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Alaska Beyond

Magazine
January 2017

Joining Forces

Alaska Airlines and Virgin America come together to create something remarkable

HELLO, HAVANA: Cuba is Alaska's newest destination, *p. 52.*
SURFING THE TROPICS: From Costa Rica to Hawai'i, *p. 62.*
BUSINESS TRIPS: Getting the most from your travel, *p. 96.*
MILEAGE PLAN ADVENTURE: Barcelona, Spain, *p. 120.*

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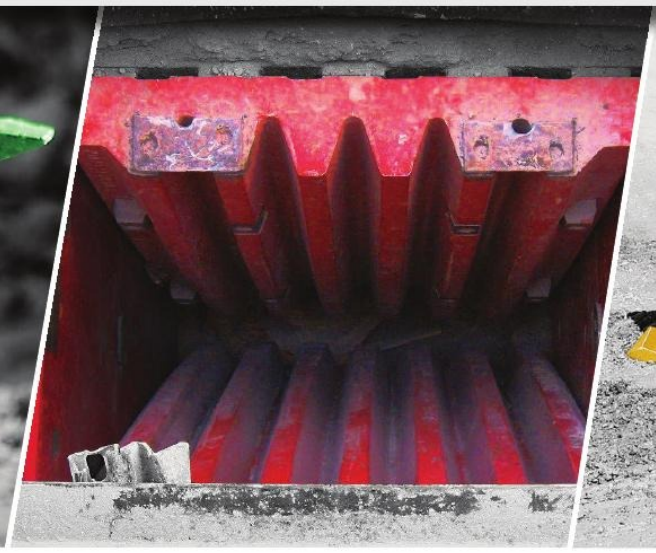

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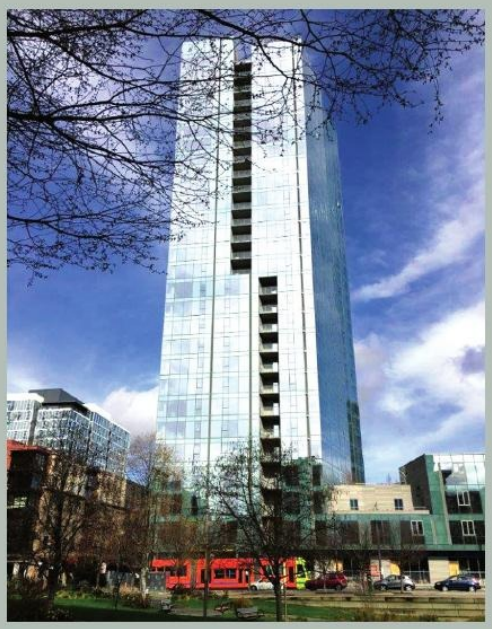

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Alaska. Beyond

JANUARY 2017

DEPARTMENTS

9 Spirit of Alaska
A message from Alaska Airlines CEO Brad Tilden.

14 What's New
News from Alaska Airlines.

15 People Behind the Spirit
Jeff Butler, VP of Airport Operations and Customer Service, and Flight Attendant Chris King.
By Paul Frichtl

26 Journal
Notes on life around the Alaska Airlines route system.
Edited by Ben Raker

120 Mileage Plan Adventures
Enchanting Barcelona.
By David Armstrong

127 Education
The Fulbright Program.
By Elizabeth M. Economou

133 Autos
Chevy's game-changing Bolt EV.
By Bengt Halvorson

137 Advertiser Information
Connect with our advertisers.

139 Alaska Airlines Guide to Services
Travel tips, flight information, Mileage Plan, air safety, route maps, vacations and more.

156 Sudoku Puzzles

158 Crossword Puzzle

160 Photo Page

39

52

FEATURES

18 Joining Forces
Alaska Airlines and Virgin America combine to create something remarkable.

52 Hello, Havana
Discover colorful Cuba with Alaska Airlines' new flights.
By Robert Reid

62 Surfing the Tropics
A tour of three getaways with perfect sun and surf.
By Neal Kearney

74 Taste Makers
Top Hawai'i chefs serve up delicious, innovative fare.
By Martha Cheng

84 A Local's Key West
This vibrant area boasts nature and nightlife.
By Cricket Desmarais

BUSINESS TRAVEL

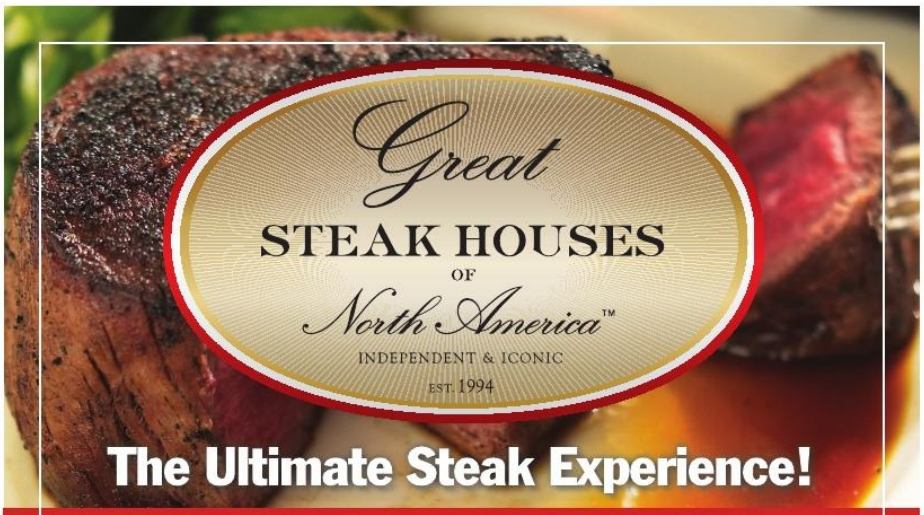
96 While You're There
Adding leisure to business travel.
By Michele Andrus Dill

107 Travel Tips
For business trips.
By Stuart Glascock

115 Raise Your Charisma Quotient
Increase confidence and get results.
By Jean Hamilton

62

Cover: Flight attendants Amelia McIntosh and Orlando (Orly) Tercero joined a celebration in San Francisco of the merger between Alaska Airlines and Virgin America; see "Joining Forces," starting on page 18. Photo by Ingrid Barrentine. **Contents:** Musicians are part of the vibe on Havana's streets; page 52. Ice adventures take many shapes; page 39. Catch a curling wave in Hanalei Bay, Kaua'i, and other tropical destinations; page 62.



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What's not changing

Brad Tilden, Chief Executive Officer

After nearly nine months of review and approvals, Virgin America and Alaska Air Group have now combined to form the nation's fifth-largest airline—an airline that will have a national footprint and an unmatched ability to serve the needs of travelers living anywhere on the West Coast.

The new airline will have 1,200 daily flights, 19,000 employees, almost 300 airplanes, and it will fly between almost 300 city-pairs. It will have the largest seat share of any airline serving the West Coast. It will offer the most nonstop flights to the most destinations from the West Coast.

If I were a customer of Alaska or Virgin America, I would have a couple of questions. One, why did you do this? And two, what's changing and what's not? Let's deal with these.

Alaska and Virgin America teammates come together in Seattle.

So why are Alaska and Virgin America combining? There is a lot of talk about sustainability these days. We believe that we actually run our business in a sustainable way, and we wanted to take this step to protect our independence and our ability to continue to do the things that we do for our various stakeholders. Our industry has consolidated substantially, and—as successful as we have been—we believe that we need to get bigger to reduce our vulnerability to airlines that are larger than us, and that have greater market power. Simply put, we believe in the value that Alaska brings to customers, to communities, to our people and to our owners, and this move will allow us to continue to do this well into the future.

As to the questions of what's changing and what's not changing, I hope you see a lot of positive changes. I hope you see a company with even greater energy, with even more aggressive growth plans, and a company that does an even better job of serving the needs of our customers. Virgin America has created an unbelievably successful franchise in nine short years, and there are many aspects of the experience they offer guests that provide good learning for all of us at Alaska.

I think the more important question is, what's not changing? And the answer to this is our values. In the future, you will see a company that continues to make safety our No. 1 priority. A company that fundamentally believes that we win with and through our people. You'll see us continue to invest in them, and empower them to do great things for our communities and customers. You'll see a company that relishes competition and that wants to go out each day and deliver exceptional performance—whether that is in getting your flight off on time, getting your bag to the carousel in 20 minutes, or getting the airplane into Juneau in bad weather because we've developed and implemented industry-leading low-weather technology. And finally, you'll see a company that wants to earn your trust and respect. A company that you look at and say, "You know, they're really remarkable. They are fundamentally a good airline." Of course, this is a high bar, and we won't always get over this bar every day, and on every flight. But this is what we'll be trying to do.

Thank you for flying with us today, and thank you for placing your trust in Alaska. Your support over the years has enabled us to take this new path ... a path that we hope and believe will make us even better in the years ahead.

Onward and upward!

Brad Tilden,
Jefe Ejecutivo

El Espíritu de Alaska

Qué no cambiará

Después de casi nueve meses de revisiones y aprobaciones, Virgin America y Alaska Air Group se han fusionado para formar la quinta aerolínea más grande del país; una aerolínea que tendrá presencia nacional

y una capacidad inigualable para atender las necesidades de los viajeros que viven en cualquier lugar de la Costa Oeste de los Estados Unidos.

La nueva aerolínea tendrá 1.200 vuelos diarios, 19.000 empleados, casi 300 aviones y volará entre casi 300 pares de ciudades. Tendrá la mayor cuota de asientos de cualquier aerolínea que sirva a la Costa Oeste. Ofrecerá el mayor número de vuelos directos al mayor número de destinos de la Costa Oeste.

Si yo fuera un cliente de Alaska o Virgin America, tendría algunas preguntas. Primero, ¿por qué decidieron hacer esto? Y segundo, ¿qué cambiará y qué no? Hablemos sobre estos asuntos.

¿Por qué se fusionan Alaska y Virgin America? Hoy en día se habla mucho acerca de la sostenibilidad. Creemos que realmente llevamos a cabo nuestras

Los compañeros de equipo de Alaska y Virgin America se reúnen en Seattle.

actividades comerciales de manera sostenible y por eso, quisimos tomar esta medida para proteger nuestra independencia y nuestra capacidad de continuar haciendo lo mejor para las diversas partes interesadas. Nuestra industria se ha consolidado sustancialmente y si bien hemos tenido éxito, consideramos que necesitamos seguir creciendo para reducir nuestra vulnerabilidad frente a las aerolíneas que son más grandes que nosotros y tienen un poder mucho mayor en el mercado. Sencillamente, creemos en el valor que Alaska brinda a los clientes, las comunidades, nuestros empleados y propietarios, y este paso nos permitirá continuar haciendo esto por mucho tiempo.

Con respecto a las dudas sobre qué cambiará y qué no, espero que puedan apreciar muchos de los cambios positivos. Espero que vean a una compañía con más energía y planes de crecimiento más agresivos, además de una compañía que satisface las necesidades de nuestros clientes con mayor eficacia. Virgin America ha creado una franquicia increíblemente exitosa en tan solo nueve años, y existen muchos aspectos de la experiencia que ofrecen a los clientes que nos proporcionan una buena enseñanza a todos nosotros en Alaska.

Considero que la pregunta más importante es la siguiente: ¿qué no cambiará? La respuesta es simple: nuestros valores. En el futuro, verán a una compañía cuya principal prioridad seguirá siendo la seguridad. Una compañía que, básicamente, cree que gana gracias a sus empleados. Observarán que continuaremos invirtiendo en ellos y alentándolos a hacer cosas grandiosas por nuestras comunidades y nuestros clientes. Verán a una compañía que valora la competencia y que desea salir a demostrar un desempeño excepcional todos los días, ya sea al lograr que sus vuelos despeguen a tiempo, que su equipaje llegue a la cinta transportadora en 20 minutos, o que el avión llegue a Juneau incluso bajo condiciones climáticas adversas, porque hemos desarrollado e implementado una tecnología contra las inclemencias meteorológicas líder en la industria. Finalmente, verán a una compañía que desea ganarse su confianza y su respeto. Una compañía de la que podrán decir: "Realmente son extraordinarios. Son fundamentalmente una buena aerolínea". Por supuesto, las expectativas son altas y no lograremos superarlas todos los días o en todos los vuelos. Sin embargo, continuaremos intentándolo siempre.

Gracias por volar con nosotros hoy y por confiar en Alaska. Su apoyo a lo largo de los años nos ha permitido emprender este nuevo camino ... un camino que, esperamos y creemos, nos permitirá ser aún mejores en el futuro.

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before

While My Best 10 had always sounded appealing, I was under the impression that it was for women who wanted to lose weight. Then, when I hit my mid-40s, feeling a bit lost and without a goal, I realized that my time to embrace and live my best life could be dwindling.

I had no expectations to see any drastic physical changes. After all, I've always been active and athletic. I played college sports and enjoy working out. I was prepared to learn some new workouts specific to my goals, get in better shape and pick up a few new recipes.

My Best 10 turned out to be so much more. And it changed my life for the better almost immediately.

Being a working woman, wife and mother often left me with little time for myself. Our lives are so busy with school, jobs and sports that our family feels lucky to have any precious, relaxing moments together. We especially love to travel and ski. By design, My Best 10 required me to spend 10 weeks focused on just me! Giving myself permission to embrace this time was a new way of operating. After those 10 weeks, I had learned many different ways to stay organized, prioritize my health and make being my best self important enough to make time for it.

My personal trainer was excellent. His passion for his job, professionalism, willingness and ability to listen are second to none. The workouts he created were challenging, directly targeted at my goals and so much fun that I didn't even realize how much my body was changing for the better. I knew I was with the right trainer when we played basketball for our second workout. Perfect!

My biggest surprise was how much energy I had by following the program. I feel like an entirely different person. I'm thrilled to have shared so many aspects of this positive experience with my family. As a result, we've all grown together.

Here are a few tips I learned along the way. Drink tons of water and get lots of sleep. Track your food intake. It will allow you to recognize and change any unhealthy behaviors. This is especially true when you think that you've developed good habits. Keep tracking. It will ensure you go that extra mile

I joined My Best 10 because I wanted to combine my lifestyle, health and fitness and put myself in a place I don't think I've ever been. I had never operated at my optimum level in all aspects of life and this seemed to be the perfect opportunity to begin to explore how to live my best life.

My Best 10 turned out to be everything I desired and more. More than anything, I wanted my family to live a long, happy, healthy life together. My Best 10 taught me what it means to put it all together and how to share this reality with my family.

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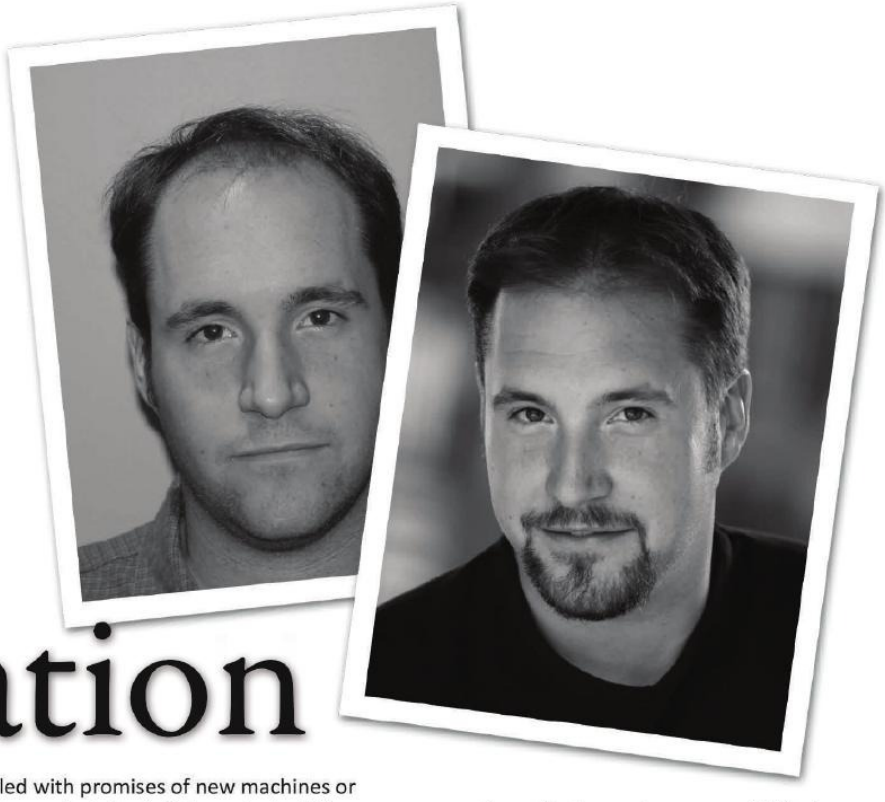

Artistry is what you get when you see Dr. Brian Goertz. As a board certified hair transplant surgeon and the founder of Hair Transplant Seattle, he takes great pride in his artistry of creating natural hairlines, achieving amazingly natural results and helping his patients regain the appearance they've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

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What's new

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This month, Alaska debuts its new Premium Class, offering more room and added perks. Beginning January 5, customers will enjoy the full benefits of this latest offering from Alaska, including:

- 4″ more legroom than Main Cabin seats
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Premium Class is now offered onboard the airline's entire fleet of 737-800 and Embraer E175 aircraft, with 737-900 planes being updated throughout the year. Customers can choose to upgrade to Premium Class for between $15 and $79, based on the length of the flight. Mileage Plan Elite customers are eligible to receive complimentary upgrades.

Premium Class cabins are highlighted by new headrests and seat-row markers. And as part of the aircraft reconfiguration, Alaska's First Class legroom increases by 5 to 6 inches, as well. By the end of 2017, nearly all of Alaska's aircraft will feature Premium Class and the more spacious First Class.

More information about Alaska's onboard experience is available at alaskaair.com under the "Travel Info" section.

The people behind the spirit

Building family

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

JEFF BUTLER, VP OF AIRPORT OPERATIONS AND CUSTOMER SERVICE

Few know Alaska Airlines like Jeff Butler does. He's climbed through the bellies of jet aircraft to load and unload bags and cargo. He's written press releases, served as a reservations agent then as the department manager, and he's directed a corps of nearly 3,000 flight attendants. Since 2007, as vice president of airport operations and customer service, he's overseen pretty much everything that Alaska Airlines does at more than 100 airports in five countries.

After nearly 34 years, that had been a pretty full career, and Butler was looking toward retirement, toward a little change of pace.

A new opportunity came knocking with Alaska's acquisition of Virgin America, announced on April 4. And who better to jump in and help lead the integration of the two companies than a man who's been integral to so much of Alaska's operations?

Butler will be responsible for a number of operations, including airports, inflight services, call centers, real estate and catering. "His operational discipline and deep knowledge of operational process and metrics will be invaluable as we begin to merge Virgin America's operations into Alaska's," says Alaska President Ben Minicucci, who is also now CEO of Virgin America.

It's not just the experience that aligns Butler well with this new challenge, but also the calm and confident way he interacts with people. He knows the jobs that people do every day, and he knows how to relate to the individuals who do that work. And, co-workers say, he can infuse most any situation with a touch of humor.

"I know the ins and outs of Alaska as well as anyone," Butler says of his new role. "And if anything, I can be a calming force in this transition for Virgin America."

"Jeff's overwhelming commitment to his people, his amazing ability to be himself and share that with others, and the gift he has for inspiring and motivating others, has no doubt left a lasting impression on this organization," Minicucci said in presenting Butler with the Legend of Customer Service award.

Butler grew up in the Spokane area, graduated from Washington State University with a degree in communications and served an internship in the communications department at Alaska Airlines. He remembers the day Bruce Kennedy, then chairman of the airline, walked around the offices, handing out $100 bills as holiday bonuses. Kennedy paused. "Butler, I don't know if you're going to make it," he said. Butler took the $100, pretty sure Kennedy was joking. His career at Alaska since speaks for itself.

For all Butler has learned about travel as an airline executive, he also knows what flyers want because he's an avid traveler. When he was in his twenties, he'd fly to Europe for a weekend, often not choosing a destination until arriving at the airport. He's visited all seven continents and says he rarely goes to the same place twice—except frequent trips to Düsseldorf, where Uwe, his partner of nearly 20 years, lives.

Butler seems to find a sense of family wherever he goes—especially at the company where, he says, he grew up. Over the next year or so, he expects his family will only grow as he gets more involved with Virgin America. —*Paul Frichtl*

Volunteer spirit

EMPLOYEES DRIVE DONATIONS

Winter is an especially difficult time for the homeless, but a recent philanthropic event called Socktoberfest will go a long way toward keeping feet warm in Seattle. Flight Attendant Chris King organized a sock drive that netted thousands of sock pairs and other items.

King launched the drive when he saw the need at a homeless shelter where he volunteers. The drive got a huge boost from Skyline Socks, a Bellevue, Washington, company that donated nearly 9,000 pairs. Alaska employees donated another 2,000 pairs of socks, as well as a number of hats, gloves and scarves. Alaska Airlines also donated more than 800 gently used airline blankets. The donation benefited the Urban Rest Stop and other aid organizations.

Alaska's Chris King.

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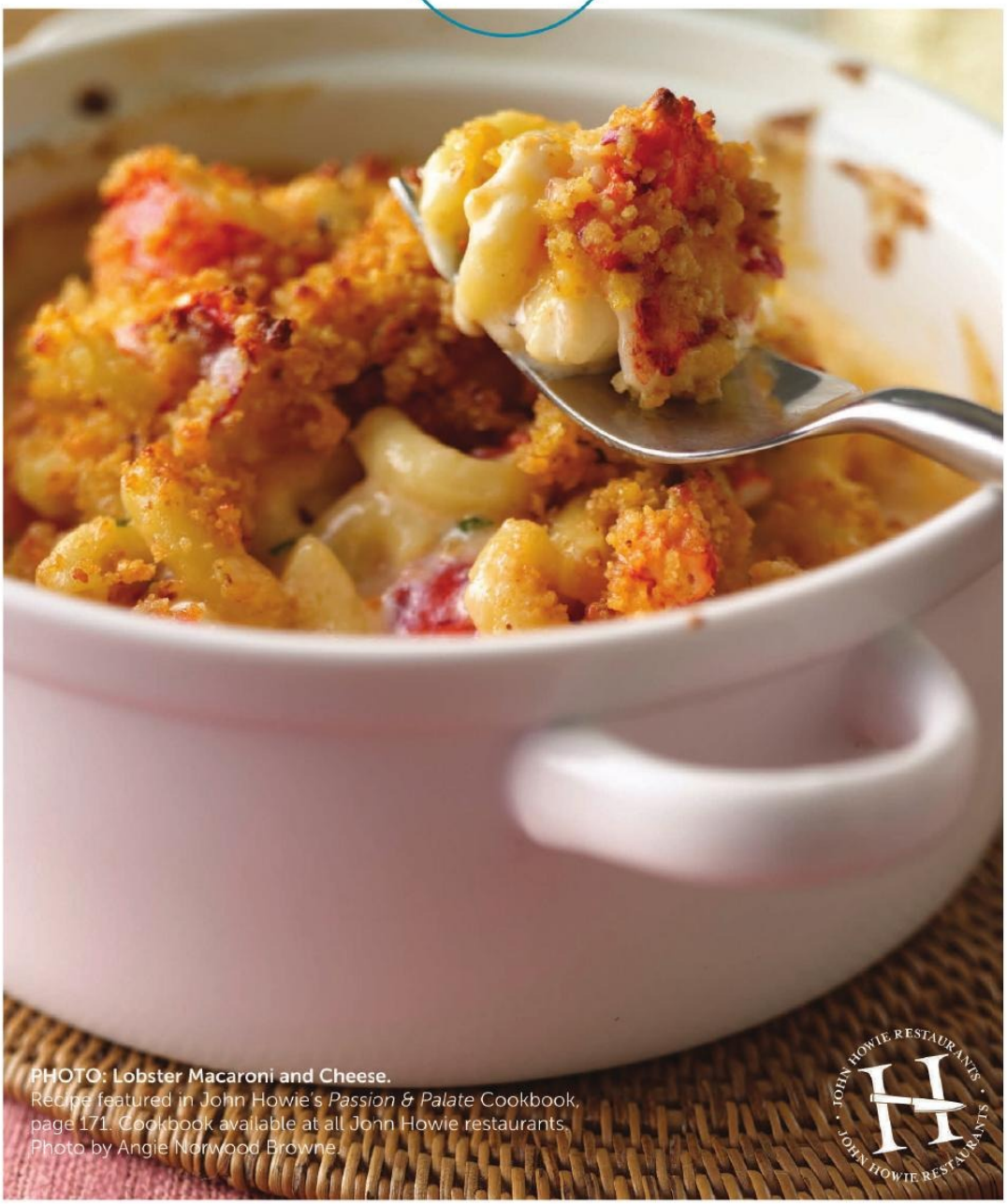

PHOTO: Lobster Macaroni and Cheese.
Recipe featured in John Howie's *Passion & Palate* Cookbook, page 171. Cookbook available at all John Howie restaurants. Photo by Angie Norwood Browne.

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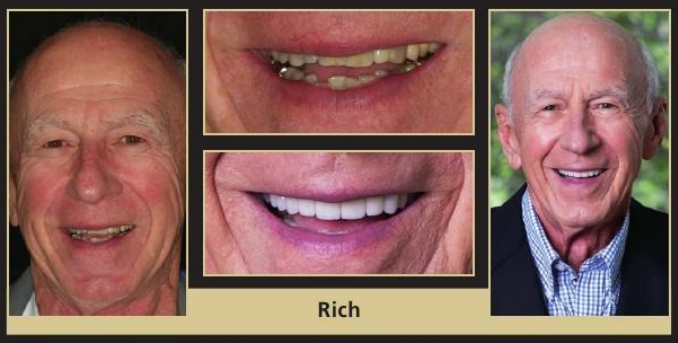

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JOINING FORCES

Alaska Airlines and Virgin America come together to create something remarkable

SOMETIMES IT'S BETTER TO EMBRACE the unusual, the unlikely, the unexpected. Think labradoodles, electric guitars, salted caramels and phones equipped with cameras. Brilliant combinations. Some might even add doughnuts sprinkled with bits of bacon to that list. Throughout history there have been countless tales of unexpected pairings coming together to accomplish something great.

On December 14, Alaska Airlines and Virgin America officially joined forces and are now the latest odd couple that, as Alaska Air Group CEO Brad Tilden said on that historic day, is on the verge of greatness.

While the two companies may seem very different on the surface, Tilden says there's more in common than you'd think, and together they'll keep challenging the status quo to make flying better for everyone.

Airline consolidation over the past decade has led to the big four airlines controlling more than 80 percent of the market, making it harder for smaller, lower-fare airlines like Alaska and Virgin America to grow.

In coming together, the airlines become the fifth-largest in the nation, offering nearly 1,200 daily flights to more than 118 destinations spanning five countries. The combined company will be uniquely positioned as the "go to" airline for West Coast flyers, with five hubs from Anchorage to San Diego serving all the top destinations. The immediate breadth of options for customers as the airlines unite is significant and something neither Alaska nor Virgin America could've offered on their own without years, if not decades, of growth.

There was a lot to celebrate when the airlines' proposed merger was given final approval by the U.S. Department of Justice, and in true Alaska style, the airline was ready with something special.

In Seattle, San Francisco and around the route systems of Alaska Airlines and Virgin America, employees gathered to celebrate the closing of the deal that will merge the two companies. Above, a special 737-900ER paint livery promotes the combination.

MORE TO LOVE

54B

Alaska + virgin america

In the overnight hours the day before the merger cleared its final hurdle, a special Boeing 737-900ER was flown up to Seattle-Tacoma International Airport under the cover of darkness from its hiding place in the California desert. It was quickly tucked into Alaska's hangar, ready for its big unveiling.

The next morning, Alaska planned a special flight to San Francisco where employees could meet their new colleagues and attend a town hall with the airline's leadership team. As employees arrived at the hangar, guests were delighted by the sight of a shimmering new paint scheme that celebrates the airlines' marriage. The nose features Virgin America's vibrant red, which gradually fades into Alaska's "midnight blue" toward the rear of the plane and the signature smiling face on the tail.

Some who arrived that morning had seen leaked photos of the plane online after a sudden November windstorm blew off the protective covering that had been shielding the paint job from public view, but nothing compared to seeing the plane in person. Photos couldn't do justice to the glittering of the mica paint used to create the sparkling look. As employees boarded the aircraft in Seattle, they saw an inscription next to the entry door that reads, "More flights. More rewards. More to Love"—the theme of the merger.

Virgin America customers now have access to a route network that offers five times more daily departures.

For Alaska and Virgin America's loyal customer bases, that means more of everything: flight options, destinations, global connections and loyalty rewards.

MOVING FORWARD

Alaska and Virgin America will spend the next year working to secure Federal Aviation Administration (FAA) certification to allow the two airlines to operate as a single carrier. It's a complicated process that will involve harmonizing more than 130 manuals and 300 separate processes. Everything from standardizing engine-start procedures to pet policies and how the airlines deal with checked bags will need to be addressed. Teams across the company have already begun the work needed to ensure the process goes smoothly. In early 2018, the airlines plan to receive their approval to operate under a single operating certificate, allowing the two distinct

MORE TO LOVE

If you are a West Coast flyer, you now have more options to get where you want to go, and it's never been easier to book low-cost flights to get you from, say, Seattle to Dallas, to New York City, and home again.

In addition, this month, Alaska introduces its new Premium Class, offering customers more room and added perks—see more on page 14. The airline is also adding three new routes out of San Francisco early this year, flying directly to Orange County, Minneapolis–St. Paul and Orlando.

And more enhancements are on the way. Whether you're a longtime loyal customer of Alaska Airlines or an ardent fan of Virgin America, there is already much to love about the combination of the West Coast's favorite airlines.

See more at differentworks.com

flying operations to merge.

While this work goes on, each airline will continue to operate independently. Customers will still fly on aircraft painted with the Alaska and Virgin America liveries, and continue to see the same familiar faces at airports and onboard.

AT A GLANCE

	Alaska Airlines	Virgin America
ANNUAL REVENUE	$5.8 BILLION	$7.4 BILLION	$1.6 BILLION
ANNUAL PASSENGERS	32 MILLION	40 MILLION	8 MILLION
DESTINATIONS	116	118*	24
DAILY DEPARTURES	990	1,187	197
FLEET	223	286	63
EMPLOYEES	15,600	18,800	3,200

*Some overlap exists between the two airlines

BLENDING CULTURES

As the airlines come together, one of the biggest challenges will be blending the distinct cultures.

"Culture has been a real challenge in many mergers, so we're working to do things differently," said Ben Minicucci, Alaska President and COO, who also became the CEO of Virgin America when the merger closed. "We are being very thoughtful about culture and are working to create an environment that reflects who we are and where we've been, that also enables us to work together, be bold and succeed in a rapidly evolving industry."

Separately, the two companies are strong. They each consistently win awards for customer service and performance, and are known for their low fares, innovative approaches and caring employees. For the past couple of years, Alaska and Virgin America have been ranked No. 1 and No. 2 in *The Wall Street Journal*'s annual airline scorecard.

One of the biggest reasons for success at both Alaska and Virgin America is their ability to hire well—energetic people with an enthusiasm for doing right by

GREATER REWARDS

Alaska's Mileage Plan members and Virgin America's Elevate members now earn rewards on each other's networks:

- Mileage Plan members are now able to earn miles when flying on Virgin America.
- Beginning January 9, Virgin America members will be invited to activate an account in Alaska's award-winning Mileage Plan. Elevate elite flyers will be status-matched into Mileage Plan.

MORE FLIGHTS

The most one-and-done travel from the West Coast:

- 1,187 daily departures
  - Alaska Airlines: 990 daily
  - Virgin America: 197 daily

The combination also opens up East Coast business markets by increasing Alaska Air Group's access to high-demand airports such as Ronald Reagan Washington National Airport and the three primary New York City–area airports.

GLOBAL TRAVEL

NOPASORN KOWATHANAKUL / GETTY IMAGES

Earn and redeem miles on flights to more than 900 destinations worldwide with Alaska and Alaska Global Partners, with more frequent international-partner connections out of the Bay Area, Los Angeles and Seattle.

- Alaska Global Partners account for 44 percent of all international long-haul seats flown to and from the U.S.—that's more than any other of the big three global-airlines alliances.

ALASKA AIRLINES AND VIRGIN AMERICA

TWO OF THE BEST
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Boeing is proud to congratulate Alaska Airlines and Virgin America as they join forces in the quest to become the premier airline for the West Coast. Passengers of both carriers can look forward to an expanded network, increased flight options and continued award-winning customer service. Boeing extends our support as we all look toward a promising future together.

BOEING

customers, co-workers and their communities.

Ultimately, it's these kinds of people who will determine the success of the company going forward, says Sandy Stelling, Alaska's lead for process engineering in the integration.

"This is an integration process in which we want to create something better, something different, something special," she says. "We're doing that together."

As the Alaska and Virgin America leadership teams got to know each other last summer, they began to see the similarities in the airlines' cultures. The employees at both deeply care about looking after their customers, or guests, as Virgin America calls them. And the leadership team quickly fell in love with Virgin's purpose statement—creating an airline people love—and have adopted it as the merged airline's purpose.

The airlines have hosted focus groups, conducted surveys and even created an online forum called the "Values Jam" to learn more about how the cultures differ.

Alaska is focusing on building a new culture, taking the best of the "Alaska Spirit" and "Be Virgin" cultures and embracing the shared purpose, values, strategy and leadership principles of each, says Stacie Baker, Director of Airport Training and Leadership.

The combined airline's values include things they're already known for: safety, warm service, integrity and performance. A fifth value, "be remarkable," is a nod to both Alaska's commitment to service and Virgin America's intent to create amazing experiences.

With its mission set, Alaska has already begun planning how to ensure that all of its nearly 19,000 employees are aligned. A new program called "Momentum" will bring Virgin America employees together with Alaska employees to learn about the shared core values that will define the company.

"Our employees are the proof of what we suspected: that together we're stronger than apart. Think about all those famous odd couples whose differences made them stronger—and allowed them to change the world," says Alaska CEO Brad Tilden. ▲▲

For more information about the merging of Alaska Airlines and Virgin America, go to the web at differentworks.com or visit blog.alaskaair.com.

Travelers are now able to book flights on Virgin America at alaskaair.com.

MORE PLANES

Alaska Air Group now operates a fuel-efficient fleet of 286 aircraft—the youngest of the top five U.S. airlines.

- Alaska: An all-Boeing fleet of 154 737s in various configurations, with more new Boeing aircraft on order.
- Virgin America: One of the youngest fleets in the country with 63 Airbus A320s.
- Horizon Air: 52 Bombardier Q400 turboprop aircraft. The airline is building a fleet of Embraer E175 regional jets.

MORE CALIFORNIA

The combined airlines will expand service in thriving tech markets in the Bay Area, Los Angeles and Seattle.

Together the airlines offer 289 daily flights to 52 destinations from California, including:

- 113 daily nonstop flights to 32 destinations from three Bay Area airports.
- 105 daily nonstop flights to 37 destinations from four LA–area airports.

That's nearly three times what Virgin America has alone.

MORE DESTINATIONS

As the go-to airlines for anyone living on the West Coast, Alaska and Virgin America offer the most flights to the most destinations:

- 118 destinations across the United States, Canada, Mexico, Costa Rica and Cuba.

With minimal duplication of destination cities, Virgin America customers now have access to a route network that offers five times more daily departures.

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Xtreme Excitement

Top winter athletes will glide, ride, rip and flip their way down epic Colorado slopes at **X Games Aspen 2017**, January 26–29. Featuring daily competitions, nightly concerts (with acts such as the DJ duo The Chainsmokers) and festival activities, the annual extreme-sport extravaganza on Aspen's Buttermilk Mountain provides four full days of wintry excitement.

New this year, Snow BikeCross will feature athletes racing on vehicles similar to dirt bikes, but each with a ski for a front wheel and a tread for a rear wheel. In addition, this year's Big Air events, in which skiers and snowboarders perform high-flying single-jump tricks, will include a women's competition—a new component of X Games Aspen that is also planned for the next Winter Olympic Games.

All competition events are free to attend; concert tickets and premium passes are available online. For more information, visit xgames.com. —*Kaitlynn Mann*

X Games Aspen 2017 will include high-flying events such as the Snowmobile Freestyle. Joe Parsons is shown here competing in the event's 2016 final.

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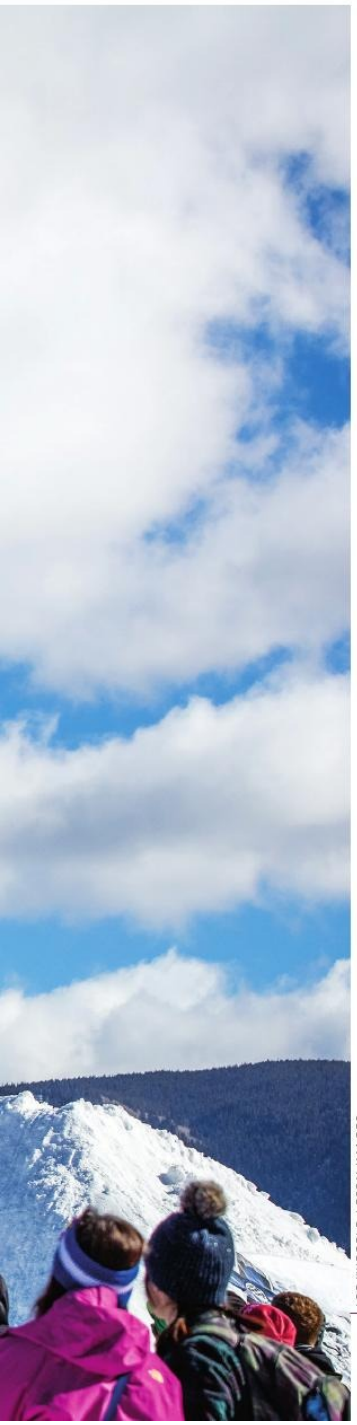

JOE WIEGELE / ESPN IMAGES

LOS ANGELES, CA

A Brilliant Exhibition

Within the Gem and Mineral Hall of the Natural History Museum of Los Angeles County, there is a vault that opens to reveal unusual colored gems. Within this vault, the current exhibition **"Diamonds: Rare Brilliance"** features some particularly spectacular items on display for the first time in the United States, along with explanations of the science behind diamonds' rare properties. Exhibit highlights include the Juliet Pink Diamond from South Africa, an extremely rare specimen of more than 30 carats; and the Argyle Violet Diamond, known as the largest of its kind, from a renowned mine in Western Australia. NHMLA Mineral Sciences Curator Aaron Celestian, who helped bring the show to Los Angeles, says, "I've never seen anything like these diamonds before." His favorite piece, the **Rainbow Diamond Necklace**, shown above, will dazzle under vivid display lighting.

Diamonds may be forever, but this exhibition will only be in Los Angeles through March 19. For more information, call 213-763-3466 or visit nhm.org. —*Jessyca Yoppolo*

NATIONAL GEOGRAPHIC EARTH EXPLORERS, CHRISTOPHER GANNON / GANNON VISUALS

Visitors will be able to follow in the footsteps of adventurers via tech-enhanced interactive displays at the National Geographic Museum.

WASHINGTON, D.C.

Virtual Earth Explorations

Tech-loving adventurers can explore environments from around the world through interactive displays at the exhibition **"National Geographic Presents: Earth Explorers,"** opening at Washington, D.C.'s National Geographic Museum on February 10. The exhibition's interactive elements include an "augmented reality" scavenger hunt via the Earth Explorers AR Experience app. The exhibit sections—Base Camp, Mountains & Caves, Poles, Oceans, Rain Forests, and Savannas—showcase the work of some of the best National Geographic Explorers and contain interactive elements that visitors can engage with on smartphones. Through these innovative features, each museumgoer gets an opportunity to become an Earth explorer. Call 202-857-7700 or visit natgeomuseum.org. —*Jessyca Yoppolo*

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PORTLAND, OR

A Matter of Form

For Auguste Rodin, the art of sculpting was about breaking the mold of tradition and making way for modern forms. This year marks a century since the renowned French artist passed away, and the Portland Art Museum is staging **"Rodin: The Human Experience,"** January 21–April 16, in his honor.

The exhibition spotlights bronzes from the collection of Iris and B. Gerald Cantor. "These bronzes show how Rodin revolutionized sculpture," says the museum's curator of European art, Dawson Carr. "He captured intense emotion in a way that was thoroughly new." In the exhibition, Rodin's innovations are most strikingly displayed in his treatment of human faces and figures, such as in depictions of a pianist's hand and a **bust of the French writer Victor Hugo** (shown at right).

For more information, call 503-226-2811 or visit portlandartmuseum.org.

—Margo Vansynghel

On deck in PDX ...

Fertile Ground Festival of New Works, *Jan. 19–29, performances and premieres in theater, music, dance, comedy and film; multiple venues; fertilegroundpdx.org.*

ChocolateFest, *Jan. 20–22, presentations, tastings and demonstrations of all things chocolate; Oregon Convention Center; 503-228-1367; chocolatefest.org.*

Portland Winter Light Festival, *Feb. 1–4, light-based art installations, live performances and activities illuminate Portland's waterfront, centered on the Oregon Museum of Science and Industry (OMSI); pdxwlf.com.*

A MONTH AT THE MUSEUM

During **Seattle Museum Month** in February, more than 40 Puget Sound venues—from longtime favorites such as The Museum of Flight to specialized sites such as the Seattle Pinball Museum—will be sharing exciting new and ongoing exhibits. Qualified guests at any of more than 50 downtown hotels will receive half-price admission.

The Museum of Pop Culture (MoPOP, formerly the EMP Museum) will open **"The Art of Rube Goldberg"** on February 11 in a world-premiere exhibition of works by the cartoonist whose name became synonymous with complex contraptions. The Seattle Pinball Museum will let guests see and try vintage games, and newer games, such as the popular *Ghostbusters* and *Hobbit: Smaug LE*.

With participating museums spanning the region, there will be attractions for all ages. Visit seattlemuseummonth.com. *—Jessyca Yoppolo*

The Seattle Pinball Museum.

Alcorn State University, Sounds of Dyn-O-Mite.

MARCH ON! The talents of many top Historically Black College and University marching bands will be on display in the **Honda Battle of the Bands Invitational Showcase** at the Georgia Dome in Atlanta, on January 28. Participating bands are the Final 8 selected through a process that took place this past fall. These finalists represent schools ranging from first-time entrant Benedict College to 12-time veteran Bethune-Cookman University. Visit honda-battleofthebands.com. *—Jessyca Yoppolo*

CLOCKWISE FROM TOP. (BUST) AUGUSTE RODIN (FRENCH, 1840–1917), *HEROIC BUST OF VICTOR HUGO*, MODELED 1890–97 OR 1901–02; MUSEE RODIN CAST 7 IN 1981, BRONZE; COUBERTIN FOUNDRY; 29 1/4 X 23 1/2 X 21 1/4 IN.; LENT BY IRIS CANTOR; (BAND) PHOTO COURTESY OF HONDA NORTH AMERICA INC. / PRINCE WILLIAMS / ATL PICS; (PINBALL MACHINES) ALAN ALABASTRO

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Down the hall, your son is brandishing his 3D light saber, taking on archenemies from around the globe while seamlessly streaming the action to his followers on Twitch — notorious for its high bandwidth requirements.

At the same time, your wife attaches an otoscope to her smartphone and sends a 3D video of your infant's eardrum to the pediatrician. The video is sent clearly and quickly over a HIPAA-compliant secure network. The physician quickly diagnoses an ear infection and sends a prescription to your pharmacy. With a tap of the screen, your wife approves its delivery from the pharmacy to your house by autonomous drone.

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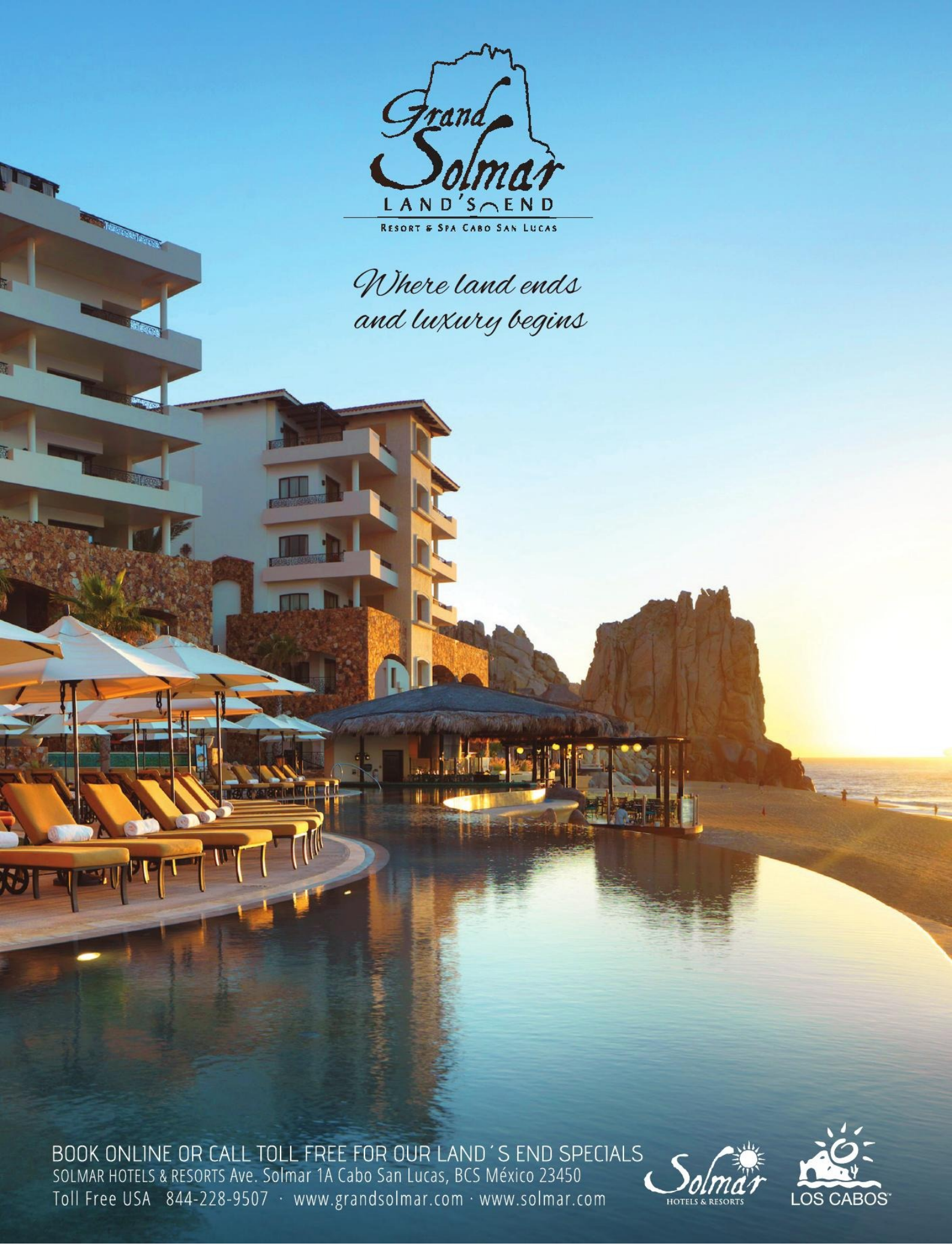
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LOS CABOS

Photographer Jim Marshall chronicled the 1967 Summer of Love in San Francisco.

SAN FRANCISCO, CA

Love Is All You Need

During the summer months of 1967, tens of thousands of students, artists and musicians—fueled by music and a craving for social change—flowed into San Francisco's bohemian Haight-Ashbury neighborhood in a movement that helped define American counterculture.

Starting this month, the 50th anniversary of this gathering is being celebrated with a year of exhibitions and events in Northern California. **The Summer of Love 2017** includes the exhibit **"Jim Marshall's 1967,"** January 26–June 17 at San Francisco City Hall, which shares the celebrated photographer's work and provides excellent perspective on the era's music scene. In addition, The Berkeley Art Museum and Pacific Film Archive will show period art, architecture and design in **"Hippie Modernism: The Struggle for Utopia,"** February 8–May 21. More events will follow, including the California Historical Society exhibition **"On the Road to the Summer of Love,"** May 12–September 10; the musical ***A Night with Janis Joplin***, June 7–July 2; and the revival of **The Monterey International Pop Festival**, June 16–18.

To learn more, call 415-391-2000 or visit summeroflove2017.com. —*Margo Vansynghel*

AW, SHUCKS! No reason to be shellfish—there will be plenty for everyone at the **Lowcountry Oyster Festival** on January 29, at Boone Hall Plantation in Charleston, South Carolina. About 80,000 pounds of oysters will be shucked during the festival, which raises funds for local charities. Along with shucking contests, the festival will also include oyster-eating competitions, oyster-shell puppet-making, live music, cuisine options from local restaurants and food trucks, local craft beer, and wine. Visit charlestonrestaurant-association.com. —*Margo Vansynghel*

CALENDAR

Through April 23
"The Beauty of a Shared Passion: Highlights from the Rebecca and Jack Benaroya Collection," *paintings, sculpture, glass art; Tacoma Art Museum, Tacoma, WA; 253-272-4258; tacomaartmuseum.org*

Jan. 16–Feb. 5 **PuSh International Performing Arts Festival**, *international acts; multiple venues, Vancouver, BC; 866-608-8284; pushfestival.ca*

Jan. 19–29 **Anchorage Folk Festival,** *performances and workshops; multiple venues, Anchorage, AK; anchoragefolkfestival.org*

Jan. 21–May 14 **"The Artistry of the Western Paperback,"** *artistic book covers; National Cowboy & Western Heritage Museum, Oklahoma City, OK; 405-478-2250; nationalcowboymuseum.org*

Jan. 26–29 **Farmers Insurance Open,** *a PGA Tour event; sponsors include Alaska Airlines; Torrey Pines Golf Course, San Diego, CA; 858-886-4653; farmersinsuranceopen.com*

Feb. 12–May 7 **"Degas, Impressionism, and the Paris Millinery Trade,"** *60 paintings and pastels, 40 period hats; Saint Louis Art Museum, St. Louis, MO; 314-721-0072; slam.org*

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FINANCIAL UPDATE

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

Every day we hear news reports of data breaches, cyber security threats, and large-scale fraud. These issues are all too relevant for small business and large corporations alike. According to the Association of Certified Fraud Examiners' (ACFE) 2014 Global Fraud Study the typical organization loses 5% of revenues each year due to fraud. Internationally, fraud accounts for approximately $3.7 trillion in losses each year. What's even more concerning for small to medium-sized businesses is that while organizations of all sizes fall victim to occupational fraud, the ACFE says companies with fewer than 100 employees are even more vulnerable than their larger counterparts.

From identity theft to cybercrimes to credit card scams, the median loss caused by fraud was $145,000, according to the ACFE, and a startling 22% of cases reported losses of at least $1 million. For a small business, these losses can be devastating.

There are steps you can take to help protect your company from fraud, and your banker should be there to assist you. If you have a solid relationship with your business or commercial banker, they will be recommending services such as Positive Pay for checks or ACH transactions.
Here's how **Positive Pay** works:

Step 1	You report the checks you issue to the Bank using Business Online Banking (file upload or manual data entry).
Step 2	The Bank compares the check number, issue date, check amount, and payee name on each check presented for payment with your check issue data.
Step 3	The Bank presents you with a report in Business Online Banking of any paid checks that don't match your issue data. These are "exceptions".
Step 4	You use the Positive Pay module in Business Online Banking to submit your decision to pay or return any exceptions.

You can protect your business against electronic payment fraud with ACH Positive Pay. Like Positive Pay for checks, this service helps protect you from losses due to unauthorized payments and compromised account information. Here's how **ACH Positive Pay** works:

Step 1	You create "payment rules" in the ACH Positive Pay module, based on the Company ID of each company that you've authorized to debit your account.
Step 2	The Bank compares the Company ID in incoming ACH debits to your payment rules. Any incoming ACH debits that don't match your payment rules are reported to you as "exceptions" in an ACH Positive Pay report through Business Online Banking.
Step 3	You use the ACH Positive Pay module to update your payment rules and submit your decision to pay or return any exceptions.

These tools are affordable and easy to manage. Reach out to your banker to discuss other ways your bank can assist you in protecting your business from the threat of fraud and cybercrime.

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BOOKS

Art on the Printed Page

New titles explore paintings, photography and other artistic forms **BY JANEL CROUCH**

Through the works of talented artists and photographers, observers are introduced to fresh perspectives on varied subject matter—such as art history, geography and creative processes. The following new and recently released art books put these perspectives on the page for readers to enjoy.

CHIHULY FAXES
Foreword by Francine Prose; Chihuly Workshop. During the fax machine's 1990s heyday, renowned glass artist Dale Chihuly made prolific use of the technology to transmit ideas rapidly—and artfully. This set of reproduced faxes offers insights into the artist's process via a less-celebrated medium.

DELLA ROBBIA
By Marietta Cambareri; MFA Publications, Museum of Fine Arts, Boston. Tied to a traveling exhibition that will run at the National Gallery of Art in Washington, D.C., February 5–June 4, this book features works by the Florentine Della Robbia studio, which pioneered a method of glazing terracotta with color.

GEORGIA O'KEEFFE
By Wanda M. Corn; Prestel. Collected photos of O'Keeffe, her art, her homes and her clothes reveal the iconic artist's modern aesthetic in this companion to an exhibition scheduled to open March 3 at the Brooklyn Museum.

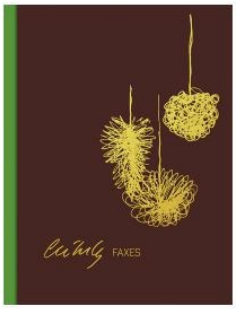
MATISSE/DIEBENKORN
Edited by Janet Bishop and Katherine Rothkopf; DelMonico Books/Prestel. This book features paired works that reveal the influences of French painter Henri Matisse on American artist Richard Diebenkorn. It links to an exhibit showing through January 29 at The Baltimore Museum of Art and March 11–May 29 at the San Francisco Museum of Modern Art.

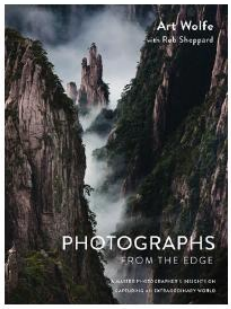
OVERVIEW
By Benjamin Grant; Amphoto Books. Inspired by a highly popular Instagram project, this colorful publication presents more than 200 original images that the author created by stitching together high-resolution satellite imagery. It renders overhead views of Earth in exceptional detail.

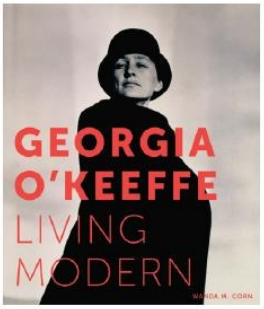
PHOTOGRAPHS FROM THE EDGE
By Art Wolfe with Rob Sheppard; Amphoto Books. With text explaining the story behind each image, this compelling collection takes readers around the world as photographer Wolfe uses his mastery of color, perspective and composition to record vivid pictures of people, places and wildlife.

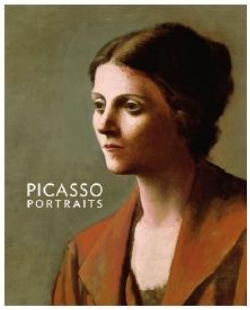
PICASSO PORTRAITS
By Elizabeth Cowling; National Portrait Gallery. This recent release shows evolutions in the Spanish master's paintings of people. It features works showing through February 5 in an exhibition at the National Portrait Gallery in London.

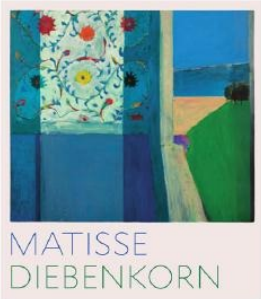
TIMELESS BEAUTY
The Charles Hosmer Morse Museum of American Art; Schiffer Publishing Ltd. The artistry of Louis Comfort Tiffany—known for glass art but also skilled at painting, photography and more—is shown here in works from The Charles Hosmer Morse Museum of American Art in Winter Park, Florida.

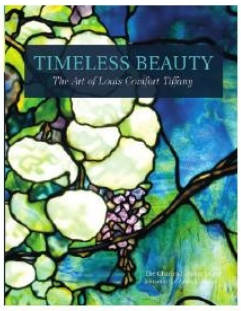












MORE ART BOOKS

- **Diverse Beauty** *By Alexi Lubomirski, with text by Lupita Nyong'o; Damiani. Inspired by a photo shoot with actress Nyong'o, fashion photographer Lubomirski celebrates a broad spectrum of female beauty shown by diverse models.*
- **Nuevo New York** *Photographs by Hans Neumann; interviews by Gabriel Rivera-Barraza; Damiani. Photo-portraits and interviews of successful Latin Americans who came to New York and became prominent in fashion or the arts.*
- **The Bruegels** *By Nigel Rodgers; Lorenz Books. A history of an artistic 16th and 17th century Dutch family.*

AGED TO PERFECTION

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

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

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

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

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

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

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

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

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

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Ice Festivals

For those who want to celebrate the many aspects of ice, visit the **Saint Paul Winter Carnival**, shown at left, in Minnesota (January 26–February 5). One of America's largest and oldest winter festivals, it features ice and snow sculptures, snowplow competitions, the Saintly City Cat Show contest (complete with ceremonial crowns) and a $10,000 treasure hunt. Additionally, the world-famous **Fur Rendezvous** in Anchorage (February 24–March 5), offers attractions such as a 25-mile dogsled race through city streets, the traditional blanket toss, outhouse races, snowshoe softball games and the popular Pamplona-style Running of the Reindeer, shown above.

SPOTLIGHT

Ice Adventures

People have marveled at the majesty of ice for eons, and that tradition continues throughout the United States. From Alaska to Florida, you can watch people carve it, sled over it and even recline on it while clinking glasses filled with it. Below are some of the best ways to enjoy the wonders of ice this winter season and year-round. —*Jacob Uitti*

Ice Sculptures

The Breckenridge International Snow Sculpture Championships in Breckenridge, Colorado (January 28–February 5), showcases carvings made from 20-ton, 12-foot-tall snow blocks. These masterful, ephemeral creations include intricate action scenes, and giant statues of people, gremlins and animals. In Fairbanks, **The World Ice Art Championships** (February 27–March 24), whose sponsors include Alaska Airlines, features ice sculptures such as the one shown above. The event showcases student and professional competitors who create fantastic artwork from blocks of pure ice.

Shave Ice

A great way to enjoy ice (in any season) is to eat frosty shave ice treats, the most renowned of which come from the balmy state of Hawai'i. One of the popular places to enjoy this taste treat in the Aloha State is **Ululani's Hawaiian Shave Ice**, shown at right, with six locations on Maui and known for flavors such as Wet Lemon Peel. You can also visit **Waiola Shave Ice**, with six shops in Honolulu, and **Matsumoto Shave Ice** in Hale'iwa, on O'ahu's North Shore.

Ice Bars

Ice has recently become a fun part of the nightlife in some American cities. **Icebar Orlando**, shown at right, is one of two icy bars found in this Florida city. The lounge supplies patrons with coats and gloves so they can sit on ice benches, amid 70 tons of ice, and enjoy a drink. Other cool hangouts are found in Las Vegas, Los Angeles, New York and the Chena Hot Springs Resort, near Fairbanks.

(SAINT PAUL WINTER CARNIVAL) TERESA BOARDMAN; (REINDEER) JODY O. PHOTOS / VISIT ANCHORAGE; (SHAVE ICE) NINA KUNA, COURTESY ULULANI'S HAWAIIAN SHAVE ICE; (ICE SCULPTURE) WORLD ICE ART CHAMPIONSHIPS

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CITYSCAPES

A Texas Super Bowl

Houston dishes up a dynamic scene for the big game

BY SANDRA COOK

All eyes will be on Houston when Super Bowl LI (51) comes to the city's NRG Stadium on February 5. One of the most culturally diverse cities in the United States, Houston will be hosting parties and dozens of events for the nine days leading up to the biggest sports event of the year. Whether you have tickets to the game or just want to be a part of the festivities, this will be an opportunity to savor the flavors of a great Texas town.

Drinks, Houston-Style

▸ Discover some of the history and generous spirit of Houston at **OKRA Charity Saloon**, located in a brick building built in 1882 on Congress Avenue, in the heart of downtown. Each month's profits are donated to a local charity. Stroll a block west to historic Market Square Park and be sure to visit **La Carafe**, one of the oldest bars in Houston that is reportedly haunted. Note: It's cash only at this low-key landmark. You can also check out the scene in the 300 block of Main Street, where you'll find **Captain Foxheart's Bad News Bar & Spirit Lounge**, **The Pastry War** and **Moving Sidewalk**. In the city's eclectic Montrose District, stop by **La Grange**, which serves up tasty fare and cocktails in an outdoor seating area.

The Houston-based band Picture Book is scheduled to play The Continental Club on Friday, February 3.

Move & Groove

▸ Looking for live music, good drinks and dancing? Downtown's **Nightingale Room** is the place to be. You can also ride the Metrorail to Midtown (midway between the downtown area and NRG Stadium) and visit the legendary **Continental Club** on Main Street. Be sure to check out **Sig's Lagoon**, the funky record and gift shop around the corner. Also recommended on this block: **Double Trouble Caffeine & Cocktails**, with its casual-cool decor.

Culture Rich

▸ Houston's tree-lined **Museum District** offers 19 museums, including several that are world-renowned, such as **The Museum of Fine Arts, Houston** and **The Houston Museum of Natural Science**. You can also walk through the district and admire the enjoyable and distinct architecture of the museums. All of them are located near the Metrorail Red Line. Visit houmuse.com for information on exhibits and attractions at each of the museums.

The Houston Museum of Natural Science is featuring the exhibit "Mummies of the World," which will run through May 29.

Top Eating Options

▸ Some of the best barbecue in town can be found at **Goode Company BBQ Hall of Flame**, shown at right, on Kirby Drive. After a filling meal, mosey next door to the company's Armadillo Palace for live music, cold beer, whiskey and additional Texas culinary specialties. Located between downtown and NRG Stadium, Goode Company BBQ can be recognized by the giant mosaic armadillo out front. A barbecue restaurant closer to downtown Super Bowl festivities is **Pappa Charlies BBQ**, known for its succulent pork ribs and smoked meatloaf. And Houston's culinary scene goes beyond barbecue. Stellar restaurants offering a variety of cuisines and styles include **Oxheart**, **Underbelly**, **Hugo's**, **BCN Taste & Tradition**, **Kata Robata**, **Izakaya** and **Pass & Provisions**.

Super Bowl Party Zone

▸ **Explore Super Bowl Live:** *The nine-day free festival will feature live performances; a virtual journey-to-Mars ride; and food, drinks and other activities at Discovery Green park downtown. Next door, in the George R. Brown Convention Center, the NFL Experience offers an interactive fan zone, with competitive games, NFL memorabilia, player appearances and more. Get the Super Bowl LI app or visit housuperbowl.com for more information.*

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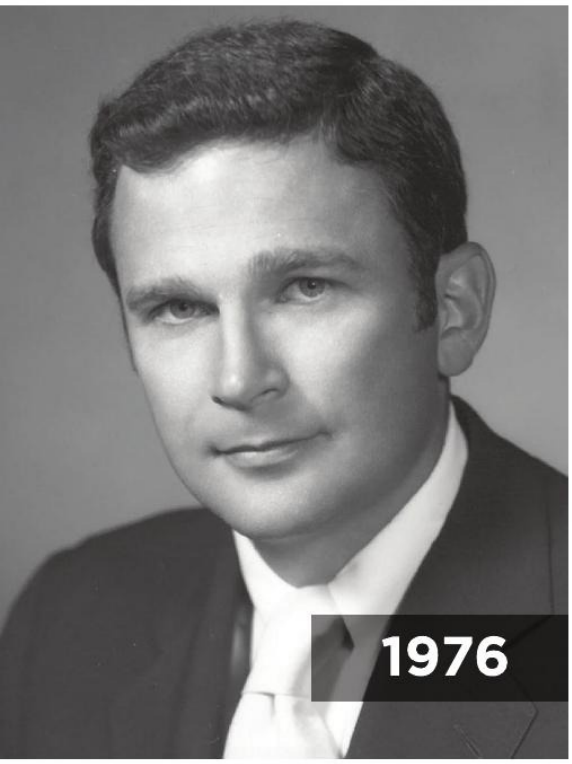

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PREPARATION:
Mix rum and cola in a high-ball glass filled with ice. Garnish with lime wedges.

DRINKS

Island Spirit

With origins in the Caribbean, **rum** is as culturally significant to this area's islands as bourbon is to the United States, and as scotch is to Scotland. And while rum's reputation as a sweet, tropical beverage is well-earned—it is distilled from sugar, a staple product of the region, after all—it can be misleading. Many delicious rums on the market today lean closer to savory than saccharine, and some are crafted far from white-sand beaches. Seattle-based **Sun Liquor** offers a tasty example with Sun Rum Silver, which is distilled from organic, fresh-pressed sugarcane juice and boasts earthy, almondlike notes.

Rum can be divided into several broad categories. **Silver, or white, rum** is clear in color and mixes effortlessly into a number of crowd-pleasing cocktails. **Gold and dark rums** spend extended time maturing in oak barrels, introducing tanned hues as well as notes of vanilla, caramel and toasted biscuits. **Spiced rum**—made famous by Captain Morgan, and recently elevated by craft brands such as Bayou Rum in Lacassine, Louisiana—can include a number of additions, such as cinnamon, clove and nutmeg.

As U.S. tourism in Cuba begins, and Alaska Airlines inaugurates service to Cuba January 5, there is renewed interest in one of the island's illustrious exports: the **Cuba Libre**. The cocktail's name (Spanish for "Free Cuba") was a popular slogan during the Spanish-American War, signifying the 19th century struggle for Cuban independence. The simple Cuba Libre mixture, believed to have been invented in Havana, includes your choice of rum with cola and lime and is an easy recipe for the home bartender. It remains as refreshing now as it was to the Cuban and American soldiers who were among the first to sip it at the turn of the 20th century. —*Brad Japhe*

Mint and lime make bright rum garnishes.

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FOOD

Cuban Dining in Miami

Taste some of the best Cuban cuisine this side of the Caribbean Sea **BY NILA DO SIMON**

1

2

3

1 Larios on the Beach: Gloria Estefan, the highly regarded Miami-based singer, helped put the city on the entertainment map in the late 1980s and early '90s before she subsequently opened the award-winning Larios on the Beach in '92. Located on Miami Beach, this see-and-be-seen restaurant has a sleek ambiance (think plush white chairs and built-in couches) with a direct view of bustling Ocean Drive. Complementing the contemporary setting, the food reflects an upscale take on Cuban cuisine. Try Miriam's "Special" Chicken and Rice for a tasty *arroz con pollo* dish—quartered chicken on a bed of yellow rice with sweet plantains (larioson-thebeach.com).

2 Versailles Restaurant: Despite the French-inspired name, this restaurant has been a beloved local Cuban establishment since opening its doors in 1971. International dignitaries and U.S. presidents, including Ronald Reagan and Bill Clinton, have visited Versailles for authentic Cuban food. Generations of Cubans come to chat over their morning *cafecito* (Cuban espresso), and diners are transported to Cuba through the sights, sounds and aromas reminiscent of the island nation. The menu offers traditional dishes (try the *ropa vieja*, or Cuban beef stew with vegetables), and the small bakery has some of the best pastries in town (versaillesrestaurant.com).

3 El Exquisito Restaurant: There are a few dishes that upon initial assessment can either make or break a Cuban restaurant's reputation: rice and beans, plantains and Cuban sandwiches. Thankfully, El Exquisito Restaurant shines with these items. Situated on Miami's famed Calle Ocho, El Exquisito is famous for its sandwiches, such as the Media Noche, with roasted pork, ham, cheese, pickles and mustard. El Exquisito is also where locals and tourists mix together for a "3:05 cafecito" (a Miami tradition of drinking a cafecito at 3:05 P.M., a nod to the city's area code) outside the restaurant's *ventanita*—a small window for ordering coffee (elexquisitomiami.com).

WHEN IN MIAMI

The Brickell area of Miami (top) features numerous great food options, including Freddo, an Argentine transplant that serves a freshly baked panini filled with helado *(Argentine gelato) (freddo.com).*

No trip to Miami would be complete without a stop at the hip neighborhood of Wynwood (above), where visitors can watch muralists at work or sip java at the popular Panther Coffee (panther-coffee.com).

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AT LARGE

The Backcountry Beckons

Safely and effectively joining the popular pursuit of powder

BY TED ALVAREZ

Martin Volken, front, and Forest McBrian ski in Washington's Cascades.

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For all the powder I've sprayed on backcountry turns, my favorite experience probably happened going uphill. Huffing up a lonely, frozen, low-angle ridge in Colorado's Sangre de Cristo Mountains, I stopped between two hillocks of snow to shed layers and watch spindrift twinkle between me and the 14,000-foot peaks in the distance. Brushing icicles out of my beard, I scanned a ridgeline with half-bare conifers all windswept and bent. Two dots of movement at the base of a tree became three, and then became a bobcat and her cubs, denting the perfect white sheet before me with their little paws. Figuring the experience couldn't get much better than that, I settled for second tracks and dropped through a thousand feet of thigh-deep fluff, slaloming through empty aspen glades.

Once strictly the province of the most dedicated powder hounds, many more moderate skiers have finally caught on to the backcountry. And why not? The scenery and solitude are well worth the price of going uphill under your own power. And the snow quality?

"Until I started last year, I had no idea what it meant to have fresh snow—the first time you do it, you are like, 'this is what people mean by making your own line,'" says Christopher Scrosati, a 33-year-old software engineer from Seattle. "It's a revelation. You're floating. I thought I floated before, but now I really was."

Backcountry is on the rise. A SnowSports Industries America survey found that the number of skiers and riders using backcountry terrain was up 21 percent last season compared to the 2014–2015 season—to 899,000 skiers and 963,000 snowboarders.

Swiss-born Martin Volken began guiding in Washington's Cascades 25 years ago, well ahead of the current upswing. His avalanche safety classes are now packed with aspiring backcountry skiers, and alpine touring goods make up 60 percent of sales at his gear shop. Backcountry skiers need touring boots, bindings to flex heels, and skins that create friction for uphill travel; an avalanche probe, shovel and beacon in case of a slide; and wilderness survival gear. Guides in backcountry hot spots such as Colorado, Montana,

Lake Tahoe and British Columbia say they are experiencing similar demand.

"People are trying to have a little bit more of a free and unencumbered mountain experience," Volken says. "But you have to be careful with that—there are inherent dangers in wilderness skiing." Volken recommends pairing an avalanche-training course with a ski-touring course. "It's very relevant to all aspects—uphill travel, group management, how to set a skin track. Those two courses together make a very powerful combination," he says.

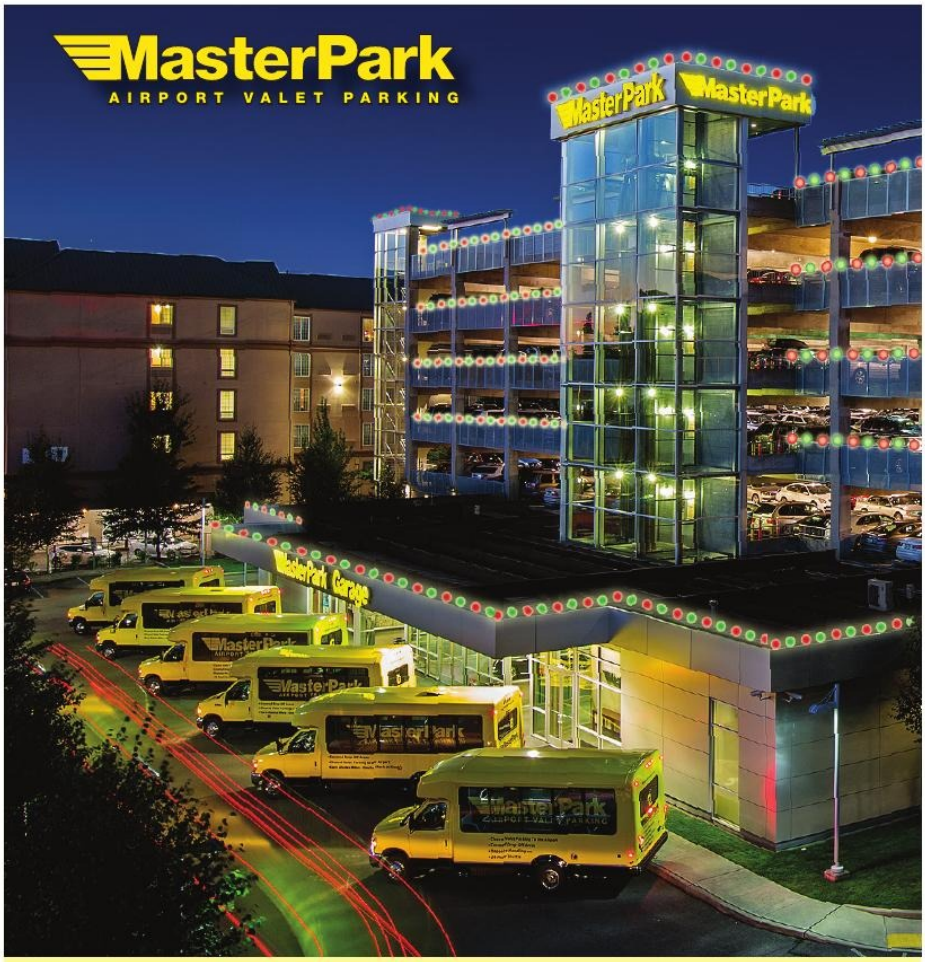
Organizations such as The Mountaineers, which is a Northwest nonprofit that hosts hundreds of monthly outdoor activities, offer regular backcountry group outings geared toward beginners.

"Most of the activity or movement is actually very moderate in terms of how difficult the skiing is," Volken says. "The overall challenge is about planning and then executing a ski tour that stands in harmony with your abilities."

Backcountry skiers often start in terrain adjacent to lift-served resorts. Mountains such as Whistler Blackcomb post daily backcountry snow and safety conditions. Crystal Mountain in Washington has an avalanche transceiver check station where skiers can check their beacons before entering the backcountry.

At their best, these adjacent runs do more than just offer voluptuous powder; they expose you to different sides of resorts. I felt like I truly belonged in Vail when I finally got invited to take on the Minturn Mile, a 3,000-foot vertical drop through the woods that ends in the funky mining town of Minturn.

The intermediate terrain included powdered bowls and glades, trees, and a narrow, winding trail nicknamed "the luge" for the halfpipe that develops as soon as the snow gets deep. At the bottom, I enjoyed a margarita and nachos at the saloon with some of the backcountry regulars. When I was done, I caught an easy shuttle back to Vail and was already contemplating my next run. ▲



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Hello, Havana

Discover colorful Cuba with Alaska Airlines' new flights

By Robert Reid

Photography by Ingrid Barrentine

Inside one of Havana's most famous bars, El Floridita, several dozen people are singing along to choruses led by a dynamic salsa singer. A circle of New York couples and an Argentine with two cigars stuffed in his shirt pocket all dance before the singer's five-piece band. Most of the patrons have ordered icy daiquiris in thin-stemmed cocktail glasses, a famous drink from El Floridita, which turns 200 this year.

Seeming to watch all this is a bronze

Havana taxis, in many vintage models, are a fun way to explore the city. Visitors also enjoy walking in Havana's Old Town (left).

sculpture of Ernest Hemingway, the Nobel Prize–winning American author who lived in Havana from 1940 to 1960. Now he leans against the bar in the same spot where he was known to enjoy a dozen or so daiquiris a day.

After a half-century hiatus, Americans are returning to this island nation, just under 100 miles from Florida. I'm finding that Hemingway's footsteps provide a timeless introduction, starting with his writings. *To Have and Have Not* begins in Plaza de San Francisco; parts of *Islands in the Stream* were influenced by his nights on the island; and his articles for *Esquire* talk about his offshore chase for marlin. He dedicated his 1954 Nobel Prize to the Cuban people.

Visitors can experience parts of Hemingway's trail on bus tours, although I'm doing it on my own. The next morning I begin on Obispo Street, in the nearly 500-year-old Spanish colonial *Habana Vieja*, the city's Old Town. The cobbled pedestrian street is packed with people browsing bookstores, musicians playing in doorways of cafes and bars, and coffee-sippers standing at popular cafes. Visitors queue up at an open-front pulled-pork sandwich shop with alluring aromas. I wander the book market that rims the plaza. Most vendors sell old paperback copies of Hemingway's *El Viejo y el Mar*

A camera in a phone was an unlikely combo, too.

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Clockwise from left: Musicians play in Havana streets. Visit Finca Vigía to see where Hemingway lived and wrote. A bartender pours a round of refreshing daiquiris.

(*The Old Man and the Sea*). I buy a baseball poster of the Industriales, who could be considered Cuba's New York Yankees.

At the nearby Hotel Ambos Mundos, I stop to ask about seeing Room 511. This is Hemingway's old quarters, and the room is more or less as he left it. And for a small fee, visitors get a few minutes inside. I look at his typewriter, his fishing rods and the 1954 telegram letting him know he's won the Nobel. Then I pause to take in the corner room's view of hilltop forts, the harbor and colonial rooftops, essentially the same view Hemingway had when writing *Green Hills of Africa* here.

"See the Christ on the hill?," says a voice from behind me. I turn to see a Cuban guide pointing toward the *Christ of Havana*, a Carrara-marble statue of Jesus across the narrow harbor. "They put that up while Hemingway was here."

Havana's Old Town is best seen by foot. I love it at night, when narrow storefronts pour light onto couples chatting in shadowy narrow streets. The scent of cigar smoke wafts in the air. Beyond Old Town, getting around is even more fun. Havana's colorful fleet of taxis spans the city's last eclectic century. Modern Chinese and Korean imports join Soviet-era Lada and Moskvitch models, and American Chevys and Chryslers from the 1950s.

I hire one of the taxis to reach the next two big Hemingway spots, starting with Finca Vigía, about 10 miles southeast of Havana. This 19th century villa in San Francisco de Paula is the home where Hemingway lived longest in his 61 years.

Visitors can peek in from open doors and windows only, and can walk past the pool to a covered pavilion to see the writer's beloved fishing boat, *Pilar* (subject of Paul Hendrickson's excellent *Hemingway's Boat*). Next to the house, a three-story tower commissioned by Hemingway offers panoramic views of Havana and the Gulf Stream beyond. "Looks like Africa," I hear a French visitor say.

I make a quick pass around the house, pausing longest at Hemingway's bathroom. On the wall, I notice his penciled scrawls that charted his (mostly rising) weight over

When You Go

Hotel Ambros Munos: Built in the 1920s, this Havana hotel offers cozy rooms for rent, as well as the option to visit Hemingway's former quarters for a small fee (hotelambosmundos-cuba.com).

Paladares: These private restaurants, run out of homes, usually in small spaces of about a dozen seats, offer unique Cuban dining experiences. One example is Paladar Los Amigos, in the Vedado neighborhood about 2 miles west of Old Town. The shredded beef *ropa vieja* with rice and plantains is outstanding.

Fishing Charter: Visitors can charter private boat trips from Havana's Marina Hemingway for a day of deep-sea fishing in the Gulf Stream with companies such as Mayo Oldiri Fishing (mayoldirifishing.com).

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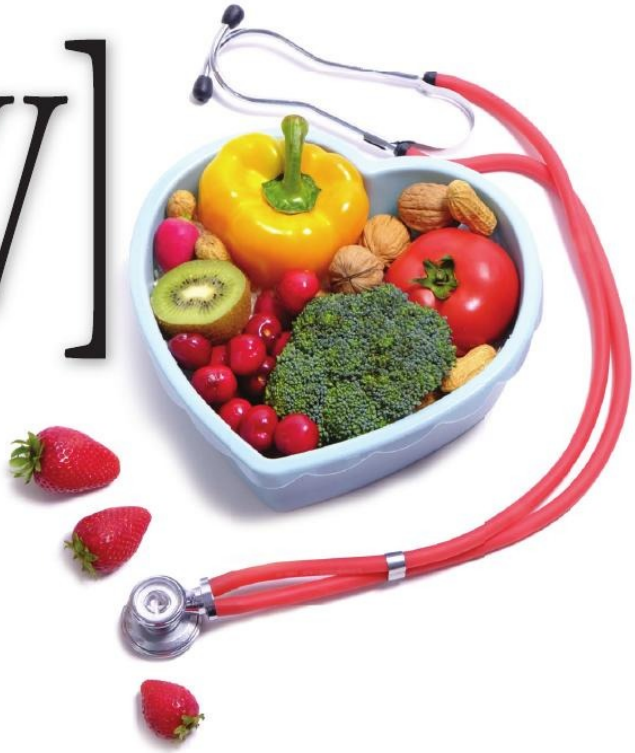

for the health of it

Kick-off the New Year by investing in yourself... and maybe, an indoor garden. You can grow just about anything indoors. Growing simple plants on your kitchen countertop is great for having veggies and herbs on hand – but, did you know you can also grow a natural pharmacy? For example, try growing parsley. This amazing, easy-to-care-forplant contains a special property that is a natural immune booster. Nibbling on a handful of parsley once a day can also take care of bad breath...which will come in handy if you're a garlic lover. If you want to add some color to your indoor garden then yellow is the preferred color to grow, as it's much higher in certain vitamins than green bell peppers. The yellow variety is also full of fiber, protein, iron and marries nicely with other foods due to its distinctive sweet crunch. Another good plant to have in your line-up is sage. Sage is an excellent remedy for relieving a sore throat. Simply boil a generous cup of chopped sage, let it steep for a few minutes, strain and gargle with the stock once it has cooled down. There is an extensive list of easy-to-grow plants that are not only great to cook and eat, but also have hidden healing properties. Give it a try and discover a wealth of health-related plants you can grow year round. When it comes to growing indoors there are lots of options available.

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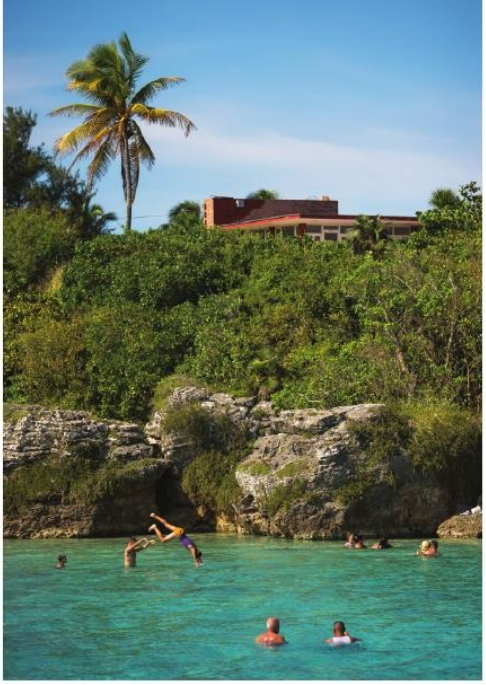

Above: Jibacoa's clear waters are great for swimming and snorkeling. Right: Visitors lounge under outdoor lights in Havana's Old Town.

the years. After gaining 10 pounds during a 1957 trip to New York, he noted: "17 days of diet—five drinking." I see a biography of Houdini on a small shelf and a lizard in a jar. Curiosity piqued, I stop at the museum's admin office to ask about the lizard.

"Hemingway's old foreman once told me that one of his cats fought and killed that lizard," says Ada Rosa Alfonso Rosales, the site's director. "So Hemingway saved it, as a trophy for the cat."

She volunteers to take me back to the house to show me her favorite item, a ceiba tree root. Facing the library, she points out the dried roots dangling over the doorway. "Hemingway was very superstitious," she explains. "To cut a ceiba brings bad luck. So when this ceiba had to be removed, he hung the roots."

Luck is an important theme in the Cuba-based story *The Old Man and the Sea*. Or rather the lack of luck. In the story, the old man fisher suffers from *salao*—"the worst form of unlucky"—then loses his monumental catch, after 84 days without one, to sharks.

The story is set in my next stop, a quiet seaside village about 7 miles east of Havana called Cojímar, where easygoing locals relax on benches and walk in the middle of the roads. I visit La Terraza, a restaurant where Hemingway enjoyed paella, and where visitors can now admire a decorated shrine to the writer. Down the waterfront *malecón*, a young Cuban couple in a long sun-soaked embrace sits before a Hemingway bust that faces El Torreón di Cojímar, a 17th century Spanish fort. I stand here a moment and listen to waves crash on nearby rocks. Ahead, seated on the pale blue wall along

10 Things to See in Cuba

1. Habana Vieja: Take a walk on the cobblestone streets of Havana's Old Town, which has numerous shops, restaurants and cafes.

2. El Floridita: Located in Habana Vieja, El Floridita offers live salsa music and delicious daiquiris.

3. Teatro Nacional de Cuba: Visitors can watch performances such as ballet at the theater on Havana's Plaza de la Revolución.

4. Cristo de la Habana: The 20-meter-tall (around 65 feet) statue of Jesus Christ was crafted out of Carrara marble and overlooks the Havana Harbor.

5. Finca Vigía: Hemingway's former home turned museum is located about 10 miles southeast of Havana.

6. Cojímar: Fish from the shore of this charming village, about 7 miles east of Havana, or visit the nearby Estadio Panamericano to watch the national baseball team play a game.

7. Playa Jibacoa: Less than 40 miles east of Havana, this small town has coral reefs close to shore where visitors can snorkel.

8. Matanzas: Visit this province to drive over the Bacunayagua Bridge, about 50 miles east of Havana. It's the highest bridge in Cuba, at around 350 feet.

9. Bellamar Caves: About 60 miles east of Havana, the caves' fascinating rock formations can be viewed from lit paths.

10. Playa Varaderos: This beautiful beach on the Peninsula de Hicacos has more than 10 miles of soft, white sands and crystalline waters, less than 100 miles east of Havana. —*L.D.*

El Torreón di Cojímar, an impressive 17th century fort, was built by Spanish forces to protect Havana.

On the ferry, we pass fort ramparts and see the sun shining over tiled rooftops.

the waterfront, I spot a few hopeful teen anglers dangling a line into the water.

I move off the main streets to find the former home of the late Gregorio Fuentes, Hemingway's former first mate who, some claim, is the inspiration for the story's "old man," Santiago. Fuentes passed away, at the age of 104, in 2002.

My driver tries to find the house, but the address I have (Calle 98, No. 209, at the corner of Calle 3D) is tough tracking. A few locals point in opposite directions, then finally a shirtless older man, looking at me through thickly lensed glasses, knows exactly where to go.

"Oh, he's not alive! You know that?"

I tell him I do.

"Well, his little *casita* is that way," he says, pointing the black machete he carries. "Two blocks."

We find the simple white home with a small Hemingway sticker on the door. No one lives there. I snap a photo with my cellphone, satisfied with the quest.

I decide to make my way back to Habana Vieja by water, so I ask my driver to drop me off at the Casablanca port on

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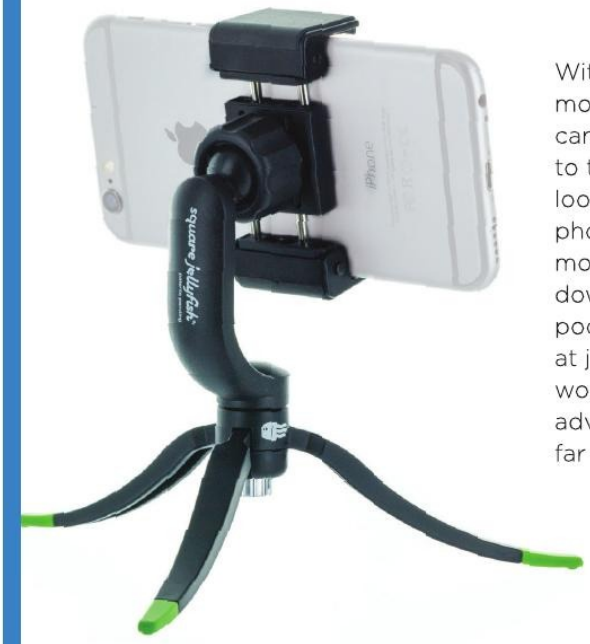

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the Havana harbor, where I join locals on the ferry. I stand between families in the open doorway and watch as we pass fort ramparts and see the sun shining over tiled rooftops. The short ride takes about five minutes to reach our destination.

After an afternoon of further exploring in Old Town, I stop in once more at El Floridita, this time finding a stool at the bar. The bartender, in a formal red-and-white uniform, mixes drinks and pours a line of fresh daiquiris. Though busy, he immediately stops to talk when I ask if he's a Hemingway fan.

"Oh, yes," he says in English. "*The Old Man and the Sea* is my favorite."

The bartender, who tells me his name is Abel, has worked here for 24 years. He pours me a daiquiri while he gives me an impressive literary analysis of *The Old Man and the Sea*.

"I'm a fisherman. And I know what he was trying to say," Abel says. "He knows us, the Cuban people. We always fight the big fish. It is the future. We just don't know if we'll get it or not."

For the short term, Cuba can expect a new group of wide-eyed visitors, excited to appreciate the culture, food and history, and to better understand Hemingway's passion for this country. ▲▲

Robert Reid is a Portland-based travel writer. To read more of his stories, visit blog.alaskaair.com.

For additional information about |attractions in Cuba, from sandy beaches to nightlife to caves with aboriginal paintings, go to the Ministry of Tourism of Cuba (cubatravel.cu).

To travel to Cuba, visitors must meet certain criteria. For more information, visit cu.usembassy.gov.

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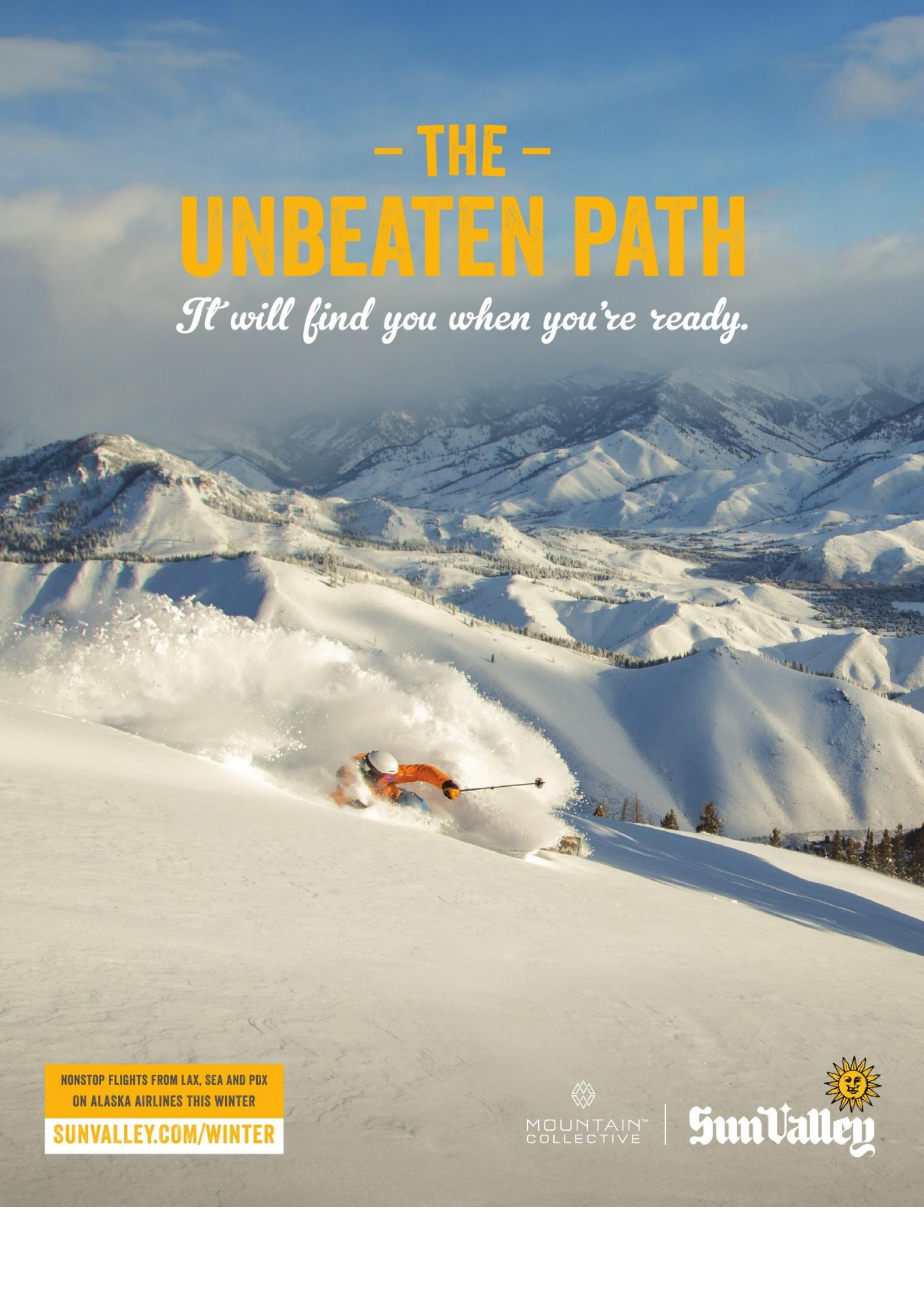
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Surfing the Tropics

A tour of three getaways with perfect sun and surf

By Neal Kearney

There's nothing quite like surfing the warm waters of tropical locations in the Alaska Airlines route system. Whether it's the dramatic setting on Kaua'i, the thunderous waters off Playa Negra, Costa Rica, or the variety of wave breaks in Sayulita, Mexico, these locations offer bountiful enjoyment and excitement. This is especially true for those of us who live in cooler climates and are used to surfing while wearing thick wet suits year-round. I've been to a variety of tropical destinations in my quest for the perfect surfing location. The following are three of my favorite warm-water getaways.

Hanalei Bay, Kaua'i, Hawai'i

It was my second surfing trip to Kaua'i, but as my friend Phil drove me from the airport to his home on the North Shore, I couldn't hide my amazement at this wild tropical paradise. Fruit trees and flowers seemed to be everywhere, and they were all surrounded by deep green foliage.

There was a freshness and perfume to the humid air, and the island's massive jungle-covered valleys looked positively prehistoric. I began to think we might find a stegosaurus grappling with a *Tyrannosaurus rex* around the next turn.

We drove out of the forest and into a lush countryside before reaching Hanalei Bay. This is one of the great surfing areas in Hawai'i, with a local community that

A surfer rides a curling wave in Hanalei Bay, one of the most popular surfing locations on Kaua'i.

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The black-sand beach of Playa Negra, on Costa Rica's northwest coast, is known for its great waves, excellent restaurants and relatively few visitors.

offers a variety of hotels and restaurants to fit a visitor's needs. The beachfront Hanalei Colony Resort is known for its fantastic setting, amenities and easy access to the waves. The Hanalei Surfboard House, which has an incredible collection of surfboards, offers various vacation rental suites. When it comes to dining, there are many options, including The Dolphin Restaurant, Fish Market & Sushi Lounge, which has been a local favorite for decades, featuring fresh fish dishes and one of the best decks on the island.

I'd surfed Hanalei with Phil in the past, yet he still gave me instructions about how to be a proper visiting surfer in Hawai'i.

"Just remember to be safe 'n' play by the rules, brah," he reminded me. When you surf in a place that is not your home area, the locals must be treated with utmost respect. This is especially true in Kaua'i, where the residents are understandably protective of their favorite surfing locations and the surrounding environment.

I've always tried to be sensitive to this dynamic when surfing anywhere new. Most of surfing's big no-nos are self-evident, but it is always good to revisit them when going to a new place.

Here are a few basic rules of surfing etiquette I try to keep in mind: Don't paddle out with a pack, or group, of locals. You are a visitor; let the locals go first. Don't surf a breaking wave that is beyond your skill level, and don't "snake" the locals (cutting in line to catch a wave). I've found that if you are respectful and use common sense, you can have a hassle-free trip surfing in Hawai'i or anywhere else.

Luckily, on this day, the surf was in the perfect 4- to 5-foot range, and the waves were peeling along the point like a scene out of a tropical postcard.

Hanalei Bay is generally suitable for surfers of all skill levels; it just depends on the size of the waves. About 100 feet from the parking lot, near the Hanalei Pier, beginners can hone their skills at the gentle shore break. There are also many skilled instructors in the area for first-timers or those who want to work on their technique. On the far west end of Hanalei Bay is Waikokos, where waves break to the left.

When the waves at Hanalei are small, intermediate surfers can safely work their way up from the minor shore break to the larger main break farther from shore. If the waves are showing some size, the main break should be reserved for the skilled and experienced surfers. As at any surfing area, you should be prepared for anything, even the prospect of walking away altogether if the conditions are not right or are too difficult for your skill level.

Luckily, on this day, the surf was in the perfect 4- to 5-foot range, and the waves were peeling along the point like a scene out of a tropical postcard. We watched in amazement as a local surfer strung together a series of blistering turns punctuated by a sweet tube ride inside the curl of the wave. Unable to contain our excitement, we quickly put on sunscreen and waxed up our boards.

Phil and I trudged along the sand to join

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the other surfers. It was a beautiful, clear day, with a brilliant blue sky contrasting with the deep green of the surrounding mountains. The closer we got to the waves, the more perfect they appeared. Phil began paddling hard to reach the waves, but I was content to take my time and soak up the beauty around, above and below me, so I hung back in the bay's calm inside channel.

A school of tropical fish jetted beneath me, and I ducked my head underwater for a closer look. I slid off my board and began to sink into the shoulder-deep water. I swam along the reef, taking in the vibrant colors of the coral and the many different kinds of darting fish. As I surfaced, I found I was right next to a green sea turtle. The turtle, known as *honu* in Hawaiian, is a symbol of wisdom and good luck.

The wave was a dream, a turquoise canvas upon which I used my board to make long, sweeping strokes.

The honu and I parted company as I turned my attention to catching up with Phil. I made the paddle out with ease and began to survey the lineup to see where to position myself. Phil's turn came, and he took off on a wave. It seemed like a lifetime that I sat there, watching longtime legends, talented professionals and preteen prodigies catch wave after wave.

When some of the biggest waves of the day approached, I looked around. All the other surfers were either coming in from a wave or were out of position—it was just me and one Hawaiian local. My jaw dropped when he paddled next to me and began to speak. While I was anticipating a verbal tongue lashing for making a mistake, the surfer couldn't have been nicer.

"Eh, brah ... you been waiting a long time to catch a wave," he said. "Why don't you take this one?"

I thought of my encounter with honu when I first paddled out—wisdom and good luck. I'd used wisdom and knowledge to wait my turn, and now I was receiving the good luck to be invited to ride one of the best waves of the day by a local.

"Yes. I mean, yes, please!" I stammered. As I turned my board toward the beach, I saw the local surfer shoot me a knowing wink and sly smile.

The wave was a dream, a turquoise canvas upon which I used my board to make long, sweeping strokes. In my peripheral view I could see the majestic mountains looming, but most of my focus was upon soaking up the thrill of riding such a perfect wave. As I zigzagged to the end section of the wave, I saw Phil paddling back out to catch another wave. My legs were burning as I swam next to him.

"See!" Phil exclaimed to me. "A little respect goes a long way here. You hungry? I know a great *poke* place nearby."

STEVE BLY / GETTY IMAGES

Sayulita, Mexico, is a popular vacation spot for surfers and those seeking a tropical location that offers relaxation and a variety of activities.

Playa Negra, Costa Rica

I watched the changing countryside as the large bus I was traveling in passed through

a dry, rural farming area in Guanacaste, the northernmost province of Costa Rica. I had arrived by plane in the city of Liberia a few hours earlier for a surfing adventure on the country's northwestern coast.

It's popular to rent an SUV at the airport and drive the hour and a half to the coast. However, I had opted to take the bus to enjoy the scenery.

The closer we came to the coast, the greener and more dense the vegetation became, until we reached the top of a hill, and the Pacific Ocean came into glorious view—the bright blue of the water was a joy to see after the dusty journey.

The intense beauty of this land mesmerized me as we descended to the coast and made our way to Playa Negra, a black-sand beach that had gained a strong reputation for its great waves, excellent restaurants and smaller crowds than at other surfing locations on Costa Rica's western coast.

We arrived in the sleepy village known as Los Pargos at night. With one main street and a single corner store, Los Pargos is about as far off the grid as you might desire. My guides with Real Surf Trips, Bob Witty and Tony Roberts, greeted me and took me to one of their three beautiful homes near the beach.

Choosing a tour company such as Real Surf Trips is a great way to enjoy the local scene with no worries. Not only do they offer airport service (which is free when two or more book a vacation stay) and great lodging, with cable TV, a pool, three excellent meals each day and an array of amenities, but they also know the best places to surf in Playa Negra and the nearby breaks found in Marbella and Witch's Rock beaches.

The intense beauty of this land mesmerized me as we descended to the coast and made our way to Playa Negra, a black-sand beach that had gained a strong reputation for its great waves.

The area offers a variety of lodging choices, including numerous condominium rentals. Local hotel favorites include the beachfront Hotel Playa Negra. There is also the nearby Cafe Playa Negra, which offers an outdoor pool and a restaurant that serves some of the best Peruvian food in the region. A short distance away is Villa

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Grown-ups: The new kids in school

Adult learners turn to online education to move careers forward

Going to college is a rite of passage for many of America's youth, but they have company.

Universities nationwide are witnessing a sizable shift in the landscape as adult learners return to school at a higher rate than ever before. By 2020, it is estimated they will make up 40 percent of all students in higher education*.

This older population of learners – age 25 and up – is not your traditional college student. They often work full time. They're raising families. And their enrollment numbers are on the rise nationally for two reasons:

1. There is record demand in the workforce for job candidates with advanced skills.
2. And online education gives universities the ability to meet the educational needs of working professionals and busy parents better than ever before.

In that respect, Oregon State University Ecampus leads the way. OSU Ecampus is a nationally ranked provider of online education because it delivers in-demand, high-quality degree programs in formats that satisfy students' learning preferences. For two straight years, Ecampus has been ranked top 10 in the nation for online education by U.S. News & World Report.

Oregon State is also setting the pace by making STEM (science, technology, engineering and math) degrees and courses accessible to students worldwide online. These cutting-edge programs, in turn, produce college graduates who attract attention in the job market and help meet the global call for highly skilled employees.

Code.org estimates there will be a shortage of one million computer professionals by 2020. Oregon State's response has been to offer a post-baccalaureate computer science program online. Now OSU Ecampus is known in the industry for producing the next generation of tech leaders, with graduates working at places like Intel, Boeing and Disney.

And Oregon State recently launched two new graduate programs online in data analytics, which will help fill a void of 180,000 analytics jobs in the U.S.

The adage rings true: It's never too late to go back to school. And, as the national trend proves, there's never been a better time than now.

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** Source: National Center for Education Statistics*

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After a career in the military, Albert Diaz enrolled in Oregon State's computer science program online while working as a radiological analyst in the Bay Area.

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Deevena, a boutique hotel that is known for its excellent restaurant that serves a variety of French-influenced dishes.

The next morning, Bob awakened me at 5:30, saying excitedly, "It's going off!" I looked outside and couldn't see a thing in the predawn gloom. "But how do you know? It's still dark," I asked. He looked at me in surprise and exclaimed, "Can't you hear it?!" I listened closely, and I realized that I could hear the thunder of pounding waves in the distance. There was no time for food or coffee. Instead, we grabbed our gear and rushed to the beach.

Playa Negra is a long sandy beach with volcanic rock veins that finger out to sea. The main wave is a punchy right-hander that breaks over a reef—a fast and powerful wave that can challenge even the most experienced surfers.

As the waves break and come closer to the shore, the beach turns into a perfect area for beginners and intermediate surfers to try some moves. There's also a number of nearby options both north and south of the main break.

Bob showed me the opening in the reef to paddle out through. My heart was pounding with excitement and adrenaline as I joined the pack of surfers waiting for a wave. I cautiously entered the lineup and sat on the fringes as I made sense of the takeoff zone and my position relative to the others in the field.

Finally I could see a large set of waves approaching. I frantically paddled toward the horizon and found that I was the next surfer in the lineup.

I swung into position, pointing my board toward the beach, and began paddling as fast as I could. When the moment was right, I stood up as I plummeted down the face of the massive breaking wave.

I reached the trough and turned my board into a perfect barrel. As I threaded through the tube of churning seawater, all I could see were green caro caro trees, a sun-drenched beach and the blue horizon.

"I could get used to this," I thought as the wave breathed and propelled me into the shallow waters near the beach.

I stood up as I plummeted down the face of the massive breaking wave. I reached the trough and turned my board into a perfect barrel.

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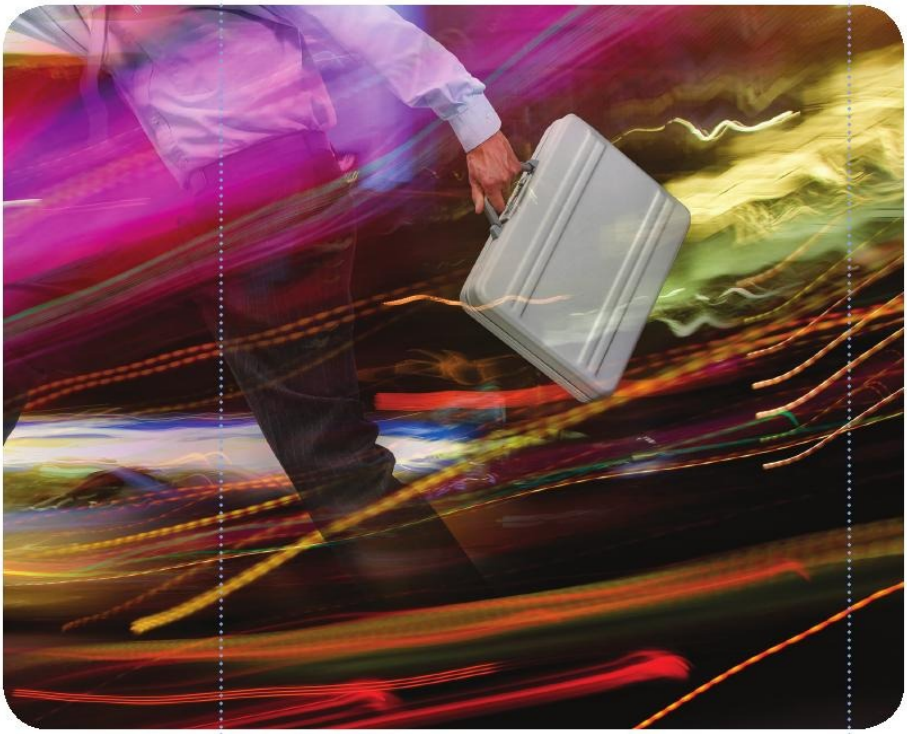

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Sayulita, Mexico

I've surfed throughout Mexico, from the challenging waves of Puerto Escondido to the endless walls of water at Ixtapa.

However, my favorite place to visit for a surf trip has to be Sayulita, a coastal town right on the edge of jungle-covered mountains, located about 25 miles north of Puerto Vallarta.

This lush getaway is vibrant and alive, with foliage teeming with birds whose plumages seem to glow with color. The beach buzzes with activity, as well, with vendors selling their wares, fishermen coming and going, and sunbathers relaxing on the sand.

> I reflected on our day, which included exploring a virtually uninhabited coastline, catching our own dinner and surfing an empty break.

During this particular trip, I was visiting my buddy Dylan, a professional surfer whose parents split their time between Sayulita and a home in Oregon. If you aren't lucky enough to have a friend who lives in the area, there's any number of accommodations in town available for varying budgets.

Pajaro de Fuego offers rental apartments with million-dollar views, and some even have their own private pools. Another top spot is the Hotel Kupuri, which is located in the village.

For a few days, Dylan and I spent our time surfing the main break. Having one of the best surfers in the area as a guide helped me make sense of the waters and find my place with the other surfers. On one of these days I caught a great left-breaking wave where I was able to lay down a series of fun snaps and even pop some air on the end section.

I looked up after wiping out and saw Dylan soaring through the air on a head-high right-hand wave. He landed smoothly and proceeded to perform his own series of quick moves. It's fun to watch talented surfers such as Dylan perform on their home breaks, especially with a front row seat to the action.

In need of a change of scenery, we decided to go boating, fishing and exploring with Captain Pablo's Adventures, an outfitter that will accommodate just about anyone's interests, whether it's going surfing, deep-sea fishing or sightseeing along the local coastline.

I'm not much of a fisherman, so I had the boat's captain set up my fishing pole for me—all I had to do was wait for a bite and reel in the fish, which included a large dorado, a common sport fish in this area of Mexico.

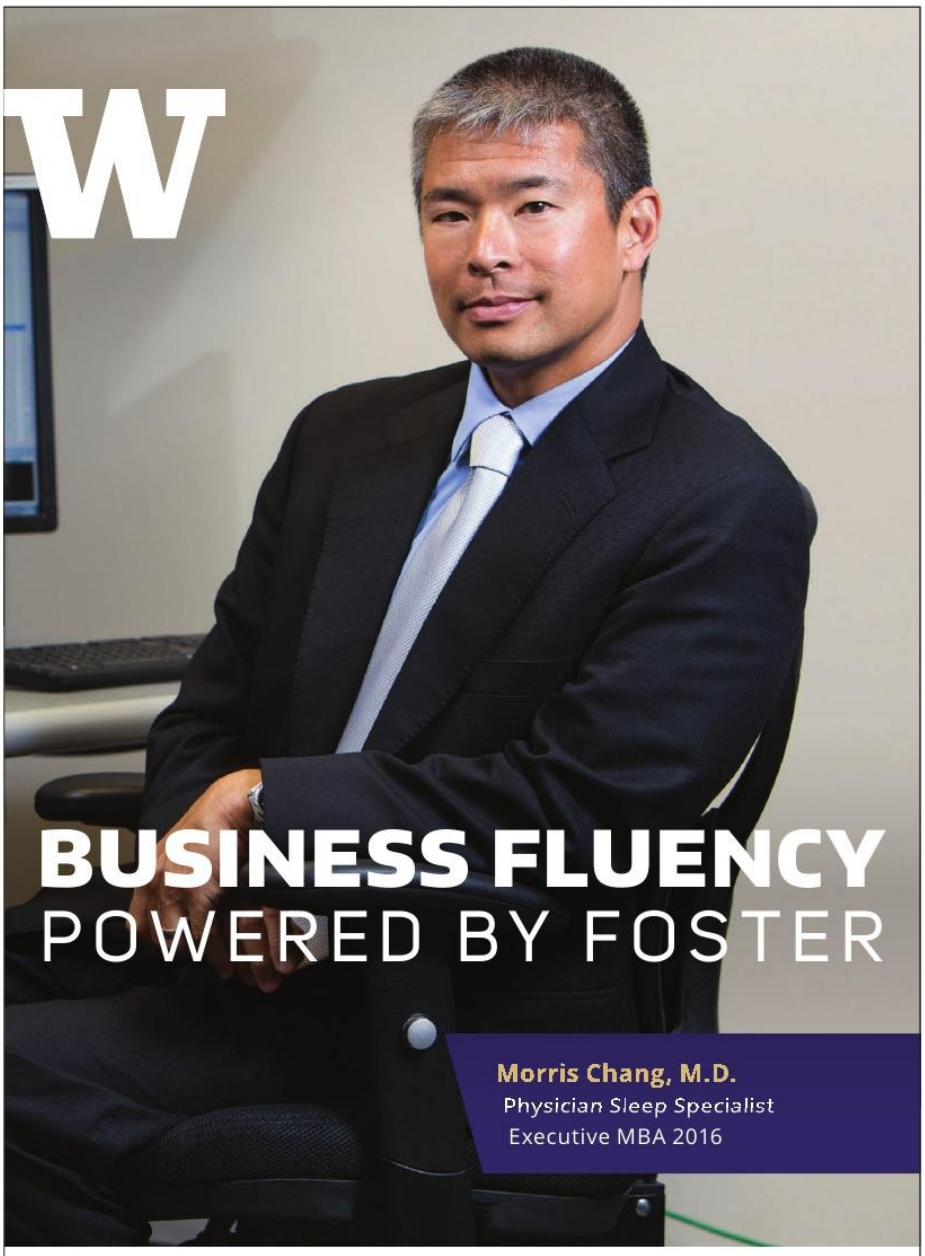
After a couple of hours of fishing, Captain Pablo motored to a secret location up the coast where Dylan and I could surf with only a few people in sight. We traded off 3-foot waves until the sun began to set and then we paddled to the boat, feeling exhausted, hungry and totally happy.

Arriving back at Sayulita Beach just as it was getting dark, Dylan and I talked and enjoyed a beer while the boat's crew cooked the dorado and prepared the ingredients for fish tacos.

As we feasted on the tasty tacos, I reflected on our busy day, which included exploring a virtually uninhabited stretch of the Mexican coastline, catching our own dinner and surfing an empty break. I couldn't think of a better way to spend a day on the water. ▲

When he's not surfing, Neal Kearney writes from Santa Cruz, California.

Alaska Airlines offers service to Hawai'i, Costa Rica and Mexico. For ticket information, go to alaskaair.com or call 800-ALASKAAIR.



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TASTEMAKERS

Top Hawai'i chefs serve up delicious, innovative fare :: By Martha Cheng

On the island of O'ahu, Robynne Maii makes irresistible comfort food influenced by various cultures; on Maui, TV's *Top Chef* alum Sheldon Simeon pays tribute to the mom-and-pop fare that locals love; on Kaua'i, culinary innovator Jean-Marie Josselin brings attention to Hawai'i's vegetables, from the familiar to the exotic; and on Hawai'i Island, Peter Merriman continues to build on his legacy of pioneering farm-to-table cuisine. These creative chefs are representatives of the numerous expert practitioners who have influenced Hawai'i's dining scene in the last few years. The chefs have transformed entire blocks into bustling food-and-drink hubs and remade sleepy hole-in-the-wall eateries into destination-dining establishments. Some of the chefs were born and raised in the Islands; others are transplants who have lived in Hawai'i long enough that their personal histories are entwined with Hawai'i's culinary landscape. Whether they are opening their first restaurant or their seventh, Hawai'i's hottest

LEFT TO RIGHT, MERRIMAN'S; DANIEL LANE; DAMIAN KULUHIWA; KAMIL SCHUETZ

LEFT TO RIGHT: Peter Merriman, Jean-Marie Josselin, Sheldon Simeon and Robynne Maii represent the variety of chefs in the Hawaiian Islands expanding the state's culinary offerings and drawing on diverse influences.

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The kitchen at Fête draws on the varied culinary passions of chef Robynne Maii (above with husband and general manager Chuck Bussler). The *kalbi* bavette (left) is a signature entree.

chefs have menus that continually evolve to reflect their unique perspectives and the diversity of the Aloha State. Here's a look at some of the leading chefs in the Islands.

ROBYNNE MAII ::
BLENDING INFLUENCES

At her restaurant, Fête, in Honolulu, Robynne Maii cooks food that she craves, such as a grilled, marinated *kalbi* bavette (steak), a nod to her Hawai'i-born Korean mother, who cooked every night at Maii's childhood home in the 'Āina Haina area of Honolulu. Then there's the fried chicken with grits and collard greens, inspired by trips to Georgia to visit her husband's family. The menu skips over to Spain for grilled octopus braised in red wine, marinated in olive oil, citrus and herbs, and grilled with paprika. Maii can't get enough of the octopus's flavors and textures, and the outside crispy char that gives way to tenderness.

Maii's menu items are difficult to corral into a single flavor profile, and her culinary experience is just as difficult to wrangle into a linear narrative. After growing up in Honolulu, Maii attended Middlebury College in Vermont. She majored in English and modern dance, thinking she would teach those subjects. But "I couldn't stop thinking about food and cooking," Maii says, indicating that this was a result of being raised in a family that loved to cook. So she returned home to attend culinary school at Kapi'olani Community College, and she cooked at Honolulu restaurants.

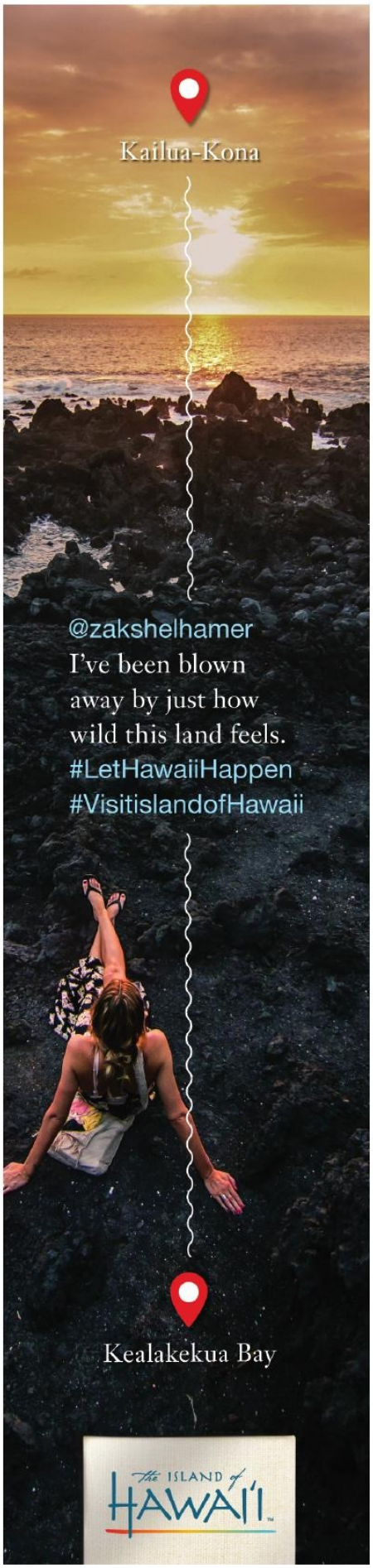
"I was asking all these questions and realized I wanted to delve deeper into food," she says. For example, she wondered why men always ordered the New York strip and the women the *'ōpakapaka* (a pink snapper) or *onaga* (a red snapper) at the restaurant where she worked. She pursued a master's in food studies at New York University, focusing her studies on gender and "all the different ways that men and women approach cooking and eating," she says.

Maii worked long hours at a prominent New York restaurant while she was attending school full-time. Maii's postgraduate career has included stints as an editorial assistant at *Gourmet* magazine, culinary-arts program co-director at The Art Institute of New York City, and founder of the culinary program at Kingsborough Community College in Brooklyn.

While she was in New York, Maii and her husband—Chuck Bussler, who also worked in the food industry—would host a large dinner party at their home every other week. They served what she calls "slow, loving cooking—cooking that is not flashy, cooking that is not manipulated too much." In 2014, they decided to move back to Maii's home state of Hawai'i and open a restaurant that took this approach. This idea became Fête, where Maii is executive chef and Bussler is general manager.

"My style is very simple," Maii says. "There aren't too many things on the plate." Hamburgers and fried chicken dishes may be simple, but Maii's technique is precise: The chicken is brined in buttermilk with salt, herbs, garlic and honey; then dusted in seasoned flour and double-fried in cottonseed oil, which Maii prefers for its clean taste. Then there's the Mexican lasagna,

KAMIL SCHUETZ (3)



PAUL CHENEY / BRAVO MEDIA

Maui-based chef Sheldon Simeon, shown here in his season 14 return to TV's *Top Chef*, recently opened the inventive—and unassuming—Tin Roof in Kahului.

which Maii recalled from her days in the test kitchen at *Gourmet*. Maii layers fried corn tortillas with roasted poblanos; sauteed spinach studded with golden raisins; black beans; and a goat-cheese sauce. "It's very, very comforting," she says. "It makes you feel happy."

Her restaurant is "not making up anything new," she says. "What we serve is a version of something we tasted and loved and wanted to eat over and over again."

SHELDON SIMEON :: HUMBLE CELEBRICHEF

Sheldon Simeon recently finished filming season 14 of the reality-TV cooking competition *Top Chef* (which is showing on Thursdays at 9 P.M. on Bravo, through early March). This season has a twist: Eight *Top Chef* rookies and eight returnees are competing for the top honors.

It's been four years since Simeon first competed on the show—in season 10, which was centered in Seattle, with final episodes in Juneau and Los Angeles. In that season, he won challenge after challenge with food informed by his heritage—he was born in Hilo, on Hawai'i Island, to Filipino parents. He made plates such as a yellowtail *kilawen*, a Philippines-style ceviche; and pork belly adobo, a classic Filipino stew.

Simeon was one of the show's final three cheftestants, but, in an effort to break from Filipino flavors, he created a menu with quail and white chocolate mousse and was eliminated. But he still placed third and was voted "Fan Favorite," in part for his easygoing personality. Despite the show's constant pressure, he was always quick to laugh.

"The first season I competed, I was super intimidated," Simeon says. "I was a kid from Hawai'i with no formal training going out there. But I learned a huge lesson: Don't try to be something that you're not." After Simeon's elimination from *Top Chef*, he developed his own, very personal style. "I had a lot to learn about our own food in Hawai'i," he says. "Before, I used to look at the mainland and what they're doing in New York for inspiration, see who's winning the James Beard Award, who's on Eater, who's doing what, and how to apply it here. Now, I'm definitely coming from a Hawai'i point of view. Instead of looking outward and how I turn the outside into Hawai'i, I'm going back to the roots."

This is immediately apparent in Tin Roof, which Simeon opened in 2016. It's a modest space tucked into a strip mall in Kahului, Maui; and, as any local knows, some of the best food in Hawai'i is found in the most unassuming places. The site previously held an *okazuya*—a Japanese-style deli—which Simeon had been dropping by for years while he was serving as the executive chef at another Maui restaurant. Simeon told the deli's owners, "If you ever want to sell, let me know." They did.

Simeon explains that he was drawn to the space because he hates watching small restaurants disappear. He saw a place for an approachable, casual menu that could complement a boom in high-end dining. "Look at all of us trying to create this new Hawai'i cuisine. It's rad. Everyone's on fire. But while we're doing that, these mom-and-pop shops are being forgotten about."

Tin Roof serves a short menu of local favorites, such as *mochiko* chicken (Japanese fried chicken), chop steak and garlic shrimp. Simeon's dad makes frequent guest-chef appearances, too, cooking up specials such as his pork-and-peas stew.

"I've definitely been influenced by my dad and my whole family," Simeon says. Of his boyhood home in Hilo, he recalls: "Our house was the gathering house. My dad was the cook of the community." Whether it was a wedding, first birthday party or weekday *pau hana* (after-work gathering), people came to their house to eat.

With Tin Roof, Simeon is creating a new community gathering spot. "I'm stoked that we get to be a part of people's lives," he says.

JEAN-MARIE JOSSELIN :: CONTINUAL INNOVATOR

Several years ago, a search for a source of fresh milk led Jean-Marie Josselin to a Hindu monastery in Kapa'a, Kaua'i. The monastery makes fresh yogurt and cheese from milk produced by its cows. Josselin wanted to buy milk to make cheese for one of his restaurants.

"I had no idea what I was getting into," Josselin says. "I walked up to a big tall Hindu guy who was holding a wheel of cheese and asked if he would sell me milk." The man said no. "But we spent two to three hours talking," Josselin recalls. "He was like a lost brother. I kept on coming to the temple, three to four times a week."

Josselin never did get the milk from the monks, but his visits and the teaching of the monastery, which emphasized vegetarianism, ended up influencing his cooking. At Josselin's restaurant JO2 Natural Cuisine,

(1)

(2)

(3)

Dishes at Tin Roof rotate, and they have included (1) blackened slices of pork belly in a banana-ketchup-and-Sprite sauce; (2) *'ahi* belly pan-seared with soy sauce and shaved red onions; and (3) fresh local striped marlin poached in butter and topped with a five-mushroom ragout.

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which opened in Kapa'a in 2014, the chef celebrates vegetables in novel ways. He serves a gray griller squash styled like a carpaccio, dressed with vinaigrette of cacao, fresh turmeric, a little grain mustard and honey. He loves working with the parts of produce that other people might consider byproduct: For example, he'll take cacao fruit—the sweet white pulp around cacao beans—ferment it, freeze the juice and shave it like shave ice over zucchini. When he husks fresh corn on the cob, he'll save the silk and fry it as a garnish for his creamy—but cream-free!—corn soup.

Twenty-five years ago, Josselin and 11 other chefs started the Hawai'i Regional Cuisine movement, which celebrated local farmers and producers, long before "farm-to-table" became the catchphrase it is today. In 1990, after working in hotel and resort restaurants in Hawai'i for a couple of years, Josselin opened his own place, A Pacific Cafe, a beloved restaurant in Kapa'a. He kept opening restaurants across the Hawaiian Islands and in Las Vegas; at one time he had six total. But by 2008, he had closed them all and for two years he traveled in Europe and Asia.

His travels have made their mark at JO2, such as with the grilled leeks in smoked buttermilk, topped with XO bacon (a riff on the popular, spicy Chinese condiment XO). JO2 blends the influences of Josselin's native France, his longtime home in Hawai'i (where he established himself in the 1980s) and elements of cooking from Hawai'i's different ethnic communities.

Jean-Marie Josselin's restaurant JO2, on Kaua'i, serves plates such as the tomato sampler (below left) and a vegetarian take on carpaccio with gray griller squash (right).

Josselin still meets once a week with Kaua'i farmers to plan the dishes for his JO2 menu. While Josselin's cooking style has changed over the decades—it's cleaner and lighter, he says—working with local farmers has long been a tradition for him.

"I'm very happy with what I'm doing right now," Josselin says. "Everybody is putting a big beef chop on the plate, saying you have to cook like a butcher. I'm not. I like where I am." And when diners at JO2

sit down to Josselin's uniquely tantalizing plates, they like where they are, too.

PETER MERRIMAN :: REGIONAL PIONEER

"Welcome to Moku Kitchen," a server greets the table at Peter Merriman's newest restaurant. "Tonight, we're serving a 78 percent local menu."

Merriman has been opening restaurants in Hawai'i for almost three decades, and while his menus have evolved over the years, his philosophy has not: to source locally as much as possible for the freshest and best-tasting dishes.

The popular chef has six restaurants on the major islands, with more in the works, but Merriman's Waimea on Hawai'i Island is where he made his name.

Merriman grew up loving food. During his youth, living in Pittsburgh, he helped

NEW AND NOTABLE

Recent openings by chefs and restaurateurs.

O'AHU

Mahina & Sun's, *Waikīkī, surfjack.com/eat-shop;* Located in the Surfjack Hotel, this is Honolulu-born chef Ed Kenney's fourth restaurant. Don't miss the family feast—a fried fish with fixings such as *pohole* (fiddlehead fern) salad to buttered *'ulu* (breadfruit).

Piggy Smalls, *Honolulu, thepigandthelady.com/piggysmalls;* At this spinoff of chef Andrew Le's popular The Pig and the Lady, you'll find creative Vietnamese-inflected dishes such as the "pho-strami," a sandwich with meltingly soft pho-spiced pastrami.

Senia, *Honolulu, restaurantsenia.com;* With a name based on the word *xenia*, a reference to the Greek concept of hospitality, this restaurant defines itself as "upscale casual." Take a seat at the counter to see chefs Chris Kajioka and Anthony Rush turn out gorgeous plates of American food with a Hawaiian twist.

MAUI

Frida's Mexican Beach House, *Lahaina, fridasmaui.com;* Fresh Mexican food, tropical cocktails and an oceanfront setting are big draws for Mark and Judy Ellman's vibrant seafood restaurant that honors Frida Kahlo. The decor reflects the famed artist's style.

The Mill House, *Wailuku, millhousemaui.com;* Executive Chef Jeff Scheer creates beautiful dishes—such as the coffee-roasted beets and cioppino paired with harissa—complemented by the beautiful setting, a farm backed by the West Maui mountains that also supplies many fresh ingredients.

HAWAI'I ISLAND

Daylight Mind Coffee Company, *Waikoloa, daylightmind.com;* A new location for this roastery-cafe-restaurant has Hawai'i-grown coffees, and hearty dishes by chef Ash Danao.

'Ōhelo Cafe, *Volcano, ohelocafe.com;* Fresh Hawai'i produce and fish meet Italian flavors at this restaurant near Hawai'i Volcanoes

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National Park. Chef Jonah Van Gieson is known for ribs and wood-fired, thin-crust pizzas.

KAUA'I

Eating House 1849, *Kōloa (also Waikīkī and Kapolei, O'ahu), eatinghouse1849.com;* Roy Yamaguchi, one of the Islands' most beloved chefs, features hearty dishes at his newest location, on Kaua'i.

Palate Wine Bar & Restaurant, *Kīlauea, palatewinebar.net;* Wine flights pair with small plates in this cozy site on the island's North Shore. Charcuterie is a specialty of chef de cuisine John Paul Gordon's menu.

—*M.C.*

his mother test recipes for her column in the local newspaper, and even managed to land a gig as an unpaid kitchen helper for the corporate chef at the Pittsburgh-based H.J. Heinz Co. After high school, Merriman had the option of playing for the University of Pennsylvania football team or enrolling in the Culinary Institute of America. He chose football.

Ultimately, however, his interest in food won out. After graduating from college, he entered a chef's apprenticeship program and through the years worked his way up the kitchen ranks, a path that ultimately brought him to Mauna Lani Bay Hotel & Bungalows on the Island of Hawai'i in the early 1980s. There, Merriman was astonished to find that despite the bounty of seafood and tropical fruits, Hawai'i's hotels at the time seemed to serve mostly continental cuisine made with frozen ingredients shipped from the mainland. He wanted to showcase Hawai'i's local beef, seafood and produce, a novel idea at a time when sole amandine was a dish de rigueur, and "Hawaiian cuisine" was considered to be pineapple on everything.

Merriman developed a reputation as the chef who would climb trees for coconuts and dive for sea urchins. What he

couldn't find, he encouraged others to grow. He suggested that a certain farmer grow vine-ripened tomatoes, which were thought to be impossible to cultivate in Hawai'i due to pests and rain. The farmer succeeded, and now, ruby-red, locally grown tomatoes can be found all over the Islands. The philosophy Merriman cultivated at Mauna Lani inspired his first independent restaurant, Merriman's in Waimea, which he opened in 1988. And it helped fuel the Hawai'i Regional Cuisine movement.

Merriman is often credited with organizing the Hawai'i Regional Cuisine chefs and introducing them to the network of farmers and producers on Hawai'i Island that he had established over the years. Almost three decades later, he still works with some of the same farmers. For example, just as Merriman's Waimea has done since the restaurant opened, it buys lamb from Kahua Ranch and uses the entire animal. It serves lamb chops with jalapeño whipped potatoes and braises some of the tougher cuts for curries scented with Hawai'i Island–grown cinnamon.

Twenty-eight years later, Merriman says, "There's still a lot that I want to accomplish. Every morning, when I wake up, I still have a burning desire to get to work. I've always loved the restaurant business."

Why restaurants? "It's a people business," he says. "Every day we serve hundreds of people. For 28 years, I have tried to throw a party every night." ▲▲

Martha Cheng writes from Honolulu.

Alaska Airlines offers daily service to O'ahu, Maui, Kaua'i and Hawai'i Island (Kona). For flight reservations, go to alaskaair.com or call 800-ALASKAAIR. Book a complete Alaska Airlines Vacations package to Hawai'i at alaskaair.com/vacations or call 844-762-0087.

CHARLA PHOTOGRAPHY

Hawai'i Regional Cuisine pioneer Peter Merriman has worked to develop sources for fresh local ingredients used in dishes such as the Keahole lobster at right.

A LOCAL'S KEY WEST

THIS VIBRANT AREA BOASTS NATURE AND NIGHTLIFE

BY CRICKET DESMARAIS

MORNING LIGHT RISES OVER RED MANGROVES as my 8-year-old daughter and I snorkel in the Key West National Wildlife Refuge. We float and glide silently near the shallow edge of the salt-tolerant tree roots, knowing that the slower we go, the more we will see—juvenile cuttlefish, stingrays and snapper that dart and camouflage into sponge gardens, corals and sea grasses.

My younger daughter, 6, swims back to our anchored boat, eager for us to follow so that we can visit some of the sand flats around Key West. She loves walking over the hypnotic patterns across the sand left by the tidal ebb.

We begin swimming toward her, but about halfway between us and the boat, the water begins to thrash—or rather, something in the water does. Two sand-colored fins slice through the surface, then disappear. Nurse sharks, considered harmless to humans unless provoked, are searching for a meal of Florida spiny lobster burrowed beneath coral heads or sponges.

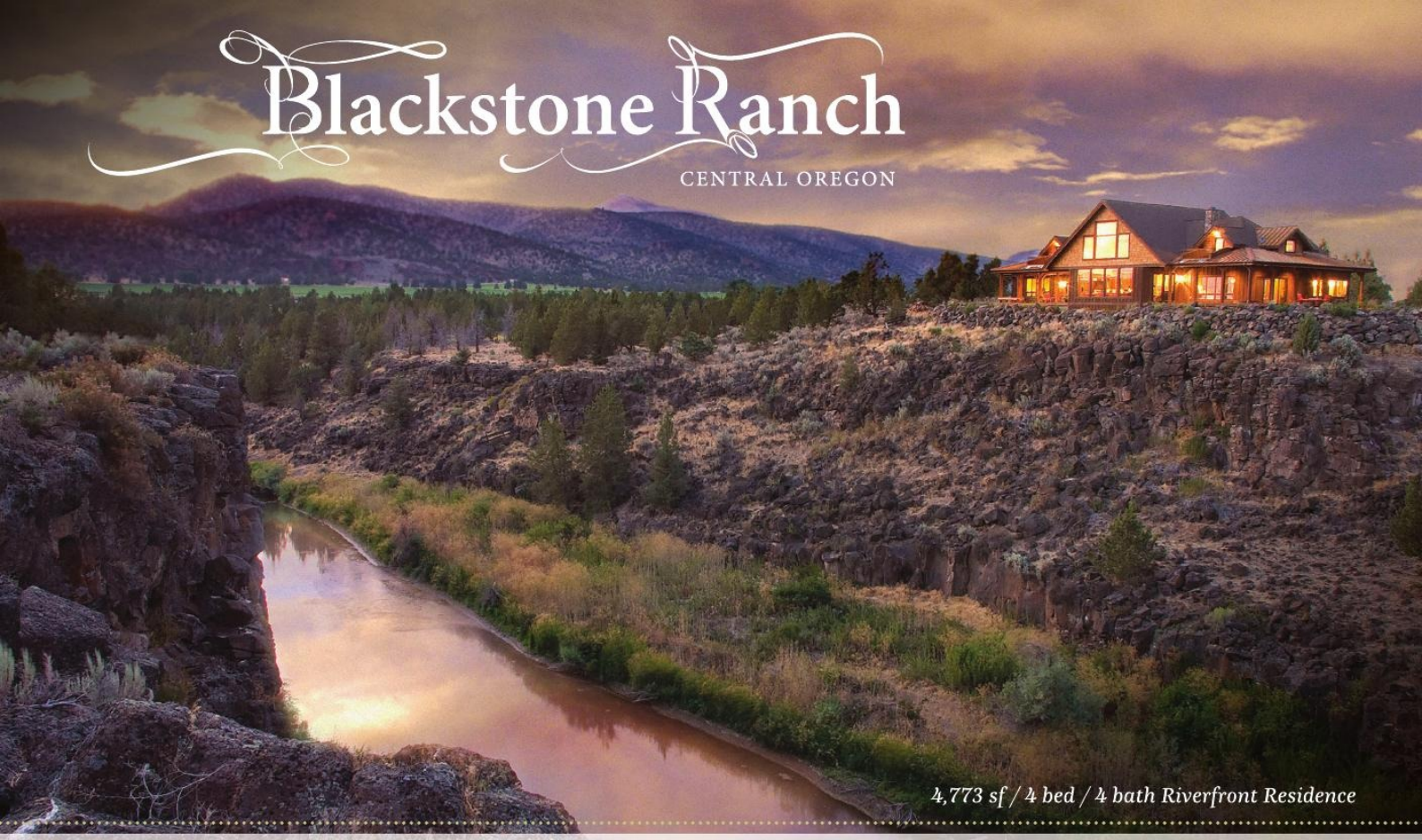
As we board the boat, we're still chattering about our thrilling sighting of this species, which is known for being so laid-back, a National Park

MIKE MERRERO

Kayakers explore mangroves in the Key West National Wildlife Refuge.

Blackstone Ranch

CENTRAL OREGON



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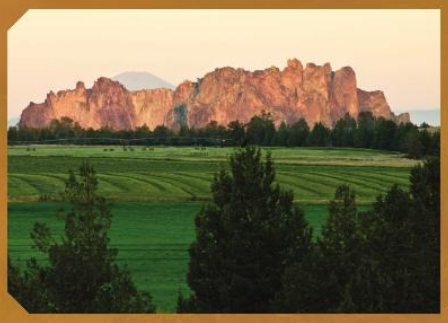

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PATRICK GINN 360.600.8813

Service website says *Ginglymostoma cirratum* might be considered the "couch potato" of the shark world. I turn our watercraft east toward Key West, and within minutes we're idling through Calda Channel at low tide.

The channel, part of the refuge and used by many tour companies offering refuge excursions, is another good place to spot marine animals. An endangered loggerhead sea turtle submerges as we pass, and my daughters' eyes are peeled for pods of bottlenose dolphins. When we reach the sand flats, we see great white herons standing statue-still as the glassy, mirrored glaze of the shallow sea reflects magnificent white clouds.

Although Key West, the southernmost city in the continental U.S., is famous for its nightlife—with the most bartenders per capita of any city in the country, according to a 2015 CareerBuilder analysis—those of us who live here know there is incredible wildlife that has nothing to do with margaritas.

The Key West National Wildlife Refuge is part of what is known as the Florida Keys "backcountry"—shallow waters dotted with mangrove islands, sand flats, grass flats and sponge flats, and teeming with marine life—along the northwest side of the 113-mile chain of islands from the Everglades to Key West.

INSIDER TIP

The impeccably curated **Salt Island Provisions** shop at 830 Fleming Street offers items such as Florida Keys sea salt and raw mangrove honey, along with local-artisan-created hammered bronze and silver jewelry, and gorgeous art books. It also has a fine-art gallery (305-896-2980; saltislandprovisions.com). —*C.D.*

Salt Island Provisions White Truffle Sea Salt.

OUTDOOR ADVENTURES

Danger Charters: This top-rated, local-favorite eco-tour charter company has three 65-foot schooners with 30-passenger-max capacity for day trips to snorkel and kayak in the Key West National Wildlife Refuge and for Wind & Wine harbor sunset sails. The company is named after the original boat, but as the website explains, "The only dangerous part about our tours is a possible sunburn!" The friendly crew educates and entertains with information about local maritime history, the mangrove-island ecosystem, and the how-to for seeing wildlife—both in and out of the water. Advance reservations are recommended (305-304-7999; dangercharters.com).

Dry Tortugas National Park and Fort Jefferson: A must for any nature-lover, Dry Tortugas, 70 miles west of Key West, is a 100-square-mile park with seven islands. It is noted for its largely undisturbed subtropical ecosystem featuring abundant sealife; nesting grounds for species such as the sooty tern, noddy tern and magnificent frigatebird ("magnificent" is part of its name); pristine, colorful coral reefs for snorkeling and diving; and legends of shipwrecks and pirates. The park's mid-1800s fort, with 2,000 arches, is one of the largest all-masonry forts in the United States (nps.gov/drto/index.htm). Transportation to the park: Key West Seaplane Adventures (305-293-9300; keywestseaplanecharters.com) and Yankee Freedom ferry (800-634-0939; drytortugas.com).

Key West Beaches: Key West has seven public beaches: **Higgs, Smathers, Dog Beach, Rest Beach, Fort Zachary Taylor, Simonton Street Beach** and **South Beach.** Tennessee Williams reportedly swam daily at South Beach when he lived in Key West from 1949–1983. These days, locals lean toward **"Fort Zach,"** a 56-acre state park that has a beach with pebble-size coral rocks (free beach wheelchairs with big tires for navigating the terrain are available); picnic tables; fishing access; a nature trail; bike trails (rentals available); plenty of shade under Australian pines; and friendly rangers happy to guide you through the Civil War fort, which is a National Historic Landmark. Snorkeling at the park is above par: Mote Marine Laboratory, NOAA and other entities launched a coral-restoration project last summer, and now young brain, great star and mountainous star corals in 10 to 12 feet of water, just 20 feet beyond the shoreline, attract tropical fish; snorkel-gear rentals are available (floridastateparks.org/park/fort-taylor).

Bicyclists ride past one of the many colorful buildings in Key West.

Biking in Old Town: Rent a bicycle for the pleasure of pedaling past jasmine, frangipani, bougainvillea, orchids and the huge variety of palms that frame the island's mishmash of architectural styles—ranging from small cigar makers cottages to classic Victorians with widow's walks, verandas and gingerbread accents. Bike rentals are available from We Cycle (305-294-7433; wecyclekw.com) and Eaton Bikes (305-294-8188; eatonbikes.com). **The Conch Tour Train** (305-294-5161; conchtourtrain.com) and **Old Town Trolley Tour** (855-623-8289; trolleytours.com/key-west) also go through Old Town, as well as stopping near attractions such as **Mallory Square**, the **Key West Aquarium** (keywestaquarium.com) and various historic sites.

Mallory Square, dating to the 1820s and close to many shops, restaurants and museums, is renowned for its nightly **Sunset Celebration**, with performers such as jugglers and musicians complementing a seascape painted gold by the setting sun (sunsetcelebration.org). —*C.D.*

TOP TO BOTTOM: MIKE FREAS / FREAS PHOTOGRAPHY; JEFFREY CARDENAS / SALT KEY WEST

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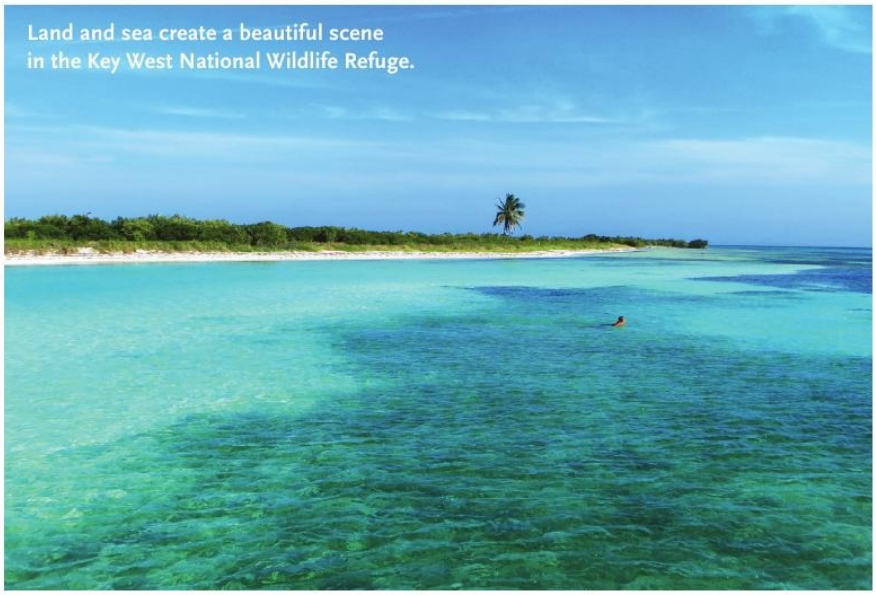
Two of the four refuges in the Florida Keys National Wildlife Refuges Complex are in Key West–area backcountry: the Key West National Wildlife Refuge, established in 1908, which comprises 208,000-plus acres, with about 2,000 of those consisting of land, and the Great White Heron National Wildlife Refuge, established in 1938 and comprising nearly 118,000 acres, with 6,500 of those being land.

These two refuges safeguard more than 250 species of birds, including the great white heron, and also provide nesting habitat for sea turtles. And the refuges are located within the 2,900 square nautical miles of the Florida Keys National Marine Sanctuary, which begins near Miami and harbors more than 6,000 species of marine life. These protected waters also offer subtropical natural bliss for human residents and visitors.

In the last three months alone, my girls and I have been greeted by an aggregation of manatees while snorkeling, been lucky witnesses to a rare daytime loggerhead turtle hatch on the beach at Fort Zachary



Land and sea create a beautiful scene in the Key West National Wildlife Refuge.

Shakti Yoga and Mayanjali Cafe.

5 More Things to See and Do

1. Learn about the island chain's natural habitat at the **Florida Keys Eco-Discovery Center** (305-809-4750; floridakeys.noaa.gov/eco_discovery.html).
2. See independent films at **Tropic Cinema** (877-761-3456; tropiccinema.com).
3. Eat at **Bad Boy Burrito** (305-292-2697; badboyburrito.com).
4. Find your downward dog or sip a smoothie at **Shakti Yoga and Mayanjali Cafe** (305-587-4285; shaktikeywest.com).
5. Shop: **Green Pineapple** (305-509-7378, greenpineapplewellness.com); **Besame Mucho** (305-294-1928, besamemucho.net); **Vignette** (305-916-5722, vignette-keywest.com); **Local Color** (305-292-3635, localcolorkeywest.com). —*C.D.*

Famous Duval Street

Just under 1.25 miles long from the Gulf of Mexico coast to the Atlantic coast, this celebrated street runs the gamut from quaint bungalows, Victorian mansions, inns, boutiques and art galleries to boisterous bars, bustling restaurants, T-shirt shops and a glass-bottom-boat-tour operator. It is also home to churches, theaters, museums, hotels and cabaret shows. And let's not forget the 16 streets that cross Duval. Explore them to find a treasure trove of additional bistros, bars and boutiques.

Many people have heard about Duval Street's famous **Sloppy Joe's Bar**, which was popular with local celebs such as Ernest Hemingway and serves food as well as drinks, but there's also **Capt. Tony's Saloon** for another taste of Old Key West. Located near Duval on Greene Street, Capt. Tony's does not serve food, but this was where an early-career Jimmy Buffett played in the 1970s in exchange for beer. Buffett's song *Last Mango in Paris* refers to Capt. Tony's.

Farther south down Duval you'll find the world-famous original **Margaritaville** restaurant, still co-owned by Jimmy Buffett, and showcasing musicians from around the country.

The colorful cabarets in the Duval Street area include **Aqua**, **801** and **La Te Da**, where talented female impersonators in glittering gowns present show tunes. —*C.D.*

Visitors ride past the acclaimed Sloppy Joe's Bar on vibrant Duval Street.

TOP TO BOTTOM, MAYANJALI CAFE / BOUTIQUE; KRISTIE KILLAM / USFWS; RAULUMINATE / ISTOCKPHOTO

Taylor Historic State Park, have come upon an endangered queen conch (pronounced "konk") while walking the beach at Woman Key within the Key West National Wildlife Refuge, and have watched a titian moon rise over the mangroves while we drifted on a standup paddleboard, an experience elevated by the magical glowing swirl of bioluminescence as we paddled back to shore.

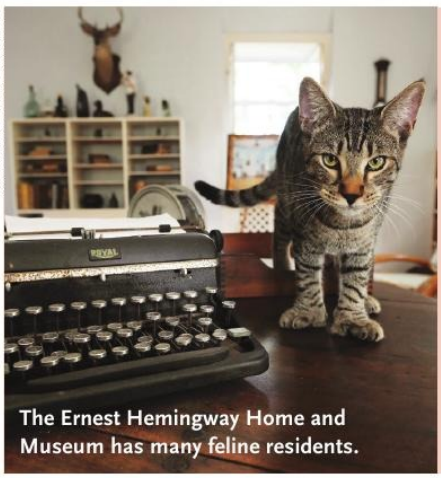
These types of experiences are the reason I left the bustle of New York and moved to Key West 20 years ago, and why nature lovers as well as nightlife lovers visit Key West again and again.

Please see the accompanying sections for more insider recommendations for experiencing Key West, whose official philosophy is "One Human Family," recognizing and promoting human equality. The concept, first advocated by local artist J.T. Thompson, was formally adopted by a city proclamation in the year 2000. ▲

Writer Cricket Desmarais was also a Key West eco-tours captain for many years. For more information on Key West and the other Florida Keys, go to the Monroe County Tourist Development Council website: fla-keys.com.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides daily nonstop service to Fort Lauderdale, a gateway to the Florida Keys.

ROB O'NEAL PHOTOGRAPHY



The Ernest Hemingway Home and Museum has many feline residents.

Fun Fact

Ernest Hemingway's wife, Pauline, spent more for the pool ($20,000), begun in 1937 at the couple's Key West home, than what the entire house cost ($8,000) when they bought it in 1931, according to the **Ernest Hemingway Home and Museum**. Guided tours are available, and visitors might also see six-toed cats on the grounds, some descended from a six-toed feline named Snow White that Hemingway received as a gift from a ship captain (305-294-1136; hemingwayhome.com). —*C.D.*

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INTERESTS: *Running, Fashion, World Travel*

DATE SMARTER

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

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

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

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

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

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

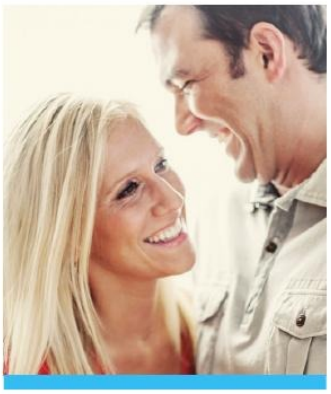
Tell us about your first date with one another.

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

What was your favorite part about dating through IJL?

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

Find out what an It's Just Lunch matchmaker can do for you by calling **800.858.6526** or visit **ItsJustLunch.com**.



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Surprise top-rated attraction—Key West Butterfly & Nature Conservatory: Right on Duval Street, discover more than 50 butterfly species, joined by 35 species of exotic birds fluttering about the flowering plants in the conservatory, with live chrysalises shipped in from tropical countries across the globe. The butterflies come from farms and are not gathered in the wild; species range from the exotic blue morpho to the paper kite (305-296-2988; keywestbutterfly.com).

U.S. Highway 1 Mile Marker Zero Sign: Instead of photographing the inaccurately labeled Southernmost Point Buoy, commemorate your visit with a picture of yourself standing at the U.S. Highway 1 Mile Marker Zero sign on the corner of Fleming and Whitehead streets. This is the first of 100-plus signs on the Overseas Highway portion of U.S. 1 through the Florida Keys—a route that provides stunning sea views and includes several dozen bridges. The entirety of U.S. Highway 1 extends more than 2,000 miles between Key West and Fort Kent, Maine.

Fish like Hemingway: Ernest Hemingway plied the waters between Key West and Cuba aboard his 38-foot fishing boat, according to the Monroe County Tourist Development Council, and his experiences influenced some of his books. The Florida Keys are acclaimed for their deep-sea fishing for species such as **sailfish, swordfish and marlin**, but the sand flats and grass flats around Key West are also outstanding fishing grounds, where you can catch species such as **tarpon, barracuda,**

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SHERRINGTON

Local yellowtail snapper at the iconic Blue Heaven restaurant.

permit and bonefish (fla-keys.com/key-west/fishing for guide services and myfwc.com for fishing regulations).

Eat like a local—Blue Heaven: This iconic restaurant at Thomas and Petronia streets serves outstanding fresh, local yellowtail snapper (with a citrus beurre blanc sauce) and has signature drinks such as Heaven's Punch, blending coconut, pineapple and banana rums with fresh fruit juice and a splash of fresh lime sour.

In old-school Key West style, roosters and cats roam outside at this one-time site of boxing matches refereed by Hemingway. Blue Heaven serves breakfast, lunch and dinner (305-296-8666; blueheavenkw.com).

Custom House Museum: Neighbor to the famous Mallory Square and Sunset Celebration is the 1891 Custom House, one of the dozen or so museums that dot the island. This majestic red-brick, Richardsonian Romanesque-style building has special and permanent exhibits; art by Tennessee Williams; and historical Key West artifacts such as Ernest Hemingway's World War I uniform (305-295-6616; kwahs.org).

Books & Books: Beloved young adult–genre author **Judy Blume** lives in Key West. An active member of the local creative community, she and her husband, George Cooper, founded the Books & Books independent bookstore at 533 Eaton Street. The store is part of a nonprofit art center that benefits performing and visual artists in the Florida Keys. Judy herself is often at the store (305-320-0208; booksandbookskw.com). —*C.D.*

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WHILE YOU'RE THERE

Adding leisure to business travel

By MICHELE ANDRUS DILL

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ART GRICE

• SEATTLE AREA •
ISLAND EXPERIENCE

Whenever I travel for a business meeting, conference or convention, I enjoy the opportunity to also explore the locale. In the Los Angeles area, I once spent a leisure hour cheering volleyball players at Santa Monica State Beach, then savored Mexican cuisine at Mariasol on the Santa Monica Pier. On a subsequent visit, I segued from a productive three-day business meeting to a fun four-day Carnival cruise from Long Beach to Catalina Island and Ensenada.

After a day spent attending seminars in Baltimore one year, I relished late-afternoon strolling time at the city's Inner Harbor, where I admired historic ships such as the 1854 USS *Constellation* before viewing Blacktip Reef and other attractions at the National Aquarium. A convention in Chicago gave me the opportunity to seek out a top blues club for a marvelous evening of music. In Vancouver, B.C., the meeting planners offered an excursion to test our balance, and our courage, on the 450-foot-long Capilano Suspension Bridge, 230 feet above the Capilano River.

And a few years ago, when I was attending a conference near Coeur d'Alene, Idaho, I extended my visit by a couple of days to check out the award-winning Circling Raven Golf Club, hike Tubbs Hill for outstanding views of Lake Coeur d'Alene, and relax with a world-class spa treatment at The Coeur d'Alene Resort.

Below are a few ideas for extracurricular activities next time you're traveling on business in the following popular meeting destinations.

ELEVEN WINERY

• Bainbridge Island can be reached from Seattle via a scenic Washington State Ferries ride, left. Island attractions include the Bainbridge Island Museum of Art, top, and Eleven Winery's Winslow Way Tasting Room, above.

SEATTLE, WA

It's only about a mile stroll or short cab ride from the Washington State Convention Center to Colman Dock in downtown Seattle, where you can walk on—as locals say it—to board a Washington State Ferries boat for an approximately 35-minute crossing to Bainbridge Island. (Or you can drive on if you prefer; drivers are allowed to exit their cars and go on deck during the crossing.)

Stand outside on the pickle fork (twin exterior decks whose shape explains the name) to feel the sun on your face and the wind in your hair while you watch watercraft ranging from tugboats to sailboats on Puget Sound, and admire the view of the Olympic Mountains if it's a blue-sky day. For weather-protected views, sit by one of the large picture windows in the ferry's interior while enjoying locally famous Ivar's clam chowder you can purchase onboard.

When the ferry docks at Bainbridge Island (visitbainbridge.com), walk (or drive) about a quarter

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mile to the charming Winslow area, with its boutique shops, restaurants, and several venues where you can taste Bainbridge Island wines. And don't miss the rich artisanal ice creams and refreshing sorbets at Mora Iced Creamery.

In addition, the Bainbridge Island Museum of Art shows works by Puget Sound–area artists, including Native American artists.

Seasonal watercraft rentals are available from various companies. For instance, if you're visiting between approximately mid-May and mid-September, you can rent a canoe, kayak or paddleboard, or take a guided tour, from Back of Beyond Outfitters. Options include the Sunday Morning Canoe Pull in an 18-passenger canoe that leaves from the island's Waterfront Park west of the ferry terminal.

Greater Seattle activities and attractions also include Pike Place Market; Seattle Center; storied Chateau Ste. Michelle and Woodinville Wine Country; numerous museums and performing-arts venues; and outdoor activities such as hiking, biking and fishing. For more information: visitseattle.org.

• TRI-CITIES •
WINE TOURING

WALTER CLORE WINE AND CULINARY CENTER

• The Walter Clore Wine and Culinary Center, which offers tastings of Washington wines, themed by American Viticultural Area, is a popular Tri-Cities–area wine-touring stop.

TRI-CITIES, WA

Washington is the country's second-largest premium wine–producing state, and more than 200 wineries are located within about a 60-mile radius of the Tri-Cities, providing pleasing options for virtually every après-presentation palate.

Of special interest might be Washington state's first certified-organic vineyard—Badger Mountain Vineyard; the state's first barrel caves for wine aging, at Terra Blanca Winery & Estate Vineyard; and one of the state's largest wineries, Columbia Crest Winery.

The Walter Clore Wine and Culinary Center in Prosser offers a rotating selection of tastings from the state's 14 American Viticultural Areas, with a different region featured each month. The Clore center also has meeting and event space that might be of interest for your next business gathering. And the Ste. Michelle Wine Estates WSU Wine Science Center education and research facility, on the Washington State University campus in Richland, will provide tours by prior arrangement.

In addition, if you are an Alaska Airlines Mileage Plan member, a case of wine you purchase while visiting various Eastern Washington areas can fly with you free on Alaska Airlines via the Taste and Tote program; participating wineries also waive tasting fees for visitors presenting qualifying inbound boarding passes; see tasteandtote.com for details.

The Tri-Cities area also has microbreweries, distilleries, pubs and many outdoor activities. For more information: visittri-cities.com.

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PORTLAND, OR

Pedestrian-friendly streets and convenient public transportation make it easy to get around the Portland area. Meeting attendees can enjoy attractions ranging from the Oregon Zoo and the International Rose Test Garden to Willamette River boat tours.

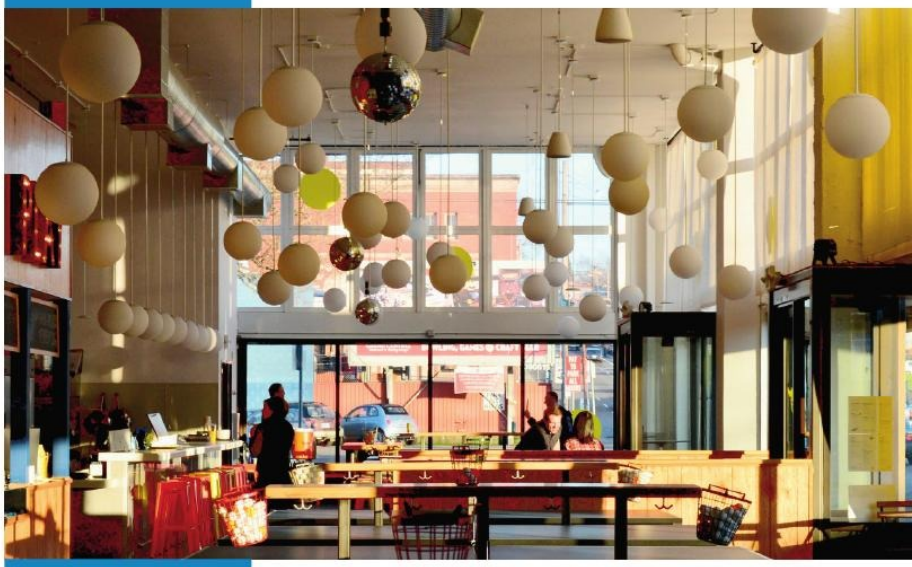
One of the unique places to unwind after a day of seminars or high-level meetings is the Pips & Bounce bar in the Central Eastside neighborhood. Described as "a pingpong paradise," it typically offers around nine tables for play. "You play, we pick up [the balls for you]," they promise. The food menu includes the vegetarian Greatest Pong Cheese Sandwich, with melted Oregon-crafted Tillamook cheese, while the bar menu features Pong-tails such as Pom-Pong: gin, lime, grenadine, pomegranate juice.

The Central Eastside is also home to many Distillery Row sites and craft-beer establishments; Revolution Hall for concerts and other performances; the Vera Katz Eastbank Esplanade for fresh air and exercise with a view; and OMSI—the Oregon Museum of Science and Industry—for fun hands-on learning experiences.

For more information on the Central Eastside and the Portland area: travelportland.com.

• PORTLAND •
PLAY

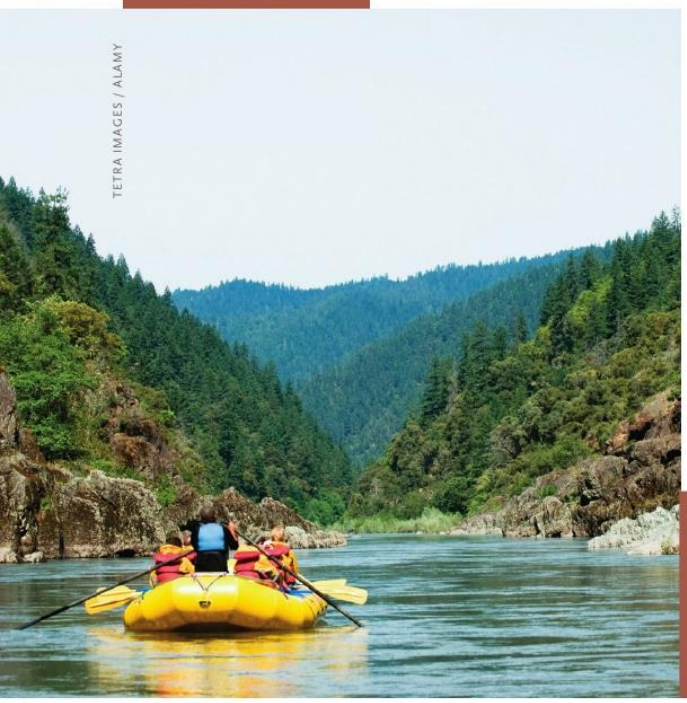
PIPS & BOUNCE BAR



• The Pips & Bounce bar in Portland's Central Eastside neighborhood is a fun "pingpong paradise" for recreation after a day of meetings.

• SOUTHERN OREGON •
SCENIC ROUTES

TETRA IMAGES / ALAMY



• Rafters paddle the Rogue River, one of Southern Oregon's many natural attractions.

MEDFORD, OR

Depending on the season, meetings in the Medford/Southern Oregon area can be opportunities to attend the Oregon Shakespeare Festival and Britt Music & Arts Festival, raft or jetboat the Rogue River, and visit Crater Lake.

Visitors also enjoy driving Southern Oregon's many scenic routes. For example, you can explore some or all of the 172-mile Rogue-Umpqua National Scenic Byway, between Roseburg and Gold Hill, which rolls through river and mountain landscapes, and includes two Wild and Scenic Rivers, plus numerous waterfalls. Sites along the way include Colliding Rivers, where the North Umpqua and Little River meet; the mid-1930s Mott Bridge, a Civilian Conservation Corps project; Diamond Lake (and via a side trip off the byway, Crater Lake); the Rabbit Ears geologic formation; and Upper Table Rocks, where a hike can lead to an impressive view of the Rogue Valley.

If time is limited, choose part of the three smaller segments: North Umpqua, High Cascades and Upper Rogue (www.fhwa.dot.gov/byways/byways/2147 and www.fs.usda.gov/detail/rogue-siskiyou/specialplaces/?cid=stelprdb5312101).

For more information on Medford and Southern Oregon: travelmedford.org and southernoregon.org.

• SONOMA COUNTY •
CULINARY CREATIONS

SONOMA FOOD TOUR

• The Sonoma Food Tour visits local restaurants, wineries and artisan-food businesses.

SONOMA COUNTY, CA

This rich agricultural region boasts more than 425 wineries, and offers many wine and culinary tours, popular with business and leisure travelers alike.

On the Sonoma Food Tour, for instance, the itinerary may include experiences such as learning about gnocchi made from a restaurateur's secret family recipe, tasting award-winning local cheeses, sampling locally made chocolate, and enjoying food-and-wine pairings.

You can also explore farmers markets, and enjoy self-guided visits to artisans such as olive-oil producers, cheesemakers, honey farms and vintners (wine-touring ideas and maps are available from sources such as Wine Road, Sonoma County; wineroad.com). Maps are available for beer, cider and spirits, as well (sonomaedb.org/storymaps/beermap).

Sonoma County is also known for its outdoor activities, gardens and parks, arts and culture, and more than 40 spas and wellness centers, including Magical Massage, which provides treatments in a 22-foot-tall, 22-foot-diameter wine barrel with cedar walls and a skylight.

For more information on Sonoma County: sonomacounty.com.

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4 **OREGON COAST** - Dramatic cliffs, one-of-a-kind rolling sand dunes and breathtaking vistas.

5 **CASCADE MOUNTAINS** - Meet in the mountains for a view of nature rising around you as you hike upward towards the sky.

6 **CULINARY ADVENTURES** - Grind your own flour, tour a gluten-free chocolate factory, or in Florence, haul in crab.

7 **BEER** - Journey down the Eugene Ale Trail, with over 20 participating breweries, for a unique prize.

8 **WINE COUNTRY** - Tour the Wine Region of the Year by *Wine Enthusiast* in a fun, interactive way by playing Pinot Bingo!

9 **UNIVERSITY OF OREGON** - Your keynotes are here! Get world renowned professors and researchers for your next event.

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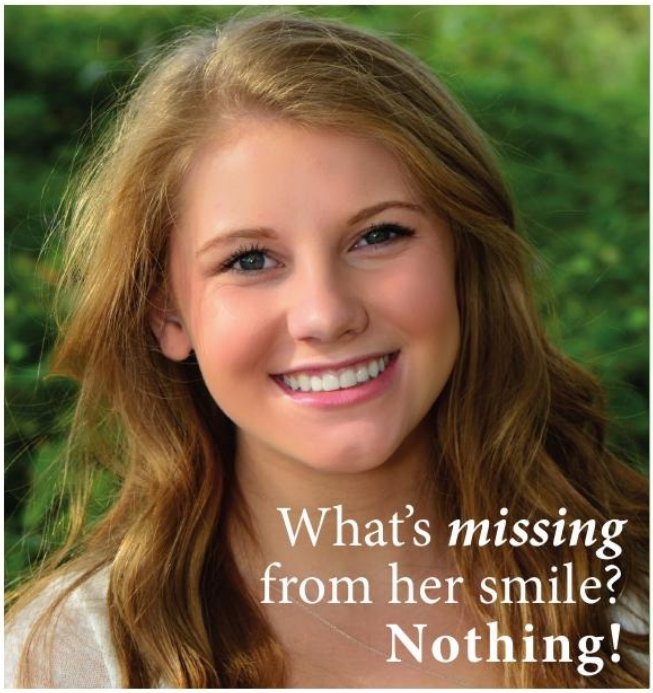

Jordan's Story

Jordan had been self-conscious about her smile. She knew she wanted to replace her missing tooth and that dental implants were an option.

Then she learned about Dr. Shawn Keller, the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-free and are as strong as they are beautiful. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look of the rest of her smile and with Dr. Shawn's advanced sedation, she had the implant placed and cosmetic rejuvenation done at one visit, all while she slept peacefully. Thanks to the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day. Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.

"Dr. Keller changed my life!"
– Jordan

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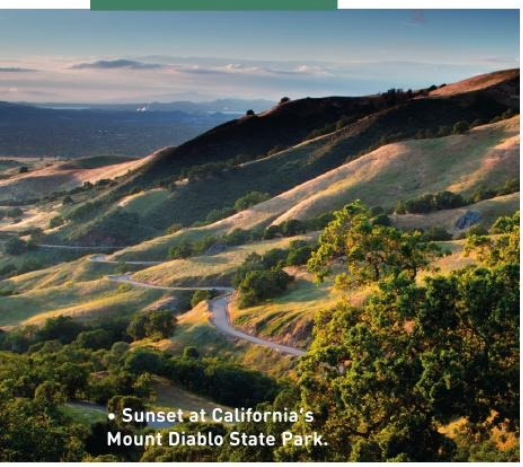
DIABLO VALLEY, CA

Located northeast of San Francisco and south of the Napa region, Diablo Valley is a great base from which to explore the Bay Area, and also boasts numerous attractions in its own right, such as art galleries, performing arts, shops and Waterworld California.

• DIABLO VALLEY • VIEWS



CARY CRABBE / ALAMY

• Sunset at California's Mount Diablo State Park.

For a great day trip, hike up 3,849-foot Mount Diablo to the Summit Visitor Center for a panoramic view that extends nearly 200 miles in clear conditions and includes the Golden Gate Bridge, the Farallon Islands, California's Central Valley and the Sierra Nevada crest. You can also bike or drive to the summit. The mountain is located in Mount Diablo State Park (www.parks.ca.gov/?page_id=517), which harbors numerous plant and animal species. Park hiking trails also offer scenery such as creeks, waterfalls and wildflower meadows, and access to the interesting sandstone formations and small caves of an area called Rock City.

For more information on Diablo Valley: diablovalleyca.com. m

Michele Andrus Dill is senior editor. Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to outstanding business-and-leisure destinations.

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TRAVEL TIPS

For business trips

By STUART GLASCOCK

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For Dan Adcock, travel comes with the job. He's taken about 140 business trips to more than 130 U.S. cities over the course of his 30-plus-year career, which he's most recently spent as director of government relations and policy at the National Committee to Preserve Social Security and Medicare. Adcock has attended meetings in cities ranging from Sitka, Alaska, to Orlando; Palm Springs to Yakima, Washington; Denver to Charlotte, North Carolina. So he's definitely learned a few things about successful business travel.

Planning ahead and packing light are as important as ever, says Adcock, who is based in Washington, D.C. But there are many additional ways to ensure a good business trip.

Creating a successful experience starts before Adcock even gets to the airport. His public-speaking and meeting schedules often require a suit and tie, which can wrinkle in a suitcase and consume a lot of space, he says. His solution: Pack the shirts and wear the suit on the airplane. He also does his best to make use of empty spaces in his luggage by packing his socks in his shoes, for instance.

Getting to the airport is another important consideration. One of Adcock's keys is not to drive himself. He takes a taxi, Uber or Lyft instead. "So I can work on the way," he says. To catch that ride reliably, Adcock often calls a driver directly.

To zip through airport security lines, Adcock recommends the TSA PreCheck expedited-screening program for approved travelers (tsa.gov/precheck). In addition, GateGuru is an app that provides real-time airport and flight-status information. To streamline the customs experience on international trips, travelers might consider Global Entry (cbp.gov/travel/trusted-traveler-programs/global-entry), which is the U.S. Customs and Border Protection program available through the government's Global Online Enrollment System.

On the plane, noise-canceling headsets and a Tempur-Pedic sleep mask are essentials for Adcock. Guided meditation or iRest recordings can also ease stress and limit the effects of jet lag, he says.

The following are more tips from Adcock and other frequent business travelers.

• Taking a taxi, Uber or Lyft to the airport allows business travelers to work on the way. Calling a driver directly can help travelers ensure the ride's reliability. Once at the airport, travelers can use the app GateGuru to access real-time flight information.
• CityMaps2Go Pro lets users download maps so travelers can navigate without internet access.

PRIOR TO DEPARTURE

• Locate the closest office-supply store or shipping center near your destination in case of last-minute or sudden needs.
• Download maps of your destination on apps such as CityMaps2Go Pro so your navigation isn't dependent on the internet or cellular data.
• Invest in the right carry-on bag and make sure it meets airline regulations. For Alaska's rules, see alaskaair.com.

PERFECT PACKING

• Make a list before you start packing. Think about all the meetings, events and activities on your schedule, and pack accordingly.
• QuinnScape Packing Pro and TripList are two apps that can help you create packing lists.
• Roll your casual clothes—T-shirts, pajamas, tank tops—instead of folding them. Tightly rolled clothes

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EAGLE CREEK

• Packing organizers, such as those made by Eagle Creek, save on space, while transparent storage bags can speed up a security experience.

take up less space.

• Pack clothes in your carry-on luggage in see-through storage bags to expedite your security experience.

• Use packing organizers—such as those made by Travelon, Sharper Image and Eagle Creek—to save space in your suitcase.

• Pack a laundry bag with a dryer sheet inside to keep dirty clothes smelling fresh.

• Consider technical fabrics. Many manufacturers make clothing that is comfortable, wrinkle-free and also looks great in business settings.

LOOKING FOR LODGING

• Ask your professional association, meeting planner or convention organizer about convenient hotel options and special meeting-related rates.

• Leverage hotel-loyalty programs by staying with a brand you trust.

• Earn miles by staying at hotels that participate in programs such as Alaska's Mileage Plan.

TIME MANAGEMENT

• Schedule everything in advance. Estimate the time needed to rent a car, drive to the hotel, check in, wait for an elevator, call room service, etc.

• Allow for contingencies such as reservation mix-ups and delays.

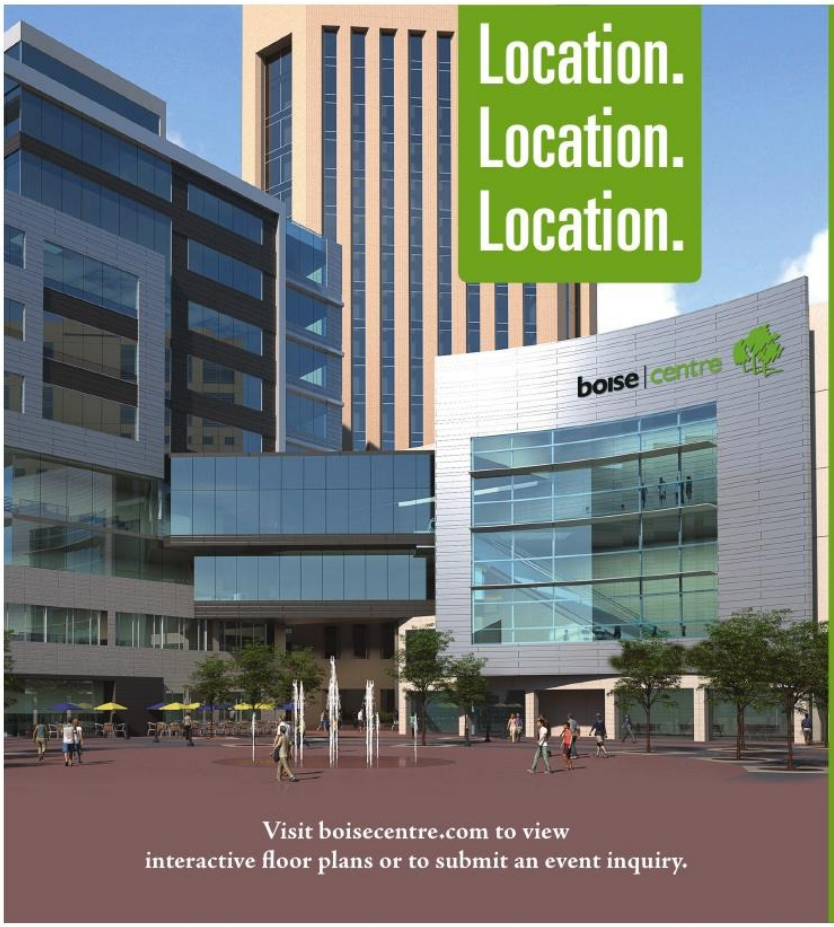
• Follow Stephen R. Covey's time-management advice from his classic *The 7 Habits of Highly Effective People*: "Organize and execute around priorities."

• Heed Jeffrey J. Mayer, author of *Time Management for Dummies* and *If You Haven't Got the Time to Do It Right, When Will You Find the Time to Do It Over?*: "Start every day with a big bang. Imagine scoring 10 runs in the first inning of a baseball game. It makes the rest of the game a lot easier to win."

FINDING FOOD (AND BEVERAGES)

• Ask locals. Check with the hotel concierge or workers at the front desk.

• Consult AroundMe. It's an app that can help find



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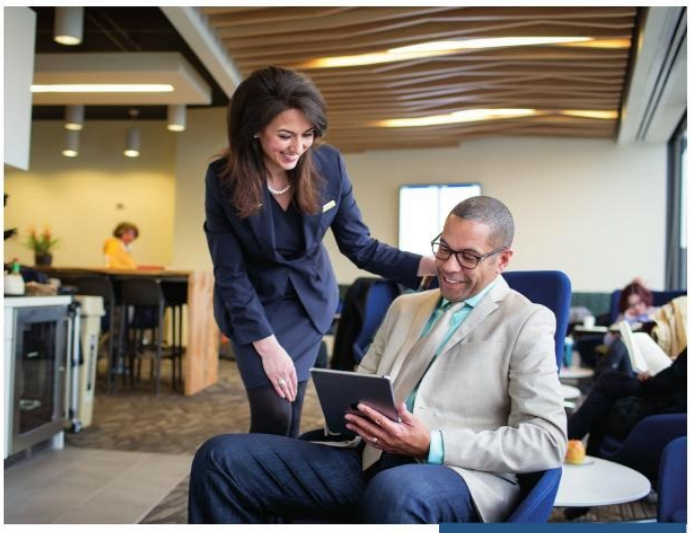
Stuart Glascock writes from Seattle.



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RAISE YOUR CHARISMA QUOTIENT

By JEAN HAMILTON

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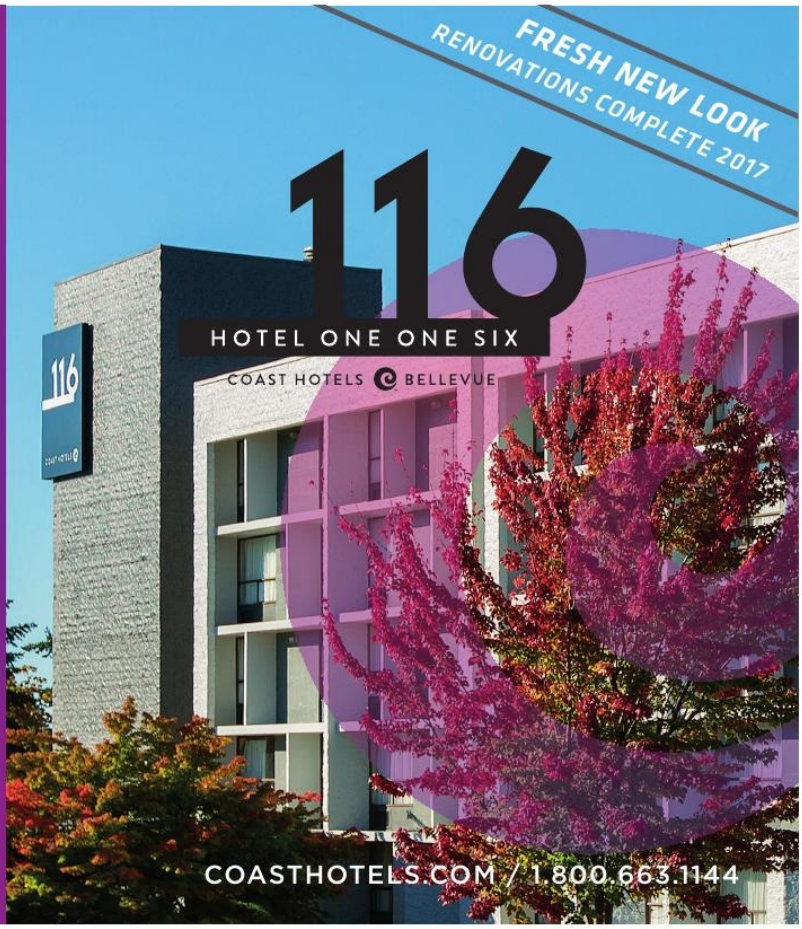

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Edward, an advertising executive, strode into the room, smiled with sparkling eyes, shook my hand firmly and said, "It's wonderful to meet you, Jean!" • I knew I was going to enjoy working with Edward. How could I not? Talking with his co-workers, I realized everyone loved working with Edward. In short, he had charisma. • As a presentation coach, I often work with CEOs who seek to project greater executive presence and charisma. They wonder if it is something they can even learn. The good news: Although charisma comes more naturally to some people, everyone can work on a few simple yet profound skills to enhance their charisma.

• Charisma is not about you, but about how you make others feel about themselves. • Use your voice to show your enjoyment of the moment. Be "all in."

Whether you have an important presentation, a meeting in which you need to motivate others, or a social event in which you need to make a good impression, these skills will not only increase your confidence, they will also help you achieve your desired results.

Some people think of charisma as a superficial quality, a slick veneer on a confident person. Yes, confidence is an important part of charisma. As consultant and author Alan Weiss says, "The first sale is to yourself."

But a charismatic person also knows it's about more than yourself. Charisma involves tapping into the best of you to bring out the best in others. A charismatic person communicates both strength and warmth. When you are charismatic, people feel good about themselves when they are with you.

So what can you do to immediately raise your "charisma quotient"?

Be present and listen. If you are distracted, you are not charismatic. And if you think you can fake it, think again. You can tell when someone is not really listening to you. How does it feel? Listening is not just waiting for your turn to talk. Real listening happens when you are fully focused on the person speaking. When you become a better listener, others will think you are wonderful—because you make them feel valued.

I recently worked with David, an accomplished businessman who had a very challenging childhood. He fondly remembers his favorite caseworker from the child-welfare agency. "The way she listened to me had more impact on my current success than anything else in my life," he told me. "She made me realize my thoughts and feelings had value."

By listening to others, you have the ability to change lives.

Be curious. You can't be curious and judgmental at the same time. Whereas judgment breeds defensiveness, curiosity opens people up to find creative solutions. When you show curiosity about others' ideas and experiences, you bring out the best in them, in turn demonstrating your charisma.

I recently worked with an engineer, Cynthia, who told me that the departments in her company tended to work in silos and in competition with one another. After our session, she led a meeting to brainstorm ideas for working more collaboratively. Cynthia focused on asking questions and modeling curiosity. "Rather than getting defensive, people began to appreciate the skills and perspectives of one another," she recalled.

Remember, charisma is not about you, but about how you make others feel about themselves. When you are curious, you create an environment of good communication, where people feel encouraged to share their ideas. And another benefit? You end up with better solutions.

Be aware of your body language. Your posture, gait, smile, eyes and even your breathing collectively signal whether or not you are trustworthy. Your nonverbal communication can enhance or destroy charisma. People are hard-wired to decide in milliseconds if you are a potential friend or a threat. Tension

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in your jaw, shoulders, eyes and mouth will keep others on guard. If you fidget, avoid eye contact or nod frequently, you'll project insecurity. Before you speak, take a few deep breaths to release tension. And smile more.

An attorney I worked with, Alice, worried that she'd appear unprofessional if she smiled too often. But when she watched herself on video, she said, "Wow, I didn't realize I looked so unapproachable." When filmed a second time, smiling, she recognized that instead of looking goofy, like she'd imagined, she appeared open, confident, friendly and, yes, charismatic.

Be mindful of your voice. Your voice has a huge impact on how you are perceived. A rich and resonant voice captivates people. Speaking in a monotone will put people to sleep—not exactly charismatic! Speak with the same vitality and enthusiasm you have when talking with a good friend over dinner.

Charles, who attended one of my trainings, had mastered this. Not only did he have a rich, pleasing sound to his voice, but he changed his pitch and tempo to keep us engaged. Best of all, he was completely comfortable with "the pause." We were transfixed. Because he didn't rush, he not only communicated confidence, he made us feel there was no place he would rather be.

That is key to charisma. Use your voice to show your enjoyment of the moment. Be "all in." As you focus on enhancing your charisma, find your own style. Allow your body and voice to become more expressive. Be present. Take joy in your discovery.

Successful people love what they do. Their passion draws people in. We all want to feel more of that. Just like I did with Edward. **m**

Jean Hamilton, founder and principal of Speaking Results, offers coaching and training on communication, storytelling and public speaking to executives and leaders.

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The colorful mosaics and playful structures of Park Güell were designed by Barcelona's most famous architect, Antoni Gaudí.

Enchanting Barcelona

A city that blends architecture, art and style

By David Armstrong

Entering the Basílica de la Sagrada Família is like stepping into a different world. ■ Antoni Gaudí's phantasmagoric structure, which dates back to 1882 and has yet to be completed to his specifications, is a unique landmark in this Spanish city of 1.6 million people. The church (whose name means Holy Family in the region's Catalan language) is simply astounding.

As I stand inside the enormous basilica, I notice that every space in the building holds an interesting surprise. To my right, I see pieces of shattered crockery embedded in the walls. To my left, emerging and receding into walls, are figurines representing characters from a variety of biblical stories. Underfoot is a polished stone floor. And overhead—well, overhead, the church offers abundant surprises: stained-glass windows, converging columns, multicolored mosaic tilework and geometrically shaped stars.

We all know the expression "expect the unexpected." Nowhere is this truer than in Barcelona, the most popular travel destination in Spain, where architecture and art flow together in unique ways.

Right outside my hotel at the edge of the

Mediterranean Sea, where you might expect a dignified statue of, say, a military leader on horseback, rises a stainless steel mesh likeness of a fish. Some 185 feet long and 115 feet tall, this playful golden creation by renowned Los Angeles architect Frank Gehry brings the Mediterranean, symbolically speaking, onto the beach. I can see Gehry's *Peix* ("fish" in Catalan) from my guest-room window in the aptly named Hotel Arts, where works of art adorn the interior and exterior.

It wasn't always like this, of course. Barcelona had long been a manufacturing center when it won the right to host the 1992 Summer Olympics. Authorities cleared factories and seaport facilities, modernized the city's infrastructure and shored up beaches near the newly named Port Olímpic. Before the Olympic Games, Barcelona drew about 1.5 million visitors a year. By 2013, the number had grown to 7.5 million. Simply put, people love Barcelona, and with good reason.

The city is the largest urban center in the semiautonomous region of Catalonia, a fiercely independent area located in the northeastern corner of Spain. Barcelona's roots date back as early as 5,000 B.C. In about 15 B.C., the Romans created a military camp in what would become its Old City. Today, Barcelona is at the heart of a metropolitan area of about 4.7 million people.

It is also a city where art appears to be virtually everywhere. The Museu Picasso, located in five large town houses on the Carrer de Montcada, boasts more than 4,000 works by the world-famous artist Pablo Picasso. The collection ranges from his early works to his Blue Period and many later pieces. Spanish painter, sculptor and native son Joan Miró helped create his own museum, the Fundació Joan Miró, in the Parc de Montjuïc, just south of Barcelona's Gothic Quarter. The museum offers a comprehensive look at Miró's Surrealist paintings, drawings and sculptures.

Another example of the city's embrace of art can be found at Park Güell, which was designed by Gaudí, Barcelona's most famous architect and a master practitioner of what is known as Catalan Modernism. The park has wildly colorful terrace walls and benches adorned with mosaics, and structures with creatively shaped roofs and pinnacles. Gaudí was influenced by irregular, organic forms found in nature and inspired by his Christian faith. He left a distinctive mark on Barcelona in the late 19th and early 20th centuries.

The city itself is a joy to the eye, with its stately buildings and wonderfully designed walking streets. The most famous promenade in town is La Rambla. The tree-lined

Left and above: The breathtaking Basílica de la Sagrada Família is the signature work of visionary architect Gaudí. The cathedral was begun in 1882 and is not yet completed.

ANDREW DUKE / ALAMY STOCK PHOTO; LOWER RIGHT, DNAVEH / SHUTTERSTOCK.COM

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boulevard runs through the heart of the downtown. The lively street is only three-quarters of a mile in length, and most of it is pedestrian-only and lined with shops. There are also many street performers—some posing as human statues.

After enjoying the exciting street scene, I step into Mercat de Sant Josep de la Boqueria, which is located on the pedestrian boulevard. The city's most famous food market is a large covered area of food stalls and small restaurants. The mouth-watering aromas of cheeses, meats, fruits and vegetables greet me as I enter the busy market. I'm especially taken by the sight of whole legs of ham hanging at the many butchers' stands.

I stop at Pinotxo Bar, one of half a dozen places to eat in the market. I sit at the bar's counter and watch as a butcher carves fresh ham for my snack. I enjoy the tapas layered with cured Iberian ham (made from Spanish and Portuguese black pigs) on toasted bread and served on a small plate. The ham is pleasantly salty, intensely flavorful and almost silky in texture.

At the market, I hear people speaking Catalan. While the locals also speak Spanish and many can converse in English, Catalan, which developed from Latin and a version of which was spoken by the Romans, is very much a living language.

After my tour of the market, I stroll by Casa Milà, another structure designed by

Above: The Museu Picasso offers one of the most comprehensive collections of early works by Pablo Picasso. Below: Camp Nou Stadium is home to FC Barcelona, one of the most popular soccer teams in the world.

TOP, HEMIS / ALAMY STOCK PHOTO; LOWER LEFT, CHRISTIAN BERTRAND / SHUTTERSTOCK.COM; LOWER RIGHT, HELEN CATHCART / ALAMY STOCK PHOTO

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Hotel Arts Barcelona: A 44-story hotel on the beach in the former Olympics district, with spectacular views of the Mediterranean; Carrer de La Marina 19-21; 34-932-21-1000; hotelartsbarcelona.com.

Hotel Brummell: Contemporary hotel focused on "casual luxury" and good value; Carrer Nou de la Rambla 174; 34-931-25-8622; hotelbrummell.com.

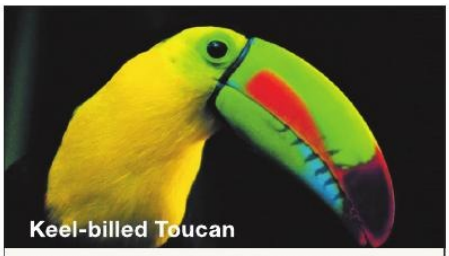
Mandarin Oriental: This modern, luxurious 5-star hotel is located in the heart of the city; Carrer Passeig de Gracia 38–40; 34-931-51-8888; mandarinoriental.com/Barcelona.

Dining

Pinotxo Bar: The popular cafe and bakery in Mercat de Sant Josep de la Boqueria showcases freshly made tapas; Carrer de La Rambla 89; 34-933-17-1731; pinotxobar.com.

Enoteca Paco Pérez: A Michelin 2-star restaurant in Hotel Arts that features fresh-caught, beautifully prepared seafood; 34-934-83-8108; hotelartsbarcelona.com/en/Dining/Enoteca.

La Vinateria del Call: The bistro serves Pan-Iberian dishes such as tasty Galician octopus; Carrer de Sant Domènec del Call 9; 34-933-02-6092; lavinateriadelcall.com/en. —*D.A.*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10 THINGS TO DO IN BARCELONA

Visit Museu Picasso: This museum includes more than 4,000 works by Pablo Picasso.

Explore Fundació Joan Miró: The fascinating museum offers a comprehensive look at the work of artist and native son Joan Miró.

Marvel at the Basílica de la Sagrada Família: Visionary architect Antoni Gaudí's signature work.

Walk Park Güell: The distinctive and fantastical park was also designed by Gaudí.

Admire Casa Milà (La Pedrera): Another Gaudí creation, the structure will surprise and delight.

Stroll La Rambla: A car-free commercial and residential boulevard that runs for about three-quarters of a mile and is one of the city's top attractions.

Try tapas: Don't miss local octopus, prawns and Iberian ham in these tasty small bites.

Shop the Mercat de Sant Josep de la Boqueria: The bustling, hugely popular market is great for dining and sightseeing.

Tour the Gothic Quarter (Barri Gòtic): The Old City is rich in Gothic buildings and fine shopping.

See Camp Nou Stadium: One of soccer's most hallowed locations is home to global soccer power FC Barcelona. —*D.A.*

Casa Milà is one of Gaudí's many fantastic architectural creations that have left a distinctive mark on Barcelona.

Gaudí. Looking like a mix of a fairy-tale cottage, Gothic church and a white frosted wedding cake, Casa Milà features rounded edges, recessed windows and elaborate wrought-iron railings on its many balconies. The chimneys and other rooftop equipment are decorated to look like towers, trees and even soldiers standing guard.

Beyond art and architecture, Barcelona is also a center of the soccer world. I take a self-guided tour of Camp Nou Stadium, home of mighty FC Barcelona, a global superpower in professional soccer. I visit the club museum and walk through the players' tunnel. With some imagination I can almost see "Barca's" world-famous forward Lionel Messi splitting defenders and cutting toward the goal on the pitch.

I walk back to my hotel and head for the beach, with the blue Mediterranean waters lapping at its shores. Looking back at Barcelona, I marvel at how this ancient city has been able to reinvent itself into an exciting cultural center of art and architecture. ▲

David Armstrong writes from California.

Use Mileage Plan miles to visit Barcelona via partner airlines American Airlines, Air France, British Airways, Icelandair and KLM. To enroll in Alaska's Mileage Plan, go to alaskaair.com or call 800-654-5669.

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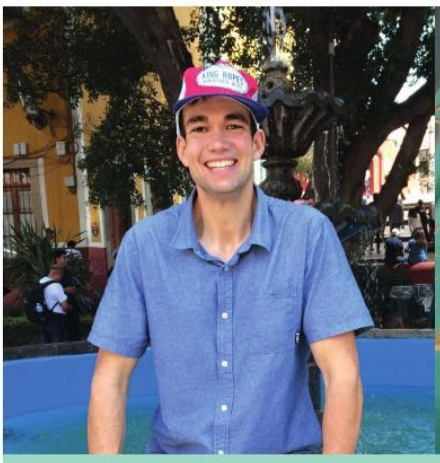

Ryan Lojo is learning about business relations between the U.S. and Mexico.

Lauren Yuriko Baba strategized ways to ensure culturally competent health care.

Kirsten Aoyama studied in Japan and now leads UW's Global Business Center.

Fulbright Scholars

By Elizabeth M. Economou

You might not expect celebrated soprano Renée Fleming and Italian astrophysicist Riccardo Giacconi to have much in common. Fleming, a National Medal of Arts recipient and Grammy Award winner, is a world-renowned opera singer and ambassador of music, while Giacconi is a 2002 Nobel laureate whose work led to the discovery of cosmic X-ray sources.

Yet these two belong to a distinguished group that represents many fields of study and counts Nobel Prize winners, MacArthur Foundation Fellows and Pulitzer Prize recipients among its ranks. Fleming and Giacconi are both Fulbright alumni.

Since the Fulbright Program's inception in 1946, some 360,000 Fulbright alumni from the United States and more than 160 other countries have gone on to achieve acclaim in government, science, the arts, business, philanthropy and education, according to Elaine Clayton, a spokesperson for the U.S. Department of State's Bureau of Educational and Cultural Affairs, which oversees the program.

Fulbright's mission is to build relations between the U.S. and other countries and to help individuals develop new skills and find connections that will create positive changes in their communities through research and teaching opportunities around the world.

Today, Fulbrighters past and present—including Ryan Lojo, Lauren Yuriko Baba and Kirsten Aoyama—continue to make their marks on the world.

Ryan Lojo—Mexico City, Mexico

Ryan Lojo was on a quest to find basil. He was a few months into his Binational Business Internship Fulbright in Mexico City and he needed basil to help cook for a dinner with fellow Fulbrighters. He visited juice vendors, chile stall owners and others but couldn't find the herb. Until he found one seller/grower who had basil and more.

Lojo spent an hour talking to the man. "Our conversation spanned decades of Mexican history, including perspectives on NAFTA [the North American Free Trade Agreement], the currency crisis and changes in fertilization methods."

That same grower then directed Lojo, who is from Casper, Wyoming, to a nearby cafeteria and suggested he order mole, made with chile peppers and chocolate. "In less than an hour, the kindness of someone previously unknown led me to understand more about the country than hours of study could have," Lojo says.

Lojo is currently a long way from home, but the former Peace Corps volunteer and 2013 graduate of Gonzaga University in Spokane, Washington, likes it that way. While interning full-time as an analyst at Convixion, a consulting company operating in various business sectors in Mexico City, Lojo is also taking Spanish classes at the Instituto Tecnológico Autónomo de México—a perk that comes with his Fulbright scholarship.

The Binational Business Internship Fulbright is designed to help participants

RYAN LOJO: EMILY TRUAX; LAUREN YURIKO BABA: ROBYNNE EDGAR; KIRSTEN AOYAMA: PAUL GIBSON–FOSTER SCHOOL OF BUSINESS

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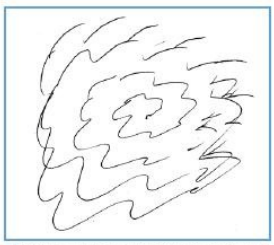
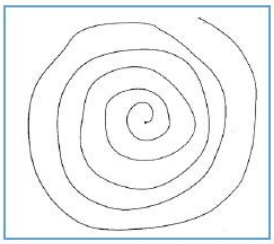


DRAWING SAMPLE BEFORE TREATMENT



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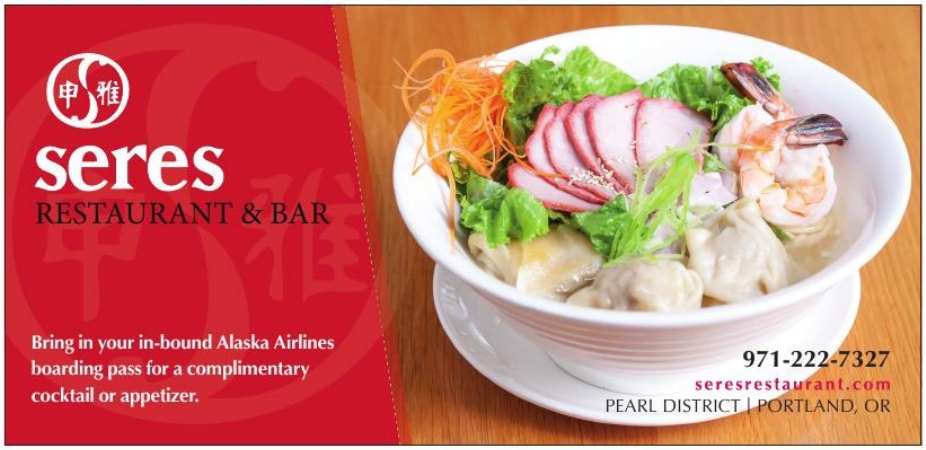

Fulbright Facts

The Fulbright Program, which is overseen by the U.S. Department of State's Bureau of Educational and Cultural Affairs, is a widely recognized international exchange program that has been supported through an annual appropriation bill from the U.S. Congress since 1946.

The mission of the Fulbright Program, which was originally introduced by Arkansas Senator J. William Fulbright, is to build relations between the U.S. and other countries and to help individuals develop new skills and find connections that will create positive changes in their communities, says Elaine Clayton, a spokesperson for the Bureau of Educational and Cultural Affairs. The Fulbright Program offers opportunities for U.S. graduate students, academic faculty and professionals to conduct research and/or teach in more than 125 countries, as well as opportunities for students, faculty and professionals from more than 160 countries to lecture and/or conduct research in the U.S.

In total, approximately 8,000 Fulbright fellowships are available each year, and awardees are selected from about 13,500 applicants. Eligibility requirements are dependent on the specific scholarships, but all Fulbrighters must have a bachelor's degree prior to beginning Fulbright work. The application period opens March 31 every year.

For participants, Fulbright can be life-changing. "Upon returning to their home countries, institutions and classrooms, Fulbrighters share their stories and experiences, and often engage in follow-up projects or continue the work they started abroad, creating a multiplier effect and leading to lifelong collaborations," says Clayton.

To learn more, visit eca.state.gov/fulbright/fulbright-programs.

—E.M.E.

focus on mutual understanding between the business communities in the United States and Mexico.

Lojo says his time in Mexico City has helped him gain a more nuanced appreciation of the world, especially because he's been able to compare Mexico City, a bustling metropolitan area of about 21 million people, to the Dominican Republic, where he served as a Peace Corps economic development volunteer. In the Dominican Republic, he assisted cocoa farmers in Chinguelo, a tiny village of about 300 people that lacks modern conveniences such as electricity.

"In the United States, there is a tendency to think of all of Latin America as one and the same, when there are massive cultural, economic and linguistic differences between each country—and even within each country," says Lojo.

Lojo says the work itself in Mexico City has also been enlightening, and it aligns perfectly with his desire to continue to learn Spanish as well as with his academic background—he majored in business administration with a focus on entrepreneurial leadership and economics.

"It has already allowed me to do a huge variety of projects in a short span of time—from sales and marketing to management and even investment analysis," he says.

Lojo's Fulbright runs through June of 2017, after which he is planning to stay in Latin America for a year before pursuing his MBA in the United Sates.

"I would like to spend my career working with U.S. companies with Latin American operations," he says. "It is such a vibrant zone."

Lauren Yuriko Baba—Victoria, B.C.

Lauren Yuriko Baba can still see the totem pole, the carved doors and the ceremonial hall in the building modeled after a Salish longhouse. That's because it was the site of an inspiring moment during her Fulbright term at the University of Victoria Centre for Aboriginal Health Research (it has since changed names) in Canada.

Baba's Fulbright in 2011 and 2012 focused on how to ensure that culturally appropriate care can be provided to indigenous communities in Canada, Australia, New Zealand and the United States.

Inside the longhouse-style building on campus, Baba was helping to run an indigenous health-learning institute for students and community members, and she ended the day deeply moved.

"As institute participants introduced themselves, many recognized that we were guests on traditional Coast Salish land—it was a gesture to honor the Salish tribes and respect their territory," Baba says. "The participants' show of gratitude and humility

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is symbolic of a worldview that recognizes and preserves indigenous culture—and something I hope to raise awareness for in public health and health care."

The Issaquah, Washington, native has been interested in eliminating health disparities in indigenous communities since her days as an undergrad majoring in health sciences and policy studies at Rice University in Houston, Texas, where she graduated in 2011. During her nine-month Fulbright experience, Baba studied how public-health and health-care professionals might provide culturally appropriate health services by asking patients what their beliefs are about health and wellness; being open to the use of traditional foods, medicines and ceremonies as part of prevention, treatment or healing; and considering patients' whole lives, not just their clinical symptoms.

"It is essential that practitioners who work with indigenous communities acknowledge the cultural influences on health," says Baba, now a research associate specializing in health policy and program evaluation at Group Health's Center for Community Health and Evaluation in Seattle. "It is my hope that my research will contribute to the public-health dialogue on reducing the health burdens of indigenous communities."

Kirsten Aoyama—Sendai, Japan

For Kirsten Aoyama, living in Japan was a dream come true. She'd been interested in the culture since kindergarten, because her best friend's parents were from Japan.

"I still remember her mother packing extra *musubi* [rice balls] in her lunch to share," says Aoyama, who grew up on Mercer Island near Seattle.

She majored in Asian Studies at Tufts University outside of Boston, and one of her Japanese history professors was a Fulbright alumnus, which inspired Aoyama to pursue her own Fulbright.

Aoyama was the recipient of a one-year Fulbright student grant to study at Tohoku University in Sendai, Japan, which is about 225 miles northeast of Tokyo. Her research

focused on Date Masamune, a 17th century feudal lord who lived in the Sendai region and was instrumental in funding a major expedition to establish relations with the pope in Rome and also encouraged foreigners to visit his land, according to Aoyama.

In addition to her research, Aoyama was also getting an up-close look at cultural differences. On her first day in Japan, she ignored warnings from hotel staff that her meeting's location was too far to walk to.

In classic American form, Aoyama set out on foot anyway. Jet-lagged and growing more nervous, she set her pride aside and asked for help from a woman who appeared to be on her way to work. Rather than give only verbal directions, the stranger kindly walked Aoyama to the nearest subway station, showed her how to buy a ticket and made sure she knew when to exit the train.

The gracious gesture left Aoyama contemplating her own cultural values and whether most Americans would help a stranger in this way.

Aoyama was especially attuned to cultural values during her Fulbright term, 1990–1991, because it came while America was engaged in the Gulf War.

"As a foreigner living abroad, you are viewed as an expert on your own country and the decisions of your government."

Aoyama's experience in Japan ultimately gave her a deeper insight into herself. "I was able to see more clearly my personal strengths and weaknesses as well as those of the United States and Japan," she says. Today, Aoyama credits her Fulbright for career success and more.

"I learned to be more open to new experiences and more open-minded. I know that when I do that, I will learn the most," she says. "I also learned tolerance, patience, flexibility, adaptability, humility and the priority of human interaction, which have contributed to my professional leadership role [as director] at the University of Washington's Global Business Center, and my role as a parent and spouse." ▲

Elizabeth M. Economou writes from Seattle.

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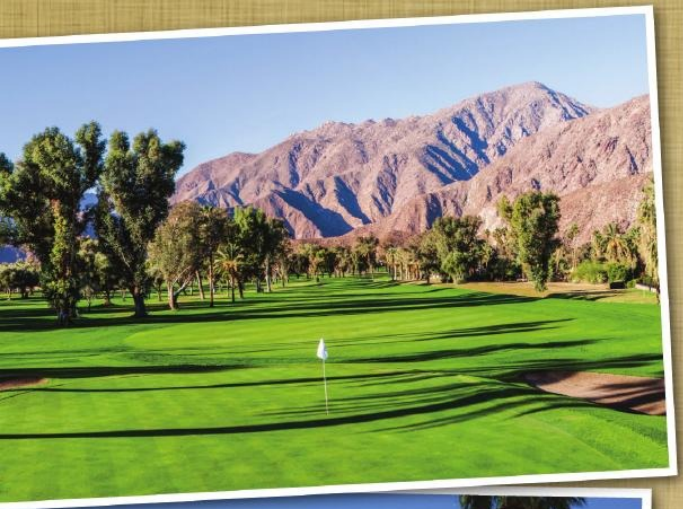

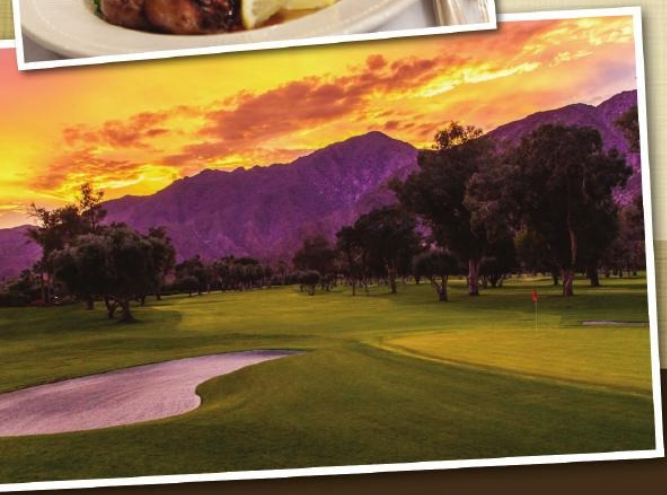

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Chevrolet Bolt EV.

Charging On

By Bengt Halvorson

The 2017 Chevrolet Bolt EV is this year's automotive disrupter—a vehicle that paints the current market in a different light, and could quite possibly forever change the evolution of the automobile. ■ If this sounds a bit too effusive, hold on. Sure, the Bolt EV is by no means the first electric car on the market, and its performance, styling and appearance don't necessarily set any new standards. But by the numbers, the Bolt EV is positively game-changing.

With an all-electric, EPA-rated driving range of 238 miles per charge; low electric-car operating costs; and—provided you count the full federal $7,500 tax credit that can apply to many buyers—a base price under $30,000, the Bolt EV has established itself as an electric model that is sensible for mainstream American households.

Until now, the electric-car market has been one of compromise. Battery costs have been prohibitively high, and that's kept electric cars in one of two categories: models that aim for an affordable price but have battery capacity topping out at about 100 miles per charge, or cars that can travel 300 miles per charge but cost $100,000.

This is where the Bolt EV presents all of the market disruption that its name implies. It pairs a driving range that compares to that of a Tesla with a price tag that's closer to that of a Nissan Leaf.

After the tax credit is applied, the Bolt EV is effectively half the price of the base 60-kilowatt-hour (kWh) luxury Tesla Model S. The Bolt also has a longer range than the base version of the S (though ranges in other S versions top 300 miles) and the base version of the soon-to-be-released Tesla Model 3, which is anticipated to travel 215 miles per charge and start at around $35,000. Plus, unlike the Model 3, the Bolt EV is here now—already available at California and Oregon dealerships and scheduled to arrive elsewhere in early 2017.

General Motors, Chevy's parent brand, has long been a factor in the electric-car market. With the 1990s-era EV1, GM turned eager environmentalist customers, including many Hollywood celebrities, on to the idea of all-electric motoring. Then, after three years of testing, GM canceled the EV1 project, in part because drivers had trouble with the batteries—the finicky lead-acid and nickel-metal hydride (NiMH) battery chemistries just weren't reliable.

Battery technology has come a long way, however. Nearly all of the electric cars built this decade use lithium-ion cells with automotive-grade safety systems. These cells can pack a lot more energy into a smaller space, and the batteries are designed to last nearly the life of the vehicle. In the Bolt EV's case, the battery also includes a thermal-conditioning system built to run even in extreme weather and stay safe after fender benders.

Battery prices have also changed. From 2010 to 2015, the cost of lithium-ion battery packs fell from around $1,000/kWh down to around $350/kWh. In less than two years, the price has again more than halved—to just $145/kWh. Analysts expect prices to drop to $120/kWh by 2030.

GM is building the Bolt EV in Michigan but assembling its battery pack and drive unit in South Korea, where much of the vehicle engineering took place. GM is collaborating closely with battery partner LG Chem to stay on top of a rapidly evolving battery market.

The Bolt EV uses 288 lithium-ion cells, packaged under the floor and spanning most of the distance between the front and rear wheels, and adding up to a forceful 60 kWh. The battery pack weighs 960 pounds, and while that's more than the combined weight of the engine, transmission and full fuel tank in a gasoline vehicle, an electric car places that weight lower and distributes it more evenly. The result is a heavier car but one that's also more nimble and responsive. With a 0–60 mph time of 6.5 seconds, the Bolt is quick, too, and sporty enough to never feel winded, even at 70 mph interstate-cruising speeds.

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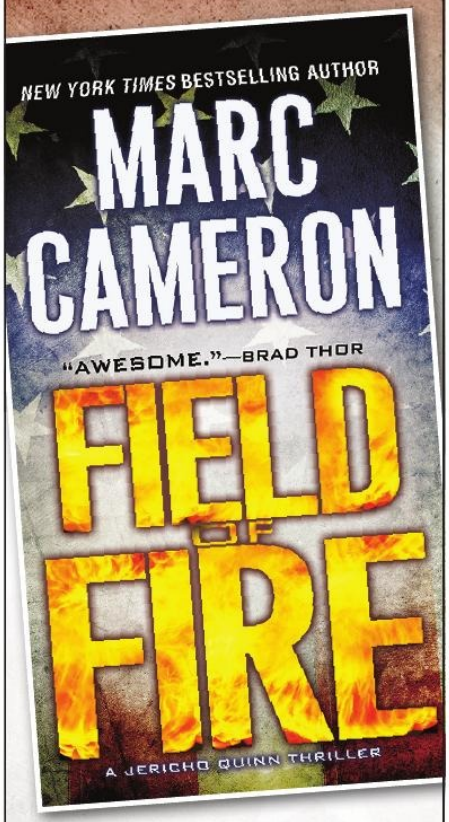

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Road and wind noise often stand out in electric cars because of the near silence of the electric-motor systems, but GM has made the cabin pleasant, if not luxurious. The combination of upright seating position, great sightlines out of the vehicle, and a sedanlike ride-and-handling experience make the Bolt EV interior feel a bit minivanlike. It's a lot smaller, though; its overall length is just 164 inches, which is subcompact-size by American standards.

Given those dimensions—short in length and rather narrow—backseat space could be minimal, but the Bolt EV manages the opposite. There's a surplus of legroom and knee room—enough for long-legged adults. However, if you're taller than 6 feet (I happen to be in that category), you might not have much headroom.

The Bolt EV does offer plenty of cargo space, though. There's 16.9 cubic feet of cargo space, to be exact—roomy for a subcompact and enough to fit a large load of groceries without folding the seats down. If you do flip forward the rear seatbacks, you'll get an almost flat cargo surface that's good for hauling home a small dresser.

The instrument panel in the Bolt EV is a smart, well-designed interface that will neither overwhelm nor seem overly stark. Perhaps the most important piece is what's just to the left of the speedometer. It's a battery-charge gauge with a range meter that, at quick glance, shows you the best estimates of how many miles you have left on the charge, the minimum estimate if you start driving faster, and the maximum if you're especially mindful.

Through the myChevrolet Mobile App, owners can use a smartphone to remotely check the charge status, remotely start the vehicle, refer to the owner's manual, schedule a service appointment at the dealership or precondition the cabin to a comfortable temperature while the vehicle is still plugged in.

One worthwhile Bolt EV option is the $750 Level 3 DC Fast-Charging capability, which provides up to 90 miles of range in about 30 minutes of charge time. It's a safety net on days when you want to cover more ground and keep the gasoline vehicle at home. Fast-charging stations are already available throughout many large metropolitan areas and along many major highway routes as part of several national and regional electric-vehicle initiatives.

The Chevy Bolt EV can travel 238 miles per charge. Level 3 DC Fast Charging gives drivers up to 90 miles of range in about 30 minutes.

On 240-volt Level 2 charging setups—the type that employers might set up or that you might have installed in your home garage—you can regain 50 miles of range in about two hours, easily gaining a full 238-mile charge overnight. The Bolt EV's mileage per gallon equivalent, which measures the distance a car can travel electrically on the same amount of energy as is contained in 1 gallon of gasoline, is 119 combined MPGe. You can also use your ordinary AC outlets to charge the Bolt EV. However, because the battery is so large, this method is most effective when you're leaving the car parked all weekend. Chevy says a household plug will only earn you 4 miles back per hour.

No matter how you charge the Bolt EV, the cost should be a fraction, added to your electric bill, of what you'd otherwise pay at the pump. Industry experts say that Chevrolet has targeted 30,000 Bolt EV sales per year, which would make it the best-selling current all-electric model on the U.S. market. Still, electric cars remain a minor niche of the vehicle market. But the Bolt EV might just bring about a brand-new charge. ▲

Bengt Halvorson writes from Portland.

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Puzzle on page 158.

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A	N	N	A	S		M	O	O	D	Y		A	D	D		S	C	E	N	T

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Puzzle on page 156.

Difficulty: Easy

1	5	4	3	9	7	2	6	8
2	9	8	5	4	6	3	1	7
7	3	6	1	2	8	5	4	9
8	1	5	2	6	4	9	7	3
3	7	9	8	1	5	4	2	6
6	4	2	7	3	9	8	5	1
5	2	7	6	8	3	1	9	4
9	6	3	4	5	1	7	8	2
4	8	1	9	7	2	6	3	5

Difficulty: Medium

9	7	3	4	1	5	8	2	6
6	5	8	9	2	7	1	4	3
4	1	2	8	3	6	5	7	9
3	6	1	2	7	4	9	8	5
7	8	4	5	9	3	6	1	2
2	9	5	6	8	1	7	3	4
1	2	9	3	5	8	4	6	7
8	3	6	7	4	9	2	5	1
5	4	7	1	6	2	3	9	8

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www.elliottsoysterhouse.com

Frank's Place at Indian Wells Resort Hotel
www.indianwellsresort.com

Ivory Jacks
www.ivoryjacksrestaurant.com

John Howie Steak
www.johnhowiesteak.com

Lavelle's Bistro
www.lavellesbistro.com

Metropolitan Grill
www.themetropolitangrill.com

Pearl Bar and Dining
www.pearlbellevue.com

Seastar Restaurant and Raw Bar
www.seastarrestaurant.com

Seres Restaurant
www.seresrestaurant.com

Tom Douglas Restaurants
www.tomdouglas.com

Volterra
www.volterrarestaurant.com

TRANSPORTATION

American Fast Freight
www.americanfast.com

Boeing
www.boeing.com

Dave Smith Motors
www.davesmith.com

Korean Air
www.koreanair.com

Lawless Harley Davidson of Renton
www.lawlessofrenton.com

Lynden, Inc.
www.lynden.com

TOTE Maritime Alaska
www.totemaritime.com

MEETINGS

Boise Centre
www.boisecentre.com

The Chrysalis Inn & Spa
www.thechrysalisinn.com

Coast Hotels
www.coasthotels.com

Eugene Cascades & Coast Meetings
www.meetinggeniuses.com

Marcus Whitman Hotel & Conference Center
www.marcuswhitmanhotel.com

Northern Quest Resort & Casino
www.northernquest.com

Pineapple Hospitality
www.staypineapple.com

Seattle Southside
www.seattlesouthside.com

Travel Juneau
www.traveljuneau.com

Visit Diablo Valley
www.diablovalleyca.com

Westmark Hotels
www.westmarkhotels.com

BUSINESS SERVICES

Becker Capital Management
www.beckercap.com

Construction Machinery
www.cmiak.com

GCI Ericsson
www.gci.com/ericsson

Sabey Data Center Properties
www.sabey.com

Speaking Results Public Speaking Coach Individuals and Groups
www.speakingresults.com

T-Mobile
www.t-mobile.com

FINANCIAL SERVICES

Alaska Airlines Visa Business Card
www.bankofamerica.com/akbizcardmag

Alaska Airlines Visa Signature Card
www.mynewalaskavisa.com

BECU
www.becu.org

HomeStreet Bank
www.homestreet.com

Propel Insurance
www.propelinsurance.com

Saturna Capital
www.saturna.com

RECRUITING

Norton Sound Health Corporation
www.nortonsoundhealth.org

PERSONAL ENRICHMENT

It's Just Lunch
www.itsjustlunch.com

HAWAI'I

Atlantis Adventures
www.atlantisadventures.com

Blue Hawaiian Helicopters
www.bluehawaiian.com

Farm Credit Services of Hawai'i, ACA
www.hawaiifarmcredit.com

Germaine's Lu'au
www.germainesluau.com

Island of Hawai'i Visitors Bureau
www.bigisland.org

Kaua'i Sea Tours
www.kauaiseatours.com

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HAWAI'I

Lava Ocean Tours
www.seelava.com

Mauna Lani Bay Hotel & Bungalows
www.maunalani.com

Na Hoku
www.nahoku.com

Paradise Cove Lu'au
www.paradisecove.com

The Shops at Kukui'ula
www.theshopsatkukuiula.com

The Shops at Wailea
www.theshopsatwailea.com

REAL ESTATE

Blackstone Ranch
www.5301lonepine.hasson.com

Cosmopolitan On the Park
www.cosmopolitanpearl.com

Danzante Bay
www.danzantebay.com

El Encanto Los Cabos
www.elencantoloscabos.net

Jennie Robinson, Realtor
www.jennierobinson.com

NEXUS Seattle
nexusseattle.com

Rancho San Lucas
www.ranchosanlucas.com

SmartShare
www.smartshare.com

Southport on Lake Washington
www.southport.life

Summerwell Homes
www.summerwellhomes.com

Terrie Cox, PC
www.usa-relocate.com

Timeshare Exit Team
www.timeshareexitteam.com

APARTMENTS

Two Lincoln Tower
www.livingatthecollection.com

GOLF

Classic Club Golf
www.classicclubgolf.com

Toscana Country Club
www.toscanacc.com

EDUCATION

Compass Courses Maritime Training
www.compasscourses.com

Foster School of Business—University of Washington
www.foster.washington.edu/emba

Oregon State University Ecampus
www.ecampus.oregonstate.edu/takeoff

Washington State University
www.wsu.edu

HEALTH & BEAUTY

20|20 LifeStyles
www.2020lifestyles.com

Advanced Cosmetic & Laser Dentistry
www.acld.com

Algone Alaska
www.algonealaska.com

Arctic Chiropractic
www.arcticchiropractic.com

Cancer Treatment Navigator
www.cancertreatmentnavigator.com

Eisenhower Executive Physical Program
www.emc.org/wellness

Hair Transplant Seattle
www.hairtransplantseattle.com

Larson Family Medicine
www.larsonmedicalaesthetics.com

My Best 10
www.mybest10.com

Smiles by Design
www.shawnkellerdds.com

The Spa at Pro Sports Club
www.proclub.com

Stern Center for Aesthetic Surgery
www.sternctr.com

Swedish Radiosurgery Center—Essential Tremor
www.swedish.org/essentialtremor

TRAVEL IDEAS

Caravan Tours
www.caravan.com

Fisherman's Wharf, San Francisco
www.visitfishermanswharf.com

Greater Palm Springs
www.visitgreaterpalmsprings.com

MasterPark
www.masterparking.com

ShuttlePark2
www.shuttlepark2.com

Sun Valley Resort
www.sunvalley.com

Tikchik Narrows Lodge
www.tikchiklodge.com

Travel Juneau
www.traveljuneau.com

Waterfall Resort
www.waterfallresort.com

THINGS TO SEE & DO

A Gallery Fine Art
www.agalleryfineart.com

Crater Lake—Klamath Regional Airport
www.alaskaair.com

K1 Speed Indoor Kart Racing
www.k1speed.com

Palm Springs Air Museum
www.palmspringsairmuseum.org

LITERATURE

Kensington Books
www.kensingtonbooks.com

HOME & GARDEN

Sunlight Supply
www.sunlightsupply.com

SHOPPING

ExOfficio
www.exofficio.com

Square Jellyfish
www.squarejellyfish.com

Read our digital edition at www.alaskaairlinesmagazine.com

Flyer guide

Your overview of the Alaska experience.

TABLE OF CONTENTS

A2 Everything Alaska
alaskaair.com
Our 5-star mobile app
Alaska Lounge
Alaska's fleet
A su servicio

A4 Beverages
First Class

A5 Inflight entertainment
Movies and TV on your own device
Rent a preloaded tablet
Go online

A6 Mileage Plan
Welcome to a world of rewards

A8 Global Partners
Travel the world with our airline partners

A10 Where we fly
118 destinations and counting

A12 Airport terminal maps

A16 Customs and immigration

A17 Your safety and comfort
Contact us

Everything Alaska

A look at all we offer for you.

Sign up for the Insider Newsletter to receive great travel deals and information.

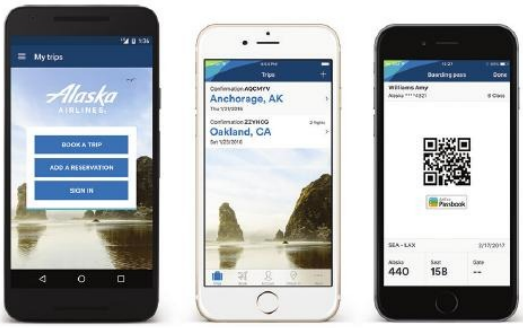
Start every trip at alaskaair.com.

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

Our app keeps you mobile on any device.

Several mobile options to keep you moving when you're on the go: iPhone, Android, Windows Phone and our mobile website at m.alaskaair.com.

- Find and book flights
- Check in from your phone
- No more paper—access mobile boarding pass and Alaska Lounge membership card
- Access Mileage Plan information
- Pre-reserve meals



MOBILE DEALS CLUB

Text ALASKA to 44227 to receive text alerts on our deals and offers.
Message and data rates may apply. Maximum of four messages per month. Text HELP to 44227 for help. Text STOP to 44227 to opt out. Terms and Conditions at http://bit.ly/21HWKs3.

The Alaska Lounge is your sanctuary.

Enjoy access to our five lounges, in Seattle, Los Angeles, Portland and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Visit us on alaskaair.com/lounge.

Join the conversation online.

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

/AlaskaAirlines @AlaskaAir @AlaskaAir

Visit our blog: blog.alaskaair.com.

Alaska's Boeing 737 fleet.

B737–900/900ER
Number in fleet: 65
Range: up to 2,720 miles
Seats: 181

B737–800
Number in fleet: 61
Range: 2,920 miles
Seats: 163 or 159 (new)

B737–700
Number in fleet: 12
Range: 2,985 miles
Seats: 124

B737–400
Number in fleet: 10
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

Alaska's spacious new Premium Class experience is now available on all 737-800 and Embraer E175 aircraft (see page 14 for more details).

Alaska's regional fleet.

Bombardier Q400
Number in fleet: 52
Range: 1,114 miles
Seats: 76
Operated by Horizon Air

Embraer E175
Number in fleet: 15
Range: 2,150 miles
Seats: 76
Operated by SkyWest Airlines

A su servicio.

Alaska Airlines tiene el orgullo de ser la compañía de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

- Centros de atención telefónica de Reservaciones y de Atención al Cliente
- Quioscos de registro del aeropuerto alaskaair.com/español
- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda.

Tell us how we're doing.

Visit alaskalistens.com.

Free to access inflight.

Our bag guarantee.

Delivered in 20 mins or less.

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

Terms apply. See bit.ly/BagGuarantee for details.

Enjoy a drink

Refreshing selections, for free or for purchase.

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

COMPLIMENTARY BEVERAGES

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

Coffee
Proudly serving Starbucks®
Pike Place® Roast

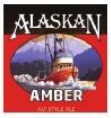
Other
Bottled Water
Orange Juice
Tomato Juice
Cranberry Juice
Apple Juice
Our special blend of Passion, Orange and Guava *(on flights to Hawai'i)*
Bloody Mary Mix
Tazo® Awake® black tea
Tazo® Sweet Orange hot herbal tea (caffeine-free)

PREMIUM WINE

Canoe Ridge USD $7
Exploration
Red Blend

Canoe Ridge USD $7
Exploration
Pinot Gris

BEER



Premium Beer USD $7
Alaskan Amber
Alaskan Icy Bay IPA
Corona *(to/from Mexico)*
Kona Longboard Island Lager *(to/from Hawai'i)*
Imperial *(to/from Costa Rica)*

Domestic Beer USD $6
Miller Lite
Budweiser

LIQUOR

Craft USD $7
Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut Espresso Vodka

Classic USD $7
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Courvoisier Cognac
Baileys Irish Cream

First Class

Customers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and a complimentary Inflight Entertainment Tablet on most flights longer than 3.5 hours.

Browne Family Vineyards Generations Collection Chardonnay
Washington
Sweet oak and vanilla aromatics develop into a full silky body, with flavors of Asian pear, crème brûlée and pineapple.

Browne Family Vineyards Generations Collection Red Blend
Washington
Big, dark-berry fruit flavors with blackberry and toasty notes and a round, velvety finish.

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

Watch movies and TV

Laugh, cry, or both—all on your own device.

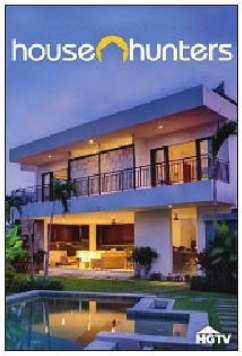
Power up your device with the latest hits.

Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features free episodes from your favorite TV networks—like HGTV—as well as new discoveries, including new musicians on Seattle's independent record label, Sub Pop. Pay-per-view movies and TV shows start at $1.99.

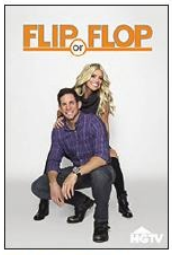
FEATURED FREE-CONTENT PARTNERS

PLUS, THREE NEW PARTNERS

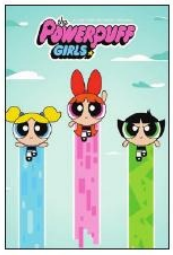
NEARLY 90 FREE TITLES, INCLUDING:



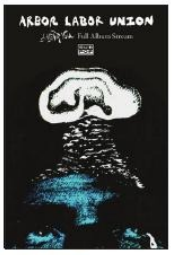
House Hunters



Flip or Flop



The Powerpuff Girls



Sub Pop Presents:
Arbor Labor Union

MORE THAN 70 PAY-PER-VIEW MOVIES, INCLUDING:

Florence Foster Jenkins
PG-13; 1:51

Jason Bourne
PG-13; 2:03

Morgan
R; 1:32

Kubo and the Two Strings
PG; 1:01

How to get started:

See the Amenities card in your seatback pocket or get instructions at loadplayer.com.

Rent a preloaded tablet and get watching.

On longer flights, you can rent an Inflight Entertainment Tablet that includes more than 30 hit movies and 20 TV shows—including new movies you can't get anywhere else. Also enjoy music, Xbox games and digital magazines.

Most titles available with English subtitles.

TOP MOVIES AVAILABLE ON THE TABLET:

The Magnificent Seven
PG-13; 2:13

Storks
PG; 1:27

Queen of Katwe
PG; 2:04

Miss Peregrine's Home for Peculiar Children
PG-13; 2:07

Tablets are free in First Class, and available to rent for $8–$10, depending on flight length.

Go online

Gogo® Inflight Internet is available on nearly all our 737s and E175s, including all aircraft flying transcontinental routes.

Enjoy free access to alaskaair.com.

In the air or on the ground, visit gogoair.com for flexible pricing options.

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

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.

See the world and earn miles doing it.

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

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

Alaska GLOBAL PARTNERS

AeroMexico · Air France · American Airlines · British Airways · Cathay Pacific · Emirates · Fiji Airways · Hainan Airlines · Icelandair · Japan Airlines · KLM · Korean Air · LATAM Airlines · PenAir · Qantas · Ravn Alaska · Virgin America

The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.*

MVP

(20,000 miles flown on Alaska)

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

MVP GOLD

(40,000 miles flown on Alaska)

All MVP® benefits, plus:

- Waived ticket change fees on Alaska
- Four annual guest upgrades
- 100% bonus miles and more

MVP GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Complimentary inflight entertainment player
- Four Alaska® Lounge day passes
- 125% bonus miles and more

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

Alaska Mileage Plan

Carry the card for even more rewards.

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

- Annual companion fare offer—because traveling is more fun with a friend
- **Free** checked bag for up to six people on the same reservation

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

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

Apply at mynewalaskacard.com or ask your flight attendant.

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

Big adventures for fewer miles. NEW

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

We're taking Mileage Plan benefits to the next level. Learn more at alaskaair.com/gamechanger.

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

* Plus taxes and fees from $5.60 each way.

Join today and start getting rewarded. alaskaair.com/mileageplan.

Mileage Plan gives you the world

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

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/mileage-plan.

Explore more with Mileage Plan.

London, England
British Airways

Reykjavík, Iceland
Icelandair

Alaska GLOBAL PARTNERS

ICELANDAIR
Reykjavik
Oslo
Stockholm
Copenhagen
BRITISH AIRWAYS
London
Amsterdam
KLM
AIRFRANCE
Paris
Munich
American Airlines
Chicago
New York
Philadelphia
Charlotte
Miami
Havana
Madrid
Barcelona
Rome
Athens
EUROPE
ASIA
Cairo
Dubai
Emirates
Delhi
Mumbai
AFRICA
Accra
Nairobi
Johannesburg
Cape Town
SOUTH AMERICA
Lima
Rio de Janeiro
São Paulo
Santiago
Buenos Aires
LATAM AIRLINES

LEGEND

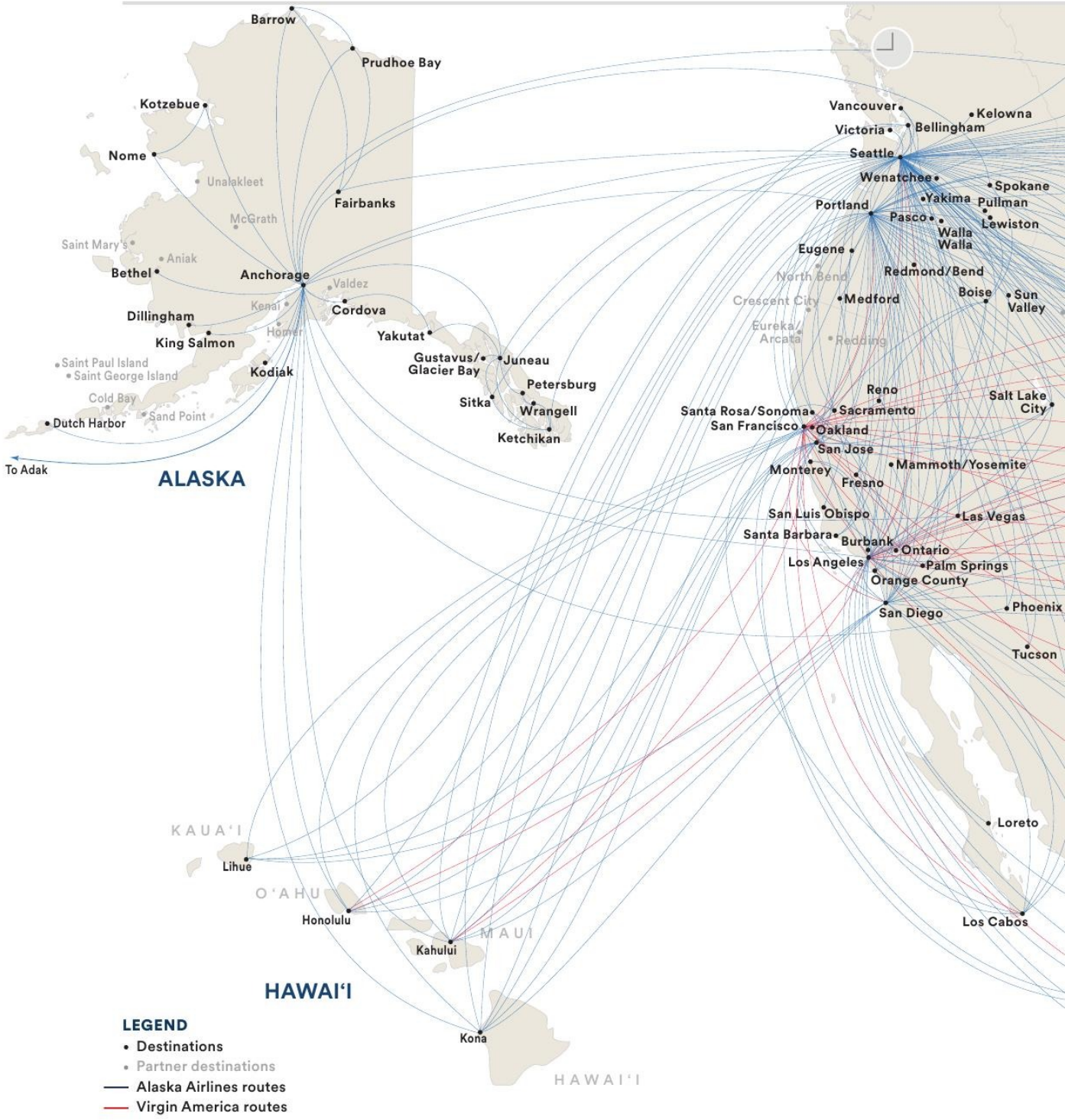
- International partner hubs
- Partner destinations

Beijing, China
Hainan Airlines

Dubai, UAE
Emirates

Where we fly

118 destinations and counting.



LEGEND

- • Destinations
- • Partner destinations
- — Alaska Airlines routes
- — Virgin America routes

UPCOMING NEW SERVICE

Route	Service Begins
Los Angeles, CA—Havana, Cuba	January 5
San Jose, CA—Newark, NJ	March 12
San Diego, CA—Baltimore, MD	March 15
San Jose, CA—Burbank, CA	March 16
Portland, OR—Orlando, FL	March 16

Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

CANADA
Edmonton
Calgary
Kalispell
Great Falls
Missoula
Helena
Bozeman
Billings
Winnipeg
Grand Forks
Bismark
Fargo
Duluth
Presque Isles
Bar Harbor
Plattsburgh
Minneapolis/ Saint Paul
Appleton
Toronto
Boston
Rapid City
Saginaw
Buffalo
Hartford
Grand Rapids
Lansing
Sioux Falls
Madison
Milwaukee
Detroit
New York
Newark
LGA
JFK
O'Hare
Chicago
Cleveland
Harrisburg
Philadelphia
Steamboat Springs
Des Moines
Cedar Rapids
Omaha
Pittsburgh
Baltimore
Lincoln
Columbus
Springfield
Dayton
Washington, D.C.
Denver
Vail
Aspen
Grand Junction
Colorado Springs
Indianapolis
Cincinnati
Kansas City
Gunnison/ Crested Butte
St. Louis
Louisville
Reagan Nat'l
Dulles
Norfolk
Wichita
Greensboro
Raleigh/Durham
Nashville
Knoxville
Santa Fe
Tulsa
Northwest Arkansas
Fayetteville
Charlotte
Albuquerque
Oklahoma City
Memphis
Huntsville/Decatur
Amarillo
Little Rock
Atlanta
Birmingham
Charleston
Lubbock
Wichita Falls
Dallas/Fort Worth
Dallas/Love
Savannah
El Paso
Midland
Abilene
Longview
Jackson
San Angelo
Tyler
Jacksonville
Fort Hood
Waco
Baton Rouge
Pensacola
College Station
Gulfport
Austin
San Antonio
Houston
Intercontinental
New Orleans
Orlando
Tampa
Corpus Christi
Laredo
West Palm Beach
Fort Myers
Fort Lauderdale
Miami
McAllen
Brownsville
MEXICO
BAHAMAS
Mazatlán
Havana
CUBA
Puerto Vallarta
Guadalajara
Cancún
CAYMAN ISLANDS
JAMAICA
Manzanillo
Ixtapa/Zihuatanejo
BELIZE
GUATEMALA
HONDURAS
NICARAGUA
EL SALVADOR
Liberia
COSTA RICA
San José
PANAMA

Airport of the Month

San Francisco International Airport

Location: San Francisco, CA
Airport code: SFO
Served since: 1979

Daily flights: 73

Cities served: 22

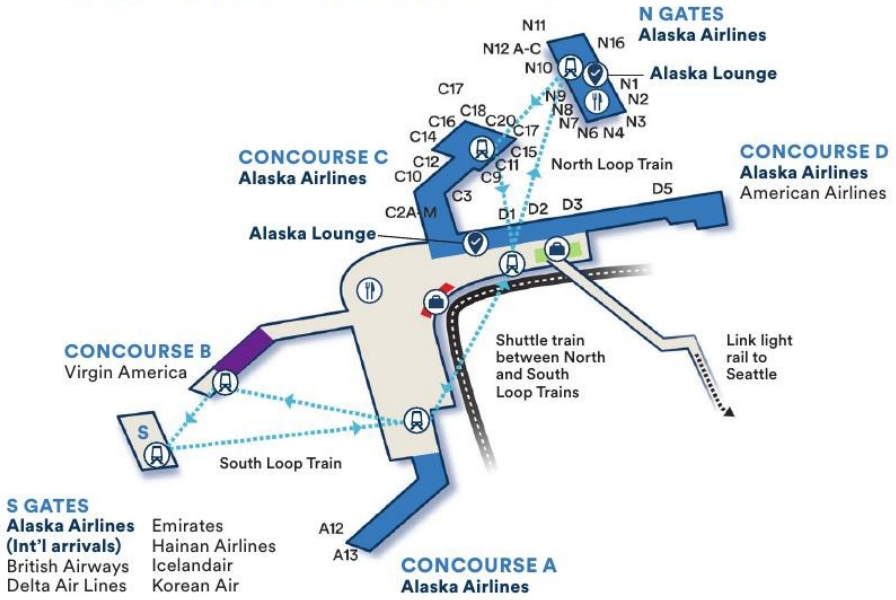
Notable: Alaska Airlines and Virgin America together serve the top 10 destination cities from SFO.

Insider info: Alaska Airlines Mileage Plan members and Virgin America Elevate members can now earn miles/points in their respective programs when flying either airline.

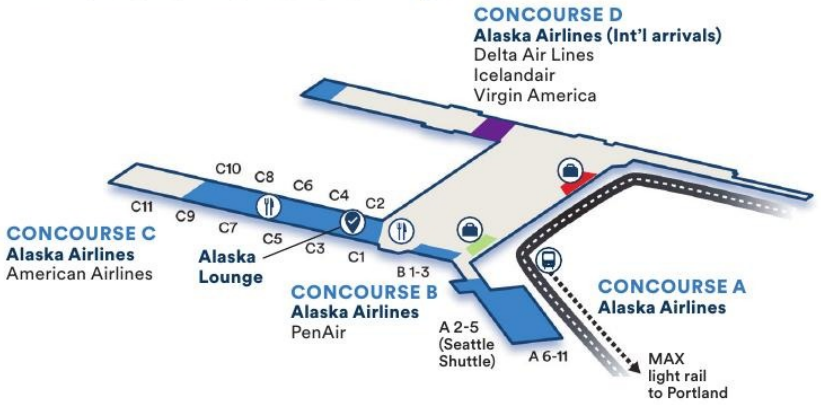
Airport terminal maps

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

SEA Seattle/Tacoma International Airport

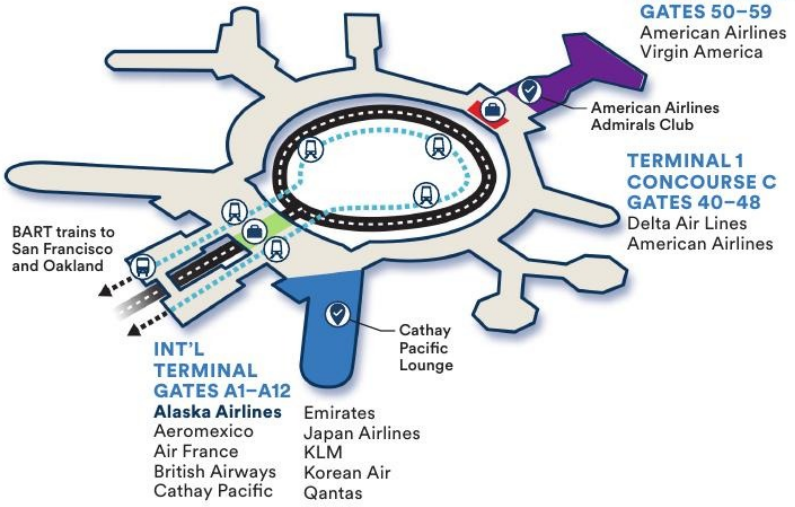


PDX Portland International Airport



SFO San Francisco International Airport

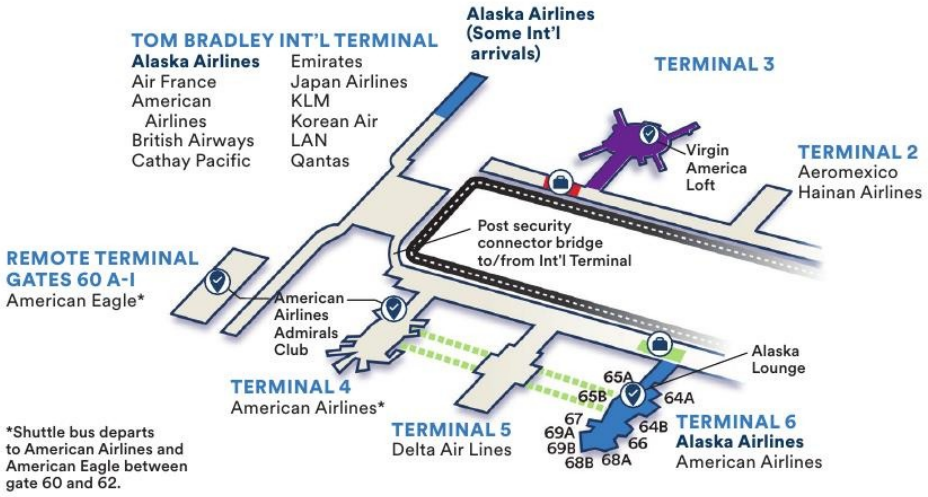
Tip: Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



Legend:

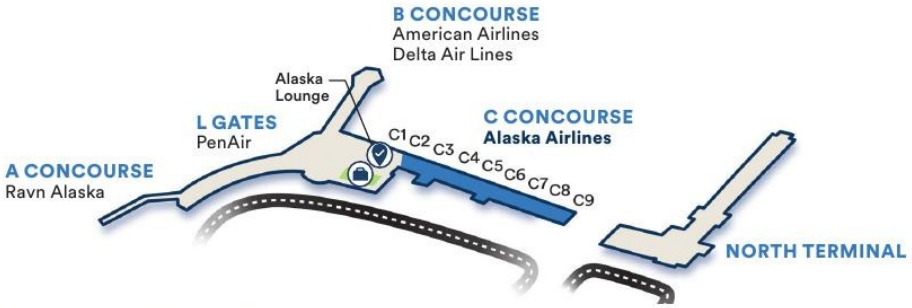
- Lounge
- Dining Options
- Alaska Airlines check-in
- Virgin America check-in
- Public transportation
- Airport transportation
- Underground walkway

LAX Los Angeles International Airport

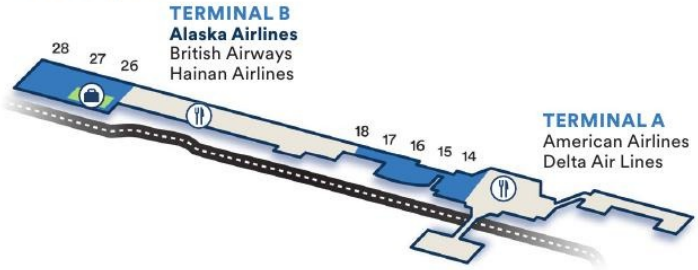


Tip:
Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.

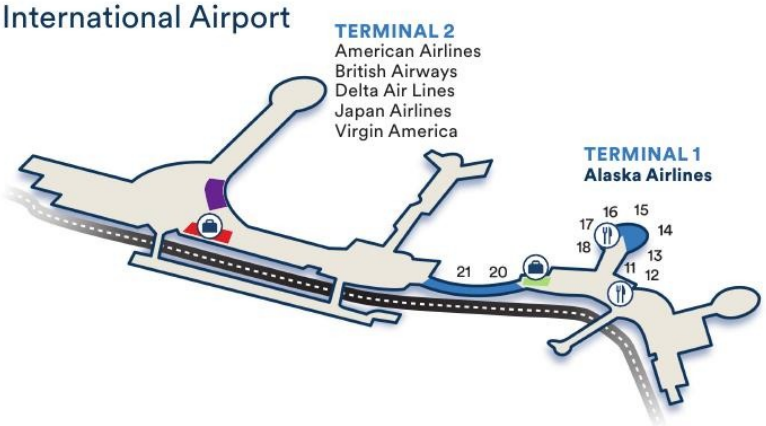
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



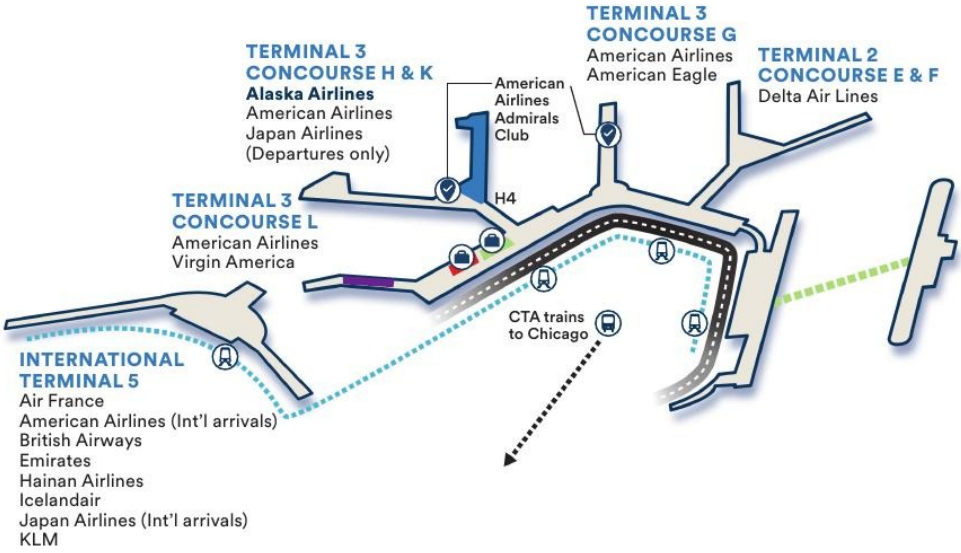
Global Airline Partner terminal maps

ORD Chicago O'Hare International Airport

American Airlines

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

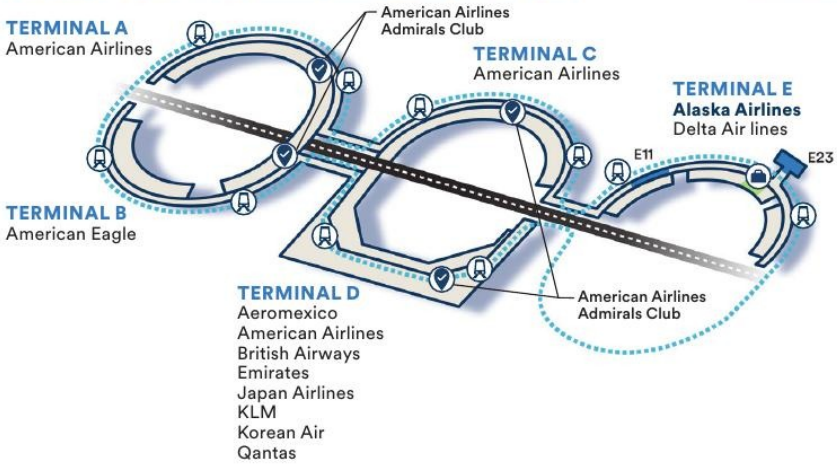
Tip:
Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



DFW Dallas/Fort Worth International Airport

American Airlines

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.

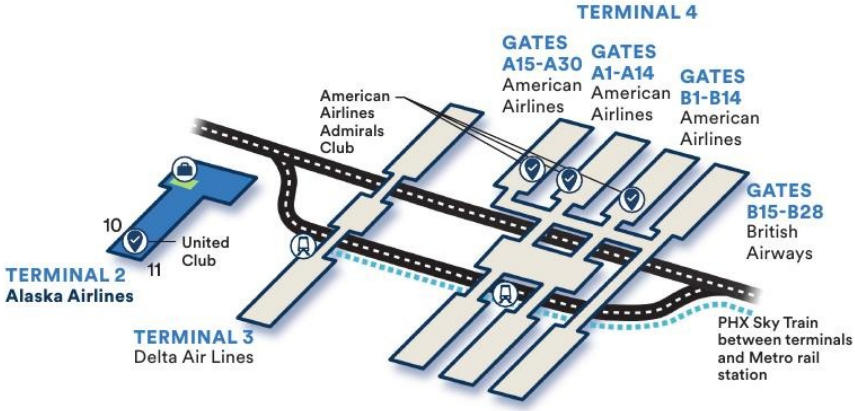


PHX Phoenix Sky Harbor International Airport

American Airlines

From Phoenix, American flies to 81 cities with over 300 flights.

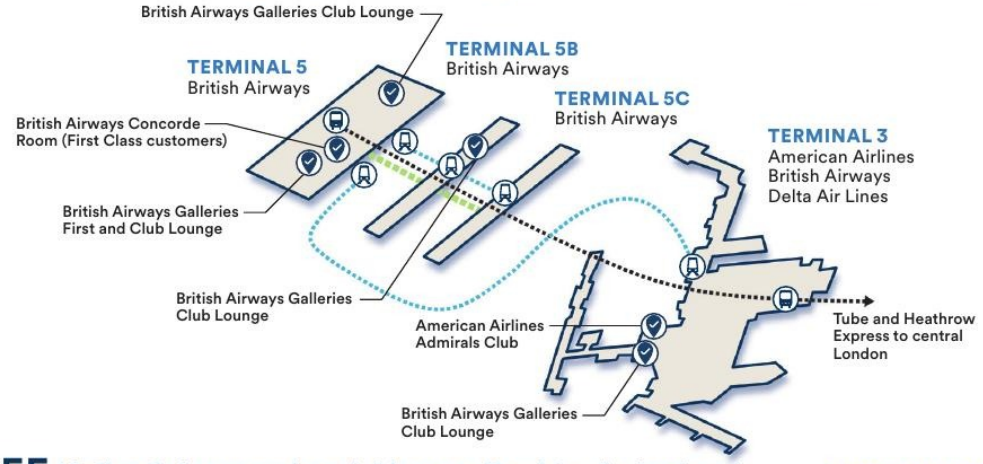
Tip:
Alaska Lounge members have access to the United Club across from gate 10 at Sky Harbor when flying on Alaska.



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

LHR Heathrow Airport, London, England

BRITISH AIRWAYS

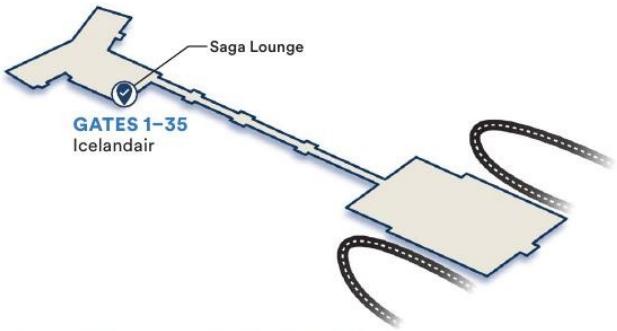


British Airway's London hub offers convenient connections from the West Coast to cities throughout Europe.

Tip:
MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.

KEF Keflavík International Airport, Reykjavík, Iceland

ICELANDAIR

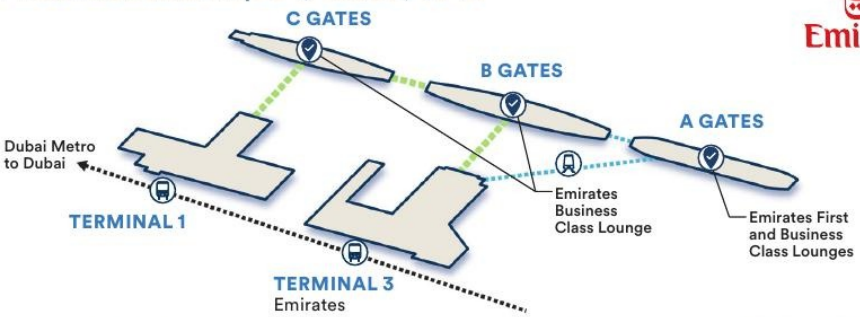


Tip:
MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

DXB Dubai International Airport, Dubai, UAE

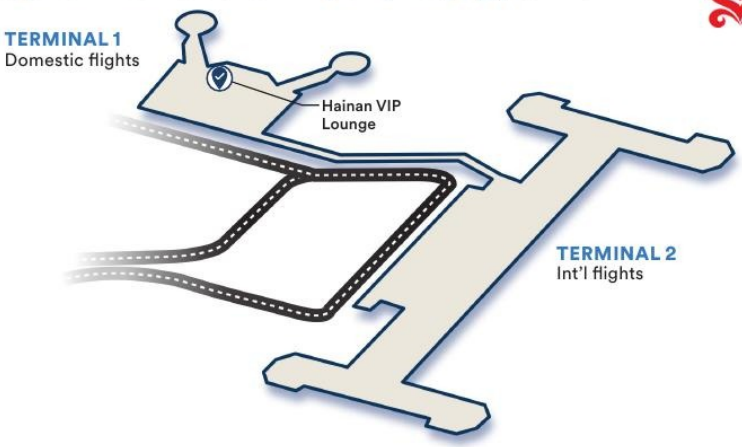
Emirates



Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.

PEK Beijing Capital International Airport, Beijing, China

HAINAN AIRLINES
Cherished Experience



Tip:
MVP Gold and MVP Gold 75K members receive complimentary access to Hainan's VIP Lounge.

With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.

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.

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paperwork, TSA Pre✓® eligibility and access to expedited entry in other countries. Apply at www.cbp.gov.

U.S. Customs and Border Protection

Customs Declaration

TO THE UNITED STATES

PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

Helpful tips

- Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- Customs declaration forms are unnecessary.
- Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption).
- Lines 5, 6—If not using a passport, leave these lines blank.
- Line 9—Enter "AS" for Alaska Airlines
- Sign at the "X."

QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

DECLARACION DE ADUANA

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección.
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco.
- Línea 9—Use "AS" para Alaska Airlines.
- Firme en la "X."

INTERNATIONAL TRAVEL TIPS

TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

TO COSTA RICA

- All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a $29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area. The fee is included in the price of tickets purchased after June 1, 2016.

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

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 air-purifying devices.

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

USING YOUR DEVICES

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

Allowed on the ground and in the air

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

Not allowed during flight

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

CONTACT US

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(TTY 800.682.2221)
alaskaair.com

En Español:
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From Mexico:
001.800.252.7522

Alaska Airlines Vacations:
844.762.0087
vacations.alaska-air.com.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions are on page 136.**

Difficulty: Easy

	5	4	3				6	8
	9		5				1	
7					8			
8				6	4	9		3
3		9		1		4		6
6		2	7	3				1
			6					4
	6				1		8	
4	8				2	6	3	

Difficulty: Medium

	7		4		5	8		
	5	8			7			3
	1		8					9
3	6			7				
7				9				2
				8			3	4
1					8		6	
8			7			2	5	
		7	1		2		9	

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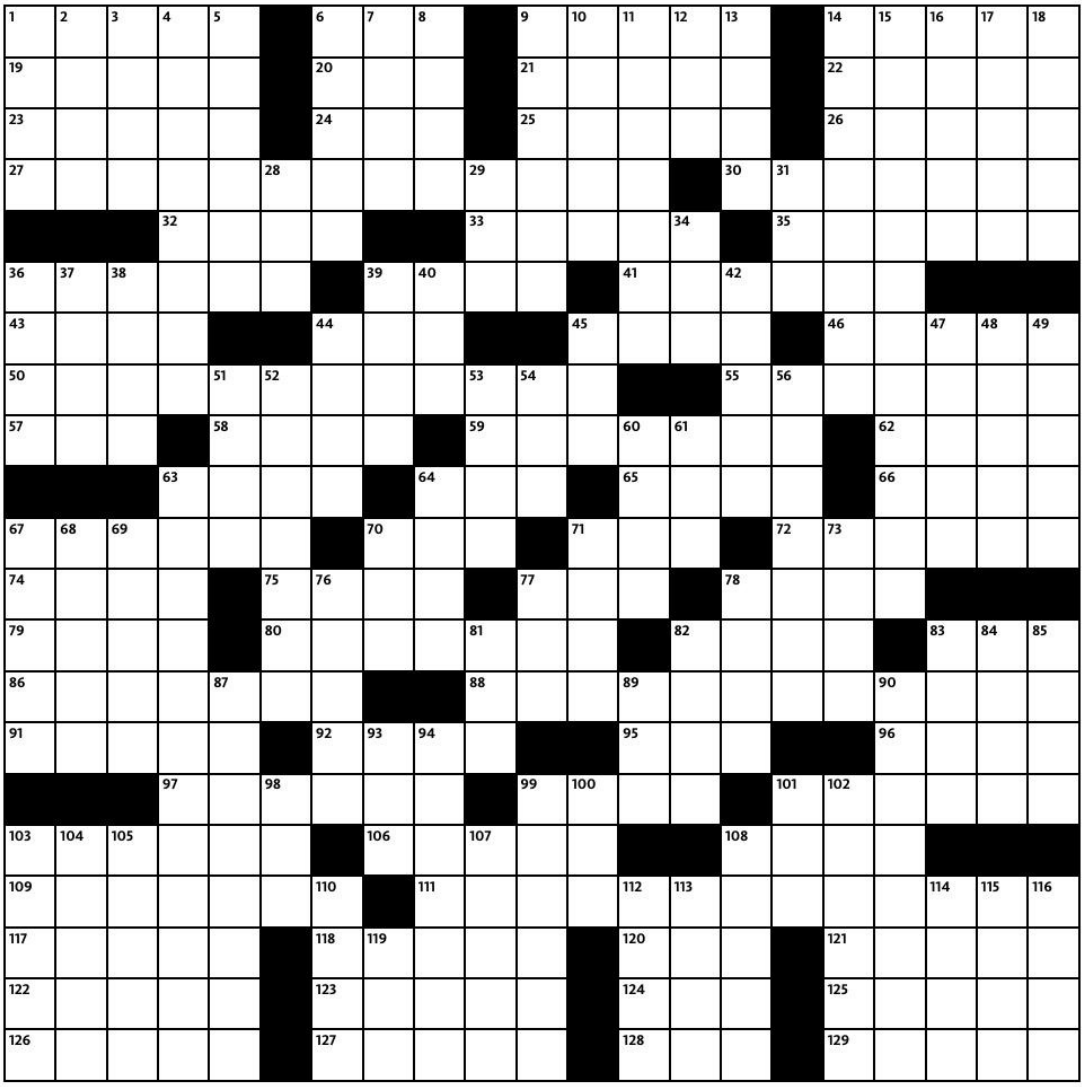

ACROSS

1 Orchestra section
6 Mil. rank
9 Lace end
14 English princess
19 Pierre's income
20 Capek drama
21 Daddy duck
22 Major religion
23 Of birds
24 Elected officials
25 A, but not B
26 Clutch
27 Old Faithful's locale
30 Sideways
32 Shawl or scarf
33 Senator Specter
35 Affectionately
36 Middle East market
39 Penchant
41 Theater district
43 Violinist Leopold ___
44 Salon substance
45 Egyptian cobras
46 Court proceedings
50 Volcanic remains
55 Lateen-rigged vessel
57 Actor Holbrook
58 Tart
59 Seasonal wind
62 Tibetan monk
63 Ballpark figure?
64 Useful hint
65 Duffer's tap
66 Make a long story short
67 Crushed
70 French word
71 Consume
72 Ants
74 Della's creator
75 Primary
77 Diner's leftover
78 ___ B'rith
79 Ugandan tyrant
80 Fully attentive
82 Without
83 Actress Scala
86 Pulls up stakes
88 Site of limestone caverns
91 Pool party?
92 Slender woodwind
95 Diminutive
96 Actress Gilbert
97 Cloth dealer
99 Developed
101 Fern seeds
103 Lingos
106 Plow man
108 Paint layer
109 Jumps the track
111 Giant gorge
117 Indian nurses
118 Listens to
120 Rhine feeder
121 Lyric poem
122 Innocent
123 Ms. Moorehead
124 Due's follower
125 Ceremonies
126 Magnani and Sten
127 Temperamental
128 Remark further
129 Bouquet

DOWN

1 Donkey's cry
2 Dijon dream
3 Indigo plant
4 Strong and brave
5 Lady of Spain
6 Crunchy
7 Football kick
8 Roughly
9 Refer (to)
10 Dog's warning
11 Members of the bar
12 Supplement
13 Tattle
14 Absolute ruler
15 See Lake Superior here
16 Frighten
17 Of the nose
18 With room to spare
28 Armed fight
29 A Bobbsey twin
31 Boring tool
34 Small drink
36 Fugue master
37 Atmosphere
38 Passion
39 Endure
40 Forest forager
42 Broad tie
44 Oversupply
45 Prince Valiant's boy
47 Dodge
48 Send money
49 Blind parts
51 Italian surname
52 Traveler's guide
53 Emanate
54 Alley ___
56 Reception aide
60 Squabble
61 Ump's call
63 Blue Ridge venue
64 Musical quality
67 Necklace items
68 Knight's helmet
69 Pie portion
70 Big bucks, briefly
71 Skye writing?
73 Quantity of matter
76 Joseph or Stewart
77 Legendary Bruin
78 Infant
81 Birthday total
82 Hearty dish
83 Snarl
84 Memo header
85 Ms. Gardner et al.
87 Tenons' partners
89 Fearful wonder
90 Like similar atoms
93 Flower's spot
94 Lasagna herb
98 Communication syst.
99 Like a lawn
100 Stimpy's cohort
101 Male delivery?
102 Check signers
103 Turkish city
104 Staff anew
105 Wheat or rice
107 Messed up
108 Felt concern
110 Pretense
112 Computer info
113 Ask for ID
114 Observe
115 Arabian gulf
116 Gusto
119 Piece of mind?

SOLUTION ON PAGE 136.

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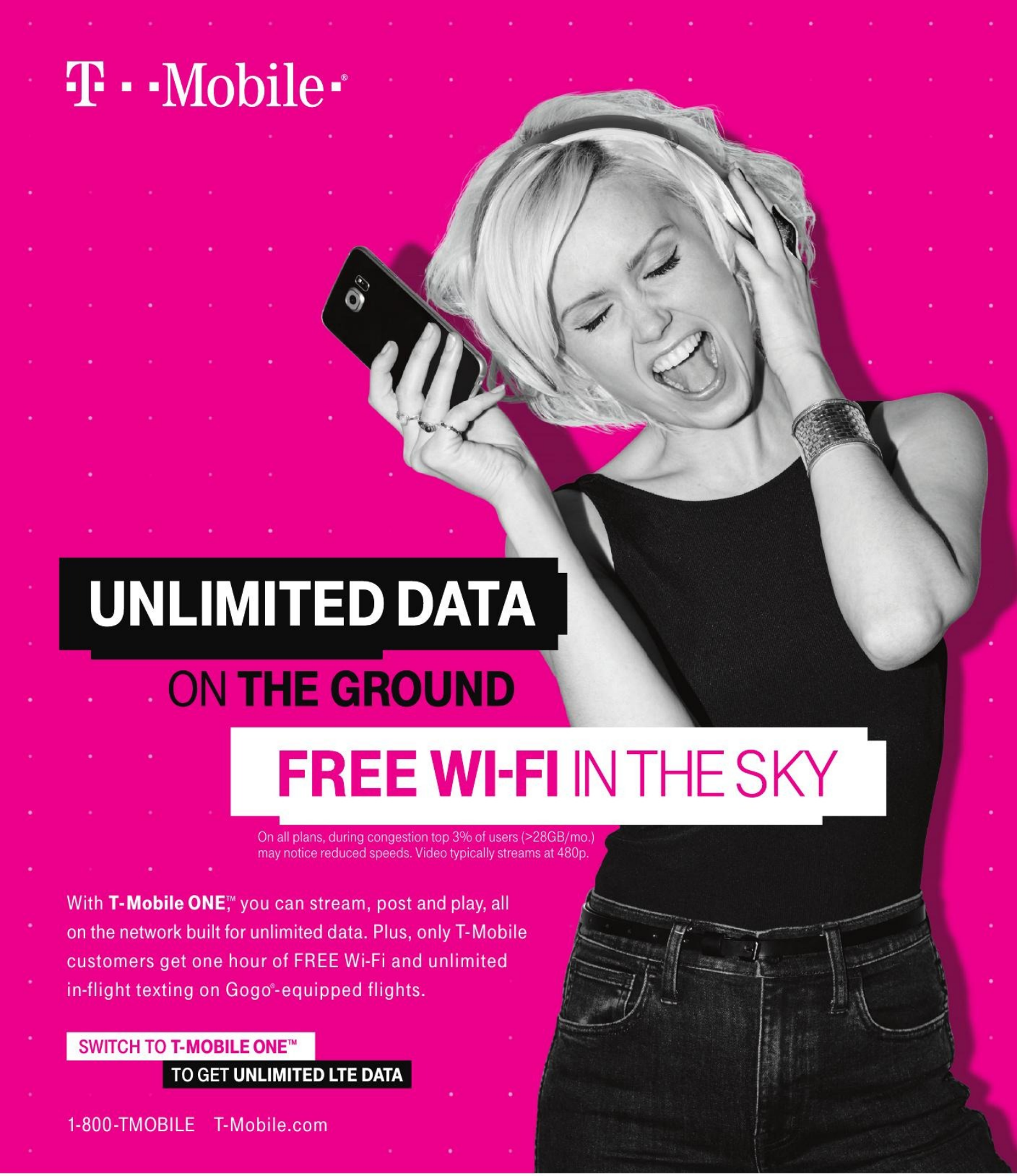
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