

Alaska

BEYOND»

MAGAZINE OCTOBER 2017

ALOHA SPIRIT

Alaska celebrates 10 years
of serving Hawai'i

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*Hawai'i
musician inspires
action around
the planet*

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MARY LOST 15 LBS & 10 YEARS IN 10 WEEKS

It wasn't until halfway through the My Best 10 program when I realized that I'm much more effective, and available for my family, when I take care of myself.

Before the program, I was in a bit of a slump. My friend, and workout partner, had moved away, so my motivation to exercise just wasn't there. My body felt "soft." When I got up in the morning and looked in the mirror, I didn't recognize who was looking back at me.

When I read about the My Best 10 program, I knew it was exactly what I needed – and it surpassed my expectations.

I had expected to work hard and lose weight. What I hadn't expected was that the lessons I'd learned during the program would become even more important two years later.

After successfully completing the program and losing 15 pounds, I felt better than ever. However, sometimes, old habits are hard to break. When my weight began to slowly creep back up, I knew it was time to take control again. I have the philosophy that obstacles are not an issue. I simply identify them and climb on over. Challenges keep it interesting and give me a sense of victory.

So I returned to what I'd learned through My Best 10 – protein shakes, lean protein

and no cheating. After I lost four pounds in the first week, I knew I was back on track. Personal training had been a key to my success in the program. My trainer provided the accountability I needed to get to my workouts and made me want to work hard. She always had something positive to say about my progress. And, most importantly, she made me feel good about myself again. If someone had told me a year ago that I'd be able to deadlift 145 pounds, I'd have called them insane. But today, I can do it. I'm happier, healthier, more comfortable in my own skin – and in the best shape of my life!

A major improvement in my life after My Best 10 is my energy level. Before the program, it was difficult to get going in the mornings. I felt tired even after getting eight hours of sleep. Now, I get up easily and sometimes even get a workout before the kids go to school. It's amazing how much better I feel now!

I'm a huge fan of MB10! This was the greatest gift I've ever given myself!

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WELCOME»



‘OHANA MEANS FAMILY



Brad Tilden,
Chief Executive
Officer

» **How has an airline** named Alaska made a name for itself in Hawai‘i? Believe it or not, this month we celebrate 10 years of serving the Islands. Ben Minicucci, our president and chief operating officer, looks back and ahead.

—Brad Tilden



Ben Minicucci,
President and Chief
Operating Officer

The first time I visited Hawai‘i, I was blown away. The endless sunshine, white sandy beaches and bike routes that can take you from the reef up 10,000 feet to the summit of Haleakalā. The Islands have always been special to me. But, as I’ve visited over the years, I’ve come to realize that Hawai‘i is not just about beautiful scenery. It’s about a connectedness with the earth and a feeling of spirituality that emanates from this special place. It’s also about people. The ease of smiles. Folks being truly nice to one another. It’s what Hawai‘i calls ‘ohana, or being treated like family.

With the addition of Virgin America, we now have 20,000 employees at Alaska Airlines, which makes it more important than ever to continue to nurture our small-company feel. We’re lucky to have some pretty amazing employees at our airports in Hawai‘i who are everyday ambassadors of ‘ohana. Employees like Stephanie Jimenez Alvarez.

Stephanie was working at the airport in Honolulu when two guests and their very young infant traveling to the mainland found themselves stuck. Our flight was delayed, and they were rerouted to another airline. After the other airline canceled, they came back, and we rebooked them on our evening flight. They were all set to go, except that they had used up all their baby supplies in the wait. That’s when Stephanie did something remarkable. She took down a shopping list and the guests’ phone number and went out to purchase formula,

» WELCOME

diapers, clothing and supplies for the baby for their trip home. When she returned to the airport, sheer emotion took over when the family saw what she had done. It was a moment that I am sure our guests and Stephanie will not soon forget.

Our frontline employees deliver great service every day, but more importantly, they live our values to their core—Own Safety, Do the Right Thing, Be Kindhearted, Deliver Performance and Be Remarkable. It's when things don't go as planned that our folks truly bring our values to life. Stephanie is proof of that.

As Alaska Airlines celebrates 10 years of flying to Hawai'i this month, I can't help but reflect on how far our company has come and how we now feel at home in the Islands. I believe it's because our core values are quite in sync with many Hawaiian cultural values: There is *pono* (do the right thing), *ho'okipa* (generous hospitality), *aloha* (love, compassion and kindness) and, as I've mentioned, *'ohana* (family).

When we complete our merger with Virgin America next year, Alaska will have up to 30 nonstop flights a day to Hawai'i from 10 major

West Coast cities, more than any other airline. And we're proudly supporting events and organizations that do good—groups like Aloha United Way, Make-A-Wish Hawaii, Boys & Girls Club of Hawaii and many more. You can read more about our work in the community in Hawai'i on page 25.

Thanks for reading and, as always, thanks for flying Alaska. I hope that whether you are traveling to Honolulu or Helena, Maui or Milwaukee, our team of caring employees at Alaska Airlines make you feel like part of our 'ohana. *Mahalo!* —Ben Minicucci

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo



Ben Minicucci,
Presidente y Director Ejecutivo

'OHANA SIGNIFICA FAMILIA

» **¿Cómo es posible** que una aerolínea llamada Alaska se haya ganado un espacio en Hawái? Aunque parezca increíble, este mes celebramos 10 años volando a las islas. Ben Minicucci, nuestro presidente y director ejecutivo, mira hacia el pasado con una visión hacia el futuro. —Brad Tilden

La primera vez que visité Hawái, quedé deslumbrado. El sol que nunca deja de brillar, las playas de arena blanca y las ciclovías que pueden llevarte desde los arrecifes de coral hasta 10,000 pies de altura a la cima del volcán Haleakalā. Las islas siempre han sido especiales para mí. Sin embargo, a medida que las he visitado a través de los años, me he dado cuenta de que Hawái no solo se trata de un paisaje hermoso. Se trata de la conexión que existe entre la tierra y la sensación de espiritualidad que emana de este lugar tan especial. Es también su gente. La facilidad para sonreír. La amabilidad con la que la gente se dirige a los demás. Esto en Hawái se llama *'ohana*, o el tratar a los demás como si fueran parte de la familia.

Con la incorporación de Virgin America, ahora contamos con 20,000 empleados en Alaska Airlines, lo que hace más importante que nunca el continuar promoviendo nuestro ambiente de pequeña empresa. Tenemos la

suerte de contar con empleados maravillosos en nuestros aeropuertos en Hawái, quienes día con día, son nuestros embajadores diarios del 'ohana. Empleados como Stephanie Jiménez Álvarez.

Stephanie estaba trabajando en el aeropuerto en Honolulu cuando dos pasajeros que viajaban al continente con su pequeño bebé se encontraron varados. Nuestro vuelo se demoró, y se les protegió en otra aerolínea. Cuando la otra aerolínea canceló el vuelo, volvieron y les reservamos un lugar en nuestro vuelo nocturno. Estaba todo listo, excepto que habían usado todos los suministros del bebé durante la espera. Ahí fue cuando Stephanie hizo algo increíble. Ella hizo una lista de compras, tomó el número de teléfono de los pasajeros y



compró leche para el bebé, pañales, ropa y otros suministros para el viaje. Cuando regresó al aeropuerto, la familia desbordaba de emoción al ver lo que ella había hecho. Fue un momento que, seguramente, ni Stephanie ni nuestros pasajeros olvidarán por mucho tiempo.

Nuestros empleados brindan un servicio extraordinario día con día, pero lo más importante es que viven nuestros valores fundamentales: valorar y proteger su seguridad, hacer lo correcto, ser generoso, proveer un buen desempeño y distinguirse en todo. Es cuando las cosas no salen como estaban planeadas que nuestros empleados hacen relucir nuestros valores. Stephanie es una prueba de ello.

Alaska Airlines celebra 10 años de vuelos a Hawái este mes, y por ello, no puedo dejar de pensar en lo lejos que nuestra empresa ha llegado y de que nos sentimos como en casa en las islas. Creo que esto se debe a que nuestros valores fundamentales están muy en sintonía con muchos de los valores de la cultura hawaiana: Por ejemplo, *pono* (hacer lo correcto), *ho'okipa* (hospitalidad generosa), *aloha* (amor, compasión y amabilidad) y *'ohana* (familia).

Cuando completamos nuestra fusión con Virgin America el próximo año, Alaska tendrá hasta 30 vuelos diarios sin escalas a Hawái desde 10 de las ciudades más grandes de la costa oeste, más que cualquier otra aerolínea. Además, tenemos el orgullo de apoyar eventos y organizaciones que hacen buenas obras, grupos como Aloha United Way, Make-A-Wish Hawaii, Boys & Girls Club of Hawaii y muchos más. Usted puede obtener más información sobre nuestro trabajo en la comunidad de Hawái en la página 25.

Gracias por leer este artículo, y como siempre, gracias por volar con Alaska el día de hoy. Espero que independientemente de que viaje a Honolulu o Helena, Maui o Milwaukee, nuestro atento equipo de empleados en Alaska Airlines lo hagan sentir parte de nuestro 'ohana.

iMahalo! —Ben Minicucci

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IN THE KNOW»

WHAT'S NEW: GLOBAL PARTNER SINGAPORE AIRLINES

» **Alaska Mileage Plan members** are now able to redeem miles for travel awards for flights operated by Singapore Airlines—Alaska's newest Global Partner.

In addition, the two carriers are enacting a codeshare partnership, pending government approval, which will allow guests booking through Singapore Airlines to travel on both airlines and enjoy seamless reservations and ticketing, one-stop check-ins, checking baggage to final destinations and coordinated flight schedules.

"Our guests will enjoy truly distinctive inflight service when traveling with Singapore Airlines, and will enjoy Alaska Mileage Plan benefits when traveling from the West Coast to Asia," says Andrew Harrison, chief commercial officer at Alaska.

Known for its premium inflight service, Singapore Airlines flies from Alaska's San Francisco hub to Singapore nonstop and via Hong Kong, as well as from Alaska's Los Angeles hub to Singapore via Seoul or Tokyo (Narita), with connecting service from Seattle and Portland. In all, Changi Airport-based Singapore Airlines flies to more than 60 destinations in more than 30 countries on five continents worldwide.

Virgin America guests already enjoy frequent-flyer benefits with Singapore Airlines. Alaska Mileage Plan will become the loyalty program for Virgin America flyers starting in 2018.

Learn more at alaskaair.com/content/mileage-plan/how-to-earn-miles/airline-partners.



ALASKA MILEAGE PLAN IS NO. 1 ONCE AGAIN

For the third year in a row, Alaska Mileage Plan has received top honors on the U.S. News & World Report list of Best Airline Rewards Programs.

This ranking identifies top frequent-flyer programs for every-day travelers, using a methodology that weighs six components: ease of earning

a free roundtrip flight, benefits, network coverage, flight volume, award-flight availability and airline-quality ratings.

"Unlike other programs in the industry, our members earn miles based on how far they fly with us—not just what they spend," says Sangita Woerner, vice president of marketing at Alaska. "And we offer a generous upgrade policy for elite members."

With Alaska Airlines and Alaska Global Partners, members can earn and redeem miles on flights to more than 900 destinations worldwide. Members can also earn miles on car rentals, hotel stays and every-day purchases with the Alaska Airlines Visa Signature® card. For more information, visit alaskaair.com/mileageplan.



MORE BENEFITS FOR ALASKA ELITE FLYERS ON VIRGIN AMERICA



» **Alaska Mileage Plan MVP, MVP Gold and Gold 75K members** now receive enhanced elite benefits on Virgin America flights, putting Alaska flyers on par with Virgin America's Elevate elite-level flyers.

New benefits include complimentary access to preferred main-cabin seating, complimentary Main Cabin Select upgrades,

and access to advance-purchase First Class upgrades. Alaska Mileage Plan Gold and Gold 75K members also receive waived change fees on Virgin America flights. And all Alaska Airlines elite members receive priority check-in, priority boarding and two free checked bags on Virgin America.

Elites on Virgin America can look forward to complimentary upgrades to First Class as the two airlines continue to integrate their operations in 2018.

To learn more about how the airlines are growing together to give you more to love, visit alaskaair.com/content/travel-info/alaska-virgin/elite-benefit-schedule.

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PDX-based Captain Rick Ackman is a Legend of Customer Service

» **Rick Ackman**, who has piloted planes for Horizon Air and Alaska Airlines for 38 years, says his most memorable workday was the one when he asked to borrow a 737.

Alaska Airlines CEO Brad Tilden “said yes before he even asked me why,” Rick recalls.

Rick’s request was justified. He took the plane, a new 737-900, to the Oregon International Air Show with a special guest—a war veteran thought to be Oregon’s oldest living survivor of the Pearl Harbor invasion.

Tilden had good reason to trust Rick with the plane—and to trust him to put it to good use. A true professional, Rick decided to become a pilot when he was 5 years old. He got his start with Air Oregon, before that carrier merged with Horizon. He became an Alaska pilot in 1989.

During his 38 years with the airlines, Rick has developed a reputation for making the safe and expeditious call—a talent that has him in the position of Flight Operations Duty Officer (FODO), in addition to flying. This means Rick is one of six employees on call to answer questions about situations that arise that aren’t in the flight manual: “When something comes up in flight operations, my phone rings,” Rick says.

Rick also is the go-to pilot for Alaska Airlines’ Make-A-Wish programs in Oregon. At the 2016 Walk For Wishes at the Oregon Zoo, benefiting Make-A-Wish Foundation, Rick set up and staffed an Alaska booth. He has also volunteered for the Portland Rose Festival, Autism Society of Oregon and Women in Aviation, among other causes.

Essentially, for anything involving Alaska in the Portland community, you’ll likely see Rick. And he enjoys his roles in and out of work: “I’m having more fun now than ever in my career,” he says. “And I’ve had a great career.” ✈



Captain Rick Ackman.

QUESTIONS & ANSWERS

What’s your favorite travel destination?
Hawai‘i, I think. But give me a flowered shirt and call me a tourist, and I’ll go anywhere!

What were some early signs you wanted to be an airline pilot?

Anything I picked up as a child became an airplane. In sixth grade, I saved money to buy an airline ticket, just to be on a plane.

What do people not know about you?

I played guitar professionally in late high school and into college. I once turned down a job offer to play guitar for Diana Ross. I wanted something more stable, like in the airline industry.

Do you have a motto or words to live by?

“You’ve come this far. Don’t screw it up.”

KUDOS FROM RICK’S CO-WORKERS

“Rick Ackman has been a legend for a very long time. Representing our company both on and off the airplane [and] leading the way for greatness. He is an example to fellow employees to do great things.”

—Contesa D.-N.,
Flight Attendant, Portland

“Rick is always the first one to jump in and say, ‘How can I help? What do you need?’ For anything. The events he’s involved with here in the Portland/Vancouver area are too numerous to count, but I can tell you that anything involving Alaska Airlines in the community—you will see him there.”

—Kris B., Pilot Base Coordinator, Portland

“You can’t help but smile when you see Rick walking up to you at the gates. Congrats, Captain! Thank you for all you do, both for Alaska and in the community.”

—Kristi M., Lead Customer
Service Agent, Portland

“Congratulations, Rick, on this well-deserved honor! I remember when you were SEA-based, and I had the privilege to fly with you! You were always cheerful, professional and positive. I love your ‘can-do’ spirit! It is that Alaska ‘can-do’ spirit that makes you such a joy to fly with! We miss you in SEA!”

—Carmen L., Flight Attendant, Seattle



EACH YEAR, Alaska Airlines recognizes employees such as Rick Ackman as Legends of Customer Service. It is Alaska’s highest honor.

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THREADING THE CELESTIAL NEEDLE

By Wyatt Curtiss

» There's nothing Alaska Airlines pilots like more than a challenge. So putting a 737 in the path of the Great American Eclipse on August 21 wasn't really a question of if, but a matter of how.

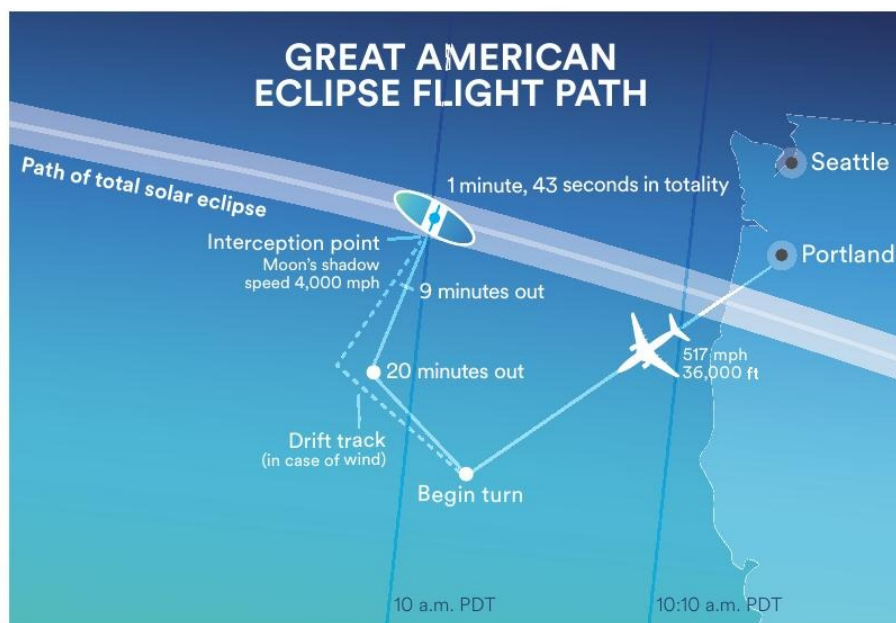
Total solar eclipses aren't rare—they come around every 16 months or so. Being lucky enough to get in the path of the moon's shadow as it races across the Earth is the hard part. Die-hard eclipse chasers, called "umbraphiles," go to dramatic lengths, planning years in advance, whether that means scaling a mountain, chartering an Arctic voyage ... or charting a complicated flight path.

It's the kind of challenge that takes a team of astronomers and aviators to crack. Enter Alaska 737 Fleet Captain Brian Holm, Alaska Airlines Captain (and eclipse-project pilot) Hal Andersen, and astronomer Glenn Schneider. Both Holm and Andersen have decades of experience in the cockpit. Schneider is an astronomer at the University of Arizona's Steward Observatory and one of the world's most notable umbraphiles. In 1992, Schneider even developed his own software to calculate flight waypoints for viewing total solar eclipses.

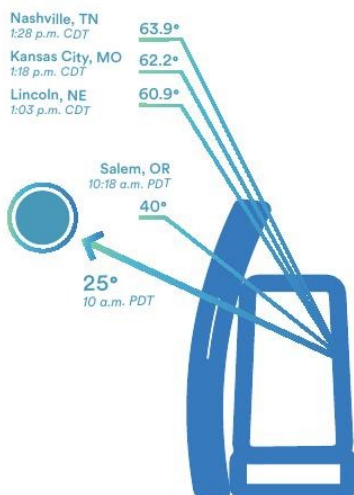
Together, the team worked on a celestial mechanics math problem that goes something like this: A plane leaves Portland, Oregon, flying 500 mph to catch a solar eclipse as the moon's shadow decelerates from infinity in the instant it touches the Earth to approximately 2,400 mph as it approaches the coast of Oregon. Where in space and time does the plane need to be to get the ultimate eclipse experience?

Plotting the route

The first problem was determining where the plane needed to be to make the eclipse visible to guests. The flight would have to catch the eclipse with the sun low in the sky for guests to



Viewing Angles of Totality



see the celestial mechanics at work. The flight needed to catch the sun at an angle of less than 30 degrees above the horizon.

The flight would also need to perfectly time its run across the eclipse's path, putting totality directly in guests' line of sight.

By feeding his program variables, including the required viewing angle, estimated aircraft speed, cruising altitude, anticipated wind speeds and more, Schneider calculated three key waypoints and the precise time to hit each. To catch the eclipse at the perfect place and time, Andersen and Holm would have to fly out

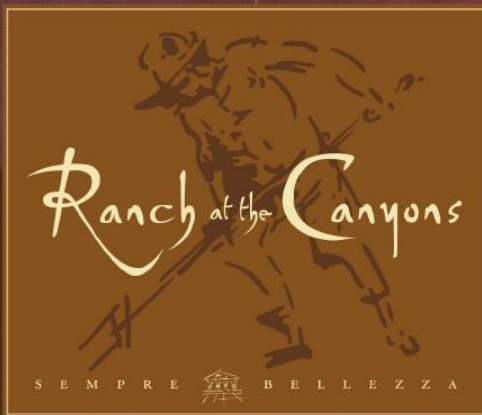
» For viewing an eclipse from an aircraft seat, angles are everything. To get the best view, Alaska flew about 1,000 miles off the coast of Oregon.

of Portland to a point a couple of hours off the West Coast—a five-hour roundtrip.

Catching the shadow

From the festive mood on the flight, you'd never guess at the months of emails, charts, calculations and contingency plans that went into transforming the flight from a wild idea into a workable plan. Cheers erupted the moment the flight lifted off. When the fasten seatbelt sign went dark, the party in the cabin began. Behind the closed doors of the flight deck, the pilots dealt with a steady stream of wind calculations, course corrections and air-traffic communications to ensure the flight caught the big moment. When the time came, Andersen got on the PA to sing a few bars of *The Final Countdown*. Seasoned umbraphiles and first-timers alike pressed their noses to the windows for a 103-second glimpse of totality—a celestial moment with only the thinnest of atmosphere between the passengers and a phenomenon that's been both feared and celebrated throughout human history. ✈

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» Mike Levine on the road and with his Ironman World Championship team: his training and race partner, Kathleen McCartney, left, and his wife, Jan.

IRON WILL

Triathlete and pancreatic cancer fighter Mike Levine takes on the Ironman

By Susan G. Hauser

» **Mike Levine is going to Kona.** With every lap in the pool, every mile on the bike or on foot, he repeatedly tells himself: “We’re going to Kona.”

On Saturday, October 14, Levine is competing in the Ironman World Championship in Kailua-Kona, Hawai‘i. This will be his third Ironman; for the first two he was in his early 30s. This time he will participate as an Ironman Ambassador Athlete, a special dispensation for someone who believes that anything is possible—even at age 68, while struggling with stage IV pancreatic cancer.

Levine, who lives in San Diego with his wife, Jan, an Alaska Airlines flight attendant, credits friendships and fitness for his ability to tackle what would be a monumental challenge for anyone. But until the day just eight months ago

that former Ironman champion Kathleen McCartney invited him out on a bike ride, Levine admits that he and Jan had pretty much given up hope.

“We were planning the funeral and getting our affairs in order.”

Levine had been a superathlete in his youth, competing in more than 100 triathlons and twice finishing the arduous Ironman, which entails a 2.4-mile swim, a 112-mile bike race, and to top it off, a full marathon: 26.2 miles of running. In all: 140.6 miles.

McCartney was the one who sparked the idea that Levine could take on the Ironman again. She has committed not only to being his training partner, but to swimming, pedaling and running at his side until the two cross the finish line together on October 14. Levine’s

doctor, who approves of this regimen and applauds the positive results, will be cheering on the sidelines.

It’s been more than two years since Levine’s July 1, 2015, diagnosis, so he’s already beaten the odds for a disease that generally offers little hope.

“The dragon’s been put back in the cave for the moment,” Levine says, referring to his still-dangerous cancer. But he was given a reason to keep hope alive and to inspire a sense of hope in other cancer patients. The support of his wife and her Alaska Airlines colleagues, his fellow athletes, his friends and other cancer fighters spurs him on, mile after mile.

Levine’s acceptance into the 2017 Ironman was announced in June at an event in which McCartney broke the news by exclaiming to Levine, “We’re going to Kona!”

Those words have been giving him an extra boost ever since. ✈

» THE IRONMAN WORLD CHAMPIONSHIP competition features more than 2,000 men and women who qualified at any of a series of 44 events held around the world.

"I turned 50 this year and I've never felt better!"

BETTER NOW THAN EVER BEFORE!

Through my mid-20s, I lead a very active life, which included being a varsity track athlete for the University of Alabama. After joining the corporate world, my once-active lifestyle was slowly replaced with a more sedentary one. I began noticing physical issues, like knee and hip pain, which prevented me from biking or simply taking walks with my family. I felt lethargic, tired, unmotivated and overall unhappy with myself. I lacked energy and drive. While I still continued to exercise, my body simply didn't respond the way it used to. I never felt I had a serious weight issue, but I wasn't happy with what I saw in the mirror. Deep down, I knew I could be as good, if not better, than when I was an athlete in college.

Having this belief, I went to my primary care physician who advised me that while I wasn't above average, I was still in the "acceptable range" for someone my age and that I should just accept it and "act my age." Upon hearing this, I knew I needed to make some changes. The first thing I did was to look for another doctor. I wanted to find someone who would look at me as an individual and not a statistic.

After reading an article by Dr. Upton, I decided to attend the free Anti-Aging Seminar at PRO Sports Club. Within the first 10 minutes, I knew that the program was for me. As I sat with Dr. Upton, he listened when I told him that I wanted to be in the best shape of my life at 50. He was quick not to place a set of expectations which was too high, but told me that I could certainly improve my health and fitness considerably. Together we built a plan and my journey began.

The biggest area I was looking to improve was my overall energy. I knew that if it increased, I could push through my other issues. While it didn't happen overnight (it took about six months), I finally started seeing and feeling the benefits of the program.

PRO Sports Club is a very unique place. It has a whole eco-system to help you improve. For me, it starts the minute I check-in. I'm always greeted with a smile and some encouraging words. When I visit the Anti-Aging Center, I'm constantly encouraged and inspired by the entire staff. I also take advantage of other club programs such as personal training and meeting with a dietitian.

While signing up for the Anti-Aging program was the best thing I could have done, partnering with my trainer was the second best thing I did. She has embraced my personal mission, pushes me hard and holds me accountable. My dietitian worked with me to help jumpstart my nutrition. I always walk away feeling like I have an entire team that's dedicated to me and my goals.

I've been most pleased with my workout results. Dr. Upton had said the program would be a benefit, but I had no idea how well my body would respond. This has provided me with so much positive reinforcement and motivation to keep going. This spring, I'll be competing in both the Masters (50+) and Open Emerald Cup Bodybuilding competition.

I attribute my success to placing myself in a positive and supportive environment where I wasn't placed on some Bell Curve and told to simply conform. The program didn't try to force me to "just act my age." Rather, it challenged me to redefine my age.

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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.

ALASKA SPIRIT, ALOHA STATE

By Daniel Chun

» For 10 years, Alaska Airlines has been proud to be a part of the community in Hawai'i. Since our planes first landed in the Islands in October 2007, we've grown from three to 26 daily flights, connecting four islands with 10 destinations on the West Coast and in Alaska. Today, we offer the most nonstop flights from Hawai'i to the most destinations on the West Coast.

But our business isn't just about flying airplanes. It's about serving people.

We understand that in Hawai'i, as in our namesake state, people have a special reliance on transportation and tourism. We believe it's our responsibility to be a good neighbor and support the community—by offering convenient flights and low fares, and by sponsoring local events, nonprofit organizations and educational endeavors. Our commitment to caring for our communities, our guests and each other is a fundamental part of who we are and what we do. In tight-knit places such as Alaska and Hawai'i, this is especially important.

Over the past decade, Alaska has donated nearly \$2.7 million in cash and in-kind services to more than 180 Hawai'i organizations. With a special focus on youth and education, we have been proud to support the important work being done by many of our community partners. These partners include the following.

■ **Kupu**, an organization that empowers young generations to create a more sustainable Hawai'i. Kupu provides hands-on training programs that educate and mentor youth to become stewards of Hawai'i's culture and environment, helping them develop a strong connection to the place they live.

■ **Islander Scholars**, a program that honors public high school juniors who exemplify the values that make Hawai'i unique. The program connects a select group of students to one another, forming a cohort of young leaders who will help Hawai'i thrive in the future.



■ **Friends of Hawai'i Robotics**, which recognizes the importance of promoting robotics at an early age and sustaining students' interest in science, technology, engineering and math (STEM) education. The organization supports nine robotics programs in preschool through high school statewide.

At Alaska, we believe that encouraging excellence in our youth is key to building the strength of our communities. We can't think of any better connection to ensuring Hawai'i's future success than through our *keiki* (children) and their education.

We have the privilege of flying our guests to one of the most beautiful and amazing places on the planet, and we are dedicated to doing our part to keep it that way for many generations to come. We're proud to partner with these outstanding organizations in helping to build a bright future for Hawai'i. ✈

Daniel Chun is the Hawai'i director of sales, community and public relations at Alaska Airlines. Born and raised in the Islands, he leads Alaska's community involvement and outreach efforts throughout the state of Hawai'i.

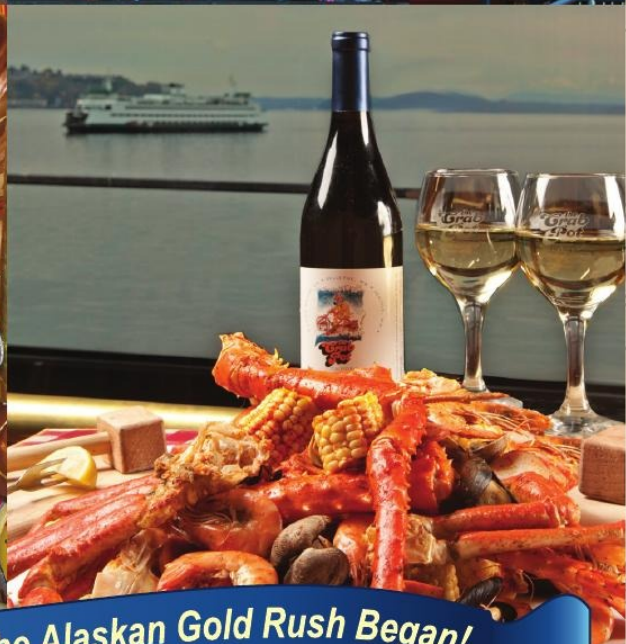
» Alaska Airlines supports youth education programs in Hawai'i, including Kupu, which emphasizes environmental stewardship.

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- **Aloha United Way**, auw.org.
- **Big Brothers Big Sisters Hawai'i**, bbbshawaii.org.
- **Boys & Girls Club of Hawaii**, bgch.com.
- **Friends of Hawai'i Robotics**, friendsofhawaiirobotics.org.
- **Hawai'i Youth Symphony**, hiyouthsymphony.org.
- **Islander Scholars**, islanderinstitute.com/scholars.
- **Kapi'olani Health Foundation**, giving.hawaiiipacifichealth.org/foundations/kapiolani-health-foundation.
- **Kupu**, kupu-hawaii.org.
- **Make-A-Wish Hawaii**, hawaii.wish.org.

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SOUNDS OF THE ISLANDS

» **Traditional Hawaiian music** and Native dancers greeted guests as they boarded Alaska's inaugural flight to Honolulu on October 12, 2007, aboard a lei-adorned 737. Seattle-Tacoma International Airport's Gate C9 was decorated in an Islands theme and packed with customers, employees and Puget Sound-area officials eager to celebrate the airline's launch of service to Hawai'i, which started with O'ahu and quickly expanded to the other three major islands.

"Congratulations, Alaska," air traffic control radioed just before takeoff. "Aloha."

For many Alaska Airlines loyalists in the Pacific Northwest and Alaska, Hawai'i service was a decades-long dream. Upon arriving in Honolulu, Flight Attendant Ron Grant, an Alaska employee since 1983, announced to passengers: "Aloha! I've waited a long time to say that." ✈



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A FEAST OF ALOHA

Savoring the bountiful ingredients of Hawai'i

By Tom Douglas



» **The moment I board the plane** from Seattle to the Kailua-Kona Coast of Hawai'i Island, my thoughts race ahead to my first stop for provisions in the town of Waimea, about 40 miles northeast of Kailua-Kona, and a bit over 10 miles east of coastal resorts along the Queen Ka'ahumanu Highway (Highway 19).

Upon arriving in Waimea, you don't need to get far past the town center before your nose leads you to a smoky corner of the Kamuela Liquor Store parking lot. There—often half-hidden behind hungry locals and vacationers, yet unmistakable due to its smoke—lies a classic Hawaiian chain-driven rotisserie, loaded with *huli-huli* chickens and ribbons of rosy pork spare-ribs. A bed of coals smolders below, with drippings from the birds—that have marinated in a proprietary sauce (my guess: pineapple, soy sauce, palm sugar, garlic and ginger)—imparting their own flavors to the sweet, smoky char on the chicken skins. Three chickens and a full rack of ribs are the start of my preparations for a dinner of Hawai'i specialties—foods and ingredients I look forward to with anticipation rivaling the allure of a tropical beach and an ocean breeze.

My suggestion: Buy an extra bird, because the ones you intend for dinner will likely be too tempting to make it back to your accommodations. After a quick stop at the liquor store for some bright rosé, we will be on our way, searching for other meal components.

Poke seems to be ruling the world right now, and I'm a fan myself. So we'll stop at a Kawaihae Harbor fish market and buy fresh tuna or *mahimahi* to combine with soy sauce, green onions, sesame oil and wakame seaweed. This makes a perfect welcome-to-Hawai'i appetizer.

The farmers market in Waimea is the perfect place to finish our supper shopping. Typically, there is a plethora of options on the produce tables. Large baskets of just-picked local greens are crisp and ready for their starring role alongside slivers of sweet Hawai'i-grown and -made ingredients: Maui onions; crunchy bittersweet cacao nibs; avocados; and tart, creamy goat cheese. I make a dressing of coconut vinegar, island honey, olive oil, lava salt and a variety of available fresh herbs. Quick-pickled cucumbers are easy to make and are delicious with smoked meats.

Hawaiian specialty foods include (above, from left to right) grilled huli-huli chicken; poke, a raw-seafood salad; and poi, a starchy dish made of pounded taro root.

» ON POINT FRESH TAKES

You can't really have a true Hawaiian dinner without tangy poi or sweet potatoes. Poi is the cooked and mashed corm—or root—of the taro plant. If you let poi sit covered in a cool place for a day or two, instead of eating it fresh, a natural fermentation develops a tangy yogurt-like sourness. Purple or Okinawan sweet potatoes are another local option for a starch. They are a bit drier and tougher than sweet potatoes on the U.S. mainland. My favorite way to cook them is to bake them until tender in the oven or on a grill. When they cool a bit, slice them into half-inch circles, leaving the skins on. Sauté them in a pan loaded with butter and a touch of sesame oil. Let them get nice and crispy on the outside and retain their creamy centers. Finish by sprinkling on *furikake*, which comes in many varieties, though my favorite is a classic mix of seaweed, sesame seeds and chile peppers.

Hawai'i has a fantastic variety of tropical fruits, so our dinner will have a fruit salad made

from whatever is featured at the ever-popular farmstands. Papayas, mangoes, pineapples and young coconuts are great ingredients for a base. The slippery seeds of the papayas get blended with lime juice, green serrano chile pepper, some Thai fish sauce and a little of the coconut water to make our dressing for the salad. We'll toss all these together and garnish with a chiffonade of aromatic *shiso* leaves and the zest of a lime.

You might also be lucky enough to find ripe rambutan fruits—those wild, red-haired, egg-size pieces of heaven. These delicacies deserve their own bowl. Rambutans are simple to shell, and you can then pop the translucent balls of fruit in your mouth. Suck the lightly perfumed flesh, and then spit the pit.

For dessert, I could send you down the road of making *malasadas*—those doughnut-



Rambutans.

like delicacies—but the process would take most of your first day on vacation (and you might choose to buy tasty ones from local shops). Instead, I suggest grinding up a bit of the famous local Kona coffee beans and adding the powder to your favorite shortbread recipe. Or buy other prepared favorites, such as matcha-green-tea mochi or caramel-macadamia-nut tartlets.

My selections taken together don't necessarily make up the classic menu for a *lū'au*, but they will take you a long way toward exploring what local Hawaiian ingredients can do for your dinner table on vacation. Cheers! ✈

James Beard Award-winning chef Tom Douglas owns Tom Douglas Seattle Kitchen, a group of 23 food-based businesses. He partners with Alaska to bring his iconic flavors to the inflight experience.

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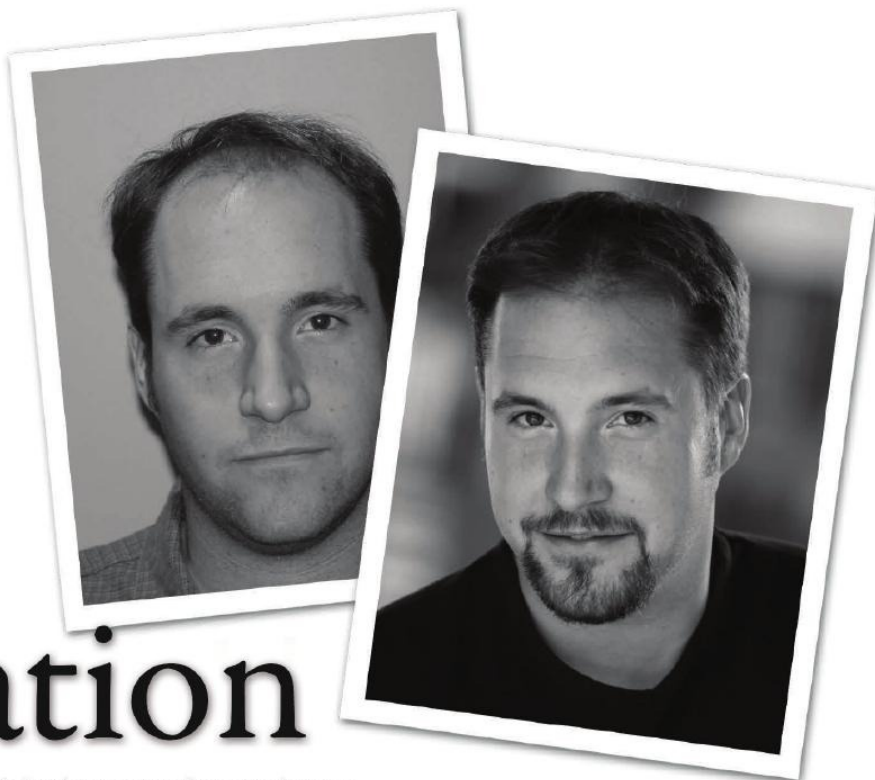
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Patients meet directly with Dr. Goertz who takes a very holistic approach to caring for his patients. He counsels each individual on appropriate diet and supplements not only for their "hair health" but also for their general well-being and longevity.

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

"It is important for today's patients to understand that the results that can be achieved can look completely natural and amazing when done properly," says Dr. Goertz. But patients should not be

fooled with promises of new machines or instruments doing hair transplants. "The instruments are developed to aid the doctor," says Dr. Goertz. "Ultimately, natural results are achieved by the surgeon who has the surgical and aesthetic skill to create results that are completely natural." When a hair transplant can pass the scrutiny of a hair stylist, you know you have a great hair transplant. "Dr. Goertz has an eye for artistry in making it look natural, which is why I refer my clients to him," says David Cheung, master designer and owner of MARGIDAVID SALON in Seattle.

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

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

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



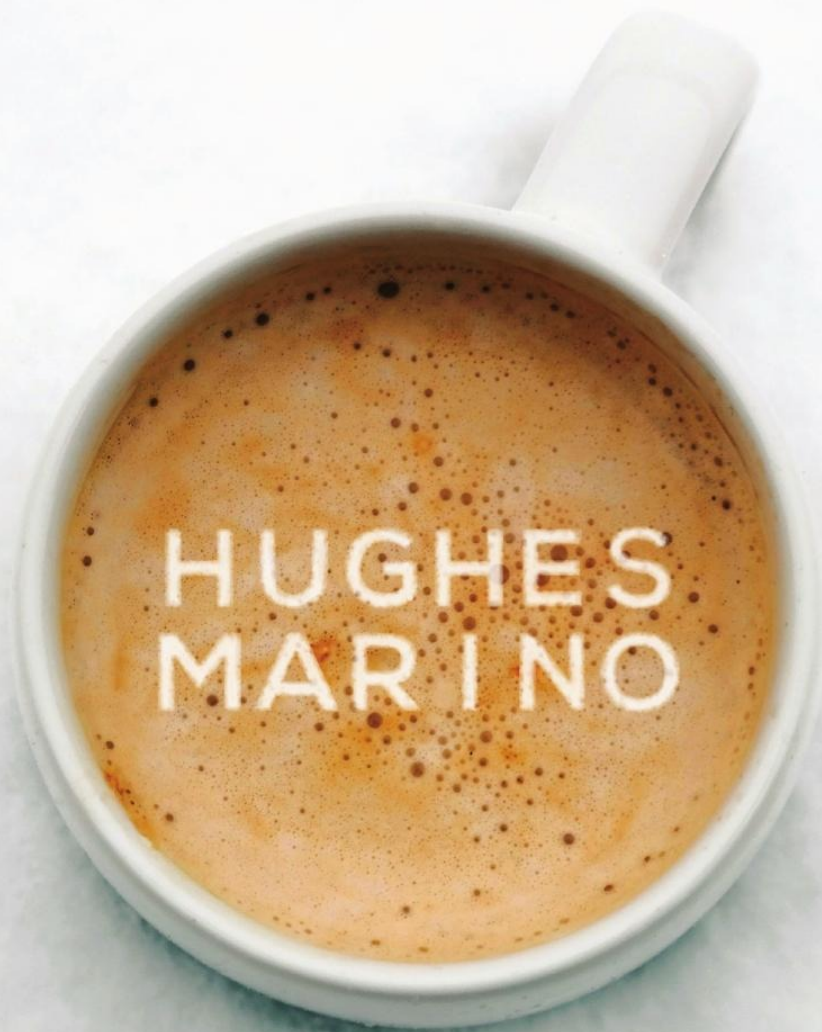
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UNFORGETTABLE

Making memories in Hawai'i

By Bridget Veltri



LEFT, MONICA AND MICHAEL SWEET / GETTY IMAGES; RIGHT, TOR JOHNSON / PHOTO RESOURCE HAWAII.COM; ILLUSTRATION, KATHRYN RATHKE

» **No clouds were in sight**, and the ocean looked deep blue in the morning light as I enjoyed breakfast at an outdoor cafe overlooking Po'ipū Beach on the island of Kaua'i several years ago. The water was calm, and I watched small waves break gently on the shore. Then, somewhere between sipping my coffee and deciding which tropical fruit to next select from my plate, I saw a humpback whale breach straight out of the water. It disappeared as quickly as it emerged. Unexpected and breathtaking, this is the kind of Hawai'i moment you can't plan for, and which stays with you forever.

It's no secret that Hawai'i is paradise, and its sun, sand, scenery and cultural allure have drawn me there many times. I've snorkeled, surfed, sunbathed, snacked on shave ice, and sampled poi at a *lū'au*. I've seen the dramatic green cliffs on Kaua'i's Nāpali Coast, driven Maui's winding road to Hāna and spread a beach towel on Hawai'i Island's black-sand Punalu'u Beach. I've watched, awestruck, during demonstra-

tions of Tahitian dancing and Hawaiian hula at the Polynesian Cultural Center on O'ahu, where I've also tried my (ungraceful) hand at twirling Maori poi balls.

But there have been a few times Hawai'i has surprised me with memorable moments I never could have envisioned. For instance, on a trip with my mom to Hawai'i Island, we heard that Kilauea Volcano was especially active. It hadn't been on our itinerary, and I'd only packed flip-flops for footwear, so we stopped at a store to buy some tennis shoes, and then went to a safe viewing site where we could get a thrilling look at lava flowing into the ocean. That image of bright-orange lava streaming to the sea, and creating billowing clouds of steam that rose against the sky, is burned in my mind.

On a different trip to Hawai'i Island, I was just off a beach near Kona, hanging out in the waves. All of a sudden, I felt something bang against my shin. Confused, I looked down to see a sea turtle swimming

» ON POINT VIEW

away. It had been hanging out in the waves, just like me.

To celebrate my 30th birthday, I returned to Kaua'i last year. I found myself on the north side of the island, sitting on the brown-sugar-colored beach at Hanalei Bay, watching the sunset. The town of Hanalei appeared to have grown since my last visit to this site a decade earlier, but the beach, and the pier jutting out into the bay, seemed exactly the same. I reflected on how lucky I was to have been to the beautiful state of Hawai'i so many times. And I realized that some of my favorite Hawai'i moments had been like this one—just sitting, to see the waves, or the sunset, or the stars—doing absolutely nothing but being present in the moment in a spectacular setting.

I'd arrived in Hanalei that day on a whim, with no set plans, and as I sat there on my sarong in the sand, surrounded by locals and visitors who were also watching the sun light up the clouds, I heard the sound of someone playing an 'ukulele in the distance.



G. BRAD LEWIS / GETTY IMAGES

The sunset and the music came together for another unexpected yet quintessential Hawai'i experience, another beautiful Aloha State moment. ✈

» **Lava from Kīlauea**
Volcano flows into the
Pacific Ocean.

Bridget Veltri is a San Francisco-based freelance writer and blogger.

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JETTING TO HAWAI‘I

By Johnny Jet

» **The question** I’m asked most frequently is my favorite place to visit. It’s a difficult one to answer; there are a lot of variables, such as the time of year, whom I’m going with and how much money I want to spend. But without a doubt, the Hawaiian Islands are always at, or close to, the top of the list. I love Hawai‘i, from its gorgeous weather, inviting waters and lush landscapes to the friendly people and fresh, delicious food. Heck, I get all warm and fuzzy when I just hear the word “Hawai‘i.”

I’ve been fortunate to travel to the Hawaiian Islands dozens of times. I’ve learned quite a few tips along the way, which I think you might find useful, too.

Research the Islands

The Hawaiian Islands vary in many ways, so do research before booking your trip. There are plenty of websites out there that can tell you the pros and cons of each island, but, if it’s your first time, you will want to invest in an up-to-date guidebook to help you determine which island is best suited to the type of vacation you’re planning.

Consider a Vacation Package

One of the best ways to save money on a Hawaiian vacation is to book a package deal. Sometimes a deal that includes air, hotel and car rental is cheaper than reserving each separately. Alaska Airlines Vacations offers packages to the four major islands. You can also mix and match air and rental

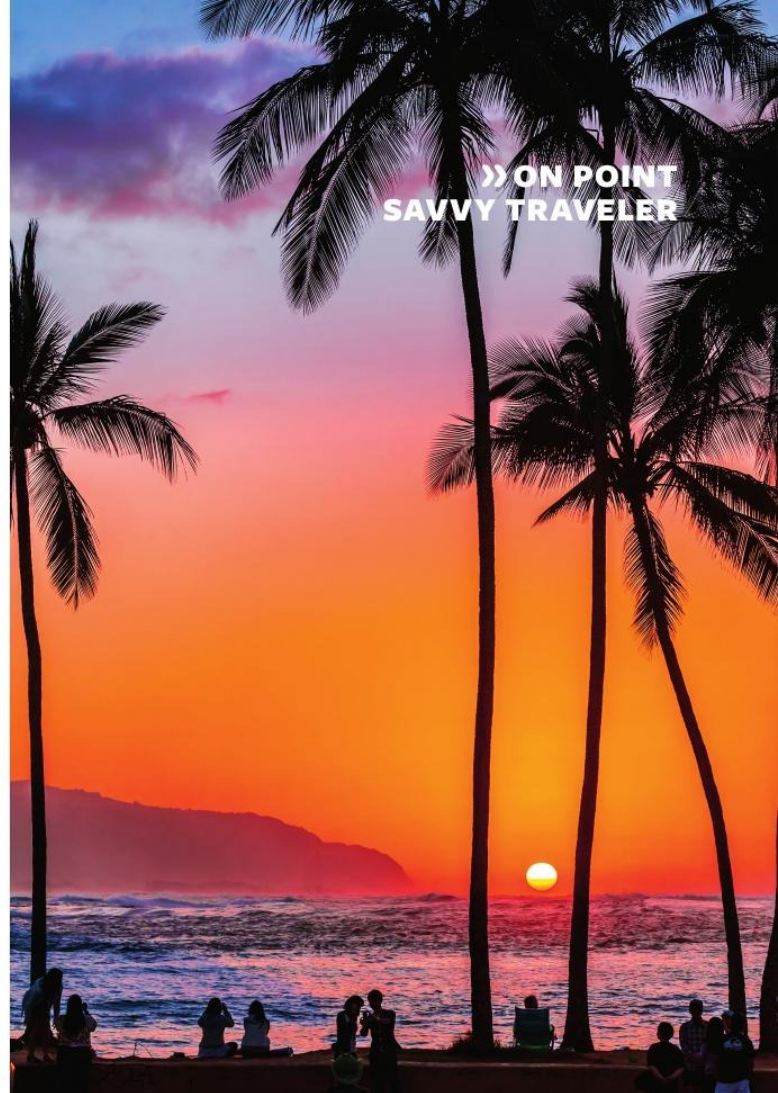
packages for each of the islands. Packages sometimes include fun activities such as scuba diving (alaskaair.com/vacations).

Go in the Off-Season

Hawai‘i is busy year-round, but ask anyone in the Hawai‘i tourism industry and they’ll tell you that October is usually their slowest month. Kids are back in school, and everyone is saving money for the holidays, so there are typically fewer people.

Mind the Signs

Hawai‘i is rich with amazing, photo-worthy natural landscapes. But don’t make the mistake of trying to get that perfect photo or selfie by disregarding warning or trespassing signs. Instead of trying to get closer, buy or rent a zoom or fish-eye lens.



» ON POINT
SAVVY TRAVELER

Get Up Early

Chances are that with the time change, you’re going to wake up super early. Instead of trying to fight jet lag by tossing and turning, go with it. Get up early—yes, even when it’s still dark—and go for a morning walk (ask your hotel concierge where he or she recommends). It’s a great time to have a beach or trail all to yourself.

For instance, if you’re in Waikiki, go to Diamond Head State Monument. From the heart of Waikiki, it’s only about 3 miles by foot or car to the entrance of the state park (be sure to bring cash for entry fees). I try to get to Diamond Head right when it opens at 6 A.M. to beat the tour groups. If you time it right, you can reach the top (it takes about 20 minutes) for sunrise, and it’s something you will never forget.

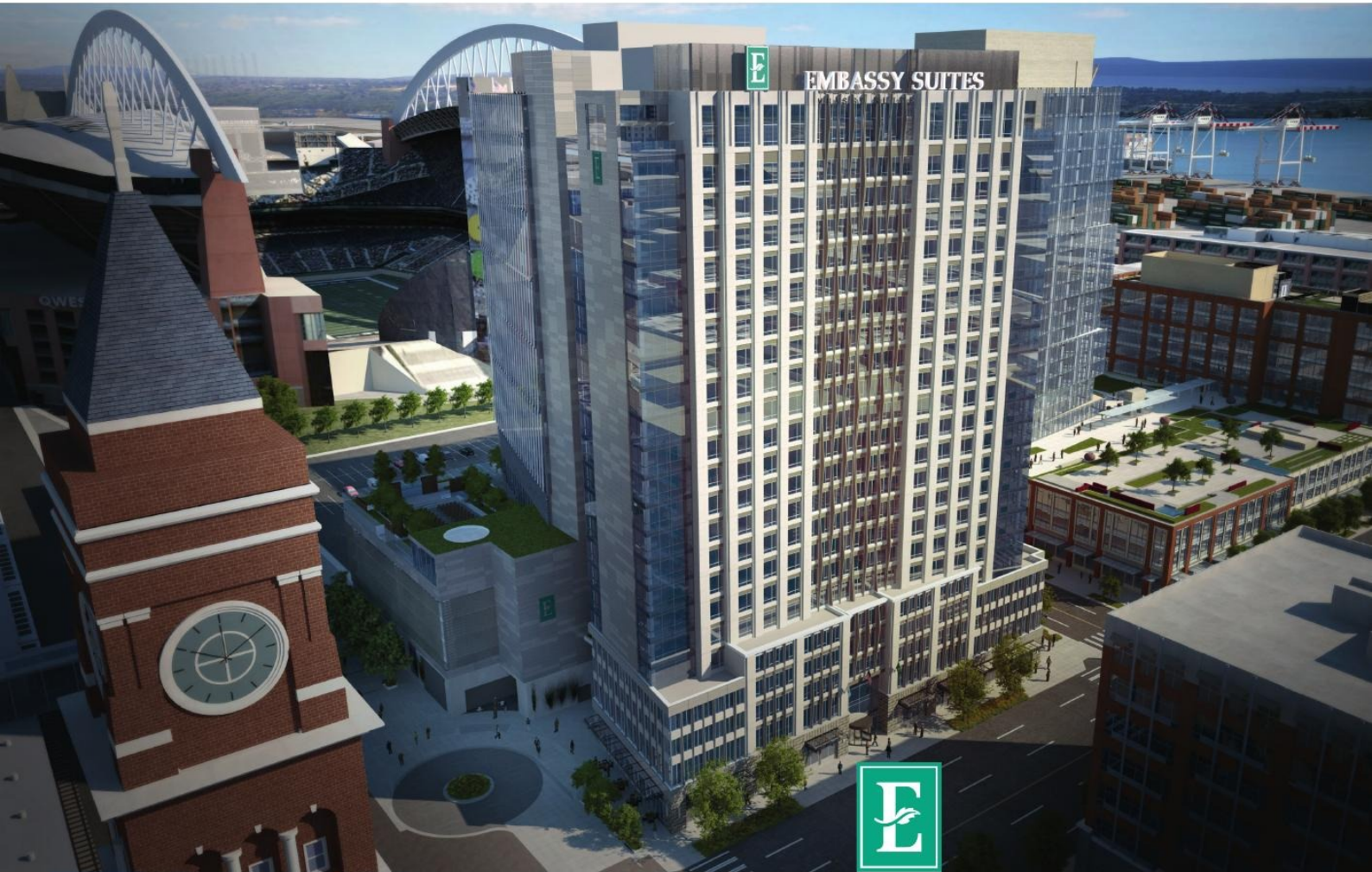
Hire a Photographer

If you want an amazing family or couple shot without asking a stranger to take a crooked photo, hire a photographer to do a shoot. You can meander the beach together and soak up the moment while your photographer captures memories. One company that has photographers all over the world is Flytographer. My wife and I have used them twice now in Hawai‘i and have loved our experiences.

I hope these tips help make your next trip to Hawai‘i smooth, safe and memorable. Just writing this makes me want to jump on a plane and go. Aloha! ✈

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

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A HomeStreet Bank Financial Update

Serving Fresh Coffee and the Community

Sip and Ship & HomeStreet Bank



Photo: Sean Malone

HomeStreet Bank representative greet their English bulldog, Ruby, with a dog treat, they knew they had found their match.

"Working with the staff at HomeStreet is our favorite part of banking with them," said Diana. "We appreciate their consistency in their excellent customer service, attentiveness, and time they invest in getting to know their customers. We value this old world personalized touch, especially in today's digital age, which makes HomeStreet a natural fit for Sip and Ship."

Like HomeStreet, Sip and Ship strives to serve its customers in welcoming, friendly, and creative ways.

"Sip and Ship has created a great place where people can gather, do business, and enjoy each other's company," said HomeStreet Bank's SVP and Retail Banking Regional Manager, Derryl Willis. "They balance serving the needs of their community and the businesses within the community perfectly."

Community involvement is also incredibly important to HomeStreet Bank. The bank supports the communities where they do business by creating active partnerships with hundreds of local organizations. Additionally, HomeStreet Bank recognizes businesses that demonstrate corporate responsibility and display community leadership with the "Great Neighbor, Great Business" award. In fact, HomeStreet Bank recognized Sip and Ship with this award for the work they do in the community with organizations such as the Ballard Little

League, Greenwood Boys and Girls Club, Seattle Goodwill, and Seattle Public Schools.

"We understand that it is important and responsible that HomeStreet reflects the communities we are charged to support," said Derryl. "By providing information, expertise, and access to cutting edge services, we ensure that local businesses are supported and financially healthy."

HomeStreet Bank and Sip and Ship have been working together since 2010. Sip and Ship has plans to expand its Greenwood location by 2019 and ambitions to grow into other areas within Seattle and parts of Washington.

"To plan for such growth, we have been working on strengthening our financial infrastructure to be better prepared, so when the time is right – we can go for it!" said Diana. "HomeStreet's online banking is a fundamental part of how we are able to stay on top of our financial health. This real-time financial tracking keeps us equipped with performance clarity and enables us to make quick and necessary business decisions on a moment's notice."

Together, HomeStreet Bank and Sip and Ship look forward to a long partnership centered on supporting the community and the businesses within it.

"Community engagement is rooted in both of our histories," said Derryl. "It is a shared core value and the foundation of our partnership, and we're thrilled to support Sip and Ship as they grow."

Fifteen years ago, Seattle entrepreneurs Steve and Diana Naramore started their first business. Their company, Sip and Ship, is a combination coffee house and mailbox store that has a gift boutique inside. At their Ballard and Greenwood locations, you can get a multitude of errands done at once, such as sending a package, notarizing a document, or selecting a card or gift. "Our team knows how to take care of you, giving you back the gift of time and allowing you to enjoy a soul-warming cup of coffee even on the grayest of Seattle days," said Diana.

Combining convenience and customer care was not the only thing Steve and Diana prioritized when they first opened their doors. They also made community service one of their core values.

"Being active in the community is important to Sip and Ship," said Diana. "It's our way of staying connected to what's going on in the neighborhood, staying engaged, and it allows us to think creatively to work towards ways we can continue to make a difference in the lives of others."

When Steve and Diana began looking for a bank to work with, they were eager to find one that shared their values. Unfortunately, they had some problems finding a community driven bank that combined modern services with the personalized touch they were seeking. Then they found HomeStreet Bank.

As soon as Steve and Diana saw a



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THE FEED»

MUSEUM WITH THE SCOOP

» When you were a kid, did you imagine filling a swimming pool with rainbow sprinkles? Well, that's just one of the childhood dreams that comes to life at the Museum of Ice Cream, through Feb. 2018 in San Francisco. The pop-up museum is already an Instagram phenomenon following runs in New York and LA.

The installation features a magical candy garden, a psychedelic rainbow unicorn, a rock-candy cave and, of course, the signature sprinkle pool filled with 100 million sprinkles. The cherry on top? Local creameries such as Salt & Straw, It's It and Bi-Rite Creamery offer rotating selections. For more, visit museumoficecream.com.

—Johanna Werther



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OFF TO THE RACES

» On Nov. 3–4, the Breeders' Cup,

taking place in Del Mar, California, will award \$28 million to some of the world's best thoroughbred horse racing teams. The weekend's 13 races culminate with the Nov. 4 Classic, a 1.25-mile race with a \$6 million purse. Arrogate, a 4-year-old colt who won the 2016 Classic, is scheduled to return to defend his title. Other races include the \$4 million Longines Breeders' Cup Turf, which attracts the world's best grass-running horses, and the \$2 million Sentient Jet Breeders' Cup Juvenile, which often indicates early favorites for next year's Kentucky Derby.

The weekend is also a see-and-be-seen social event. The first Breeders' Cup, in 1984, welcomed Frank Sinatra, Elizabeth Taylor and Fred Astaire, and ever since, it's been a yearly marquee for celebrity spotting. Recent famous attendees include Kate Upton, Susan Sarandon and Kurt Russell. For more, visit breederscup.com. —Leah Allen



150 YEARS OF ALASKA

On October 18, 1867, a transfer ceremony in Sitka formalized the Treaty of Cession and officially made Alaska part of the United States. Each year, Sitka hosts the Alaska Day Festival to honor the transfer, and the 2017 event, Oct. 10–18, takes on added meaning as it marks the 150th anniversary. This year's festivities include the debut of a one-act play presenting a glimpse into life in post-transfer Sitka, and the Alaska Day Ball on Oct. 17, which features a military band and prizes for the best period costumes. A parade on Oct. 18 ends at Castle Hill, where members of the Ninth Infantry Division wear period uniforms as they re-enact the 1867 transfer, shown below. For more information, visit alaskadayfestival.org. —Olivia Madewell



TWO DAYS OF TACO LOVE

David Tyda eats tacos almost

every day. His deep appreciation for what he calls the most adaptable and adapted food in the world led to his co-creation of the Arizona Taco Festival. Starting small in 2010,

the event has since expanded into a two-day extravaganza of taco love that attracts about 35,000 people each year. More than 50 restaurants will present their takes on the taco at the eighth-annual festival, at Salt River Fields at Talking Stick in Scottsdale, Arizona, Oct. 14–15. Each day, a top taco maker, as decreed by certified taco judges from the National Taco Association, will win \$1,000. Taco varieties have included lettuce wraps with chicken, garlic and ginger; bacon tacos; chipotle-lentil tacos with golden raisins and soy nuts; and sweet-potato tacos with grilled onion and spicy roasted corn.

Six attendees will taste more than tacos by entering the Hot Chili Pepper Eating Contest. "Training with jalapeños and habaneros won't cut it," Tyda says. "We start out with ghost peppers." To put that in perspective, jalapeños fall in the 2,500 to 8,000 range for Scoville Heat Units (SHU), which measure the capsaicin concentration—capsaicin is the compound that makes peppers hot. Ghost peppers register at more than 1 million SHU. Frozen concoctions made by mixologists at the Margarita Tent or the 100 tequilas at the Tequila Expo might help attendees quench the spice. For more, visit aztacofestival.com. —Leah Allen



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‘LAYERED CAKE’ FOR THE 50TH

» At the Museum of Contemporary Art Chicago, the 1953 painting *Les merveilles de la nature* (The Wonders of Nature) by Belgian Surrealist artist René Magritte hangs beside a video by Jonathas de Andrade, a Brazilian artist born in 1982. Context can shape art, and juxtaposing the old with the new can add meaning. Art’s dynamic nature is the primary concept behind the Museum of Contemporary Art Chicago’s 50th-anniversary exhibition, “We Are Here,” showing through April 1, 2018.

The exhibition, which senior curator and director of global initiatives Omar Kholeif describes as a “layered cake divided into three

pieces,” sets works by esteemed artists next to works by up-and-coming artists. Pieces include Andy Warhol’s pop art and Huang Yong Ping’s *Pentagon*, above, which includes plants that will eventually overtake the ceramic structure.

The exhibition explores the many ways in which art is ever-changing, just as the museum has grown from its small building on East Ontario Street into its current location on East Chicago Avenue, where it has become one of the country’s most esteemed contemporary art museums. For more information, visit mcachicago.org/exhibitions/2017/we-are-here.

—Leah Allen

» THE MCA’S permanent collection includes more than 2,500 artworks spanning media and movements from the 1920s to now. —Museum of Contemporary Art Chicago



BIG APPLE CIDER WEEK

Each year, New York state’s nearly 700 apple growers produce 29.5 million bushels. And where there are good apples, there’s good hard cider. Cider Week New York City, Oct. 20–29, celebrates the region’s cider with tastings and other events in the NYC area. About 30 in-state cider makers, including Angry Orchard and Diner Brew Co., will showcase their craft beverages. For more, visit ciderweeknyc.com.

—Kacie Kaufman

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A FILM FOCUS IN HAWAII

The Hawaii International Film Festival

Presented by Halekulani will close with the world premiere of *Go For Broke*, a historic dramatization of heroic Japanese Americans living in Hawai'i who served in the U.S. military during World War II as members of the 442nd Infantry Regiment. The film encapsulates the festival's theme of celebrating Hawai'i's multiculturalism. What started in 1981 with seven films from six countries shown to about 5,000 audience members has now become a cinematic event in the Pacific, attracting more than 70,000 viewers to see 150 films shown at the Regal Dole Cannery Stadium 18 and Imax in Honolulu, Nov. 2–12 this year.

To select the lineup of feature films, documentaries and shorts, HIFF programmers watch about 1,000 films. Among the chosen works representing social and ethnic issues are world premieres, North American premieres,



» *Go For Broke*, the story of the 442nd Infantry Regiment during World War II, will debut at HIFF.

U.S. premieres and experimental films. New this year, the "Eat. Drink. Film." section will showcase culinary films, including the Okinawan *Jimami Tofu*. Meanwhile, the "Green Screen" section will feature films about climate change, including the Australian documentary *Blue*, which advocates for ocean preservation. The "Pacific Showcase" will present some of the latest Pacific Islander films. For more information, visit hiff.org. —*Olivia Madewell*



ART OF THE GREATER WEST

» Inhale the scents of the cinnamon and chile powder used in *Color Fields*, shown above, by Bolivian artist Sonia Falcone. View clay figurines more than 2,000 years old. See perspectives of the West in California artist Ed Ruscha's *Cowboy Picture*. These are just some of the 200 pieces by 80 artists compiled in "Unsettled" at the Nevada Museum of Art in Reno, through Jan. 21, 2018. The works reflect artistic reactions to the Greater West, an area defined by the exhibit as spanning from Alaska to Patagonia, and from Australia to the American West. Following its run in Reno, "Unsettled" will show at the Anchorage Museum, April 13, 2018–Sept. 9, 2018, and at the Palm Springs Art Museum, Oct. 27, 2018–Feb. 18, 2019. For more information, visit nevadaart.org/exhibition/unsettled. —*Kacie Kaufman*

MAGNIFYING NANOSCALE

The nanoscale world is so small, it's almost incomprehensible. For instance, a single sheet of copy paper is 100,000 nanometers thick. But in "Zoom Into Nano" at The Durham Museum in Omaha, NE, Oct. 7, 2017, to Jan. 7, 2018, the nanoscale world grows into a visible and interactive experience.

With many objects magnified to approximately 100 million times their actual size, attendees can gain greater understanding of nanotechnology, which has real-world implications such as helping to develop new medicines and fabrics, and faster computers. Museumgoers can build molecules, walk through a model of carbon nanotubes—which have uses in optic and electronic technologies—and use the Magnification Station to see how all objects, whether shells or butterfly wings, are made of atoms.

For more information, visit durhammuseum.org. —*Kacie Kaufman*



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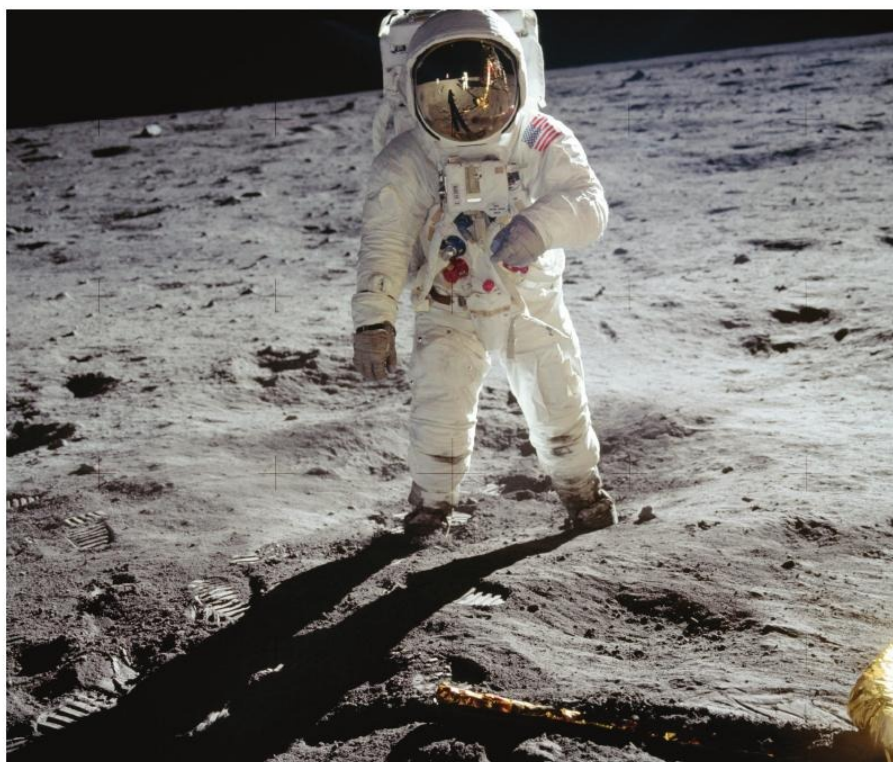


TWO
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AT THE COLLECTION

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EXHIBIT TO MAKE ORBIT

» As Neil Armstrong and Buzz Aldrin took humankind's first steps on the moon during the 1969 Apollo 11 mission, Michael Collins orbited the lunar surface in *Columbia*, the command module. *Columbia* has resided in the Smithsonian Institution's National Air and Space Museum in Washington, D.C., since the 1970s. But from Oct. 14, 2017, to March 18, 2018, it—along with more than 20 other mission artifacts—will be at Space Center Houston in Texas for “Destination Moon: The Apollo 11 Mission.” During its two-year tour, the Smithsonian traveling exhibition, which celebrates the 50th anniversary of the moon landing, will visit the Saint Louis Science Center, April 14, 2018–Sept. 3, 2018; the Senator John Heinz History Center in Pittsburgh, Sept. 29, 2018–Feb. 18, 2019; and The Museum of Flight in Seattle, March 16, 2019–Sept. 2, 2019. The tour will complete its orbit and return to the



Smithsonian in Washington, D.C., in 2020. For more, visit airandspace.si.edu/exhibitions/destination-moon. —Leah Allen

» Astronaut Buzz Aldrin walks on the surface of the moon during the 1969 Apollo 11 mission.



STITCHED TOGETHER

Elsa Schiaparelli was a haute couture designer who defied conventional 1920s and '30s fashion standards by using materials such as rayon and metallic fabrics. Salvador Dalí was a Surrealist artist who challenged perceptions of reality. Together in Paris, the duo created wearable pieces of art that dared to be different. Now, that art is on display in “Dalí & Schiaparelli” at The Dalí Museum in St. Petersburg, Florida, Oct. 18, 2017, to Jan. 14, 2018.

The *Lobster Dress* exemplifies the nature of their collaboration. Dalí saw the lobster and its external skeleton as the inverse of the human vertebrate. By placing this “inside out” idea on a dress, Dalí thought people could “wear their heart on their sleeve.” Schiaparelli refined the design and crafted the dress out of silk organdy cloth at a

time when such fine material typically bore only delicate floral patterns. Similar irreverence for convention can be seen in the *Shoe Hat*—toe over the forehead, heel sticking up. One of the museum docents created her own replica that she wears while giving tours.

The collaborations share Dalí and Schiaparelli's visions of a malleable reality that can be questioned. As Museum Director and Curator Hank Hine says, “The simple combination of skill and fantasy makes all the beautiful things in the world.” For more, visit thedali.org. —Olivia Madewell



SPOOKY SOUNDS

As flavorful and diverse as the ingredients of Southern gumbo, the Voodoo Music + Arts Experience, Oct. 27–29 in New Orleans, offers an assortment of music, foodie fare and the mysterious. More than 70 musical acts, including the Foo Fighters and Kendrick Lamar, will perform for costume-clad crowds, as giant masks and 12-foot candles set the Halloween mood. For more, visit voodoo festival.com. —Kacie Kaufman

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DAY 1

» In Montaña de Oro State Park, chill in the sand at Spooner's Cove or enjoy a leisurely walk along the scenic bluff trail for spectacular views.



Daydreamer and San Luis Obispo, California, native Karen Grubb knows just how to bring adventure to our small screens with her amazing photography. From epic mountain scenes to dreamy deep forests, we'd follow her almost anywhere. She posted these stunning shots as part of Alaska's #LocalWanderer series. Follow @alaskaair on Instagram for more views through a local's lens.

blog.alaskaair.com

STUNNING SAN LUIS OBISPO

» Nestled in the foothills of the Santa Lucia Range, and home to some of California's most beautiful beaches, San Luis Obispo (SLO) County (slocal.com) offers something for every type of vacationer.

Whether you are looking for a relaxing time in the sun and sand, or a healthy dose of outdoor activities, such as hiking, biking, kayaking and surfing, or want to explore the countryside and taste some of California's best wines, brews or farm-to-table eateries, SLO County has it all. With the region's average of 280-plus days of sunshine per year, an abundance of coastline and open spaces to explore, and plenty of year-round music, culinary and wine events, it's easy to see why, in 2011, *The Oprah Winfrey Show* named the city of San

Luis Obispo the "Happiest City in America."

In one weekend, you can easily sample the variety in SLO County. Rent a kayak or take a tour with Central Coast Kayaks to explore the beautiful caves and coastline near Dinosaur Caves Park. Drive to Avila Beach, detouring for cider-tasting at Gopher Glen Apple Farm or to Avila Valley Barn's U-pick farms. One evening, take a short walk up Terrace Hill, which provides a 360-degree view of the city of San Luis Obispo and surrounding peaks—bring a picnic and stay for sunset.

Despite living in "SLO Cal" for most of my life, I still regularly reflect on how fortunate I am to call this place home. And with no shortage of adventures to be had, you, too, can experience the "SLO life" that locals love.

DAY 2



⚡ My favorite place to fuel up, Scout Coffee Co., offers locally roasted coffee and delicious home-baked pastries in two SLO locations.



⚡ SLO County grows several dozen varietals, including Chardonnay, Pinot Noir, Syrah, Grenache and Viognier.

DAY 3



⚡ Paddle solo or take a guided kayak tour to discover the formations near Dinosaur Caves Park in Pismo Beach.



⚡ From Terrace Hill, see green peaks that rise behind the city of San Luis Obispo. This bench is one of my favorite spots to catch the sunset.



OUTDOOR ADVENTURES IN TUCSON

The high-desert city is perfect for fall cycling and running

By Megan Guthrie

» As the sun rises over Tucson on November 18, the first wave of nearly 9,000 cyclists will be getting into position for El Tour de Tucson, one of the largest cycling events in the country.

The event is also one of the top annual events in Tucson, a city of 530,000 that is known as one of the best urban settings in the country for cyclists. The hot summers of this high-desert location (elevation 2,389 feet

above sea level) give way to cooler fall temperatures, which are perfect for cycling.

Participants in the tour, which is celebrating its 35th anniversary this year, will cycle through Tucson and the neighboring towns of Marana and Oro Valley.

Riders choose from five distances for the event: 106, 76, 54, 37 or 28 miles. There is also a series of "Fun Rides" listed at 10 miles, 4 miles, 1 mile and a quarter-mile. Each race



» *El Tour de Tucson cyclists, far left, ride through city streets. Downtown Tucson, above, continues to grow and expand. Cyclists, left, ride through the Santa Catalina Mountains.*

Within city limits, those seeking a fun ride can choose from myriad bike-friendly routes, such as The Loop, which links metropolitan Tucson, Marana, Oro Valley and South Tucson. Riders can enjoy The Loop's more than 130 miles of popular shared-use paths from sunrise to sunset.

"Cycling is ingrained into our culture," says Dan Gibson, director of communications for Visit Tucson. "There are limitless opportunities to free yourself on the open trails and feel embraced by this cycling community." ✈

TUCSON MARATHON

Another popular area activity is the Holualoa Tucson Marathon, being held December 9, 2017. The race is famous for its downhill course. It begins in the town of Oracle, near the Santa Catalina Mountains, and drops about 2,200 feet during its 26.2-mile route to the finish line in the town of Catalina.

begins at a different time, with the 106-mile group starting the festivities at 7 a.m.

For Robbie Ventura, a retired professional racing cyclist, this event is "bucket list worthy" for anyone passionate about pedaling. He describes the ride as a "magical experience."

Ventura isn't the only athlete drawn to El Tour de Tucson. NBA Hall of Famer, sports-caster and cycling enthusiast Bill Walton is a regular at the event.

"It's on my calendar every year," Walton says. "The weather, route and people are phenomenal."

Riders of all abilities will find trails in the Tucson area that fit their skill levels. A favorite mountain-biking destination is the Mount Lemmon area, in the Santa Catalina Natural Area about 40 miles north of the city.

Challenging trails include the Aspen Draw and Bug Springs trails. Serious cyclists can make their way up the Catalina Highway, gaining some 7,000 feet in a 29-mile span. The reward includes panoramic views at the top of the climb, and an exciting downhill return.

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Paddlers assemble a two-person outrigger canoe in Kailua Bay, near Kona's Ali'i Drive.

A ROYAL WALK

By Catherine Toth Fox

» **Ali'i Drive**—a 5-mile waterfront road in historic Kailua-Kona on Hawai'i Island—is named for the Hawaiian royalty, or *ali'i*, who once used the area for retreats. The bustling half-mile stretch of the drive between Kailua Pier and Hale Halawai Park is dotted with laid-back restaurants, gift shops and historical sites.

Once a sleepy fishing center, Kailua Village is now a popular visitor destination steeped in Hawai'i history. Adjacent to the Courtyard by Marriott King Kamehameha's Kona Beach Hotel is the restored residence of King Kamehameha I, the leader credited with uniting the Hawaiian Islands in 1810. This is where Kamehameha lived out the later years of his life. The site, Kamakahonu National Historic Landmark, includes Ahu'ena Heiau, a thatched-roof temple the king rebuilt and rededicated during his reign to honor the Hawaiian god Lono.

Across a small embayment is Kailua Pier. The area near the pier is a hub of ocean activity, with swimmers taking early-morning plunges and paddlers venturing into Kailua Bay in outrigger canoes. The area is also the starting point for the 2.4-mile swim of the Ironman World Championship triathlon, which brings about 2,300 athletes to Kailua-Kona each October (October 14 this year).

Stop by Scandinavian Shave Ice for a frozen treat of finely shaved ice flavored with syrup. Then follow the seawall southeast on Ali'i Drive. You'll arrive at Hulihe'e Palace, one of only three royal palaces in the United States. Built in 1838 as a summer home for ali'i, the two-story palace is now a museum showcasing Victorian artifacts from the era of King Kalākaua and Queen Kapi'olani. It hosts tours and, once a month, an event with hula on the lawn.

Across the road is Mokuaikaua Church, Hawai'i's first Christian church, founded in 1820. In 1835–37, the original structure was rebuilt with crushed coral and lava rock, and a roof and steeple built from native 'ōhi'a wood. The church hosts Sunday services, and it is also a museum of sorts, housing artifacts such as a scale model of the *Thaddeus*, the first ship that brought American missionaries to the Islands.

Farther along Ali'i Drive are restaurants, gift shops and galleries. At Hale Halawai Park, you may see 'ukulele lessons or seniors dancing hula. Across from the park, you'll find the Kona Farmers Market, held Wednesday through Sunday, with vendors selling local produce, flowers, crafts and more.

The walk back to Kailua Pier is best done as the sun drops toward the sea. The pier boasts one of the best sunset views on the island. ✈

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Regional Sales Director:
Tech start up

EDUC: BS, Bloomsburg Univ

INTERESTS: Golf, running,
travel

PING MA

Owner of RollingPing:
Custom Cakes

EDUC: MS, Columbia Univ

INTERESTS: Travel, wine,
jogging with dog



DATING ROI

Technology has made dating more complicated and impersonal. Hiring a matchmaker might be the smartest investment you could make in your personal life. ▶

➔ At first, Larry Chiarelli, director at a tech start up, thought he was doing all he needed. Sign up on multiple dating websites. Meet lots of women. Eventually, the right one would come along – except she never did. So he decided to bring in the professionals and hired It's Just Lunch. IJL's matchmakers got to know him and his preferences. They selected his dates, arranged schedules, and even made the restaurant reservations. Dating became stress-free and fun. Larry was a practical guy and didn't believe in love-at-first-sight, but that was until IJL introduced him to Ping.

What was your dating life like before joining It's Just Lunch?

Lawrence: Chaotic! I was meeting a lot of women but not the right women for me. Online dating was time consuming and stressful. I needed someone to relieve me of the dating busy work so I could feel some breathing room. I needed to slow things down to speed them up. It's Just Lunch fit that criteria perfectly for me.

Why did you decide to join It's Just Lunch?

Ping: I fly frequently for work and for

fun, and when I saw It's Just Lunch in the airline magazine, it was as if the matchmaker was talking to me! One day after a particularly long flight and wanting to snuggle with someone and watch a movie, I decided it couldn't hurt to give it a try.

What did you enjoy most about the It's Just Lunch process?

L: Having someone doing all the work to select and schedule a date. It was like I had my own personal dating concierge to take care of all the details. All I had to do was be on time for my date and be myself. It really was a stress-free experience.

What was it like working with the It's Just Lunch matchmakers?

L: Easy and convenient. At the time the company I was working for was going through a merger so I was away from home quite a bit in all day meetings. I'd finish my day and there would be a voicemail from my matchmaker telling me about my next match. I'd call back, get the details and run through my availability. The next thing I knew I was in front of an interesting woman having a great conversation.

Do you have any advice for singles who want to meet that special someone?

L: I tell my clients an analogy all the time: *Would you rather drive across the country in a Toyota Corolla or a BMW 5 series?* They always say the 5 series. You get what you pay for and to me the juice was definitely worth the squeeze with IJL. Investing in yourself and your future with someone special means investing in the right matchmaking service. For me that was It's Just Lunch.

P: Invest in your own happiness, it is always worth it.

The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 26 years, they've set up millions of first dates. Make meeting someone special a priority. Get in touch at **800-858-6526** or **www.itsjustlunch.com**.

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or less. Time it takes a majority of singles to decide if they want to see a "first date" again.

2/3

Of singles prefer to date someone who works in another industry.

56%

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KONA COFFEE TOURING

By David Armstrong

» Just as oenophiles savor terroir in wine country, coffee connoisseurs seek destinations where premium coffee is cultivated. There is maybe no better place for that than the Kona Coffee Belt on the west coast of Hawai'i Island, the planet's sole source of authentic Kona coffee beans. There are a number of Kona-area coffee plantations where visitors can enjoy walking tours, take a de facto Coffee 101 class and, of course, sip unique proprietary brews.

My wife and I visited Mountain Thunder Coffee Plantation, about a 20-minute drive up Hualālai mountain, on smooth upcountry roads, from downtown Kailua-Kona. As we drove higher, the warm tropical air became cool. The abundant trees and shrubs dripped with heavy mist and, finally, light rain. We found ourselves in a cloud forest, about 3,200 feet above Kailua-Kona's famed beaches.

We smelled the enticing aroma of roasting beans well before we saw the 10-acre plantation. Most of Mountain Thunder's tours are free. They run hourly, 10 A.M. to 4 P.M., seven

days a week, and they last 30 minutes. Our guide offered complimentary cups of fruity, rare Kona peaberry coffee, suggesting we take it black and without sweeteners. We did. It was rich, robust and not at all bitter.

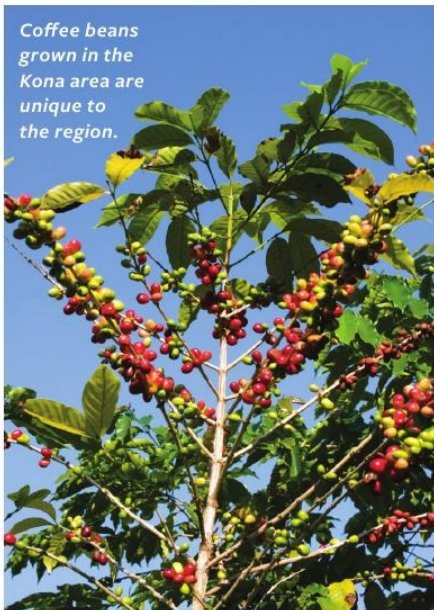
As our guide explained, the Kona Coffee Belt boasts steep, well-drained slopes and a nearly ideal climate. Warm, sunny mornings, rainy afternoons and mild, frost-free mountain nights all help coffee trees to flourish in Hawai'i Island's vibrant volcanic soil.

Like most Hawai'i coffee tours, ours showed off ripe red "cherries" (coffee fruit husks containing beans) that will be handpicked. And, like many Kona-area producers, Mountain Thunder farms some of its coffee trees organically. Visitors on tour do a moderate amount of walking on gently terraced hillsides past resident chickens, ducks and friendly dogs, and into barnlike production facilities.



Mountain Thunder Coffee Plantation is a farm and roastery that offers tours.

Coffee beans grown in the Kona area are unique to the region.



MORE ABOUT TOURS

Kona-area coffee producers with free walking tours include the following:

■ **Greenwell Farms:** 81-6581

Māmalahoa Highway, Kealahou; greenwellfarms.com.

■ **Hula Daddy:** 74-4944 Māmalahoa Highway, Hōlualoa; huladaddy.com.

■ **Mountain Thunder Coffee Plantation:** 73-1942 Hao Street, Kailua-Kona; mountainthunder.com.

■ **Rooster Farms:** by appointment, 84-1245 Bruner Road, Captain Cook; roosterfarms.com.

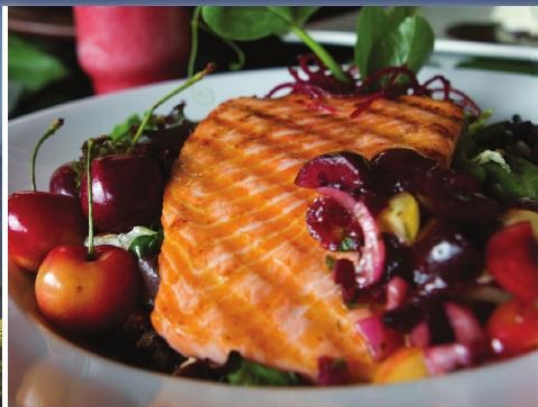
The heart of the tour highlights the sorting, milling and roasting of the beans and winds up in the plantation's gift shop, where visitors can buy coffee and keepsakes. We left with a palate-pleasing peaberry blend and rich memories of tasting world-renowned coffee. ✈



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Snickers shakes at
Salt & Straw's
Wiz Bang Bar.



Chef's Dogs at
OP Wurst by
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FOOD HALLS OF FAME

By Drew Tyson

» Imagine a food court, and what do you see? You might be picturing the inside of a mall, brightly lit and offering fast-food meals. While the rest of the culinary industry has long been transformed by high-profile chefs capable of conceiving and expanding farm-to-table restaurants, the food court for years largely remained the same.

But that's been changing over the past decade. Thanks in no small part to **Eataly**, which *The New York Times* describes as "a bustling European open market, a Whole Foods-style supermarket, [and] a high-end food court." Opened in 2007, Eataly is a place where you can explore fine wines and charcuterie, take a culinary course or grab dinner from one of the sit-down restaurants. It's a mall for discerning palates. It's also a hit. There are now five locations in the United States alone—in Chicago, Boston, two in New York

and one opening in Los Angeles this fall. Developers are taking note: In New York City there are now more than 20 food halls, which take cues from European and Asian counterparts.

None of this surprises Mike Thelin, culinary curator for Portland, Oregon's food hall, **Pine Street Market**, which opened in 2016. "Lower capital costs, lower build-out—[having a space in a food hall] is a great way for established businesses to explore new concepts with reduced risk." For Pine Street, Thelin recruited well-known local companies such as **Salt & Straw** and **Olympia Provisions**—not because he wanted them to replicate their current offerings, but so they could find a home for something they're passionate about that didn't quite fit the current brand.

"We wanted something that's familiar but unique, where the food is approachable yet open to surprise," he says. "We didn't want to

create something too foodie or off-putting."

On opening day, lines were out the door for **Wiz Bang Bar**, Salt & Straw's first foray into soft serve. And **OP Wurst** by Olympia Provisions is grilling a selection of frankfurters.

As the migration to cities intensifies, and real estate costs go up, restaurateurs will always find new ways to feed people. Right now it's all about density, Thelin says. To survive, food hall concepts and small-business owners rely on high foot traffic. "Ultimately," Thelin says, "it's a model that's still figuring itself out." The key is to create a space where everyone feels at home, from the owners to the patrons, from a professional having a casual lunch to a family shopping for dinner or a couple of teens on a first date. "I challenge anyone to find a more diverse crowd of humans in Portland than the lunchtime rush at Pine Street Market." ✈

WELCOME

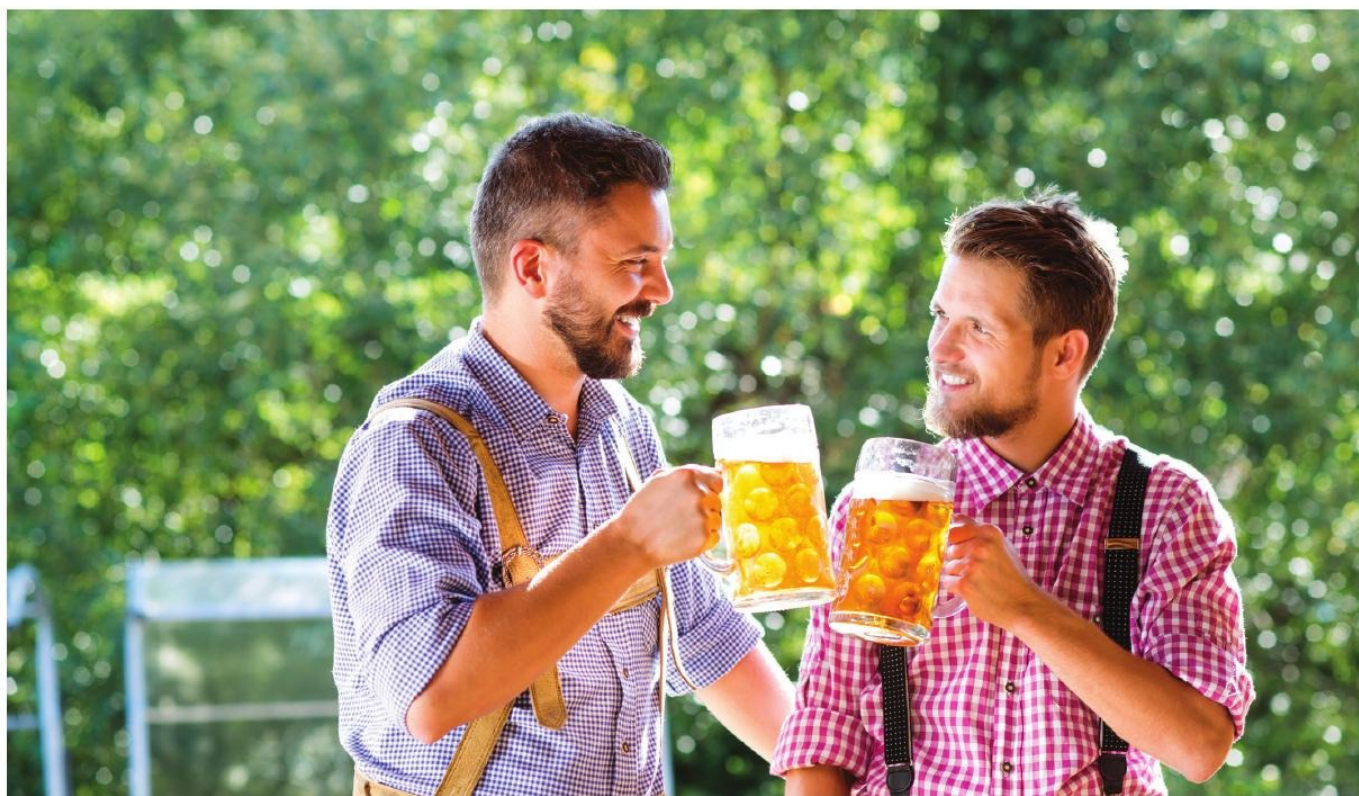
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BAVARIAN BREWS

By Don Ayres

» **October 12 is a special day** for beer fans, as it marks the wedding anniversary of King Ludwig I and Princess Therese in 1810. What's so significant about a 19th century wedding between two Bavarian royals? You probably know the festival that sprouted out of the yearly observance of the nuptials by its more common name: **Oktoberfest**.

While the Munich gathering has evolved over the years—organizers eventually moved the start date to mid-September to take advantage of milder weather—it still stands as the premier celebration of German brews. If your passport is expired or you just can't swing a trip to Germany, you don't have to feel left out of the festivities. Here are a few popular lager styles that belong in your stein.

Märzen was the only beer served at the original Oktoberfest, and many American breweries release this style every fall. The

name comes from the German word for March, which is when brewers switched to this recipe to overcome the lack of ice for refrigeration. "It was brewed darker and stronger to withstand the warmer summer months in Germany," says Dan Gordon, co-founder and brewmaster of San Jose, CA-based **Gordon Biersch Brewing Company**, who brews this style year-round as the brewery's flagship offering.

Or you may prefer something on the lighter side, says Florian Kuplent, who co-founded **Urban Chestnut Brewing Company** in St. Louis after emigrating from Bavaria. "When you look at what's popular in Germany, it's lighter lagers such as helles and pilsner. Our biggest seller is an unfiltered helles called zwickel." Dan Gordon agrees that light lagers are popular and gives a slight preference for pilsner, which he calls "a universal donor that pairs well with any food."

TASTING TRIVIA

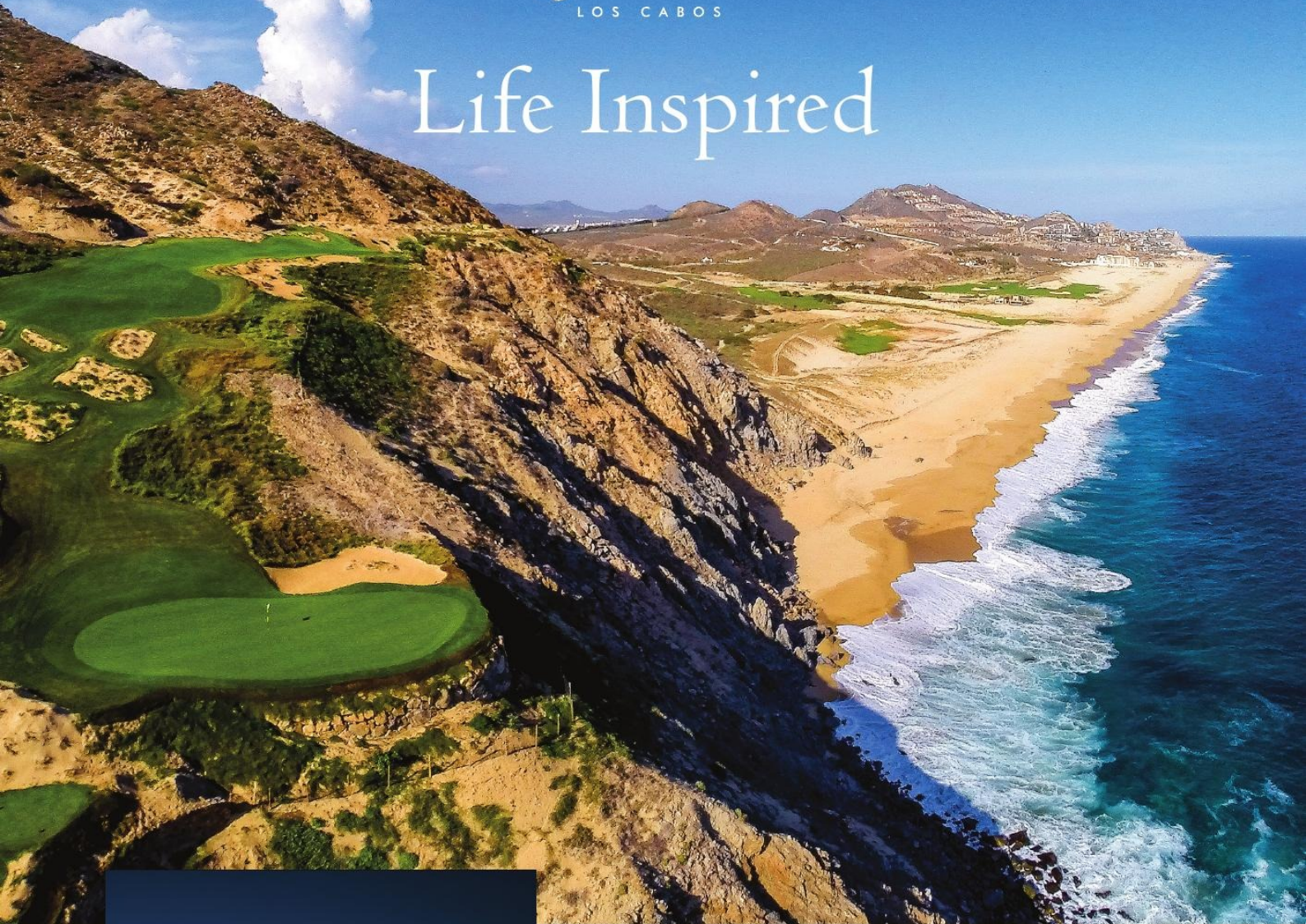
Germans take their brews so seriously there's even a law governing ingredients. Originally passed in 1516, the **Reinheitsgebot**, or purity law, mandated only three things be used to make beer: water, barley and hops. The provision was later amended to include yeast, after Louis Pasteur discovered the fermentation process in 1857.

So what place do German styles have in the American craft-beer industry? Ales dominate tasting-room menus because slow-fermenting lager requires more cost and time commitment, but that doesn't mean lagers aren't popular. "We're the proof that lagers work," says Kuplent. "Well over half of what we make are lagers, and a flavorful lager that's complex can be appealing to a craft-beer drinker." ✈



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CHEF OF THE ISLES

By Chaney Kwak

» “I don’t need to go to the kitchen to create new dishes,” says famed Hawai’i-based chef Roy Yamaguchi. “I think them up everywhere—such as when I’m flying.”

Yamaguchi, who oversees more than 30 restaurants in the United States, Japan and Guam, has spent plenty of time traveling—and he uses this time to bring what he calls his mental “food bank” into play.

“I see, taste and smell the dish I want to create in my head,” he says. “And I work backward with ingredients from my food bank, putting colors, flavors and textures together to achieve the final product.”

Although he resists taking credit, Yamaguchi helped bring the Aloha State’s culinary diversity into the national spotlight, as a founding member of the Hawai’i Regional Cuisine movement of the early 1990s. The HRC movement popularized the fusion of Hawai’i’s manifold ethnic influences and varied uses of island ingredients. Today, the movement’s influence has spread. And Yamaguchi’s restaurants have proliferated. He now operates four different restaurant concepts worldwide. There are 30 locations within the set of Roy’s restaurants alone.

With the December 2016 opening of Humble Market Kitchen in Wailea, Maui, the renowned restaurateur is showing no signs of slowing down. Following a \$100 million renovation, Wailea Beach Resort—Marriott, Maui reopened last year, with Humble Market Kitchen inside. On a terrace looking out at the ocean, guests tuck into dishes such as short ribs marinated with Szechuan pepper and buttery *mahimahi* grilled over open flames. Other dishes on the constantly changing menu may include a green curry with pan-roasted clams; crispy calamari, with *shishito*-pepper poppers; and ahi poke with hearts of palm.



To make his creative dishes, Yamaguchi draws on multiple influences. “I learned methods and skills at The Culinary Institute of America,” he says, referring to his alma mater, where he is now on the board. “But my cooking is derived from my father’s and grandfather’s cuisine.”

Yamaguchi’s latest venture is a homecoming in many ways. His grandfather, who emigrated from Japan in the early 1900s, settled on Maui and ran a store, as well as restaurants. Now the younger Yamaguchi’s restaurant is inside the resort near where Yamaguchi General Store used to be. And Chef Yamaguchi respects the fact that his grandfather built a future through food in his adopted country. “I want to pay tribute to my grandfather and what he did,” Yamaguchi says. “Cooking is as important as life itself.” ✈

» Roy Yamaguchi cooks in Humble Market Kitchen, above. Dishes such as the crispy chicken wings and jalapeño-cilantro salad with crispy garlic, left, demonstrate the restaurant’s elegant and appealing take on down-home dishes.

A man with dark hair and a light beard stands shirtless on a balcony, leaning on a black metal railing. He is wearing dark blue boxer shorts with thin, horizontal light blue stripes. The waistband of the shorts features the 'EX@FFICIO' logo. The background shows a scenic view of a town with terracotta-roofed buildings and mountains in the distance under a soft, hazy sky.

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BRILLIANT FALL FOLIAGE

By Olivia Madewell

» **Pumpkin orange. Butterscotch yellow. Candy apple red.** Autumn is upon us, and the bold colors that come with the change in seasons from summer to fall are appearing across the country. The following locations are some of the nation's top spots for enjoying the fall colors.

Adirondacks and Catskills, New York: Cruising the waters of Lake George in the southern Adirondacks is a perfect way to experience "leaf peeping" in early October. Horseback tours at outfitters such as Saddle Up Stables can also create memories as bright as the yellowing American aspens in sunshine.

Farther south, in the Catskill Mountains of southeastern New York, the tree colors peak during the first two weeks of October. You can ride the Hunter Mountain Scenic Skyride to the peak's summit for great views of the area's autumn beauty.

The Berkshires, Massachusetts: The Appalachian National Scenic Trail runs through the Berkshires, an area in western Massachusetts, which is known for spectacular fall colors that reach their height during the first three weeks of October. Hiking a part of the historic trail is a great way to see the forest's gold, orange and red leaves.

Great Smoky Mountains National Park, Tennessee-North Carolina: In the Smokies, the colors of autumn begin at higher elevations in mid-October and continue to spread to lower elevations into November. Visitors to the town of Gatlinburg, on the edge of the park, near the border of Tennessee and North Carolina, will be able to enjoy the natural color show long after Halloween.

Wabash River Valley, Indiana: In Parke County, to the west of Indianapolis, 31 covered bridges add a different element to stunning

tours in late October and early November, when the fall foliage is at its best. Each bridge has a unique history, and all are celebrated during the Covered Bridge Festival, October 13–22 this year.

Wine Country and Yosemite, California: The vineyards of Napa and Sonoma counties offer a vibrant show through October and into November as they turn from green to gold to red. In Central California, Yosemite National Park takes on yellow and orange hues, thanks to the big-leaf maple, California black oak and Pacific dogwood trees that grow among the park's evergreens. The views of Half Dome in fall are particularly impressive. ✈

» *A park bench, far left, surrounded by autumn beauty in the Catskill Mountains of New York state. The Merced River, above, reflects El Capitan, left, and Half Dome, right, in Yosemite National Park.*

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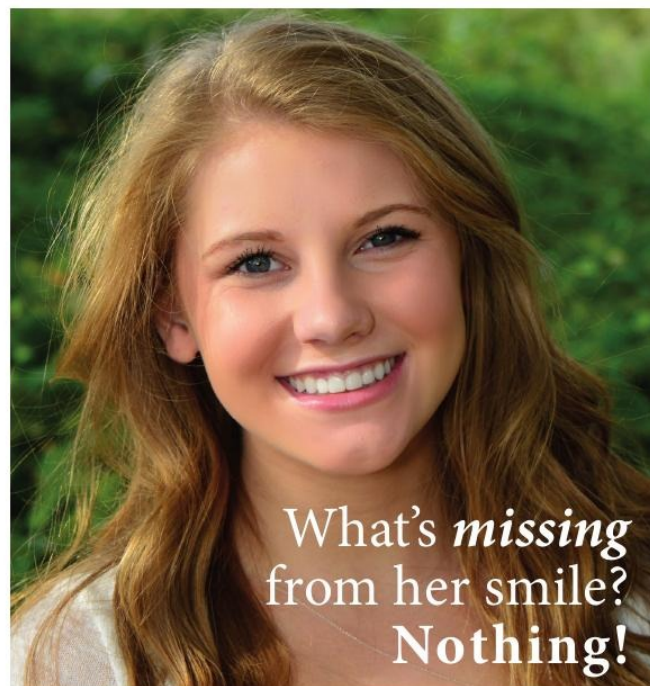
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Jordan's Story

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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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PLAY IT COOL

Fall for chic styles suited to chill weather

By Kate Calamusa

» Crisp mornings, crunchy leaves, corn mazes and college football—'tis the season for cozy style as the temps start to dip and the number of clothing layers begins to rise.

Fortunately, West Coast brands such as those below have your back (and arms and legs and head, too) with fashion-forward jackets, hats, scarves, frocks and other styles that are as cool as the weather.

Fit for a chilly day or night, these extra-large, soft silk **scarves** made by Seattle-based designer Rian Robison of **Tuesday Scarves** are as unique as the guy or gal who sports them.

Each is hand-tinted with a low-water-immersion technique to create a bespoke item that is also incredibly versatile—drape it over your shoulders like a sleek shawl, wrap it like a scarf (\$58; tuesdayshop.com).



A fashion-savvy option for days that go from cloudy and cool to brilliantly sunny is a set of **Sol Cool**

Arm Sleeves from **ExOfficio** in Rohnert Park, CA. The sleeves feature a smartphone-ready pocket and finger openings as well as UPF 50+ sun protection and a silicon-grip palm, ideal for bikers or those who want a good grasp on that morning latte (\$40; exofficio.com).



Add a rock 'n' roll edge to your everyday look with **Filson's** new semi-fitted **Sidney bomber jacket**. Designed at the company's Seattle headquarters and produced by fine San Francisco leather purveyor Golden Bear, the classic women's style has been updated with soft cotton-blend ribbed collar and cuffs (\$975; filson.com).



The new **Edgeslayer dress** from **Prairie Underground**—a Seattle-based clothing purveyor beloved for its cloak hoodies and body-conscious designs—is crafted from denim and accented with a flattering asymmetrical zipper and tailored long sleeves. Find this darling at Show Pony Boutique (\$180; showponyboutique.com).



Nifty noggin toppers from Vancouver, B.C.'s **Herschel Supply Company** are fit for mountain or metropolis. Crafted with warmth in mind, the **Sepp beanies** are made from rolover ribbed acrylic and topped with a playful pom-pom. Available in a wealth of colors for men, women and kids (\$19.99–\$29.99; herschel.com).



Founded in 2016 by investor Joe Blattner and Nordstrom veteran Molly Kuffner, the Seattle-based **Sharply** menswear brand features cosmopolitan-yet-casual staples. The new **Leo** indigo-dyed acid-washed zip hoodie combines the trim look of a classic denim jacket with soft cotton French terry material (\$98; shopsharply.com).

HAWAII TAKE-HOMES

Return from the Islands bearing gifts and keepsakes

By Leah Allen

» Suppose you are wrapping up a vacation in Hawai'i, seeking out souvenirs that will help you remember your time in paradise, as well as gifts to share some of the essence of the Islands. You likely already have your chocolate-covered macadamia nuts and coffee beans—clear favorites of Hawai'i travelers. Here are a few more Hawai'i-made products to help you savor the Islands long after you return to the mainland.

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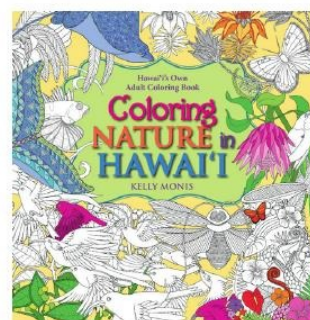


Island Slipper Aka Marlin: Your feet will thank you for gracing them with these comfortable and durable “slippers” (sandals), from a company that has been making footwear by hand on O'ahu since 1946. The Aka Marlins have a marlin embroidered on each strap. In a short time, these slippers will form to your foot, making for a truly cushy experience (\$59.95; shirts sold separately; shop.islandslipper.com).



Pono Woodworks iPhone 7 Plus

Koa Wood Case: Carry a piece of the Islands with you wherever you go. These slim cases are made with wood from native koa trees. Choose an unadorned option or one of 10 engravings, including a Hawaiian Islands map (\$42; ponowoodworks.com).



Coloring Nature in Hawai'i:

Reflect on your Islands experience as you color the pages of this all-ages coloring book by Hawai'i-based artist Kelly Monis. The book includes 45 detailed illustrations of native flora and fauna. You can even use it on the flight home (\$14.95; mutualpublishing.com).



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[I GROW]

fall through
spring



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**SINCE
1995**

Chicago Cubs pitcher Jon Lester in action against the Cleveland Indians during Game 7 of the 2016 World Series at Cleveland's Progressive Field.



THE SPORTS FAN'S PERFECT MONTH

By Dave Boling

» For sports fans, October suffers from weak branding. Say “October” and people imagine autumn leaves and jack-o’-lanterns. Those are fine, but October is really all about nonstop, wall-to-wall sports action.

March gets all the hype because the catchy name—March Madness—sticks in the minds of sports fans. However, March is tame compared to October. College football, MLB, MLS, NASCAR, NBA, NFL and NHL are all playing in October.

This month has everything but a good nickname—Jocktober? (Trademark!)

Baseball dominates this month with the playoffs and the World Series. Major League Soccer teams shift to playoff mode toward the end of the month. The NBA and NHL teams are just getting the feel of their new rosters, while

the NFL and college football are in the heart of their seasons.

Can this year’s World Series come anywhere close to matching the historic title won by the Chicago Cubs last October? The Cubs’ championship drought had lasted since 1908. More than 40 million viewers tuned in to the Game 7 finale last year that put an end to the Cubs’ famed Billy Goat Curse. The 71-year hex was put on the Cubs by William Sianis in 1945, who was kicked out of Wrigley Field for bringing a smelly goat to one of their World Series games that year. The Cubs lost and never made it back to the World Series until 2016.

Every sport will have its October drama. How will quarterback Tom Brady, now 40, play in his unprecedented quest to lead the New England Patriots to a sixth Super Bowl title?

Will the College Football Playoff National Championship be a duel between Alabama and Clemson for a third straight year?

Can the Golden State Warriors, the 2017 NBA champions, start the season with another of their epic winning streaks? How will their rivals, the Cleveland Cavaliers, deal with hobbled point guard Isaiah Thomas, who was picked up from Boston in a trade this off-season that sent Kyrie Irving to Beantown? Those and other sports questions will begin to be answered this month.

Amid this Octoberfeast (trademark!), there’s a lot to keep track of, because most days this month feature a meaningful competition for fans to watch on TV, or at your favorite ballpark or stadium. Just don’t bring your billy goat. ✈



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POWER PACK

Four vehicles that push performance and acceleration into another gear

By Bengt Halvorson

Dodge Challenger SRT Demon

Yes, you can own a factory-built, street-legal muscle car dedicated to racing. It's called the Challenger SRT Demon, and the promotional photos with the front wheels lifting into the air are no exaggeration. Dodge took the Challenger Hellcat, cut weight all around, and installed ultrawide racing tires and a transmission lock.

The "demonized" V-8 version of the Hellcat engine is 840 hp and capable of running on 100-octane racing fuel. Dodge claims an impressive National Hot Rod Association-certified quarter-mile time of 9.65 seconds at 140 mph—or an official 0-60 mph in just 2.3 seconds.



Jeep Grand Cherokee Trackhawk

A Grand Cherokee that goes 0-60 mph in 3.5 seconds and can hit 180 mph is outrageous. To create it, Jeep put the 6.2-liter supercharged SRT V-8 from the Dodge Challenger Hellcat and Charger Hellcat into its family wagon—adding a performance-focused all-wheel-drive system, sticky Pirelli performance tires and strong Brembo brakes.

The Trackhawk's interior is so plush and luxurious that you might forget you're in such an extreme performance machine. Don't think about off-roading in the Trackhawk, but you can still tow up to 7,200 pounds.



Ford F-150 Raptor

While the Ford Mustang Shelby GT350 is one of the best cars for weekend track time, Ford's mammoth F-150 Raptor is what you buy when your track doesn't always involve pavement. With an aluminum body, a 10-speed automatic transmission and a twin turbo V-6, plus special drive modes to match terrain—such as Mud/Sand, Baja and Rock Crawl—the Raptor definitely has that modern verve.

But its specialty is using sophisticated suspension and 4WD to their potential, and tapping into the turbocharged V-6's 450 horses and 510 foot-pounds of torque.



Tesla Model S P100D

Tesla already had what it claims is one of the fastest production cars in the world—its Model S P100D, with its Ludicrous mode that pins occupants back in their seats and shows how much fun electric cars can be. Then earlier this year, with an over-the-air software update, Tesla made it even quicker—giving the model a 2.4-second 0-to-60 time, and even faster by some tests.

In most other ways, the Model S P100D is a comfortable luxury car, and it happens to have an all-electric driving range of 337 miles, so you can really let it loose. ✈

JACK JOHNSON



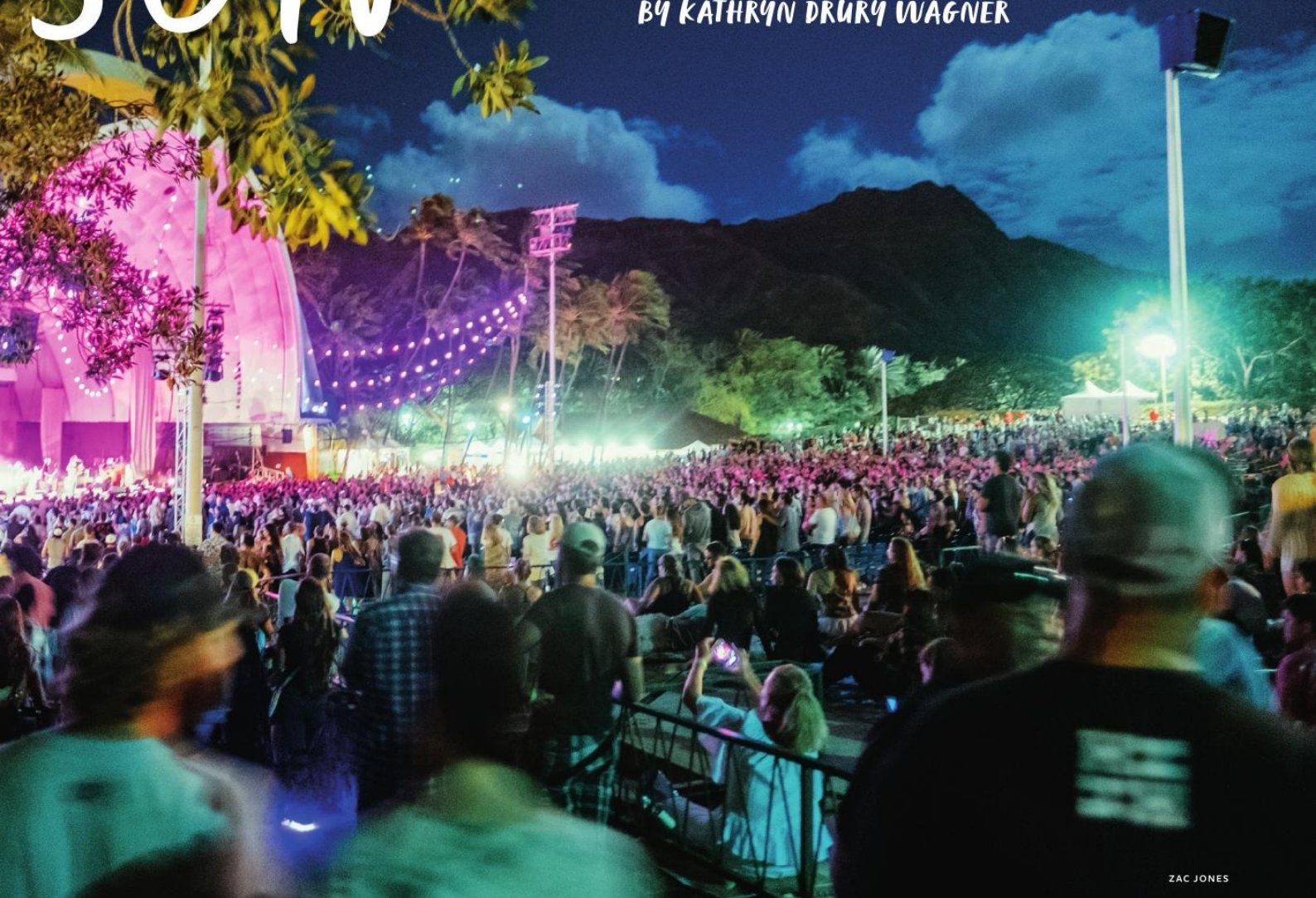
*Jack Johnson performed
for hometown fans at the
Waikiki Shell in August.*

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SON

HAWAII MUSICIAN PUTS HIS GENEROUS SPIRIT INTO ACTION

BY KATHRYN DRURY WAGNER



ZAC JONES

IT'S a balmy evening on O'ahu. String lights bob gently in the breeze. Diamond Head basks in the sunset, looking like it's been wrapped in emerald velvet. My friend and I are at the Waikiki Shell for a Jack Johnson concert, headed toward great seats and cold beer. But what's my friend most interested in? She's peering into a trash can. Jack Johnson has this effect on people.

We just passed a zero-waste station—part of Johnson's green-tour efforts. Cans were labeled for recycling and composting, and there was even a bin with a pig symbol, indicating that food scraps in this can would be sent off to feed animals. So that trash can

my friend is inspecting? No trash in it!

Johnson is one of O'ahu's most famous sons, a musician who is equally respected for his environmental advocacy. Since 2001, the singer-songwriter has released seven studio and two live albums, selling more than 25 million copies. If you're a fan, you've memorized many of Johnson's lyrics and possibly even his guitar tabs. If you're not as familiar with his work, you'll still recognize the hits, including *Upside Down*. His music has been called the "perfect soundtrack to a summer night." But don't mistake that for fluff; he takes on weighty subjects in his songs, too, whether it's war in Iraq or a wall at the U.S.-Mexico border.

Airplane mode WORKS ON MORE THAN PLANES.



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Johnson says he once read a review of his music that dismissed it as “basically just barbecue music.” He smiles. “That’s not a dis to me; that’s amazing. If everyone is putting on my music at the barbecue, that’s a compliment.”

Johnson grew up on O’ahu’s North Shore, in a surf-centric family and community. Up on the North Shore, plans revolve around the swell, and live music means slack-key guitar in the yard at a baby *lū’au* (a first-birthday celebration).

“No stage, no fancy lights, anyone could jump up and play,” says Johnson, who learned guitar at age 14. “There was no line between the audience and the band. That’s how I learned to play: passing around the guitar, people being patient, everyone stalling until I got my fingers on the right chord.”

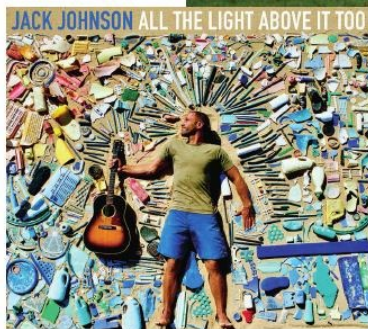
By now, Johnson’s figured out all the right chords, and my friend and I thoroughly enjoy the show, which is a benefit for his Kōkua Hawai’i Foundation. Families picnic on the lawn, and Johnson has everyone—from the tiniest *keiki* (children) on up—dancing to hits such as *Good People* and *Flake*.

Between, he weaves in stories about how his songs came to be. He generously shares the spotlight with his bandmates—bassist Merlo Podlewski, drummer Adam Topol and pianist Zach Gill—as well as guest performers including the amazing Paula Fuga, who duets with Johnson on her song *Country Road*. Johnson may be center stage, but he’s wearing a simple “No Panic, Go Organic” MA’O Farms logo T-shirt. *Rolling Stone* didn’t call him the most laid-back rock star in history without reason.

THAT INTANGIBLE SOUND

In September, Johnson released his latest album, “All the Light Above It Too.” It has Johnson leading listeners through a range of moods, from a buoyant *Big Sur*, to a country-tinged *One Moon*, a sly *Gather*, and a jab at greed in *My Mind Is for Sale*. Johnson is a lifelong surfer who can keep up with Kelly Slater, and all that time out in the ocean seeps into his music. This album has a liquid, bobbing quality, calling to mind an afternoon on the water

Every once in a while, the music at Mango Tree Studio moves outside to capture the sounds of the island. Below is the cover of Johnson’s new release, “All the Light Above It Too.”



with light glinting off the surface. It was recorded at Johnson’s O’ahu-based Mango Tree Studio, and Johnson handled much of the instrumentation himself.

“I always call it four-tracking,” he explains, referring to a four-track tape recorder he had when he was a kid. He normally writes the songs and then does sketches as demos, playing the bass and drums to assemble a rough draft before working with his band. This time, however, he brought in a producer friend; he wanted the quality of the recording on the sketches to be high



Born and raised on O’ahu’s North Shore, Johnson is an avid surfer.

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✈ Here's to 10 years of flying
to the Hawaiian Islands.



Alaska
AIRLINES

enough that he could possibly use them for an album.

“I’ve always had this feeling, and I’ve seen this in music documentaries with other people, too: A lot of times you are trying to figure out the song, and there’s this one take where you finally know it well enough that you get it, and then you play it through another time and it just loses a certain spirit. With this album, I wanted to capture that spirit of newness to a song, when there is still potential in it. It’s still a little raw; there’s room to grow with it.”

Songwriting often comes easily for him—the classic *Banana Pancakes*, for example, was a quick little ditty for his wife—but penning a new song can also take him weeks or months. “The ones I write in five minutes are sometimes the ones that resonate most with people,” he says. “The ones I think are really something, well, they will wind up as the deeper cuts.”

Yet, in every town he visits, he’ll come across someone who pulls him aside and tells him how a particular song rescued them, pulled them out of a riptide of emotion during a rough time. “That is so flattering to me,” he says. He understands. Music has been there for him in hard times, too. “Some songs



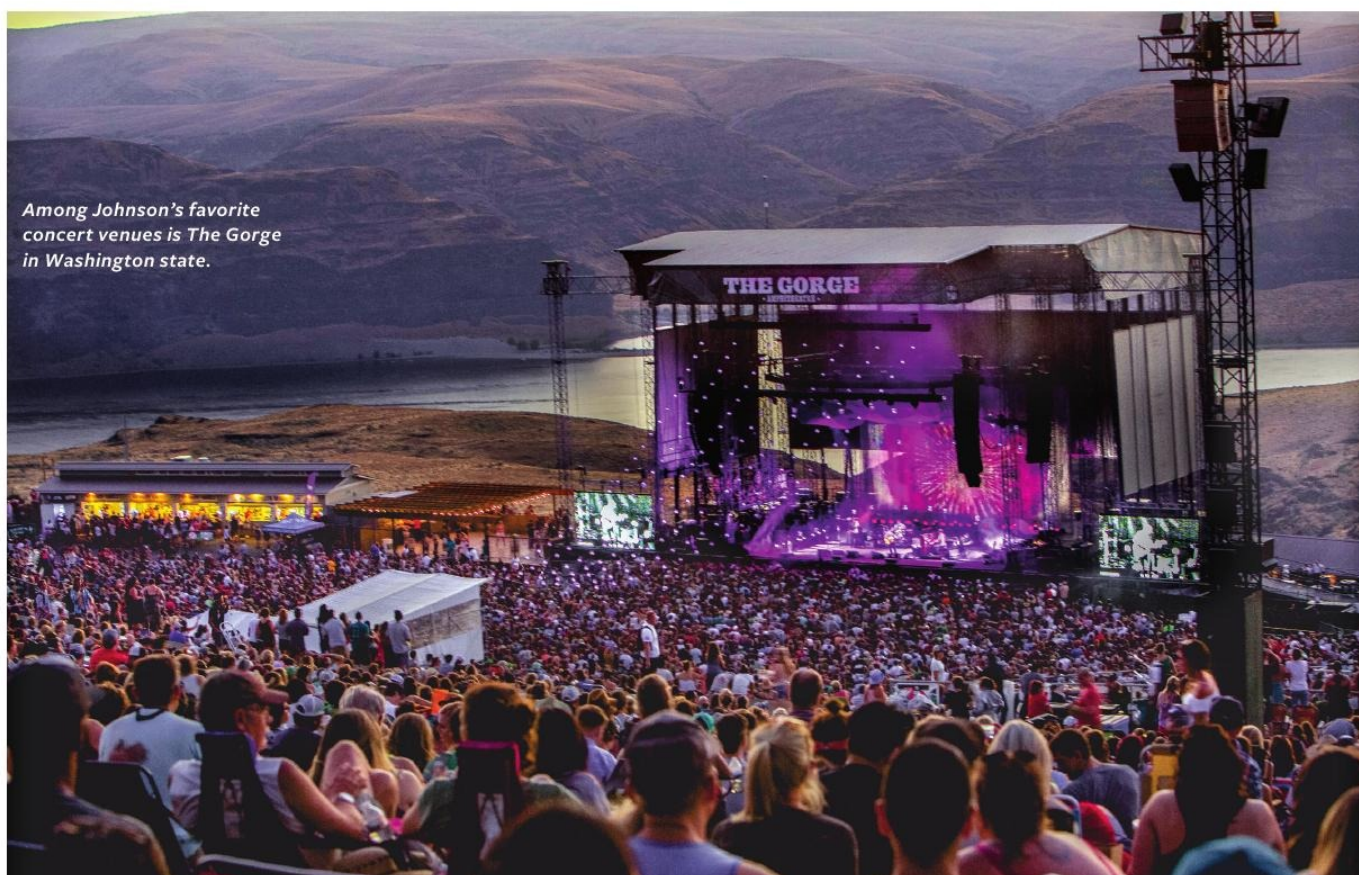
Kim Johnson shares in directing the couple’s Kōkua Hawai’i Foundation, including its support of ‘ĀINA, a school garden program, and Plastic Free Hawai’i, which hosts regular beach cleanups.



resonate broadly with a lot of people and some resonate deeply with only a few people—and both are worth putting out,” he says.

Recording in Mango Tree Studio, a converted two-car garage, helps imbue his music with a sense of time and space. “The last record, there was a cricket living in the attic, and we couldn’t get rid of it,” he says. “I know where to listen for it on the album—

Among Johnson’s favorite concert venues is The Gorge in Washington state.



it's that intangible quality captured. My dad used to come in to the studio and be like, 'You can't hear anything in here. I'd rather hear the songs from the porch, with the ocean in the background.'" Johnson sees his point. Every now and then, the microphones get carted outside to try a few recordings outdoors, capturing that rustling of the leaves and the sighs of the island.

FAMILY AND BEYOND

When Johnson sat down with us before the concert, he'd just returned to O'ahu after spending the summer touring, and as always, a loyal, longtime crew had accompanied him. "My sound guy, most shows he's like, 'That was amazing,' but he has the total right to come up and say, 'Man, you guys sucked it to-night,'" Johnson says. "And I'll laugh because, he knows. He's been my sound guy since 2001. He's been to every show."

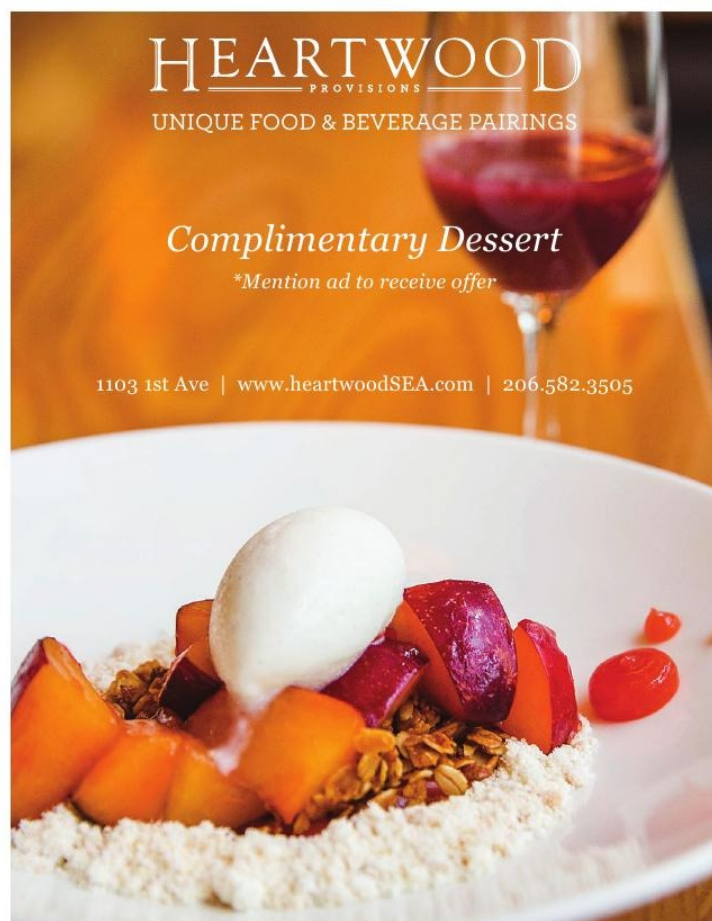
Johnson especially enjoys touring the West Coast's chain of venues that include Red Rocks in Colorado, The Gorge in Washington state, the Santa Barbara Bowl in California, and The Greek Theatre in Los Angeles. "The venues themselves are magical and have a lot of history," he says. He particularly likes concerts close to the coast, in case a good swell comes a-callin'.

He says he wouldn't tour if he didn't love it, but admits sometimes it's hard. "You can start to question, 'What am I doing here?' if you overthink it. All those eyes, looking toward you.

"That's the challenge. I don't feel that I was born to be an entertainer," he says. "It's something that I found my way into doing. I love recording and writing, and I do love performing, but I didn't dream of being an entertainer as a kid. I'm not up there jumping around and doing the splits. I tend to close my eyes and stand in one spot."

Well, not exactly one spot. He's a terrific live act who commands an audience without ever doing a split. He sells out the Hollywood Bowl, after all, and that's a 17,000-seat venue.

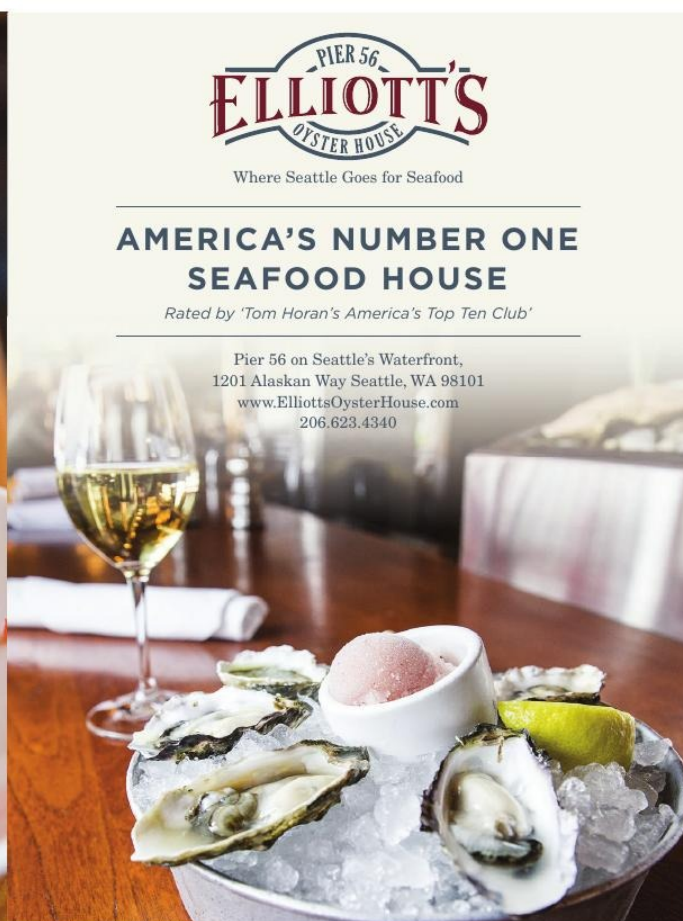
Johnson brings his three children and wife on tour with him, turning it into a family road trip. He and his wife, Kim, have been together since their freshman year of college; she's the subject of many love songs, as well as his co-manager and lead of their environmental and philanthropic efforts. The couple founded the Kōkua Hawai'i Foundation to support environmental education in Hawai'i's schools and communities, as well as the Johnson 'Ohana Foundation, which supports environmental, art and music education worldwide. Album- and tour-profit donations,



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along with the Johnsons' personal charitable activities, have resulted in more than \$30 million in contributions to charity since 2001.

This year, the Johnsons executive-produced a 30-minute documentary called *The Smog of the Sea*, about plastic pollution in the ocean, and Jack scored the film.

"I wanted to be part of the making of a documentary that didn't shy away from the truths of what's happening in the ocean, but also gave you some hope and [would be appropriate to] screen at a high school," he explains. "Jacques Cousteau said, 'People will protect the things they love.' Make kids fall in love with the ocean to protect it; make kids fall in love with nature if they are going to be protecting nature."



RYAN T. FOLEY

CARING FOR THE PLANET

Jack and Kim Johnson are involved with a wide array of environmental initiatives. Here are a few of the highlights.

He and his crew launched All At Once in 2008, magnifying his star power and fan base into an online community of 6 million people working for positive change. All At Once teams up with 400 nonprofits, and has helped raise

\$3.7 million in donations and matching funds.

At his concerts, fans can connect with nonprofit partners at a Village Green festival area, with food, tents and displays. It helps the nonprofits spread their messages—and provides them with fresh volunteers for events such as garden workdays and beach cleanups.

At home in the Islands, the Kōkua Hawai'i Foundation—which the Johnsons founded in 2003—aims to help students become stewards of the environment. It is a robust nonprofit with many facets, such as 'ĀINA In Schools, which encourages garden-based learning, healthy food on campus, agricultural literacy, waste reduction, nutrition education and family outreach.

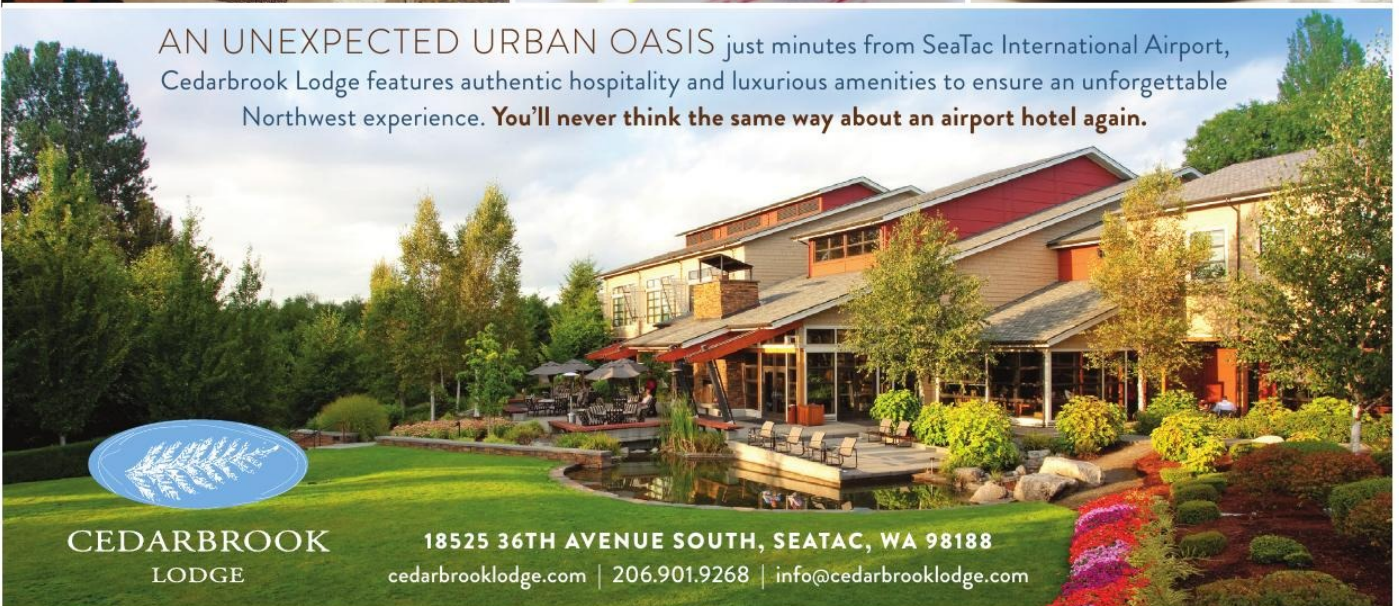
3R's School Recycling supports 64 schools in their on-campus recycling and composting efforts.


Plastic Free Hawai'i trains businesses and schools on the environmental and health benefits of going plastic free, and conducts beach cleanups and other local events. —K.D.W.

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Reusable stainless steel cups and water bottles sold at Jack Johnson concerts have replaced plastic cups.

In producing the film, Johnson spent a week in the Sargasso Sea [a midocean habitat off the North American Atlantic coast] with a marine scientist and a small group of citizen-scientists, and says he learned about a fog of microplastics—trillions of shards of which permeate oceans. “[That experience] made me even more passionate about what we’ve been doing at our shows, with trying to eliminate single-use plastic. That trip just ignited that passion even more.”

Johnson's tours have been plastic-free backstage since 2005 and, since 2007, have offered fans free water through refill stations, encouraging them to bring their own reusable containers.

“At some music festivals, there’s a sea of plastic cups on the ground afterward,” he notes.

In 2014, he spearheaded a test of reusable stainless steel pint cups at the Santa Barbara Bowl. As the crowd left, there was not a single cup on the ground. “To see a venue with no plastic, it sounds kind of nerdy,” Johnson says, “but to me, it’s so exciting. If that becomes the norm, we could make a cultural shift.”

Since he launched the Reusable Pint Program, several other venues, including many of those owned by

Live Nation, have followed suit. Fans receive a discount on refills for the life of the cup, encouraging them to bring it back to the next show.

For Johnson, his goals reach beyond cups. “After a certain point, I didn’t want to just think about the negative,” he says. “It was more about how can we expand on the positive.” The result is the All At Once social-action network, which reaches out to connect his legions of fans with local nonprofits at each tour stop. The nonprofits focus on sustainable food, environmental projects and plastic-free initiatives. “When we come back and work with these groups afterward, they are saying, ‘After your show, our membership exploded, we have all these people come to our river cleanups.’ That makes me feel really good,” Johnson says.

“It’s not just about sharing the music, and the love and the sing-along aspect of it. It’s making sense. The show is doing something good in the long run.”

These can be challenging times for environmental activism, and Johnson acknowledges that. “*Smog of the Sea* is a perfect example,” he says. “It can be depressing to learn about all this stuff. Yes, it’s depressing, if you are just going to give up. You wake up some days and feel totally overwhelmed, but you can’t participate with anger. It doesn’t work as well.”

When Johnson was on the boat, learning about the rate of fragmentation of plastic, he says he actually felt joy. Joy?

“Because I knew I was working on a better version than what we have now.” ✂

Kathryn Drury Wagner is an editor and writer based in Los Angeles.

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HAWAII'S CULTURAL EXPORTS

The Islands' food, music, dance and traditions have spread worldwide **By Constance Hale**

A few years ago, one of my favorite restaurants in Cambridge, Massachusetts, started serving *lomi-lomi* salmon as an appetizer. I thought that maybe, just maybe, some of my beloved Hawaiian foods were starting to get their due. The salmon dish—which is like a ceviche without the citrus—later disappeared from the menu, but tuna poke took its place.

In Hawai'i, where I was born, the savory salad poke—which consists of raw fish or octopus, *limu* seaweed, scallions, sesame oil, chile pepper, kukui-nut relish, sea salt and soy sauce (give or take a few ingredients)—can be bought anywhere from fish markets to gas stations to Costco. Now poke shops are popping up all around the U.S. mainland. It doesn't surprise me that it's caught on with foodies in Cambridge (where I sometimes visit) or San Francisco (where I live). But I can't say I expected the treat to spread quite so widely—or to find so many spellings. There are Pokéworks in Irvine, California, and Somerville, Massachusetts; there's the ZenFish Poké Bar in Durham, North Carolina, and Wiki Poki near downtown Los Angeles. For a while you could buy poke by the tub at the Safeway near San Francisco's Fisherman's Wharf.



The San Francisco dance company Nā Lei Hulu I Ka Wēkiu, top, is known for its hula mua, or "hula that evolves."

Variations on poke, such as the Poke Your Way option from Pokéworks, right, exemplify the spread of Hawaiian foods. Musical sensation Jake Shimabukuro, far right, illustrates the rising popularity of music from the Islands.





TOP, LIN CARIFFE; LOWER LEFT, POKÉWORKS; LOWER RIGHT, KAYOKO YAMAMOTO

Poke's new popularity made me stop and think about other Hawaiian culinary and cultural exports and how they've found influence elsewhere. Over the years, some of them, such as the *ukulele* (pronounced "oo-koo-lay-lay"), fueled trends and arguably became even bigger on the mainland than in Hawai'i. Others, such as the steel guitar, remain mostly the province of music aficionados. Still others, such as hula, contributed to 20th century stereotypes but are also now shaping the way we understand ethnic folk traditions in the 21st century. And then there are the things that spread because they are just plain fun, such as *lū'au*, surfing and tropical garb.

Jeanne Cooper, a former travel editor for the *San Francisco Chronicle*, notes that Hawaiian culture has indeed penetrated the U.S. mainland, but in sometimes contradictory ways. On the one hand, she says, there are casual ways that culture spreads—epitomized, perhaps, by the Hawaiian shirt, with its whiff of hang-loose culture. (The widespread tradition of Casual Fridays started in the Islands, as Cooper points out.) On the other hand, there is the proliferation of Native Hawaiian arts such as *kī hō'alu*, or slack-key guitar, among what Cooper calls the "cognoscenti"—enthusiastic mainland communities of cultural connoisseurs and transplanted Islanders.

With increased travel to the Islands and expanded options for accommodations, more people can now visit Hawai'i to experience its culture directly. And with streaming music, eBay and restaurant franchises, more people in more places can enjoy aspects of Hawaiian culture, from the informal to the esoteric. The following are some of the most widespread Hawaiian exports.

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Noreetuh, a “modern Hawaiian” restaurant in New York City, showcases dishes that draw influences and ingredients from the Islands.

KAUKAU (FOOD)

Poke is just a tiny part of the Hawaiian culinary culture, which starts with foods that Hawai‘i-bound Polynesians loaded into their canoes (pigs, chickens, taro roots, bananas, sweet potatoes, breadfruits, coconuts and sugar cane) or harvested from the sea (fish, octopuses, limpets and seaweed). Many of these were cooked together in underground ovens for large feasts, and sometimes they were combined to make dishes such as squid lū‘au, in which squid or octopus chunks were cooked—as they still are—in a sweet mix of coconut cream and leafy greens.

The word lū‘au refers to the tender leaf tops of the taro plant, but by the late 19th century it was Anglicized as “luau” and used to refer to parties whose foods blend Hawaiian, European and Asian ingredients. Lomi-lomi salmon includes salted fish, tomatoes and onions; *pipikaula* is a local beef jerky; poke (the Hawaiian word means “to chop or cut crosswise”) includes fish, seaweed and Asian spices.

Cuisine in the Islands continued to evolve, especially with the arrival of field workers from China, Portugal, Puerto Rico, Japan, Korea and the Philippines. What Islanders call “local food” came to

include the plate lunch (resembling the bento box), *manapua* (a basic pork *bao*, or filled bun), and Spam *musubi* (usually consisting of rice and Spam blocks wrapped in nori).

Meanwhile, “luau” events became popular in college dorms and backyard gatherings—complete with plastic lei and fake grass skirts. The label “Hawaiian” soon included anything with pineapple and ham, as well as sweet bread reminiscent of Portuguese *pan dulce*.

If pizza with pineapple represents one end of the Hawaiian-influenced spectrum, the style known as Hawai‘i Regional Cuisine represents the other end. Chefs in the Islands started experimenting with fresh ingredients from land and sea and in 1991 gave the style its name. Alan Wong’s Honolulu restaurant opened in 1995, and Roy Yamaguchi started opening Roy’s restaurants in cities that include Orlando; Chicago; and Plano, Texas.

Honolulu food writer Martha Cheng points to one-offs by lesser-known but ambitious chefs: the acclaimed Noreetuh in New York; hip and inviting Liholiho Yacht Club in San Francisco; and A-Frame in Los Angeles, which has touted its “Hawaiian soul food with an LA outlook.”

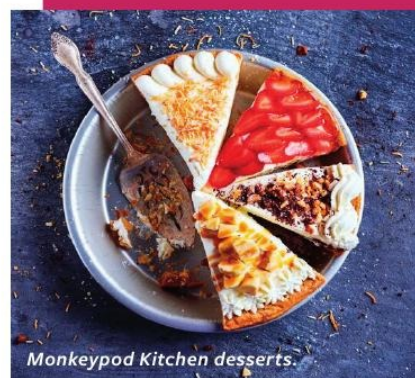
BEYOND POKE

You can find Hawaiian food from casual to upscale, if you know what to look for.

- **Loco moco** is a favorite Hawai‘i dish—usually white rice topped with a hamburger patty, a fried egg and brown gravy. Variations may include chile pepper, ham, Spam, *kālua* pork, teriyaki chicken or *mahimahi*. The Loco Moco Drive Inn chain serves Hawaiian rice-bowl dishes.

- **L&L Hawaiian Barbecue** is another restaurant franchise that has brought local food to 11 states on the U.S. mainland, as well as to Guam and Japan.

- There are six **Duke’s Restaurants** in California and Hawai‘i, named after Duke Kahanamoku, the Native Hawaiian Olympic medalist and “father of modern-day surfing.” These restaurants serve Pacific-inspired flavors in dishes that are “playful, vibrant and locally sourced.”



Monkeypod Kitchen desserts.

- **Monkeypod Kitchen** will soon have two locations on Maui and one on O‘ahu. Its creative genius, Chef Peter Merriman, was one of the founders of Hawai‘i Regional Cuisine. His eponymous flagship Merriman’s restaurant is on Hawai‘i Island. —C.H.



At the centennial of the 1915 Panama-Pacific International Exposition, San Francisco uke enthusiasts celebrated 100 years of 'ukulele on the mainland.

UNIVERSAL 'UKULELE

The Hawaiian cultural export that may have traveled the farthest is the 'ukulele. The diminutive four-string instrument with the short neck evolved in the 1880s, reportedly after Portuguese immigrants brought with them a related instrument, often called a *braguinha*. The Hawaiian name means "jumping flea." Some hold that the name refers to fingers flying

along the instrument's frets; others insist it's an homage to one of its small, fidgety players. Whatever the case, by 1900, the instrument's plaintive tinkle could be heard across the Islands, whether played solo (King Kalākaua learned to strum it) or alongside Western imports such as the guitar and stand-up bass.

The 'ukulele made an early splash on the mainland, too, at San Francisco's

Panama-Pacific International Exposition in 1915. Waves of popularity followed. In 1950, you could buy a plastic 'ukulele for \$5.95 and watch actor Arthur Godfrey, sporting a Hawaiian shirt, give lessons on TV. Then came Tiny Tim's version of *Tip-Toe Thru' the Tulips with Me* in the 1960s, which transformed the 'ukulele from cultural gem to mainstream joke.

In 1999, the tide turned again. Israel Kamakawiwo'ole's wistful version of *Somewhere Over the Rainbow/What a Wonderful World*, with its spare uke instrumentation, appeared in a commercial for eToys. Brother Iz's song has since been licensed to sell software, paint and lottery



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tickets. The ‘ukulele resurged, selling Yoplait, turning up in Top 10 pop songs and appearing in Flying Karamazov Brothers’ juggling acts. More than a million of the tiny instruments sold in 2015.

‘Ukulele music festivals have cropped up in a number of states and countries. In Canada, schools use the ‘ukulele to teach music, and you can strum to your heart’s content at Cubalele, a “Ukulele and Cultural Exchange Adventure,” in Havana. Few nations have more enthusiastic fans than Japan, though. Two Hawai‘i-born brothers made the miniature guitar a hit when they started performing as the Moana Glee Club there in 1928. Today, Hawai‘i-born YouTube sensation Jake Shimabukuro—who plays everything from 19th century Hawaiian standards to George Harrison’s *While My Guitar Gently Weeps*—does several shows a year in Japan.

Meanwhile, Hawaiian artists have rediscovered the ‘ukulele on their own terms. Eddie Kamae happened upon one as a kid and ended up playing it in The Sons of Hawai‘i, a quartet that helped usher in the Hawaiian Cultural Renaissance of the early 1970s—a period marked

by increased interest in Hawaiian music, crafts and language. Kelly Boy DeLima used it to help create the band Kapena’s Jawaian sound (music with Jamaican reggae and Hawaiian influences). And though Brother Iz may have entered main-land musical consciousness through a



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SCREEN TIME

Hollywood helped spread “Hawaiian” culture, though not always an authentic version of it. Some films have Hawaiian themes. However, says Lisette Marie Flanary, a filmmaker and associate professor at the University of Hawai‘i at Mānoa, “Hawai‘i is still mostly just considered a backdrop by Hollywood.”

• **Surf classics:** *Blue Hawaii* (1961) was Elvis Presley’s biggest box-office hit, and it was followed by the Elvis surf movies *Girls! Girls! Girls!* (1962) and *Paradise, Hawaiian Style* (1966). Together with musical hits by The Beach Boys (*Surfin’ USA*, *Surfin’ Safari*, *Surfer Girl*), they stoked the wave-riding film phenomenon.

• **Contemporary features:** *Moana* has focused a generation on Disney’s version of Polynesian legends. *The Descendants* (2011), based on the novel of the same name by Kauai Hart Hemmings, explores Hawai‘i’s royal history and contemporary grit.



• **Documenting culture:** Film expert Flanary’s documentary *American Aloha: Hula Beyond Hawai‘i* focuses on three hula teachers in California. *One Voice* zooms in on the annual Kamehameha School Song Contest. *Mele Murals* reveals the power of graffiti art for Native Hawaiians. *Listen to the Forest* and *Keepers of the Flame* are two of 10 award-winning documentaries by the late musician and scholar Eddie Kamae. *Out of State* tracks two criminals who discover their traditions from a fellow inmate in Arizona. —C.H.



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Hollywood medley, Islanders cherish the album it appears on, “Facing Future,” for deeper, more pointed ballads such as *La ‘Elima*, which tells the story of a tsunami that devastated a fishing village, and *Hawai‘i ‘78*, a protest song lamenting the second-class status of Native Hawaiians.

The annual Nā Hōkū Hanohano Awards honor the music of Hawai‘i in a variety of categories.



MORE MUSIC

Before Captain James Cook arrived in Hawai‘i in 1778, percussion instruments dominated the scene: shark-skin and gourd drums, stone castanets, wooden sticks and coconut-and-seed rattles. Protestant missionaries introduced four-part harmony. Mexican cowboys arrived in the 1830s, bringing guitars, and Native Hawaiians invented their own “slack-key” style. The accidental invention of the steel guitar (which, according to one

legend, happened when musician Joseph Kekuku dropped a metal comb on his strings) capped Hawai‘i’s 19th century musical innovations. Plucked with the right hand while the left slides a steel cylinder along the strings, the steel guitar added the plaintive twang that came to define island music, and has been widely adopted by country-western musicians.

In the 20th century, Tin Pan Alley and Hollywood began cranking out “Hawaiian” novelty hits with English lyrics, such as

Bing Crosby’s *Sweet Leilani*, and parodies such as *Oh, How She Could Yacki Hacki Wicki Wacki Woo*. These *hapa haole* (half-white) tunes swept the mainland. And yet, more-traditional music held its place, not just in Hawai‘i, but also among mainland communities of Hawaiian transplants. From 1935 to 1975, the Honolulu-based weekly radio show *Hawaii Calls* played the music of classy, classic hotels in Waikīkī. At one point, *Hawaii Calls* was heard on more than 750 stations worldwide.

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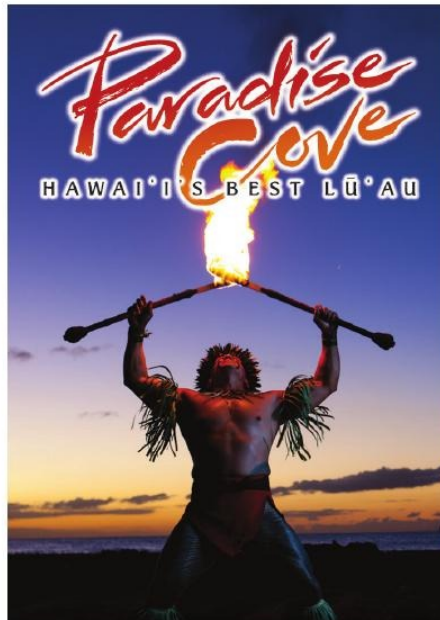
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TROPICAL TUNES

There are many ways to experience the music of Hawai'i.

• Ukulele Hall of Fame

Museum (ukulele.org): The mission of this virtual museum, whose president is the great-granddaughter of Manuel Nunes, one of the earliest uke makers in Hawai'i, is to document, preserve and promote the history of the 'ukulele, its players and its makers.

• **Radio waves:** In Honolulu, stay current on Hawaiian music by turning your dial to KINE ("Hawaiian 105") at 105.1 FM. On streaming services or online, try these keywords: Amy Hānaiali'i Gilliom, Gabby Pahinui, Keali'i Reichel, Keola Beamer, Ledward Kaapana and Lena Machado.

• **Top 10:** No two critics would agree about the best Hawaiian music albums of all time. Israel Kamakawiwo'ole's "Facing Future" was the first by a Hawaiian artist to go platinum, so it has to be on the list. *Honolulu Magazine* picked 50 in 2004, then added 25 more "from this century." You can't go wrong with top picks from these lists, which can be found online.



George Kahumoku at The Cedar Cultural Center.

PATRICK O'LOUGHLIN

• **Catch it live:** You can enjoy slack-key guitar every Wednesday evening at the Napili Kai Beach Resort on Maui, and a number of Hawaiian musicians play on the acoustic guitar circuit, at venues such as the Freight & Salvage in Berkeley, California; Wolf Trap in Vienna, Virginia; and The Cedar Cultural Center in Minneapolis, Minnesota. —C.H.

This genre of music was reinvigorated during the Hawaiian Cultural Renaissance. Island record companies led the way, and one mainland label, Dancing Cat, archived the music of slack-key guitar masters. Hawai'i has the Nā Hōkū Hanohano Awards, the Islands' version of the Grammy Awards. Recording artists from roots guitarist Ry Cooder to surfer-rockers Jack Johnson have worked with Hawaiian-music virtuosos. Today, Hawaiian music provides the soundtrack for gatherings of college Hawaiian clubs, canoe clubs on the mainland West Coast and schools of hula around the world.

DO THE HULAHULA

The word *hula* for some people still conjures nubile Polynesians in cellophane skirts, swaying their hips and waving their arms. Or you might think of hula hoops—the plastic playthings invented in the 1950s and confused, to this day, with the ancient art form. But ... *no*. Powerful and provocative, hula traditionally told the history of a people without a written language. Hula helped to—among other things—define the relationship between humans and gods, honor chiefs and praise nature.

The arrival of European and American explorers, whalers, missionaries and merchants did not bode well for hula. Bob Krauss once wrote in the *Honolulu Advertiser* that hula was the best known and the least understood of the fine arts in Hawai'i. "First," he wrote, "the missionaries condemned it to hellfire. Then Tin Pan Alley turned it into a dance no self-respecting Hawaiian would perform." Twentieth century tourism commercialized the dance with the Kodak Hula Show and kitschy souvenirs. The first hula

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DRESS UP

There's a lot more to Hawaiian fashion than flowered shirts and grass skirts. (Oh, and coconut bras? Not a Hawaiian thing.) Catch Hawai'i Fashion Month each November, or update your wardrobe anytime:

- **Surfwear:** Elvis Presley and The Beach Boys introduced American teens to surfboards, surf jargon, surf music and a whole style of dress. Bikinis and board shorts can hardly be claimed as "Hawaiian," but floral shirts can. Look to brands such as Kahala Sportswear and Tommy Bahama if you like them new, antique stores if you like them old, and thrift shops for the best vintage tops (called "aloha shirts" in the Islands.)

- **Wahine wear:** Vintage muumuu (or, properly, *mu'umu'u*) deserve seeking, too.



Designs by Manaola show at New York Fashion Week.

You'll find plenty on Etsy and eBay. Also, search for these brands: Bete and Mamo Howell.

- **Hot couture:** Of course, fashion is being designed that can make vintage shirts and *mu'umu'u* seem quaint. Designer Manaola Yap's

geometric patterns, based on the traditional method of *ohe kapala* (used to decorate barkcloth), are redefining Hawai'i style. This year he became the first Native Hawaiian designer to showcase authentic Hawaiian culture at New York Fashion Week. And Kini Zamora took his bold statements to *Project Runway* in 2014 and 2016; he sells online and from a store in 'Aiea, on O'ahu. —C.H.

dolls appeared in the 1920s, made of hand-painted bisque ceramicware or redware, then dressed with fake grass skirts, floral halter tops and cloth lei. After World War II, these were supplanted by hula-girl nodders, or "dashboard dolls."

In Hawai'i, the same 20th century cultural renaissance that transformed music also revived hula. A younger generation started to seek out elders steeped in traditional practices. The Merrie Monarch Festival in Hilo, started in 1963, grew into a blockbuster annual event. And visionary masters started setting up traditional dance schools, or *hālau hula*.

Today, more than 500 schools are spreading hula across the United States—from Portland, Oregon, to Pittsburgh, Pennsylvania, and from Chicago to Charlotte. There are also schools in El Paso, Texas, and, of course, Aloha, Oregon—not

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to mention more than 30 in Mexico City and hundreds in Tokyo.

Not all of these schools embrace the most esoteric of hula traditions. But the authentic forms have found homes in Las Vegas, Los Angeles and the San Francisco Bay Area. One teacher of the traditional style is Berkeley's Māhealani Uchiyama. As president of the board of directors of World Arts West, she presides over the San Francisco Ethnic Dance Festival. She emphasizes that "a thriving Hawaiian-Californian community has been able to take hula in new directions" and has risen to the high-quality standard set by the competitive festival over the last 39 years.

A festival favorite is Kumu Hula Patrick Makuakāne, the Hawai'i-born director of a 32-year-old professional troupe based in San Francisco. Makuakāne says that traditional schools and festivals are frequented



Patrick Makuakāne is the director of Nā Lei Hulu I Ka Wēkiu, in San Francisco.

by members of a somewhat insular community of transplanted islanders and die-hard Hawai'i fans. But, still, he says he has seen a profound shift in the wider culture.

"People used to question me with a mean edge," he says. "Like, 'Oh, do you wear a grass skirt?' The word *Hawaiian*

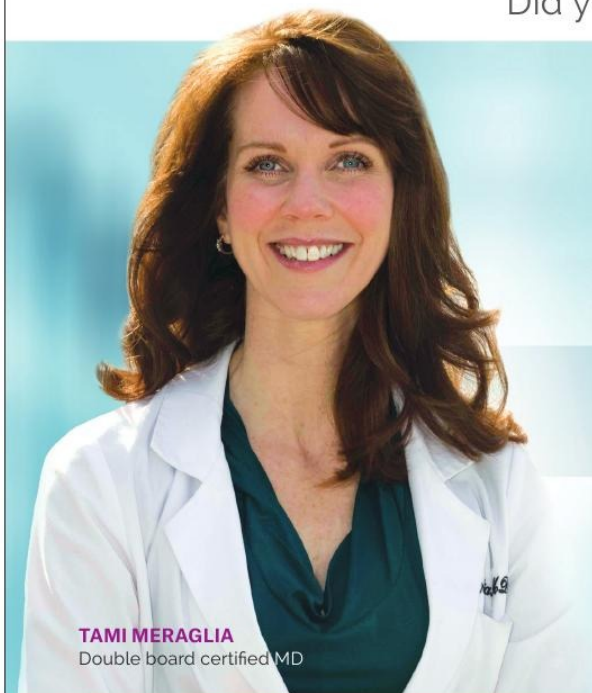
still makes some people think of Tiki culture, or of the 'ukulele—which they mispronounce *you-koo-lay-lay*." But mainland people today are "more informed, less snarky," he notes. "There is more curiosity and sensitivity. And there is a growing community seriously dedicated to cultural traditions in all their nuance." ✈

Journalist and author Constance Hale was born and raised on O'ahu's North Shore. She has lived for years in the San Francisco Bay Area, where she is an avid hula dancer and fan of Hawaiian music.

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By Ted Alan Stedman

» **A year out of college,** I had decided to pursue my interests in skiing.

And with “Ski Town USA” and “Champagne Powder” registered trademarks, Steamboat Springs appeared to be the perfect place. And it was. That winter I practically lived at the Steamboat Ski Resort, a nearly 3,000-acre dream that includes Mount Werner and parts of other adjacent peaks, and annually receives 28 feet of the finest white powder. I schussed just about every one of its 165 runs and clocked more than 100 ski days—a badge of honor I’m still proud of.

The northern Colorado town’s Western character was equally alluring—a real-deal snippet of the ranching culture that still exists today. In these parts, Stetson-wearing cowboys driving pickups piled high with hay are just as much a part of the landscape as visitors in SUVs hauling kayaks, skis and bikes. The two cultures coexist seamlessly.

Eventually a career pulled me to nearby Denver, but swapping ZIP codes hasn’t kept me from returning to stay and play in Steamboat, particularly in the fall. As some locals like to say, “The ‘Boat’ sails year-round,” and in autumn, when crisp cobalt-blue skies frame mountainsides of aspen trees bursting with crimson and gold, this area is a showstopper.

Find Your Footing

The resort town of Steamboat Springs, located less than 160 miles northwest of Denver and a few miles north of the ski resort, has a population of about 12,000 and sits in the broad Yampa River Valley, right on the flanks of the



Medicine Bow–Routt National Forests. Backpackers mount multiday treks to scores of remote lakes, streams and waterfalls peppering the region.

A local favorite is the Zirkel Circle, an 11-mile loop north of town that connects pristine Gilpin and Gold Creek lakes. The trail takes in stunning views of Little Agnes and Big Agnes peaks. With some sweat equity, opportunities for solitude, beauty and excellent trout fishing abound.

Hikers can enjoy more than 80 trails that range from short family-friendly strolls to more-strenuous treks. Fish Creek Falls is a favorite spot located just minutes from town. A short quarter-mile walk lands you within view of the spectacular 280-foot falls framed by Fish Creek Canyon. More-ambitious hikers can continue 2.5 miles and climb 1,660 vertical feet to reach Upper Fish Creek Falls and picturesque Long Lake in Routt National Forest.

Owing its name to the 150 natural hot

NEAR & FAR»



» Anglers fly-fish in the fall on the Yampa River, far left. The Old Town Hot Springs, above, in downtown Steamboat Springs, is a favorite location for the entire family. Cycling, left, is a popular autumn activity in the area.

ABOVE: COREY KORISCHKE; TOP RIGHT: MATT STENSLAND;
BOTTOM RIGHT: DAVID EPPERSON / GETTY IMAGES

springs scattered through the region, Steamboat has a hike that could well be its signature route. Hot Springs Trail treats hikers to the big reward of a soothing soak. Just 15 minutes from town, the Mad Creek Trailhead accesses the Hot Springs Trail, where hikers continue for 3 miles to Strawberry Park Natural Hot Springs. This shady oasis has an enchanting series of natural-looking rock-walled pools with staggered temperatures that reach up to a toasty 112 degrees.

The pools are all laced together by stone walkways coursing through the forest. Be sure to pay the modest fee at the check-in gate.

Bikes and Browns

Look around and you'll see biking almost everywhere in Steamboat ("Bike Town USA" is another registered trademark here). The town's elevation is 6,732 feet above sea level, so start off easy. Try a get-acquainted ride on the paved 7.5-mile Yampa River Core Trail that



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» The impressive 280-foot-tall Fish Creek Falls thunders down Fish Creek Canyon a short distance from Steamboat Springs.



is shared by walkers, joggers and horseback riders, and scoots right through the heart of Steamboat. Much of the town is on view along this trail, from the 6-acre Yampa River Botanic Park and historic Bud Werner Memorial Library to the Howelsen Hill Ski Area, where nearly 90 Winter Olympians have trained.

The path alongside the river means easy access for anglers, and fall is the perfect time to get out the rod and reel. Trout become voracious feeders as they bulk up for winter. By October, the river has settled down from its roiling high point during the summer runoff to a calmer, more fishable stream.

Go ahead and target the rainbows, the main species most seek. But as local fishing gurus will tell you, fall is prime time to fish for plump brown trout—the ultimate prize here. For best results, use a 4-weight fly rod casting streamer and dry fly patterns matching the October caddis hatch. Chances are you won't be disappointed.

Mountain bikers with intermediate skills will enjoy the loop from Wyoming Trail to Spring Creek, especially during fall. This 30-mile ride follows the spine of the Continental Divide north from Rabbit Ears Pass, with epic roller coaster sections and stream crossings. The singletrack requires 1,000 feet of climbing to Buffalo Pass, and then it's all downhill for 12 miles through groves of golden aspen all the way to town.

Town Time

Any visit here has to include a splash in Old Town Hot Springs. The location once served as a gathering place for the Ute Indians who first settled the area. Now, this downtown icon is a family-friendly facility known for recreation and rejuvenation with its hot mineral spring waters. A kiddie pool, two waterslides, a lap pool, a fitness center and a hot springs pool area offer something for everyone. It is also the perfect place to relax after a day of hiking.

INSIDER TIPS TO STEAMBOAT

Resident Amy Charity is a former professional bike racer and all-around outdoorswoman who offers these tips for four-season fun.

■ **Fall:** To get the best views of the fall foliage, the new Flash of Gold multi-use trail is stunning. From Buffalo Pass Road, enter the 5.2-mile trail, and bike or hike through pine forests, open meadows and aspen groves all the way back to town.

■ **Winter:** Break out the cross-country skis or snowshoes and travel up to Rabbit Ears Pass at Hogan's Park, where you'll start a 7-mile downhill journey that will end at Steamboat Mountain Resort.

■ **Spring:** Drive Twenty-Mile Road to the Ridge Trail on Emerald Mountain, one of the first trails ready for runners, hikers and mountain bikers in the spring. The 5-mile trail has incredible views. On your way back into town, stop at Mountain Tap, one of Steamboat's best breweries.

■ **Summer:** Travel to Steamboat Lake for a day of adventure and rent a paddleboard or boat, relax on the beach, fish and swim in the lake. Later, hike along the shoreline and admire the sea of wildflowers. —T.A.S.

» DID YOU KNOW? The Steamboat Springs name can be traced to the early 1800s, when French fur trappers arrived in the area at a place that the Ute Indians called "medicine springs." According to legend, when the trappers heard a chugging noise from the bubbling mineral springs, it reminded them of a paddlewheel steamer.

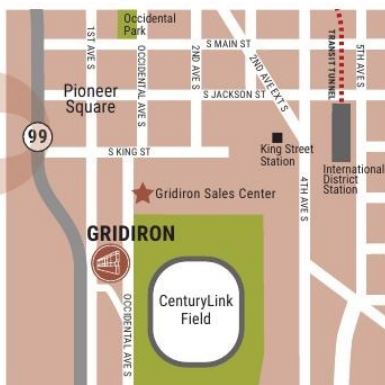
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Once your muscles are soothed, be sure to visit F.M. Light & Sons, a family-owned Western clothing outfitter that has supplied duds to locals for five generations. Word is that the store has one of the largest selections of Western wear in the Rockies, with a dizzying display of cowboy hats, boots, pearl-button shirts—you name it.

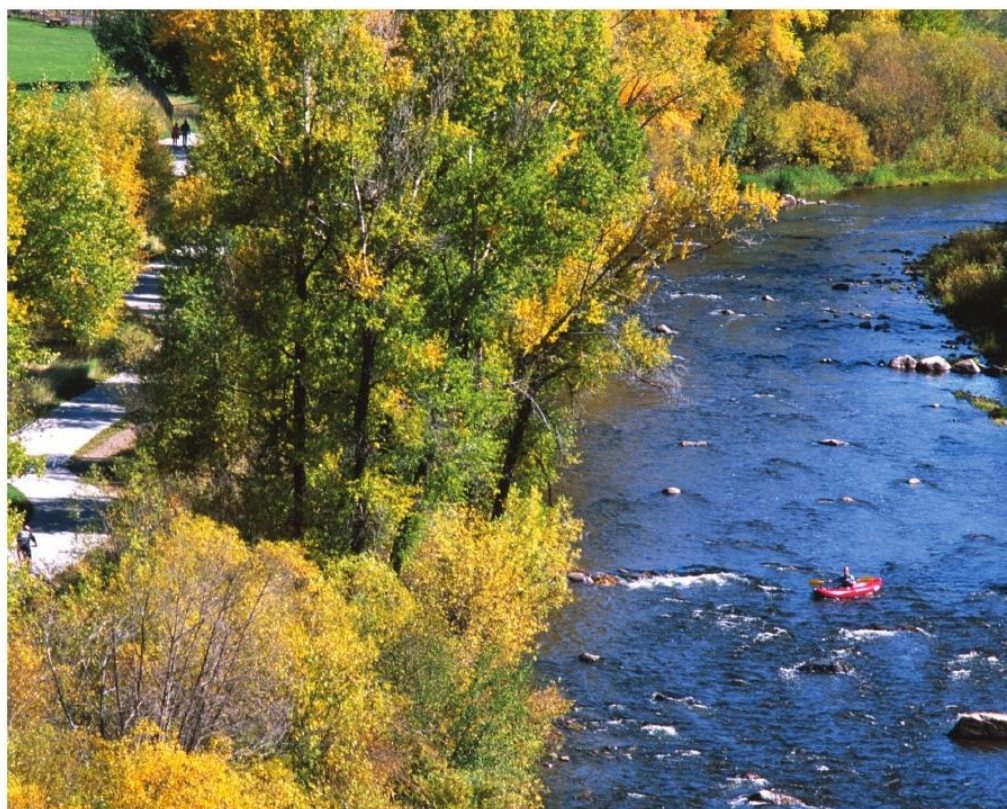
Later, head up the street and visit the Tread of Pioneers Museum, where Steamboat's Old West/ski town heritage is memorialized. You'll see ski-history exhibits tracing the development of the sport and memorabilia celebrating the town's record number of Olympians, including medalist and favorite son Billy Kidd.

Scenic Drives

Fall golf in Steamboat is postcard perfect, and you won't find a more scenic layout than the 18-hole Haymaker Golf Course.

With sweeping views of ranchlands, the handsome par-72 course is surrounded by colorful fall foliage, while snow-dusted mountains rise in the distance. Measuring 7,308 yards from the back tees, Haymaker offers challenging play, including a 636-yard par-5 beauty.

With fall's splendor at full strength, a scenic



drive of another kind should be part of any visit. The drive north on Elk River Road (CR 129) is a Steamboat stunner that follows the glittering Elk River and crosses rolling

» *A kayaker paddles along the Yampa River, while people walk and bike along the Yampa River Core Trail in Steamboat Springs.*

Lodging

■ **The Steamboat Grand:** Located about 3 miles from town, this mountain-chic hotel at the base of Steamboat Ski Resort has 328 beautifully appointed guestrooms, condominiums and penthouses all in one location. A restaurant and lounge are on-site, along with a full-service spa and health club. You can't beat the mountain ambiance of the year-round outdoor pool and hot tub.

■ **Bear Claw & Edgemont:** Magnificent valley views are one benefit of this premier 69-unit slope-side condominium development, where year-round trail access is a snap. Its studio to six-bedroom condos offer casual luxury with plenty of amenities, including a bar lounge. A bonus is the complimentary shuttle during the winter for the 10-minute drive into town.

■ **Rabbit Ears Motel:** With its giant pink-neon rabbit sign that's on the county register of historic places, this popular downtown motel along the Yampa River has been a cherished landmark since 1952. The 65-room motel is clean, cute and renovated for modern comfort, but still retains its retro charm.

Dining

■ **Creekside Cafe:** The friendly downtown eatery is a local's favorite, serving up all-day breakfasts and lunches you can enjoy on the shaded patio next to bubbling Soda Creek. The Mountain Man Eggs Benedict is legendary, but the famished might opt for the Barn Burner breakfast-biscuit sandwich, piled high with scrambled eggs and covered in sausage gravy.

■ **Mahogany Ridge Brewery & Grill:** This downtown establishment is known for its excellent handcrafted beers, including various seasonal brews. However, it also has an impressive wine selection, great sandwiches and unusual entrees that include an elk T-bone and Caribbean jerk-spiced duck breast.

■ **Aurum Food & Wine:** One of the town's most popular riverside restaurants specializes in casual fine dining with seasonal New American cuisine. On the spacious outdoor deck, diners enjoy locally sourced favorites such as buffalo rib-eye, Colorado trout and grilled elk jalapeño sausages, while sipping any number of stellar varietal wines and craft beers. —T.A.S.

» NEAR & FAR STEAMBOAT SPRINGS



» Amid hillsides speckled with fall foliage, mountain bikers ride along trails at the Steamboat Ski Resort.

ranchlands and dense pine forests as it heads toward Hahns Peak Village.

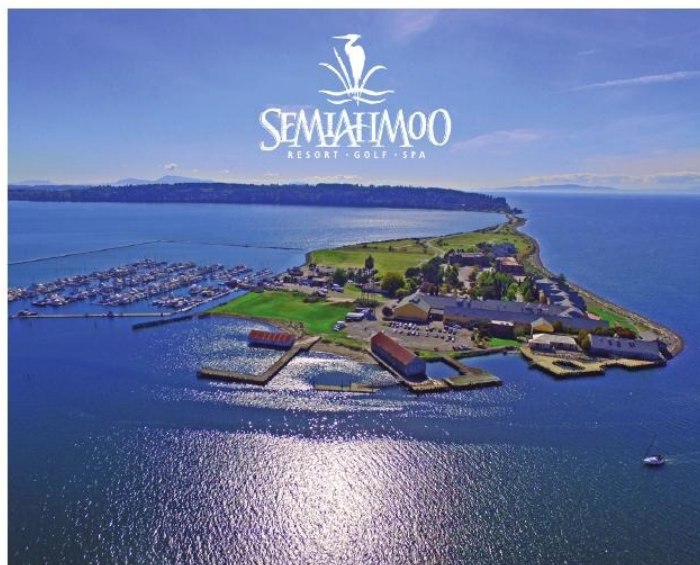
Open year-round and not requiring a four-

wheel drive, this paved county road offers a leisurely trip into the Old West and the vast wilderness of North Routt County. The village was originally founded in 1865 during the region's mining boom.

Today, the town has 15 historic structures that provide a snapshot of daily life at the turn of the last century. Nothing's changed much since those early days. Walk the quiet streets and you'll see Yampa River Valley's Western heritage on display at the vintage schoolhouse and the museum, which offers a walking tour map.

Take a peek inside Wither Cabin—the oldest existing structure in town—and you can get a glimpse of what life was like for settlers between 1900 and 1920. Thanks to the local historical society and its continuing preservation efforts, Hahns Peak Village is living history frozen in time.

Two other requisite stops on the scenic



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» NEAR & FAR STEAMBOAT SPRINGS

drive include nearby Steamboat Lake and Pearl Lake state parks, both accessible for fishing (and warm-season water sports).

With the stunning Hahns Peak always in view, both of these lakes are forest-shrouded gems, known for their shimmering waters. They are home to native cutthroat trout that fly anglers target well into October.

There's one more nearby attraction that visitors shouldn't pass up. At Mile Marker 24 lies the Hahn's Peak Roadhouse, a local fixture that can win over any city slicker with its Old West charm.

Call ahead for reservations and you can saddle up on Mocha, Magic or any of the horses for trail rides lasting from one to several hours. Riders mosey from the lodge across streams, over forested slopes and through immense stands of colorful fall aspen with panoramic views of the sweeping Routt National Forest.

Back at the lodge, riders usually pull up a table at the Roadhouse Grill and dig into hearty dinners such as rib-eye and cowboy steaks with bourbon cream sauce, Steamboat Lake trout or juicy burgers.

Time it right and you'll get to hear local bands play everything from bluegrass to blues, while guests and locals fill the dance floor.

Steamboat is best known as a ski resort. But with its Western heritage, friendly local residents and natural outdoor bounties, which include rivers, mountains and more, it's a destination for all seasons.

Remember what locals say—"The 'Boat' sails year-round." ✈

Ted Alan Stedman skis and writes from Denver.

Alaska Airlines offers regular service to Steamboat Springs. For information or to book a ticket, visit alaskaair.com.



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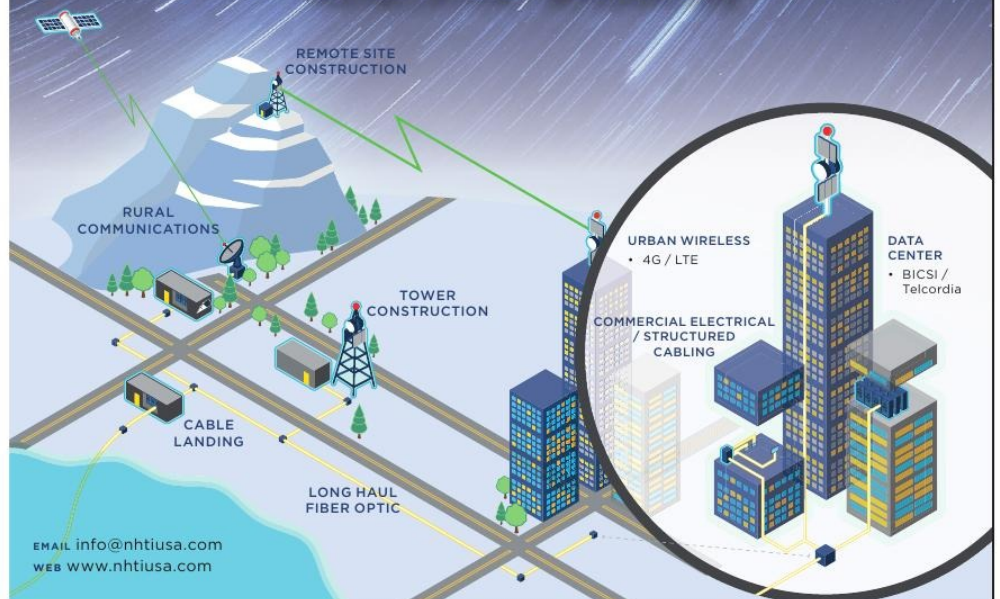
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Palm Jumeirah, Dubai.



DELUXE DUBAI

The metropolitan melting pot is rich in culture and luxury

By Andrea Poe

» “Dubai is the land of opportunity.

Anything is possible,” my taxi driver, who moved here from the Philippines 13 years prior, tells me. As I chat with him, a canary-yellow convertible Lamborghini zooms past, the driver’s white keffiyeh, or head scarf, snapping in the wind.

I can’t help but agree with the driver’s words as the Dubai skyline comes into sight. Gleaming skyscrapers cast a blinding glare in the desert sun. Steel spires pierce the sky amid mirrored towers that announce human innovation in the harsh desert landscape that surrounds them. Lush green lawns and fanciful flower beds are a testament to the rigor-

ous taming of the sand inside city limits.

The United Arab Emirates is a confederation of seven emirates on the oil-rich Arabian Peninsula, and Dubai, my destination, is the most populated emirate, with 2.8 million residents, most of whom hail from other countries. More than two-thirds of the people living in the emirate’s most populated city and capital, also called Dubai, were born elsewhere. This makes for a vibrant and diverse cultural life. Dubai also happens to be one of the world’s fastest-growing economies. Its exceptional growth, which began with the 1960s oil boom, has been marked in recent years by an increase of megaluxury.



» Visitors are drawn to the Lost Chambers Aquarium's dramatically lit marine life, above. Dubai's skyline features the towering Burj Khalifa, left.

is also part of Atlantis and draws locals and travelers alike.

In the past year it's become easier than ever to access Palm Jumeirah, even without a car. The Dubai tram system transports passengers from downtown Dubai to the trunk of Palm Jumeirah, where a connection to the Palm Monorail takes you right to the entry of the Atlantis.

Back indoors, I get my first glimpse of the Lost Chambers Aquarium, which, with its 65,000 marine animals, is one of Dubai's biggest draws, and is open to everyone, whether they stay at the hotel or not. The sunken lobby has a floor-to-ceiling wall of windows that reveals the aquarium's residents, including rays, eels and colorful fish. As families snap selfies against the spectacular backdrop, I briefly lock eyes with a small shark before it sashays away.

That intriguing moment inspires me to take a behind-the-scenes tour of the Lost Chambers Aquarium, one of the most beautiful and dramatically lit (think dark and moody) aquariums I have ever been to. I follow my guide, a young woman from Sri Lanka, who takes me from fish infirmary to birthing tanks. My favorite part of the tour

Perhaps the pinnacle of Dubai's built environment is Palm Jumeirah, an artificial archipelago crafted of sand and stone in the shape of a palm tree, with 17 fronds positioned dramatically in the Arabian Sea. My hotel, Atlantis, The Palm, is a touchstone of this neighborhood of residences, shopping and beaches. The resort has 1,539 rooms, including an underwater suite where sharks glide past a bedroom wall; shops such as Tiffany & Co. and restaurants such as Nobu; two pools; a water park; sea lion and dolphin experiences; and museum-worthy glass sculptures.

I begin my visit with a spa treatment at

the resort's ShuiQi Spa, where I book a 30-minute ZeroBody floating treatment said to jettison jet lag. I lie on a water mattress that pulses with LED lights. As the room dims, I put on earphones so that a soothing British voice can guide me into a state of relaxation. I'm not sure whether the jet lag evaporated, but I certainly emerge deeply relaxed.

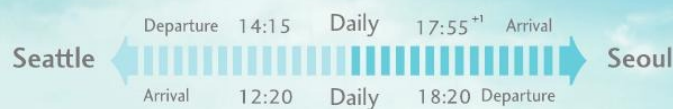
Afterward I head outside for a walk on the property's small Royal Beach, where a British mom is encouraging her toddler into the placid water. The sand is crystalline; the sea is emerald. A DJ's techno beats thump from nearby Nasimi, an adults-only beach club with Miami-meets-Middle East style, which



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tion decks, called “At the Top,” are on the 125th and 124th floor of the 163-floor building, and reached via a high-speed elevator. I cheer on the brave couple but opt instead to remain grounded as I take in the Dubai Fountain at the tower’s base. The fountain system has 7,000 colored lights and water that shoots in the air, dancing to a playlist that alternates between Western classical and modern Arabic pop music.

Shopping

You can’t talk about Dubai without talking about the famed shopping. The Dubai Mall, with 1,200 shops that run the gamut from Chanel to local designer boutiques, is one of the largest malls in the world, with an area of 3.77 million square feet. For me, the highlight is exploring gallerylike shops such as Al Sha-reif, which showcases hand-woven Arabian carpets and hand-woven shawls.

The mall is a place where you can soak in the diversity that is Dubai, including Emiratis themselves, with teenagers in Daisy Duke-style shorts sipping mint tea alongside businessmen dressed in *kanduras*—long white cotton robes—that flutter about their ankles.

Not far away is the famed Mall of the Emirates, another shopping hot spot. It, too, is large, with 630 shops, but its real claim to

turns out to be my most daring adventure in Dubai: feeding a grouper. Of course, it doesn’t compare with the nighttime shark-diving option at the aquarium, but for me it provides plenty of adrenaline. I climb a ladder to the top of a fish tank to feed a frozen baby squid to a 500-pound grouper. Until you’re up close, you can’t quite imagine that such a gentle creature has powerful jaws and a lip line full of sharp teeth. The trick to hand-feeding grouper? Be very careful.

Only in Dubai

The tallest building in the world, the Burj Khalifa, which soars to 2,717 feet into the air, is an impressive sight. From almost anywhere in Dubai, the tower of steel, glass and aluminum will be in sight. It seems to have a futuristic sleekness, with cascading terraces and a dramatic shooting spire, yet the skyscraper was inspired by classic Islamic architecture,

» *The Dubai Fountain produces an impressive light-and-water show, above. Visitors to the Mall of the Emirates, bottom right, can shop at stores or enjoy the mall’s indoor snow park, Dubai Ski, bottom left.*

which often features minarets, turrets and terraces.

While I’m circling the tower outside, I meet a couple from Singapore who have traveled to Dubai to visit the tallest human-made structure on the globe. The outdoor observa-



» NEAR & FAR DUBAI



Abras, or water taxis, carry visitors across Dubai Creek.

fame is its indoor snow park, Dubai Ski. It features a ski lift, skiing and snowboarding (on five different runs), a zipline and even a colony of penguins.

Dubai is often thought about in the context of pushing boundaries and reaching into the future, but there's a rich history here, as well, which serves as a reference point, demonstrating how this part of the world has long been a beacon of cultural exchange. For

centuries, the emirate has been a popular outpost along trading routes, and it has had major industries such as pearl diving and providing accommodations to traders who sold gold, spices and textiles.

Today, Arab, Asian and African merchants continue to trade in Dubai's

souks. These vibrant markets bustle with sounds, scents, colors and people. The most authentic way to get to the markets is to take an *abra*, a traditional wooden boat, from southern Bur Dubai quay, across Dubai Creek, so you can wander among the warrens of traditional market stalls. Here you'll find the gold market, where the jet set visits for jewelry and bricks of the precious metal; the spice market, the most colorful and aromatic nook

in Dubai; and the dreamy perfume market, where you can craft your own scent.

Dubai also has a soulful sheen in the form of an emerging arts scene. At the Heritage House, 79 restored historic buildings house art studios and galleries. The Dubai Concert Committee, a nonprofit, organizes classical music events featuring soloists and chamber music groups from the UAE and around the world. If you're lucky enough to be in Dubai on a Friday, also look for a pop-up called ARTE, The Makers' Market, where local artisans sell handmade jewelry, toys and clothing. (ARTE stands for Artisans of the Emirates.)

Beaches

In the Middle East, Dubai's beaches are the stuff of legend, thanks, largely, to the calm emerald water. Outside of the resorts, most beaches charge a small fee. Bikinis are common at the seaside, and you can expect to

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» NEAR & FAR DUBAI



» Popular Dubai souks, or markets, include the Spice Souk, with piles of aromatic flavorings, far left, and the Gold Souk, which offers jewelry and other items, left.

see burkinis, too. Among the most popular beaches is Kite Beach. Steady winds from the Arabian Gulf make it a favorite for kitesurfers. It's also a magnet for visitors, especially avid Instagrammers, who come here for the clear view of a symbol of Dubai uber-luxury: the Burj Al Arab, a sail-shaped hotel that offers guests a chauffeured Rolls-Royce, a rooftop helipad and 24/7 butler service.

Food trucks, such as Salt, which is in a silver Airstream and churns out miniburgers alongside pop music, make Kite Beach a place to mingle with a hip international crowd.

Dining

Fine dining here may be unlike any place in the world. It can come with dizzying prices, true, but it also offers a bevy of once-in-a-

lifetime experiences. You pay for the highest quality of food along with incredibly unique surroundings.

Take Ossiano at the Atlantis, with its spectacular floor-to-ceiling underwater window that offers views of the Ambassador Lagoon, where sharks glide past your table. Attentive service here is combined with a menu that's dedicated to hyperfresh seafood,

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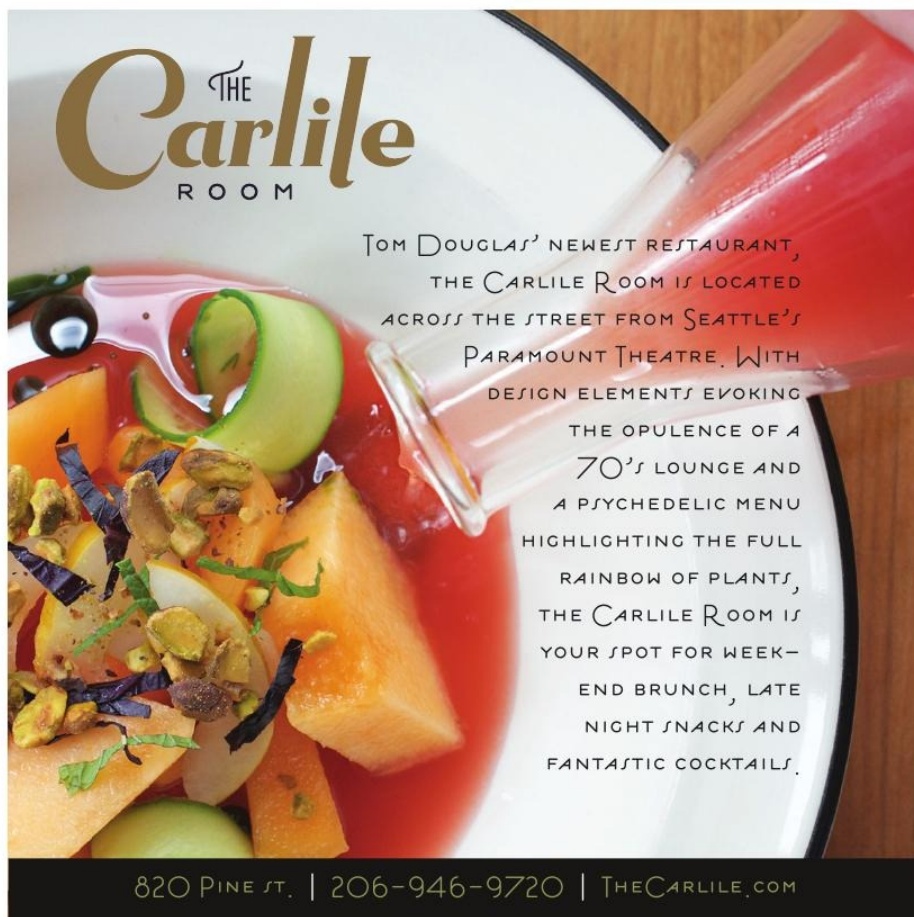
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such as octopus carpaccio and creamy lobster velouté.

Another particularly stylish restaurant is Nathan Outlaw at Al Mahara. It has a Michelin-starred chef, a sophisticated wine program, and seafood flown in daily, including Scottish langoustines and caviar from Bordeaux, France.

If you're willing to forgo the posh surroundings, you will discover a diverse array of excellent food throughout the city. Immigrants from around the world make the food scene here dynamic. Casual places offer some of the tastiest food for the best value. Among my personal favorites: Zaroob,

» NEAR & FAR DUBAI



WEIXIN SHEN / ALAMY STOCK PHOTO

DUBAI DAY TRIPS

Desert Safari

Experience the exotic desert landscape. Ride a camel, sand surf and try Dubai's version of off-roading, on sand dunes. Evening excursions include barbecue and belly dancing.

Ferrari World

This indoor theme park is a tribute to the Italian carmaker, one of the most favored brands among Emiratis. Visitors can take a virtual reality tour of Ferrari's Italian factory and ride the world's fastest roller coaster.

Hatta Heritage Village

A 4x4 navigates desert dunes to the craggy mountains of Al-Hajar, where a re-creation of a 16th century village of sunbaked mud structures gives you a glimpse into the past. —A.P.

tucked in an alley in the Dubai Marina, which has an open kitchen and serves excellent traditional Indian food such as shawarma; Ravi's Restaurant, a Pakistani restaurant that crafts homemade curries that can be sopped up with plate-sized naan; and Din Tai Fung, a neon-lit outpost known for dumplings served in bamboo, and spicy noodle dishes.



IAN MASTERTON / ALAMY STOCK PHOTO

» Named for its gusty winds from the Arabian Gulf, Kite Beach is a great place to kitesurf or lounge along the sandy shore.

On my last night in Dubai, after dinner at Lebanese restaurant Ayamna, I step out to the scenic terrace, where some diners enjoy traditional *shisha* (flavored tobacco) from ornate hookahs, provided by the restaurant.

I gaze up at the black sky speckled with stars. Before me: dark water lapping at the shore. Behind me: the halo of bright lights emanating from this city, a testament to human optimism. At this moment, I recall what my driver told me when I first arrived: In Dubai, anything is possible. ✈

Andrea Poe is a freelance writer in Washington, D.C.

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California

San Francisco Sampler

A walking tour of some of the city's outstanding cuisine ● BY RENEE BRINCKS

AFTERNOON SUN SPARKLES

off San Francisco Bay as I savor a crisp Bluxome Street Winery Viognier and watch sailboats glide past Alcatraz Island. To my left, on the company's Ghirardelli Square patio, two friends swirl their wines and contemplate moves on a Scrabble board. Behind me, a tasting room employee pours flights for patrons and discusses Bluxome's urban production space in San Francisco's South of Market neighborhood.

My own wine-tasting follows a creamy chai latte and a decadent

almond croissant upstairs, at the airy Le Marais Bakery. The purveyor crafts its breads and French pastries locally, and has earned praise from publications such as *Condé Nast Traveler* and *Food & Wine*. Such accolades are common for food businesses in San Francisco, a city rich with Michelin-starred standouts and casual gems. But, it's noteworthy to see these new culinary headliners clustered in Ghirardelli Square.

Named for the 165-year-old Ghirardelli Chocolate Company that still serves sweets and sun-

daes here, Ghirardelli Square has traditionally been known for classics such as McCormick & Kuleto's Seafood & Steaks and The Pub at Ghirardelli Square, a comfort-food favorite. The square is a great starting point for exploring San Francisco's northeastern neighborhoods, bite by bite.

After dining at Ghirardelli Square, cross Beach Street to view vintage ships and saunter down a scenic pier of the San Francisco Maritime National Historic Park. Fisherman's Wharf unfolds to the east. Look for old-school seafood

cafes tucked among souvenir shops and funky sites such as Musée Mécanique, home to hundreds of antique arcade games and mechanical musical instruments. Renovations and a menu refresh at Fisherman's Grotto #9 will wrap up this fall, when the 82-year-old restaurant reopens as No. 9 SF Fish Kitchen & Bar.

From the wharf, it's a fairly flat, about 1-mile walk to Washington Square Park and the heart of the North Beach area. Known for its Italian heritage and a literary history starring Beat Generation



Clockwise from left: Some of San Francisco's top attractions include the Golden Gate Bridge, Ghirardelli Square and cable cars, as well as great places to eat such as Le Marais Bakery.

writers such as Jack Kerouac and Allen Ginsberg, this vibrant district boasts fine dining and charming coffeehouses at every turn. After browsing the stacks at City Lights Bookstore, co-founded by poet Lawrence Ferlinghetti, cross Jack Kerouac Alley to order a cocktail at Vesuvio Cafe. Or, amble up Columbus Avenue and have lunch at one of North Beach Restaurant's outdoor tables.

Mixed alongside such mainstays are more recent additions, such as Belle Cora, a cozy kitchen and bar on a tree-lined stretch of Green

Street, and Maritime Wine Tasting Studio on Columbus Avenue.

A few blocks from here, where North Beach meets Chinatown, China Live brings a contemporary Chinese restaurant, bar, retail marketplace and tea cafe together under one roof. In addition, the Scotch-focused cocktail lounge Cold Drinks opened on China Live's second floor in July. It's a memorable place for a night-cap after a do-it-yourself San Francisco tasting tour.

To learn more about San Francisco, visit sftravel.com.



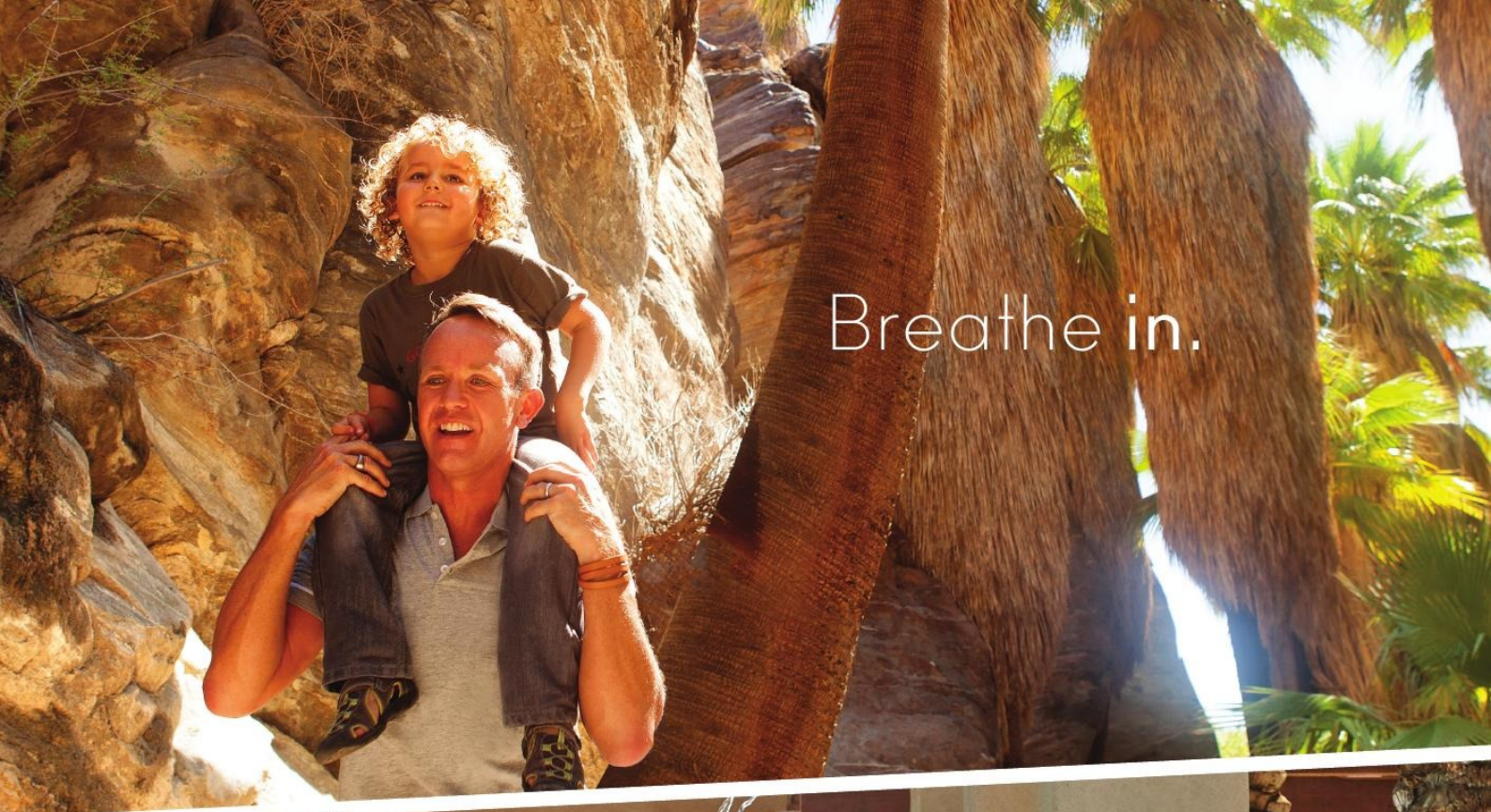
Quick Bites

Short on time but hungry for a taste of San Francisco? Sample the work of local producers—and collect some travel-friendly culinary souvenirs—at one of the city's dynamic food halls.

The Market (visitthemarket.com) brings gourmet grocery items and fast-casual counters by local restaurateurs to a Market Street outpost along the downtown streetcar line.

Bakers, brewers, coffee roasters, cheesemakers and chocolatiers occupy stalls at the **Ferry Building Marketplace**, shown at right (ferrybuildingmarketplace.com). The Ferry Plaza Farmers Market sets up here on Tuesdays, Thursdays and Saturdays (cuesa.org).
To page 123





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From page 121 **Tartine Manufactory**, shown below, serves Tartine Bakery's famed bread, baked daily by co-owner Chad Robinson, in the Mission District. The restaurant also sells seasonal California fare (tartine-manufactory.com). —R.B.



Superlative Sleeps

Several notable newcomers and updated inns now offer fresh overnight options across the San Francisco Bay Area.

The new **Hotel Via** (hotelviasf.com) features tech-forward accommodations and a rooftop lounge steps from San Francisco's AT&T Park.

Recent renovations enhance **The Alise San Francisco**, a Staypineapple boutique hotel in a 1913 building near Union Square (thealise.com).

Updated in 2016, **Timber Cove** (timbercoveresort.com) overlooks redwoods and Pacific waves north of Jenner, on the Sonoma County coast.

Stylish Airstream suites accommodate guests at Sonoma County's **Auto-Camp** (autocamp.com), near Guerneville and the Russian River. —R.B.



Enjoy a sandwich crafted with locally sourced roast beef at **Thistle Meats**, above. Sonoma County is famous for its rolling vineyards, below.

Savoring Sonoma County

MANY SAN FRANCISCO CHEFS source ingredients from Sonoma County, a lush agricultural region about 80 miles north of the city. With more than 425 wineries, plus year-round public markets and farmstands, the destination provides culinary treasures well worth a visit. Sonoma County Tourism shares details at sonoma-county.com.

Kyle and Katina Connaughton generated major buzz with the 2016 opening of **SingleThread**, their upscale restaurant, farm and hotel in Healdsburg. Kitchen 335 introduced another option this August, serving items grown by Sonoma County farmers.

Visit Healdsburg Shed to shop

for home goods, including Japanese knives and chic supplies for vinegar and kombucha fermentation. At Shed you can also sample seasonal salads, seafood and snacks, as well as housemade kombuchas and water kefir.

In Sebastopol, **The Barlow**, a 12.5-acre outdoor market district, celebrates its fifth anniversary in 2018. It features local food, beverages, artisanal goods and events.

In the town of Rohnert Park, American, Asian and Italian dishes are on menus at **Graton Resort & Casino**, which includes a **Slice House** owned by 12-time World Pizza Champion Tony Gemignani.

In downtown Petaluma, **Thistle Meats** works with regional ranches



California



Healdsburg Shed.

to create housemade charcuterie. Sustainable meat and produce also star at The Drawing Board, down the street.

Even desserts get the seasonal treatment here. Petaluma Pie Company crafts its pies and

crumbles with local, organic ingredients—and it's a sweet way to sample Sonoma County's agricultural bounty. ✈

Renee Brincks covers travel, food and culture from San Francisco.

Where to Sip

Family-owned **Gundlach Bundschu Winery** (gunbun.com) celebrates 160 years with events throughout 2018. Call ahead to schedule off-road vineyard adventures or cave tours, or to reserve lakefront seats on the Vista Courtyard patio.

North of Santa Rosa in Fulton, the **Kendall-Jackson Wine Estate & Gardens** (kj.com) offers wine flights paired with cheese, chocolate or five courses from winery chef Justin Wangler, along with traditional tastings and garden tours.

Landmark Vineyards pours its Chardonnays and Pinot Noirs (plus some small-production surprises) at tasting rooms in Kenwood and Healdsburg (landmarkwine.com).

Visit the **Winegrowers of Dry Creek Valley** (drycreekvalley.org) and the **Sonoma Valley Visitors Bureau** (sonomavalley.com) for more Sonoma County suggestions. —R.B.



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A romantic couple is shown from the side, embracing each other against a backdrop of a sunset sky. The man, on the left, wears a blue and white plaid button-down shirt. The woman, on the right, wears a blue and white floral patterned top and blue jeans. She is holding a glass of red wine in her right hand. The scene is bathed in the warm, golden light of the setting sun, creating a soft and intimate atmosphere.

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A wooden cutting board is the central focus, laden with an assortment of gourmet products. In the top left, a small white bowl is filled with light-colored almonds. To its right, a wedge of white cheese with a dark rind sits on the board, with a small round cracker topped with a pat of butter nearby. Further right, several slices of cured salami are stacked. A sprig of fresh rosemary lies horizontally across the middle. In the bottom center, a white bowl is overflowing with a mix of red, black, and green olives. To the left of the olive bowl, there are clusters of red raspberries and a small piece of blue cheese. On the right side of the board, a bunch of purple grapes is visible, along with a few slices of butter and a small cracker topped with butter and a slice of tomato. A text overlay in the top right corner, enclosed in a white border, reads "SONOMA COUNTY CALIFORNIA". The background shows a grey surface and a glass of red wine.

Watching for Fish in Reds Meadow

The Mammoth Lakes area offers enchanting fall fishing

BY MONICA PRELLE



I CAST A LINE into the Middle Fork of the San Joaquin River in Reds Meadow Valley, which includes Devils Postpile National Monument and sits about 15 miles southeast of Mammoth Lakes. My fly lands on the seam between slow-moving waters near the bank and swifter-moving waters in the main channel.

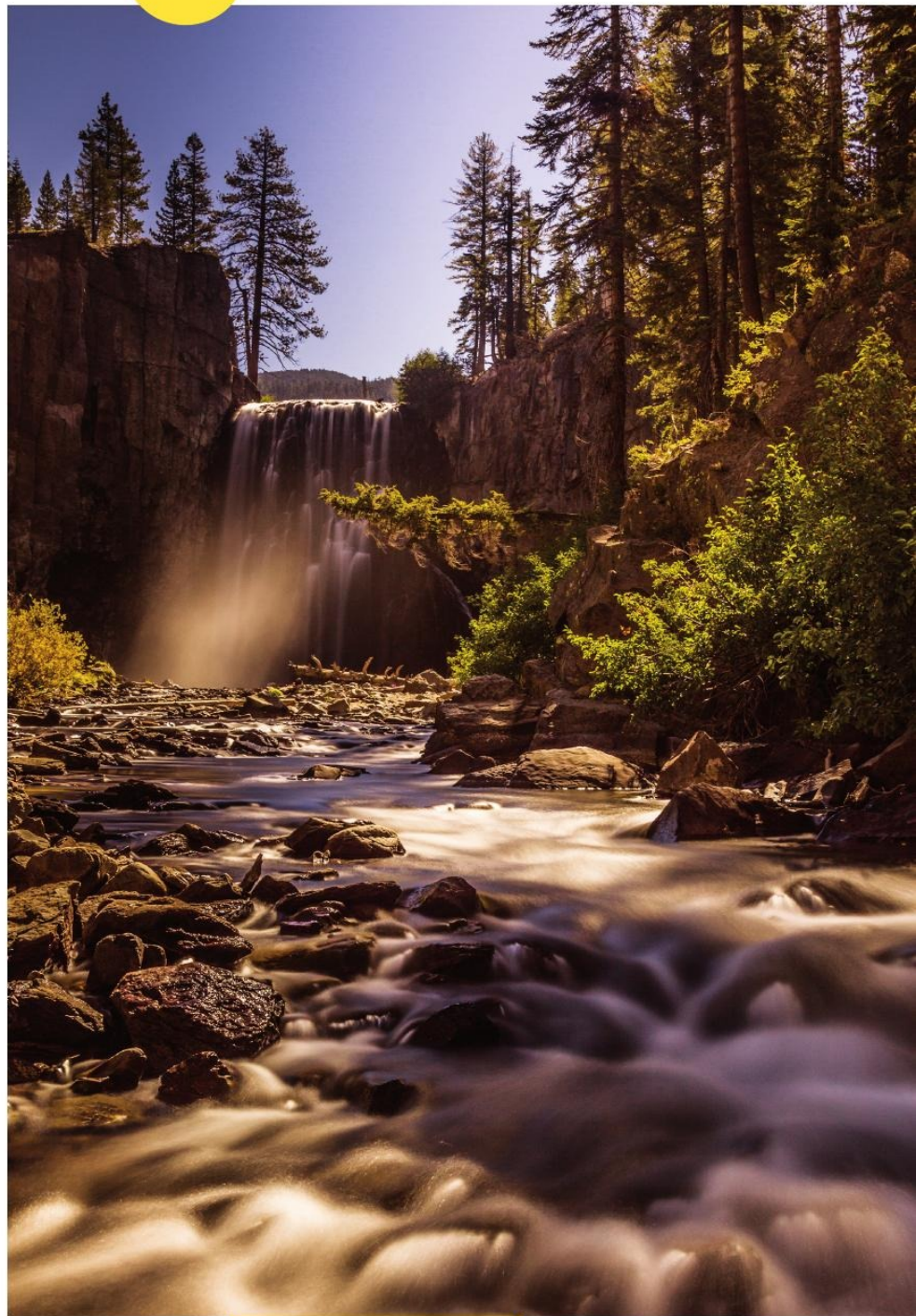
The fly runs downstream in this beautiful valley, which is on the other side of Mammoth Mountain from the resort town and ski area. I follow the fly as it bobs with the flow of the water. It passes over a smooth round rock, and then plunges out of sight for a moment, before surfacing and continuing its travels. The river bends and runs through pools formed near the bank. I wonder if a fish is there, ready to strike.

I hold my breath and watch the water flow. In Reds Meadow Valley, the river's riffles, runs, pools and flats are popular for fishing throughout the year, with the river home to brown, rainbow, golden-hybrid and brook trout.

October's cold nights and warm days make it an ideal time of year to visit this premier fall fishing destination, especially this year. While the river water levels typically drop in fall, this past winter's heavy snowfall will keep the flows relatively strong until the snow starts to fall again in November. The tall grasses in the meadow turn from green to gold, and aspen leaves offer a colorful display, turning yellow and orange.

Fishing lore maintains that, at first, the angler wants to catch a lot of fish. With more experience, the angler wants to catch a big fish, and eventually he or she just wants to catch any fish. When I'm on the river, I've always been content to simply watch the flow of the water.

I've watched this river for many years, beginning in the summer of 2001 when I was a waitress working at Red's Meadow Resort & Pack



The Middle Fork of the San Joaquin River flows over Rainbow Falls in the Devils Postpile National Monument.

California

Station. In the early and late hours of the day, when visitors were gone and campers sat by fires, I found peace staring endlessly at the water. Everything about it is calming—precisely what this angler seeks.

Working at the Mule House Cafe, I would end my day just 30 minutes before sunset. The buses shuttling visitors back to Mammoth Lakes had all gone home, and quiet had settled on the valley. I would sit by the outlet of Sotcher Lake, which feeds into Reds Creek. The granite buttress on the west shore reflected on the glasslike water. Clouds changed from white to gold to pink. Hungry trout feasted on midges. The fishes' mouths or fins touched the surface of the water, and left expanding rings in the fading light.

On other days, I walked through the woods from my one-room employee cabin to the San Joaquin River. Wandering along the river's edge, I watched the water flow quickly through riffles and slowly around bends. Leaves stuck to the rocks on the shoreline. Foam circled in a reverse current around a boulder.

It was not until years later that I realized fishing was not really about catching the fish, but about the experience of enjoying nature. I now live in Mammoth Lakes with my husband and dog, and still return to Reds Meadow, with my fly rod in hand.

The meadow was named for Red Sotcher, the homesteading farmer who prospered by selling vegetables to miners beginning in the 1870s. In the fall, the meadow isn't just great for fishing, it is also one of the best places to see fall colors. You can hike or horseback-ride in the Ansel Adams Wilderness, and visit Rainbow Falls and Devils Postpile National Monument. For more information, go to visitmammoth.com.

The Middle Fork of the San Joaquin is a freestone river, which means the flow of water varies by the season. The river starts in the high country where it is fed by snowmelt from the east face of the Ritter Range. The snowmelt water also bubbles up from springs and collects in alpine lakes—which are popular hiking destinations. The river runs through the valley generally in a westerly direction, eventually making the long trek to the Sacramento–San Joaquin River Delta.

With the change in seasons, the daily insect hatches take a little longer as they wait for the sun to warm the valley. Still, small yellow stoneflies, blue-winged olives and midges buzz along the water's surface.

I cast a line and watch the water flow. ✈

Monica Prella is a Mammoth Lakes-based writer.



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A Powerful Perspective

California's national parks bring the natural world into focus ● BY BILL FINK

I'M LOOKING UP AT GENERAL GRANT, and he's a giant. Adorned with green moss on parts of his thick, gnarled and scarred bark, the mighty sequoia looks like an old warrior, standing with military stiffness and reaching a height of more than 267 feet above me.

This living monument stands in California's Kings Canyon National Park and is one of the world's largest known trees. Anyone would likely feel small in the presence of such a massive living organism—and I think that's a good thing. When you're driving your car on a freeway or connecting instantly to anywhere on the globe via the internet, it's easy to feel like a superpowered giant. You can lose perspective when the world can be reduced to a video clip on the phone in the palm of your hand.



The General Grant Tree, top, stands more than 267 feet tall. A massive pine cone, above, from Yosemite National Park. The Yosemite Falls, left, cascades 2,425 feet into Yosemite Valley.

To help regain a sense of perspective about the true scale and majesty of the planet, and to once again feel amazed at the natural world around you, take a tour of California's Majestic Mountain Loop, a 325-mile circuit that connects Sequoia, Kings Canyon and Yosemite national parks (majesticmountainloop.com). The city of Fresno is often considered the gateway to the loop, which can be enjoyed by car or organized tour, or by riding one of the Yosemite Area Regional Transportation System (YARTS) buses, which service a network of routes connecting many areas to Yosemite National Park, including Fresno and Mammoth Lakes.

It's the vastness of Yosemite's natural wonders that many visitors find so astonishing. Walking through Yosemite Valley, beneath the cliffs of El Capitan that rise 3,000 feet from the valley floor, and seeing Yosemite Falls 2,425 feet above me and Half Dome reaching up 4,737 feet from



Visitors can walk among the giants of Sequoia National Park.

where I stand is a thrill that simply doesn't translate to photos or videos of the park. Looking at the massive stone monolith of Half Dome, reaching nearly a mile straight up, I feel as if I'm witnessing the power of the Earth bursting forth in stone.

In Sequoia National Park, the trees impress not only with their size, but their age. Many have been growing in this area for more than 2,000 years. The General Sherman Tree, reported to be the largest known tree

between branches, a bee buzzing around a wildflower, rows of ants by the trail carrying tiny leaf clippings to their nest. You leave the trails of these national parks with a deeper appreciation for the scale of Earth's wonders, having a greater perspective about the world around you by feeling small among some of the planet's true giants. ✈

Bill Fink writes from Oakland.



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California

Cycling in 'SLO' County

San Luis Obispo is a center for recreational biking ● BY KEN VAN VECHTEN

"IT IS BY RIDING A BICYCLE

that you learn the contours of a country best, since you have to sweat up the hills and coast down them."

So observed one of the brightest stars in our national constellation, Ernest Hemingway. Now, I don't know if Papa ever cycled the California coastline, but if he did, he no doubt would have enjoyed the countryside of San Luis Obispo County.

SLO County, as it is known, is a center of American cycling, with

routes threading through vineyards and farmland, oak-shrouded hills and the central California coast.

Whether you are the competitive sort who thinks nothing of spending all day in the saddle or someone just out to prove the old adage that you never forget how to ride a bike, there is an appealing SLO route for you.



Cyclists ride along Morro Bay during the 2016 Amgen Tour of California race on the famous Highway 1.

TIM DE WAELE / GETTY IMAGES

"There is a culture of cycling here," says Steve Akers, communications director for Bike SLO County, a cycling outreach, education and advocacy group. "Part of

it is the geography, with the coast and the mountains. Part of it is the people, and part of it is the weather. We are blessed with fantastic variety here. You don't

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California

have to pick just one experience.”

SLO is a comfortable place to ride, with many routes having bike

lanes and broad shoulders. And the locals are friendly.

California's Highway 1, which

follows much of the state's coastline, is the prime route for cyclists in SLO County, extending from Morro Bay in the south to Ragged Point in the north. However, this busy road is narrow in sections and cyclists should ride carefully.

You can ride from San Luis Obispo to Ragged Point and back, roughly 50 miles each way, in one shot or break it down into easily completed sections.

For most recreational riders, the 50-mile roundtrip from Cambria to Ragged Point and back offers the quintessential sights—lounging elephant seals, the Piedras Blancas Light Station and views of the Hearst Castle on a hill above the town of San Simeon.

You might even get to see the herd of zebras that roam ranchland near the highway. However, be prepared: this route includes 2,000-plus feet of cumulative elevation gain. For a flat, seaside ride, take the 12-mile roundtrip from Morro Bay to Cayucos.

“Drivers around here are respectful and appreciative of cyclists,” says Will Benedict, public relations coordinator for SLO Bicycle Club. “They see riders all the time—many are even riders themselves—and they understand what cyclists contribute to the local economy.” ✈

Ken Van Vechten writes and bikes from Central California.

Cycling Source List

A Bike and a Route: Check out the “Resources” tab on the San Luis Obispo Bicycle Club website, slobc.org, for rental options and cycling routes and events in the area. For more information on visiting SLO, go to slocal.com.

Fuel: The Taco Temple in Morro Bay does fish—in tacos, burritos and tostadas—in a manner befitting, well, a temple. A short distance away, you'll find the best cookies ever at the Brown Butter Cookie Company.

Vino: For some of the finest local red wine varietals, visit Paso Robles. There, you will find the Riboli Family Wine Estates' San Antonio Winery, which is celebrating its 100th anniversary this year. Come by the tasting room and bistro and toast California wine history (sanantoniowinery.com). —K.V.V.

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Cruising LA's Car Culture

The City of Angels is famous for its love of the automobile ● BY CHERYL MURFIN



The 1950 Chevrolet Sedan, left, was painted by Gilbert "Magu" Lujan and is on display at the Petersen Automotive Museum as part of the exhibit "The High Art of Riding Low: Ranflas, Corazón e Inspiración," which will be on display through July 2018.

A 1991 Ferrari F40, below, is part of the Marconi Automotive Museum & Foundation for Kids in Tustin, California. The museum is best known for its expansive collection of Ferraris.

ALISHA HUTCHINSON SINKS

down into a black bucket seat and slowly wraps her hands around the wheel of a gleaming 1970 Dodge Challenger—a stripped-down, Barney-the-dinosaur-purple speed machine reinforced by a white roll cage. She smiles as visions of drag races she's seen in movies zoom through her mind.

"Amazing!" the Manchester, England, native says as she steps out of the car, one of 130 vehicles in the Automobile Driving Museum (ADM) collection, located in El Segundo, just south of Los Angeles International Airport. "I can't believe I was just in my favorite car ever, and it was in my favorite color. I could almost imagine the tone of its purr!"

If Hutchinson were visiting ADM on a Sunday, she might not have to imagine. That's the day museum volunteers offer short spins in classic cars. The young British woman's sweetly lilting tone suddenly takes on an Arnold Schwarzenegger tone: "I'll be back," she promises.



Alisha Hutchinson takes the wheel in a classic car at the Automobile Driving Museum.



The 1937 Talbot-Lago Type 150-C-SS Sport Coupe, left, was a wedding present to the wife of an Indian prince. It is part of The Nethercutt Collection of unique cars, mechanical musical instruments and furniture, on display in the San Fernando Valley city of Sylmar.



A world of wheels

There's no doubt that the City of Angels has a love affair with cars. In fact, LA's "car culture" is one of its most distinctive features. The automobile was once considered the "solution to transportation problems LA experienced," says Tara Hitzig, ADM's executive director. The decision to build LA's massive car infrastructure led to the development of the area's famed drive-through, drive-in,

drive-everywhere lifestyle. Hitzig also says that with much of the year offering cruise-worthy sunshine, "LA is the perfect place to see and be seen in your beloved automobile." The upshot for enthusiasts such as Hutchinson is that there's no better place in the world to auto gawk.

Along with ADM, there are other must-stops for auto lovers

visiting LA and neighboring Orange County. Topping the list is the hot-rod-red Petersen Automotive Museum in downtown Los Angeles.

Petersen has an expansive collection of vintage, contemporary and experimental autos, as well as some famous movie and TV rides, including the 1963 version of Herbie the Love



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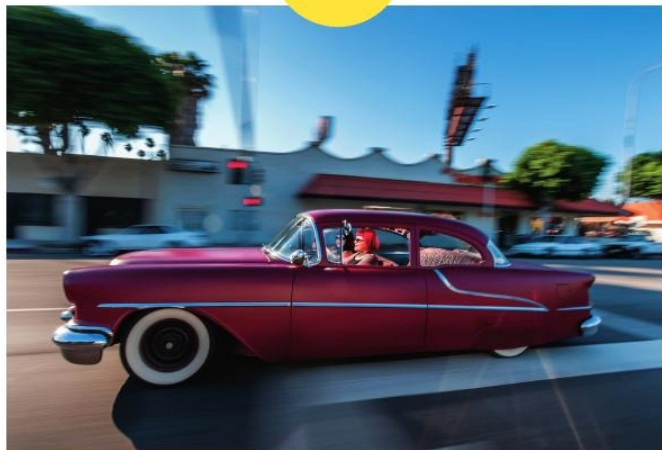
California

Bug and the 1989 model of the menacing Batmobile.

If your passion is more along the Ferrari lines, take a trip to the Marconi Automotive Museum & Foundation for Kids, 50 miles south in the Orange County town of Tustin. Motor-sports fans will get their engines revving at the Wally Parks NHRA Motorsports Museum located in Pomona at the Los Angeles County Fairplex, where you can see about 90 vintage and historical racing vehicles and motorcycles.

Auto history also abounds at The Nethercutt Collection in the San Fernando Valley city of Sylmar. The free museum includes amazing and unique classic cars, auto memorabilia and other items, including mechanical musical instruments and antique furniture. *Autoweek* includes both the Nethercutt and Petersen facilities in its list of the five greatest automobile museums in America.

Why not combine cars and movies in one tour? The Universal Studios behind-the-scenes tour



A mint-condition lowrider, complete with whitewall tires, cruises the streets of Los Angeles. You can see just about any type of car in Southern California.

showcases well-known wheels, including cars used in the *Back to the Future* and *The Fast and The Furious* film franchises. The Warner Bros. Studio Tour Hollywood offers trips into the Batcave, which displays various cars driven in the *Batman* film franchise.

Another option is to simply walk down the street. Whatever your car passion, be it a mint-condition 1960s relic or a new

Tesla, there's a good chance you'll see your dream car along the way.

"My favorites are muscle cars: the old Camaros, Mustangs and Challengers. And LA is flooded with them," remarks Hutchinson, who, on a recent walk near famed Venice Beach, spotted all three.

"I've always wanted to see a 1969 Camaro SS up close, and I just did! A convertible in a deep, dark metallic green, by the beach," Hutchinson swoons. "Absolutely beautiful." ✈

Cheryl Murfin writes from Los Angeles.

Drive-in or Drive-thru

LA car culture has been long fed by a broad menu of drive-in and drive-thru options. Check out these Angeleno favorites.

Go to a drive-in theater:

The Los Angeles area still boasts five drive-in movie theaters, and one of the best is **Electric Dusk**. The northeast Los Angeles theater is dog-friendly and is known for showing cult favorites (electricdusk-drivein.com).

Drive in and ask for the "secret menu" at an **In-N-Out Burger**. No, we can't tell you what's in it. That would be cheating. But the secret menu is online (in-n-out.com/locations).



Every doughnut fan will enjoy gliding through the kitschy landmark sculpture to pick up an order at **The Donut Hole** in La Puente, east of LA. Breakfast never tasted so sweet.

Searching for car-centric Christmas spirit? For 50 years, the inspiring drive-thru **Live Nativity** at First Christian Church of Huntington Beach, Orange County, has been telling the Christmas story. The church uses live actors, sheep, goats and even donkeys for the event, held December 6–8 this year. For more information, visit fcchb.com. —C.M.

Worth the Drive

The following are top activities in the area. For more information, visit discoverlosangeles.com and visittheoc.com.

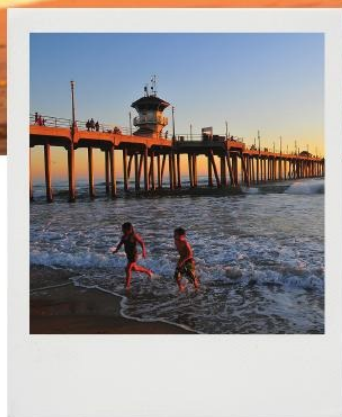
Experience: With ocean views, wonderful accommodations, restaurants, a nine-hole golf course and spa, **Terranea Resort**, in lush Rancho Palos Verdes, is a unique experience (terranea.com).

Relax: For a romantic getaway, visit the **South Coast Winery Resort & Spa** in Temecula. The 38-acre property offers well-appointed villas and hotel rooms, a restaurant and a spa, and is surrounded by Wild Horse Peak Mountain Vineyards (southcoastwinery.com).

Shop: The expansive **South Coast Plaza**, in Costa Mesa, is one of the largest (and one of the most luxurious) shopping centers on the West Coast (southcoastplaza.com). —C.M.



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Exploring Coachella Valley's Sky Forest

The Mount San Jacinto State Park is a fun wilderness getaway ● BY MATTHEW J. BLACK

THE FLOOR of the Palm Springs Aerial Tramway turns slowly, offering me spectacular views of Coachella Valley and the rugged Chino Canyon as we climb nearly 6,000 vertical feet to the Mountain Station on Mount San Jacinto.

I'm amazed that in a span of about 10 minutes, I rise from the warm desert floor of Coachella Valley, with its golf courses, resorts and many activities, to a cool forest wilderness in the sky. When the tram reaches the station at an elevation of about 8,500 feet, alpine trees are everywhere. There are more than 50 miles of trails and 14,000 acres of forestland to be explored.

I visit the three observation decks at Mountain Station to admire the Coachella Valley far below. On this clear day, I can see all the way from the Salton Sea in the southeast end of the valley to

the San Bernardino Mountains rising in the north.

From the Mountain Station, I begin walking on the Round Valley Trail, which is the gateway to Mount San Jacinto State Park and the summit of the peak, itself, at an elevation of 10,834 feet. At the trailhead a sign reminds me that

90 percent of this forestland is designated as wilderness. Thus it remains pristine and undeveloped. Despite being near the top of a mountain range, the forest is dense with trees, and wildlife abounds.

The trail winds by giant granite boulders that protrude in clusters from the mountainside. Large western gray squirrels show no fear of me as they skitter about, and birds, including Steller's jays and bluebirds, create a symphony of delightful notes.

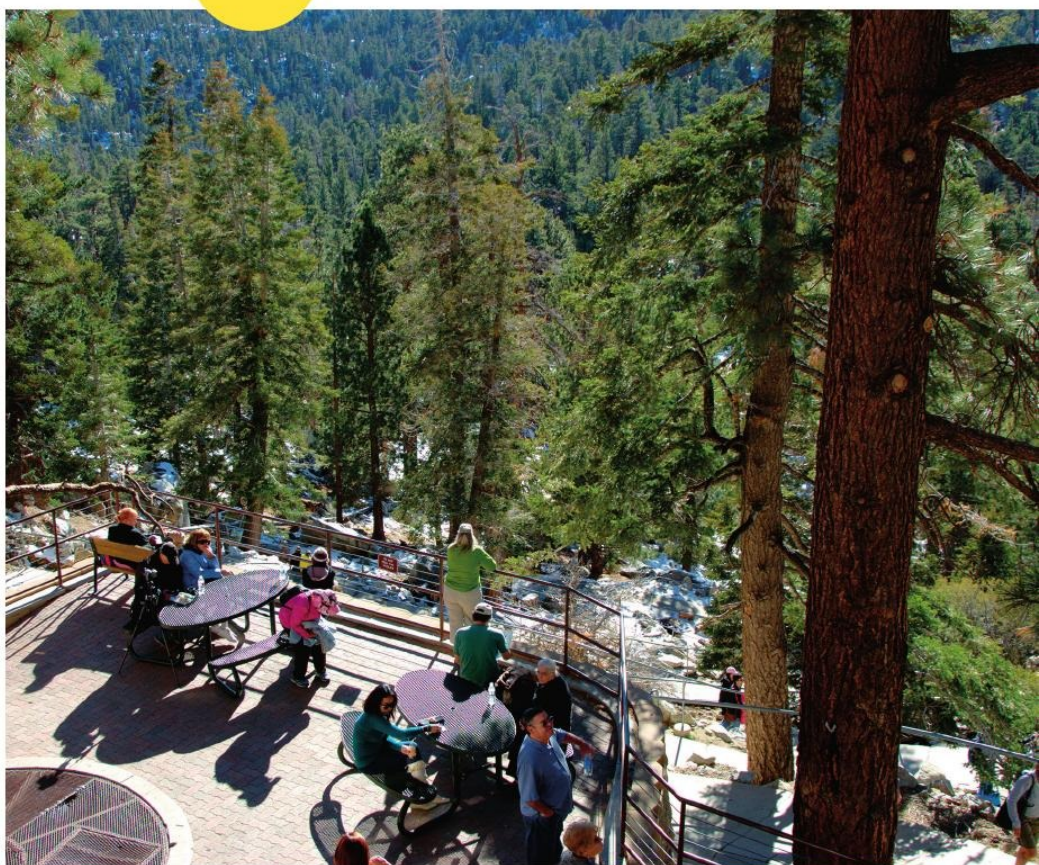
The music of the birds grows louder as I draw near Round Valley Meadow, and I decide to take a closer look. I walk from the trail down the hillside to the trunk of a fallen tree and take a seat to experience the scene. Tall grasses sway in the meadow as birds fly

Visitors gather at a picnic area in Mount San Jacinto State Park, above. Mountain Station on Mount San Jacinto has three different observation decks to enjoy, left.

about in constant motion. I look up at the nearly 10,000-foot Cornell Peak, one of the many mountains in the state park.

After spending some time enjoying the scene, I continue my hike and soon spot a mule deer drinking from Long Valley Creek. The deer sees me and other hikers on the trail, but rather than running off, it simply stares back, creating an ideal moment for shutterbugs.

The 12-mile roundtrip hike to the peak of Mount San Jacinto is enticing, but it will have to wait for another day. I settle for the more



TOP, RUTH GRIMES / ALAMY STOCK PHOTO; BOTTOM, LISA CORSON / GALLERY STOCK

California

manageable hike to Wellman Divide, a 6.5-mile roundtrip that offers an enchanting walk through the forest and wonderful views of area peaks. After reaching the divide, I decide to take a seat on a flat rock surrounded by lavender and eat my lunch.

I spend the afternoon hiking other forest trails before heading back to the tramway for the ride down the mountain.

While enjoying the views during the descent, I strike up a conversation with a man who says he spent the past four days camping in Mount San Jacinto State Park. As he tells me about his adventures, I've already decided to come back soon for my own



The Palm Springs Aerial Tramway.

chance to camp and better explore this forest wilderness in the sky. ✈

Matthew J. Black writes from San Diego.

Coachella Valley Activities

Valley attractions: Visit The Living Desert Zoo and Gardens in Palm Desert for a chance to see more than 450 desert animals and learn how they survive in a natural desert setting (livingdesert.org). The Palm Springs Air Museum features military aircraft from World War II, Korea and Vietnam (palmsspringsairmuseum.org). The wonderful Palm Springs Art Museum, with locations in Palm Springs and Palm Desert, has a collection that ranges from Marc Chagall to Pablo Picasso (psmuseum.org). And with more than 100 golf courses, a variety of resorts, restaurants and nightspots, the Coachella Valley has something for every vacationer. For more information, go to visitgreaterpalmsprings.com.

Winter in the forest: Mount San Jacinto State Park typically receives snow from November through March. Visitors during the winter season can rent snowshoes, Yaktrax and cross-country skis and poles, when snow conditions permit, at the Winter Adventure Center, located near the Mountain Station. For information, visit pstramway.com —*M.J.B.*

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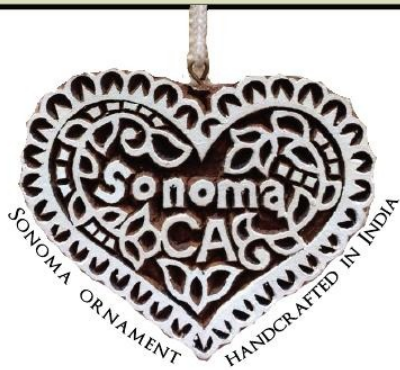
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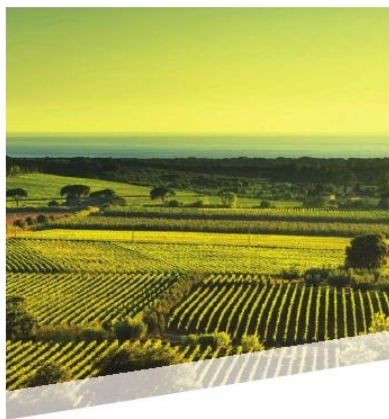
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San Diego's Beach Scene

Experiencing the city's coastal joys ● BY ARCHANA RAM

THERE'S NOTHING like getting onto the sandy beach, bolting across to the ocean, feeling that cool, salty water—and licking the hand of your master. At least, that seems to be the case for Teddy, my energetic four-year-old golden retriever, who's a regular at Coronado Dog Beach near San Diego.

The popular dog beach in Coronado, the resort town just a few miles from downtown San Diego, also borders one of the nation's top beaches for people, thanks to the mica-flecked sand,

the Point Loma landscape in the distance and Hotel del Coronado as a backdrop.

The iconic hotel, where Tony Curtis famously romanced Marilyn Monroe in the film *Some Like It Hot*, has a dedicated, humans-only beach area that is known for its gentle surfing waves, great sand and tide pools.

The dog beach is where San Diegans with their furry friends come to play. I often see families and young couples with their pooches on the sand, with picnics,

umbrellas and beach pails. My dog, Teddy, is always eager to reach the ocean as soon as we get out of the car. I challenge you to find happier creatures than the water-loving canines at this beach. Of course, you could say the same for the people who are drawn to the region's varied and exciting coastal spots.

Exploring San Diego's waterways

Sea lion-dotted La Jolla Cove, located north of downtown San Diego, is a prime destination for water sports.

Some of the most popular activities are kayak and snorkel tours, where you may spot Gari-

baldi fish and leopard sharks. The La Jolla Underwater Park spans 6,000 acres and is also a scuba diver's dream, where you can see all types of fish and sea creatures.

Companies such as Everyday California rent equipment and also sell waterproof cameras, all the better for getting pictures of the underwater inhabitants.

And the postcards don't lie: The San Diego area is a surfing haven. The generally protected La Jolla Shores is a great spot for beginners, while Sunset Cliffs on Point Loma—and various beaches from north La Jolla to the Torrey Pines area—are better suited to experienced surfers, thanks to the strong current and the tricky



Beach activities, from sun-bathing to surfing sports, left, are popular in San Diego. Coronado Dog Beach, above, on Coronado Island, is a top spot for San Diegans to bring their four-legged friends.

terrain you must navigate to get down to the water.

Mission Bay fun

Stand-up paddleboarders will find plenty of places to explore at Mission Bay. The serene sport provides a challenging workout that exercises your abs and legs as you paddle across the water.



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California

Plenty of outfitters, including Surfari Surf School and Aqua Adventures, line Mission Beach and offer rental equipment as well as lessons. Those who prefer a more relaxed way of getting out on the water can charter a sailboat, or try a new spin on traditional boating with the company Hot Tub Cruisin. The open boat holds up to 10 people and has a hot tub in the center section. You can motor around Mission Bay or hire a captain and cruise in style.

Whale-watching season runs roughly from December to April, with boat excursions departing from various locations in San Diego Harbor and Mission Bay. Point Loma's Cabrillo National Monument—where in 1542 Juan Rodriguez Cabrillo became the first-known European to set



EVERDAY CALIFORNIA

Kayakers paddle through the waves at La Jolla Bay.

foot on the West Coast—is also a good spot to watch the migrating mammals. The monument also has many trails offering views of the Pacific and of San Diego Harbor. The Torrey Pines State Nature Reserve provides amazing views and rock formations to explore. To find more information on activities in the San Diego area, visit sandiego.org. ✕

Archana Ram plays with Teddy, her golden retriever, and writes from San Diego.

Alaska Airlines offers daily flights to destinations throughout the state of California. To book a flight, go to alaskaair.com. You can book a complete Alaska Airlines Vacations package to California at alaskaair.com/vacations.

San Diego Sites

Balboa Park, a large green space in the city, is home to museums, the San Diego Zoo (whose sponsors include Alaska Airlines) and botanical gardens, as shown below. Climb the California Tower within the Museum of Man for panoramic views of the area.



The **Embarcadero** on San Diego's waterfront has attractions ranging from shopping and restaurants at Seaport Village to touring the renowned USS Midway Museum, which includes the aircraft carrier itself. The museum has flight simulators, climb-aboard aircraft and a chance to see what life is like on a carrier.

Downtown San Diego's **Gaslamp Quarter** marks its 150th anniversary this year. The area is celebrating its journey from a quiet 16-block area located in the heart of the city to a vibrant enclave full of restaurants, cocktail bars and brewpubs.

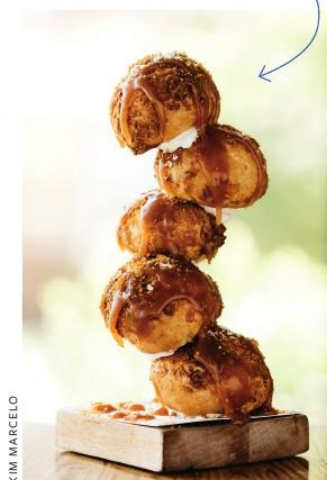
Northwest of Gaslamp is **Little Italy**, one of the city's go-to dining destinations, with most of the restaurants, cafes and bars lining India Street and Kettner Boulevard. You'll also find boutiques selling clothing and handmade crafts. —A.R.

Dining Options



In La Jolla, **George's at the Cove's Ocean Terrace** is the gold standard of San Diego's ocean-view dining. The upstairs patio of the restaurant has the same commitment to farm-to-table sourcing and quality cocktails as the main restaurant. It's so popular for watching the sun set that George's website updates sunset times daily.

In the Hillcrest neighborhood, **Trust Restaurant** is a friendly establishment, specializing in American cuisine that is served in shareable small plates. Save room for the cocktails and excellent desserts, such as profiteroles, shown below.



KIM MARCELO



Officine Buona Forchetta in Liberty Station, a former naval base that is now a shopping-and-dining complex, features Neapolitan pizzas with blistered crusts, housemade pasta and appetizers such as pizza in a jar—fried dough that is combined in a jar with San Marzano tomato sauce and cheese. Bonus: The back patio includes a kids' play area.

FUN HOMES

Pool tables, backyard splash pads, bocce ball courts and home theaters—some houses are built to entertain BY LORA SHINN

Upon arriving home on any given afternoon, Tom never knows who might be at his Healdsburg house in Sonoma County, California, wine country: friends, his three grown children, numerous grandchildren, friends of his children and grandchildren, or business associates.

“On a typical afternoon, they start out at the pool, then barbecue in the outdoor kitchen, play on the bocce ball court, and end up inside playing pool or in the theater watching a movie,” he says of friends and family. “Almost every element of the house is in use.”

That’s just the way Tom likes it—he and his wife, Kathy, created a home made to entertain. He refers to his 7,005-square-foot, 5-acre residence as a “family compound.” Indeed, they’ve hosted a wedding and reception for one of their kids.

Seven years ago, Tom and Kathy bought the property and took it down to the studs for a remodel. They also added on to the house and built a few more freestanding structures that now function as a car barn for classic automobiles, an art studio for their son, and more. Other entertainment features include a movie room with eight seats and surround sound, a built-in bar with bar stools, and an outdoor kitchen with a television for enjoying major sports events. A model train circles the rec room on a small custom-built shelf.

Tailoring houses for entertainment is a popular option for homeowners and homebuyers alike, says Geoff McIntosh, president of the California Association of Realtors. “It’s about creating a destination so that friends will want to spend time at the homeowner’s place and enjoy those features,” he says.

Here are a few ways homeowners have been making their houses fun for their family and guests.



CHELSEA HOCK



Tom calls his Healdsburg, California, house a “family compound.” Entertainment options range from a pool to a pool table; from an outdoor kitchen to an in-home theater.



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Hydro House

A wet bar? Maybe. Some home pools include swim-up bars, McIntosh says, with stools built into the pool floor so that people can enjoy drinks at the bar with their feet in the water. Other popular features include elaborate twisting slides that give swimmers a thrill, while replica waterfalls, rock work and landscaping give home pools a more natural feel.

Homeowners are also adding baja shelves—large, shallow-water entryways—to pools, says Jacqueline Moore, vice president of real estate at the company Opendoor. Set up your lounge chairs in the inch or so of water underneath an umbrella that screws into the shelf floor, sip a fruity beverage and feel like you're on a tropical beach. The shelves are great for little ones, too.

"The shallow-water shelves are a more kid-friendly pool experience, giving young kids a place to play without swimming in water over their head," Moore says.

Backyard splash pads—think water park-like sprinklers built into your patio—are another popular water feature perfect for children, says Phoenix-based HomeSmart Realtor Kellie Parten. "Splash pads are safer than pools and also easier to maintain."

Home Movies

"In LA, some people spend \$250,000 or more on an entertainment system that shows films on

Splash pads, right, can turn patios into water parks perfect for kids and adults. Quality home-entertainment systems, below, can be as good as going to the movies.



TODD FRENCH PHOTOGRAPHY

90-inch-plus high-definition screens," says McIntosh. But there are options at every price point, he notes, from outdoor screens under \$500 to theater-quality setups.

"A dedicated theater creates excitement among friends and family, and is the perfect excuse to host parties around sporting events, award shows and new movies," says John Brittingham, founder and president of California Audio Video Experts, which has installed more than 500 systems nationwide.

Homeowners are converting empty-nest children's bedrooms into theater spaces, and requesting Dolby Atmos (the 3-D sound creates a sense of being "inside the action"), streaming services and movie servers that offer hundreds of options, and 4K laser video projectors for a detail-rich, big-screen experience.

Playing Outdoors

For a true mind-body workout, try life-size chess. "Recently, the outdoor entertaining trend has expanded greatly," says Missy Henriksen, vice president of public affairs and spokesperson for the National

AFFORDABLE ENTERTAINMENT

Using just a projector and inflatable movie screen, Seattle-area Realtor Nancie Kosnoff created an outdoor movie theater. "It wasn't about watching the movie but about friends laughing in the backyard with popcorn and beer," she says. Here are more easy and inexpensive entertainment tips:

- Incorporate some friend-friendly amenities into your living room, whether a big-screen TV, a poker table or a pinball machine.
- Add a bar to your entertaining space, be it a roll-away cart or a simple two-seat space with shelves for beverages.
- Place a wine fridge with a small round table and chairs in a corner.
- Set up outdoor games such as badminton, cornhole and croquet. —L.S.



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Association of Landscape Professionals. “Backyards are more customized for personal interests, everything from bocce ball courts to putting greens to yoga gardens.”

“Bocce ball is a trending feature,” agrees Sara Bendrick, author of *Big Impact Landscaping: 28 DIY Projects You Can Do on a Budget to Beautify and Add Value to Your Home*, which includes instructions on making your own bocce ball court and a scoreboard wall for any outdoor games. “Yards with permanent game features instantly become an excuse to have people visit, hang out and spend time outside,” Bendrick says.

Entertaining guests outside is also about creating a homey, cozy atmosphere through lighting, seating arrangements and other fixtures that promote social gatherings. This focus is one of the “Top 7 Landscape Design Trends for 2017,” according to NALP.

“For instance, outdoor kitchens have moved

well beyond the basics to become elaborate, high-tech cooking stations and dining areas, many with fire pits or fireplaces,” Henriksen says. “These make backyards not only extensions of the home, but year-round destinations for all to enjoy.”

Game On

Why take the stairs? At one model home by Atlanta-based builder Ashton Woods, a slide connects the house’s “brain center” (the place for homework, laundry and other daily tasks) with a game room below.

Game rooms no longer just consist of a poker table, pool table and a few board games—although these features are still popular. McIntosh recently visited a property with



THE NATIONAL ASSOCIATION OF LANDSCAPE PROFESSIONALS / CHAPEL VALLEY LANDSCAPE COMPANY, WOODBINE, MD

Permanent backyard game fixtures, such as bocce ball courts and life-size chess boards, above, can create hours of fun for friends and family.



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Game rooms can include pinball, virtual-reality systems and even basketball courts, such as the one at left.

at the firm Aleck Wilson Architects, and Ashton Woods has installed yoga rooms for group sun salutations.

Groundbreaking Playgrounds

a stand-alone building dedicated to gaming, offering arcade games, pinball, Skee Ball and virtual-reality options. Other recently spotted game-room upgrades include a two-lane bowling alley, McIntosh says. San Francisco-based architect Stephen Verner recently designed an indoor basketball court for a client when he was

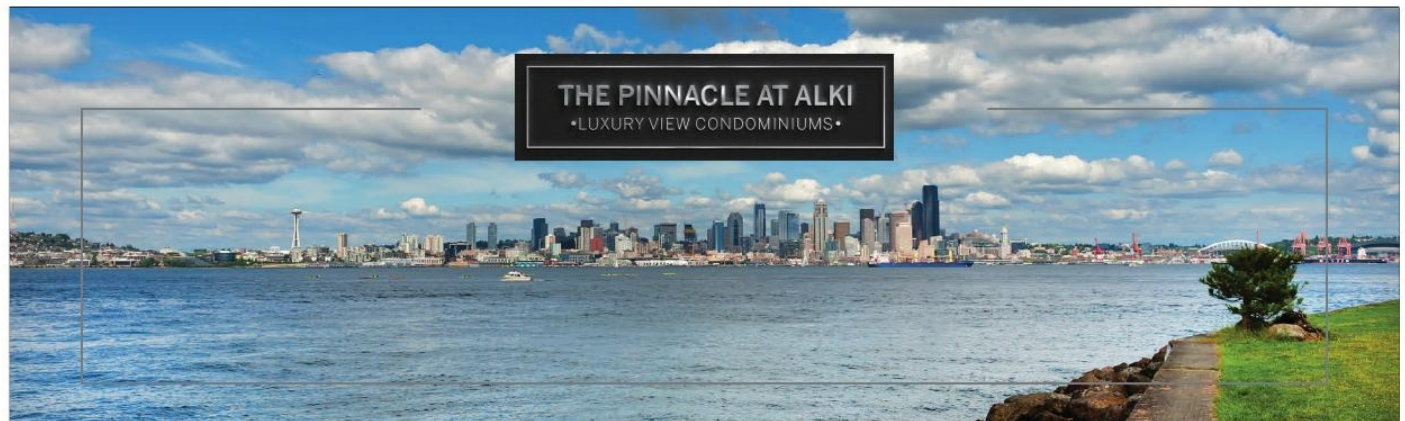
For kids and their friends, there's nothing like having a place for their imaginations to run wild. Tree houses from Verner offer quiet get-aways with open-air skylights and trapdoors. Nearby ziplines can thrill adults and kids alike.

Playgrounds that encourage open-ended play, collaboration and natural movement—



THE DOGHOUSE

Not all little ones are kids. Pet owners can skip the dog park if their home has canine-friendly fixtures. "A large, dog-friendly backyard, or home features such as bed nooks, outside dog baths, Astro-Turf dog runs or doggie doors are highly desirable for families," says Phoenix-based Realtor Shelley Sakala. —L.S.



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Architect Stephen Verner's tree houses include features such as trapdoors and ziplines.



TODD MASON, HALKIN MASON, TODD@BARRYHALKIN.COM

even in city or suburban backyards—have become more popular. Nature's Instruments incorporates items such as simple cedar stumps, a nine-piece obstacle course, and even fallen logs, which can become balance beams, sea creatures or trains, depending on the child.

More Fun Together

For homeowners such as Tom and Kathy, entertainment features help them better welcome guests and have more fun themselves.

"When you have a home that people enjoy coming to, that brings your family together, you create memories that last a lifetime," Tom says. "We take pleasure in seeing our home utilized by our family and friends, and find ourselves spending more time at home. As our friends say, 'You live in a resort. Why would you ever want to leave?' We couldn't agree more!" ✈

Lora Shinn writes from Seattle.



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—L.S.



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SEATTLE, WA

High-impact First Hill condominium yet timeless interior with top-of-the-line finishes includes 9-foot ceilings, quartz countertops, stainless steel appliances and ebony hardwoods all set against a canvas of sparkling city and water views. 2 bedroom, 1 ¾ bathrooms. Life @ LUMA comes together in a collection of incredible amenities: expansive rooftop terrace, jetted pool, fireside lounge, chef's kitchen, fitness center and pet lounge Offered at \$1,495,000 | MLS# 1178929

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SEQUIM, WA

Bell Hill NW Contemporary home with sweeping views of Sequim Bay, Mt. Baker, the Strait and the islands. Combines tasteful interior fixtures and finishes with gated, lush manicured grounds. Chef's kitchen, vaulted ceiling, deck, studio, family room. 3,716 sq. ft. on 1.2 acres. Tranquil and private, yet only minutes to downtown Sequim.

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Tranquil 5-acre estate perched on a hill with gorgeous views of Sequim Bay, the Strait and beyond to Canada. This 4,291sq.ft. home wraps comfortable living in designer touches. Chef's kitchen, great room with vaulted ceiling, French doors & custom built-ins. Master retreat, family room, shop, RV parking, guest house. Featuring lovely gardens and a spacious back patio for entertaining. Offered at \$949,000 | MLS #1088450

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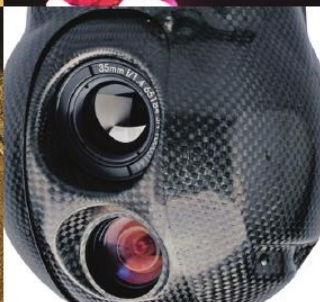
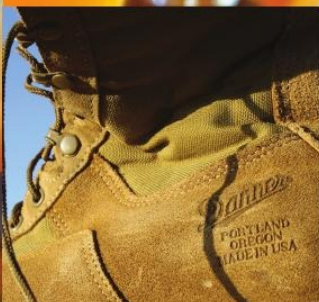
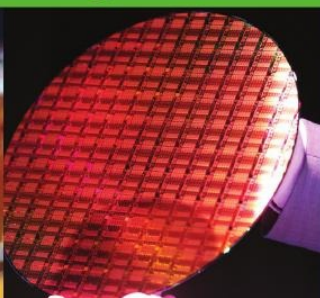
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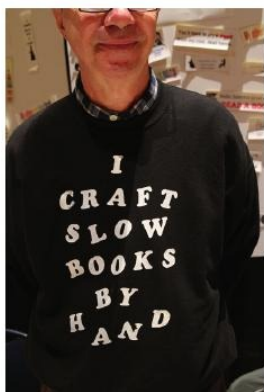
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Portland has long enjoyed a reputation as one of America's great literary cities

KATHERINE DUNN wore her checkered biography as if it were a medal of honor. The author of the cult classic novel *Geek Love*, which was inspired by a walk through Portland's International Rose Test Garden, had been a house painter, a waitress, an art-school model, a journalist and, eventually, a famous novelist. The progression was not surprising to Rose City residents with a creative bent.

My friend Katherine, who passed away in 2016 at the age of 70, assumed that Portlanders lived double or even triple lives—and that one of those lives involved writing. She would ask grocery



BOOKLANDIA

BY
SUSAN G. HAUSER



Colson Whitehead, author of *The Underground Railroad*, attended last year's Wordstock, Portland's annual book festival.

clerks and cab drivers, "What are you working on?"

Literary creativity seems to bloom in this verdant intersection of mountains, rivers and roses. It was here in the 1970s that the iconic Powell's City of Books was opened. In the late 1970s Jean Auel began writing novels set during the last ice age, with the first being the groundbreaking *The Clan of the Cave Bear*. After hiking part of the Pacific Crest Trail, Cheryl Strayed settled in Portland to write *Wild*, her best-selling memoir. And from her Willamette Heights home, science fiction legend Ursula K. Le Guin has written more than 30 novels, including *The Lathe of Heaven*, set in Portland.

Even the town's wacky-but-gritty underbelly can inspire a writer such as Chuck Palahniuk. His books, including the cult favorite *Fight Club*, are famous for featuring quirky, humorous and often disturbing characters and situations.

Local authors have long been lionized here. You know you've really made it when you're named the grand marshal of the Portland Rose Festival's Grand Floral Parade. In 1964 the honor went to Portland historian Stewart Holbrook, author of the book *Wildmen, Wobblies and Whistle Punks*. And in 1995, author Beverly Cleary, who wrote more than 40 novels for children and young adults, including those featuring the exploits of Beatrice "Beezus"

and Ramona Quimby, had a sculpture garden named for her. It contains the likenesses of many of her characters. Writers also receive support from bookstore readings and conferences.

Portland's love of reading has even translated into the annual book festival known as Wordstock, held November 11 this year at the Portland Art Museum, with events at a number of nearby venues. Wordstock this year features more than 100 authors from a variety of genres, engaging in conversations and interviews (no lectures, thank you) with other literary types. Some of the authors have a national following, such as Ta-Nehisi Coates, Jeffrey Eugenides, Adam Gopnik and Daniel Handler (aka Lemony Snicket), to name a few. Some are local sensations, such as novelist Lidia Yuknavitch, chef/cookbook author John Gorham, and musician/children's book author Colin Meloy, who is also known for being the front man of the indie folk rock band The Decemberists.

Yuknavitch, whose new book, *The Misfit's Manifesto*, is expected to be published this month, gives credit for her continued inspiration to both the region's close-knit writing community

and the landscape. "The Northwest has a kind of mythos and aesthetic that is particular to our region," she says. "It is the people and how we support each other, but it's also this place."

Author and Wordstock founder Larry Colton recalls that when he launched the festival 12 years ago, it was a natural addition to a town that loves books, thanks in great part to institutions such

as Powell's City of Books, the world's largest independent bookstore, and Literary Arts, which now operates the festival and also runs one of the largest literary lecture series in the nation. Colton says that originally he had named the event the Portland Book Festival. "I was leading a writing workshop for elementary teachers when I said, 'If anybody here can come up with a better name, I'll give you 50 bucks.'" Resident poet Leanne Grabel suggested "Wordstock." Colton gladly paid her.

Colton says Portland was the perfect match for Wordstock. "Portland and a book festival are like twin sisters," he says. "They go together." ✕

Susan G. Hauser writes and reads from Portland, Oregon.

"The Northwest has a kind of mythos and aesthetic that is particular to our region."



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Harvest time in the Hood River Valley brings an abundance of fresh fruits and vegetables, and enjoyable activities

THE OCTOBER air offers a brisk kiss to my face, and the warming autumn sunshine promises a beautiful bike ride along the Hood River County Fruit Loop, one of my favorite fall experiences.

Originating in Hood River—a town located where the Hood River meets the Columbia River about an hour east of Portland—the scenic 35-mile ride also makes for a great drive. It heads south through the countryside, past thriving family farms, wineries and orchards, with the snowy peak



FALL BOUNTY

BY EILEEN GARVIN

of Mount Hood in the distance. I cross a bridge over the sparkling waters of Hood River and climb past red barns, sweeping pastures and rolling orchards that are dazzling in their fall colors. Along the way, there are many places to stop and enjoy local farms.

Hood River's fall beauty captivates me. I pass Apple Valley Country Store, known for fresh fruit pies and sweet huckleberry milkshakes. Hood River Lavender Farms beckons with oils, soaps, salts and teas made from 75 varieties of locally harvested lavender. At Packer Orchards Farm Place, I catch the scent of heirloom apples and pears on display, near a field full of pumpkins. I can't resist Mt. Hood Winery and stop to enjoy a glass of Pinot Noir, along with views of the valley.



Hood River Valley's Packer Orchards, at top, has U-pick flower fields. The valley's scenic farmland includes views of Mount Hood, above.

One of Oregon's leading fruit producers, the Hood River region began its agricultural history in the 1850s when pioneer families, traveling west along the Oregon Trail, planted the first fruit trees. The area's orchardists became known for cultivating superb apples. Current farmers have found that this land is even better suited to growing pears.

Today, local growers produce a majority of Oregon's pears—about 205,000 tons annually. Varieties of Bartlett, Comice and D'Anjou are renowned. Sweet cherry trees thrive here too, along with a growing number of vineyards that support a flourishing wine industry. In fact, the region boasts more than 35 wineries within 40 miles. With such a trove of ingredients, it is no wonder Hood River has become

a destination for locavores.

"Visitors seek us out for the cuisine they won't find anywhere else," says John Helleberg, executive chef at Solstice Wood Fire Cafe & Bar. "It's all about fruits and vegetables harvested at their peak and prepared simply."

Solstice celebrates the fall bounty with pizzas featuring local pears, butternut squash and cherries, as well as a salad of roasted squash, sprouted barley, brown butter, pepitas—a form of pumpkin seed—and mint.

Jacqueline Carey, house manager and business partner at Celilo Restaurant and Bar, says growers educate the chefs and help them create menus around produce that is locally grown. Celilo spotlights autumn with a dish of baba ghanoush—a spread made from eggplant and other ingredients—roasted corn, wild-foraged chanterelle mushrooms and fall greens.

Crafting hard cider from the area's heirloom apples, Slopes-



Salmon is served over locally grown vegetables, left, at Celilo Restaurant and Bar. Slopeswell Cider Co., above, offers seasonal ciders.

well Cider Co. celebrates fall with a fresh-hopped honey cider and a seasonal pear cider. "We're using Amarillo and Magnum hops and watermelon honey," says owner Chip Dickinson.

The community also hosts the Hood River Valley Harvest Fest, October 13–15 in 2017. Now in its

35th year, the fest takes place along the town's scenic waterfront, with more than 125 vendors offering a variety of artisanal foods, including heirloom apples, pears and freshly baked pies. After a tour of Harvest Fest, stroll the Hood River waterfront and simply enjoy the beauty of autumn along the Columbia River. ✈

Eileen Garvin writes from Hood River.

Alaska Airlines connects Portland, the gateway to Hood River, with numerous cities around the country. For flight information and to book tickets, go to alaskaair.com.



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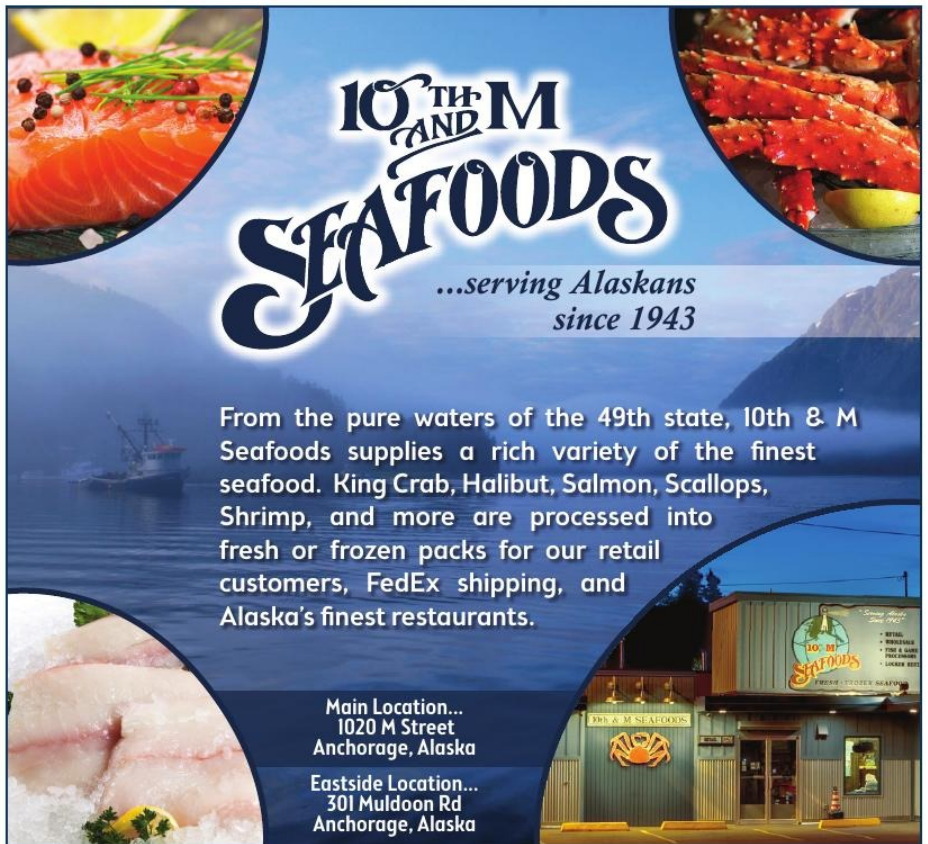
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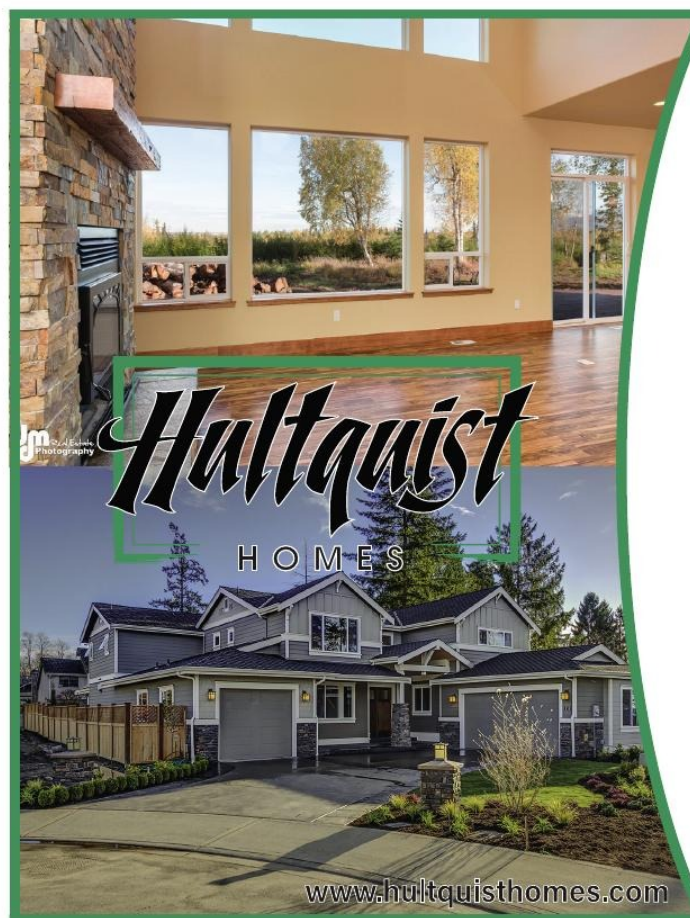
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SEATTLE

CAPITOL HILL

Unique and vibrant

By Margo Vansyngel

» I lower my orange crayon onto a paper featuring my failed Picasso-style doodle. “This is why I will never be an artist,” I note.

My friend chuckles, takes a sip of her strawberry-flavored drink crafted by Portland Cider Company, gazes at the model on the stage, and then proceeds to perfectly sketch the model’s jawline and flowy dress.

Capitol Cider’s downstairs Ballast Bar, offering gluten-free food and an extensive rotating menu of beverages in the heart of the Capitol Hill neighborhood, east of Seattle’s downtown core, is packed during tonight’s “Drink & Draw” event. On second and fourth Thursdays, amateur artists and master sketchers alike sip ciders and draw live models, using art supplies provided by the neighborhood’s Gage Academy of Art, which also offers classes for adults and kids.

The Drink & Draw night encapsulates the

neighborhood vibe that attracted me to live on Capitol Hill when I moved to Seattle from Brussels, Belgium, a year ago. The neighborhood combines art, fun and craft drinks ... which are taken very seriously here.

For instance, at the Redhook Brewlab, which opened in August, Seattle-based Redhook Brewery crafts small-batch and experimental beers brewed on-site in a former mechanics garage. The offerings include a new “Washington Native” series featuring Evergreen State ingredients such as hops from a central Washington farm and malts from a northwestern Washington malting company.

And the Starbucks Reserve Roastery has become a must for artisanal-coffee devotees. In the famous coffee company’s specialty shop, housed in a renovated 15,000-square-foot, century-old building, baristas roast and serve unique, premium, small-batch

» Clockwise from left: The new Redhook Brewlab; The Ballast Bar & Gameroom at Capitol Cider; Starbucks Reserve Roastery; a cocktail from chic Bar Vacilando.



HERE & NOW»

coffee sourced from around the world.

On a recent visit, as I peered through the Roastery's tall windows that look onto Pike Street, and sipped from a mug of dark, small-batch Rwanda Musasa coffee, I reflected on Capitol Hill's dynamic, diverse and vibrant nature. One of the city's oldest neighborhoods, dating to the late 1800s, it has become known as a hub for the city's avant-garde, arts and LGBTQ communities, and is attracting young tech workers. The area features mansions, condos and apartment buildings alike. It has gritty, edgy aspects, lively nightlife, quirky shops and hip restaurants, as well as schools such as Seattle University, acclaimed health-care facilities, museums and numerous parks.

I enjoy both the historical and new snazzy aspects of my neighborhood. On rainy Friday nights, I like to wind down at popular Western-themed Linda's Tavern, which opened in 1994 and is one of the neighborhood's longest-standing grunge-era bars. The staff's unpretentiousness, the great jukebox and the wood-clad interior sustain the tavern's fun log-cabin vibe.

For a weekend dinner, I might sit down at one of Bar Vacilando's chic marble tables, or under the canopy of its all-season patio, for a kale salad with roasted Brussels sprouts, pistachios and pomegranate. The bar's world-travel-inspired menu ranges from Malaysian prawns and Korean crispy chicken to Vietnamese beef/pork meatballs and local Uli's sausage with chimichurri.

For a late-night snack, I'm fond of pie-slicer-shaped Pie Bar, where glass measuring cups serve as hanging shades for color-changing lightbulbs. At this pie-only cocktail lounge, I can savor a Seattle brew such as Reuben's Crie IPA, or drink a Burning Apron cocktail showcasing Crater Lake Hazelnut Espresso Vodka, while savoring a slice of creamy coconut pie at 11:30 P.M. Like Capitol Hill, it is a unique and quirky, yet artful and delightful combo. ✕

Seattle writer Margo Vansyngel enjoys covering culture, arts and food.



Isamu Noguchi's
Black Sun.



Arcade Plaza.



Jack Mackie's
rumba steps.

JACK MACKIE, ARTIST



ARTS CAPITAL

» Art seems to be almost everywhere in Capitol Hill. Colorful lines form dashing art on former industrial buildings. In Volunteer Park, Isamu Noguchi's 9-foot-diameter black-granite *Black Sun* sculpture (which some believe inspired the Soundgarden song *Black Hole Sun*) frames a view of the Space Needle. Jack Mackie's bronze rumba steps are embedded in the sidewalk on Broadway as part of his *Dance Steps on Broadway* installation. And at Arcade Plaza, a Pac-Man-themed pavement park that opened in May, the ground is painted with ghosts and pellets evoking the videogame.

Capitol Hill—the densest arts neighborhood in the state of Washington, according to a city of Seattle website—became the city's first official Arts & Cultural District in 2014. “You can fill up on great food or have a beer, and afterward go to a concert, movie, dance performance or poetry reading, all within three or four blocks,” says Michael Seiwerath, vice president of advancement and external affairs for Capitol Hill Housing (an affordable-housing/community-development entity) and a former Seattle arts commissioner. Seiwerath is one



Northwest Film Forum.

NORTHWEST FILM FORUM

of the leading forces behind the Capitol Hill Arts District, a coalition of individual artists, and public and private arts advocates working to retain the lively arts scene in the neighborhood, which is experiencing a lot of commercial and residential redevelopment.

Capitol Hill is home to more than 40 arts and culture organizations, with options such as the monthly Capitol Hill Art Walk; the Neumos concert venue (famous performers such as Adele and indie bands such as Fleet Foxes have graced its stage); the Capitol Hill Block Party music and arts festival; and Velocity Dance Center, showcasing innovative contemporary dance. Annex Theatre presents avant-garde world-premiere plays; 12th Avenue Arts also hosts bold live theater; and the Northwest Film Forum screens independent and classic films, as well as producing three annual festivals. —M.V.

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A FEW CAPITOL HILL FAVORITES

■ **Elliott Bay Book Company** (elliottbaybook.com): Extensive book selection; hosts 500-plus author readings a year.

■ **Ghost Gallery** (ghostgallery-shop.com): Art gallery and local designer-goods store.

■ **John John's Game Room** (no website): 1980s decor and vintage arcade games, including pinball.

■ **Nue** (nueseattle.com): Delicious dishes inspired by street food from all over the world.

■ **Rachel's Ginger Beer** (rachels-gingerbeer.com): Handcrafted ginger sodas in flavors ranging from blood orange to blueberry; pair with food from Sunset Fried Chicken, located inside Rachel's shop.

■ **Saint John's Bar & Eatery** (saintjohnsseattle.com): Named after the 1905 apartment building where it resides; menu options such as aioli-topped, handcut Yukon gold fries; vegan beet burger; and English pea-and-linguini carbonara.

■ **Stateside and Foreign National** (statesidesseattle.com): Asian-inspired Stateside restaurant and adjacent Foreign National speakeasy bar, with the same ownership.

■ **Unicorn and Narwhal** (unicorn-seattle.com): Extravagantly fun



carnival-themed sister bars at the same location. —M.V.

EARSHOT JAZZ

» The members of the all-star **Hudson band**, described as “rocking funky groove maestros” will be among the headliners at this year’s Earshot Jazz Festival, Oct. 8–Nov. 12. Bassist Larry Grenadier, keyboardist John Medeski, drummer Jack DeJohnette and guitarist John Scofield (shown left to right above), all of whom also have well-established individual musical careers, are on tour in celebration of their new album, also called “Hudson,”

which features their take on material from artists such as Bob Dylan and Jimi Hendrix.

The Earshot Jazz Festival includes more than 50 concerts and events at venues around Seattle. Additional performers include pianist Brad Mehldau; vocalist Gregory Porter; drummer Matt Wilson; the three-member band The Bad Plus; the Omar Sosa Quarteto AfroCubano; the innovative five-person Marquis Hill Blacktet; and local student groups.

In addition, the festival, known for its adventurous programming, includes composer/saxophonist/clarinetist Ivan Arteaga’s *CMD*, “uniting computers, music and dance,” and composer/singer/pianist Robin Holcomb debuting a new trio with trumpet player JP Carter and drummer Dylan van der Schyff.

Festivalgoers can also attend panel discussions, educational classes and a film series. For more info: earshot.org.

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» **Master landscaper** Fujitaro Kubota began blending Japanese design techniques and Northwest plants in his display garden and nursery around 1930. The city of Seattle acquired this lovely 20-acre garden from his estate in 1987, subsequently

also purchasing more than 20 acres of nearby land to add to the park as protective natural areas. Visitors can see park features ranging from a moon bridge (shown below) to a stroll garden, and an all-season creek that feeds the Necklace of Ponds.

See seattle.gov/parks for more information and kubotagarden.org for a self-guided-tour map.



» The Earshot Jazz Festival also honors the 100th birthday of Thelonious Monk (1917–1982) with five separate events, including a “Thelonious Monk Birthday” celebration, Oct. 10, featuring piano solos and ensemble performances related to Monk’s compositions. A special “Monk on Monk” concert, Oct. 18, will showcase Monk’s son, drummer T.S. Monk (shown above with a commemorative stamp of his father).

Also performing Thelonious Monk tributes are pianist Danilo Pérez (Oct. 11), pianist Jason Moran (Oct. 15) and guitarist Elliott Sharp (Oct. 18).



NW OUTRIGGER-CANOE PADDLING

» When the bodies and minds of paddlers in a six-person outrigger canoe come together, the 40-foot, 400-pound watercraft seems to glide effortlessly forward, enthuses the **Seattle Outrigger Canoe Club (SOCC)**.

The club (shown above), which practices year-round, invites locals and out-of-town visitors alike to experience the thrill of paddling

in sync while getting a workout and celebrating the outrigger's important place in Hawaiian culture. The club typically practices three times a week from January through October, and twice a week the rest of the year.

Spectators might see club members competing in events such as the Sound Rowers and Paddlers Sausage Pull, east of downtown Seattle (with post-race sausages for all competitors), Oct. 7 this year. (There are also divisions for other human-powered watercraft, including rowing shells, kayaks and paddle-

» HERE & NOW SEATTLE

boards.) On Oct. 21, members of SOCC are expected to compete, in smaller outriggers, in the Pacific Northwest Outrigger Racing Canoe Association Ruston Way Solo/Relay in Tacoma, south of Seattle (other human-powered watercraft are also welcome).

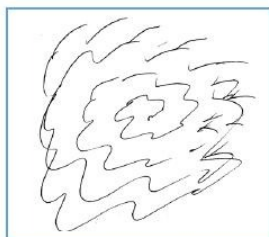
These events are just two of the many Northwest-based rowing events that take place throughout the year, with outrigger teams from around the western United States competing. SOCC (seattleoutrigger.com) and the Pacific Northwest Outrigger Racing Canoe Association (pnworca.org) both post calendars of upcoming events.

The Pacific Northwest Outrigger Racing Canoe Association website also has links and/or contact information for 10 outrigger clubs in Washington and eight clubs in Oregon, many of which welcome people interested in giving outrigger-canoe paddling a try. ✈

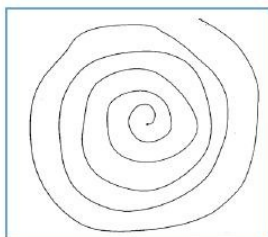
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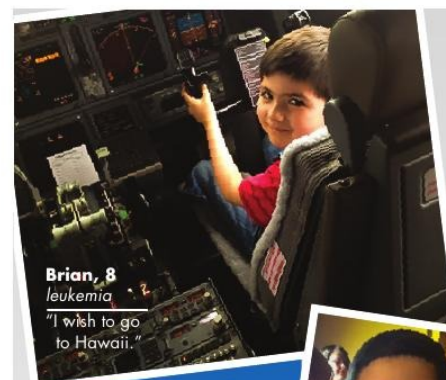
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CALENDAR

● Nearly 60 films, from shorts to experimental films, to features, will be screened at the **Tasveer South Asian Film Festival**, Oct. 6–15, at various Puget Sound-area locations, starting at the Seattle Art Museum (tasveer.org).

● During **Monster Bash**, Oct. 7, at the Flying Heritage & Combat Armor Museum at Paine Field, see monster trucks, along with tanks, tractors, fire trucks and, of course, vintage aircraft (flyingheritage.com).

● **Haunted farms** (varying dates): Carleton Farm Frights, Lake Stevens (frightmaze.com); Thomas Family Farm, Snohomish (thomasfamilyfarm.com); Stalker Farms, Snohomish (stalkerfarms.com).



● Come in costume, enjoy Halloween activities, and watch animals play with pumpkins during **Zoo Boo**, Oct. 14–15, at Point Defiance Zoo & Aquarium in Tacoma (pdza.org), and **Pumpkin Bash**, at Woodland Park Zoo, Oct. 28–29 (zoo.org).

● Enjoy a prix fixe three-course meal for \$33, at your choice of more than 165 restaurants, during **Seattle Restaurant Week**, Oct. 15–Nov. 2, presented by *The Seattle Times*, Alaska Airlines Mileage Plan and Seattle Good Business Network (srweek.com).

● **The Museum of Flight** becomes the Museum of Fright on Oct. 29, with a haunted house, aviation-themed ghost stories, an obstacle course and crafts (museumofflight.org).



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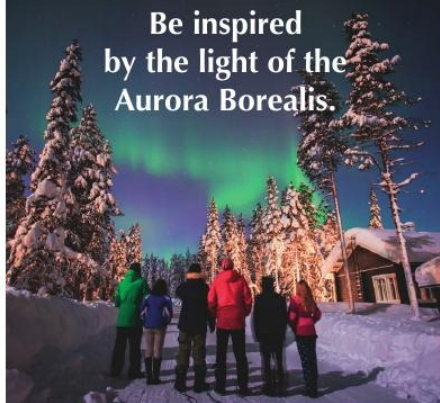
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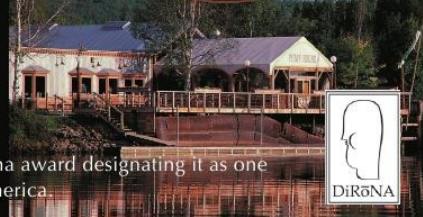
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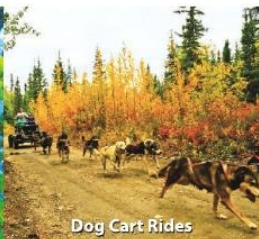
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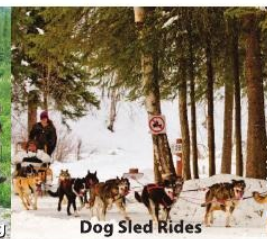
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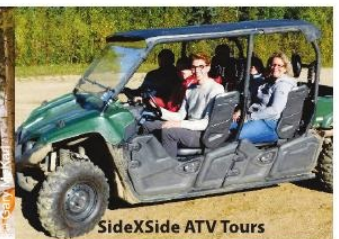
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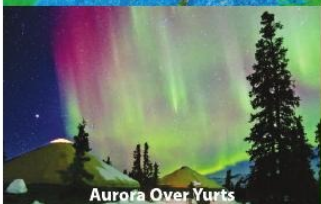
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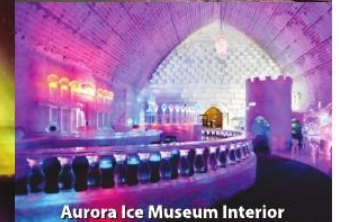
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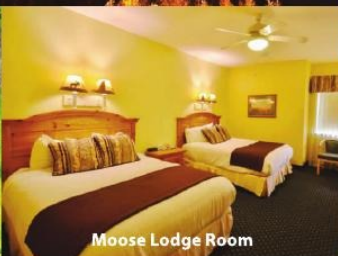
Aurora Ice Museum Interior



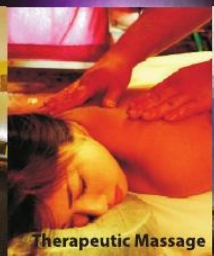
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49 AND 50

The many connections between Alaska and Hawai'i

By Eric Lucas

» Every spring, *kōlea*—10-inch shorebirds indigenous to the Hawaiian Islands—take wing and migrate 3,000 miles northward over open ocean to spend the summer in Alaska. After a three-day journey, the Pacific golden plover build nests on tundra, rear their young and feast on the region's rich bounty of insects. Like *kōlea*, humpback whales, 50-foot oceanic superstars, embark on a similar annual sojourn, taking several months to navigate from central Pacific waters to the Gulf of Alaska to feast on the area's seafood.

Every year, Kenji Yamada does pretty much the same thing. He travels from Kaua'i to Alaska to spend summers helping run his family's business, Shelter Lodge, a fishing retreat on its namesake island 10 miles northwest of Juneau. His guests—and Yamada himself—revel in the scenic landscape and pleasant

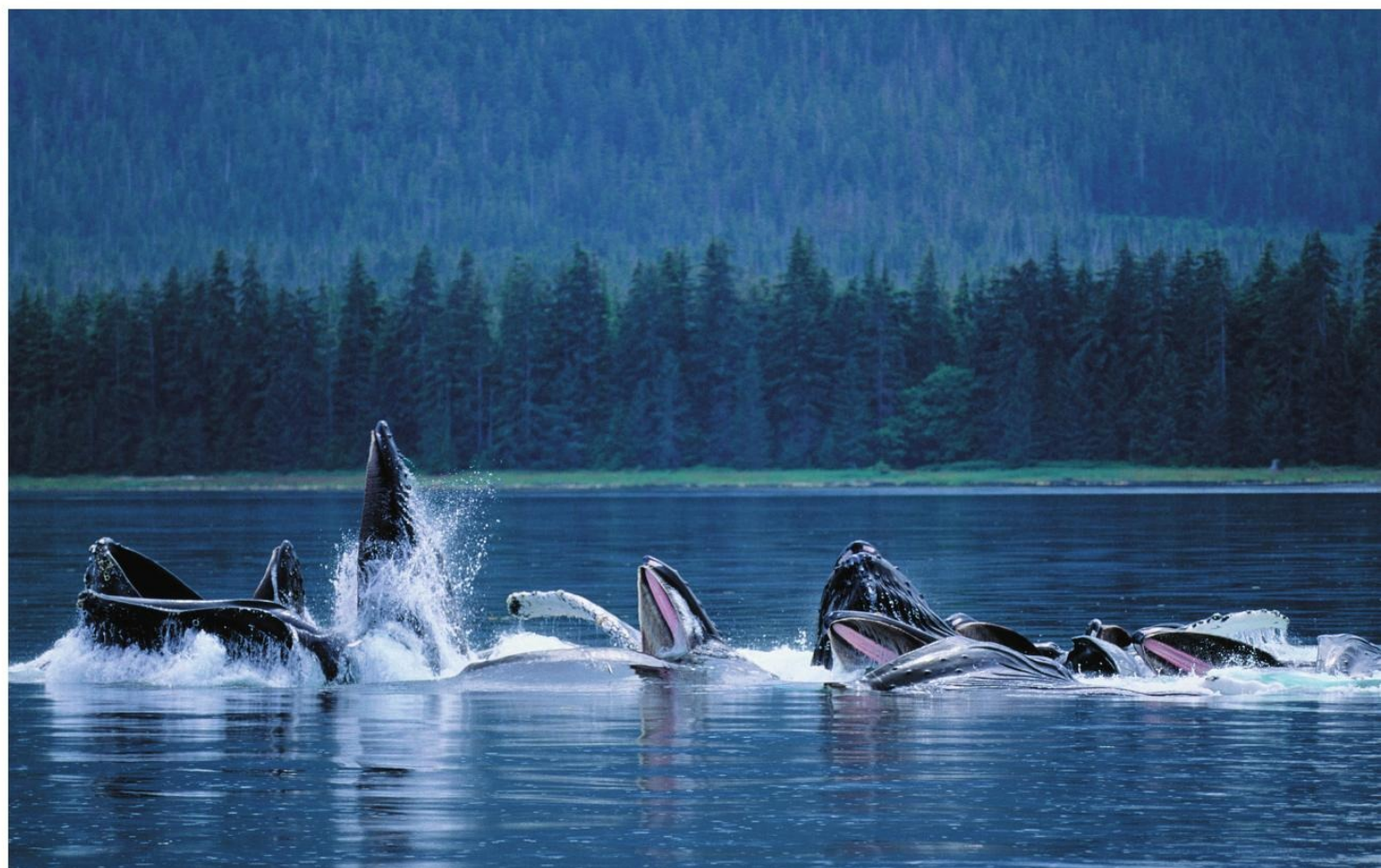
weather, and catch halibut, rockfish and salmon.

"Summers are great here," says Yamada. "I like the cooler weather. But by the time fall arrives, I'm ready to head back to Hawai'i, and then, when spring comes, I hear the call to Alaska." It's a sentiment shared by many others.

The modern connection between the 49th and 50th states began to take shape in Western terms when British explorer James Cook sailed to Hawai'i, then north to Alaska, then back to Hawai'i, in the late 1770s. That inaugurated trade between the two remote locales, with tropical goods such as sugar heading north, and Alaska commodities such as



» Each year, humpback whales travel from Hawai'i's warm waters to feed in the Gulf of Alaska. It's just one of many links between the Aloha State and the Last Frontier.



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timber and seafood sent south. Most famous of the latter is salted salmon—the basis for a Hawaiian dish, *lomi-lomi* salmon, which is diced salmon mixed with tomatoes and onions, and served cold as a sort of seafood salad. When and how salted salmon came to the Islands is uncertain, but it may date back to early 19th century whaling ships, or to the early 20th century, when workers from Hawai'i became integral to Alaska fish-cannery operations and would no doubt take salmon back to the tropics each fall.

Alaska and Hawai'i are linked in myriad other ways, too. They are the only two states not contiguous to the U.S. mainland, and they both joined the union in 1959. In addition, two powerful U.S. Senators, Alaska's Ted Stevens and Hawai'i's Daniel Inouye, not only collaborated on numerous pieces of legislation—they were also close friends.

There's also a connection between the states' indigenous cultures, a relationship that has translated in modern times into a multifaceted kinship. For instance, the Tlingit, Haida and Tsimshian peoples of Southeast Alaska have drawn on successful Hawaiian language revitalization as a model for their own efforts to bring back their native tongues.

"We said, 'If they can do it, so can we,'" recalls Rosita Worl, president of Sealaska Heritage Institute, a nonprofit devoted to restoring and enhancing Alaska Native culture from Yakutat to Metlakatla. "So we have."

As a gesture of gratitude, Juneau's Sealaska Corporation donated several large cedar logs to Hawaiian groups that were building voyaging canoes, including the double-hulled *Hawai'iloa*, which launched in 1993 and has since sailed around the Pacific.

Tlingit oral tradition suggests there may have been contact between the Islands and the Northwest long before Europeans arrived. For certain, Worl says, Tlingits traded as far south as California. Meanwhile, Hawaiians' historic reliance on sweet potatoes, a food crop that originated in Central and South America, suggests Hawaiians made the long voyage to the mainland as well.

"If Hawaiians are our cousins, they are very distant," says Worl. "But they are certainly our friends."

As are all who treasure these two marvelous places separated by thousands of miles—but joined by one ocean and numerous traditions. ✕

Eric Lucas is the author of Michelin Must Sees Alaska and co-author of Michelin Must Sees Hawaiian Islands.



THE ALASKA FEDERATION OF NATIVES' ANNUAL TRADITION

By Kacie Kaufman

» Since 1966, the Alaska Federation of Natives' Annual Convention has been a forum for indigenous people—an opportunity to come together and celebrate traditions and set policy that shapes the future in one of the largest gatherings of its kind.

This year's convention, October 19–21, is expected to draw approximately 5,000 people to the Dena'ina Center in Anchorage, where delegates will vote on resolutions concerning issues such as education and economic development, and honor Native heritage through music, dance and other ceremonies. The general public is welcome to attend.

To page 180

» The Alaska Federation of Natives' Annual Convention gathers about 5,000 people to celebrate indigenous cultures.





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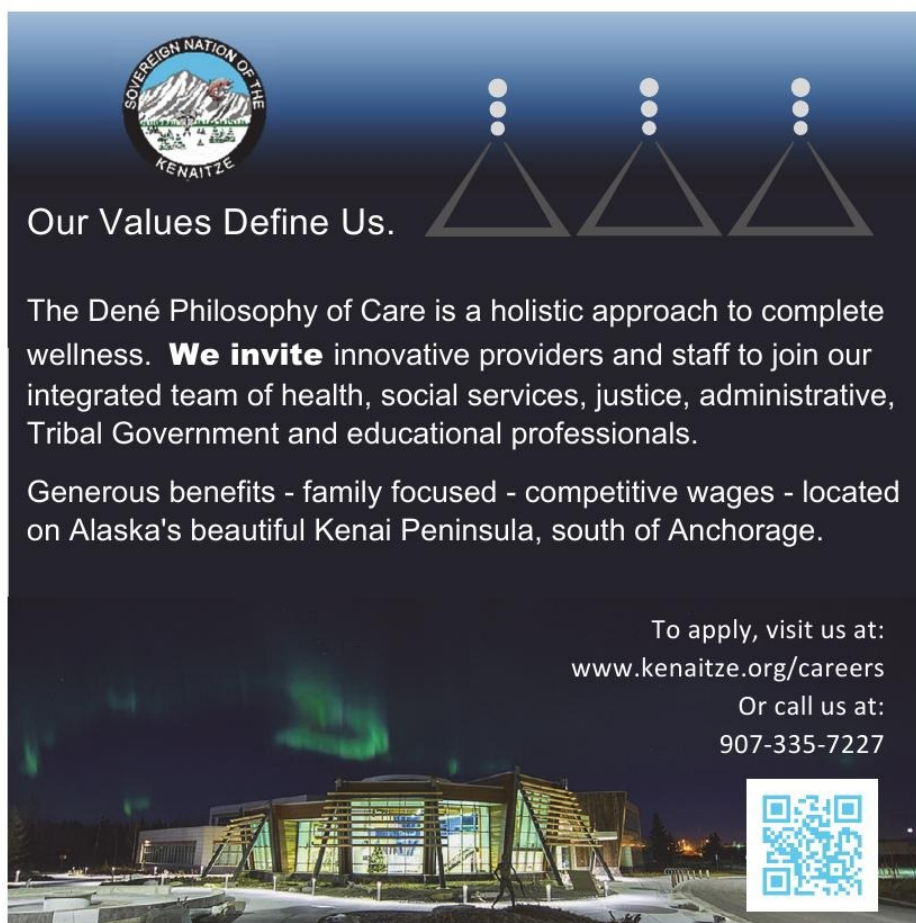

» HERE & NOW ALASKA

From page 179 The Alaska Federation of Natives' membership includes 151 federally recognized tribes, 150 village corporations, 12 regional corporations, and 12 regional nonprofit and tribal consortiums. It is governed by a 38-member board, which is elected by its membership at the annual convention.

Culture is an important part of the convention, and traditional dance will be showcased during "Quyana Alaska" on Thursday and Friday evenings. The event, which is named for the Yup'ik word meaning "thank you," will represent an array of languages, music, dances and clothing. The Alaska Native Customary Art Show will feature more than 170 native artists and craftspeople from Alaska and the Lower 48 states. Visitors can browse and purchase items including Tlingit copper bracelets and patterned *kuspuks*, traditional garments.

Colonel Wayne Don, of the Alaska Army National Guard, and Sergeant Jody Potts, a village public-safety officer and director of public safety for the Tanana Chiefs Conference, will co-deliver the keynote address, which will reflect on this year's theme—Strength in Unity: Leadership, Partnerships and Social Justice.

The proceedings will be broadcast on television statewide, as well as online. Those attending the convention in person are eligible to receive a 15 percent travel discount when flying Alaska Airlines or Horizon Air from Canada, Alaska or the Lower 48 states. For more on the convention, visit nativefederation.org/annual-convention. ✈





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Flyer guide

Your overview of the Alaska experience.

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Everything Alaska

A look at all we offer.

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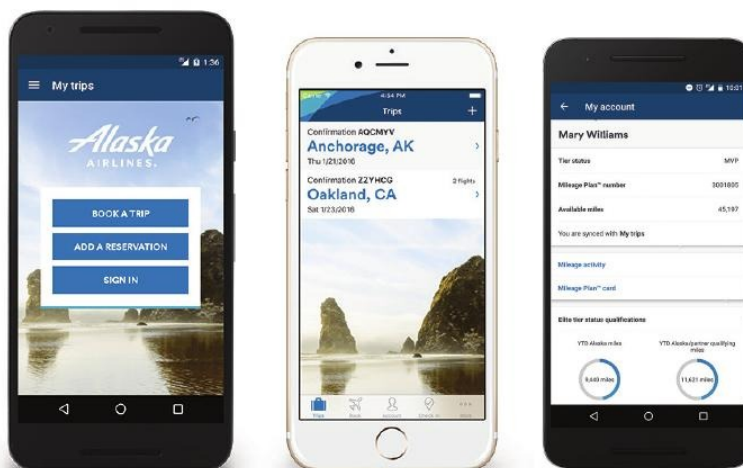


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Alaska's Boeing 737 fleet.



B737-900/900ER

Number in fleet: 71
Range: up to 2,720 miles
Seats: 181, or 178 with Premium Class

B737-800

Number in fleet: 61
Range: 2,920 miles
Seats: 159

B737-700

Number in fleet: 9
Range: 2,985 miles
Seats: 124

B737-400

Number in fleet: 6
Range: 2,000 miles
Seats: 144

B737-400C ("combi")

Number in fleet: 4
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

You'll find Boeing's new Space Bins, offering 48% more stowage space, on many of our 737-900ER aircraft. All -900ERs will feature Space Bins by the end of 2017.

Alaska's regional fleet.



Bombardier CRJ-900

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



Embraer E175

Number in fleet: 26
Range: 2,150 miles
Seats: 76
Operated by Horizon Air and SkyWest Airlines

Virgin America's fleet.



Airbus A319

Number in fleet: 10
Range: 2,986 miles
Seats: 119
Operated by Virgin America

Airbus A320

Number in fleet: 53
Range: 2,855 miles
Seats: 146–149
Operated by Virgin America

Airbus A321neo

Number in fleet: 2
Range: 3,072 miles
Seats: 185
Operated by Virgin America

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- ✓ Tom Douglas-inspired meals for purchase
- ✓ Award-winning service

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Sodas

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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)

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

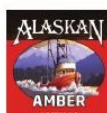
PREMIUM WINE



Canoe Ridge Exploration \$7
Red Blend

Canoe Ridge Exploration \$7
Pinot Gris

All prices in U.S. dollars.



BEER

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

Domestic Beer \$6
Miller Lite
Budweiser

NEW:



La Marca Prosecco \$8



Woodford Reserve Bourbon \$7

LIQUOR



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

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

First Class Wines

Featured wines this month.



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.

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The “Movies & Wi-Fi” card in your seatback pocket has instructions on how to watch.

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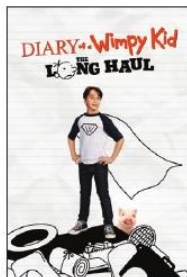
Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Travel Channel—as well as new discoveries, including new musicians on Seattle’s independent record label, Sub Pop.



Download the app:

You’ll need the Gogo Entertainment App to watch movies. Get it now at loadplayer.com.

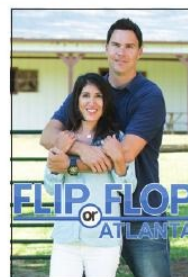
HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



Diary of a Wimpy Kid: The Long Haul



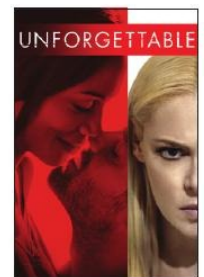
Everything, Everything



Flip or Flop: Atlanta



My Cousin Rachel



Unforgettable

Plus, TV shows from:



HERE’S A PEEK AT OUR ALASKA BEYOND ENTERTAINMENT MOVIE LINEUP:

- Alvin and the Chipmunks: The Road Chip
- Avatar
- Baggage Claim
- Beasts of the Southern Wild
- Central Intelligence
- Chasing Mavericks
- CHiPs
- Collateral Beauty
- Creed
- Diary of a Wimpy Kid: Dog Days
- Enough Said
- Exodus: Gods and Kings
- Fantastic Four
- Far from the Madding Crowd
- Harry Potter and the Half-Blood Prince
- He Named Me Malala
- Hidden Figures
- Ice Age: Continental Drift
- Joy
- King Arthur: Legend of the Sword
- Kong: Skull Island
- Kung Fu Panda 3
- Lilo & Stitch
- Logan
- Max
- Mad Max: Fury Road
- Mr. Peabody & Sherman
- Pan
- Penguins of Madagascar
- Point Break (2015)
- Practical Magic
- Sideways
- Storks
- Table 19
- The Book Thief
- The Boss Baby
- The Croods
- The Intern
- The Jungle Book
- The LEGO Batman Movie
- The Martian
- The Peanuts Movie
- The Wolverine
- Turbo
- When Harry Met Sally
- X-Men: Days of Future Past

For a complete movie listing, log on to the Alaska Beyond inflight portal.

Like our tunes?

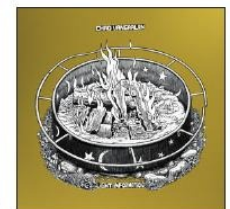
Take a look at this month’s boarding music playlist:

Artist	Song
Angel Snow	Photographs
Joshua Radin	Here Comes the Sun
Jon Bryant	Light
Callum Beattie	We Are Stars
Current Swell	Like I Fight For You
TWINKIDS	Overdressed
Haley Reinhart	The Letter
Stu Larsen	Chicago Song
WILD	American Love

Plus, check out our featured Sub Pop album of the month

Chad VanGalen
Light Information

Light Information is a vivid journey through future worlds and relentless memories, with rich soundscapes and sometimes jarring imagery. An accomplished artist and director, VanGalen writes, plays and produces nearly all of his music.



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- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: avoid sending while in air.
- Bookmark or favorite the Gogo in-air page—airborne.gogoinflight.com—in your browser.
- Huh? Gogo Live Help is available on flights within the Gogo coverage area. FAQs are at your fingertips on all flights.

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



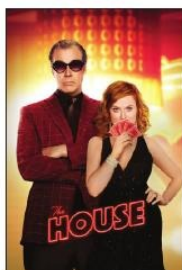
NEW MOVIES ON THE TABLET:



Captain Underpants: The First Epic Movie



Despicable Me 3



The House



The Beguiled



Wonder Woman

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7,500 miles	12,500 miles	701 to 1,400 miles	Los Angeles–Portland
10,000 miles	12,500 miles	1,401 to 2,100 miles	Portland–St. Louis
12,500 miles	12,500 miles	More than 2,101 miles	New York–Seattle

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

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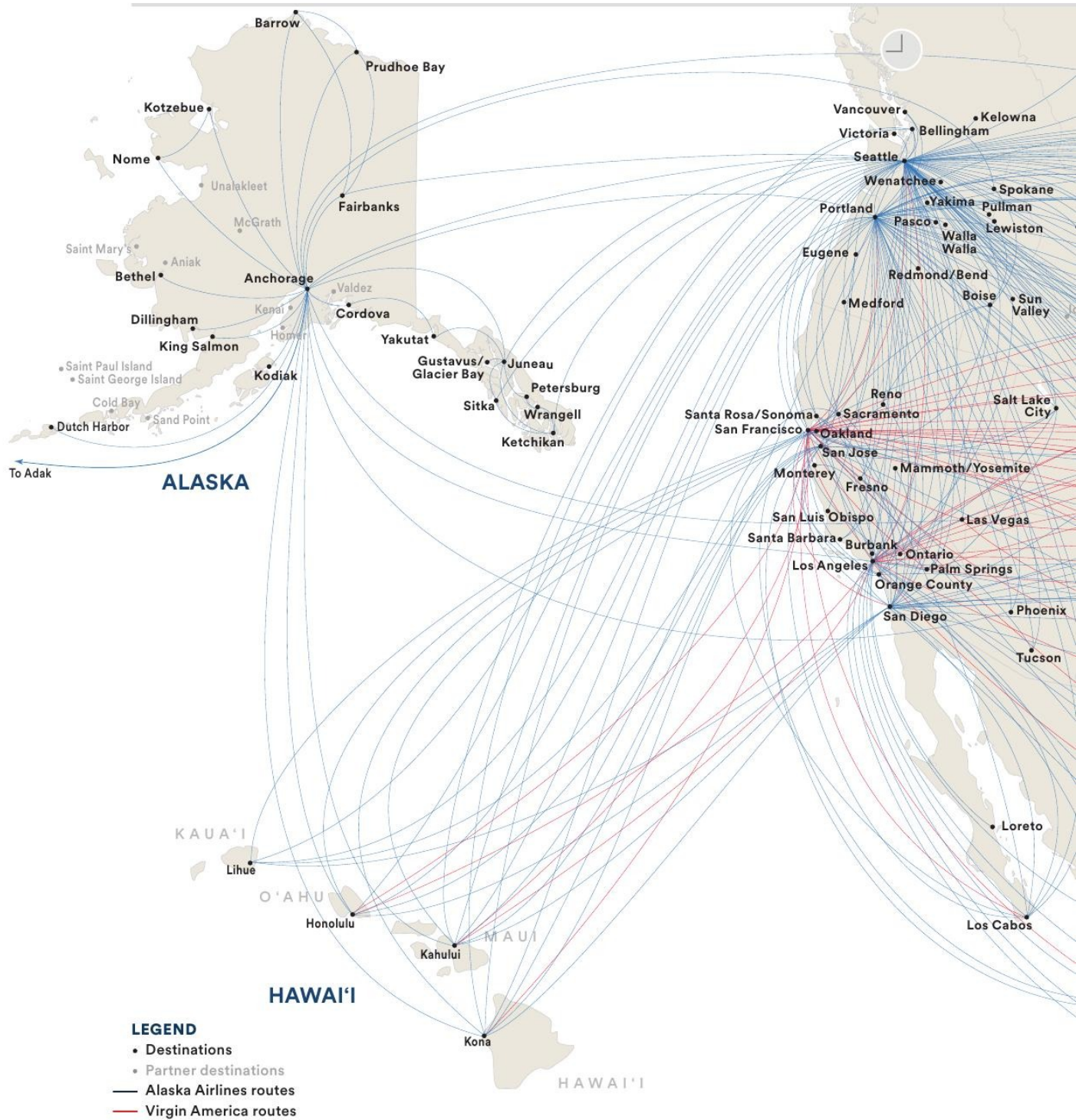
Tokyo, Japan
Japan Airlines



Dubai, UAE
Emirates

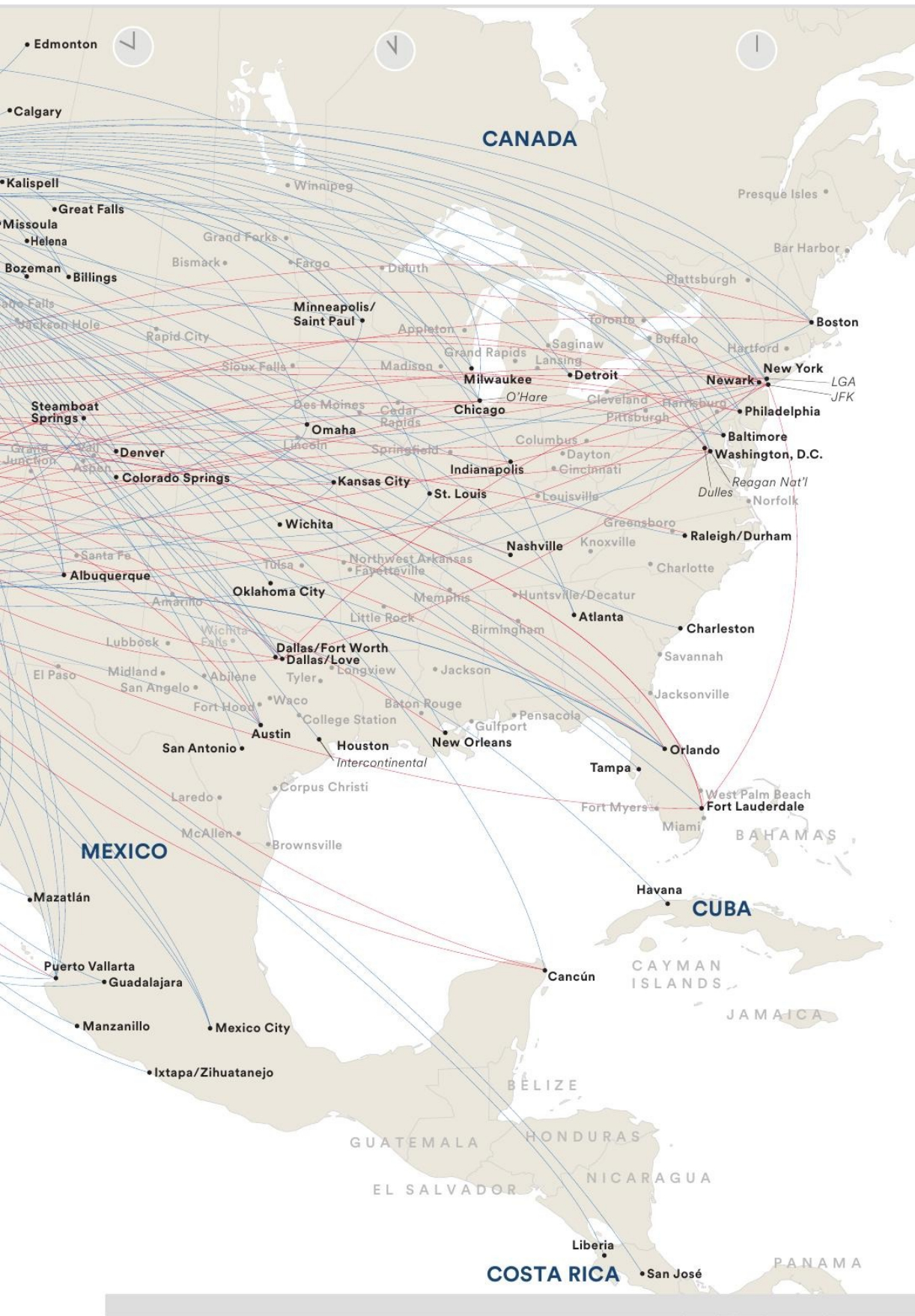
Where we fly

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UPCOMING NEW SERVICE

Route	Service Begins
San Francisco, CA—Baltimore, MD	October 16
San Diego, CA—Albuquerque, NM	October 18
San Francisco, CA—Raleigh-Durham, NC	October 19
Portland, OR—New York Kennedy (JFK)	November 6
San Diego, CA—Mexico City, MEX	November 6
San Diego, CA—Minneapolis, MN	November 18



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

Some routes shown operate seasonally.

Airport terminal maps

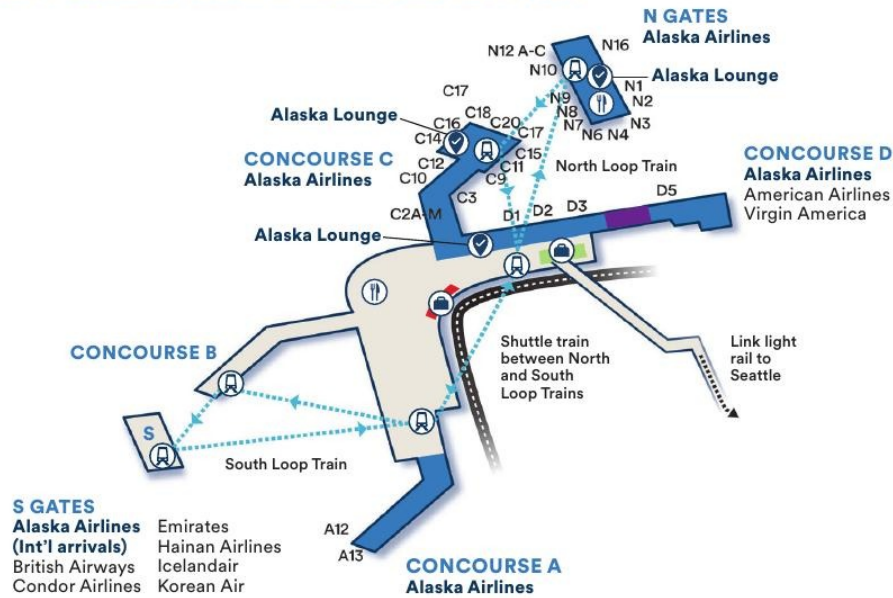
SEA Seattle/Tacoma International Airport

Tip:

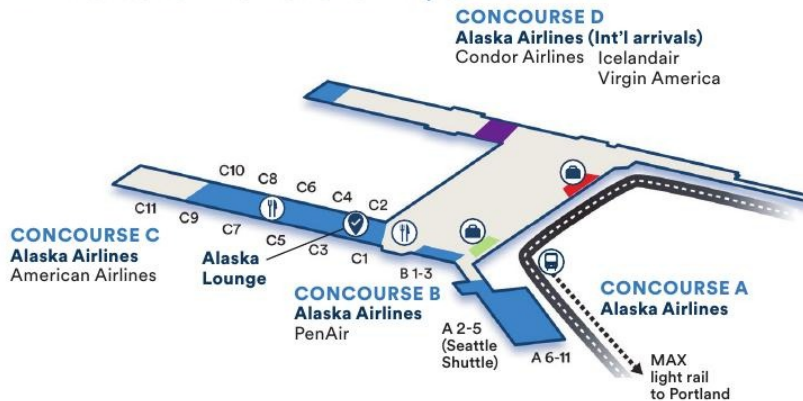
Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.

Tip:

Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



PDX Portland International Airport



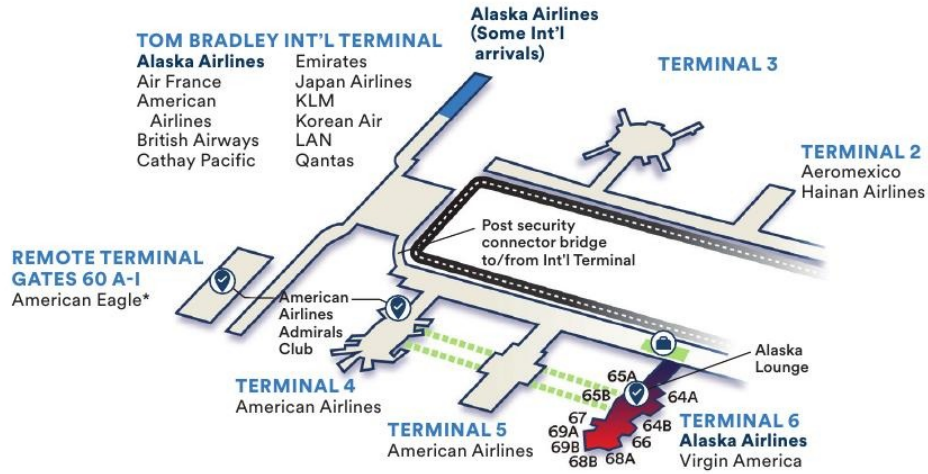
SFO San Francisco International Airport

Tip:

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



LAX Los Angeles International Airport

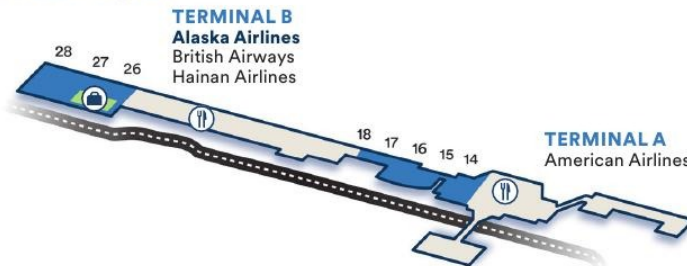


Tip:
Virgin America has moved to Terminal 6. Virgin America Loft has closed: Please visit the Alaska Lounge at Terminal 6.

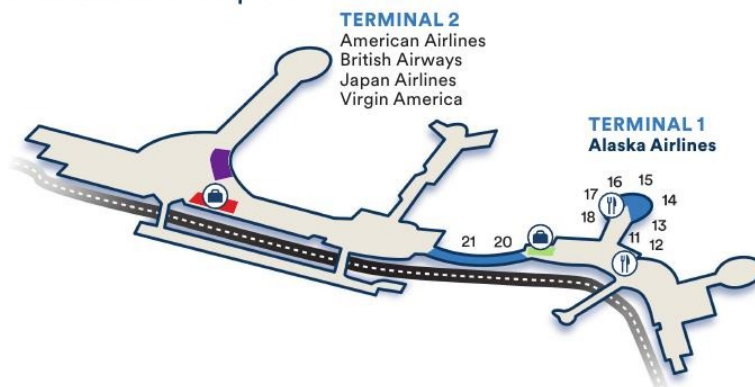
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



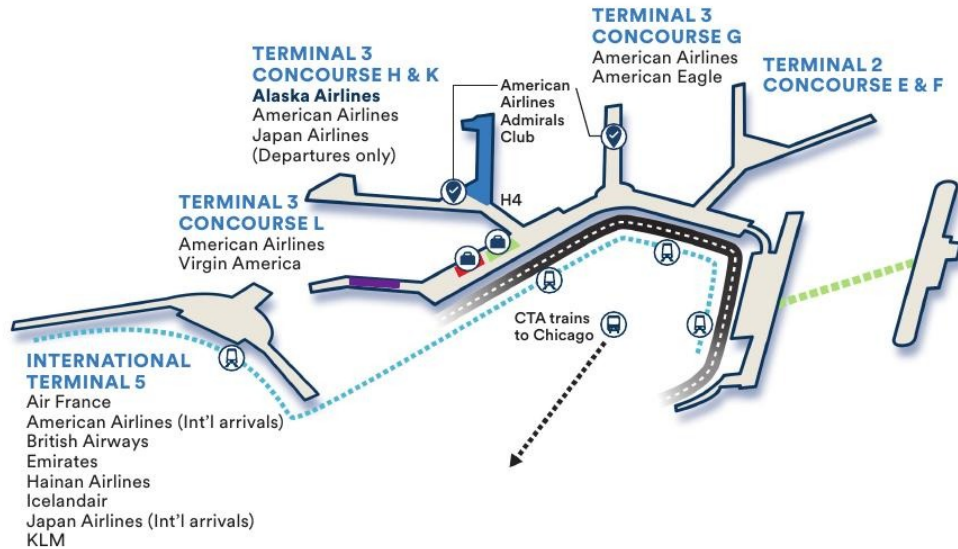
Global Airline Partner terminal maps

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.

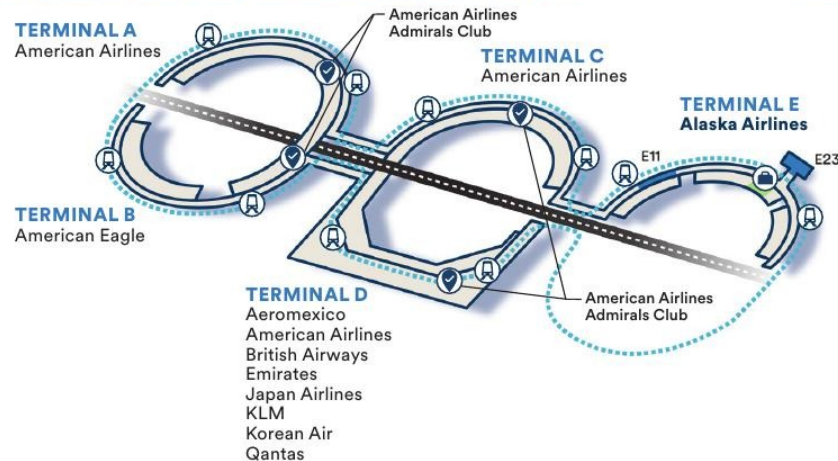
Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



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.

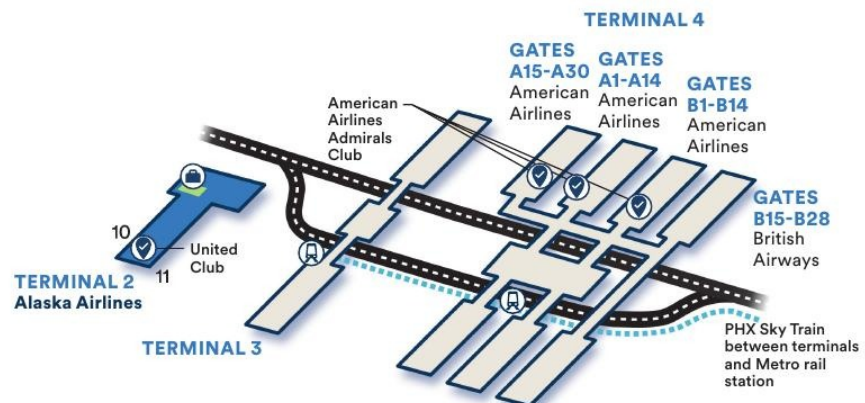


PHX Phoenix Sky Harbor International Airport

American Airlines 

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

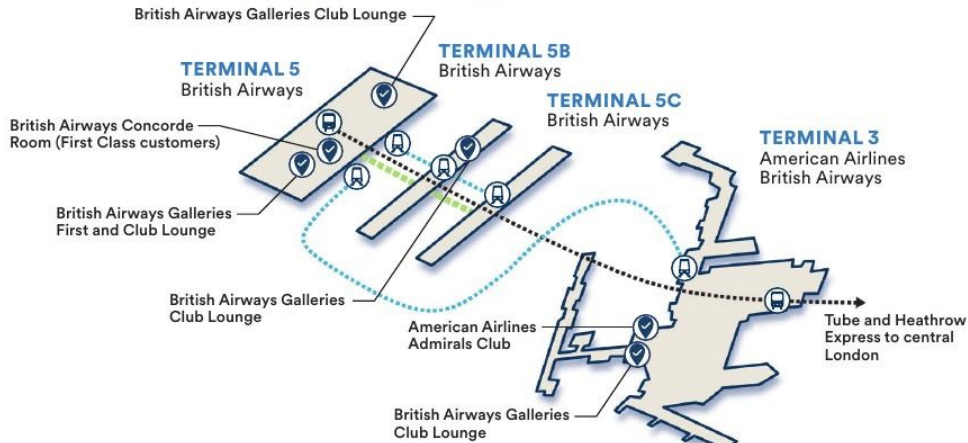
Tip: Alaska Lounge members have access to the United Club across from gate 10 at Sky Harbor when flying on Alaska.



Legend:



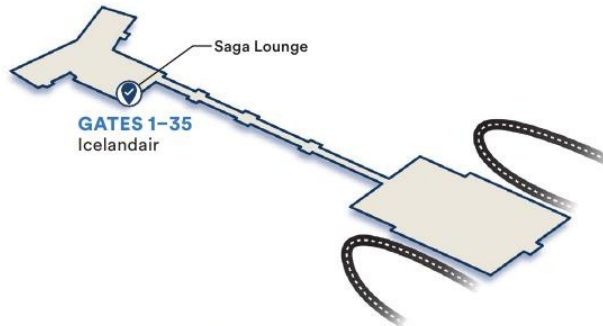
LHR Heathrow Airport, London, England



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

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

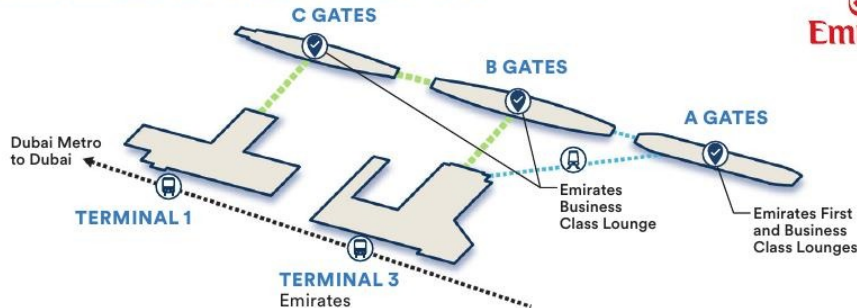
KEF Keflavík International Airport, Reykjavík, Iceland



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

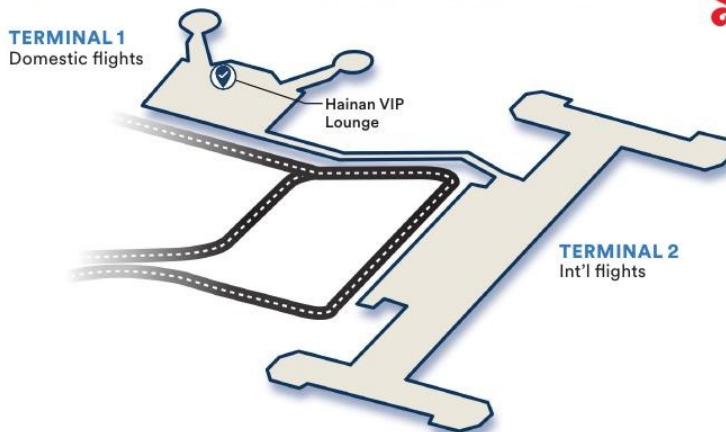
Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

DXB Dubai International Airport, Dubai, UAE



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

PEK Beijing Capital International Airport, Beijing, China



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

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

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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



Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación. Las formas completas serán presentadas en la Terminal Internacional.

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; 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.

USING YOUR DEVICES

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

Allowed on the ground and in the air

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

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.

Not allowed during flight

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

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

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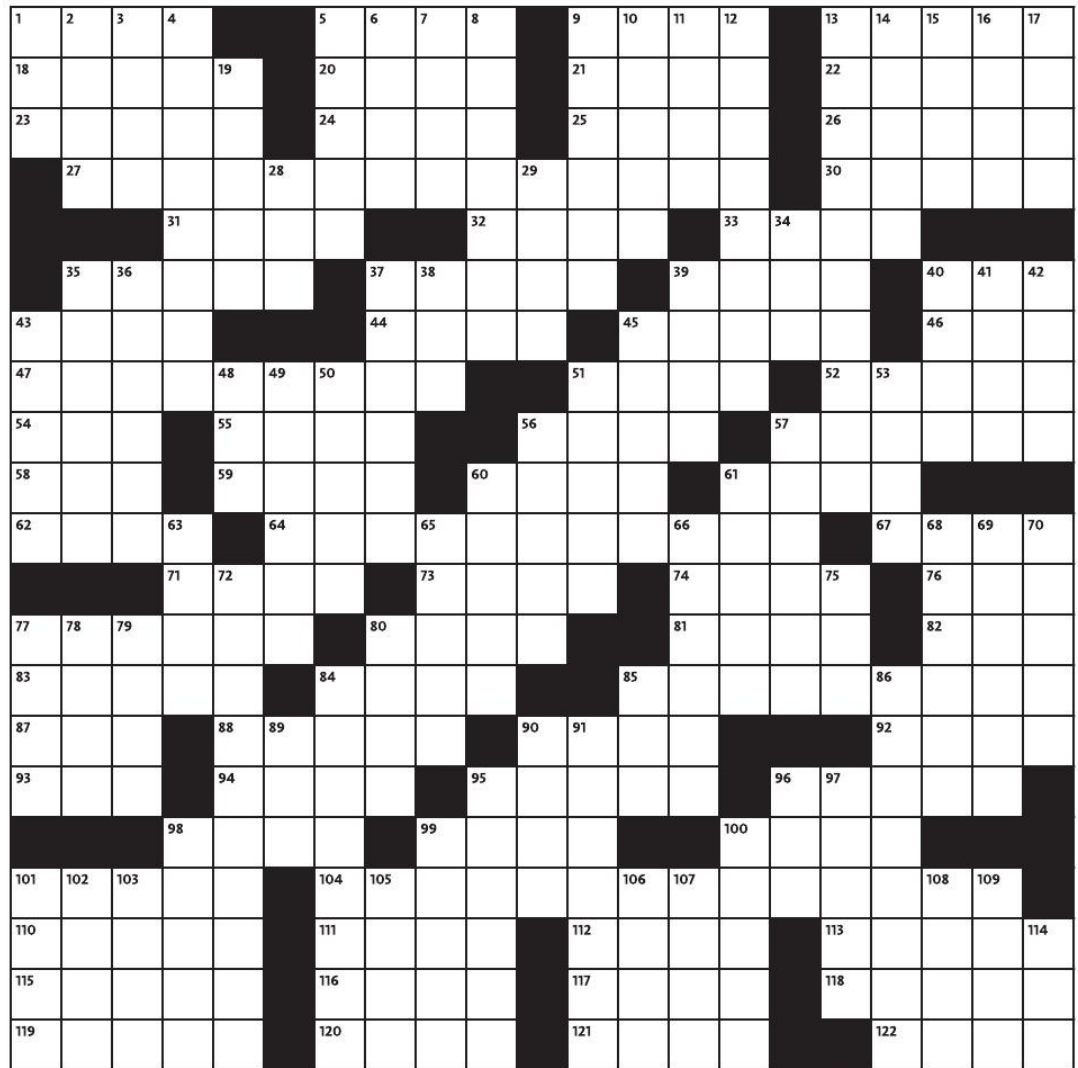
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ACROSS

- 1 Cluster constituent
5 Clear the decks?
9 Timber wolf
13 _____ toast
18 Raring to go
20 Jason's vessel
21 Eggshell
22 Early computer
23 Thin pancake
24 Stead
25 French state
26 Bedeck
27 Very large waterfowl
30 Thick
31 Diagonal
32 Ancient deity
33 Trudge
35 Stable youths
37 Ostentatious
39 Cat call
40 Party offering
43 Bunches of spore pods
44 Unbalanced atoms
45 Stale
46 Saver's bk. fund
47 It has a black cap
51 Bunch of logs
52 Pique
54 Univ. official
55 Goddess of strife
56 Medicos
57 Collards, e.g.
58 Jackie's O
59 Crux
60 Gator look-alike
61 Superior of a marquis
62 Sean or William
64 Bright-red wader
67 Follows
71 Has loans
73 Monopolizes
74 Turkish title
76 Baby beaver
77 Merman of myth
80 Polar explorer
81 Rushes
82 Hail, Caesar!
83 Cowboy contest
84 Sheet of stamps
85 Wetlands habitue
87 Bullfight bellow
88 Hang loosely
90 Thailand, once
92 French film
93 Leaves in the afternoon
94 Left, aboard ship
95 Clause separator
96 Bear down on
98 Hindu works
99 Successful stroke
100 Romances
101 Renaissance fiddle
104 Grassland grouse
110 Margin
111 Count's equivalent
112 North Sea feeder
113 Boxing feats
115 Permeate



- 116 Prong
117 Bleacher feature
118 Pool party?
119 Sword
120 Musher's conveyance
121 Agile, nautically
122 First place?

DOWN

- 1 Like dry wine
2 Pucker-producing
3 Teen suffix
4 Monarchy alternative
5 Shoppers' delights
6 Subpoena, for one
7 Author/critic
James _____
8 Kentucky quaff
9 Elbowroom
10 Base eight
11 Source of fiber
12 Use more cash than
13 Melodious whistler
14 Wound up
15 Pride member
16 Candy units
17 Bad marks in high school?
19 Settle up
28 Ballet step
29 Toothed tools
34 Mauna _____
35 Stick together
36 Fountainhead
37 Refreshing inactivity
38 Weeder
39 Makes a dent in
40 Feast
41 Inflexible
42 Forks over
43 Quarrel
45 Lawn game
48 Brewer's barrel
49 Ascended
50 Records
51 Codgers
53 Can't live without

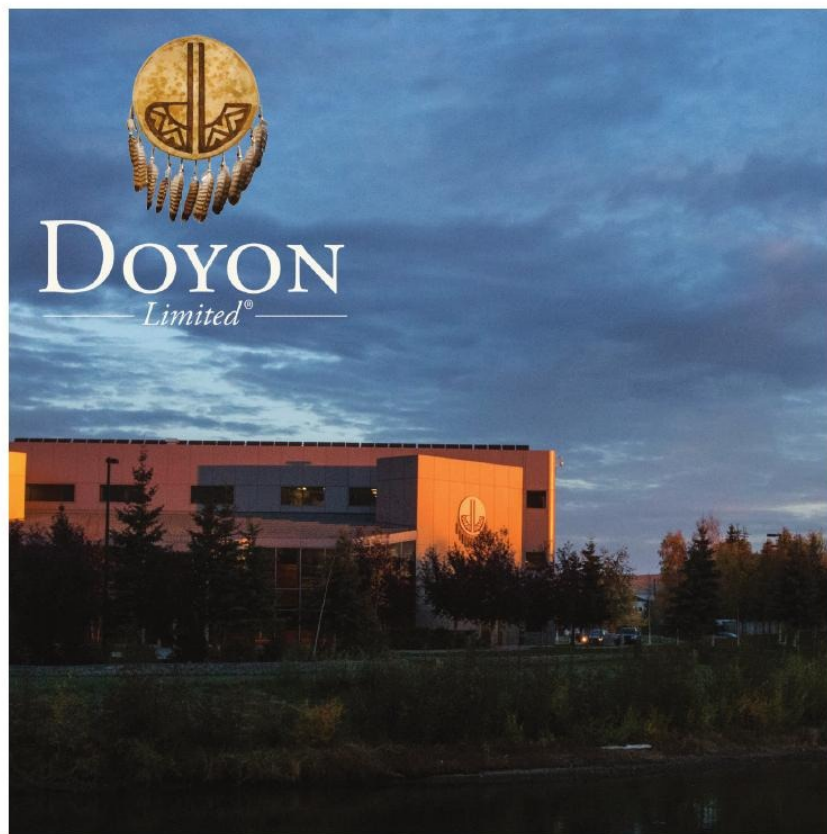
- 56 Coffee grounds
57 Emoted
60 No cigar?
61 Meal invitation
63 Eminence
65 Swiss river
66 _____ Islands
(Nassau's chain)
68 Giraffes' cousins
69 Established facts
70 Cubic measure
72 Tree knocker
75 Horned viper
77 Exceed a walk
78 Part to play
79 Suspicion
80 Absorbed
84 Castle elevations
85 American uncle
86 Rink shoe
89 Heater
90 Lemony
91 Irreverence
95 Like a helix

- 96 Taro product
97 Gravel
98 Locale
99 Chili con _____
100 Reporter's query
101 Baseball stats
102 Ms. Bombeck
103 Ship timber
105 Carp
106 Another name for Lamb
107 Radio enthusiast
108 Viewed
109 Zilch
114 Scion

SOLUTION ON PAGE 207.

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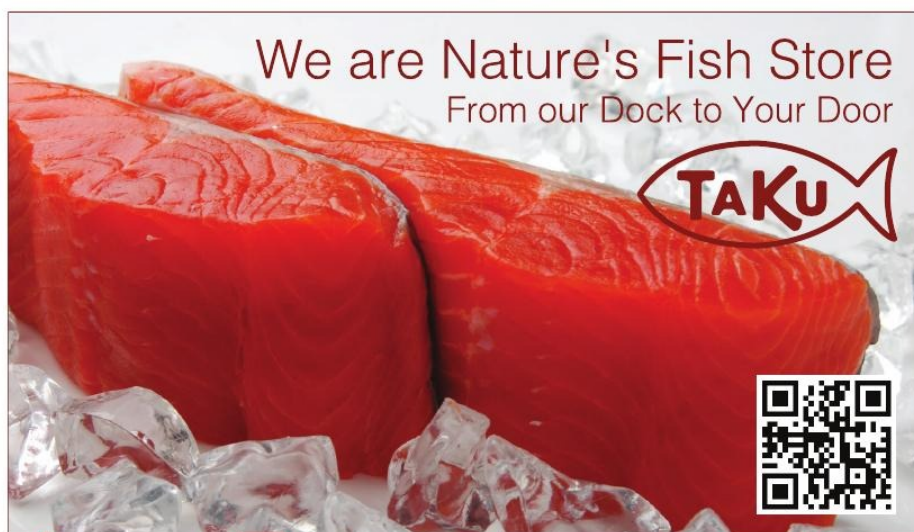
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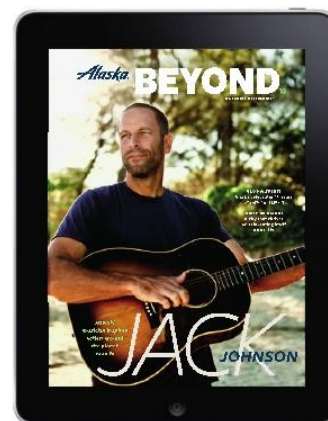
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LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

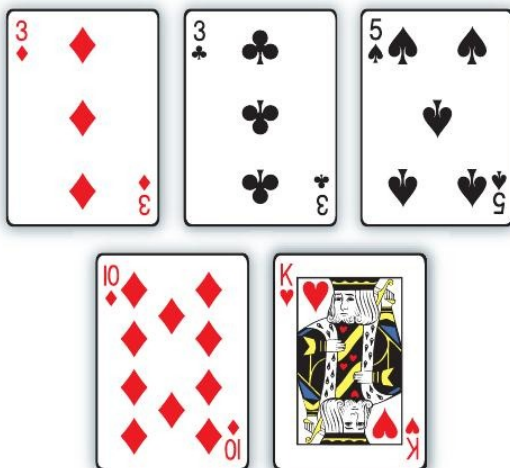
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	
25.	26.	27.	

DEFINITIONS

- | | | |
|----------------------|----------------------|---------------------------------|
| 1. Certain songbird | 11. Kitchen alarm | 21. Early Russian ruler |
| 2. Is painful | 12. School semester | 22. West Point students |
| 3. Dash recklessly | 13. Abandons | 23. Palm fruits |
| 4. Newspaper chiefs | 14. Burn ointment | 24. Musical-chairs goal |
| 5. Walk confidently | 15. Mendes and Gabor | 25. <i>The Muppet</i> Show host |
| 6. Counts calories | 16. Wooden planks | 26. Send payment due |
| 7. Play participants | 17. Paved paths | 27. Minor haircut |
| 8. Shore area | 18. Fizzy beverage | |
| 9. Barracks beds | 19. Jeweled crowns | |
| 10. Earns; deserves | 20. Porch step | |

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- The black cards are not adjacent.
- The red cards are adjacent.
- The five is not on top.
- The diamonds are not adjacent.
- The threes are not adjacent.

SOLUTIONS ON PAGE 207.

ANAGRAM MAZE

The diagram contains 36 words, 21 of which are anagrams of other everyday words. Start at the top arrow and anagram SINK. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1 LILY	2 MINK	3 ROCK	4 BARD	5 SINK	6 KNOW
7 BRAN	8 FLUE	9 LAIN	10 MALT	11 HOOT	12 WOOL
13 BLOW	14 CELL	15 AFAR	16 DAWN	17 SLAT	18 ABET
19 LIFE	20 SAGE	21 VAST	22 HOSE	23 TINY	24 FLIT
25 HARD	26 BEAU	27 MAKE	28 BANG	29 MAZE	30 LIED
31 HAVE	32 RISE	33 MOOR	34 SAME	35 LAPS	36 TOGA

» GAMES SUDOKU

Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 207.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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SUDOKU ON PAGE 204.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

CROSSWORD ON PAGE 201.

S	T	A	R		S	W	A	B		L	O	B	O		M	E	L	B	A
E	A	G	E	R		A	R	G	O		E	C	R	U		E	N	I	A
C	R	E	P	E		L	I	E	U		E	T	A	T		A	D	O	R
	T	R	U	M	P	E	T	E	R	S	W	A	N	S		D	E	N	S
		B	I	A	S		B	A	A	L		P	L	O	D				
		C	O	L	T	S		S	H	O	W		M	E	O		D	I	P
S	O	R	I			I	O	N	S		B	A	N	A	L		I	R	A
C	H	I	C	K	A	D	E	E		C	O	R	D		A	N	N	O	
R	E	G	E	R	I	S		D	O	C	S		G	R	E	E	N	S	
A	R	I		G	I	S		T		C	R	O		D	U	K	E		
P	E	N	N		S	C	A	R	L	E	T	I	B	I	S		D	O	G
		O	W	E	S		H	O	G	S		A	G	H	A		K	I	T
T	R	I	T	O	N		R	O	S	S		H	I	E	S		A	V	E
R	O	D	E	O		P	A	N	E		S	A	N	D	P	I	P	E	
O	L	E		D	R	A	P	E		S	I	A	M		C	I	N	E	
T	E	A		P	O	R	T		C	O	M	M	A		P	R	E	S	
		V	E	D	A		C	O	U	P		W	O	O					
R	E	B	E	C		P	R	A	I	R	I	E	C	H	I	C	K	E	N
B	R	I	N	K		E	A	R	L		E	L	B	E		K	A	Y	O
I	M	B	U	E		T	I	N	E		T	I	E	R		S	T	E	N
S	A	B	E	R		S	L	E	D		Y	A	R	E		E	D	E	N

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BRAIN BOOSTER PUZZLES ON PAGE 203.

LADDERGRAM

H	1. THRUSH	2. HURTS	3. RUSH	T
O	4. EDITORS	5. STRIDE	6. DIETS	R
R	7. ACTORS	8. COAST	9. COTS	A
S	10. MERITS	11. TIMER	12. TERM	I
E	13. LEAVES	14. SALVE	15. EVAS	L
B	16. BOARDS	17. ROADS	18. SODA	R
A	19. TIARAS	20. STAIR	21. TSAR	I
C	22. CADETS	23. DATES	24. SEAT	D
K	25. KERMIT	26. REMIT	27. TRIM	E

CARD SENSE

The two black cards are not adjacent (clue 1) but the three red cards are adjacent (clue 2), so the top and bottom cards are the three of clubs and the five of spades in some order. The five of spades isn't the top card (clue 3), so it is the bottom card, and the three of clubs is on top. Since the diamonds are not adjacent (clue 4), the king of hearts is the third card and the three of diamonds and ten of diamonds are second and fourth in some order. The three of diamonds isn't second from the top (clue 5); it is fourth and the ten of diamonds is second. In summary, from top to bottom: three of clubs, ten of diamonds, king of hearts, three of diamonds, and five of spades.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 5. skin; 4. drab; 3. cork; 9. nail; 8. fuel; 7. barn; 13. bowl; 19. file; 20. ages; 21. vats; 22. shoe; 16. wand; 17. salt; 18. beat; 24. lift; 30. idle; 36. goat; 35. slap; 34. seam; 33. room; 32. sire.

		3	4	5	
7	8	9			
13			16	17	18
19	20	21	22		24
					30
	32	33	34	35	36

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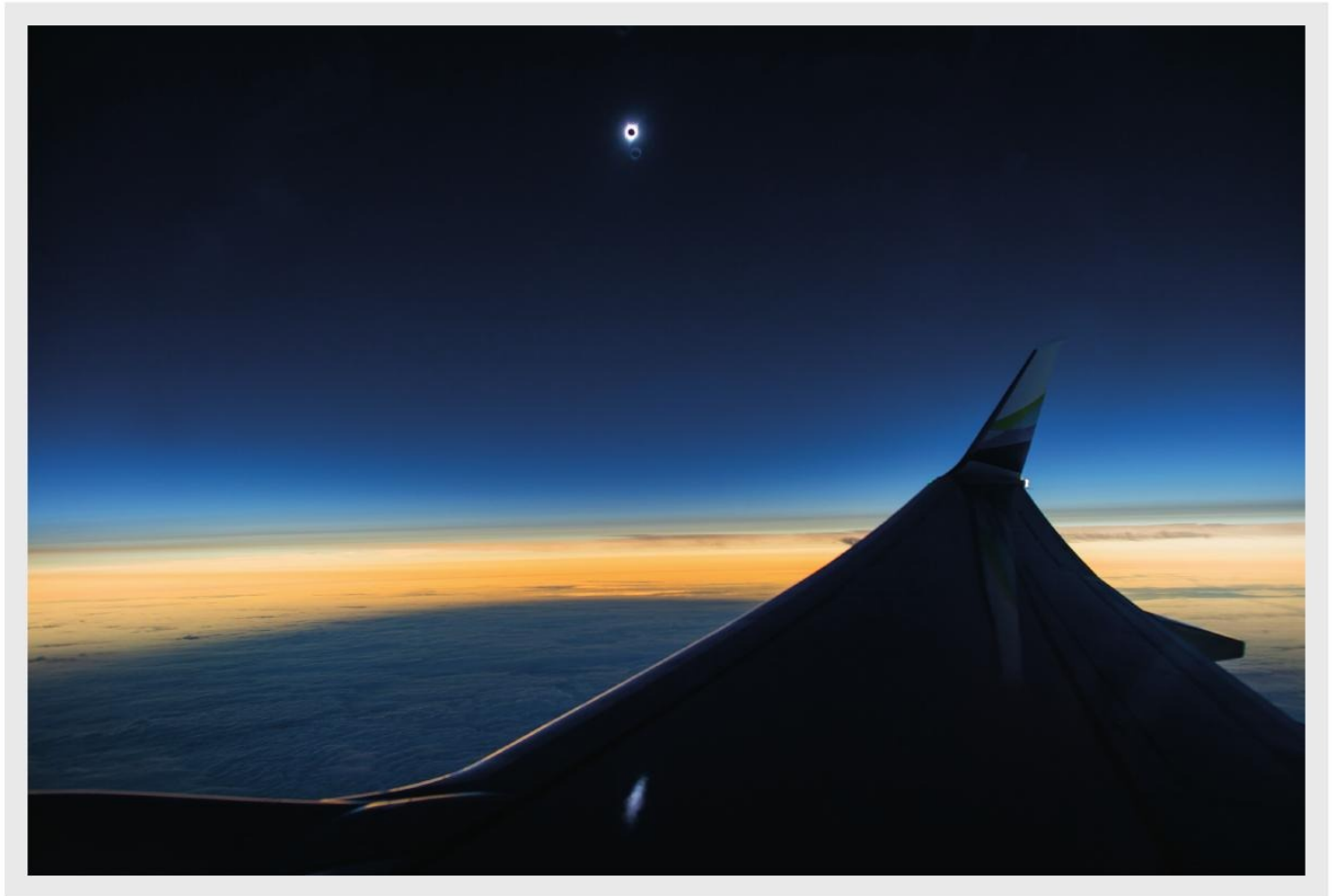
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