child. His father won out, naming his son after baseball and civil rights icon Jackie Robinson. Like his namesake, Canó would prove to be a great natural infielder and hitter.

"I was 3 when I first started to play," Canó says, "because my dad used to play, my mom played softball, and I have some aunts who played softball. So I grew up at the ballpark. I would play with older players. I was just a kid, and they'd call me Little Man. I was always at the park, always trying to play."

It was also clear from an early age that he was special. Luis Mercedes, a friend of his father's and a former outfielder with the Baltimore Orioles and San Francisco Giants, was one of those who saw Robinson's talent, and Mercedes has since become his personal batting coach.

Canó was so good as a teenager that the New York Yankees

Left: Flashing his trademark smile, Robinson Canó is greeted by his teammates after hitting a home run.

Below: Known for his classic swing, Canó boasts a career batting average of .308 and also hits for power. He had slugged 260 career home runs as of the 2016 All-Star break.

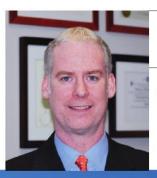




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hood; you are going to remember the kids you knew there growing up."

Heading West

After nine seasons in pinstripes, Canó shocked the baseball world in 2014 by signing with the Mariners in a blockbuster 10-year, \$240 million deal, the largest contract ever for the franchise and one of the largest deals in the history of baseball.

For many, Canó's move to Seattle was a head-scratcher.

The Mariners hadn't made the playoffs in a decade, and the Yankees were contenders virtually every year, due in large part to Canó, who had been an All-Star five times while in New York.

However, Canó believed there was something special happening in the Mariners organization. "I saw that this team could win a championship," says Canó, who had to change his number to 22, out of respect for Ken Griffey Jr.'s jersey number of 24. "They were on the rise, especially with all that pitching. They had a bullpen that you did not want to face."

In 2014, the Mariners got off to a fast start, playing nine games over .500 into July, when Canó, starting pitcher Felix Hernandez, third baseman Kyle Seager and reliever Fernando Rodney were

named to the All-Star team. "To be voted to the All-Star Game as a Mariner that first year in Seattle was such an honor," Canó says. "There were a lot of people who had doubts after I left New York, so to be able to come to Seattle and be successful meant a lot to me."

Canó's current goal is to lead the Mariners

to the World Series. He says the winter makeover of the club by new General Manager Jerry Dipoto and the hiring of Scott Servais as manager were good moves. Canó likes the combination of players who have been there for awhile, such as Seager, Franklin Gutierrez and Hernandez, with recent acquisitions, including bringing in his friend and fellow Dominican Nelson Cruz in 2015. "We all get along. There are no superstars here," Canó says. "We can just focus on playing baseball, and that makes it more fun. We are all on the same page that way."

Fact:
Robinson
Canó has
been an
All-Star in
seven of his
12 seasons
as a major
leaguer.

Top left: Canó shows his Gold Glove fielding form at second base. He was named the American League's best fielding second baseman in 2010 and 2012.



Above: City Year, which places mentors in local schools, is one of the organizations supported by Canó's RC22 Foundation.

signed the shortstop when he was 19. He spent about four years in the minor leagues and switched to the second base position before making his first major-league appearance in May of 2005. With the Yankees, he wore number 24, reversing the number worn by Jackie Robinson when the Hall of Famer broke baseball's color barrier with the Brooklyn Dodgers in 1947.

"For me, baseball is a family game," Canó says. "Even now, when my mom comes to the park, I'll hear her yell from the stands, 'Hit the ball out.' And when I don't have a hit in the game, I'll get a text from my mom telling me what I need to do."

Major Success

Such hitting slumps have been few and far between in Canó's career.

When he was called up to the major leagues, the Yankees were in the middle of a four-game losing streak, languishing in fourth place in the American League East. Canó began to hit right away. Less than a week later, the team went on a 10-game winning streak, with the new kid at second base hitting .400. During his career with the Yankees, Canó hit over .300 in seven of nine seasons, and the team never stopped winning, making the playoffs seven times in nine years and winning the World Series in 2009. Canó became a superstar and a beloved New York sports figure.

"I enjoyed being a Yankee a lot. It was a great family there," Canó says. "It was a place with all those great memories, playing with all those superstars. It's like growing up in a neighbor-



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Ken Griffey Jr., the former Mariners great who was inducted into the Baseball Hall of Fame last month, likes Canó's leadership style. "He's keeping them moving forward," Griffey says of Canó and the Mariners. "He's trying to carry this team to a championship."

The leadership role is one Canó wears with pride. He isn't a firebrand, but he's not shy about speaking up to teammates when he sees justification. Veterans such as Yankees great Derek Jeter did that for him; now he feels it's his turn. "I was helped a lot, and now I consider myself a leader," Canó says. "I want to be the guy who you can come to with a question. We, in this clubhouse, want to win a championship. So I take them aside. You can't let your teammates get in trouble; you have to look out for each other."

Recovering From Injuries

However, the 2015 season was a test for everyone in the organization. The Mariners struggled to a 76–86 record and a fourth-place finish in the American League West. The result was that a number of players and members of the Mariners management were replaced.

Canó also wasn't playing at his 2014 All-Star level. The first half of his 2015 season was consumed with stomach troubles that ranged from a parasite to recurring acid reflux. Then, just as his game was starting to come around after the All-Star break, he suffered an abdominal strain that impaired his game, both in the field and at the plate, for the rest of the season.

After two sports hernia surgeries in the offseason, Canó worked hard to get back into playing shape for 2016.

Despite rumors that he was unhappy and

wanted to go back to New York, Canó says the problem was that he just couldn't get healthy. Some fans booed the perennial All-Star, while others wondered what was wrong.

"The hernias really, really held me back last year, especially because I'd never been in that situation before," Canó says. "I'd never been a guy who'd been hurt a lot. To go to the park hurting every day, that was difficult."

Before the 2016 season started, Canó spent some time with Griffey, who had dealt with injuries aplenty in

his later years. Junior was able to offer advice on coming back and getting healthy.

"In baseball, it's every day, and if you are struggling, the good thing is you can change it the next day," Griffey says. "But the bad thing is you may not be able to change [the problem], and it wears on you. Robbie had a chance to go home and really break down what he wanted to do, showing what kind of person he is. He has come back and is not letting last year be a distraction."

Canó says he is happy as ever to be in Seattle, and he's excited to be back in All-Star form. He has the same relaxed, open stance, with his right leg slightly back and his bat angled just so above his

left shoulder. And his swing is proving to be as explosive as any in baseball.

As of the 2016 All-Star break, Canó's batting average had reached .313, and he'd hit 21 home runs. He batted .287 and hit 21 home runs for the entire 2015 season.

Perhaps even more important, he is back to flashing that special smile. "Am I playing

with a lot of joy?" Canó asks. "I think, yeah."

Former Mariners outfielder Jay Buhner says the difference between this year and 2015 is clear.

"Robbie is a guy who just looks like he's having fun again,"
Buhner says. "You see it in everything he does on the field. It's not just on offense, either. Look at the ground he covers on defense.
You can see his core is back in how well he moves. And it didn't hurt that he got off to a hot start. You can be a veteran, a really elite player, but you lose confidence when you don't have the kind of year you expect. Now he's locked in, and I think you're going to see

Fact:
Canó has
been among
the top five
American
League
players in
MVP voting
four different
years.

Top left: Canó jokes with teammates during batting practice. The star second baseman has become a quiet leader on the team.



Above: Happy and healthy, Canó entered the second half of the 2016 season with a .313 batting average and 21 home runs, equaling the number he hit in all of 2015.

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"The thing that's great about Seattle is that there's so much energy here.
There's great music, comedy, theater. ... I find that I'm happy here, both on and off the field."

him stay there all year. He's healthy and he's doing it all and playing with real joy."

Enjoying Seattle

Canó is enjoying life off the field, as well, in his new Northwest home. He says he likes the city, the food, the music and the people of Seattle. He'd lived with his mother while playing for the Yankees, so coming to the Pacific Northwest was a real change. Still, Canó was prepared.

"I did my research," Canó says about his move to the Emerald City. "It wasn't something quick. I'd been coming here as a visitor for nine years. I knew the city and liked it. I'm a baseball guy; I'm not a guy who goes out a lot, especially now that I'm 33 years old. I get my rest. You have to. But there is a lot of stuff to do in Seattle when you want to do it."

He particularly likes Seattle's diversity of culture. There's a good-size Dominican community in Seattle, and he has a Dominican chef who prepares his meals. The city has become his second home in much the way New York was, although in the Big Apple his mother did the cooking. "The thing that's great about Seattle is that there is so much energy here," he says. "There's great music, comedy, theater, even if it doesn't stay open all night like New York. And it's an area where you don't have to live 30 or 40 minutes from the ballpark. Japanese food is good here, and so is Korean and Dominican-all kinds really. When you live in Seattle you have a little bit of everything. I find that I'm happy here, both on and off the field."



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Canó spends most of his off-season in the Dominican Republic with his son and his extended family. The country is also the focus of his charitable organization, RC22 Foundation, which works to improve educational opportunities for children in need. In 2015, the foundation opened the RC22 DREAM School, a Montessori school that serves more than 100 students between the ages of 3 and 6 in Canó's hometown of San Pedro de Macorís. More schools are planned for the future.

In Seattle, the foundation promotes education, health, fitness and wellness with partners such as Seattle Children's Hospital, City Year and Boys & Girls Clubs of King County. Some of the foundation's programs include giving children in need a VIP Mariners game experience, including game tickets, food and the chance to meet players. The RC22 League of Leaders recognizes and celebrates local students and young leaders who are excelling in school and are active in the community. "I like working with the foundation," Canó says. "That's one thing I like to do—help others."

Because of all Canó has accomplished, he is eager to educate a younger generation, including his son, Robinson Miguel, about Jackie Robinson and what role he played in breaking baseball's color barrier seven decades ago. "It's an honor to be able to pass that name down," Canó says. "It's something that means a lot to me. My son isn't quite old enough yet, but I will be telling him when he's ready, because he should know about Robinson and about what he meant to baseball."

Canó is also looking forward to teaching the future All-Star a few tricks of the trade. "When I'm back there in the offseason, I'm with him every day, and I love watching him play baseball," Canó says of his son. "That's what he loves. And when he's 10 or 11, I want to coach him myself."

John Hickey writes from Oakland.





FINE FURNITURE FROM SALVAGED TREES

southwest Alaska's Great wilderness

Adventure awaits in forests, tundra, rivers and lakes, stretching from Cook Inlet to the Bering Sea. By Ken Marsh



Brown bears fish for salmon at Brooks River Falls in the Katmai National Park and Preserve. ssembled midcurrent along a tier of drumming cascades, the brown bears of Brooks River Falls stand motionless, peering like bronze statues into the eddies. The bears arrive here each summer, ambling down from the hills and spruce-forested valleys of Katmai National Park and Preserve to attend one of nature's most storied gatherings. They come for the salmon. Hundreds of thousands of sockeye run here annually, and at peak season in July, anywhere from 45 to 70 bears may be drawn to this mile-and-a-half-long stream connecting Southwest Alaska's Brooks and Naknek lakes.

The arrival of a fresh school brings the statues to life. In a splash of raking claws, salmon are pinned in the riffles or flung onto the banks; fish leaping the falls are snatched midair in a flash of ivory teeth and silver scales. With sunlight glinting off the water, gulls wheel and cry out and the cycle of life goes on—especially amazing to the first-time observer.

Not long out of high school in the early 1980s, I spent a summer working for the concessionaire at Brooks Camp and watched the bears every day. I remember the earth-trembling roar of two 800-pound boars battling over a fishing hole—a sound easily heard from a mile away—and can still picture individual bears such as "Sister," one of the many sows seen annually back then with her clutch of cubs, and "Diver," an old male who paddled about the pools with his head partially submerged before slipping below the surface to appear moments later with a salmon in his mouth.

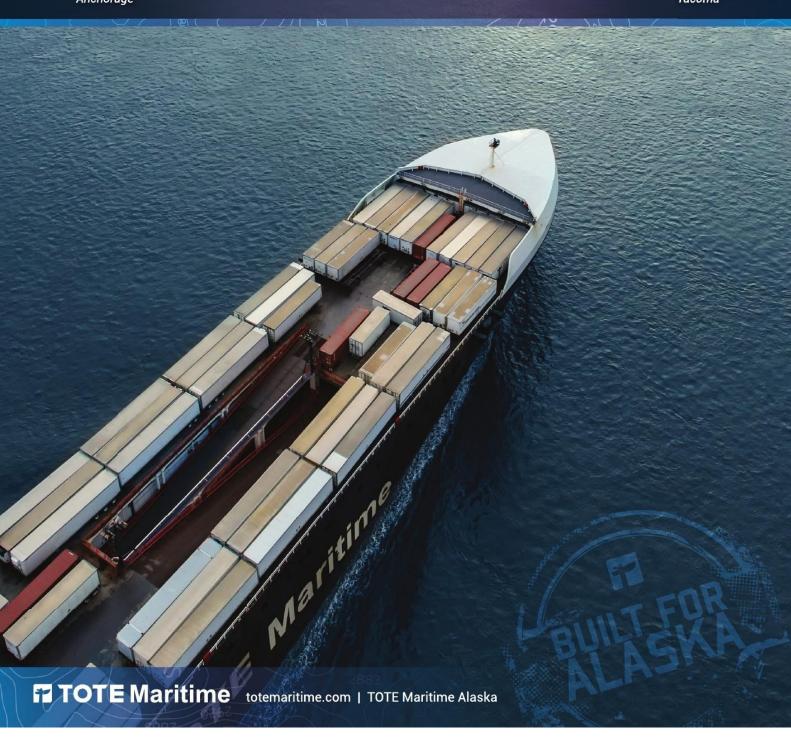


EXCELLENCE

FROM DOCK TO DOCK AND BEYOND, TWICE WEEKLY BETWEEN ANCHORAGE AND TACOMA.







More recently I returned as a visitor and was pleased to discover little had changed. Sister and Diver are long gone, of course, replaced by bears of new generations—as many or more than ever—and it occurred to me, as I spent a morning watching them at the falls, that whether it's your first visit to this part of the state or your fifth, the sight of North America's largest land carnivores gathered en masse on a wild Southwest Alaska river is a spectacle unlike anything else on the planet.

Bears, salmon and cold, clear waters are icons of Alaska's Southwest, a region that remains today isolated, lightly visited and largely enigmatic. An untamed and diverse country of seacoasts, islands, mountain ranges, volcanoes and forests that vanish into wide-open tundra, Southwest spans some 500 miles from Cook Inlet's western shores to the far reaches of the Bering Sea.

Beyond the Alaska Peninsula—a mainland extension separating the Bering Sea and Pacific Ocean—the region includes the I,100-mile-long westward-arcing Aleutian Islands chain, the Kodiak Island Archipelago to the southeast, and salmon-rich Bristol Bay and the Yukon-Kuskokwim Delta to the north.

Altogether, Southwest Alaska encompasses some 170,732 square miles, an area large enough to accommodate the state of California with room to spare. Yet big and broad as the Southwest region is, it lacks road connections to the rest of North America, leaving it isolated and sparsely populated. A 2013 census tallied Southwest's



population at 42,580, a head count in line with that of a large town and one that stands in contrast to California's 2013 population of 38.43 million.

Overall, most Southwest destinations are accessible only by air, some by boat, and to see the region and know its wonders—its fish and wildlife, geologies, seasons, weathers, waters and cultures—requires time, planning and patience. The place can't be absorbed in a single visit; the country is simply too broad, remote and varied. Rather, Southwest Alaska must be tackled the way the Native Aleut might consume a 4,000-pound walrus: one bite at a time.

ALASKA'S BIG ISLAND

The first time I visited Kodiak Island,

it was with great expectations and a fly rod in one hand. Accompanied by a couple of friends, I stepped off an Alaska Airlines jet at the Kodiak Airport and into an intriguing world of startlingly green hills bordered by



EXPLORE ALASKA'S BIG ISLAND

With regular jet service from Anchorage and ferry service from Homer, Kodiak is accessible while still being remote. A popular destination for anglers, hikers, birders and adventurous sorts, the island also features a scenic road system. Visitors can rent vehicles—or bring their own via ferryand see wild vistas and beaches unlike any others.

Nicknamed "Alaska's Emerald Isle," Kodiak has northeastern reaches timbered with dense, dark Sitka spruce forests. The remainder of the island, largely lined by mountains and stream-coursed valleys, bristles with alder thickets, alpine tundra, and lush grasslands highlighted in summer by colorful lupines, paintbrushes and mountain geraniums. —K.M.

LOOK FOR:

- 1. Brown bears.
- **2.** Northern fur seals.
- 3. Sea stars.
- 4. Red foxes.
- 5. Horned puffins.
- Black oystercatchers.















Anglers fish on Little Lake Clark in Lake Clark National Park & Preserve.

gleaming blue seas. The air was oceanfresh, cool and briny, and the temptation was to stop and take in our new surroundings. Our trip was just getting started. We gathered our gear and boarded a floatplane for the Karluk River, a legendary fishing stream some 90 miles away, over mountains and seacoast to the southwest.

Separated from mainland Southwest by Shelikof Strait, Kodiak Island covers an estimated 3,595 square miles, making it the second-largest island in the United States (Hawaiʻi is the largest, at an estimated 4,021 square miles). History long held that Kodiak and its archipelago of several dozen smaller islands was discovered in 1741 by Danish explorer Vitus Bering, in service to Russia at the time. The indigenous Alutiiq



people rightly dispute that claim, and archaeologists have confirmed that the Alaska Natives' presence in the islands dates back at least 7,000 years.

Dropped off at Karluk Lake, we spent five days rafting the river, stopping frequently to fish, relax and camp. A gentle, scenic stream, the Karluk can be floated from its headwaters lake to its coastal terminus in 24 hours, but we'd come to savor the setting, silence and sense of aloneness intrinsic to river travel in wild Southwest Alaska. Access permits from Koniag, the local Native corporation landowner, were purchased prior to our arrival—the fee was a bargain for the pleasant days we spent on the Karluk.

Our trek included sightings of red foxes, brown bears and birds of many kinds. The grassy hills above us loomed lush and fragrant with wildflowers. And we caught fish, too; wore ourselves out, in fact, catching and releasing salmon, trout and char.

Eventually, though, our bush plane returned as scheduled, and we left the Karluk knowing we'd seen and sampled one of the world's most beautiful, bountiful wild places. As the airplane climbed and those green hills fell away, the exhilaration I'd felt on the river mingled with a kind of heaviness that comes when something wonderful ends too soon. Of course, I resolved to return to Kodiak, to revisit the Karluk and to explore this massive island from new angles.

THE ALEUTIAN CHAIN

Far southwest of Kodiak, just off the Alaska Peninsula's western tip, Unimak Island, with its 9,373-foot-tall Mount Shishaldin volcano, is the nearest of the Aleutian Islands to rise from the sea and form the 1,100-mile-long chain to Attu, Alaska's farthest-west island. Composed of 14 large islands and more than 50 smaller ones, the

WHERE THE WILD THINGS ARE

Southwest Alaska's wildlife bounty affords rare opportunities to see brown bears, Pacific walruses and birds found nowhere else in North America. Here are a few of the more popular places where viewers and wildlife congregate.

> Brooks River— Renowned for its brown bear gatherings, Brooks River is generally accessed by air charter from King Salmon. Many visitors arrive via Alaska Airlines from Anchorage and then board prearranged charters to Brooks Camp. For a sneak peek, go online to

find the Brooks River bear cam.

McNeil River— Perhaps the world's most noted brown

bear-viewing venue, McNeil River State Game Sanctuary and Refuge, south of Lake Iliamna, can be life-changing. Visitor numbers and activities are managed through an Alaska Department of Fish and Game accesspermit program, and the number of people present at McNeil River Falls on any given day between June 7 and August 25 is limited to no more than 10.







> Round Island— Set in maritime wilderness, Round Island and the Walrus Islands State Game Sanctuary protect North America's largest continually used terrestrial haul out for Pacific walruses. Thousands of the 2-ton ivory-tusked sea mammals can sometimes be seen lounging on the beach.

Open to visitors from May 1 through August 15, island visits require access permits available for five-day overnight camping or day use. Permits can be purchased online through the Alaska Department of Fish and Game.

Nothing beats seeing these animals in person, but logistics are expensive, and the remote setting is not for those inexperienced with wilderness camping. Luckily, a live camera installation allows online viewers to see the walruses go about their summer routines. -K.M.

Aleutians are loaded with 57 volcanoes, some of which remain active, still periodically smoking and smoldering. In fact, the Pavlof Volcano erupted in March, spitting ash 37,000 feet into the sky.

Treeless, except for a few spruces transplanted in the early 19th century by Russian settlers to Unalaska and neighboring islands, the Aleutians in summer are carpeted with grasses, and pink, purple and blue wildflowers that brighten frequent days of fog and rain. Bluffs overlooking the ocean come alive each spring with nesting seabirdstufted puffins, coal-bodied birds with brilliant orange, parrotlike bills; murrelets of several species; penguinlike guillemots; and dozens of others—all chattering and trading between sea shoals and nests dug into high crevasses. Walruses, sea lions and seals haul out on island shorelines, and sea otters, which once drew the interest of Russian fur traders, bob undisturbed in the surf.

Isolated as they are, the Aleutian Islands are awash in history. By the time Russian explorers and hunters entered the region in the 1700s, the islands had been home for 8,000 years to the Aleut, or Unangan, people. The sea was vital to



FINANCIAL UPDATE

BY MARY FRANCIS, Senior Vice President, Cash Management Director mary.francis@homestreet.com 206-442-5319

Virtual commercial cards can save businesses money

There are many challenges to running a business, but suffering from accounts payable inefficiencies should not be one of them. Businesses not currently using electronic payments are discovering and adopting ePayment options as a way to better manage and monitor payments, while also generating income. These solutions can eliminate slow and costly paper-based payment procedures.

Virtual card payments are singleuse or vendor-specific account numbers that are sent to your suppliers through the credit card network. They're being used by many types of organizations as an effective way to pay invoices for professional services, inventory, and operating goods and services.

Traditionally, businesses have had a limited number of payment products to consider in developing their AP processes, such as paper check, wire transfers, ACH (Automated Clearing House) transactions and plastic purchasing cards. Each of these payment methods has limitations for tracking, settlement times, fees, and data availability. Virtual payments via commercial cards

are a more comprehensive payment tool, which can support strong reporting capabilities, working capital improvement, and the elimination of process-heavy and slower paper checks.

Benefits of virtual commercial cards

The benefits of using virtual commercial cards include:

- Increased working capital.
- Greater efficiency compared to traditional methods.
- The opportunity to settle payments with suppliers on terms you control.
- Simple integration into your current system.
- The ability to initiate businessto-business payments as you do today. Only the payment method changes.
- A free solution with no setup cost or recurring fees.

Another big benefit of virtual payments using commercial cards is that with every transaction, you can earn cash rebates and rewards for your business like traditional commercial credit cards.

Introducing virtual commercial cards also won't require a change

to your current approval process, and you don't have to replace all traditional payment methods. With virtual commercial cards, you simply submit payment instructions online, through an automated file process or via a web service. Payment is then sent to suppliers securely and provides complete remittance information. You can then monitor your payments with automated reconciliation and reporting capabilities.

Making virtual commercial cards a part of your payment mix will enhance what you're already doing today, but with increased efficiency. You'll realize the benefits even if you convert just a small portion of your payments.

Contact me today for more information about how to integrate virtual commercial cards as part of the accounts payable solution for your business.

About the author:

Mary Francis is Senior Vice
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the early Aleuts, who lived in sod-covered homes framed by whalebones; made clothing and boats from what they hunted and gathered in the ocean; and ate a diet rich in fish, clams and crabs. By the end of the 19th century, only about 2,000 Aleuts remained in the small villages in the Aleutians and nearby Pribilof Islands, a fraction of the estimated 25,000 prior to Russian arrival. Yet despite these and other setbacks, Aleut culture has survived and adapted to modern times. Today, population estimates indicate some 15,000 people of Aleut descent.

More recent Aleutian Islands history includes a brief, violent cameo during World War II. In June 1942, Japanese troops invaded and occupied Attu and Kiska. Bloody battles were fought before American forces reclaimed the islands in May 1943. Memorials and artifacts of the war remain on both islands today.

LAND OF LAKES

Autumn on the northern Alaska

Peninsula is a vibrant season of brittlecold mornings and mild afternoons. Wildlife is on the move preparing for winter, and when the days dawn clear and bright, the snow-topped hills stand out boldly against clean, empty skies. There's no better time to see the country.

I'd spent the morning on a remote area stream, casting for rainbow trout with my buddy Luke Frazier of Logan, Utah. The fishing was typical of Southwest Alaska in September: *outstanding*. Framed by the yellows and reds of fall, we caught and released scarlet-sided rainbows big and broad as canoe paddle blades. And when our pilot friend Mike returned that afternoon to pick us up in his de Havilland Beaver floatplane, we were delighted when he suggested we top off the day with some flightseeing.

Mountains and volcanoes rose up as we skirted the eastern end of Naknek Lake, and in the spruce thickets and muskegs below, moose appearedamong them several large bulls with antlers that flashed in the sunlight. We saw brown bears and, highlight of the day, a pack of 10 white wolves trotting single file through the wilderness outside Katmai National Park and Preserve.

Later, when we turned northwest toward Bristol Bay, the land flattened and glittered with a remarkable mosaic of lakes. Of Alaska's 3 million lakes, four of the five largest lap Southwest's interior shores. Lake Iliamna, located in the northeastern part of the region, is the biggest. Some 80 miles long and 25 miles wide, Iliamna resembles an inland sea set in perfect wilderness. Its 653,552 acres of surface area make it the second-largest freshwater lake contained wholly in the United States, smaller only than Lake Michigan.

Becharof is the state's second-largest lake, Naknek the fourth-largest, and Lake Clark ranks fifth. These huge water bodies, along with thousands of lesser lakes and ponds, are critical to the region's fisheries-based economy. While stream connections provide avenues to and from saltwater, the lakes provide critical rearing habitat for millions of young salmon. Last year alone, the Bristol Bay sockeye run numbered 58 million fish and generated for commercial fishers some \$92.4 million.

The sun was sinking into the horizon when, somewhere southwest of Iliamna, Mike dipped one wing. At our feet, that big, broad world of brown bears, salmon and cold, clear waters spread out before us, lakes and ponds shining like stars in a terrestrial universe. I was reminded of Shakespeare's line, "One touch of nature makes the whole world kin." The wild places and wild things of Alaska's great Southwest hold that promise.

Ken Marsh writes from Anchorage.

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Olympic Dynamic DREAMS

West Coast athletes hope to excel in Rio de Janeiro

By Jeff Layton



The 2016 U.S. Olympic Team competing in Rio de Janeiro this month is full of unheralded stories of athletes who have followed their dreams and overcome obstacles.

That includes flamboyant bearded Greco-Roman wrestler Robby Smith, who is finally realizing his lifelong Olympic goal; and para-cyclist Will Groulx, who is going to his fourth Paralympic Games, yet is still so driven that he often bikes late into the night, long after putting his twins to bed. And rugby star Alev Kelter, who overcame bitter disappointment to find a new sport so she could represent her country as an Olympian.

The following six profiles of Olympic hopefuls are examples of the special physical gifts, mental toughness and commitment needed to be an Olympic athlete. The dedication shown by these competitors has earned them a place on the world stage this summer.









Left: A three-time Paralympic Games medal winner in wheel-chair rugby, Will Groulx will be competing as a handcyclist in his fourth Paralympics in September. **Above:** Maggie Steffens, who led the U.S. Women's Water Polo Team to gold at the 2012 London Olympic Games, is hoping to repeat in Rio.

Will Groulx

HOME: PORTLAND, OREGON

SPORT: PARALYMPIC HANDCYCLING



To qualify for the Olympics takes a lot of sacrifice for any athlete. Add a wheelchair and young twins to the mix, and the journey gets much more challenging. Will Groulx was six years into a naval career when he suffered a spinal cord injury during a motorcycle accident that cost him the use of his legs.

Soon afterward, he was faced with a choice: move forward and do something positive, or sit around and hope for his old life to come back—something he knew would never happen.

"There's always going to be some mourning during that transition period because it is a life-altering event," Groulx says of his paralysis. "I chose to focus on the things I still could do as opposed to the things I couldn't."

During Groulx's rehabilitation, a physical therapist introduced him to wheelchair rugby, and the self-described "adrenaline junkie" was immediately drawn to the full-contact nature of the sport. He made the national team, winning a bronze medal in the 2004 and 2012 Paralympic Games and a gold in the 2008 Paralympic Games. He was even a 2009 ESPY nominee for the best male athlete with a disability. The Paralympic Games are held a few weeks after the Olympic Games, in the same host city. This year, the Paralympic Games will be held in Rio de Janeiro, September 7–18.

With the birth in 2012 of Groulx's twin children, Will and Grace, something had to give. The scheduling demands of rugby's training camps and international competitions were too much for his growing family, so Groulx decided to pivot to handcycling, which allowed him to train

from his Portland, Oregon–area home and remain a stay-at-home dad.

There are different forms of hand-cycling machines. Groulx's version requires him to lie on his back in a cockpit and use his arms to power the low-slung and aero-dynamically designed three-wheeled bike. Groulx had thought of this type of cycling as only a hobby. However, in just a few years, the ultra-motivated athlete became one of the top para-cyclists in the world. In 2015, Groulx reached the podium in three events at the Para-cycling Road World Championships. In Rio, Groulx will likely cycle in three different events: the time trial, where he will compete against the clock, the team relay and the road race.

"You're about 4 to 5 inches off the ground," Groulx says of competing. "The bike is a bullet when you're descending. It's an absolute thrill."

Groulx says there is quite a bit of bumping and contact. The bikes even have a draft

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bar on the back designed to keep wheels from getting tangled if someone has to change directions in a hurry.

"It's like NASCAR on bikes when we're riding," Groulx says. "If you're working a paceline [riding in a group], light taps are helpful. Some people aren't accustomed to it, but coming from a rugby background, the contact doesn't bother me at all."

The road course in Rio is a circuit that follows the city's spectacular coastal beaches for much of the route. Since it's so flat, he expects the field to be very competitive, and the road race will probably come down to a sprint finish at the end.

As a member of the U.S. Paralympic Cycling Team, Groulx has access to some equipment and trainers. However, he still has to pay for much of the cost of his own gear. It's all part of the sacrifice. "It was a sad, sad day when my bike cost me more than my car," Groulx jokes.

Even though this will be his fourth Paralympics, Groulx remains in awe of the spectacle of the games. He estimates that the Paralympics is the third-largest sporting event in the world, after the Olympics and the World Cup. "You have thousands of athletes representing hundreds of countries. That sportsmanship and camaraderie, that determination and courage that everybody showcases is just awesome. Every time you go out and put on the Team USA uniform and represent your country at the highest level of competition, it's quite a rush. It keeps me coming back for more."

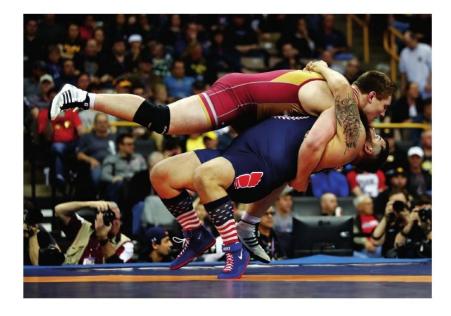
Alev Kelter

HOME: EAGLE RIVER, ALASKA

SPORT: WOMEN'S RUGBY SEVENS



Alev Kelter's journey to the Olympics took a circuitous route through ice hockey and soccer before she made the U.S. team for Women's Rugby Sevens—a sport making its Olympic debut this summer. Kelter grew up playing on national youth soccer and ice





Top: Greco-Roman wrestler Robby Smith (in dark blue) throws an opponent to the mat. Smith has dreamed of competing in the Olympics since he was 9. **Above:** Alev Kelter (far left), who almost made the U.S. Olympic Women's Hockey Team in 2014, has become an Olympian in the new sport of women's rugby, which is making its debut in Rio.

hockey teams, winning World Championships in 2008 and 2009 with the U18 National Women's Hockey Team, and she was a dual-sport standout at the University of Wisconsin–Madison.

However, Kelter was crushed when she was cut late in the training program for the 2014 U.S. Olympic Women's Hockey Team, which went on to win silver at the

2014 Olympic Games in Sochi, Russia.

Kelter went home to Alaska and tried to figure out her next move. While snowboarding at Alyeska, she had a breakthrough moment.

"I decided I wasn't going to let that 'no' define me," Kelter says of being cut from the U.S. hockey team. "I'm not less of a person because I didn't make the team. I

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think being in Alaska and seeing the serenity in that moment helped center me, and I realized I had so much to be thankful for."

When she reached the base of the mountain there was a message from a U.S. Olympic rugby coach on her phone. They were putting together a team of talented athletes from across multiple sports. They knew of Kelter's athletic skills and wanted her to give rugby a try.

It took her two years of training to learn to play the sport and to become adept at the scrum, the method for restarting play where the two teams push against each other to get control of the ball.

Along the way, she put in 60- to 70-hour weeks of training, weightlifting and film study.

Rugby Sevens is a sport that has seven players on a side and features sprinting, contact and tackling during fast-paced 14-minute matches.

It's often described as American football without the padding. Kelter's soccer and ice hockey background have helped her adjust to the quick tempo. But beyond the intense, aggressive play, what she loves the most about the sport is the friendships with her fellow teammates.

"I ended up falling head over heels for this sport, and to be in the Olympics as a rugby pioneer is a complete blessing," Kelter says. "It's an honor to play against the top women in the world. I'm extremely excited to be there." **Above:** In one of the ultimate team sports, the U.S. Olympic Men's Eight crew team will feature two University of Washington alums, Rob Munn and Hans Struzyna. **Below:** Marti Malloy (in white) unexpectedly won a bronze medal in women's judo at the 2012 Games and is now the sport's top American female athlete.



Marti Malloy

HOME: OAK HARBOR, WASHINGTON

SPORT: JUDO



Time is a funny thing for athletes. For some, time slows down during the critical moments in a competition, and everything seems to happen in slow motion. But for judo champion Marti Malloy, a four-minute fight—the sport's term for a match—seems lightning fast. In fact, right after a fight, Malloy has no idea what just happened.

"Judo is a sport where you're trained to do a lot of instinctual motions and movements," Malloy says. "There's so much happening in such a small span of time that you don't have time to say, 'I'm going to do this move next,' because your opponent is reacting. You hope it happens without thought. Most of the details are a

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complete blur until I watch the video later. Sometimes when I watch the fights I say, 'Wow! Cool! I didn't know I did that!'"

Such quick reactions have propelled Malloy to the top of the sport. An unheralded athlete when she arrived at the 2012 Olympic Games in London, Malloy quickly made a name for herself by beating the second-ranked female in the world during her first fight. She went on to win a bronze medal. Now the topranked female judo athlete in the United States, Malloy is riding a wave of confidence into the 2016 Olympic Games. She is best known for her use of leg sweeps and arm bars (a move in which a competitor pins an opponent to the mat and locks one of the opponent's arms away from his or her body).

Malloy grew up in a military family and started judo as a young girl because she could attend free classes on the military base.

"My dad was deployed a lot, and my mom was looking for ways to entertain me and my three brothers, so she signed us up for judo," Malloy remembers.

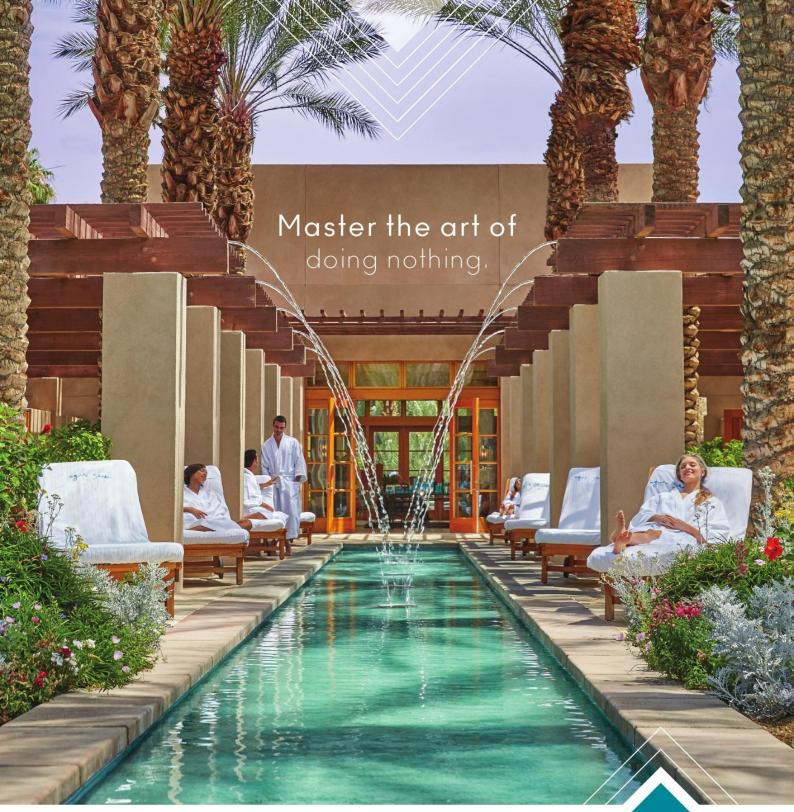
Just a few months after starting, she won her first tournament with ease. She soon realized she had the right physical skills to excel at judo.

However, the dedication and mental toughness to compete is something she had to acquire. In Malloy's case, winning her first tournament gave her a lot of early positive reinforcement.

"You may be born with the hardware, but I don't think people are naturally born with the software," she says of learning how to win.

For Malloy, the best part about being an Olympian is representing an entire nation.

"People look at you and say, 'That is an American,'" Malloy says. "That person works hard, and is respectful and confident and good at their sport."



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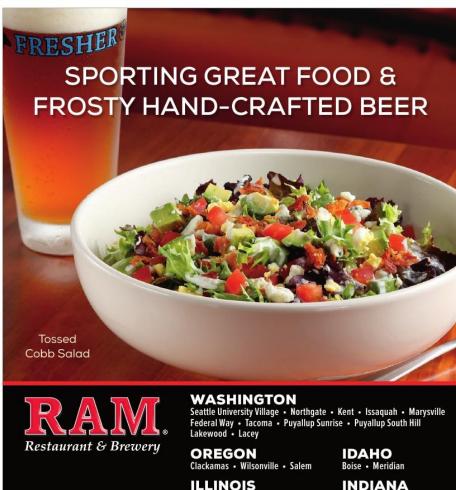
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HOME: SAN RAMON, CALIFORNIA

SPORT: GRECO-ROMAN WRESTLING



Robby Smith is one of those athletes who are difficult to overlook. The 6-foot, 286-pound wrestler sports a bushy beard that has been the subject of pop culture T-shirts worn by his many fans. His trademark knee-high American-flag socks speak to his brash, patriotic swagger. Such an attitude is required when you're facing some of the toughest opponents in any sport—who weigh nearly 300 pounds. "It takes a lot to walk onto a mat and physically beat someone for six minutes," Smith says. "You have to break his spirit. Wrestling is 80 percent mental. That's the hardest part."

Smith first became involved in the sport at the age of 3. His father-who never wrestled a day in his life—was asked to coach the local high school team, and young Robby spent his youth rolling around on the mats, wrestling anyone who would spar with him. By 9, he was taking part in national wrestling competitions. That same year he watched American Greco-Roman wrestler Matt Ghaffari win the silver medal at the 1996 Olympic Games in Atlanta.

"After I saw my first Olympics, when people asked me what I wanted to do in life, I would answer, 'I want to be an Olympian," Smith says.

He spent many years competing all around the world, and his parents never complained about the time or the cost. Smith's career steadily developed. In 2008, he finished fifth in the Olympic Team Trials. In 2012, he finished third.

However, Smith's career really took off in 2013 when he moved from the 211pound class to the 286-pound class, also known as "the heavyweights." It was a



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risky decision to jump in weight so late in his career, but it allowed Smith to stop trying to stay at a weight level he found difficult to maintain.

Smith's secret is using the quickness he honed in the lighter classes against his larger opponents. Greco-Roman wrestling is focused on the upper body, and most heavyweights want to sit and push, he says. But Smith likes to move around the mat, and is willing to take a risk on a big throw—a move that drives your opponent to the mat and earns you extra points for style. "When you make a big throw, you feel relief that you're picking up points," Smith says. "I love Greco wrestling because I like throwing people on their heads. It's what I do. It's what you're supposed to do."

Heading into Rio, Smith acknowledges the sacrifices that his family made in helping him achieve his dream. And he views his time at the Olympics as their accomplishment as much as his own.

"The first time walking on the mat at the Olympics is going to be huge, but to have my parents watch me walk in the closing ceremonies is probably going to be one of the most heartfelt experiences I'm ever going to have in my life," Smith says. "It's like watching your kid walk during graduation. That's what I can't wait for. This has been my dream since I was a little boy and here I am!"

Maggie Steffens

HOME: DANVILLE, CALIFORNIA

SPORT: WATER POLO



Maggie Steffens was only 19 when she led the U.S. Olympic Women's Water Polo Team to the gold medal at the 2012 London Olympics, earning the overall water polo MVP award in the process.

Achieving her continued on page 180

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With Mileage Plan, rewards are pretty simple. In appreciation of your loyalty, Alaska Airlines gives you miles that you can use to travel—to more than 800 destinations across the globe.

Fly with Alaska and its global partners, collect your miles, and before you know it, you have enough miles to book a ticket. Use your miles to go see your mother in Albuquerque, to visit your college roommate in Boston, or to book the trip of your dreams—say two weeks in Paris with a three-day stopover in Reykjavík and another week's stopover in London on the way back. And all on two one-way award tickets. The possibilities are as endless as your travel imagination.

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As you'll see in this guide, there are myriad ways to earn miles every day, and to enhance your Mileage Plan account. Just keep that Mileage Plan account number handy and take advantage of the many other companies—hotels, car-rental agencies, restaurants and merchants—that partner with Alaska Airlines to reward your loyalty.

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Mileage Plan makes it simple to choose the award ticket that is right for your travel plans. Customize your travel experience across multiple partner airlines, booking one-way tickets with options for extended stopovers. Even redeem miles for seats in business class or first class. Find tips for booking award trips and getting the most out of your miles, starting on page 79.

GLIDE INTO ELITE BENEFITS

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MAXIMIZE YOUR MILES

Expert tips from blogger Scott Mackenzie



Scott Mackenzie created the blog Travel Codex, teaching travelers how to get the most from their airline and hotel loyalty programs. Scott flies regularly from his home in Seattle and currently holds MVP Gold elite status.

Scott usually saves his miles for international first-class travel with his wife, Megan. They visited London and Spain last year with British Airways and are returning to Bali this summer on Cathay Pacific. They use Alaska Airlines companion fares to escape to Hawai'i during Northwest winters.

Mileage Plan miles can be used for awards in many ways. You can book a ticket online at alaskaair.com with international partners, upgrade to first class, or even make two trips out of one by enjoying a stopover en route to your final destination at no extra cost.

Scott Mackenzie is an expert on award travel and shares his thoughts and discoveries on the blog Travel Codex. We asked him for some of his favorite travel tips, which he offers here.

For more tips on getting the most out of Mileage Plan, read our Global Adventure series at blog.alaskaair.com.



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Fly in style by using your miles for a first-class award. For example, Scott says, "You could redeem your miles for travel on British Airways in first class, featuring lie-flat beds, window blinds and multicourse meals. Cathay Pacific is another great option, with comfortable pajamas onboard and several amazing airport lounges."

Alaska Global Partners

























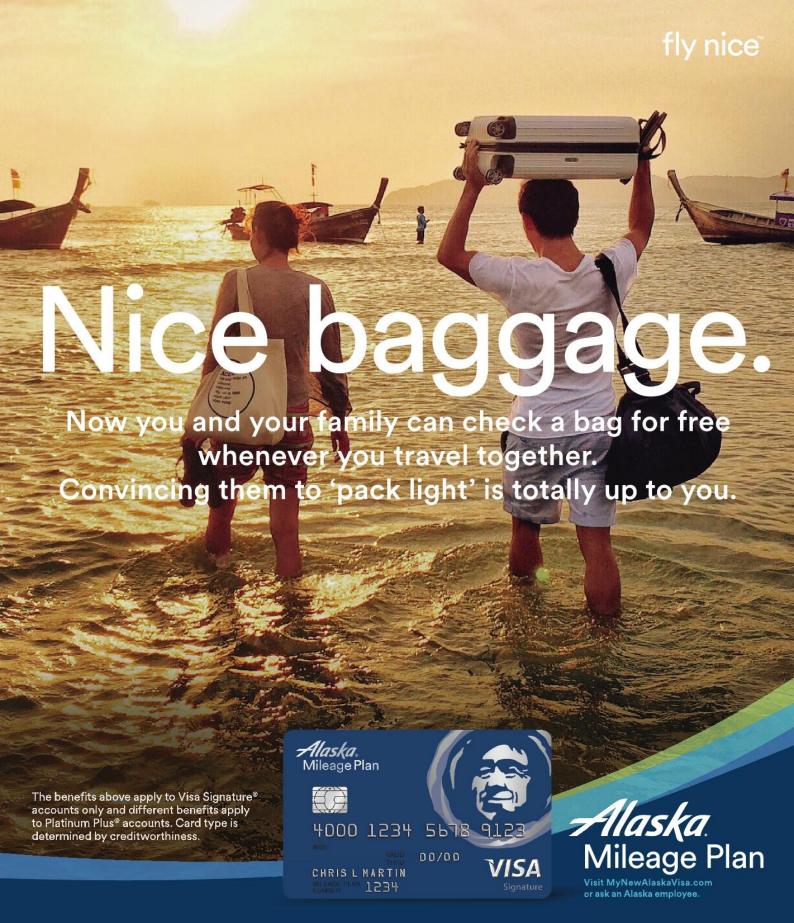












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USE A COMPANION FARE



"Among the most popular benefits of the Alaska Airlines Visa Signature® card," Scott says, "is the annual companion fare from \$121 [\$99, plus taxes and fees from \$22] after you make \$1,000 or more in purchases within the first 90 days of your account opening. It can be used on just about any Alaska Airlines itinerary. Best of all, both travelers will still earn miles and are eligible for complimentary elite upgrades."*



MIX & MATCH



Mileage Plan often provides one-way awards at half the price of traveling round-trip. "You can mix and match awards to find the best price and availability," Scott says. "For example, you might book a discounted award at 12,500 miles in one direction and a refundable award at 30,000 miles in the reverse direction if you want the flexibility to lengthen or change your departure date or city."



MILES THAT COUNT



To get the most out of your miles, focus your award selection on the longest leg of your trip, then build the itinerary around that. Scott recommends you "limit your searching to the longer flights you care about." Then, "once you find a city that has award space available, look for a way to reach it with connecting flights on Alaska Airlines or Horizon Air."

^{*}The benefits above apply to Visa Signature ® accounts only, and different benefits apply to Platinum Plus ® accounts. Card type is determined by creditworthiness.

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Earning miles doesn't have to stop when you step off the plane. With Alaska Mileage Plan's travel and everyday partners, you can earn miles by staying at partner hotels, booking rental cars or simply paying for those items with the Alaska Airlines Visa Signature® card. It's a great reason to dine at participating restaurants, or to buy that trinket you might be eyeing at Seattle's Pike Place Market.



















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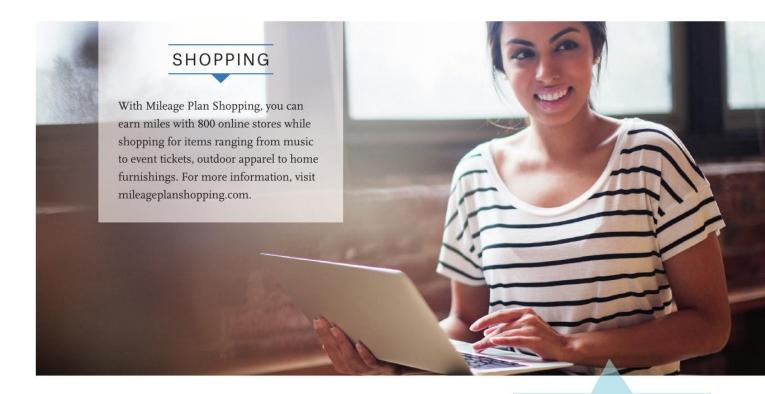
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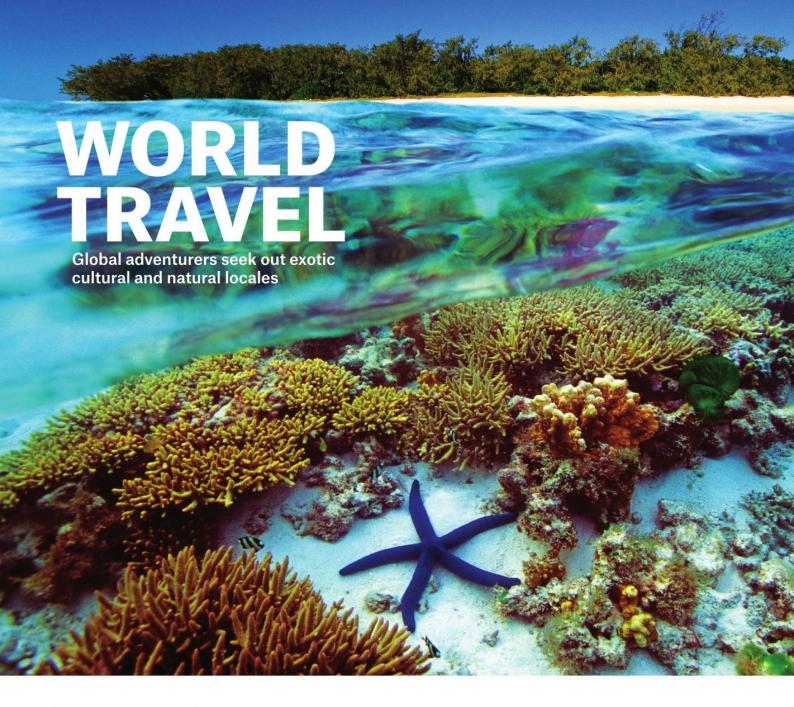


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Reach rewards faster by earning miles for everyday purchases with the Alaska Airlines Visa Signature® card—1 mile per dollar spent. Plus, cardholders can use the annual companion-fare offer to bring a friend along anywhere Alaska flies. Learn more or apply for a card today at mynewalaskacard.com.*

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Queensland, Australia

From Coast to Rain Forest to Reef

By Chaney Kwak

o on, mate," Linc Walker urges me. "Taste it."

Pinched between my fingers is an ant the color of a light-green apple. "Sorry," this lapsed vegetarian apologizes to the insect. I pop it in my mouth.

"What did I tell ya?" Linc asks. "Tastes

like lemon, eh?"

It does—very much.

Linc, a member of the Kuku Yalanji people of northern Queensland, Australia, is our guide from Kuku Yalanji Cultural Habitat Tours, which provides tour participants with a taste of traditional local life. Linc has been showing our group which plant roots were historically used as anesthetics, which leaves made good bandages, and, now, how green ants were used for clearing the sinuses.

Walking with Linc from eucalyptusshaded Cooya Beach, through dense mangroves and out to the mud flats, it becomes increasingly clear that I am a city slicker

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through and through. Using rudimentary bamboo-and-steel spears, our group begins hunting for buried mud crabs. But I am hopeless, mostly poking into empty mounds of sand and missing the few crabs that I manage to unearth.

Meanwhile, a tall German tour member named Markus is having the time of his



life. As we venture farther out toward the low-tide line, he manages to spear a half dozen mangrove and mud crabs, which Linc collects in a bucket to steam later.

Then, in the corner of my eye, I see a black tail emerge from the water, evoking a miniature Loch Ness monster: "I got an eel over here!" Markus calls out, pointing.

"No, mate," Linc says. "That's a sea snake."

As in, one of the teeny-mouthed reptiles that can paralyze and kill you.

This is Queensland, after all, a tropical frontier land where sensible, hardy people shrug off lurking dangers by sorting them into categories: "It won't kill ya" (crabs, perhaps) and "It'll kill ya" (box jellies and crocodiles).

Lucky for our German companion, the sea snake is happy to swim away, and we all live to feast on the crabs.

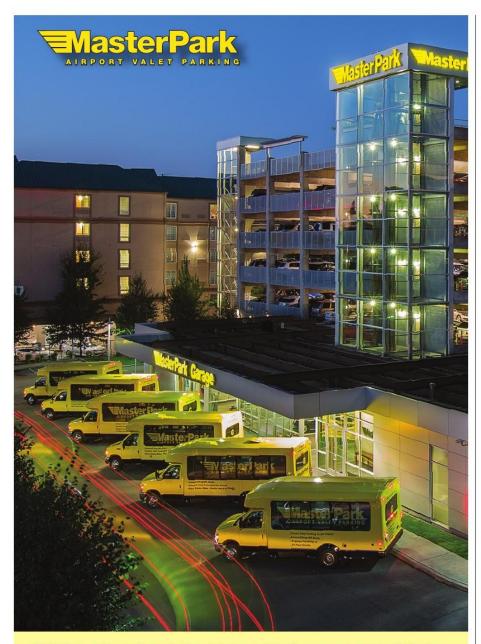
After the tour, I drive into the Daintree Rainforest, about two hours north of the international hub city of Cairns, and seemingly millennia in the past in perceived time. If I ignore the immaculate modern roads that run through this 460-squaremile forest, Daintree might as well be a computer-generated set for a dinosaur film.

So lush and primordial are its landscapes of giant ferns and swaying palms that it doesn't surprise me to find out that this UNESCO World Heritage site is promoted as the oldest rain forest in the world.

In this area, visitors might even see a rare cassowary, the primordial, emulike, iridescent-blue-necked flightless bird that can weigh up to 128 pounds and yet can run quickly and jump nearly 7 feet in the air. It should be no surprise—again, this is Australia—that this bird can be dangerous, and is best given a wide berth.

I don't see one myself, though, and instead enjoy a night in the plush, treehouselike quarters of the Daintree

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EcoLodge & Spa. I fall asleep to a forest symphony of birds and frogs—and absolutely no man-made noise.

I've traveled around the world, but few places have filled me with such wonder as the untouched corners of Queensland, from its tropical rain forests to its mangrove and white-sugar-sand beaches.

And one cannot overlook the Great Barrier Reef—accessed most speedily from Cairns. On one occasion, I took a trip with

I slept under the stars, feeling at one with this spectacular ocean environment. All around me, the brilliant coral reefs teemed with life just below the surface.

Sunlover Reef Cruises and overnighted on a moored pontoon floating over the corals—in a low tent, called a swag, with an open viewing panel overhead.

The last wave of daytime visitors had ebbed with the last tour boat back to the coast, and I slept under the stars, feeling at one with this spectacular ocean environment. All around me, the brilliant coral reefs teemed with life just below the surface. Though threatened by rising ocean temperatures, these reefs—which stretch along more than 1,400 miles of coastline—continue to harbor untold riches of marine life, from green sea turtles to more than a thousand fish species that you can swim among.

Even in our hyper-wired century, it is good to know that there are parts of the world where you can be at one with nature—even if you're a city slicker.

Chaney Kwak writes regularly for the magazine about his global adventures.





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Beijing, China

Accessing the Once-Forbidden

By Eric Lucas

My sister, Kristin, sounds like she is next door, though she's almost half a world away, in Houston. I'm standing atop the Great Wall of China, just outside Beijing, marveling at the spectacular feat of construction stretching out before me. I'm also wondering at the fact that, from this ancient structure, I can make a few taps on my cellphone and call the States to share the moment. With my conversation, I mark a quick but memorable episode in my mind's world travel journal.

First and foremost: The Great Wall is everything you might imagine it would be. Here in the hills north of Beijing, the wall's Badaling section rises 30 feet above the scrub hills from

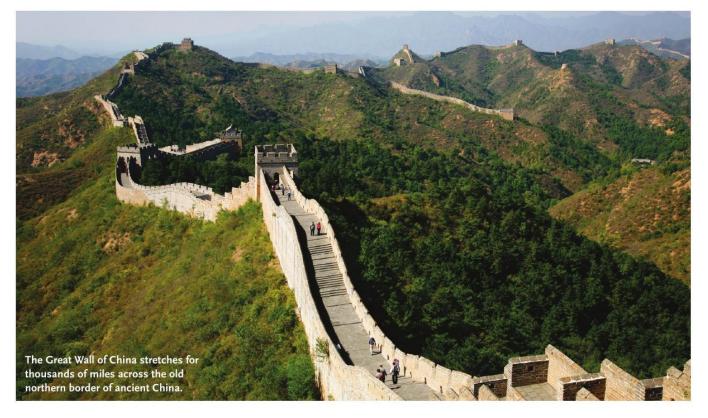
which northern tribes once threatened the Ming Dynasty. The fortifications that make up the Great Wall were built in segments, by multiple dynasties, between the third century B.C. and the 17th century A.D. It is simply astounding to stand atop this section and scan the wall's path into the distant horizon. The wall extends, like a stone cable laid by giants, for thousands of miles, into fabled lands where memories of Silk Road caravans abide.

The haze into which the hills and wall disappear provides an atmospheric allegory for my misty recollections of history. And Beijing provides a microcosm of the world

Tiananmen Square.

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we inhabit. China's capital is modern and ancient, bustling and sublime. In town on business, I've taken two extra days to see as much as I can, enlisting a driver and guide at my starting point in the city.





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Enlisting help fosters efficiency and cultural exchange. My guide, Lisa, is happy to practice English and helps me with everything from reading Mandarin menus to bantering good-naturedly with vendors who sell "totally authentic" Rolex watches outside the Forbidden City. What is *certainly* authentic is the beauty and sheer scale of the palace complex at the heart of Beijing that housed imperial families through the Ming and Qing dynasties. This area that was closed to the public in the time of the emperors is now, thankfully, accessible to visitors.

The hushed atmosphere one expects in the Forbidden City lies in quiet gardens at the back of the imperial palace complex. Nearby, Tiananmen Square, which is among the world's largest plazas, is a veritable festival of kite-flying office workers.

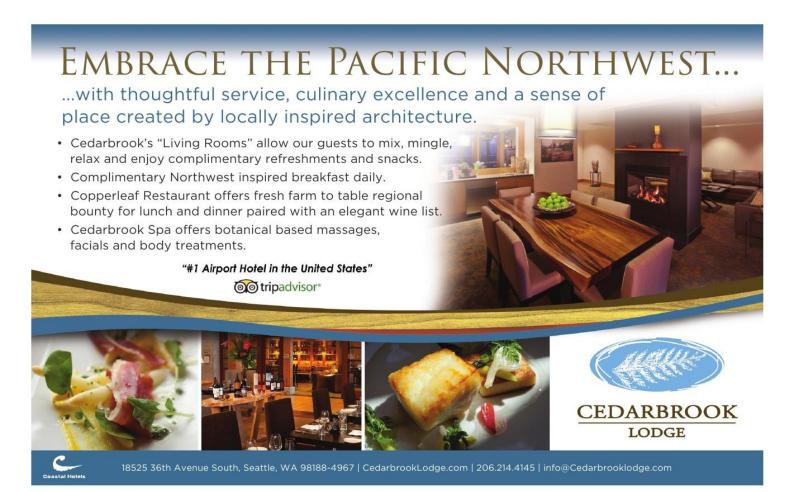
A drive through Beijing reveals a metropolis brimming with construction. Almost every sign is in Mandarin and English. Few cars are more than 5 years old. For lunch we stop at Wangfujing "Snack Street," an old-town area where vendors proffer street food.

The type of experience I have in Beijing—rich with interaction and discovery—is the point of journeys such as this. Any traveler would want to see the Great Wall, one of humanity's most famous feats. But I had no idea there was also a delightful, exotic, historic food court in Beijing, a quiet garden at the back of the Forbidden City and lunchtime kite fliers at Tiananmen Square.

After I finish talking to my sister from atop the Great Wall, a group of Chinese tourists, using that universal language of gesturing, asks me to pose for pictures with them. I imagine the occasion is inspired by the fact that I am a foreigner, and the idea that their country holds a sight so impressive that it draws visitors from across the world. Snapshots made, they thank me profusely: "Xièxie, xièxie."

Thanks, indeed. It's a vast, wonderful world, and this place is one of the planet's most wonderfully memorable.

Eric Lucas has traveled to 49 countries.







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Machu Picchu, Peru

Exploring Peru's Ancient Treasures

By Candace Dempsey



e stand, cloud high, on one of the loftiest perches in Machu Picchu, the most famous ruin in Peru's

Sacred Valley of the Incas, where each of the sites is more splendid than the last.

Inca emperors built this sanctuary in the Andes Mountains during the 15th century for unknown reasons and, just as mysteriously, abandoned it only a few generations later. Rulers may have feared invasion by Spanish Conquistadors, who, ironically, never found this spot, 7,970 feet above sea level.

For four centuries, Machu Picchu was lost to global history, covered by liana vines and bamboo thickets. In 1911, Yale University Professor Hiram Bingham led a team here and, with help from indigenous farmers, bushwhacked up the Urubamba River Valley to a green plateau wedged between two granite peaks. He took in "an unexpected sight." A classic Inca stone city with

Huayna Picchu towers over the Inca ruins of Machu Picchu.

numerous terraces stretched all the way to the cliffs, encompassing intricate watchtowers, private houses, gardens, pastures, a princess's palace, and temples dedicated to the moon and to the sun. "It fairly took my breath away," Bingham wrote.

I've dreamed of Machu Picchu, one of the New 7 Wonders of the World, since reading Paul Theroux's *The Old Patagonian Express*, about a train ride through Latin America. Friends have also boasted about backpacking the Inca Trail to the ruins, carrying tents and braving the elements. That part never sounded fun to me.

Enter the luxurious lodge-to-lodge Lares Trek, created by Mountain Lodges of Peru. A seven-day adventure, it offers me the freedom to move through authentic villages and remote wilderness.

Each morning, I can choose between

trekking or participating in cultural experiences, such as visiting local weavers.

Our eight-member group meets in Lima, Peru's capital. We stay in the Miraflores neighborhood, where locals surf in the Pacific Ocean, and trendy bars and restaurants line the wharf. After a daylong exploration—including a stop to view pre-Columbian art at the Larco Museum, a cooking lesson at Amoramar restaurant and dinner at Casa de Aliaga—we fly 80 minutes to Cuzco.

Brimming with colonial architecture, Cuzco is 3,000 feet higher than Machu Picchu, a good place to acclimate to the altitude and see the ruins of Sacsayhuamán, once a fortress overlooking Cuzco, which was the Inca capital.

The next morning, a van takes us to the small community of Amaru, where we begin our trek on foot via the uncrowded "weaver's route" into the Sacred Valley. In Amaru, the Quechua people make brightly colored textiles from the wool of the sheep, llamas and alpacas that they herd. Donkeys carry our supplies over a mountain pass. I love ascending the ancient trail, surrounded by the snowy peaks of the Andes.

Over the next few days, our treks take us to the ruins at P'isaq, Ancasmarca and Ollantaytambo. Each night we stay in luxury lodges equipped with spas, and enjoy authentic Peruvian food and local wine.

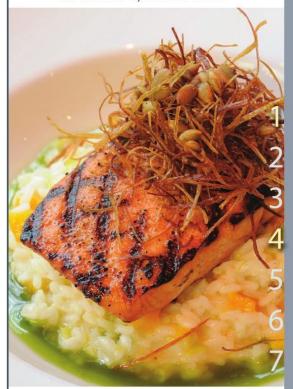
Finally, we head to Machu Picchu in style. We ride the Inca Rail executive-class

Use Mileage Plan miles to visit Lima, Peru, on partner airlines American Airlines, LAN Airlines and Aeromexico. For information or to enroll in Mileage Plan, go to alaskaair.com or call 800-ALASKAAIR. • For more on Peru highlights such as Machu Picchu, the Peruvian Amazon, Lima and Cuzco, see visitperu.com. To learn more about the Lares Trek, visit the Mountain Lodges of Peru website: mountain-lodgesofperu.com/lares.

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America's Top Ten Club 12 Greenway Plaza, Suite 1100 Houston TX 77046 train car from Ollantaytambo to Aguas Calientes (about 90 minutes), where we overnight.

Rising before dawn the next morning, we take the 20-minute bus trip up the Urubamba River Valley to Machu Picchu. A few minutes' hike brings us to the famous viewpoint where everyone stops to look down at the ruins.

Our guide asks us to guess: Are we looking at a fortress, summer palace, university, religious shrine-or what? Every scholar has a Machu Picchu theory.

We marvel at the magnificent Inca structures, virtually intact, with Huayna Picchu ("New Peak") spiraling above them.

This is the photo caught in millions of Facebook selfies.

"Strength, simplicity, serenity—that is Inca construction," says our guide. He asks us to point out the two things every Inca settlement requires—water and building stones. We spot the Urubamba River and the granite slopes the Incas quarried.

After exploring the Palace of the Princess and admiring the Temple of the Sun, we make the strenuous 1,158-foot climb to the top of Huayna Picchu, for an even better view of all of Machu Picchu. Our guide asks us to guess: Are we looking at a fortress, summer palace, university, religious shrine-or what? Every scholar has a Machu Picchu theory.

I vote for summer palace. Who wouldn't want to laze away a few months so close to heaven? The emperors must have loved the sun and the moon and the Andes Mountains. So do I.

Candace Dempsey is a Seattle-based writer.



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Prague, Czech Republic

Time Czech

By Donna Stonecipher

was standing near a ledge at Prague Castle, looking out at the city with its legendary "100 spires" spread below me, just like the emperors and queens of old did, when I paused to glance down at my wrist and saw that my watch had stopped. You could say that on my first visit to Prague, time stood still. Enchanted and slightly disoriented, I spent the next three days relying on the public clocks, wandering through the labyrinthine alleyways of the Old Town, marveling at the stunning Baroque and Jugendstil facades, peeking in galleries of surrealist Czech photography, feeling as though I had woken up on the set of a fairy tale.

On my next visit to Prague, to spend the summer in the city, my watch stopped again. I knew I'd been given a sign: Prague, whose famous symbol is its 15th-century astronomical clock, had something to teach me about time.

I lived the summer, it seemed, on nectarines and nectarlike amber beer, crossing and re-crossing, at all hours, the Charles Bridge. Its rows of 30-some age-darkened statues of saints welcomed me to the city, as they have fellow travelers since the bridge's 1402 completion.

It felt as though I'd wandered into a gold pocket watch, ticking half a beat slower than an efficient American Timex. There was time, in the country that had put a poet in the presidency, to let iconic red trams carry me up and down the winding hills; to sketch the Baroque fresco in the St. Nicho-

las Church, with its trompe l'oeil effect

that seamlessly blends paint and architecture; to laugh with friends under the giant, slow-paced working Metronome that replaced a giant monument to Joseph Stalin; to learn the city's fascinating history and legends while eating pizza whose tomato sauce is actually ketchup. And to write poems in a Communist-era-built high-rise apartment. In the U.S., I had worked a full-time job that left me little time to nurture my creativity. In Prague's embrace, I wrote my first book of poetry.

Charles Bridge is a favorite for residents and visitors alike, with breathtaking views of Prague Castle and the Vltava River.



Use Mileage Plan miles to visit Prague, Czech Republic, via London on partner airline British Airways. For information or to enroll in Mileage Plan, go to alaskaair.com or call 800-ALASKAAIR. • For more information to plan your Prague visit, see the official tourist website for Prague: prague.eu.

No matter how many hours I spend meandering through Prague's streets, I am always impressed by its beauty. And today, Prague is blossoming with new shops and museums. Cuisine progresses far beyond ketchup pizza, with a multitude of excellent cafes and Michelin-star restaurants.

Still, whenever I arrive in Prague, I feel my pace slow down and my rib cage expand with deeper breaths. I receive once more the gift of time, given to me by this city like no other.

Donna Stonecipher writes from Berlin.



Antarctic Peninsula

The Land Beneath the World

By Tim Neville

friend said it would be "profound." Another said "lifechanging." I cringed at how hyperbolic that sounded. I know now I just didn't understand. No one really can. Only a trip to the moon could prepare you for your first visit to Antarctica.

Mine came in February, when I boarded Antarctic Airways Flight 400 in wind-swept Patagonia. I flew about an hour and a half through the night over the Drake Passage to King George Island, a barren outpost with a gravel airstrip and various international bases. From there it's 75 miles south by sea to reach the Antarctic Peninsula, that long landmass that seems to stretch toward Cape Horn. It's the peninsula where you'll find

the richest wildlife on the continent. To get there, you'd better have a boat.

Ours, the ice-strengthened yacht S/V Australis, used by Natural Habitat Adventures, was small: 75 feet long, with a reinforced hull and room for the crew and nine passengers. Whatever our boat lacked in mass, it gained in freedom. With the Australis being nimble and lower-impact than a larger vessel, we weren't restricted on where we could sail, and we could linger when we wanted to linger. We had kayaks and a barbecue on board. The chef was French.

The 10 days I spent on that boat led to some of the most remarkable moments any wilderness-loving human such as myself could want. The boat ventured into bays covered in brash ice (a layer of sea ice fragments), and we slept in inky-black coves surrounded by crackling glaciers. We hiked along volcanically warmed sand, dotted with fur seals, and we snoozed among lichencovered rocks as penguins waddled clumsily toward us to investigate. Minke whales,

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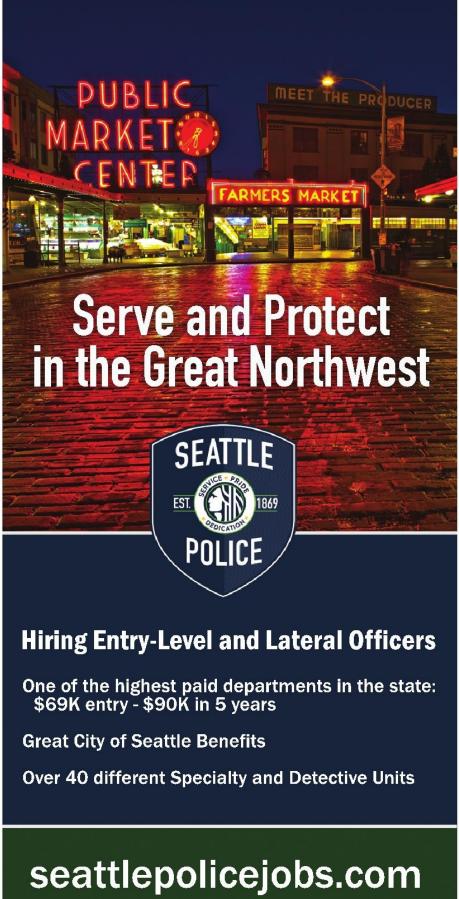
right whales, humpbacks and hourglass dolphins—they all made appearances right off the side rails of the boat. And then there were the icebergs, Antarctica's magnum opuses, each more intricate, more brilliant, more Gothic and fantastic than even the famed architect Gaudí might imagine.

Some bergs were so large, I mistook them for mountains.

One evening stands out as the moment when I understood what my friends back home had been trying to say. After a shipboard dinner of quiche and fresh salad, we took a dinghy to a narrow beach under the Kershaw Peaks near the peninsula's Forbidden Plateau. Icebergs stood like statues in a bay as smooth as slate. The sky at sundown ignited into a flare of heavenly gold. I stood apart from my group, staring north at the rest of the planet, in awe of this vast, primordial beauty that so few humans ever see. To visit Antarctica, I realized, is to step into the earth's most private quarters, to see a planet in its essential, pared-down form, and to understand with hyperclarity how small, yet significant, a single heartbeat can be in a land with so few.

Is Antarctica life-changing? Profound?
Yes. So much so, it'll stay with me
forever. ▲

Tim Neville, based in Bend, Oregon, has seen and written about all seven continents.





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Cape Town, South Africa

Majestic Table Mountain

By David Armstrong

group of dignified penguins stand stock-still, looking at me as I look at them. Small, sharp-billed and "tuxedoed," the black-and-white flightless birds evoke the planet's South Pole.

But I'm not in Antarctica, and that continent's shore is over 2,500 miles away. I am in South Africa's spectacular Table



Mountain National Park, at a scenic spot called Boulders Beach, admiring wild African penguins. Boulders Beach is home to a protected penguin breeding colony of 2,000 of these endangered birds. This is one of many engaging features of the park, created in 1998 on South Africa's Atlantic coast to showcase and protect the region's biodiversity.

Table Mountain National Park stretches 28 miles from the Cape of Good Hope north to Cape Town's iconic, flat-topped Table Mountain—the park's namesake, which was recently named one of the New 7 Wonders of Nature. Table Mountain is an ideal spot to take a cable car up and experience panoramic views of Cape Town, Table Bay and the surrounding area.

Use Mileage Plan miles to visit Table Mountain National Park, South Africa, via Cape Town on partner airlines Emirates and British Airways. For information or to enroll in Mileage Plan, go to alaskaair.com or call 800-ALASKAAIR. • To learn more about Table Mountain National Park's wide variety of activities, including walking, hiking, rock-climbing, and spotting native flora and fauna, go to the park's website: tmnp.co.za. Information about all things Cape Town—Kirstenbosch National Botanical Garden, the Castle of Good Hope, Robben Island and more—is available at capetown.travel. For travel tips about South Africa, contact South Africa Tourism; 800-593-1318 or southafrica.net.

The park is noncontiguous, with three sections that run between and around urban developments. But as I stand on Boulders Beach, behind enormous brown granite rocks that shelter this small enclave from the sea, the area feels anything but

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urban. Even neighboring Cape Town, itself rich in sites, seems far away.

Lanky ostriches strut about in native fynbos shrubland, near the M4 roadway that takes our compact chartered bus through the landscape. From the bus, I see in the middle distance white-faced bontebok antelopes with their twin spiraling horns. Big, long-faced chacma baboons abound, sitting along the roadside next to signs advising visitors not to approach the wildlife. All around me, cottony clouds wreathe craggy hilltops.

I clamber out of the bus at a bluff that overlooks another highlight: Long Beach. Just inland, I see a sprinkling of houses; on the other side, aquamarine seawater sparkles in the sun. On curving, 5-mile Long Beach, a man and woman ride on horseback down the white-sand shore and into the foaming surf. The scene is utterly cinematic. All I hear is the wind off the water and the soft thunder of surf.

Arriving at a southwestern tip of Africa, I alight at the famed Cape of Good Hope. As a child, I was entranced by Europe's globegirdling Age of Exploration, and especially by Portuguese navigator Vasco da Gama's epic 1497 journey eastward 'round the Cape of Good Hope on his way to the legendary riches of India.

I snap photos at the windy Cape, then ride the bus 1.4 miles west to Cape Point, where I walk uphill on chiseled stone steps to a lighthouse. The climb feels good and the salt air bracing, some 900 feet above the churning waters below.

A savory lunch of prawns and calamari, and mineral-rich South African Chardonnay, at the Two Oceans restaurant—named for the Atlantic and Indian oceans—is an ideal end to the day. Gazing through floor-to-ceiling windows, I see an unforgettable sight: Shoreline, sea and sky meet as one at the spectacular tip of South Africa.

David Armstrong is a journalist and author in Carmel-by-the-Sea, California.



Portland Trail Mix: Urban walks in the City of Roses

By Jim Moore

ant to get to know a city—really know it?

Walk it. At a leisurely pace on two feet, you can better understand a place's history, culture, geography and daily heartbeat. One of Portland's charms is that it's easy and fun to do just that. Here's an array of urban hikes.

The Eastbank Esplanade

Start in the middle of the city, which in Portland is the Willamette River. The Vera Katz Eastbank Esplanade, named for the former mayor influential in having it built, was conceived to create an accessible, central loop bordering the river.

Completed in 2001, the esplanade is the only segment on the east side, but connectors at the Steel and Hawthorne bridges, coupled with the Waterfront Park Trail along downtown on the west bank, offer a circuit of just under 2 miles.

Accompanied by a mix of walkers, runners and cyclists, you can take note of the 1,200-foot floating section, the longest floating walkway in the United States. You can also spot a lifesize bronze statue of a seated Vera, which locals like to dress in seasonal attire; enjoy four separate public art installations, such as *Stack Stalk*, which has a smokestacklike base that appears to be blowing a bubble

of Japanese glass; read some or all of the 22 interpretive panels; and marvel at the fact that the walkway was attached to the Steel Bridge in 48 hours.

In Tom McCall Waterfront Park, on the city's west bank, walk through the home of the Portland Saturday Market, featuring violin makers, pet products and everything in between.

Just blocks from the market, hipster hot spot Voodoo Doughnut serves up tasty treats with toppings such as Cap'n Crunch cereal or bacon. Wash the doughnut down with the Hair Bender blend from Stumptown Coffee Roasters and head back toward the waterfront park, which hosts festivals nearly every summer weekend.

The Springwater Corridor

Extend the walk along the river by connecting at the south end of the Eastbank Esplanade to the beginning of the Springwater Corridor. Springwater is



Left: The International Rose
Test Garden grows approximately 550 varieties of roses.
Below: The Vera Katz Eastbank Esplanade offers great
views of Portland's skyline
and the Willamette River.
Facing: At 5,100 acres, Forest
Park is one of the largest
urban parks in the nation.



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DIAMONDS & STEEL

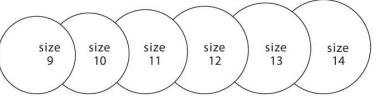
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21 miles long, following an old rail line roughly east toward Mount Hood and crossing the recently restored Johnson Creek to times.

Many people stroll just the first few miles, which follow the river and provide views of Ross Island and its heron rookeries, the South Waterfront's modern skyscrapers, and the graceful Tilikum Crossing bridge, which is open only to bikes, pedestrians and light rail.

About 1.5 miles in, you'll reach an intersection where a trail leads east into Oaks Bottom Wildlife Refuge, 141 acres of reclaimed landfill that today offers a mix of avian wildlife, such as the purple finch and the California quail.

Another mile will take you to Oaks Park, an amusement park that maintains its early 1900s feel with bumper cars and the Big Pink Slide.





Mount Tabor

Head east from downtown
Portland to Mount Tabor Park,
a 190-acre urban green space
that is part of an extinct volcanic
cinder cone. At the top, a ring
road provides downtown views,
framed by Douglas firs.

You can also circle four of the city's water-system reservoirs, each more than 100 years old, and pass picnickers and sunbathers on the gently sloping lawns. The statue at the top of the park depicting Harvey Scott, an early 20th-century



Top Left: Each August, Mount Tabor Park hosts the PDX Adult Soap Box Derby. Top Right: The Portland Japanese Garden is home to five gardens, such as the Strolling Pond and Tea gardens. Left: The Portland Stairs Book author Laura O. Foster and her dog Vern climb one of Portland's 196 public staircases.

PORTLAND PARTIES

Enjoy great food, fine art or a good story at these summer events.

Feast Portland: Stretching along the bank of the Willamette, Feast Portland, sponsored by Alaska Airlines, includes events ranging from the sandwich invitational to grand tastings that feature cheese, wine, craft brews, berry pies and chocolates—all from 80-plus vendors. Sept.

15-18; feastportland.com.

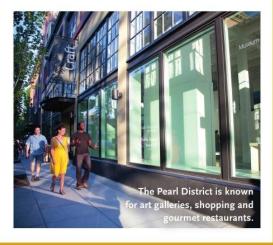
Portland Film Festival:

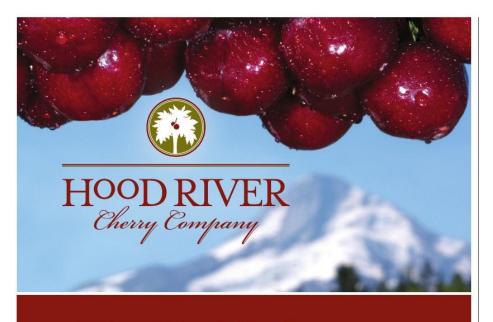
Portland's largest film festival, held at the Laurelhurst Theater, will include workshops, guest speakers, conversations with directors and film premieres. Aug. 29–Sept. 5; portlandfilmfestival.com.

Art in the Pearl: Celebrating its 20th anniversary, Portland's annual fine arts and crafts festival, held in the Pearl District's North Park Blocks, boasts food, theater, music and hands-on activities, and will feature work by more than 100 artists. Sept. 3–5; artinthepearl.com.

Rose City Comic Con:

Returning for a fifth year, Comic Con, held in the Oregon Convention Center, will focus on comics and their creators, but will also feature booths and events devoted to gaming, sci-fi, cosplay, anime and fantasy. Special guests include Billy Boyd (The Lord of the Rings), Chad Coleman (The Wire) and Jon Heder (Napoleon Dynamite). Sept. 10–11; rosecitycomiccon.com. —Jaime Archer





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Portland newspaperman, was sculpted by Gutzon Borglum, who also carved Mount Rushmore.

Forest Park is a 5,100-acre swath of near-wilderness.

Forest Park

Now it's time for the showstopper. Forest Park is a 5,100-acre swath of near-wilderness—one of the largest urban forests in the nation. This narrow, almost 7-mile-long outcropping of the Coast Range offers more than 80 miles of trails, from the road-wide Leif Erickson Drive to knobby single-track paths—all of it open to hikers, some to bikers and none to drivers.

As you walk the 11.2-mile Leif Erickson, you're surrounded by silence periodically punctuated by the sounds of wildlife. Roaming the woods are more than 100 species of birds, including bald eagles and barred owls, and 62 different kinds of mammals, such as porcupines and mountain beavers. Between the western red cedars, peek out at the distant downtown skyline—the only reminder that you're within a metropolitan area of more than 2 million people.

Portland Stairs

Explore various neighborhoods guided by Laura O. Foster's *The Portland Stairs Book*, which details the 196 public staircases across town. Spend an afternoon on Northeast Portland's Alameda Ridge, where you'll find Stanton Stairway and its 118 steps, and local favorite Alameda Brewing Company. Oregon

In Washington Park, home of the famous International Rose Test Garden and the Oregon Zoo, climb the Lewis and Clark Circle Stairway's 175 steps.

On the winding Terwilliger Boulevard in Southwest Portland you'll discover the Condor Stairway and its 145 steps. Rest your legs with a ride on the nearby Portland Aerial Tram, which offers spectacular views of the area.

Portlandness

For a different guide to Portland, pick up *Portlandness*, a "cultural atlas" published in 2015 by cartography and sociology students and professors at Portland State University. This collection includes 160 insightful map views of the city that can help readers find oddities such as urban chickens or neighborhoods that have a high density of red houses. The book also includes infographics on topics such as Portland's coffee culture and foodtruck trends.

If you follow one of the paths through downtown, grab a bite at Blueplate Lunch Counter and Soda Fountain, featured on *Diners, Drive-Ins and Dives*, or stop for a pint of Mirror Pond Pale Ale at Deschutes Brewery.

These are just some of Portland's many strolling options. Taking the time to see the city from these angles—on foot, with eyes open—will help you come away with a deeper sense of place than most visitors.

Jim Moore is a travel writer based in Portland.

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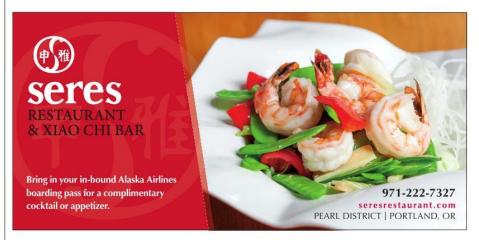
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The Gorgeous Gorge: Exploring one of Oregon's most beautiful destinations

By Paulette Perhach

can only hope to be so beautiful at this age. The Historic Columbia River Highway, which weaves through 73 miles of lush green firs and ferns, along steep cliffs and past quaint towns, is marking its 100th anniversary this year. And what better way to celebrate than by spending a sparkling Sunday on Historic Route 30, which winds from Troutdale to The Dalles through the Columbia River Gorge, where the rolling hills split into an 80-mile-long canyon carved by ancient floodwaters.

A friend and I are in Portland for the weekend, so we set out to explore the scenic highway, whose beauty and broad appeal have earned it the nickname "King of Roads."

About 25 miles east of Portland, we snake along the twolane highway to Vista House, an observatory at Crown Point that since 1918 has been providing a panoramic look from 733 feet above the Columbia River.

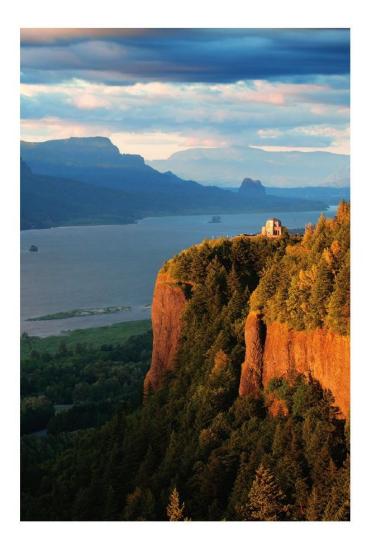
East of Vista House, we come to Bridal Veil Falls, where a 1-mile walk will have you staring up at water rushing down a 120-foot basalt wall. The Columbia River Gorge is known for its dense concentration of waterfalls, and we follow a sign to Multnomah Falls, which at 620 feet is the tallest year-round waterfall in Oregon. At Multnomah, visitors can take the short walk to the bridge crossing the lower part of the falls or work off the ice cream from Multnomah Falls Lodge's restaurant with a 2.4-mile roundtrip hike to the top of the falls.

We open the sunroof and cross the Bridge of the Gods, where author Cheryl Strayed, played by Reese Witherspoon in the film Wild, completed her journey on the Pacific Crest Trail.

In Hood River, the windsurfing capital of the world, colorful sails glide above the water, and friendly young faces populate the downtown, where restaurants, sporting-goods stores, galleries and coffee shops now occupy brick buildings that date back to the early 1900s.

Double Mountain Brewery offers several draft beers, free tours on Saturdays and brick-oven pizza. I try the Truffle Shuffle—a crispy white pie topped with crumbled goat cheese, portobello mushrooms and green onions.

From Hood River, a good detour is the Hood River County Fruit Loop, a sunny 35-mile ring of charming farm stands, Columbia River Gorge American Viticultural Area wineries and



even an alpaca farm. During the summer, fresh raspberries, blueberries and apricots stock the stands. At the Hood River Cherry Company you can pick fresh fruit and sample the Bing Cherry Jam.

After lunch, we head toward The Dalles, which is along the Oregon Trail, and merge back onto the Historic Columbia River Highway, which will long be a favorite destination for travelers. 0

Paulette Perhach writes from Seattle.

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Oregon

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World-Class Willamette: Entrees and enology

By Kerry Newberry

here's an old Italian saying, "Grow grapes for your children and olives for your grandchildren." When olive farmer and miller Paul Durant says this, we are standing in the middle of a sun-soaked olive grove—but not in the Tuscan countryside. We are just outside the tiny town of Dayton (population 2,535) in the heart of Oregon's Willamette Valley at Red Ridge Farms. Durant's parents, Ken and Penny, planted Pinot Noir vines here in 1973 that are now harvested by Durant Vineyards at Red Ridge. In 2004, Paul and Ken planted 13,000 olive trees on their land, now a shimmering ocean of silvery green to be farmed and pressed for generations to come.

I'm visiting today with an old friend in town from Chicago. She has never walked through an olive grove and didn't imagine olive trees as part of the Oregon landscape. But that's what I love most about Oregon, the unbounded sense of possibility. Oregon Olive Mill at Red Ridge Farms is the only estate olioteca in the Pacific Northwest, and began because the father and son had a dream that they turned into a reality. I've found this a common thread in the food and wine stories unfurling across the Willamette Valley.

The valley is home to more than 500 wineries—a significant leap from 1970, when there were only five, started by now-famed Pinot Noir pioneers. Today, a visit to any of the surrounding wineries yields a rich backstory and an undaunted, inventive spirit.

Stoller Family Estate Winery, for example, can trace its roots back to a turkey farm, when the valley was a mosaic of wheatfields, hazelnut orchards and small family farms. After a successful business career, Bill Stoller planted grapevines in 1995 on family land and established the first LEED Gold Certified winery in the world. Today, we relax in the Adirondack chairs overlooking leafy vineyards and time slows down. We each savor a glass of crisp, strawberry-scented rosé.

Our next stop for the day is Winderlea Vineyard and Winery, where my Chicago friend loves hearing about owners Donna Morris and Bill Sweat. They took that intrepid leap—the one many urbanites fantasize about—and left careers in bustling Boston to live in a place where time moves to the



Left: Freshly harvested
Arbequina olives.
Below: Stoller Family Estate
Winery Reserve Pinot Noir,
served on the winery's scenic
grounds. Right: Red Ridge
Farms' owner and master
miller Paul Durant in the
olive oil tank room. Below
Right: A private tasting with
cheese and charcuterie, at
Trisaetum Winery.



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rhythm of the vines. Out on the deck, their plucky vineyard dogs bask in late summer sun while we sip the bold, earthy Weber Vineyard Pinot Noir.

Eight miles north at Trisaetum Winery, owner-winemaker James Frey marries his two passions of winemaking and art. After we sample wines such as his standout 2014 Estates Reserve Riesling, a fragrant white that bursts with ripe peach and pear flavors, we wander through the adjacent gallery and marvel at how he incorporates vineyard cuttings and soil into his large-scale tactile, abstract paintings.

Since I'm traveling with an

art lover, we cross hillsides over to Saffron Fields Vineyard, another destination that infuses art with wine. Throughout the tasting room, owners Dr. Angela Summers and Sanjeev Lahoti highlight avant-garde pieces from their personal collection, such as Leo Villareal's light sculpture Coded Spectrum. We taste their 2013 Yamhill-Carlton Pinot Noir, a silky wine with ripe plum notes, then stroll the surrounding gardens brought to life by renowned landscape designer Hoichi Kurisu.

In the Willamette Valley, it's not just the winemakers who have adventurous spirits.

Tonight we are staying in the renovated grain silos at Abbey Road Farm Bed & Breakfast—a beautiful 82-acre farm—which owners John and Judi Stuart modeled after agriturismo, or farm stays, from their European travels. The Stuarts left careers in Las Vegas to settle down in

the Willamette Valley, where they opened their B&B in 2005.

Another valley lodging full of character is the McMenamins Hotel Oregon in downtown



AUGUST 2016 ALASKA BEYOND MAGAZINE 115



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McMinnville. The building dates back to 1905 and, in line with the McMenamins suite of hotels, pubs and restaurants, has a colorful history. In past lives it was a bus depot, soda fountain and beauty parlor. Now, with a lively rooftop bar, it's the summertime spot to raise a glass of ale and watch the sun go down.

And high on the bucket list of where to stay in the Willamette Valley is The Allison Inn & Spa, a wine country resort with a state-of-the-art spa. Set on 35 acres of hillside property in Newberg, the resort has a light-drenched modern design that brings in the beauty of the outside. An extensive art collection throughout the hotel features more than 500 original works from 100 Oregon artists such as Romona Youngquist.



Winderlea Vineyard and Winery founder Bill Sweat walks along rows of vines with one of his dogs.

We are excited to dine at the resort's on-site restaurant, lory (named after the Willamette Valley's volcanic soil). We take two seats at the chef's counter, where executive chef Sunny Jin, an alum of The French Laundry and El Bulli, prepares dishes such as cedar-plank Oregon salmon with fresh garden tomatoes, and razor clam chowder with smoked mussels. The restaurant houses one of the most robust cellars in the valley. with more than 1,000 Oregon labels and 40 wines poured by

Without a doubt, now is the time to wine and dine in the valley. We also have favorites such as Red Hills Market, where wood-fired pizzas are paired with Pinots made just down the road. And at Recipe in downtown Newberg, Chef Paul Bachand smokes his own fish, cures his own bacon and makes his own cheese. For

the glass.

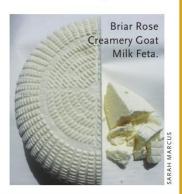
once-in-a-lifetime meals, I send visitors to the esteemed Joel Palmer House, a rite of passage for mushroom lovers, and the Painted Lady Restaurant, an exquisite fine-dining experience.

No matter how many times I visit the Willamette Valley, I always leave with a sense of wonder. All of these food and wine attractions can be traced back to Pinot Noir. When I ask Thomas Houseman, winemaker for Anne Amie Vineyards, about this, he says: "Pinot fits the region—if you think about our local food—salmon, truffles, hazelnuts and cheeses, they all

WILLAMETTE VALLEY CHOCOLATE AND CHEESE

"Wine and cheese are ageless companions," said famous food writer M.F.K. Fisher. That's one reason Sarah Marcus built her destination creamery in the middle of wineries and vineyards. Visit the tiny but tasty **Briar Rose Creamery** in Dundee on weekends for bites of aged goat cheese and creamy spreadable chèvres (like lemon-dill and spicy chipotle). Neighboring wineries include the father-and-son-run **Lange Estate Winery**, with panoramic views of the Dundee Hills, and **Torii Mor**

Winery, where the grounds include a beautiful Japanese garden. For sweet cravings, Honest Chocolates always hits the spot—and shops in Newberg and McMinnville mean you can easily pop by for a taste of their signature dark chocolate ganache made with blueberries soaked overnight in Pinot Noir. —K.N.



WINE FLIES FREE

On Alaska Airlines, check your first case of appropriately packaged wine free of charge for flights from Oregon wine country destinations; for details, see alaskaair.com/wine.

WILLAMETTE VALLEY HAPPENINGS

Oregon Wine Country Half Marathon: A destination race that begins around sunrise at Stoller Family Estate Winery and finishes in historic downtown Carlton, with a post-race celebration hosted by the renowned Ken Wright Cellars. Aug. 13; destinationraces.com/runoregon.

Bounty of Yamhill County: A three-day food-and-wine celebration led by chefs, vintners and farms throughout Yamhill County, with alfresco feasts, and side adventures including hot-air balloon rides, horseback riding, yoga in the vines and a scenic paddle along the Willamette River. Aug. 26–28; bountyofyamhillcounty.com.

¡Salud!: This premier Oregon Pinot Noir Auction is a rare opportunity to sample with winemakers, preview the 2015 vintage of Oregon's foremost Pinot Noirs and bid on one-of-a-kind cuvées. Nov. 11–12; saludauction.org.

Olio Nuovo Festa at Oregon

Olive Mill: Marking the end of the olive harvest, this festival offers the chance to sample freshly pressed, limited-release extra-virgin olive oil and tour the only estate olioteca in the Pacific Northwest. Nov. 18–20; redridgefarms. com/rr-event/olio-nuovo-festa. —K.N.

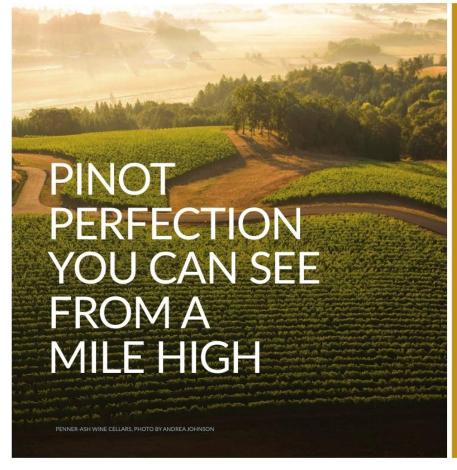


pair wonderfully with Pinot Noir. Also, the grape itself is known for being unpredictable, and if we Oregonians are nothing else, we are that."

Unpredictable, yet filled with a sense of possibility. That's the Willamette Valley. •

Kerry Newberry is a Portlandbased wine and food writer.

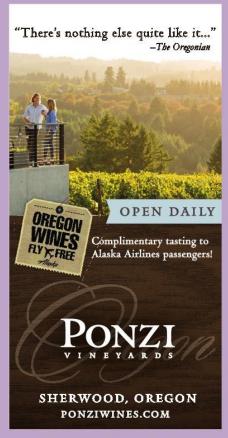
Alaska Airlines offers daily service to Portland and Eugene. To book tickets, visit alaskaair.com or call 800-ALASKAAIR. To learn more about wine country, see willamettewines.com.

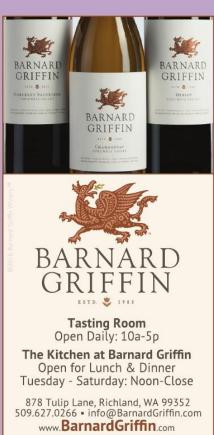




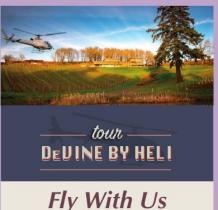
The Willamette Valley is home to more than 500 wineries and known for its world class Pinot noir. willamettewines.com.

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Oregon: In the movies

By Susan G. Hauser



have a theory about filmmaking in Oregon. It's based on that old Kevin Bacon game, Six Degrees of Separation, that purports to show that just about everybody on earth knows somebody who knows somebody ... who knows Kevin Bacon.

My theory is that everyone in Oregon has some connection, no matter how distant, to the hundreds of films and TV series that have been produced in the state.

I have not yet had my star turn. However, I have a friend whose Portland neighborhood, Willamette Heights, was used as a location for the NBC series *Grimm*. Years earlier, the house next to hers was Chez Vampire in the first *Twilight* film (2008). There's more. A classmate of my son is a blurry face in the background of several scenes in IFC's *Portlandia*.

I ran my theory by Tim Williams, the executive director of the Oregon Governor's Office of Film & Television. With all the films and shows being made here, tracking all Oregonians' connections to film would be difficult, he notes. "Over the last 10 years the production work here has increased about 10 times," says Williams, "so it has become a busy place with a lot of things shooting here."

So what attracts people to shoot here? "It's the location; it's the people; and it's some tax incentives," says Williams. Skilled film crews are a big draw, but mostly, he says, production companies love the scenery. Williams himself came to Oregon while working with a production company on Wild (2014), set and filmed along the Pacific Crest Trail.

There's been a film industry



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Opposite: Stand by Me, filmed in Cottage Grove. Right: Reese Witherspoon hikes along Crater Lake as she portrays Cheryl Strayed in Wild.

in Oregon since 1908, when a film called *The Fisherman's Bride* was made in Astoria. A major star was brought on the scene in 1926, when Buster Keaton made *The General* in Cottage Grove—the same town where *Stand by Me* (1986) was later filmed. In honor of the 90th anniversary of *The General*, it will be shown with a new live score on Aug. 12 and 19 at Portland's Hollywood Theatre, also celebrating its 90th anniversary.

More recent films will be celebrated until the end of the year



in a special museum display at Portland International Airport, with artifacts from some of Oregon's most beloved films, such as Wild, One Flew Over the Cuckoo's Nest (filmed in Salem, 1975) and Animal House (Eugene and Cottage Grove, 1978).

By the way, Animal House was Kevin Bacon's first film.

And me? I'm still waiting for my close-up. •

Susan G. Hauser writes from the Portland area.



Central Oregon: From lava lands to river runs

By Tina Lassen

t's been more than a thousand years since volcanoes were active in Central Oregon. However, you can see the evidence of this turbulent geologic past everywhere around Bend. Trails weave across obsidian flows, rivers run through black-rock canyons, and lava-dammed lakes are scattered near a saw blade of conical Cascade peaks.

Explore this amazing area with a trip through Bend, Newberry National Volcanic Monument, Mount Bachelor and the Deschutes National Forest.

Downtown Bend

Perfectly positioned between the rain shadow of the Cascade Range and the arid Oregon Outback, Bend sits at an elevation of 3,600 feet and enjoys a sunny, high-desert climate. The city's downtown offers an array of locally owned shops, restaurants and many taprooms. Beer lovers will want to tour the

the Mill Quarter and the Old Mill District, where early 20th century sawmills and factories have been reborn into a

famous Deschutes Brewery.

About a mile south of

Bend's downtown center is

shopping and entertainment district, anchored by the Les Schwab Amphitheater. Tenants in the Mill Quarter's revamped

> Box Factory reflect the culture of this fun-loving city. Here you'll find a busy hub of breweries. cideries, wineries, coffee houses, and outfitters selling skis, bikes, longboards and paddleboards.

Fishing enthusiasts can practice casting at the free Old Mill Casting Course, the first permanent fly-fishing casting course of its kind in North America. A course

map and information is available at the Ticket Mill kiosk on Powerhouse Drive, next to Anthony's restaurant in the Old Mill District.

The city emanates the easygoing vibe of a big outdoor barbecue. The Deschutes River, lined with parks and paths, flows serenely through the city and is a local center of recreation. On summer afternoons, join the residents and paddle or float the Deschutes around Riverbend Park. No inner tube or paddleboard? No problem. Local outfitters at Riverbend Park will rent you equipment.

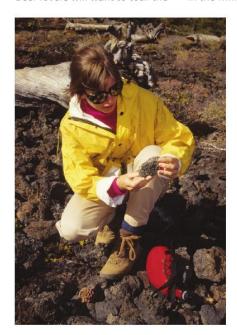
Lava Lands

About 8 miles south of Bend, you'll find the Newberry National Volcanic Monument. Start at the Lava Lands Visitor Center to learn about Newberry, one of the largest active "shield" volcanoes in the Lower 48 states, responsible for much of the region's unique landscape.

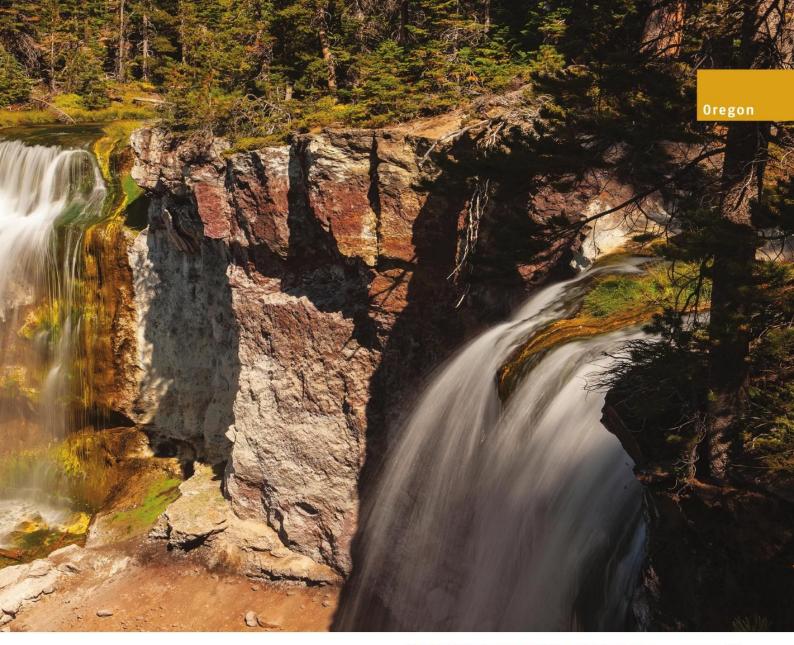
Outside the Visitor Center,

Above: The 80-foot Paulina Falls cascade in the **Newberry National Volcanic** Monument. Left: Geological specimens can be found in the monument's Lava Cast Forest. Right: The Mt. Bachelor Bike Park is popular with all ages and abilities.

a 1.75-mile road spirals up 500foot Lava Butte, one of the many cinder cones created thousands of years ago by lava bubbling up from underground. From Lava Butte's summit, you can see acres of black boulders stretching across the landscape, and dozens of cinder cones rising like mammoth anthills above the treeline.



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Visitors will discover plenty of other distinctive formations within the 54,000-acre national monument. Hike through a mile-long lava tube at Lava River Cave, and among shiny black volcanic glass on the Big Obsidian Flow Trail. Strangest of all might be the Lava Cast Forest, where lava slowly spilled and hardened around trees, creating molds of the trunks before the trees burned out within.

Mountains and Lakes

The city of Bend is next to the Deschutes National Forest, which offers everything from hiking and mountain climbing to boating, fishing and mountain biking. The Cascade Lakes National Scenic Byway (also known as Century Drive) loops through the area and is a great way to see many of the highlights. This forest offers miles of trails that snake through sun-dappled ponderosa pines. Just to the west of Bend is Phil's Trail, a popular mountain-biking route, which is actually a series of trails that offer something for everyone, whether you are a novice biker or a veteran.

About 25 miles west of Bend is Mount Bachelor, a popular year-round recreation center.
At Mt. Bachelor Ski & Summer





GATEWAY TO

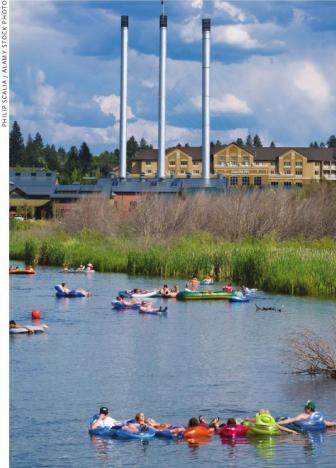
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HIGH TEE

Fast greens, lush fairways and challenging play can be found at numerous golf clubs in Central Oregon. The **River's Edge Golf Course**, in Bend, sidles alongside the Deschutes, with steep elevation changes, tricky fairways and views of snow-crusted mountains.

The vast complex of **Sunriver Resort**, 15 miles south of Bend, is a golfer's paradise, featuring four courses, including the highly acclaimed



Crosswater Club, a heathland-style layout that crosses the Deschutes and the Little Deschutes rivers. It is among the nation's finest courses and will host the 2017 PGA Professional Championship, June 18–21.

The tournament is the national championship for club professionals. The 20 top finishers will earn a berth in the PGA Championship, one of golf's four major tournaments. Sunriver also includes the excellent Meadow and Woodland courses, and the nine-hole Caldera Links layout.

Between Bend and Redmond, 20,000 acres of sage-dusted public lands surround **Pronghorn Resort**, which features a Tom Fazio Championship Course, a Jack Nicklaus Signature Course, resort amenities and elegant villa-style accommodations.

About 30 miles northwest of Bend is **Black Butte Ranch**, which combines challenging golf with family-friendly activities such as horseback riding and a new \$11.5 million pool complex on the 1,800-acre western ranch—style resort. —*T.L.*

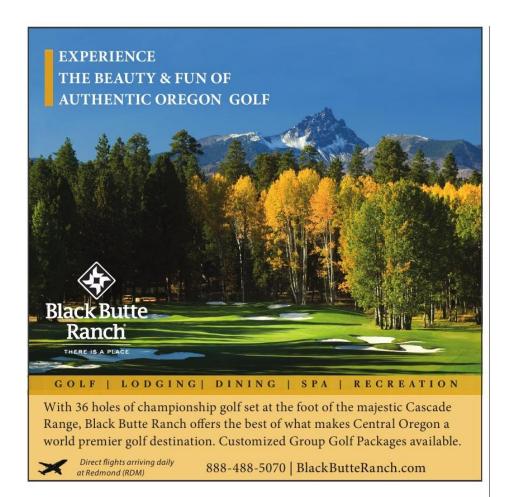
Resort, the Pine Marten chairlift whisks visitors to the Pine Marten Lodge (elevation 7,775 feet) for breathtaking views. The lodge also offers sunset dinners on Fridays, Saturdays and Sundays, through the first weekend in September. Hikers can explore meadows and lingering snowfields, while mountain bikers will enjoy the resort's bike park, with 13 miles of trails.

To the north of Mount Bachelor is Broken Top Mountain in the Three Sisters Wilderness Area. Volcanoes and glaciers have created dozens of lakes in the region, including beauties such as Sparks and Hosmer.

Above Left: A hiker views Sparks Lake and South Sister Mountain in the Cascade Range.

Above: People enjoy a leisurely summer float on the Deschutes River in downtown Bend.

The Deschutes River, which begins as a small creek flowing out of Little Lava Lake, southwest of Mount Bachelor, meanders through the wilderness and into Crane Prairie and Wickiup reservoirs, which offer excellent rainbow trout fishing and bird-watching. Hikers will like walking the Deschutes River Trail, which parallels sections of







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FABULOUS FISHING

When Todd Davidson, CEO of the Oregon Tourism Commission, gets the chance to relax, he takes his rod and reel and heads to one of Oregon's numerous rivers and streams.

Davidson, who is in his second term as national chair of the U.S. Travel Association, says he learned about the joys of the longer Spey fly-fishing rod during a trip along the Deschutes River. He's had to de-ice his fishing pole while casting for



steelhead on a winter's day along the Wallowa River, and he's chased the salmon on Elk River near the state's southern coast.

"Any day I can get out on the water is an A day," he says. "If I catch a fish, it's an A-plus day."

Davidson's wife, Carolyn, and their two sons are also outdoor enthusiasts. Carolyn enjoys horseback riding, while the boys like to hike and fish with their dad. "We've got so many wonderful places in this state to fish," Davidson says. "You can catch a Chinook salmon on the Columbia River in the morning and be home to cook it on the barbecue that evening. That is a pretty special experience."

He advises visitors to explore the state's abundant natural beauty and get to know the friendly people.

Says Davidson, "Don't be surprised if you leave here just a little bit changed by the experience."

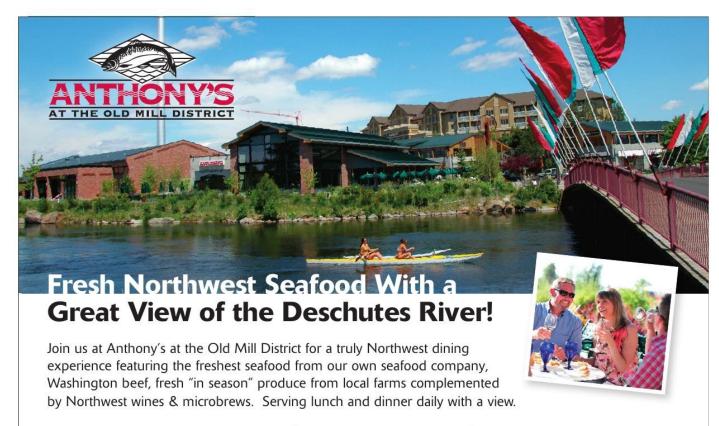


Drake Park is a favorite green space along the Deschutes River in Bend.

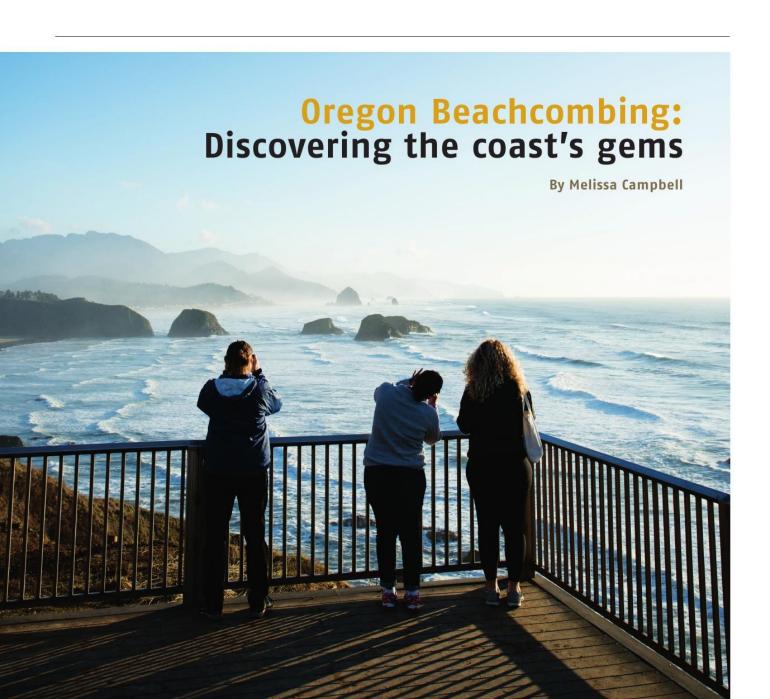
the Deschutes after it flows out of Wickiup Reservoir and winds its way toward Bend. •

Tina Lassen writes from Hood River, Oregon.

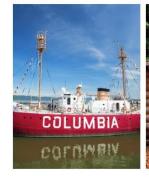
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hen you watch the sea frothing between ocean rocks, the Oregon Coast's grandeur and natural wonder will amaze you. Take a closer look and you might spot sea creatures giving life to the region's tide pools. From Astoria south to Brookings, gems that reveal the stories of the coast's biology, ecology, geology, history, culture and even chemistry are all around. You just have to know where to explore.







Above: The Tillamook Air Museum occupies a World War II-era hangar. Right: In the tidal pools on Cannon Beach, view shells, rocks and sea creatures. Facing page, top to bottom: From Ecola State Park, gaze out at the 235-foot Haystack Rock. The Columbia River Maritime Museum in Astoria has one of the West's most extensive collections of nautical artifacts. Fort Clatsop National Memorial provides a glimpse into how explorers Meriwether Lewis and William Clark spent part of their journey.

Begin in Astoria with a trolley tour of the historic waterfront. In the early 1800s, fur tycoon John Jacob Astor settled the town as a trading post that soon picked up steam as a shipping center. Stop by the Columbia River Maritime Museum to see one of the West's most extensive collections of nautical artifacts, including cannons from the USS *Shark*, a U.S. Navy vessel that toured the area in 1846.

Just south of Astoria is Warrenton, where Meriwether Lewis and William Clark encountered the Pacific Ocean during their expedition from St. Louis. At Fort Clatsop National Memorial, visitors can get a firsthand look at Lewis and Clark's 1805–1806 winter accommodations.

Tillamook Head hiking trails in Seaside also reflect a piece of Lewis and Clark's trek. In his journals, Clark wrote that the views here were "the grandest and most pleasing prospect my eyes ever surveyed."

While hiking, look for the Tillamook Rock Lighthouse, dubbed Terrible Tilly because of construction challenges. To transport tools, workers had to string a line between boats and the small island about a mile offshore—no wonder the lighthouse, one of 11 on the Oregon Coast, took 575 days to build.

Cannon Beach's Haystack Rock, standing 235 feet tall, is one of the world's largest monoliths and is a breeding area for tufted puffins and a range of other birds and sea life.

Pop quiz: Name the 1985 movie that featured Cannon Beach in its opening police chase/ race sequence.

There are nearly 1,900 islands and sea stacks off the Oregon Coast, formed from

lava flows and tectonic plate movements along the Cascadia Subduction Zone, and shaped through centuries of erosion.

Tour the cheese factory in Tillamook to see chemistry in action. Be sure to follow the tour with samplings of cheese, or purchase an ice cream.

After your snack, explore the Tillamook Air Museum, a World War II—era wooden hangar once used to house dirigibles that pa-





trolled the coast. The museum is home to over 15 aircraft, including the F-14 Tomcat—the iconic plane developed as part of the U.S. Navy's Naval Fighter Experimental program in 1974—and the A-7 Corsair II, along with rare wartime artifacts.

In Florence, start exploring at the Siuslaw Pioneer Museum to discover how the early settlers in the area logged, fished and made their homes.

South of town visit the historic Siuslaw River Drawbridge, which first opened to traffic in 1936. Engineer Conde McCullough designed many bridges in Oregon, and his work is marked by its arched spans and Art Deco styling.

Heading toward Reedsport you'll find the Oregon Dunes National Recreation Area, the largest span of coastal dunes in the country. Hike, ride dune buggies or sandboard as you discuss how the wind creates these structures that can tower hundreds of feet.

In Winchester Bay, visit the Umpqua River Lighthouse. It's worth seeing twice: once during the day to tour the tower and once after dark to see the Fresnel lens, which has 24

bull's-eye-patterned panels and rotates every two minutes to cast a unique display of red and white flashes that light up the nearby horizon.

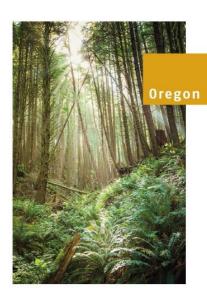
About 13 miles southwest of Coos Bay is Shore Acres State Park, home to some of the more jagged and tilted rocks on the coast. There are good outlooks for watching gray whales, especially in March, when 1,800 whales pass by on their way to



Left to right: Sandboarding is a fun way to experience the Oregon Dunes National Recreation Area near Florence. The Umpqua River Lighthouse features a red and white Fresnel lens. Tilted rocks dominate the Oregon Coast southwest of Coos Bay. Visitors can hike next to the massive trees along The Redwood Nature Trail, near Brookings.







Alaska. Once the estate of timber baron Louis Simpson, the park offers access to a secluded beach trail.

Back toward Highway 101, discover the special ecology of the South Slough at the National Estuarine Research Reserve. The region is known for fog and wet weather, and typically sees about 80 inches of rain per year.

The Redwood Nature Trail, near Brookings, offers an easily accessible path dotted with information on the old-growth trees, as well as their ecology and fire history. For instance, did you know tannic acid makes

redwoods resistant to insects and disease?

Anyone who correctly answered *The Goonies* to the pop quiz gets an extra scoop of Tillamook ice cream. •

Melissa Campbell writes from Bandon, Oregon.

Alaska Airlines (alaskaair.com; 800-ALASKAAIR) offers daily service to Portland, Eugene and Medford, gateways to Oregon's coast. For more information on visiting the coast, go to visitoregoncoast.com.



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Eat, Shop, on the fly.

Lane County: Outdoor recreation and epicurean delights

By Peter Szymczak

eaching from the majestic Cascade Range to the sweeping sandy beaches of the Oregon Coast, Lane County offers a sampling of the state's many exciting experiences. There's plenty of adventure in the region for those who like to hike, mountain bike, backpack, raft, fish or even surf the dunes on a sandboard. And a popular way to relax after a fun day of outdoor activities is to visit some of the county's many breweries and almost two dozen wineries.

Located at the southern tip of the Willamette Valley, Lane County is known for its rolling hills and quaint covered bridges—it is home to 20. It is also one of only two Oregon counties that extend from the Cascade Range in the east to the Pacific Ocean in the west. (The other is its neighbor to the south, Douglas County.)

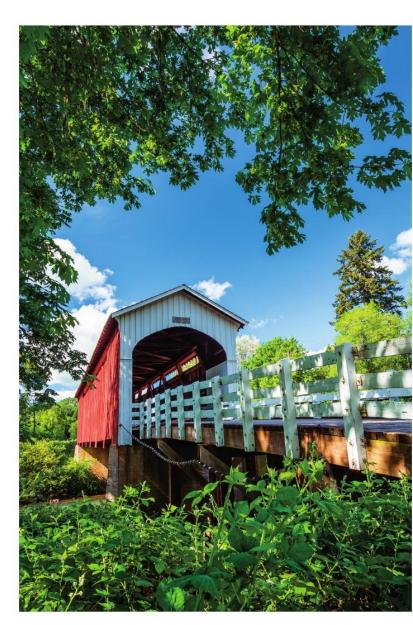
The county's largest city is Eugene, home of the University of Oregon. Nicknamed TrackTown USA, Eugene is a center for track and field in the United States and is the site of the Summer U.S. Olympic Team Trials—Track & Field every four years, including for the 2016 Summer Olympic Games.

Beyond track and field, the area is known for its many cycling and hiking trails, including those on Spencer Butte, a 2,058-foot-high mountain located to the south of the city. The butte is a favorite of hikers and offers wonderful views of the area.

Eugene sits right in the middle of the county's outdoor options. About 50 miles to the east is the Willamette National Forest in the Cascade Range. Lakes abound here, along with hiking trails and mountain-climbing opportunities. One of the best areas to explore is along the McKenzie River, which begins deep in the Cascade Range and flows west, meeting the Willamette River just north of Eugene.

The river is popular for rafting and fishing, and there are hiking trails along its banks. The surrounding forest is a tangle of gargantuan Douglas firs and towering 1,000-year-old cedars—a spectacular setting for bird-watching, mountain biking and backpacking.

About 60 miles west of Eugene is the cozy coastal town of Florence, a favorite starting point for people wanting to fish in area lakes or explore the sandy landscape of the Oregon Dunes National Recreation Area.





Above: Lane County is home to many covered bridges, including the Currin Bridge near Cottage Grove. Left: Eugene, known as TrackTown USA, hosts the U.S. Olympic Team Trials—Track & Field every four years.

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Above: The McKenzie River area is a popular destination for hikers, backpackers and mountain bikers. Left: Pristine beaches, sand dunes and cozy communities greet visitors to the Oregon coast in Lane County. Right: The Tamolitch Blue Pool, along the McKenzie River, draws many hikers due to its distinctly colored water.



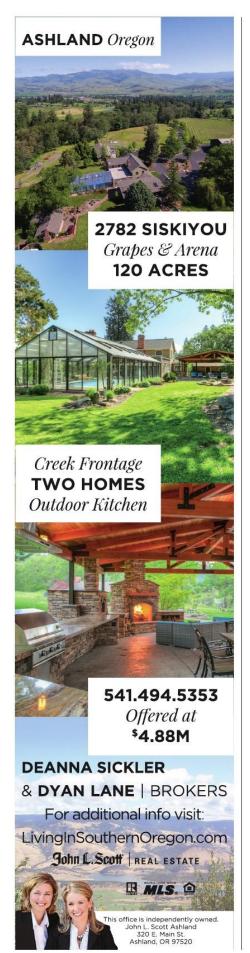
All Aboard the Ale Trail

Besides sports and the great outdoors, Eugene has gained a reputation as one of the top craft beer cities in the country. In downtown's Whiteaker neighborhood, some of the city's excellent brewpubs include Falling Sky, Hop Valley, Ninkasi, Oakshire and Sam Bond's.

Near Eugene is the town of Springfield, where beer lovers will find the Plank Town Brewing Company. Brewmaster Steve van Rossem is a legend in these parts. His Blue Pool Pils is his take on the classic Bohemian Pilsner, with a touch of lemon. The beer is named in honor of the Tamolitch Blue Pool located in the upper reaches of the McKenzie River in the Cascade Range. The town is also home to the tasting room for brewery Claim 52, located at The Abbey, a restored Springfield church

turned culinary incubator that features a food court of restaurateurs testing out their menus. Every Friday, The Abbey hosts a farmers market showcasing a variety of locally grown foodstuffs and handmade crafts.

In recent years, Springfield has experienced a renaissance,



with new businesses refurbishing some of the town's historic buildings. New murals have been painted, honoring local heroes such as Ken Kesey, author of the novel One Flew Over the Cuckoo's Nest and a legend of the 1960s counterculture movement. Another town mural celebrates Springfield as the inspiration for the fictional setting of The Simpsons animated TV program.

Craft breweries can be found throughout Lane County. For instance, about 25 miles south of Eugene is The Axe & Fiddle in the town of Cottage Grove, known as the Covered Bridge Capital of Oregon.

Another regional favorite is Agrarian Ales, located on a farm about 14 miles north of Eugene. The brewery organically grows its own hops, as well as the tomatoes and peppers featured at its on-site restaurant (open weekends only), which specializes in sensational wood-fired pizzas. Brewmaster Toby Schock produces small batches of unique farmhouse-style ales, such as a chili-corn lager called Indigenous, and a brown porter called Dandy, which gets its distinct, yet delicate, bitterness from added roasted dandelion roots.

Lane County Wines

The county's burgeoning wine scene is another top attraction.

In Eugene, the Territorial Vineyards & Wine Company is known for its urban tasting room in the Whiteaker neighborhood, while about five blocks east, Oregon Wine LAB (Local Artisan Brands) is a happy hour hot spot featuring William Rose Wines, the house wine label.

Plenty of other wineries dot the Lane County map, including Domaine Meriwether (which is soon to be renamed Valhalla), Noble Estate, Pfeiffer, Sarver and Silvan Ridge. About 20 miles southwest of Eugene is one of Oregon's largest and finest winery destinations, King Estate, which is celebrating its 25th vintage this





Top: Falling Sky Brewing is one of many craft brewers who have made Lane County a top beer location. **Above:** A mural in downtown Springfield of *The Simpsons* celebrates the city as the inspiration for the TV program's fictional setting.

year. Famous for its Pinot Gris and Pinot Noir wines, King Estate is also known for its wonderful setting and hundreds of acres of vineyards. At the winery's bistro, chef Sean Winder prepares savory dishes, such as braised oxtail and quinoa, made from produce grown on the grounds and ingredients sourced from local farms.

When visiting the estate, savor a glass of its latest release on the winery's expansive hilltop deck. As you take in the view of the rolling hills and valley, you'll probably already be planning your next trip to this enchanting region of Oregon.

Peter Szymczak is a Eugene-based writer.

Alaska Airlines offers daily service to Eugene, gateway to Lane County. For information, visit alaskaair.com or call 800-ALASKAAIR. For information on visiting Lane County, go to eugenecascadescoast.org.









Known for its temperate climate, moderate cost of living and abundant outdoor amenities, Oregon's southern Willamette Valley lures health care and technology pros seeking job opportunities and a laid-back lifestyle.

HEALTH CARE & TECHNOLOGY

If you've always dreamed of spending your off time fly fishing, mountain biking or hiking through mammoth old-growth forests, consider dusting off your resume for a job in health care or technology in Eugene-Springfield.

Situated at the southernmost tip of Oregon's Willamette Valley, Eugene-Springfield blends urban life and the outdoors seamlessly. Home to major medical centers and several doctor-owned practices, this thriving community provides plenty of possibilities when it comes to careers in health care, while more than 400 tech companies offer ample employment opportunities for computer programmers, system architects, application developers, product managers and support specialists.

"Essentially, any job that involves the development of software products and bringing them to market and providing support for those products is in high demand," says Matt Sayre, director at Technology Association of Oregon (TAO). "We are also seeing solid demand for IT professionals, with an emphasis on cyber security, as well as data analysts."

Technology—with an average annual wage of \$74,368—is the fastest growing sector in the Eugene-Springfield area, with 418 firms employing more than 4,400 and generating \$328 million in total annual payroll, says Brian Rooney, regional economist for the State of Oregon Employment Department.

Factor in the quality life, a reasonable cost of living and an average median home value of \$235,000 and you'll understand the lure for both tech and health care professionals.

Health care is No. 2 after retail trade, employing 19,400 people with the average annual wage being \$53,000—30 percent higher than the \$40,802 annual average income for the area, Rooney says.

"Lane County has become a regional health care center with wages that are comparable to Oregon and the U.S., but with lower housing costs than other West Coast cities," he says.

Known for its many national accreditations and its "30-Minutes-or-Less E.R. Service Pledge," McKenzie-Willamette Medical Center in Springfield has been lauded for its women's health care, wound care, chest pain center and cardiac care, among other services.

An \$80 million facility-wide expansion and modernization project will be completed in 2018, says Jana Waterman, vice president of business development and marketing director at McKenzie-Willamette. "The extra space will allow us to create more private rooms for patients. We're also expanding surgical and cardiovascular units, rooms to care for medical and surgical patients, and adding a new entrance and lobby," Waterman says.

This hub of high-quality health care facilities also includes the PeaceHealth Sacred Heart Medical Center at RiverBend campus in Springfield, completed in 2008 for \$567 million, and PeaceHealth Sacred Heart Medical Center University District in Eugene, which is undergoing a \$18.9 million upgrade to its emergency department and behavioral health services programs.

Recognized for its trauma care and broad range of surgical services, including minimally invasive procedures using da Vinci Xi surgical robotic technology, PeaceHealth also offers comprehensive cardiac and vascular care, neurosciences and stroke care with advanced endovascular interventions. Named a "baby-friendly" hospital for its childbirth services and neonatal intensive care, it's the only medical center in the area with pediatric cardiologists, surgeons and other subspecialists for children.

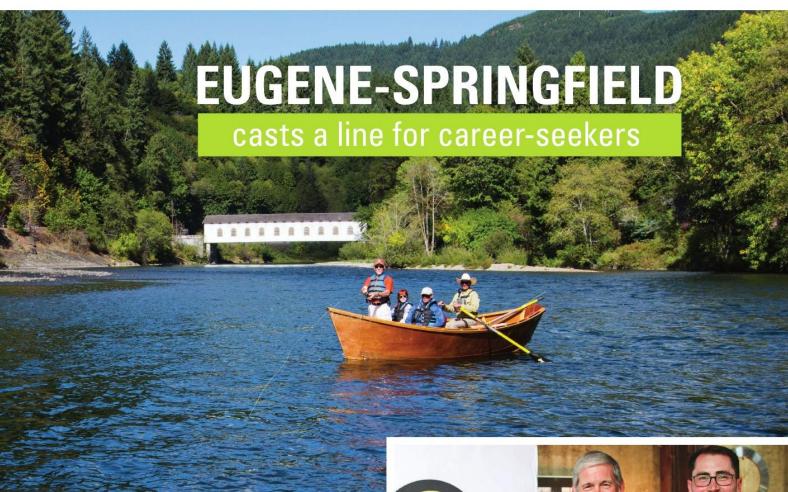
"The need to recruit talented providers is more acute in the areas of medical, surgical,



TOP: Known for its plentiful Chinook salmon and rainbow trout, the McKenzie River is a boater and angler's dream come true; its close proximity makes for a quick getaway.

RIGHT: Tech industry leaders and educators network and share ideas at TAO Happy Hour at Sam Bond's Brewing Co., led by the Technology Association of Oregon.

BOTTOM: PeaceHealth Sacred Heart Medical Center at RiverBend features a pediatric/adolescent care unit, as well as childbirth services and neonatal intensive care that recently received "Baby-Friendly" hospital designation.



and intensive care nursing, primary care physicians and specific specialties—it is fair to say that we are currently recruiting to fill at least 150 positions," says Rand O'Leary, Chief Executive of PeaceHealth's Oregon Network.

At Willamette Valley Cancer Institute and Research Center (WVCI), a \$4.6 million, 8,000-square-foot expansion and renovation to be complete in 2017 will provide improved patient access to clinical trials and better patient flow.

WVCI Executive Director Chris Achtien says a single strategy embraced by all Lane County health care organizations involves hiring more advanced practice clinicians—physician assistants and nurse practitioners—to support physicians.

Adding to the health care landscape is a new \$50 million Eugene Department of Veterans Affairs Outpatient Clinic, offering primary care, dental, imaging, physical and occupational therapy and other services, as well as the recently constructed \$84 million Oregon State Hospital, which provides psychiatric treatment for adults who need hospital-level care. >>>







In addition to large medical facilities, Eugene and Springfield also boast numerous doctor-owned practices, from neurosurgeons to pediatricians, who are always on the lookout for qualified candidates.

Dr. Pilar Bradshaw, owner of Eugene Pediatric Associates, is a board-certified pediatrician who began her medical practice in Eugene in 1999. Named one of Parents magazine's favorite pediatricians in 2014, her practice operates independently from large health care organizations and includes five doctors and several advanced practice providers.

"There are many benefits to practicing here and several reasons why so many of us are able to practice independently," Bradshaw says. "We have state-of-the-art facilities, such as PeaceHealth Sacred Heart Medical Center at RiverBend,

that allow us to function at the top of our capabilities. We are a magnet for excellent physicians, which helps facilitate my job. And we're a small enough medical community that my individual voice matters."

That same entrepreneurial spirit can also be found in the tech sector. Dubbed the Silicon Shire and named one of "The Next Top 10 Cities for Tech Jobs" by Fast Company in 2015, Eugene is luring both start-ups and big-player "We have state-of-the-art facilities, such as PeaceHealth Sacred Heart Medical Center at RiverBend, that allow us to function at the top of

- Dr. Pilar Bradshaw,
owner of Eugene Pediatric Associates

our capabilities."

satellite offices with its high-speed fiber network, reasonable cost of living, uncrowded outdoors and cool urban vibe.

The tech sector in Lane County has advanced at nearly double the pace of what economists had projected over the last three years, says Matt Sayre, director at TAO.

Much of that growth can be attributed to the collaborative efforts that exist between public, private and nonprofit entities, which have worked to bring lightning-fast, high-speed fiber internet to the area, establish a pipeline of trained tech professionals, and help tech start-ups get off the ground.

FertiLab, a nonprofit startup incubator with offices in downtown Eugene and Springfield, supports the entrepreneurial community by providing early-stage educational programs, subsidized office and lab space for startups, as well as mentoring and networking.

"From the start, our goal was to make the local area an awesome place to live," says FertiLab CEO Shula Jaron. "For us, a big part of that is helping entrepreneurs, or would-be entrepreneurs, take that first step. In the past two years we have helped 30 companies start, which has brought \$5M into the local economy."

Within walking distance to Fertilab in Eugene is a new innovation hub, which houses the Regional Accelerator & Innovation Network (RAIN), a collaborative of local government, businesses and higher education that helps to create companies and jobs in the southern Willamette Valley by offering an intense 16-week program that provides training and connects entrepreneurs with mentors.

"Those who complete the program walk away with everything needed to drive consistent revenue, including customer-validated pitch materials, a tested business plan and a strategy for the future," says RAIN Director Joe Maruschak. "We choose businesses that have a strong ability to thrive here in Oregon—food, drink, biotech, software, apparel."

Of the 25 companies that have graduated from the program since 2013, 18 have been tech-related and three health care-related, Maruschak says.

Weili Huang, a recent RAIN participant and founder of Miracle Query, is working to help solve the problem of medication errors by developing a smart system that efficiently queries and retrieves information from health care systems.

"Our systems can be used to assist health professionals—physicians, nurses and pharmacists—in practice to make better clinical decisions, reduce medical errors and improve patient safety," Huang said in a recent Q and A with RAIN.

Once established, tech companies can continue to grow their businesses with the support of local organizations, like the Technology Association of Oregon (TAO), Lane Workforce Partnership and the Chambers of Commerce, through access to talent, workforce readiness and networking.

The ultimate goal, Maruschak says, is to create a thriving innovation district in Eugene-Springfield—a literal geographic hub of entrepreneurs, startups, educational institutions, affordable housing and other urban amenities connected by mass transit and high-speed internet—that drives innovation in organic ways.

"That's when the magic happens," Maruschak says. ■

For more great reasons to live, work and play in Eugene-Springfield, visit EugeneCascadesCoast.org/relocation









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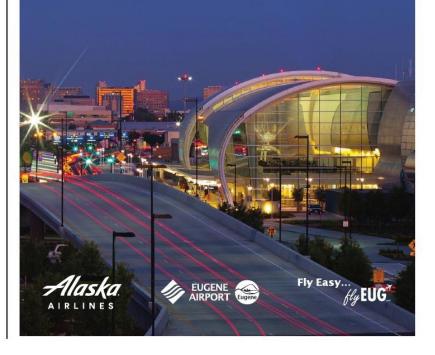
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Southern Oregon: Natural wonders and cultural attractions

By Kim Cooper Findling

n a dazzling summer afternoon, my family and I are rafting through gentle rapids on Southern Oregon's Rogue River. The temperature is nearing 90 degrees, and the splash off the occasional errant paddle feels terrific on my skin. Around us is a lush forest of oak, madrone and alder. Common mergansers flit across the surface of the river and softly splash land. My husband captains the inflatable raft while my two young daughters, safe in life jackets, giggle and dip their toes in the water.

Rafting the Rogue River is one of Southern Oregon's many exciting activities. This area is perfect for a vacation that includes floating local rivers, seeing natural wonders and experiencing world-class theater.

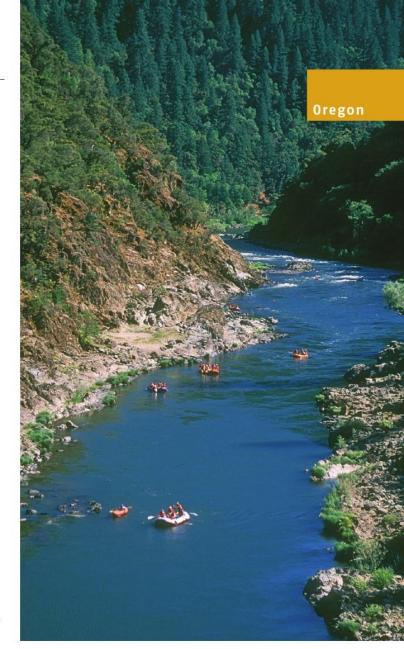
The Rogue and **Umpqua Rivers**

The Rapid Pleasure Rafting Company of Shady Cove supplies us with our equipment and then shuttles us to an easy putin location on the upper section of the river. After the shuttle driver gives us instructions about the trip, we are on our

own. The 10-mile float will take us more than three hours as we travel through calm waters with Class I and II rapids—perfect for our limited experience and young passengers.

This is a lovely way to experience the famous Rogue River, one of the first rivers in the nation to have sections designated





Wild and Scenic-protecting them from development.

The Rogue is incredibly diverse over its 215-mile route. With its headwaters at Boundary Springs near the northern edge of Crater Lake National Park, the Upper Rogue flows through various craggy canyons, which offer great hiking. A highlight is the Rogue Gorge near Union Creek, where a narrow channel of basalt lava creates a striking string of water cascades, easily accessible by way of a short hike. The lower portion of the Rogue, which begins near Grants Pass and travels to the coast, is considered one of the

Above: The Rogue River offers whitewater rapids and calm waters, making it popular with rafters of all skill levels. Left: Visitors enjoy the spectacular views at Crater Lake National Park.

best whitewater river sections in the United States-rafters need significant skill and a permit to float this stretch. However, we are taking an easy, accessible tour that is all about sun and relaxation. We pass through more than 20 mellow rapids during the float, and emerge tanned, tired and happy back in Shady Cove.

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The Umpqua River is another great Southern Oregon waterway to explore. Like the Rogue, the Umpqua begins near Crater Lake and is known for its fishing and whitewater rafting. On earlier trips, my family and I have enjoyed hiking parts of the Umpqua River Trail, which follows 78 miles of riverfront between Diamond Lake and Roseburg, a town that was once a center for the local timber industry and is now known for its many wineries, covered bridges and small-town charm.

Crater Lake

About 100 miles southeast of Roseburg, we visit breathtaking Crater Lake. Located in a large caldera, Crater Lake is a geological gem. The deepest lake in the United States and the center of Oregon's Crater Lake National Park, the cerulean-blue body of water is the result of the cataclysmic collapse of Mount Mazama about 7,700 years ago, which left a massive crater.

Over time, the crater, or caldera, has filled with precipitation. No stream enters or leaves

the caldera. The lake's purity and its 1,943-foot depth account for its brilliant deep-blue color.

We hike along the Discovery Point Trail, which runs near the caldera rim and offers great views of the surrounding area and lake below. Later, we walk down into the caldera, along the steep Cleetwood Cove Trail, the only legal access to the shore of Crater Lake. However, the trail will be closing on August

15 for repairs and upgrades, eliminating access to the lake until the summer of 2017. A tour boat takes us to the coneshaped Wizard Island, where we have the unique experience of walking on a volcano within a volcano. We end the day by enjoying the sights from the expansive deck at Crater Lake Lodge, a majestic 100-year-old stone-and-wood-beam structure that offers some of the most stunning views in Oregon.

Applegate and Ashland

The next day, my husband and I are sipping a velvety Tempranillo at Red Lily Vineyards on the banks of the Applegate River. We are near the historic 1850s Gold Rush town of Jacksonville.

Under a canopy of oak and spruce trees, we enjoy a platter of cheese, bruschetta and crostini outside the winery's grand barn and tasting room. Red Lily Above: The Britt Music & Arts Festival in Jacksonville offers an eclectic mix of musical acts each summer.

Below: The River Bride made its world premiere at the 2016 Oregon Shakespeare Festival in Ashland.

is one of 19 wineries located along the Applegate Valley Wine Trail, about 17 miles west of Medford. The trail runs through the foothills and valley of this enchanting area. Jacksonville is one of our favorite valley towns. It's a National Historic Landmark and the site of the Britt Music & Arts Festival, an outdoor music venue that presents dozens of eclectic musical concerts throughout the summer. August concerts include various performances by the Britt Orchestra, August 5-20; The Buena Vista Social Club, August 26; and classic rocker Pat Benatar on August 30.

We leave the winery and pick up our continued on page 148



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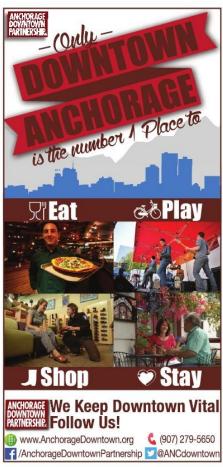
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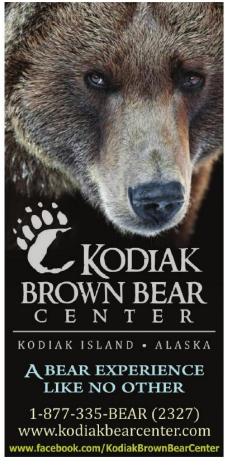
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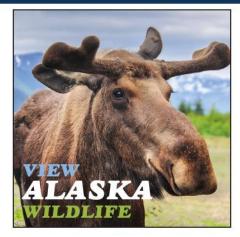
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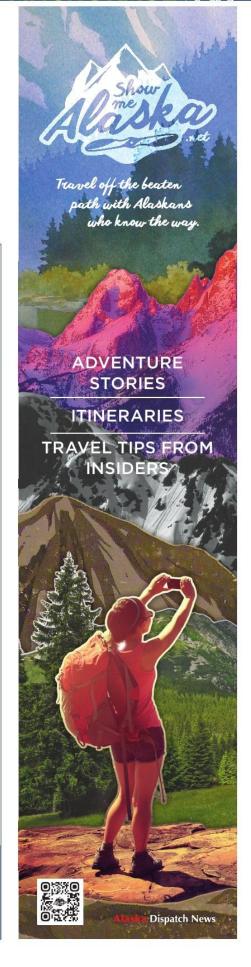
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from page 143 daughters to attend the Oregon Shakespeare Festival's performance of A Midsummer Night's Dream in the nearby town of Ashland, which is famous for its world-class theater, parks and thriving restaurant scene.

Founded in 1935, the festival has grown from a single weekend to an entire season, with three theaters presenting 11 plays. Today, the festival presents contemporary plays and classics, with only a few penned by Shakespeare—the 2016 season, for instance, includes *The Wiz* musical and *Great Expectations*, as well as Shakespeare's *Richard II* and *Hamlet*.

We take a pre-performance backstage tour of the festival campus, led by one of the actors, and get a glimpse behind the scenes. After the tour, we take our seats at the outdoor Allen Elizabethan Theatre. The night is warm and clear. We can see thousands of stars twinkling in the sky above us, and the effect is magical.

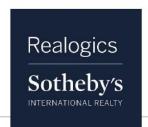
I had worried that Shakespeare might be too much for my girls, but they are utterly mesmerized by the timeless story of star-crossed lovers. They feel like theater insiders when they spot our tour guide performing on stage.

The play is a joy and we leave the theater talking about our favorite characters and the amazing setting. My husband and I smile at each other, thinking of how nice it is to have the Bard bring down the curtain on our family tour of Southern Oregon.

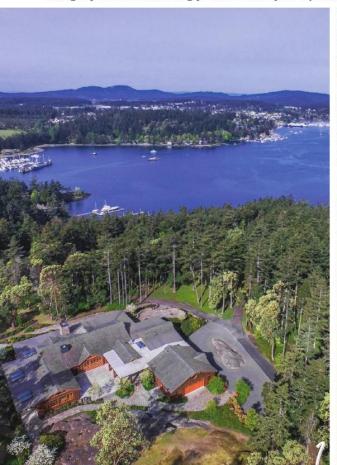
Kim Cooper Findling writes from Bend.

Alaska Airlines flies daily to Medford, gateway to Southern Oregon activities.
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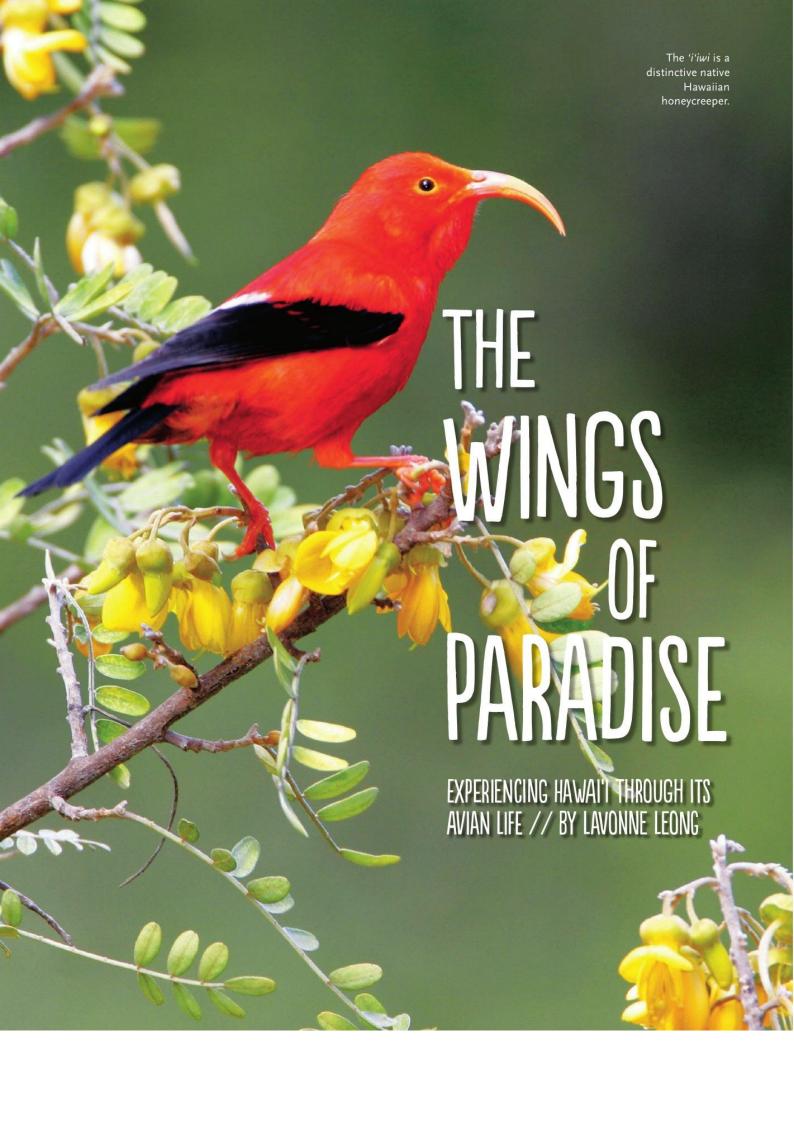
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eople call Kaua'i the Garden Isle for its lush beauty, and the view from the high roadside overlook into the Hanalei National Wildlife Refuge exemplifies the island's natural grandeur: Spreading out below is a broad valley floor, checkerboarded with traditionally farmed Hawaiian taro fields, their flooded acres glittering in the sun beneath green peaks and, often, an improbably vivid rainbow. Hanalei Valley, with the Hanalei River running through it, has been a stronghold of traditional Hawaiian agriculture for centuries.

I'm not here for the rainbows, though. Instead, I'm looking for something I can see only if I search carefully. Training binoculars on the valley floor, I spot movement among the broad, deep-green taro leaves: An 'alae 'ula (Hawaiian moorhen)—an endangered species that makes its home in wetlands such as taro fields—paddles in and out of the leafy shade. It's not long before another 'alae 'ula drifts into view, this one with a pair of chicks swimming frantically and comically behind it. On the dusty road

into the valley, three $n\bar{e}n\bar{e}$, endangered Hawaiian geese, waddle in line, and in a neighboring field, an ae'o, or Hawaiian stilt (another endangered species), stalks through the shallow water on two of the longest legs in the bird world, looking for worms and insects. To the birds, it's just another day, but for me, it's amazing to see so many of these rare species just hanging out together on a Sunday morning.

Birds in Hawai'i are central to local culture and wildlife ecology—as much or more than in almost any other place on earth. With the exception of the Hawaiian bat, birds are Hawaii's only warm-blooded native terrestrial fauna. Four-footed animals simply had no way of reaching such an isolated set of islands on their own.

Long before humans landed on these shores, the Islands' first animal colonizers were accidental arrivals on the wing. What these first of Hawai'i's warm-blooded creatures found was a true paradise: a forested archipelago of abundant food and habitats, and not a single land-based predator.

Hawai'i is a popular destination for birders, shown here on a tour with Hawai'i Island based Hawaii Forest & Trail.







Hawai'i's birds flourished and multiplied. In the Islands, migratory seabirds found safe harbors away from predatory land mammals and harsh winters. These birds made the Islands regular stops on yearly flights. And birds of the shore and wetland took up residence in the Islands' flat, marshy plains.

The vast majority of Hawai'i's native forest birds are the result of a single arrival. The group now known as Hawaiian honeycreepers diversified from one species into an astonishing array.

"Originally, three [million] or four million years ago, there was one finchlike bird species that made it here, and it evolved into 50 or 60 different species," says Garry Dean, with Hawai'i Island–based Hawaii Forest & Trail, who has specialized in bird tours for more than 15 years.

"When this bird arrived here [in Hawai'i], there were all these open ecological niches," says Dean. "[The descendants] all changed the way they made their living, their colors and their bill shapes. Why compete against one another for food?"

Some of the honeycreepers became seed-eating specialists, with short, strong beaks suitable for

cracking tough seedpods or the outer layers of seeds. Others—such as the 'i'iwi, or scarlet Hawaiian honeycreeper—evolved long, thin, curved bills to probe flowers for nectar. In some cases, says Dean, birds even gradually changed the characteristics of plants they fed on, in a process called coevolution. For example, he says, "there are native mints with tubular flowers that the 'i'iwi's bill fits perfectly into."

When the first people made landfall, they found a world dominated by birdsong. Hawai'i's birds and their ways served as inspiration for a new culture. Hawai'i's chiefly class, the *ali'i*, incorporated feathers into the artfully crafted symbols of their rank: capes, helmets, *lei* and *kāhili* (chiefly standards, often held high on poles). The feathers of birds of prey and forest birds such as 'i'iwi were especially prized.

The arrival of explorers, whalers, missionaries and others in the 18th century shaped Hawai'i's birdlife in new ways, as development encroached on wetland habitat, and the introduction of mosquitos—which carried avian flu—greatly reduced Hawai'i's native bird population. At lower inland elevations, most birds you'll see were introduced by Westerners.

Hawai'i's state bird, the nēnē, is a relative of the Canada goose. Nēnē are among the species visible at the Hanalei National Wildlife Refuge, on Kaua'i.





These were brought in for hunting (quail, pheasants and doves) and for pest control (majestic white cattle egrets and common mynahs, sometimes called Indian mynahs). Birds were also imported for aesthetic purposes: In the early 20th century, an array of species chosen for their sweet songs and attractive plumage



The kōlea (Pacific golden plover), shown here on Oʻahu, migrates annually from Alaska.

were released by civic groups to repopulate the "silent gardens" of the Islands' gracious homes. *Mejiro* (also called Japanese white-eye), Brazilian and North American cardinals, red-vented bulbuls and shama thrushes are examples.

Today, Hawai'i's urban dawn chorus is exceptionally sweet and varied, with the songs of birds from five continents represented, while indigenous seabirds rule many of the Islands' beachside wildlife refuges and tiny offshore islets. Native waterfowl are making a slow comeback with the resurgence of traditional Hawaiian agriculture, which is helping to restore the shallow wetlands the birds depend on. And native forest birds can still be found in upland regions.

These days, most people in the Islands go hunting for birds only with a camera. Hawai'i is a destination for bird-watchers

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in part because it is unique. Because so many of the Islands' species are found only here, serious birders make special expeditions to see the rare species.

"Many birders like to keep lists," says Michael Walther, founder of Oahu Nature Tours. Specifically popular are "life lists," records of all the bird species birders have seen in their lifetimes, out of the approximately 10,600 known globally.

Garry Dean of Hawaii Forest & Trail says that visitors will tell him specific target species they want to see—sometimes the birds are "lifers" that they have not previously encountered. "I've had people on my tours who have seen more than 8,000 birds," Dean notes. "They'll say, 'I saw an 'i'iwi today—that's a lifer for me.'" Some birds are endemic to the island chain; others can be found only on a single island.

And everyone, from lifelong bird-watchers to newcomers and casual observers, can marvel at the sheer variety of native and introduced species.

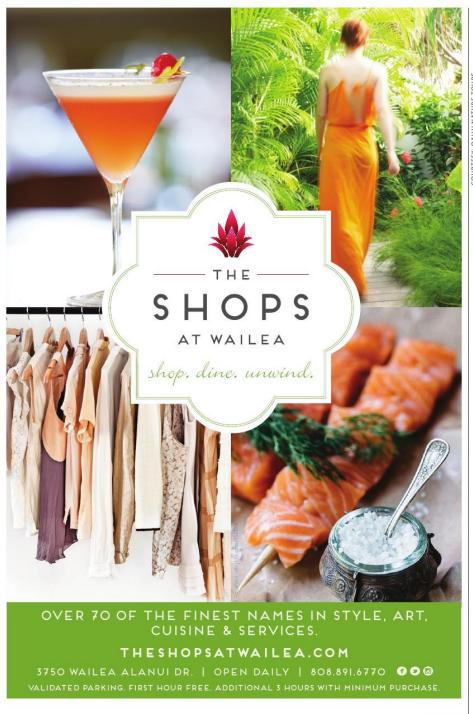
Lance Tanino, Hawai'i Audubon Society board member and principal of the Hawai'i Island-based

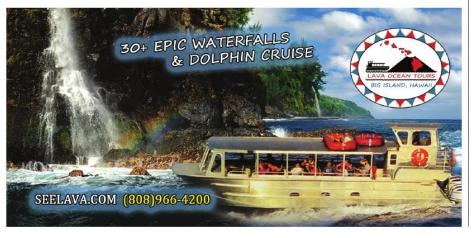


company Hawai'i Bird Guide, says that "a lot of visitors want to see the unique birds in Hawai'i." And each island has unique birdlife. Also, as Tanino says, there is plenty to appreciate about Hawai'i's natural areas just by getting out and seeing what you can see—whether or not you see all the birds on your list.

The manu-o-Kū (white fairy tern) is now the official bird of the city of Honolulu.









Birders observe red-footed boobies, black noddies and other species near Lā'ie Point on O'ahu's North Shore.

Here are some of the places and birds you might see in Hawai'i, and a few of the best places to see them on the mostvisited islands.

O'AHU

Oʻahu is by far Hawaiʻi's most urbanized island, but even in the city's downtown core there are birding surprises. Less than a century ago, the graceful manuo-Kū (white fairy tern) arrived in Hawai'i, and this bird has since chosen a highly unusual nesting site: the spreading shade trees of downtown Honolulu's historic district. No one knows for sure why the terns are there, says Lindsay Young, executive director of the nonprofit Pacific Rim Conservation, but she says that the manu-o-Kū seem to like large trees of the kind that grow in abundance near 'Iolani Palace and City Hall. Young says that the birds are also partial to trees growing on urban median strips, whose location may act as a kind of "natural predator control" against rodents. Although manu-o-Kū are recent arrivals, they arrived naturally and are classified as indigenous. They have become so established in the heart of Honolulu that they were recently named the city's official bird.

HAWAI'I BIRDING

Another indigenous bird that thrives in an urban environment is the $k\bar{o}lea$ (Pacific golden plover), which arrives each fall from Alaska. Plovers of this variety are beloved by Hawai'i suburban dwellers because the birds tend to choose one backyard and return to it each year throughout their lives. Although they are shorebirds, they can establish their winter territories almost anywhere there's a grassy patch. Sometimes, says Lance Tanino, "they'll use a chain-link fence as a territory line."

The suburban valleys behind eastern Honolulu are also home to the native *O'ahu 'elepaio*, a rust-colored flycatcher with a white underside that is found only on this island.

Honolulu's green mountain suburbs, such as the Mānoa and Pālolo valleys, are great places to spot many of the introduced birds that dominate Hawai'i's lower elevations. On the hiking trails that wind into the mountains from the back of almost every valley, there's a good chance to see the white-rumped shama, known among locals as the bird with the sweetest and most varied call in the area, and the mejiro (Japanese white-eye), a

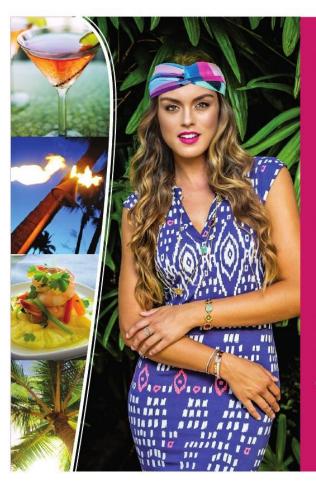
Avian Assists

Modern times have been challenging for many of Hawai'i's native birds. Fortunately, there are organizations that help them. One of these is the Hawai'i Island-based Hawai'i Wildlife Center, whose mission is to rehabilitate sick and injured native birds and bats from around the Islands, and to return them to their original habitats.

Visitors can stop by the center during open hours, and they will soon be able to enjoy a new science and discovery venue, slated for opening this year. "A big part of our mission is outreach," says Linda Elliott, the center's director. "If conservation is going to be successful, it takes a community." —L.L.







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tiny green bird with a distinctive whiteringed eye.

At O'ahu's southeast corner, about 16 miles from town, the offshore islets near Makapu'u Point provide abundant nesting sites for tens of thousands of seabirds, including frigate birds and shearwaters. Tanino says that a stroll up the paved, family-friendly Makapu'u Point Trail can yield sightings of "large numbers of birds," particularly late in the afternoon when they converge on their homes.

If you're traveling with children or short on time, you may also want to visit the pleasant, shady Honolulu Zoo. You'll find many birds here, with natives such

Walking Lightly: Responsible Birding

It's important for humans to spend time experiencing wildlife in its native environment, says conservationist Lindsay Young, executive director of the nonprofit Pacific Rim Conservation. "People don't care about what they don't know—and the more they see, the more they care." That said, it's also important for people to limit their impacts. Here are some tips for birding responsibly:

- → Try not to change a bird's behavior. It's better to use binoculars than to get so close that a bird flies away.
- → Make sure you request and respect permission to walk the land. In some areas, birders need to gain access from private landowners. If and when you do, act in a way that will get birders invited back.
- → Go in clean. "It's becoming an international ethic of hikers and birders to clean your gear between trips so you're not carrying in threatening vectors," says Linda Elliott, director of the Hawai'i Wildlife Center. On Hawai'i Island, Hawai'i Forest & Trail guide Garry Dean says the company makes sure to spray walkers' shoes with an alcohol solution before hiking. —L.L.

SEAGOING SOARERS

Along with petrels and shearwaters, albatrosses have a special adaptation that lets them remain at sea for months: They can drink seawater. A salt gland in the albatross's head draws excess salt from its blood to excrete through tubes in the bird's bill. —L.L.

as nēnē, 'io (Hawaiian hawks) and Laysan teal, as well as introduced species such as the hill myna.

KAUA'I

Kaua'i, separated from the other main Hawaiian Islands by the Ka'ie'ie Waho Channel, has long been a land apart, and it has a distinctive natural history. The mongoose, a major bird-egg predator, was never introduced to this island, as it was on most of the other islands. That's a boon for ground-nesting seabirds, and it's one reason Kīlauea Point National



ALL CANADA PHOTOS / ALAMY STOCK PHOTO

Wildlife Refuge on Kaua'i's north shore is a must-see for any Kaua'i visitor interested in Hawai'i wildlife.

Viewing Hawai'i's migratory seabirds often involves a trek, but Kīlauea Point is easy to reach.

A *mōlī* (Laysan albatross) in flight off the shore of Kaua'i.







Sweeping views reward a short stroll out to the Kīlauea Point Lighthouse. At the point, the ocean views are exhilarating, and depending on the season, you'll see red- and white-tailed tropic birds, which spend nearly all their lives on the wing or at sea; 'iwa (frigate birds) with 7-foot



Cattle egrets, shown here on Maui, are an elegant introduced species. wingspans; and wedge-tailed shearwaters, which burrow underground. In

the 1970s, a colony of $m\bar{o}l\bar{\iota}$ (Laysan albatross) established themselves as one of only two such populations in the main Hawaiian Islands. These majestic birds mate for life, and are famously affectionate partners and hardworking parents.

MAUI

Ask Audubon board member Lance Tanino about birding on Maui, and he'll tell you about the wetlands, a habitat critical for land-based waterbirds and waders.

"There are so few wetlands left in Hawai'i," says Tanino. Waikīkī and other commercial and residential areas on O'ahu were once large wetlands, he notes.

Maui, however, is lucky to have two prime wetland areas: Kanahā Pond Wildlife Sanctuary, near Kahului, and Keālia Pond National Wildlife Refuge, between the towns of Kīhei and Mā'alaea. More than 80 species of birds thrive at Kanahā Pond's freshwater marsh, from koloa (Hawaiian ducks) to native coots and 'ūlii (wandering tattlers).

HAWAI'I BIRDING

The accessible, half-mile-long elevated boardwalk at Keālia Pond National Wild-life Refuge has shady shelters for viewing, and informational panels along the way. In summer, when the waters are low, the resulting mudflats invite rich birdlife, such as indigenous 'auku'u (black-crowned night herons) and ae'o (endangered Hawaiian stilts). The strikingly elegant white bird you might notice first at Keālia—as in other places—is the cattle egret, introduced in 1959 and since spread across the Islands.

Experience another side of Maui's birdlife at Haleakalā National Park. On the slopes of Haleakalā volcano, it's common to see nēnē, the endangered Hawaiian goose. The park's half-mile loop trail



The bright red 'apapane is a vocal species endemic to the Islands.

at Hosmer Grove Campground high up on the road to the summit—features

a special bird overlook. Listen for the calls of honeycreepers such as 'apapane, 'i'iwi and *Maui 'alauahio*, then look for the bird that made the sound. You might also see the red-billed leiothrix, a rainbow-hued, introduced songbird that is also known as the Pekin robin.

HAWAI'I ISLAND

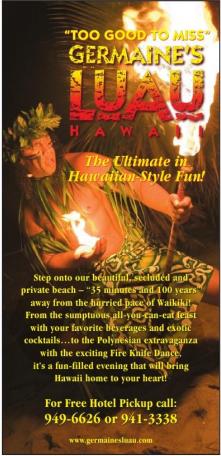
Hawai'i Island, the youngest and largest of the Islands, has tall volcanoes that are havens for native forest birds.

"The island of Hawai'i has the highest number of remaining endemic forest bird

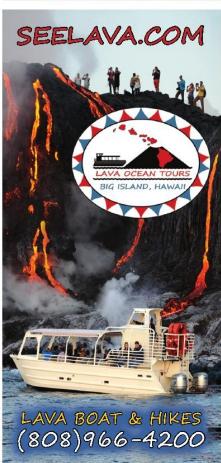




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You'll find native birds living in many of Hawai'i Island's most breathtaking landscapes. White-tailed tropic birds sail on the updrafts created by dramatic Halema'uma'u Crater, within the greater Kīlauea Crater. And Hawai'i Volcanoes National Park is one of the breeding sites of the 'io (Hawaiian hawk).

Hawai'i Island also has introduced birds, including one that will be familiar to mainlanders. "People are often surprised to see wild turkeys roaming the slopes of Mauna Kea," says Lance Tanino.

A New Festival and Cross-Island Route for Bird Lovers

Hawai'i's fascinating birds are about to get a celebration of their own. At the inaugural Hawai'i Island Festival of Birds: Ha'akula Manu, Sept. 24–25, there will be many ways to fete the island's feathered friends. Activities will include an early-morning Breakfast with the Birds (which is BYOB, for "bring your own binoculars"), events for keiki (children), an arts-and-crafts fair, a photo workshop and a gala dinner.

The festival will also have a guided "sneak peek" at the Hawai'i Island Coast to Coast Birding Trail, a 90-mile route opening in September that will stretch across the island, rising from sea level to 7,000 feet

and back down again. The trail will link a diversity of bird habitats, passing through some



of the island's most outstanding landscapes. The festival's preview trips will be led by experienced local birders. The Hawai'i Island Festival of Birds is sponsored in part by Alaska Airlines. Learn more at hawaiibirdingtrails.com. —L.L.

HAWAI'I BIRDING

Manukā State Wayside and Natural Area Reserve on the slopes of Mauna Loa has a mix of native and introduced species. Watch for red-headed cardinals, and mejiro. You usually *hear* the 'apapane—with a call that can vary between buzzes, trills and clicks—before you see it.

HAWAI'I'S BIRDS, native and introduced, tell the long story of Hawai'i's natural history—of which humans are

only the most recent part.

And whether or not you see the bird you set out to see, "there's a lot to say about taking people from the city into the natural world," says Michael Walther. "It has a beneficial effect on people."

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The 'io (Hawaiian hawk) can be found on Hawai'i Island.

At the Hanalei National Wildlife Refuge
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on Kaua'i, I put down my binoculars and drive the winding road to the lush valley floor. It's like descending into a dream of paradise, with majestic green mountains, flooded fields, and the wildlife of Hawai'i thriving within them. Two of the nēnē I saw from the overlook take their time waddling across the road in front of me. Cars line up behind me, but nobody honks. Not even the nēnē.

Lavonne Leong writes from O'ahu.

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Inspiring Gap Years

By Elizabeth M. Economou

Throughout high school, Genny Boots devoted herself to volleyball, and coaches said she was good enough to compete at the next level. But college volleyball would mean hours of practice, and weekends spent in buses traveling for away matches. Boots, now 21, chose something else significant. Instead of going straight to college after high school, she opted for a gap year.

A gap year is an academic break focused on self-exploration through experiential learning, internships, travel and volunteerism. It can include some amount of paid work, but a year spent only working is not a gap year, notes Ethan Knight, founder and executive director of the American Gap Association (AGA), a Portland, Oregon–based gap-year accreditation organization.

Gap years are growing in popularity, to the tune of 30,000 U.S. gap students projected this year, a 23 percent increase compared to 2015, according to Knight. Gap years were recently in the headlines when Malia Obama announced her plans to defer her Harvard admission to take a year off from academia after high school.

Boots says she first mulled the idea of a gap year during her junior year of high school in Anchorage. "I figured everybody says they want to travel the world, but no one was actually doing it. I decided to do it."

Boots' parents were hesitant, wanting to make sure their daughter wasn't giving up on college.

"The deal I struck with my parents [was that] I can do this year abroad, but only if I apply to college and get all that sorted before I leave," she says.

She deferred her enrollment at Pacific Lutheran University (PLU), in Tacoma, Washington, south of Seattle, and then traveled to South America and Central America. She spent her gap year exploring Bolivia, Colombia, Panama, Costa Rica and Nicaragua, and also taught English for nine weeks in Peru.

It was a transformative experience, Boots says. "I learned to navigate in a foreign country, trust my instincts, take care of myself in the strangest places and situations, and challenge myself to be comfortable with strangers and alone," says Boots, who will begin her junior year in September.

The year even fueled Boots' interest in her eventual journalism major. "I found that I have a real passion for people and the narratives we each carry with us. Journalism is a story-focused career and one that is versatile," she says. "I was a lot less worried about my future coming into college than many of my peers."

Proponents of gap years hold up experiences such as Boots' as an example of how the hiatus can work. They argue it's a way for high school students—who are either burnt out or searching for direction—to re-set themselves. But critics say the cost of gap years limits their accessibility, and therefore the academic leave should not be so highly promoted.

Gap-year roots

Broadly defined as a yearlong break from academic studies to allow for nonacademic activities, the gap (or bridge) year originated in England in the 1970s as a meaningful way to fill the eight months between final exams and the start of university. The student's personal growth via extended travel overseas was a major component.

In 1980, Cornelius Bull, who spent 30 years in education as a headmaster at schools in Turkey, Austria, Arizona and Texas, introduced the gap year to American audiences through his Center for Interim Programs after recognizing the benefit to students of learning from hands-on and real-world experience.

Bull compiled an extensive database, creating the first gap-year counseling





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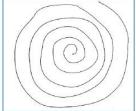
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The AGA estimates that roughly 60 to 70 percent of all gap years taken include international travel.

Schools of thought

With gap years' growing popularity, various institutions of higher learning have developed plans for accommodating interested students. Some schools, especially private colleges, may work with gap students and even help set them up with structured programs.

Boots' school, PLU, receives about eight to 10 gap-year requests from incoming freshmen each year, says Melody Ferguson, director of admission. The small, private college, with an enrollment of 3,300, will reserve an accepted student's place. "We can defer their admission and scholarships for up to one year," Ferguson says.

Similarly, Gonzaga University in Spokane, Washington, a school with 7,800 students, lets freshmen defer admission for one year, says Julie McCulloh, dean of admission.

"Private universities have more flexibility to implement these kinds of programs," says Susan Poch, assistant vice provost at Washington State University in Pullman, "whereas public colleges are governed by more rules and regulations."

Of course, many public as well as private universities do have study-abroad opportunities.

Gap-year options have been limited at the University of Washington (UW) in Seattle because of traditional-enrollment demand, according to administrators.

"Historically, this has been an enrollment demand-and-management issue," says Philip A. Ballinger, associate vice provost for enrollment and undergraduate admissions at the UW. "So many

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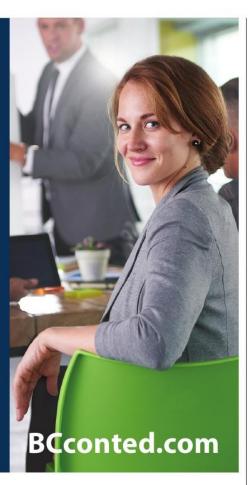
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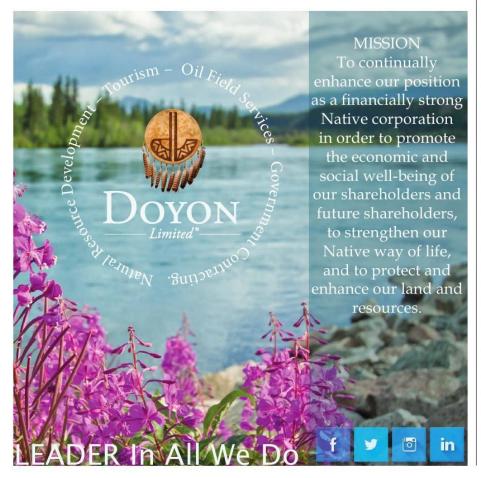
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EDUCATION

in-state students wish to attend [the UW] that our general policy has been that if admitted for a particular quarter, an applicant needed to matriculate that quarter, otherwise the place should go to another student." The UW does, however, permit deferrals for health-related reasons and "exceptional opportunities," Ballinger notes.

He also belongs to a coalition of admission offices that produced *Turning the Tide: Inspiring Concern for Others and the Common Good through College Admission*, a report that considers promoting gap years on a national level.

In 2011, the University of North Carolina–Chapel Hill, with an undergraduate enrollment of about 18,000, began offering \$7,500 scholarships to help subsidize students' gap years.

This year, Florida State University (FSU), an institution of more than 40,000 students, announced the availability of \$50,000 for scholarships of up to \$5,000 per gap-year student.

"It's become increasingly clear that gap-year experiences can be transformative for students, helping them become better thinkers and citizens," says Joe O'Shea, assistant vice president for academic affairs at FSU. "Having thoughtful and caring students on campus is something we want, and we expect gap-year students to infuse the student body with diverse and meaningful perspectives."

O'Shea also serves as the president of the board of the AGA. "We want to send a message to higher education that colleges and universities should allow students to defer their matriculation to undertake a meaningful gap year."

Benefits, cost

Many people in higher education agree: A gap year—if done right—offers tremendous value. Proponents say a gap year allows students to enter college better prepared.

"Sometimes it is health-related;



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EDUCATION



Malia Obama made news in 2016 when she announced her plans to defer her first year at Harvard and take a gap year.

sometimes it is focus; sometimes students just know they are weary and recognize the need to become hungry for learning again, prior to going to college," says Gonzaga's McCulloh. "Students can be exhausted at the end of high school when they have put so much energy into school and extracurricular activities, and perhaps need some time for some life maturing."

A survey of gap-year alumni published in 2015 by the AGA found that 98 percent of gap-year students agree that their year promoted self-reflection; 96 percent agree it increased confidence; 84 percent agree it helped them acquire skills useful in their careers; and 77 percent agree that it helped them find their purpose in life.

As gap years gain traction, there are more organizations offering structured options. For instance, Pacific Discovery, Thinking Beyond Borders, and Carpe Diem Education are all application-based programs that set gap students up with adventures, internships and volunteer opportunities across the globe.

Yearlong, immersive international programs can run up a \$35,000 tab, says



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Knight of the AGA, though prices vary.

He says AmeriCorps is a national program that offers students paid stipends to serve nonprofits, schools, community groups and other organizations across the country.

Cross-Cultural Solutions (CCS), a New Rochelle, New York, nonprofit, offers gap years spent volunteering in places such as Morocco, Brazil and India. CCS programs are tax deductible and range in price from \$1,733 to \$11,500, depending on the destination(s) and duration of the program.

The cost has some people in academia concerned. "Gap years typically require resources—resources not available to many if not most students," says Ballinger. "I think gap years can offer students wonderful possibilities, but I would not want them to become normative or expected unless they were also to become widely possible for students from all sorts of backgrounds."

The high price tag is exactly why FSU began offering scholarships, says O'Shea. "We recognize that gap-year education can be inaccessible to many low-income students, and we want all students to be able to take advantage of a gap-year education regardless of their family's income."

For now, though, most students have to pay out of pocket. Boots acknowledges that she was lucky to be able to take her gap year. "It's worth noting that my experience is a privilege. Not everyone has that opportunity."

But for Boots and others who do have the opportunity, there's little doubt that a gap year can be a life-changing event.

"I came back and knew how to care for myself alone—something that has really helped me in college," Boots says. "I came back feeling confident in myself and knowing a little bit more about who I am."

Elizabeth M. Economou, a former adjunct professor, writes from Seattle.

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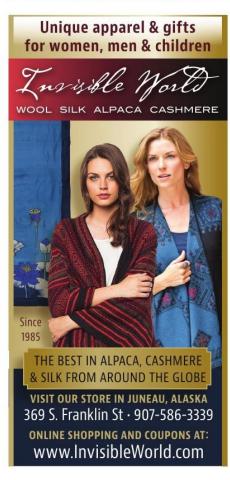
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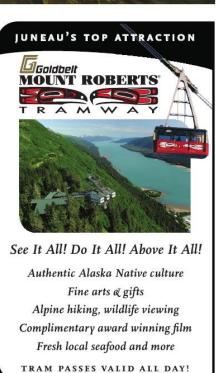
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Charging forward

By Bengt Halvorson

What do the new Toyota Prius Prime and the 214-mph Porsche 918 Spyder have in common? At face value, it might not seem like there's much overlap. Yet they both pack a charge port, a reasonably large battery pack and a gas tank, and are considered plug-in hybrids. ■ As a whole, plug-in hybrids are great, practical gateway devices toward an all-electric motoring ideal that might not be realistic. If you have

a relatively short, predictable daily commute, electric cars offer a solution for going gasoline-free. But the truth is that family transportation needs aren't entirely predictable, and until fast-charging networks are more robust, and driving range is extended in the more-affordable models, going all-electric may be a stretch.

While I'm not quite working toward a suggestion that you commute in a Porsche 918—sorry, they're sold out anyway—there are some lessons to be learned by it. Plugin hybrids promise the best of both worlds. The Porsche 918, for example, has a battery pack that allows 12 miles of all-electric driving, returning the official EPA-rated energy equivalent of 67 miles per gallon without starting the gasoline V-8. On the performance side, the 918 can use its two

electric motors and energy from the pack to supplement the engine, making 887 horse-power and giving it the capability of dashing to 60 mph in just 2.5 seconds, and to a top speed of 214 mph.

Reel that potential back to the entirely pragmatic and you have a car like the new Toyota Prius Prime. The paragon for hybrids has long been the Toyota Prius, and now Toyota has at last engineered a plug-in version that drives and performs better than the standard Prius, while offering 22 miles of all-electric driving and returning the same 52-mpg EPA combined rating as the other Prius Liftback models once it's exhausted the plug-in charge.

Like the Prius, the Prime uses Toyota's Hybrid Synergy Drive—an obsessively engineered, cleverly controlled and meticulously programmed drive system that employs two electric motors and a planetary gearset to capture energy lost in decelerating and braking, then repurposes that energy to aid in acceleration or to allow the gasoline engine to switch off at times. What makes the Prius Prime different (besides some bolder appearance details, a larger, vertically oriented infotainment display inside and a backseat for two rather than three) is a larger 8.8-kWh lithium-ion battery pack with a special one-way clutch arrangement that harnesses both e-motors for propulsion and bypasses the gasoline engine for a pure-electric mode.

Until last year, Toyota offered a Prius Plug-In model that allowed just 6 miles of all-electric driving—even then, to stay in pure-electric mode, you had to be gentle on the accelerator; press too far, and the gasoline engine would start up as a supplement.

This time it's different: The Prius Prime drives like a perky, nearly silent electric car for those first 22 miles or so—you don't have to drive it especially gently or slowly to get that range out of it, either. It also comes with a special heat pump—based climate—control system to make sure the cabin is comfortably warm in subzero temperatures (cabin heat has been a weakness for electric cars) without dramatically reducing the range. After the charge is exhausted, the Prius Prime drives much like other Prius models, and delivers a total driving range of about 600 miles per tank of gas.



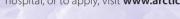


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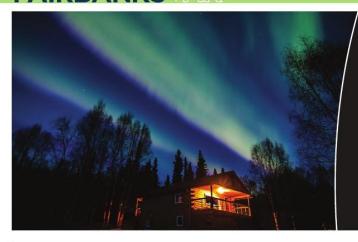
And the Prime is representative of where plug-in hybrids are headed. Up until quite recently they were a niche product with smaller sales numbers than electric cars. But over the next 15 years or so, the International Energy Agency expects sales of plug-in hybrids to overtake sales of both electric cars and hybrids.

Plug-ins are an important stepping stone toward 2050, when more than half of the global vehicle market will come with a charging port, and the vast majority of the market will be hybridized in some way. That's essential, according to the IEA, to meet a targeted 50 percent cut in global greenhouse-gas emissions.

While the Toyota Prius is a sales success—with the entire Prius family selling nearly 6 million units worldwide over 19 years—the previous Prius Plug-In was a niche model. With the Prius Prime, Toyota hopes to capture some of the success of the Chevrolet Volt, a plug-in hybrid that has in recent months been (outside of Tesla products) the strongest-selling vehicle model with a charge port.

The Volt has such a convenient allelectric driving range (53 miles for the latest 2016–2017 models, 38 miles for the previous generation), and such a fan-base eager to avoid driving in gasoline-engine mode, that GM added two maintenance modes: one to start the four-cylinder up briefly every five or six weeks to keep its internal parts lubricated, and another to encourage owners to use up what's in the fuel tank at least once a year, keeping the gasoline from getting too waterlogged over time.

Hyundai and Kia, who share the same parent company in South Korea, also take this segment of the market seriously, with a plan for a series of models (arriving in 2017) that will include plug-in





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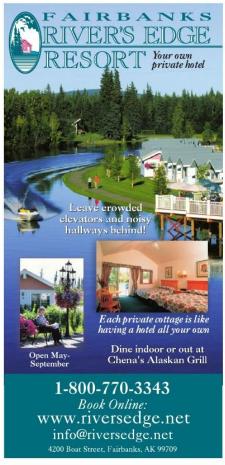
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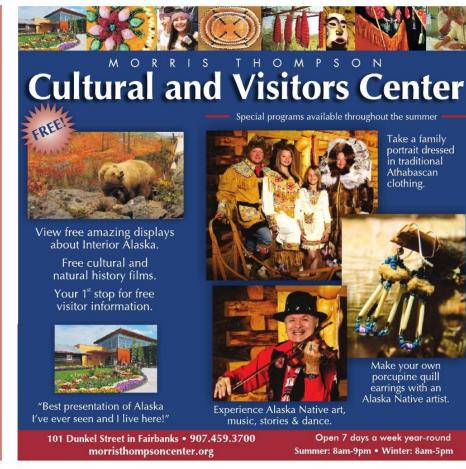


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AUTOS

hybrids, hybrids and all-electric versions. On the Hyundai side there's the superaerodynamic Ioniq—a direct rival to the Prius Prime and Volt, in plug-in hybrid form. A boxier, tall-hatchback Kia called the Niro will be built on some of the same underpinnings.

While those models all have standout body styling unique to their advanced-powertrain, fuel-saving mission, you can also drive a plug-in hybrid without advertising it. For instance, Hyundai is offering a plug-in hybrid version of its Sonata midsize sedan, capable of going 27 miles on a charge and returning an EPA combined 40 mpg the rest of the time. An equivalent version of the Kia Optima is also on the way.

Chrysler's minivans have been serving up versatile, spacious family goodness for decades, and now there's also a plug-in hybrid version of the latest Pacifica vans. Chrysler found that the average owner of its current vans drove 29 miles in a typical workday; it then sized the battery pack accordingly—16-kWh, good for a 30-mile all-electric range. It kept the V-6 to provide strong, confident acceleration in hybrid mode, with up to seven passengers aboard plus space for luggage and gear.

Ford continues to offer two plug-in hybrids: Ford C-Max Energi hatchback/ wagon and Ford Fusion Energi sedan. These were among the first plug-in hybrids on the market—going back to the 2013 model year—and they have been improved over the years. Although there's one caution with these models: They don't actually offer a pure-electric mode you can lock in; press the accelerator too far and the engine will start.

That's the case with most of the luxury-brand plug-in hybrid models currently on the market. In the Audi A3 e-tron, BMW X5 xDrive40e, Porsche Cayenne S E-Hybrid, Porsche Panamera S E-Hybrid, Mercedes-Benz C350e, Mercedes-Benz S550e and Volvo XC90 T8, you may be able to do your commute solely with electricity, but there's no disguising that engineers see it as secondary to the gasoline engine.

These plug-in hybrids offer a different



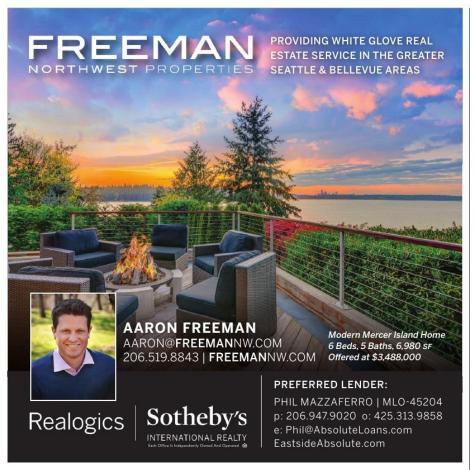
balance of electricity and gas power use depending on battery size compared to size and weight of the vehicle. With some of the luxury models that still have rather large engines and relatively small batteries, the battery capacity adds up to a few miles of all-electric range, plus a fuel-economy boost the rest of the time.

Yet some of the other new plug-in hybrids, such as the Prius Prime and the Chevrolet Volt, aim to be gateways to allelectric motoring. You can go gasoline-free around town; meanwhile, you have longerrange capability for weekend highway trips or the unexpectedly long series of errands.

Why should you consider these cars, even if you don't see a lot of value added by the plug-in capability right now? There are incentives that, in some cases, mean these models won't cost much more than their counterparts without a charging port. As part of a special IRS credit on "Qualified Plug-in Electric Drive Motor Vehicles," most plug-in hybrids qualify for a credit—for instance, \$4,500 for the new Prius Prime, or \$7,500 for the latest Chevy Volt. The credit is applied based on battery size, so even that Porsche 918 qualifies for a \$3,667 credit. And in the not-too-distant future—the next time gas prices rise, for instance—that charging port could be value added.

Whether looking to save gas, cut down on emissions or simply try something new, selecting one of these plug-in hybrids will give you an intriguing view of the future.

Bengt Halvorson is an independent automotive journalist writing from Portland.





from page 74 dream at such a young age required some adjustments. She was a gold medalist, and that meant people initially treated her differently, especially after she enrolled at Stanford University. "The first month it was kind of like, 'Oh, that's the Olympian?' and then a month later it was, 'Oh, that's Maggie."

"Right before the first whistle of the first game, you get to lock your eyes on your teammates, and in that moment you're officially Olympians."

In 2016, Steffens is a veteran presence on a squad that features nine players who are new to the Olympics. And that fresh team chemistry is helping fuel her passion for another gold.

"The dynamic and the journey of the team is going to be completely different than for the last squad," Steffens says. "That's what makes it so special. I'm definitely still young, and while I was lucky to achieve a dream of mine so early on, it's still a dream—I want to be an Olympic gold medalist again."

Steffens caught the Olympic bug early. Her father, Carlos Steffens, recently showed her a photo of herself at 6 years old, in which Steffens is hoisting a paper Olympic torch, wearing a paper Olympic medal and standing before an American flag. "I remember that day of school so well, and I remember thinking to myself, 'I'm going to be an Olympian.' The dream just kept building," Steffens says.

Her father, who was a member of the Puerto Rico Men's National Water Polo



Team, introduced her to the sport at a young age. When Steffens was 8, Maureen O'Toole, a member of the U.S. Olympic Women's Water Polo Team that won a silver medal at the 2000 Sydney Olympic Games, recruited Steffens and her siblings to join a local Bay Area club that O'Toole was organizing. Steffens loved the sport immediately.

"As a kid you just go out there and have fun," Steffens says of competing in a sport. "There's something so pure about young athletes." Channeling that younger self can carry a person to an Olympic dream, she says.

Water polo shares traits with basketball, lacrosse, soccer and ice hockey. Six players, plus a goalie, are constantly shifting from offense to defense. Steffens says the U.S. team is known for quick transitions and catching their opponents off guard. And transitions are a good time to score.

As she leads the 2016 team into Rio, there is one moment, in particular, that she's looking forward to. "There's nothing better than right before the first whistle of the first game, you get to lock eyes on your teammates, and in that moment you're officially Olympians."

Rob Munn

HOME: REDMOND, WASHINGTON

SPORT: ROWING IN THE MEN'S EIGHT

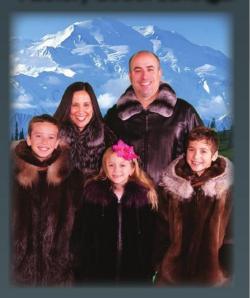


You'd think the most difficult part of a crew race would be near the end of a 2,000-meter dash when you are fighting for air and your muscles are beginning to cramp. But for rower Rob Munn, the hardest part is waiting for the race to start. "It's a mentally grueling sport," says the Seattle-area native. "You go through hours and hours of training and practice for essentially one or two races per year.

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Puzzle on page 197

DIFFICULTY: EASY

6	5	9	4	1	7	8	2	3
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8	6	5	3	9	4	2	1	7
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DIFFICULTY: MEDIUM

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3	5	9	4	7	2	1	6	8
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When you actually get into the race, you forget all of that difficulty, and you're in the moment. Racing is the fun part of the sport."

Munn started rowing during his freshman year in high school with the Sammamish Rowing Association, simply because he had to play a spring sport in order to join the Redmond High School football team in the fall.

Munn knew that competing in the Olympics was a possibility when he started rowing, but he didn't really expect to continue with the sport. However, Munn found he enjoyed rowing, and his 6-foot-4 frame also turned out to be a great advantage. About 80 percent of a rower's power comes from his or her legs, he says.

After high school, Munn went on to become a leader on the University of Washington's renowned crew team. In his senior year in 2012, Munn was named co-captain of the men's team and voted Pac-12 Male Rowing Athlete of the Year, as he led the Huskies to the 2012 Intercollegiate Rowing Association National Championship.

In Rio, he'll have at least one familiar face in the U.S. Olympic Men's Eight Crew boat. Fellow Sammamish Rowing Association and University of Washington alum Hans Struzyna has also made the Olympic team.

"To get this far in our journey and to qualify for the men's eight together was a truly special experience," Munn says. "We've been close since high school, and whether or not we were in the same location, we always pushed each other from a training perspective. To have the opportunity to go out and compete at the highest level in your sport with someone like that is awesome. We're going to enjoy every second of it. I can't wait."

Jeff Layton writes from the small mountain community of Plain, Washington.

Flyer guide

Your overview of the Alaska experience.

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Number in fleet: 59 Range: up to 2,720 miles Seats: 181

B737-800

Number in fleet: 61 Range: 2,920 miles Seats: 163

B737-700

Number in fleet: 13 Range: 2,985 miles Seats: 124

B737-400

Number in fleet: 14 Range: 2,000 miles Seats: 144

B737-400C ("combi")

Number in fleet: 5 Range: 2,000 miles Seats: 72, plus 4 cargo containers

B737-400F (freighter)

Number in fleet: 1 Range: 2,000 miles Capacity: 9–10 cargo containers In 2016, Alaska will take delivery of 19 brand-new Boeing 737-900ER aircraft featuring in-seat power, bigger bins and LED lighting.

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Bombardier Q400

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



Embraer 175

Number in fleet: 9 Range: 2,150 miles Seats: 76

Bombardier CRJ-700 (not pictured)

Number in fleet: 8 Range: 1,378 miles Seats: 70

Embraer 175 & CRJ-700 operated by SkyWest Airlines

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- alaskaair.com/español
- El editorial mensual del director ejecutivo quese encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

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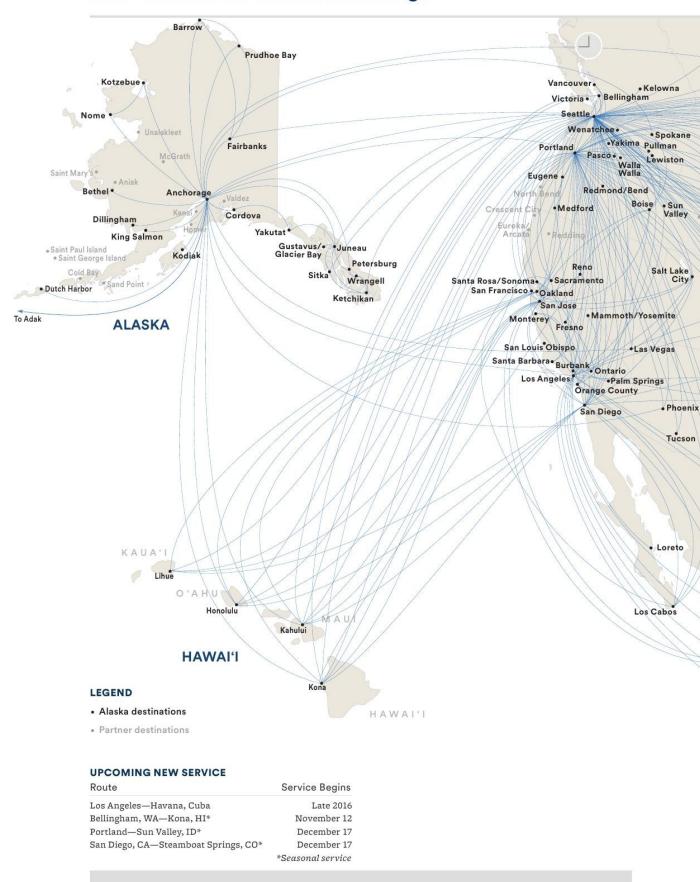




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Cities served: 7

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Notable: Closest airport to

Disneyland.

Insider info: Takeoffs from SNA are designed to minimize noise. Pilots climb quickly and steeply off the runway, then reduce power until over the ocean.

ne ocean.

Airport terminal maps

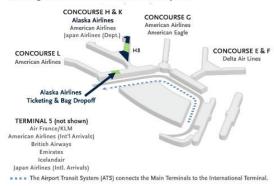
A quick guide to help you make easier connections.

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ORD

Chicago O'Hare International Airport



LAX

Los Angeles International Airport



DFW

Dallas/Fort Worth International Airport



SEA

Seattle/Tacoma International Airport



PDX

Portland International Airport



SFO

San Francisco International Airport



SAN

San Diego International Airport

Customs and immigration

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building. Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional.

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TO THE UNITED STATES

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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.
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Datos de ayuda

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Datos de ayuda

- Una forma por persona o por familia con la misma dirección.
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- 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.

CONSEJOS DE VIAJE INTERNACIONALES

A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29
 para cada viajero. Para los boletos comprados
 tarde del 1 junio, 2016, pagar la cuota antes de
 check-in con Alaska Airlines en los centros de
 servicio en el área de registro de entrada en el
 terminal. La tarifa está incluido en el precio de
 los boletos comprados el 1 de junio 2016.

Your safety and comfort

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

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.

PETS

 Pets must remain in carrier for entire flight.
 Carrier must be stowed for taxi, takeoff and landing.

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant.
 No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

OTHER PROHIBITED ITEMS

 Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal airpurifying devices.

CONTACT US

Customer care: 800.654.5669 (Mileage Plan, Web Support, Customer Care)

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: 800.468.2248 vacations.alaskaair.com.

USING YOUR DEVICES

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

Allowed on the ground and in the air

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

Not allowed during flight

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



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 are on page 181**

Difficulty: Easy

	5	18 18			7		2	8
			9	5	8		4	6
7		4			2		5	9
		8		6	5	3	9	8
	2	6	7	4		5		
8	6		3			2		7
1	4		8	2	6			
	3		5				6	

Difficulty: Medium

9	2	8			5	4		8
		7			3		9	
5			9	4		2		
	4				9	8		3
1				3				4
6		8	5				7	
		9		7	2		8	8
	7		6			3		
		4	3				2	9



10 0					20070 112		3 3076			507200 170												
ACR	nes	1	2	3	4	5		6	7	8	9		10	11	12	13	14		15	16	17	18
	Gwyn and Carter	(5)	2	556	(850)	30		870	28				(550)	1562	0.00	456	8582		1870	85.50	5880	9.700
	Perform poorly	19	1			1		20	1		<u> </u>		21		<u> </u>				22	1	1	
	Shallow dish																					
	Insult	23	1					24					25						26			
	Regional																					
	Singer Cantrell	27					28						29					30				
	French city																					
	"Bungay"	3			31					68 8	32	33					34					
	(H.G. Wells novel)																					
23	Senseless	35	36	37					38	39					40	41						
24	Eastern prince																					
25	Obvious	42					43	44						45						46	47	48
26	BPOE members																					
27	Stuffing mixture	49	1		50		51					52	53					54	55			
29	Thin pasta																					
31	Peron and Marie Saint	56				57		58			59		60				61		62			
32	Lying down																					
34	Girdle				63	1	64			65	1	66			1		67	68		1	1	
35	Amazement					1		1				1							1		1	
	Carried on	69	70	71		l –			72		73				74	75		t	t		1	
	Litters' kin																			G.		
	Hollywood's Gardner	76	1	İ	1	Ī	ĺ		77	78		Ī		79		80						
	Lifting machines																					
	Old hat	81	1		1		82	83	1		t		84		85			86		87	88	89
	aboard!				1																	
	Spaces	90	1			91		92	1		t	93		94			95		96		1	
	Rear											200					200					
52	Magic formula	97	1			98	99					100	101							102		
	Ulnae neighbors																					
56	Slumber	5)			103			1			104						105	106	107			
	Quick look				12400000						1000000						0000000	V-SA-SECTION				
60	Powerful beam	108	109	110		1				111		1				112			1			
	Lean and																					
	Provoke	113	1					114	115	0 0				116	117					118	119	120
	Bogart film																					
	Retaliate for	121	 	1	 		122	+-	1	<u> </u>	<u> </u>		123		<u> </u>	 		124	1	1	1	
	Popular Chinese appetizer	8000007					100000						110010					100123130				
	Yo-yo, e.g.	125	1				126						127					128		1		
74	Flourless coconut or												122					157				
	almond treat	129	1				130		1	0 0			131					132		3.		
	Bay windows																					
	Second of two								_												_	
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	Twain character	126	D (77									_								
	Figure of speech			me ing	redier	ıτ		16 Re		23					d Prix,			14	07 A	banda		
	Musician Shankar		Blind						ot join	IT					ping ai	d				bando allid	I I	
	Star of "Where's Poppa?"		Hobo						Assume					5 Sizzling					08 P		rock	
90	Evidence	129	Must-						otest v				68		ery tru	ICKS				ayered		
	Chris of tennis	130	Explo						tchen {	0	8		69	Remo		io-				lot as g logged		
94	Idols		Felled						tal stat				70	50/10	of fict					xcavat		
	Notre	132	vvario	ici UII					arry's la		i		71		finely					ink wir		
97	"Ain't Sweet"	DOW	/N						iggles		1		72 75	Tolera	ns' cou	151115					o name	2
	Used a crowbar								gg-shap ane sit				75 70								of liner	
	Sneaker feature Scale notes		Novio	e tor Rul	hik				ane sit ibside	C			78 79	Parro Furie						ive a P		
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	Butter cookie		9 mitzvah 10 Confirmed						rgon						or Tig	612						
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121	Listen! Actor Greene		Cheri		iolini-	+			nake	or.			99	2733				۲,	11111	0 10 0	I PAGE	182
122	ALTOLUTEPHE	12	12 Hungarian violinist					53 Pe	3 Performer				101 Kennel sound					SOLUTION ON PAGE 182				
		12	13insurance					CE MA	5 Warned				102	3 Branded				PennyPress				
123	Astronaut Shepard				ce														Per	nm	/Pr	ess
123 124		14	Lures				l.	57 Ta		tor			104	Fishir	ded ng gea e beers						Pr	ess y Press,



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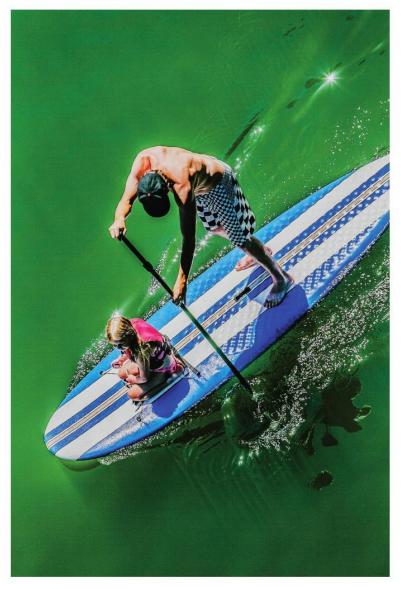




E S 2402 Auburn Way South, Auburn WA 98002 800-804-4944 | muckleshootcasino.com



IT'S ALL ABOUT YOU



A lazy day on the Russian River in Monte Rio, California.

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