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MAGAZINE OCTOBER 2018

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PAGE 72

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PAGE 144

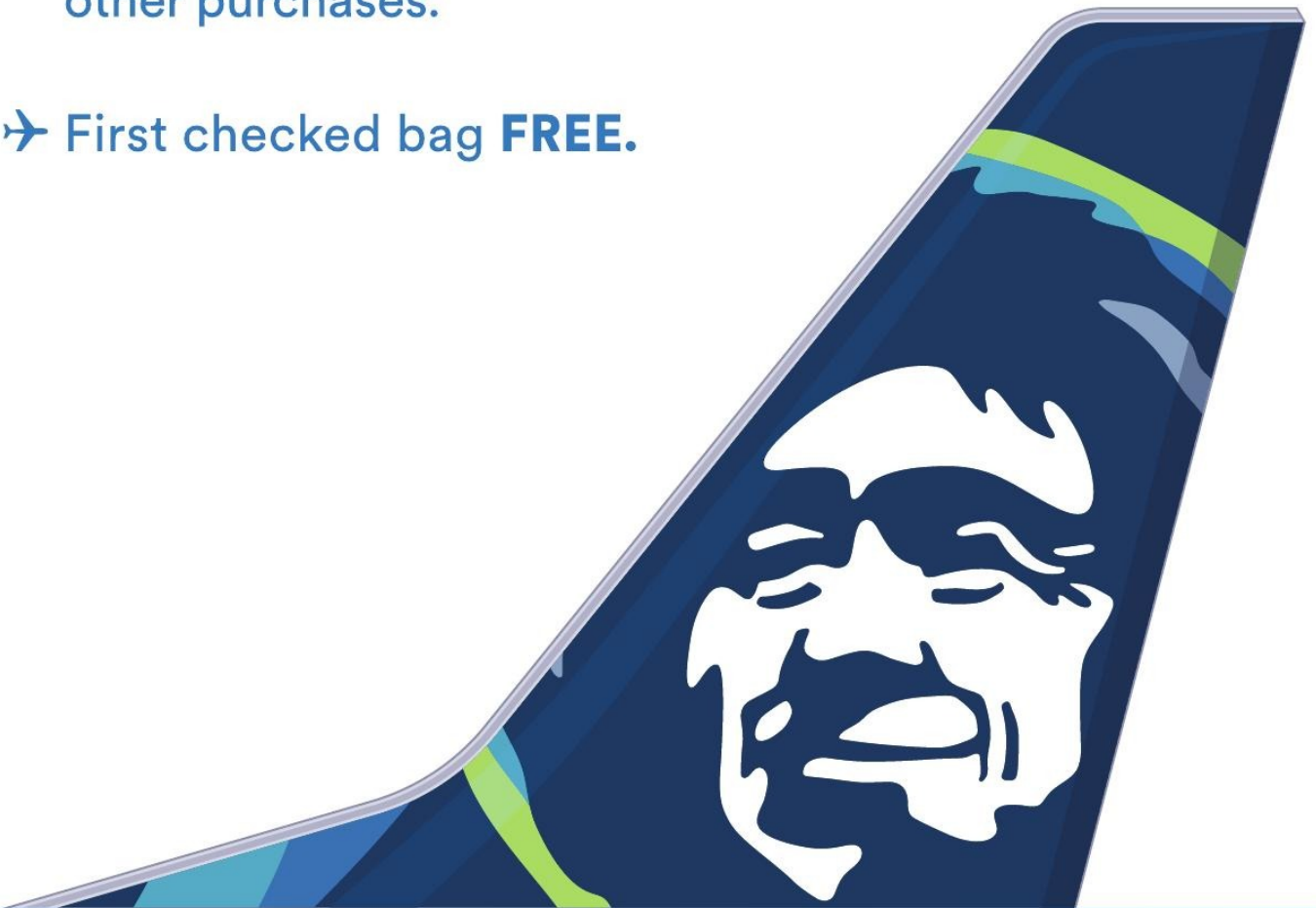
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TRAVEL & REAL ESTATE

Meet Vacasa, the modern property manager that's changing the vacation rental game

Vacasa, the largest U.S. vacation rental management company, is redefining the \$138 billion global vacation rental industry one property at a time

The first thing you should know is the scale at which Vacasa operates. Vacasa's family of companies provides full-service property management for 10,000 vacation rental properties around the world. Vacasa guests enjoy the same hotel-like cleanliness and service wherever they're traveling. Homeowners who work with Vacasa can relax knowing they have a trusted partner whose local teams take care of everything for them.

The second thing you should know is that, as a vacation homeowner, Vacasa guarantees you'll make more money with them. They utilize industry-leading marketing strategies to help every guest find the perfect place to stay and their machine-learning-driven pricing technology adjusts rental rates in real time so that homeowners never leave money on the table.

"Vacasa has helped us keep our oceanfront home clean and consistently rented all year long," said Shawn Eberhardt, a Vacasa homeowner with properties in Fort Bragg and Lake Tahoe. "Our local team is communicative and people-driven, quickly resolving



Bay View Beachfront - Fort Bragg, CA

any issues that arise and taking great care of our guests. I'm able to enjoy my retirement to the fullest and have peace of mind knowing that Vacasa is managing every aspect of our home."

Built on trust

Founded in 2009, Vacasa built a foundation of trust with its customers and quickly began growing its portfolio of vacation homes. Today, the company employs a wide range of staff from local housekeepers to marketers and software engineers.

Driven by technological advancements, the short-term accommodations sector is growing at twice the rate of the entire U.S. travel industry. For vacation rental homeowners, the process of securing consistent bookings and managing rates has become more complex, increasing demand for a simple, all-in-one property management solution. This is what Vacasa does best.

Full-service solution

Homeowners who don't want their vacation homes to be their full-time jobs are increasingly turning to full-service property managers such as Vacasa, which employs local teams and manages everything from bookings and cleanings to navigating local permits and regulations.

Ready for a modern property manager to take your vacation home to the next level? Contact Vacasa today at 888.207.4649 or visit us online at www.vacasa.com/beyond



www.vacasa.com/beyond

INSIDE»



Escape to Mexico

Fashion designer Betsey Johnson finds inspiration in village living.

By Candace Dempsey

64

OCTOBER 2018

122 Mountains + Museums

Peak experiences and urban attractions in Idaho.

By Buddy Levy

166 Here & Now: Seattle

A new Main Street and a restful riverfront are reasons to smile in Bothell.

By Dennis Wunsch

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72 Mexico The ancient ruins of Tulum, near Cancún.



95 California San Francisco's new Salesforce Transit Center.

WELCOME

- 11** A message from
CEO Brad Tilden.

IN THE KNOW

- 15 What's New**
The latest from
Alaska Airlines.
- 17 People Behind the Spirit**
Mazatlán Customer Service
Agent Beatriz Rosete; and
Seattle Flight Attendant
Chip Hestle.

- 21 Community**
Alaska Airlines introduces
San José students to the
world of coding.
- 25 Airport Amenities**
Alaska opens a new signa-
ture Lounge in New York's
JFK International Airport.

ON POINT

- 29 Fresh Takes**, Tom Douglas
33 View, Rob Dunton
39 Savvy Traveler, Johnny Jet

- 72 The Magic of Mexico**
Excursions in the eight
destinations served
by Alaska Airlines.

THE FEED

- 41** The Mix
50 #WorldwideWanderer
53 Out & About Bend
57 Plates & Pours
61 Looks
63 Wheels

- 82 Personal Space**
Customizing a new home.

- 122 Mountains + Museums**
Discovering Idaho's alfresco
adventures and rich history.

- 136 Outdoor Opportunities**
Portland's thriving athletic
apparel and gear industry.

FEATURES

- 64 Escape to Mexico
with Betsey Johnson**
Village living nurtures
inspiration.

- 152 Picture This:**
A tour of some of the best
golf courses in Hawai'i.

CALIFORNIA

- 95** San Francisco Bay Area
101 Sonoma and Napa
107 Central Coast
111 LA and Orange County
115 Palm Springs
119 San Diego

FLYER GUIDE

- 183 Alaska Airlines
Flyer Guide**
Travel tips, flight
information, Mileage Plan,
Air Safety, Route Maps
and more.

NEAR & FAR

- 144 Sensational Sicily**
Natural and historical
wonders on this Italian
island.

- 200** Games
208 #iFlyAlaska

HERE & NOW

- 166** Seattle
175 Alaska

ON THE COVER

Designer Betsey Johnson
in her Zihuatanejo home.

Photo by Ingrid Barrentine.

Volume 42, No. 10

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10 WEEKS TO YOUR BEST YOU!

I've always had a long-distance relationship with nutrition and exercise. I coasted along like this for a long time. In 2009, I realized a dream and launched a Leadership and Team Development Consulting business with the tag line, "Where goals become reality." This succinctly captured my vision to help others realize their potential. 2009 turned out to be a big year with other positive changes: I also adopted a daughter from China and became engaged to Jim, my long-time partner. Jim was into fitness and was an excellent cook, so through him I began to develop healthier habits. Life was amazing.

Fast forward to 2012. Within an eight-month period, a family member's home burned to the ground, my mother was diagnosed with Alzheimer's and Jim died unexpectedly. My response was to pour myself into work and family. My poor health habits came roaring back.

Fast forward again to 2017. My body told me in no uncertain terms that I wouldn't be able to maintain this hectic lifestyle. I decided I needed to apply my tag line to my health and begin to turn my health goals into reality.

I was drawn to My Best 10 because of the structure, accountability, and holistic approach. From the first conversation, the program coordinator, to my weekly meetings with my PRO Registered Dietitian and my PRO personal training sessions, I was

impressed with their knowledge and collaborative approach. They wanted me to succeed as much as I did. I was able to commit to the program more easily because I knew they were fully invested in my success.

That said, there were challenges I needed to overcome during the program. First was my schedule. Being the solo parent for my daughter, coupled with running the business and business travel, I wasn't sure how I was going to fit everything in. The My Best 10 team all worked with me to make it happen.

Second, 21 days into My Best 10, I had some heavy stress and downed two glasses of wine. Thankfully, Amanda's support got me back on track.

As I concluded the program, I achieved all my goals. The most important metric though was my overall health. I can say that I've never felt healthier, as the follow-up tests can attest. My experience was transformative and enriching, and I couldn't have done it without the My Best 10 team at PRO Club. I see the positive effects on my daughter through how we eat, as well as myself. I now am fully "walking the talk" of my business—where dreams become reality.

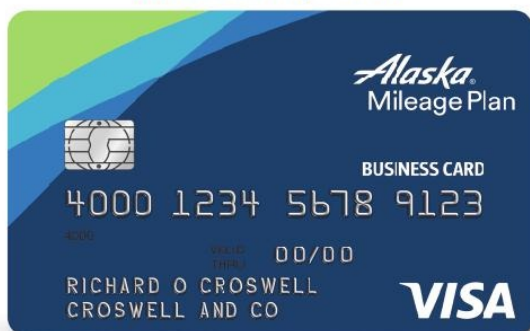
I ended up not only hitting the weight loss goal of losing 20 pounds in 10 weeks, but I lost another 10 pounds on top of that – and I've left it off ever since!

Thank you, My Best 10!

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WELCOME»



Alaska Airlines
Los Cabos team.



Brad Tilden,
Chief Executive
Officer



Rick Hines,
Managing Director
of Operations

THE DAY THAT CABO WILL NEVER FORGET

» **I'm often asked what makes Mexico** work so well for Alaska Airlines. Honestly, it's our people—our employees, our leaders and our vendors—who have taken hospitality to heart, and taught us a thing or two along the way. Here, Rick Hines, our Managing Director of Operations, shares an amazing story of resilience. We're lucky to have Rick in Mexico. And he's now leading our charge into California, as well. —Brad Tilden

On September 14, 2014, a powerful Category 3 hurricane named Odile hit Los Cabos, Mexico, with such strong winds and very heavy rainfall that it destroyed the airport terminal. Many of the hotels in the area were severely damaged, and thousands of people who live in Cabo lost their homes, or their homes sustained extensive damage. Our flight planners at Alaska saw the hurricane approaching and tracked it on radar. It was predicted to turn right and move quickly across the Baja Peninsula. It did not.

Odile barreled into Cabo and stalled for what seemed an eternity, unleashing everything it had. Hotels closed immediately due to no water or ability to provide sanitary facilities. Many thousands of people found themselves

out on the street, trying to find a way to the airport, all the while not knowing what they'd find there. Communication had stopped: no cellphones, no landlines, no TV, no nothing.

From my post in Los Angeles, I couldn't reach anyone in Cabo to find out what the conditions were. Later I came to learn that my quick-thinking station manager in Cabo, Edgard Aguilar, had sent his one supervisor, Mayra Tirado, to Guadalajara aboard a Mexican military aircraft. It was only when Mayra called us that we learned how bad it was for everyone in Cabo. We quickly sprang into action, sending our first of seven rescue-mission flights into Cabo with food and water for the Red Cross.

I was onboard that first flight. Upon landing, our skilled pilots cautiously taxied onto the gate tarmac, which was covered with sand. The air stairs were placed and secured up to the passenger door. When it opened, there stood Edgard, my station leader, with a big smile. He said, "Boss, you have no idea how glad I am to see you."

Edgard told me every one of his team members had reported for work, and they were all doing their best to take care of those who had made it to the airport—children, the elderly

» WELCOME

and those who were badly sunburned and in early stages of heat stroke.

When I looked across the tarmac, all I saw was destruction. Much of the terminal building was gone, lying all over the tarmac. Beyond that was the mass of humanity. Several thousand people were on the tarmac, and the parking lots were overflowing with people trying to get home.

The heroes here—if you haven't already guessed—are the men and women who make up the Alaska Airlines Los Cabos team. You see, many of those heroes sustained losses, as well. Many had homes that were flooded, windows blown out, children at home who really needed them. And Edgard, well, his home was so damaged he slept on the roof many nights, doing his best to protect what was left inside.

Throughout the hurricane and the humanitarian airlift that Alaska operated, not one of my employees said anything about their own strug-

gles. Yes, this is what we call "Alaska Spirit," and this was a great example of putting others before yourself, helping people because it's the right thing to do. In many ways, I'd say that Mexico is woven into the fabric of our success. It's our people and their genuine desire to serve others.

The story of Alaska Airlines and Mexico began November 15, 1988, when our first flight from San Francisco to Mazatlán touched down. And from that first flight we have grown over the last three decades to serve eight destinations, with up to 140 weekly flights to Mexico.

In our 30 years of service in Mexico, there have been many stories of triumph and despair, but what we all have that will last forever is simply this: There is no greater good than to serve others. My thanks to you, our guests, for your loyalty and support in making Mexico so successful for Alaska Airlines. Without you, we'd not be there. —Rick Hines

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo



Rick Hines,
Director General
de Operaciones

EL DÍA QUE LOS CABOS NUNCA OLVIDARÁ

» **A menudo me preguntan** *qué es lo que hace que a Alaska Airlines le vaya tan bien en México. Sinceramente, es nuestra gente, nuestros empleados, nuestros líderes y nuestros contratistas, quienes se han tomado la hospitalidad en serio y nos han enseñado cosas útiles sobre la marcha. Rick Hines, nuestro director general de operaciones, comparte esta asombrosa historia de resiliencia. Somos muy afortunados de tener a Rick en México. Quien ahora también dirige nuestros esfuerzos en California.* —Brad Tilden

El 14 de septiembre del 2014, Odile, un poderoso huracán de categoría 3, azotó Los Cabos, México, con vientos tan fuertes y lluvias tan torrenciales que destruyó la terminal del aeropuerto. Muchos de los hoteles que bordeaban el muelle sufrieron severos daños, y miles de personas que viven en Los Cabos perdieron sus viviendas, o estas sufrieron graves daños. Nuestros planeadores de vuelo en Alaska Airlines vieron cuando el huracán se acercaba y continuaron rastreándolo. Se había pronosticado que cambiaría

su curso hacia la derecha y se movería rápidamente por Baja California, pero no ocurrió así.

Odile arrasó Los Cabos y se detuvo por un tiempo que pareció ser una eternidad, desatando todo su poderío. Los hoteles fueron cerrados inmediatamente debido a la falta de agua o a la falta de instalaciones sanitarias. Miles de personas se encontraban en las calles, tratando de hallar la forma de llegar al aeropuerto sin saber lo que encontrarían allí. Las comunicaciones estaban interrumpidas, no había teléfonos celulares, ni líneas telefónicas, ni televisión, ni nada.

Desde mi lugar de trabajo en Los Ángeles, no pude entrar en contacto con ninguna persona en Los Cabos para averiguar cuáles eran las condiciones. Más tarde me enteré que mi gerente de estación, Edgard Aguilar, actuó rápidamente y envió a su única supervisora, Mayra Tirado, a Guadalajara a bordo de un avión militar mexicano. Solo hasta que Mayra llamó nos enteramos de la gravedad de la situación en Los Cabos. Rápidamente entramos en acción. Enviamos el

primero de los siete vuelos en una misión de rescate a Los Cabos llevando comida y agua para la Cruz Roja.

Yo estuve a bordo de ese primer vuelo. Al aterrizar, nuestros hábiles pilotos aterrizaron cuidadosamente sobre la pista hacia la plataforma de desembarque, la cual estaba cubierta de arena. Las escaleras fueron colocadas y se aseguraron a la puerta de salida de pasajeros. Cuando esta se abrió, allí estaba Edgard, mi gerente de estación, con una gran sonrisa. Él me dijo: "Jefe, no tiene ni idea de lo contento que estoy de verlo". Me manifestó que todos los miembros de su equipo se habían presentado a laborar y que estaban haciendo todo lo posible para cuidar de quienes habían podido llegar al aeropuerto: niños, ancianos y aquellos que sufrían visibles quemaduras por el sol y en las primeras etapas de insolación.

Cuando miré hacia la plataforma del aeropuerto, todo lo que vi fue destrucción; gran parte de la terminal había desaparecido y se encontraba destruido sobre la plataforma. A la distancia pude ver una gran cantidad

de personas. Miles de ellos estaban en la plataforma, y los estacionamientos estaban repletos. Todos tratando de regresar a casa.

Los héroes aquí, si es que aún no lo ha adivinado, son los hombres y mujeres que conforman el equipo de Alaska Airlines en Los Cabos. Muchos de esos héroes también sufrieron pérdidas. Muchos tenían casas que se inundaron, ventanas que salieron volando y niños en casa que realmente los necesitaban. Y con respecto a Edgard, su casa estaba tan dañada que durmió en el techo muchas noches, haciendo todo lo posible para proteger lo que quedaba dentro.

Durante el huracán y el puente aéreo humanitario que operó Alaska Airlines, ninguno de mis empleados dijo una sola palabra sobre sus luchas personales. Sí, esto es lo que llamamos "Espíritu de Alaska," es un gran ejemplo de cómo se antepone a otros que a ellos mismos, de ayudar a la gente porque sencillamente es lo que se debe hacer. En muchos sentidos yo diría que México es parte inherente del tejido de lo que nos hace exitosos, nuestra gente y su verdadero deseo de servir a los demás.

La historia de Alaska Airlines y México comenzó el 15 de noviembre de 1988, cuando aterrizó nuestro primer vuelo de San Francisco a Mazatlán. Y desde ese primer vuelo hemos crecido en las últimas tres décadas para servir a ocho destinos con hasta 140 vuelos semanales a México.

En nuestros 30 años de servicio en México, hay muchas, muchas historias de triunfo y desesperanza, pero lo que todos tenemos y que durará por siempre es simplemente esto: No hay un bien más grande que traiga felicidad que servir a los demás.

Me gustaría extender mi agradecimiento a ustedes, nuestros clientes, por su lealtad y apoyo para hacer de México un país en el que Alaska Airlines tiene tanto éxito. Sin ustedes, no estaríamos allí. —Rick Hines

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IN THE KNOW»

WHAT'S NEW: GROUNDBREAKING FIRST-CLASS WINES

» As part of Alaska's efforts to give our guests more to love, we've introduced a new winemaker program to bring curated sipping selections to the inflight experience.

The new program—which will rotate wines on a regular basis and will emphasize selections from West Coast wineries—is debuting in First Class with two unique vintages from the California Central Coast's Broken Earth Winery.

Broken Earth, a 100 percent solar-powered winery, includes respecting the land and its treasures as part of its vision statement. The name of this 715-acre Certified California Sustainable Vineyard honors the heritage of the original ranch property and generations of farmers who cultivated and broke soil in the region, with care and respect.

Broken Earth's philosophy is to create wine that reflects its Paso Robles terroir and the personality of head winemaker Chris Cameron and his crew. This month in First Class, enjoy the following enticing selections.



2012 or 2016 Broken Earth Reserve Cabernet Sauvignon*

Aromatic dark fruits reveal themselves with each sip. These estate-grown reserve wines are made exclusively with grapes from exceptional years, selected through meticulous vineyard management and matured in French oak.

* Vintage varies by flight.



2016 Broken Earth Chardonnay

Starting with flavors of sweet fruits, this wine finishes with cream and spice notes, and has an overarching natural acidity for balance. The wine's grapes were harvested from the vineyard's premium Chardonnay parcel, at optimal ripeness.

Visit Broken Earth Winery's tasting room in Paso Robles and learn more at brokenearthwinery.com. ✈

ALASKA MILEAGE PLAN AGAIN RANKED NO. 1 BY U.S. NEWS & WORLD REPORT



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

The ranking compares top U.S.-based carriers and identifies the top frequent-flyer programs for everyday travelers. It uses a methodology that weighs six components: ease of earning a free roundtrip flight, network coverage, flight volume,

award-flight availability, additional benefits and airline quality ratings.

"We are committed to delivering generous benefits for Alaska Mileage Plan members by rewarding them with miles based on how far they fly—not just how much they spend," says Ryan Butz, managing director of guest loyalty. "This recognition is meaningful, and it reinforces that we're creating a loyalty program that our members love."

Alaska Mileage Plan members can earn and redeem miles for flights to more than 900 destinations worldwide with Alaska Airlines and Alaska Global Partners.

Members also earn miles on car rentals, hotel stays and everyday purchases with the Alaska Airlines Visa Signature® card.

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Customer Service Agent
Beatriz Rosete is a Legend
of Customer Service

» At the **Aeropuerto Internacional de Mazatlán**, frequent flyers on Alaska Airlines will often ask to be checked in by “Miny”—or even just to chat with her for a bit.

Customer Service Agent Beatriz Rosete, whose full name is Josefina Beatriz Rosete Ramirez, and who goes by Miny, is a legendary figure at the Mazatlán airport and at the airline’s stations across Mexico. Having worked for Alaska for 26 years (and at a different airline before that), Rosete is widely respected for her depth of service experience, her joy for life, and the seemingly boundless positivity she displays toward Alaska guests and co-workers.

Colleagues list many examples of Rosete’s exceptional generosity and commitment to her job and community. When a guest traveling with her young son revealed that she had lost all her money, Rosete reached into her own wallet and gave the family money for lunch. When colleagues at another station in Mexico had a technical issue, Rosete fielded phone calls to enter information remotely. When she learned that a co-worker’s dog needed a doghouse, she built one.

Rosete is also well-known for her good sense of humor. To make sure everyone is having fun while they’re working, she has been known to joke, dance or sing, even without knowing a song’s lyrics. And she unfailingly greets airline guests with a big smile and asks about their time in Mazatlán.

Outside of work, Rosete tends to a community garden, gets local children to help, and teaches the kids about the importance of caring for the earth and their local environment. In this role, as at work, she demonstrates a deeply felt sense of caring for her surroundings.

As she puts it, “I recommend to people that whatever you do, do it from the bottom of your heart.” —Ben Raker



Beatriz “Miny” Rosete.

QUESTIONS & ANSWERS

What do you like most about your job?

I enjoy interacting with passengers. I know I have provided good service when I see happy customers after helping them.

Do you have suggestions for travelers to Mexico and Mazatlán?

Come and try the Mexican hospitality! Mazatlán is a charming city with a historical downtown, one of the world’s tallest lighthouses and what’s known as the longest boardwalk in Mexico, maybe the world.

Where have you enjoyed traveling yourself?

In Walker, Minnesota, I went lake fishing. Little by little I learned to do it, and I really enjoyed it.

What do you take with you on a trip?

My iPod and a rosary my mom gave me.

What values and words do you live by?

Honesty, respect and “always give until it hurts.” Also, “I bend, but I don’t break.”

KUDOS FROM MINY’S CO-WORKERS

“Miny is a real asset to her station. She’s genuine; there’s nothing fake about her. Customers love her!” —Lupita G., Customer Service Manager, Mazatlán

“She’s the kind of person you can approach if you have questions about the job. She always says, ‘Oh, it’s my pleasure; it’s my pleasure.’” —Paloma R., Customer Service Agent, Mazatlán

“Miny is well-respected by co-workers across Mexico, and by airport, government

and vendor leaders. She’s always ready to serve guests.” —Rick H., Managing Director, California and Latin America, San Diego

“She’s very funny, always in a good mood and positive.” —Luis A., Customer Service Agent, Mazatlán

“She is a very good person, and she likes to work very hard. She always takes care of passengers when they need help and is an example to follow.” —Victor V., Customer Service Agent, Mazatlán



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ATTENDING TO OTHERS

Flight Attendant Chip Hestle II is a Legend of Customer Service

» “I just feel the need to help,” says Seattle-based flight attendant Chip Hestle, to explain why he started the Alaska Air Group Drug & Alcohol Infinity Group, which launched in 2014. The group provides support to any employee with a goal of recovery, through discussion, education and sharing resources.

Hestle, a 27-year Alaska employee who is lauded by customers for the highly attentive approach and joyful smile he brings to his work, could just as easily have been describing the helpful spirit that motivates him on his flights. Or he could have been noting what compelled him to volunteer for a 2005 Mercy Flight to help New Orleans residents after Hurricane Katrina—work that he says he was “blessed” to do. On the flight, from New Orleans to Austin, Hestle met a man who said that everything he owned was in a plastic bag in the overhead compartment. Hestle was moved by the experience and sat with the man, expressing sympathy. “We cried together,” he says. “We prayed.”

Before Hestle could truly help others, however, he also needed to help himself. Today, he’s proud to be 18 years sober, in recovery. “I’m open about my life,” he says. Telling his story allows him to assist others with their needs.

Hestle describes how Alaska backed him four years ago when he first proposed setting up a group for flight attendants with questions about recovery. As he explains, management had one change to the plan: “They said, ‘This is something we want to do across the company,’ and I said, ‘I’m your man.’”

Hestle’s initiative led to the Infinity Group, which he still leads today.

It’s clear that opportunities to improve other people’s lives truly motivate Hestle.

“The act of giving rewards me,” he says. “As an individual, I’ve come to understand that I have a disease. But I’ve also found a solution that involves me helping others.” —Ben Raker



Chip Hestle.

QUESTIONS & ANSWERS

What do you like most about your job?

I love it when customers feel appreciated. I like the flexibility of travel, the opportunity to convey what I’ve done and the flexibility to help people. Work is not always easy, like Care Bears, twinkle toes and sprinkles. But we have a 99.9 percent chance that there are people on that Alaska jet we can give an amazing experience.

Orlando. I was born in Orlando. But one city I really love is Juneau, Alaska. I go there for quiet and peace.

What do you take on your travels?

I carry my Big Book of Alcoholics Anonymous. If I’m on a long enough layover, I’ll drop in on an AA meeting.

What else should people know?

I want to convey the gratitude I have for the company, Alaska Airlines, and for the support they give me for helping others.

Where do you like to travel?

I love the East Coast—places such as New York; Boston; Washington, D.C.; and

KUDOS FROM CHIP’S CO-WORKERS

“Chip cares deeply about our guests and his co-workers. Other flight attendants love working with him because he is supportive, a hard worker, and holds himself and the presentation of Alaska’s values to the highest standard. He’s a humble individual who brushes off credit for work he does on and off our aircraft. Over the last couple of years, Chip has received more than 50 passenger kudos, which speaks to the great customer service he provides.” —Rebecca H., Inflight Supervisor, Seattle

“He is just a happy, positive person. But I think he does a lot quietly, behind-the-scenes. I see him up very early in the morning or late at night with people he sponsors, giving his time, encouraging them, taking them places ... and just providing great fellowship and encouragement.” —Lisa B., Flight Attendant, Seattle

“All of us who know him are very proud of him. ... He is truly a legend to us all.” —Ross D., Flight Attendant, Seattle



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JEFFREY

LOST 55 POUNDS



"I GAINED THE KNOWLEDGE
I NEEDED TO MAKE
HEALTHY CHANGES."

I had an interesting journey into 20/20 LifeStyles. I had always jogged for exercise and when some colleagues at work signed up for the Seattle Half Marathon in 2005, I joined in. When I finished with a 2:43:31 time, I thought it was pretty cool and decided to do the Mercer Island Half the next year.

Somehow, during one of my training runs, I tore the soft tissue in my left hip. Although that ended my running, it didn't end my eating habits and I gained weight.

So, in 2007, I signed up for 20/20 LifeStyles to not only lose weight, but to also learn how to exercise differently.

HOW I BECAME MOTIVATED

It was great to have a trainer to walk me through the paces of how to stay fit without running. I picked up cycling and, toward the end of the program, I did my first of 11 STPs (Seattle to Portland bike rides).

BECOMING AN ATHLETE

Somewhere along the line, I discovered that I enjoyed cycling and taking on athletic endeavors. After losing weight, I was in a

position where I could actually do these things. I started doing CrossFit at PRO Club and loved the training mentality of competing with myself. I felt so good that I signed up for the Arizona Rock n' Roll Half Marathon. Next, I signed up for the Augusta Half Ironman. Of course, those races are like potato chips – you can't do just one! So I signed up for the Half Ironman in Hawaii and started training with PRO Club Triathlon Coach Kimberly. Over the past year and a half, since training with Kimberly, I've completed a full Ironman and four Half Ironmans.

THE SECRET TO MY SUCCESS

Somewhere on this journey, I shifted from exercising to stay fit to becoming an athlete. For me, exercising just for fitness is hard, but training to become a better athlete is much easier. It's all about competing with myself and improving my athletic abilities.

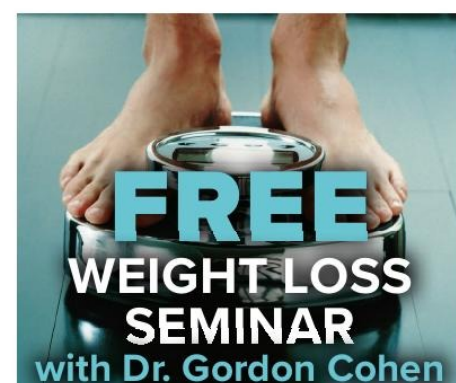
One of the best tips I can give someone starting the 20/20 LifeStyles program is just stick to the plan. It's not complicated. Don't negotiate or cheat. Do what you're told and you'll be successful.

NOT JUST A WEIGHT LOSS PROGRAM

I had been through a few weight loss programs before. However, until 20/20 LifeStyles, I wasn't committed to making a lifestyle change. Somewhere during the program, it became clear to me that this was not yet another diet. I realized that you just have to decide you're going to live a different lifestyle. You can't keep doing the same things and expect different results.

SIMPLE CHANGES MAKE A DIFFERENCE

The accountability, counseling, and nutritional guidance during 20/20 LifeStyles assisted me in losing weight and I gained the knowledge I needed to make healthy changes.



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CODING FOR THE FUTURE

San José students are introduced to the world of programming

By Marlene Goldman

» A group of prospective next-generation programmers got a head start this July when the San José Public Library held two sessions of coding camp for local kids, ages 9–11. The Alaska Airlines–sponsored weeklong sessions were aimed at helping children in underrepresented communities, many of whose families could not afford a traditional summer camp. The program is designed for the students to build new skill sets and make new friends.

The Summer Coding Camps, held at the library’s Joyce Ellington Branch and at the Educational Park Branch, gave participating students the opportunity to explore computer coding, art literacy and physical fitness.

The camps are part of a larger education initiative championed by San José Mayor Sam Liccardo, the San José Public Library and the Silicon Valley Leadership Group. It is known as the Coding5k Challenge, a new citywide program with the goal of getting 5,000 students to participate in coding classes annually by 2020. The program is focused on helping students take part in STEAM (science, technology, engineering, arts and math) classes.

“Coding classes can inspire children to think in new ways and help them develop key skills that will prove valuable regardless of their future career choice,” Liccardo says. “I’d like to thank Alaska Airlines for their generous support of San José’s Coding5k Challenge and for helping provide these important educational opportunities to more students across our community.”

Oriana Branon (Camacho), Alaska’s director of community and public relations for the Bay Area, says Alaska works to support education initiatives for underserved and disadvantaged communities, with a focus on science, technology, engineering and math.



“With San José being one of the most diverse communities in the country, we are proud to work with Mayor Liccardo to open up education and career pathways for underrepresented populations in the San José region,” Branon (Camacho) says.

The two camps were filled to capacity and hosted a total of 60 students, with a majority of the participants being girls. “It was a tremendous learning opportunity and showed a huge need in the community. Thanks to Alaska’s generosity, we were able to hire two professional teachers for the two-week period,” says Dawn Coppin, executive director of the San José Public Library Foundation.

» Students take part in a coding camp this summer at the Joyce Ellington Branch Library in San José, California.

Each day included two coding sessions, outdoor physical activity and a creative session in which students engaged in art lessons and literacy enrichment. At the end of each week, there was a public showcase, with parents and caregivers, family and friends coming to see what the students created in the course.

Coppin says the library foundation aims to provide coding camps during spring break and the summer of 2019. Donations are accepted at sjplf.org/donate. ✂



» Alaska Airlines employees are sending notes of encouragement to 2018 Olympic gold medalist Kikkan Randall. The cross-country skier, who has become an inspiration to Alaskans through the course of five Winter Olympics competitions, was diagnosed in April with breast cancer. She flies between her new home near Vancouver, B.C., and Fairbanks, Alaska, for treatment. In true Kikkan fashion, she rode her bicycle to her first chemotherapy appointment and continues to work out.

October is Breast Cancer Awareness Month. ✂



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RELAXED IN NY

Alaska's new JFK Lounge is a fresh and inviting space

» **Alaska flyers commuting** across the country now have an appealing home base for relaxing and recharging, with the opening of the Alaska Lounge in New York's John F. Kennedy International Airport.

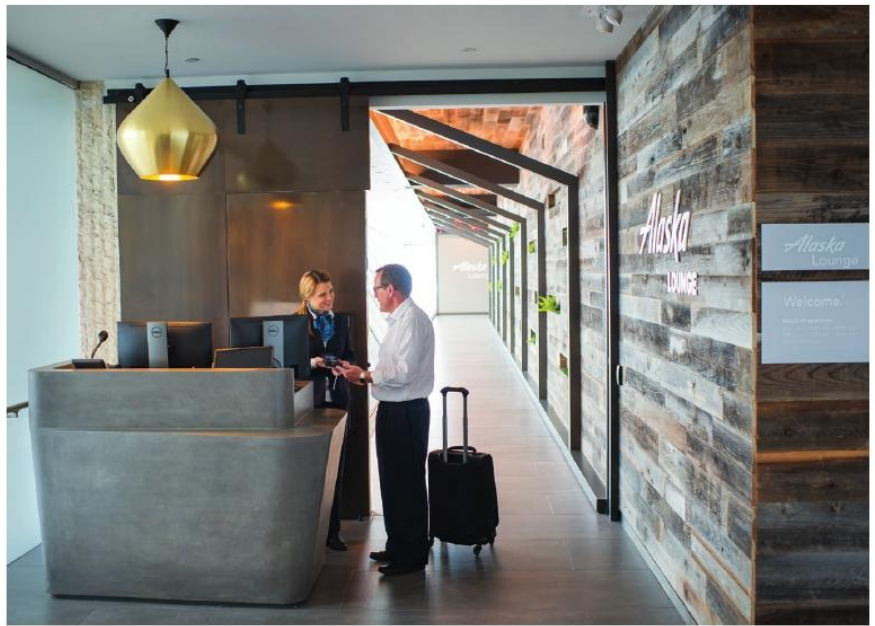
The new lounge, located in JFK's Terminal 7, is a little piece of the West Coast. Just past the lounge check-in area is a long hallway of reclaimed wood that gives off a rustic vibe. Inside, the decor and design are fresh and modern, intended to create the feeling of a living room—with a fully functioning fireplace. Music playing in the background conjures the sense of sitting poolside. Spacious leather couches surround a food bar at the center of the room, and there are sections with comfortable chairs surrounding coffee tables. All 90 seats in the lounge have access to power outlets.

Some of the best seats in the house are large leather sofas that face floor-to-ceiling windows. The light and the fantastic views of runway 31R and Terminal 5 are an aviation geek's paradise.

The Alaska Lounge has two food offerings: morning and afternoon. In the morning, options include bagels, English muffins, Greek yogurt and scones. Alaska's famous on-demand pancake machine is in operation here, too. The afternoon buffet features seasonal salads and soups, a hummus bar and freshly baked cookies, among other choices.

Guests who want a dish that's a little more substantial can opt to purchase one of the six made-to-order meals. I tried the egg-and-brioche sandwich, full of caramelized onions and Tillamook cheddar. It was incredibly tasty, and cost me only \$8. The chicken pesto panini was top-notch and cost \$10.

Perhaps the best part of the lounge is the coffee bar. The manager of Starbucks' original Pike Place Market store personally flew out to JFK to train the lounge employees on how to make a proper espresso drink. An assortment



» **The JFK Alaska Lounge opened with a distinct West Coast vibe that is carried into the bar area and perfected in the espresso service.**



of loose-leaf teas is available, as well.

The lounge also has a full bar that offers complimentary beer and wine, and an assortment of premium beer and cocktails, each priced at \$8. Premium beers are on tap and from local New York breweries, and the drinks are a spin on traditional offerings.

With the merger of Alaska Airlines and Virgin America complete, the airline has added the JFK facility to a list of lounges that includes Anchorage (ANC), Los Angeles (LAX), Portland (PDX) and three in Seattle (SEA). The JFK lounge is accessible to Alaska flyers who are

traveling in First Class, those who've purchased a lounge day pass (\$50), or those who have an Alaska Lounge membership. Alaska MVP Gold 75K elites can use their lounge passes here, too.

The Alaska Lounge at JFK is definitely an elite offering among domestic airline lounges. The quality of the food makes it an enticing option for dining before a flight, and the views of the airport's runway will make many want to sit back and soak up the flying experience. ✈

Excerpted with modifications from a story by Brendan Dorsey at thepointsguy.com.

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Cochinita pibil is a classic pork dish from Mexico.

CONJURING MEXICO THROUGH COOKING

Culinary inspiration from south of the border

By Tom Douglas



» While planning a recent trip to Mexico,

I vowed to find the best *cochinita pibil*—and to do so I headed right to the Yucatán, which is home to this sultry, pungent, delicious, sour orange–infused pork dish, often served in a taco. My favorite source, La Chaya Maya, is in the heart of the state capital, Mérida. It’s one of many establishments on the Yucatán Peninsula to specialize in the world-famous slow-cooked delicacy. There are some good versions outside of the Yucatán, too, but I wanted to fulfill my desire for a home-base version of this pit-roasted-pig classic, so I enjoyed mine where it all began.

I like this iconic Mexican dish enough that I’ve worked on approximating it stateside—because it’s not every day that I can hop a flight to Cancún and go explore the Yucatán. Yet it is difficult to re-create cochinita pibil “authentically” in your home or even in

a restaurant kitchen, because its back-to-roots version centers on a suckling pig buried in a banana-leaf-lined earthen pit, smothered with hot coals or rocks, and roasted for hours and hours. That said, great quality reproductions can be made in modern ovens, pressure cookers, Instant Pots or through the following method that I often turn to—using an enameled cast-iron lidded casserole.

You need to decide how daring you want to be with the meat. I say, “Come on, let’s go for it!” Or at least get as close as we can. Go to your local butcher shop or, better yet, a Mexican *carnicería*. Whole suckling pigs are hard to find and expensive. Instead, I like to buy a pig’s foot, which the butcher can cut lengthwise for you, plus a couple of pounds each of spareribs and chunked bone-in pork shoulder (or, if you prefer, boneless pork shoulder) so that you have

» ON POINT FRESH TAKES

about 5 pounds of meat in total. This will serve a group of 10 easily and creates fabulous leftovers. You can skip the pig's foot if you must, though it adds silky texture from the collagen—once your meat is cooked and pulled, you will appreciate having included it.

Next up is arguably the most important part of this dish: the marinade. There are many recipes online, and the ingredients are similar. Achiote (annatto spice) is a key flavor component, and it gives the dish its reddish color. Orange juice is often supplemented with extra citrus to approximate the meat-tenderizing, highly acidic oranges you would find in the Yucatán. In your blender, combine achiote paste, orange juice, lime juice, garlic, white onion, Mexican oregano or epazote, salt, black pepper and a few serrano chiles. Blend until the mixture looks like an orange smoothie. Then pour this over your bowl of raw pork, and let this sit in the fridge for a day, if you have time.

Before cooking, line your casserole with banana leaves (which in many areas are found in a grocer's freezer section), leaving their ends extending tall enough to fold over the meat once you add that in. Layer the pork on top of the bottom leaves, including the foot if you're using it. Then fold over the leaf ends and add extra leaves before putting the lid on. You can either cook over low heat on the stovetop or bake in a 325-degree oven for about 5 hours (my preference). The meat should be fork tender when done.

While the meat is cooking, thinly slice red onions and a hot chile such as a habanero or jalapeño. Sprinkle a generous amount of lime juice, salt, and coarse-ground black pepper on top and then mix this together in a bowl and set it aside to pickle for at least an hour. Unwrap your steamy banana leaf-wrapped prize and carefully debone. Pull the cooked meat into shreds, then place in a sauté pan to keep warm

until you are ready to serve. Degrease your residual cooking liquids and pour them over the meat so the result is a bit soupy.

To finish, "wash" a griddled tortilla in the sour-orange meat juices; add your pulled pork; generously pile the pickled onions and peppers on top; spoon a bit of the pickling juice over the top and enjoy!

There's no true substitute for traveling to Mexico to experience its cuisine, but the flavors of this dish always conjure the Yucatán for me.

One more thing: I don't consider this dish to be margarita food, because it's sour enough already. However, it is ice-cold cerveza food like no other. Tecate for me, please. P.S., don't forget the napkins. ¡Salud! ... Cheers! 🍸

James Beard Award-winning chef Tom Douglas owns 16 restaurants and eateries in Seattle. He partners with Alaska Airlines to bring his iconic flavors to Alaska guest experiences.

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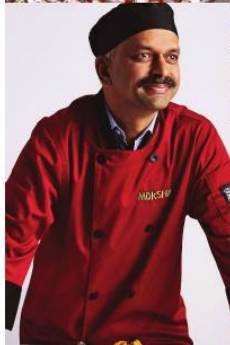




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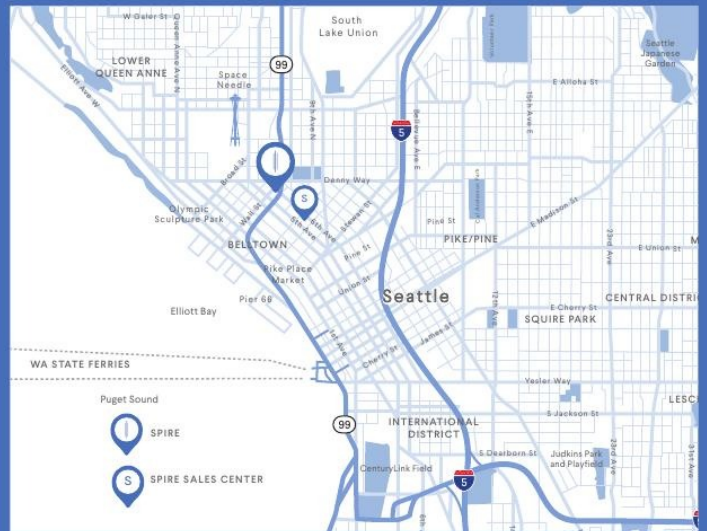
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The group trioKait performing at the Bluewhale.

MUSIC TO HIS EARS

Noteworthy California venues

By Rob Dunton



» I'm lounging at the **Bluewhale**, a Los Angeles jazz club where local art hangs on the walls. I'm here to see trioKait, my sister's instrumental jazz-funk trio, launch their third album. Lights dim, and with engaging syncopation, Kait Dunton on piano, Jake Reed on drums and Cooper Appelt on electric bass kick off their first number.

While my sister earned her doctorate in music and can compose in her sleep, my musical talent ends at singing in the shower and drumming on the dashboard. Yet for reasons I have never fully understood, I have been deeply—even spiritually—moved by music for as long as I can remember. I worked multiple jobs as a youngster to earn money to spend at the corner record store. In my 20s and 30s, I spent countless hours seeking out rare discs in secondhand CD shops, crafting custom mixes. But nothing compared to the rush of hearing music *live*. From salsa to blues, from

rockabilly to reggae, from soul to R&B, live music lit a fire in my soul at intimate venues where the connection between performer and audience was palpable, and where the band could be found (at least occasionally) grabbing a drink at the bar during breaks.

As a Californian, I'm thrilled that the state's rich diversity and deep entertainment roots have given birth to and attracted a vast array of world-class musical talent, with a collection of venues to match.

During my 22 years in the San Diego area, the Belly Up Tavern in Solana Beach was my go-to club for live music and dancing. I remember how back in 1989, I called to find out who was playing, and was told they had booked a new act, a kind of young Elvis—hip, cool and rocking. The performer was Chris Isaak the year he launched his breakout album, “Heart Shaped World.” He brought tiki lights to decorate the stage, oozed charisma with jokes and stories between songs,

» ON POINT VIEW

Some of Rob's Favorite Intimate Venues for Live Music in California

- Belly Up Tavern,
Solana Beach
- The Coach House,
San Juan Capistrano
- The Roxy and El Rey, LA
- The Majestic Ventura
Theater, Ventura
- Soho, Santa Barbara
- Moe's Alley, Santa Cruz
- Great American Music
Hall and Bimbo's 365
Club, San Francisco

invited members of the audience to dance onstage ... and totally rocked the house. His song *Wicked Game* from the album went on to make the Billboard top 10.

When seeking edgier music, I'd head to The Casbah just north of downtown San Diego. There I discovered one of rockabilly's darlings, Big Sandy and His Fly-Rite Boys. Big Sandy can boogie-woogie with the best of them, and my wife and I got him and his entourage to play at our wedding in 2008.

Now that we live in Santa Barbara, I'm elated to have found Soho, a cozy restaurant and music club that hosts great new and established talent.

I also seek out music when I travel. I search online for popular small clubs, particularly those that cater to dancing and the genres of music I like best. I typically plug into a search engine the phrase "Best small live music venues in [name of city]," then review the websites of the recommended venues for their acts, size and photos. Another successful approach has been to look up places my favorite artists have performed or are scheduled to perform to dis-

cover venues around the globe that I might enjoy.

As trioKait finishes up their first set at the Blue-whale, memories of my sister practicing joyfully at age 4 on our upright piano float through my mind. I see Jake's concentration as he keeps the beat on drums while Cooper brings the rhythm on his bass. As Kait coaxes the set's last notes from the piano, I'm aware of the thousands of hours she and her bandmates have invested to hone their craft to make this moment of connection with the audience look easy and spontaneous. I'm reminded that every artist I have ever seen has likely done the same, making similar sacrifices to evoke their musical muses.

The set ends, applause fills the club, and the trio heads to the bar. I approach the bartender and say, "Their round's on me." As a brother, a music fan and a lifelong beneficiary of all that musicians give the world, it's the least I can do. ✈

Rob Dunton is a Southern California writer and photographer.



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



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

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

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

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

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

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

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

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



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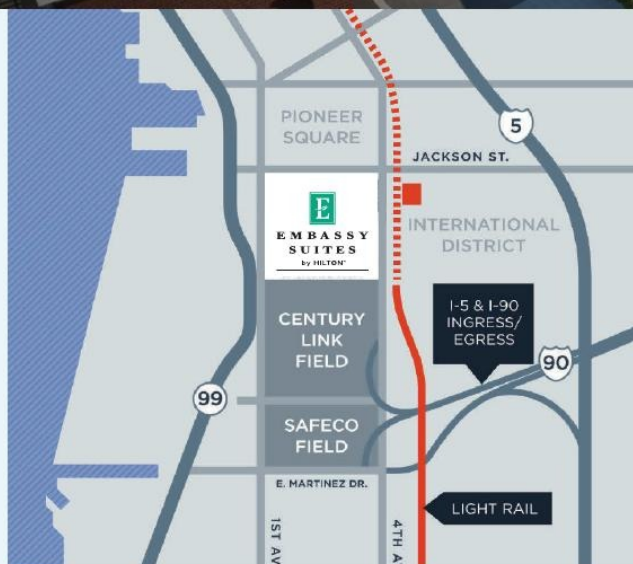
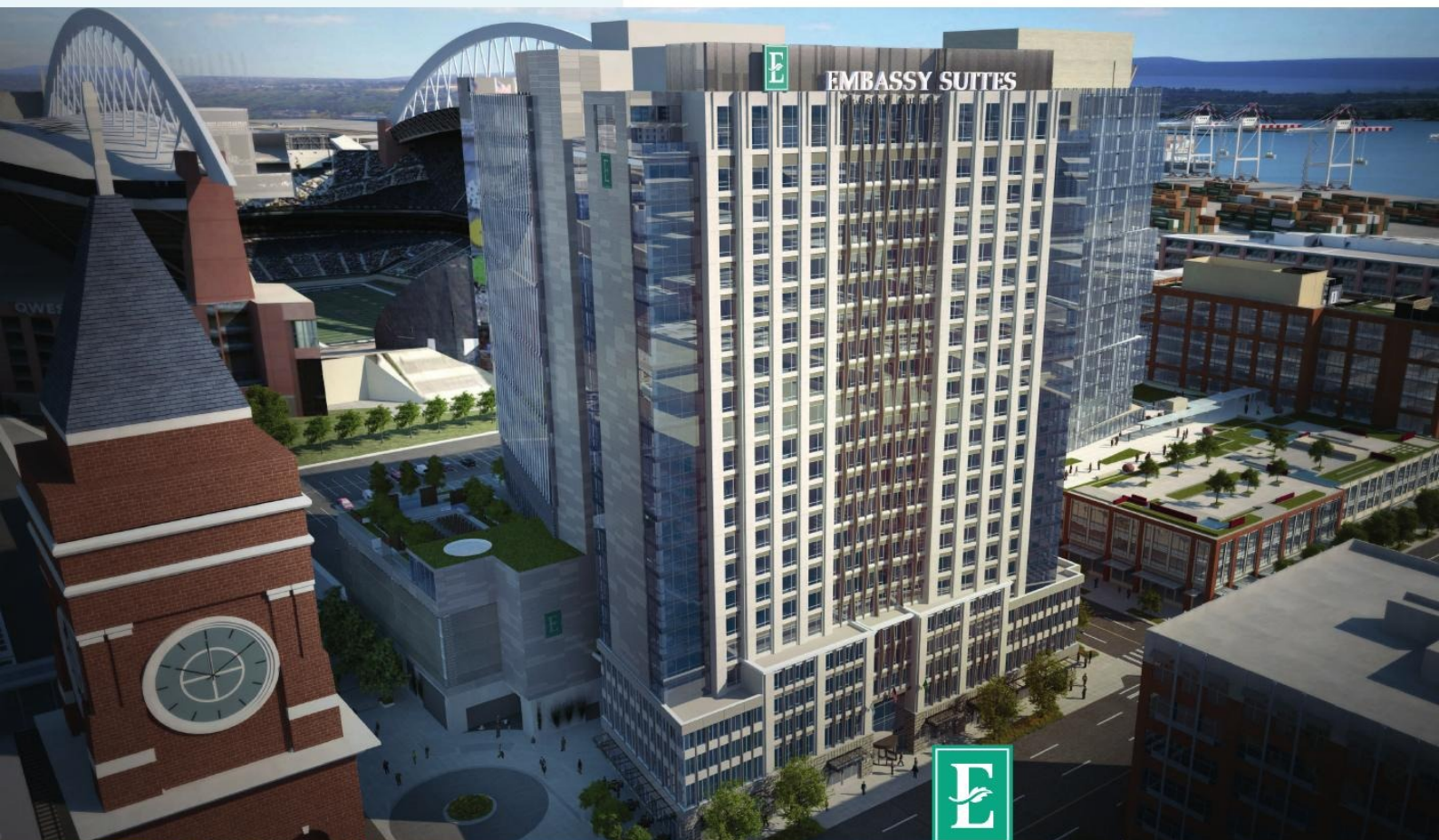
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EATING ABROAD

Advice for finding delicious food to help fuel your adventures

By Johnny Jet

» **I have a confession to make: I love food.** Almost to a fault. There are times when I'm eating breakfast or lunch, and I'm already trying to figure out where I'm going to eat dinner. But in my defense, I believe that one of the best things about travel—especially international travel—is experiencing new and exotic foods. Just writing this, I'm dreaming about walking through the night markets of Southeast Asia and buying bags full of mangosteens and rambutans (my favorite fruits).

I'm often asked how I find the restaurants where I eat. My answer varies based on the destination. Usually, I ask friends who live there. If I don't have local friends, I take to social media (I'm @JohnnyJet) and ask my friends and followers for their recommendations. Once I have a suggestion, I take a glance at review sites to make sure the establishment doesn't have a really low rating, even though I take individual reviews with a grain of salt.

When I don't have access to the internet (and sometimes even when I do), I look for a restaurant or food stall with a long line, because that's a pretty good indication that the food is going to be good, and likely fresh. When I'm in an airport, I go to the restaurant or food stand where the most pilots and flight attendants are in line, because they know where tasty and reasonably priced food can be found.

If you have food allergies or adhere to a special diet, there are some great apps and websites that can help you on the go. Check out AllergyEats (allergyeats.com), which provides peer-reviewed restaurant ratings to help diners with food allergies find suitable nearby restaurants within the United States.

When you're traveling abroad, another option for discovering the best places to eat is to ask hotel employees. I like to ask the doormen or housekeepers, because they usually recommend local places with authentic, inexpensive food.



One great way to enjoy the city around you while saving money on meals is to have a picnic. Get takeout or go to a market or bakery; purchase some tasty snacks; and find a park to spread out in.

Other opportunities to explore the local culinary scene on a budget include dining during a city's restaurant week or having lunch—instead of dinner—at a fancy restaurant. I've even searched online and in local newspapers for coupons. You'll be amazed at what you can find to suit your appetite. ✂

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

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THE FEED»

STEPPING OUT

» Portland Tango Festival participants

can learn from some of the best dancers in the business. Teachers at this year's event, Oct. 11–15, include Mariano Chicho Frúmboli, known for his contributions to the evolution of modern tango and his roles in movies such as *Tango Libre* (2012). The event, being held in multiple downtown venues in Portland, Oregon, offers more than 20 tango classes for all levels—from absolute beginner to advanced.

The festival also hosts 12 *milongas* (social tango gatherings), during which participants perform elegant steps, twists and turns to Argentinean tango music.

During the festival's Sunday dinner concert at The Loft at 8th Avenue, guests can enjoy cuisine from Vibrant Table Catering & Events, as well as a Dueling Tango Duos performance, which features two guitarists singing tango songs in Spanish, and another pair echoing the same songs in English. For more, visit portlandtangofest.com.

—Sophia Scheer



Ariadna Naveira, left, and Fernando Sanchez taught and performed at the 2017 Portland Tango Festival.

WORD SEARCH THEME: THE HUGHES MARINO EXPERIENCE

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U O T E R F A U V O V M O S E
U N S H R P L N I A E I K I S
B N M X E L D I T L L C E N U
B U B A E N A I C S D U S G L
U H S I T M T N L T Z I E O T
Y O A I A C M I D I F L N S S
I N X T N S H K C L G R B G X
N E I E H E E E E A O E E U V
G S J A R U S D D B G R N E E
K T V M X W W S V T H W D T Q
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'PLEASANT' POW WOW

In the Potawatomi language, one translation for Milwaukee is "pleasant land." This land is the setting of the tribe's Hunting Moon Pow Wow, which takes place Oct. 19–21, during the season of the hunting moon, at the Wisconsin Center in downtown Milwaukee. The event, bringing together members of many tribes, is a celebration of Native American cultures and offers visitors a chance to experience traditional drumming, singing, dancing and food.

The event features dance competitions choreographed to upbeat drumming and rhythmic singing, as well as more than 60 vendors selling authentic Native American food and crafts, from fry bread to patterned blankets. For more, visit huntingmoonpowwow.com.

—Charlie White



FROM GUARDHOUSE TO PLAYHOUSE

» From the outside, the guardhouse still looks the way it did when Fort Mason was an operational military base that served as a critical U.S. port during World War II. But inside, "Sofie Ramos: Space to Breathe," on view through Dec. 31 at the Fort Mason Center for Arts & Culture in San Francisco's Golden Gate National Recreation Area, has transformed the former base's guardhouse, as well as the driveway and power transformer, into fantastical works of art.

Ramos is a San Francisco-based artist whose work has been shown across the Bay Area, including in three permanent

installations at the Facebook headquarters in Menlo Park, California.

In the guardhouse, her use of bright colors and varied textures—from a bumpy pink pillow to a tassel-lined orange ottoman—has turned the space into a colorful playhouse that guests can both see, through the structure's four windows, and hear, thanks to a sound installation by artist/composer Chris Wood. On the driveway, Ramos' line drawings guide visitors to her castlelike wall that conceals a working power transformer.

Visit fortmason.org/ramos for more information. —James Egaran

FILMS IN THE HEARTLAND

» The goal of Indianapolis'

Heartland International Film Festival, Oct. 11–21, is to show movies that inspire. Titles at this year's event include Kendall Goldberg's *When Jeff Tried to Save the World*, about a bowling alley manager who wants to prevent the facility from being sold, and Jenica Bergere's *Spare Room*,

about a widow who rents a room to a mysterious veteran while caring for her brother with Down syndrome.

The event, celebrating its 27th year, features more than 100 independent films, 200 visiting filmmakers and 300 screenings.

The festival is also showcasing short films from its Academy Award-qualifying event, Indy Shorts.

For more, visit heartlandfilm.org.

—James Egaran





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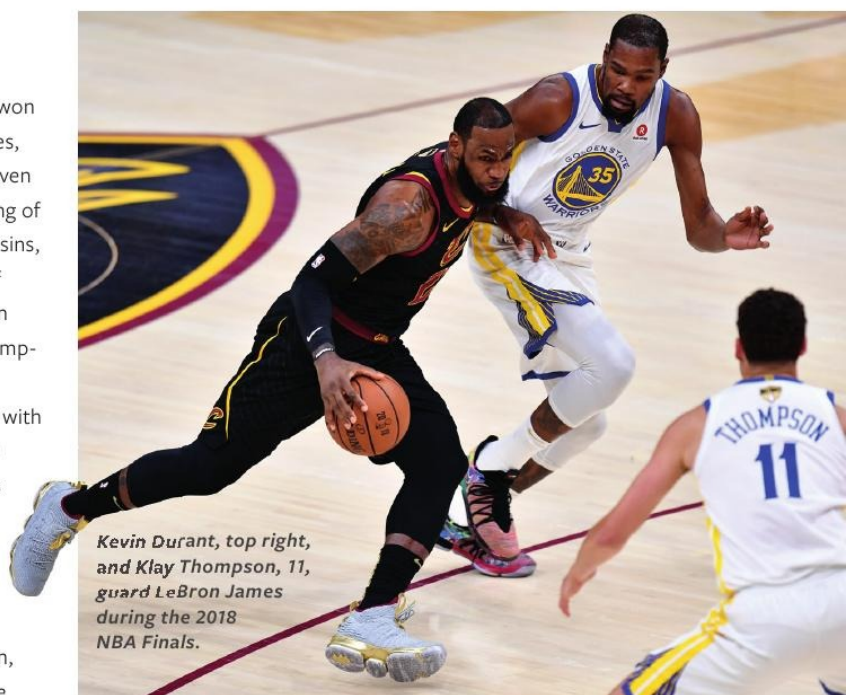
NBA SEASON SET TO TIP

» Every year since 2015, the Golden State Warriors have played against LeBron James in the NBA Finals. But barring an unprecedented midseason trade, that streak will end this season because James, who has played for the Cleveland Cavaliers and the Miami Heat in the Eastern Conference, signed with the Los Angeles Lakers in the Western Conference.

With James taking his talents to Hollywood, fans can expect some marquee matchups in the West, which, in addition to the Lakers, includes contenders such as the Houston Rockets, Utah Jazz, Portland Trail Blazers and the

Warriors. The Warriors have won three of the last four NBA titles, and they are expected to be even better this year with the signing of All-Star center DeMarcus Cousins, rounding out a starting five of All-Stars that includes Stephen Curry, Kevin Durant, Klay Thompson and Draymond Green.

The season opens Oct. 16, with the Boston Celtics playing the Philadelphia 76ers, giving fans an early glimpse of two of the Eastern Conference's most exciting young teams. The regular season runs through April 10. For more information, visit nba.com. —Charlie White



Kevin Durant, top right, and Klay Thompson, 11, guard LeBron James during the 2018 NBA Finals.

MAKING A STIR

Renowned architect Frank Gehry, who designed buildings such as MoPOP in Seattle and the Guggenheim Museum Bilbao in Spain, is now in the middle of rejuvenating and expanding the Philadelphia Museum of Art. The current phase of the project includes a restaurant called Stir, which is opening Oct. 16. Stir exemplifies Gehry's dramatic, exuberant aesthetic and features a sculptural ceiling over the dining area and red oak accenting the floor. Overall, the \$196 million Core Project, which is scheduled to be completed in 2020, will add 67,000 square feet of public space and 23,000 square feet of gallery space. The museum is open during the renovation.

Stir's menu features dishes such as a farmstand burger topped with local cheddar, and a wild-mushroom frittata. For more information, visit philamuseum.org. —James Egaran



MEET YOURSELF IN TUCSON

» With more than 50 food booths serving mouthwatering options, the Tucson Meet Yourself festival, Oct. 12–14, is often referred to as “Tucson Eat Yourself.” But the food—which ranges from Colombian arepas to Tohono O’odham Nation cholla (cactus) bud tamales to Turkish mastic ice cream—is only part of the folklife festival. Meet Yourself is a melting pot of chefs, artists, vendors and performers uniting to celebrate the cultures and traditions of the folk and ethnic communities of the Arizona, U.S.–Sonora, Mexico, region.

Musical performances include Japanese taiko drummers, Irish dancers, and the group Mono Blanco playing *son jarocho*, which is a regional folk genre from Veracruz, Mexico.

Festivalgoers can participate in interactive art booths and learn how to fold origami, bead Navajo bracelets or write Arabic calligraphy. Members of the Pascua Yaqui Tribe and the Tohono O’odham Nation communities demonstrate skills such as basket weaving, mask making and woodcarving.

For more information, visit tucsonmeetyourself.org.

—Sophia Scheer





LET THE GHOUL TIMES ROLL

» **Take New Orleans' voodoo history**, add the city's talent for hosting parades, toss in 18-foot-tall monsters riding through the French Quarter, and you've got the Krewe of Boo! Halloween parade and festivities, Oct. 19 and 20. Lining the 3-mile parade route through the French Quarter and downtown New Orleans are crowds of more than 100,000 costume-clad spectators. The 90-minute parade features brightly colored floats decorated with larger-than-life characters such as headless horsemen and witches. Onboard the floats, DJs bump music as riders toss locally produced and environmentally conscious treats such as pralinettes from Aunt Sally's and PJ's Coffee packs. At street level, dance troupes—including the 610 Stompers, who dress in headbands and knee-high socks—showcase their finest moves.

Other Krewe of Boo! events include the New Orleans Zombie Run, in which costumed participants run 2 miles through the city's Warehouse District as the Big Easy Rollergirls skate behind them, and The Monster Mash dance party, with live music from Bourbon Street regulars Jt & the Ka-nection Band. For more, visit kreweofboo.com. —*Charlie White*

WHALE OF A FESTIVAL

» **From a tour boat**, look for humpback whales rising to the surface as a colony of gulls soars above. In lecture halls, listen to talks about unique marine life. In galleries and shops, see art inspired by the sea.

During the Sitka WhaleFest, Nov. 1–4, Sitka, Alaska, will celebrate marine life through tours, lectures, art and films devoted to the deep.

This year's theme will be "Curious Creatures," which will focus on bizarre and whimsical marine life, such as seahorses and lampreys.

Guests can learn about these creatures during the event's lectures, which will cover topics such as the husbandry of sea dragons by oceanographer Leslee Matushige, and the legacy of the lamprey—an

ancient, jawless fish—by fisheries biologist Ralph Lampman.

During wildlife cruises on Sitka Sound, scientists and researchers will answer questions about humpback whales, sea lions and harbor seals that visitors might spot from the boat.

Visit sitkawhalefest.org for more information. —*James Egaran*



FROM TOP: NEW ORLEANS TOURISM MARKETING CORPORATION; ROGER VALLIÖN

HAIR NOT AS FULL AS IT USED TO BE?

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ARE YOU LOSING HAIR? Some of the first signs of hair loss are an increase in shedding, a wider part that reveals more scalp, a smaller ponytail circumference, or a receding hairline. Many people change their hair style to cover up thinning before coming to terms with the fact that they might be experiencing hair loss. In many cases, men don't realize they are losing hair because they cannot see the balding at the crown and others find it a difficult subject to bring up.

Unfortunately, hair loss is usually a progressive condition meaning it worsens over time if left untreated. Hair loss can be devastating at any age and can have severe psychological effects on men and women.

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GREG GERVAIS, CO-FOUNDER OF COPPER BASIN CONSTRUCTION, WITH **SUE BALDWIN**, AVISTA ACCOUNT EXECUTIVE

Natural gas benefits builders and tenants.

Local developers are installing natural gas in their multifamily projects, as this clean, economical fuel adds value to their buildings. The cost for them to do so is also making financial sense now that one regional energy provider, Avista, is providing builders and developers with cash incentives.

Avista generates approximately half of its electricity from hydropower. And while the company embraces renewables such as wind and solar, these are considered intermittent energy resources (i.e., the wind does not always blow, especially in extreme cold temperatures when demand for electricity is at its peak). About 35% of the utility's diverse resource mix comes from natural gas, which provides reliable and affordable energy for many of its customers.

"As demand for energy grows, we're always looking for ways to increase energy efficiency," explains Avista Account Executive Sue Baldwin. "To help meet this demand, we burn natural gas in combustion turbines to generate electricity. However, when gas is converted to electricity and sent over power lines to our customers, nearly half of that energy produced is lost. That's why delivering it directly to a home for heating is much more efficient than using electricity."

And that's also why Avista is offering incentives to assist developers in bringing this plentiful and versatile fuel to multifamily projects. Avista's program provides up to \$3,500 per unit for installation of either space heating, hot water, or a combination of both (capped at 100% of

the incremental cost to install natural gas). Available in Avista's Washington and Idaho service territory through 2018, the incentive is for construction projects with five or more units per building.

One of the developers to take advantage of Avista's program is Greg Gervais, co-founder of Copper Basin Construction. The Hayden Lake, Idaho-based company specializes in commercial and residential land development and is today one of the Inland Northwest's largest multifamily builders.

**Developers can
get up to \$3,500
per unit to install
natural gas.**

According to Gervais, installing gas heat requires additional framing (such as soffits for ductwork), along with multiple stages of sheetrocking and added fire prevention between floors.

Gervais installed natural gas in his latest project, the sophisticated 728 apartments in downtown Coeur d'Alene, Idaho. Gervais explained that he is after high-caliber tenants who want some of the amenities they would enjoy with a house. A natural gas furnace lets him provide space heating and central air without unsightly wall heaters and window cooling units. Natural gas also supplies faster and more even heat throughout the apartment.

"We recognize there is a greater cost and additional effort to install natural gas, but the quality of the building is so much better," says Gervais. "And with Avista's help to offset some of those costs, it's definitely worth it."

Another development company that has partnered with Avista is Diamond Rock Construction in Spokane Valley. Diamond Rock has been building quality Spokane-area homes for over 20 years. The company also develops unique multifamily dwellings, one of its latest being Bella Tess, an upper-end apartment complex in the Valley, near the scenic Spokane River and Centennial Trail.

According to Baldwin, Diamond Rock is the area's first developer to successfully determine how to make three-story buildings pencil out using Avista's incentive.

"We had to feel good about bridging the financial gap ourselves," says Diamond Rock President Dennis Crapo. "Avista's incentive program certainly helped with that."

Diamond Rock chose natural gas heating for Bella Tess because it fits the company's environmentally-conscious vision for the property (even the center of the club house has a 15-foot tree growing under a skylight). According to Crapo, the Bella Tess property is Green Globe certified—a nationally recognized, green-rating assessment program that promotes adopting sustainability goals with construction projects.

Crapo listed several things that contribute to Green Globe status, including quality of the windows, thickness of the walls, amount of insulation and other improvements. A high-efficiency natural gas furnace also contributes, as does its integral central air.

"In addition to the energy-efficiency benefits, natural gas is also a plus for our tenants," said Crapo. "Once people experience the comfort that natural gas provides—especially during our cold winter months—they'll begin to expect it in other apartment buildings."

Natural gas space heating is just one of the ways developers are taking advantage of Avista's incentive. Baker Construction & Development, Inc. of Spokane found natural gas hot water to be a perfect solution for its latest 61-unit/214-bedroom apartment building, 940 North.



DENNIS CRAPO, DIAMOND ROCK PRESIDENT

The company has been an industry leader in the western U.S. for seven decades. Their new 940 North building in Spokane serves as premier student housing primarily for Gonzaga University.

According to V.P. of Construction Lucas Holmquist, the luxurious 3- and 4-bedroom floor plans are designed much like a traditional college dorm, where student tenants share the apartment's main living spaces.

"For that reason alone, it made sense to install a central natural gas water heater system instead of individual electric water heaters," says Holmquist.

Most students take showers early in the morning before classes, he explained. The endless supply of hot water keeps roommates happy because the last one out of bed doesn't end up with a cold shower.

"The building's owner also benefits," he says. "This natural gas solution means fewer maintenance costs and a longer life cycle for the system. It's better for the environment, too."



LUCAS HOLMQUIST, V.P. OF CONSTRUCTION,
BAKER CONSTRUCTION & DEVELOPMENT, INC.

Developers interested in the incentive program should contact Avista early in the process. "We want to help as much as we can," says Baldwin, "and avoid engineers and architects having to redesign their plans to accommodate a different system."

To date, participating developers have installed nearly 2,000 gas-heated multifamily units.

"That converts to more than 7,000,000 kilowatt-hours of energy savings," said Baldwin.

To learn more about Avista's Multifamily Natural Gas Incentive Program, contact Sue Baldwin at 208-769-1340, or sue.baldwin@avistacorp.com



DAY 1

» The view from Victoria Peak gave us an appreciation for Hong Kong Island and Kowloon. From the peak, the island side shimmers along Victoria Harbour, with Kowloon glittering in the distance.



From underwater explorations to climbs that reach mountain peaks, Abe Kislevitz is ready to take on the world. He traveled to Hong Kong with Alaska Airlines' Global Partner Cathay Pacific as part of Alaska's #WorldwideWanderer series. For additional #WorldwideWanderer posts, follow @alaskaair on Instagram.

blog.alaskaair.com

HAPPENING HONG KONG

» On our first night in Hong Kong, my friend Caleb and I went to the top of Victoria Peak, where the skyline of Hong Kong Island sparkled against the backdrop of Kowloon, which sits north of Victoria Harbour. Hong Kong is a megacity of nearly 7.5 million, and seeing the terrain spread below gave us a sense of place and scope, as well as a glimpse into the grand adventure ahead.

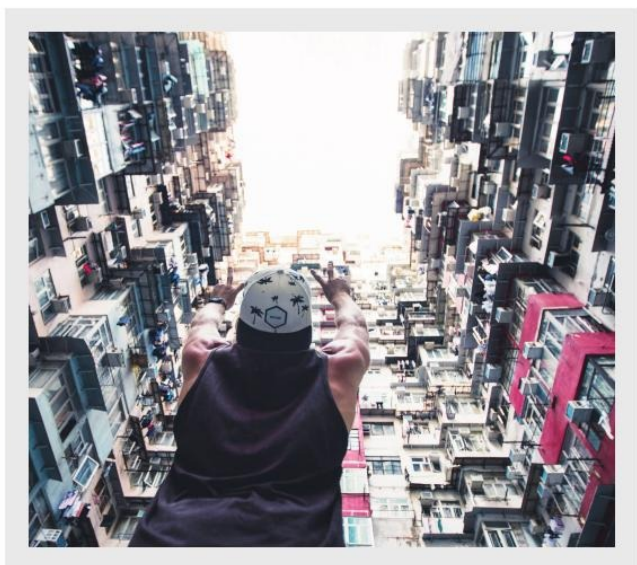
Hong Kong is an amazing city to photograph for several reasons. It provides many opportunities to create frames that play with perception of scale, whether I'm standing at the bottom of an apartment complex or walking on the High Island Reservoir East Dam in coastal Sai Kung. It's full of surprising sights,

such as ships known as junks sailing into port in this modern metropolis. And it's alive with color, especially in the markets brimming with produce, clothing and other goods.

Food was definitely a key part of our Hong Kong experience, highlighted by dim sum featuring pork buns and dumplings. At Michelin-starred Tim Ho Wan, a local chain, you order as soon as you sit down, and delicious dishes arrive seemingly seconds later.

There's so much to explore on every street corner, you could discover new and exciting things every day. As we departed the city, we felt like we belonged in Hong Kong, a place that makes you feel at home with its friendly people and amazing culture.

DAY 2



⌋ Apartment buildings seem to stretch to the sky in Hong Kong, which is home to about 7.5 million people.



⌋ Crimson-masted junks are an iconic part of Victoria Harbour. Today, many of the ships are used as tour boats.

DAY 3



⌋ I visited the High Island Reservoir East Dam in Sai Kung, where I could see cliffs rising from the South China Sea.



⌋ Vibrant markets selling food and other goods fill entire streets in Hong Kong.



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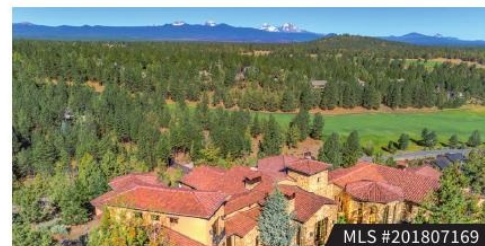
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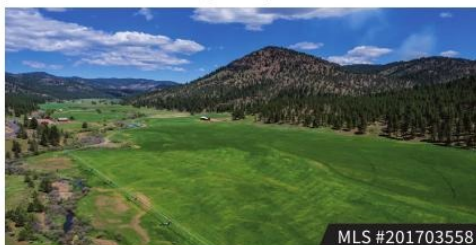
BOX S RANCH - CASCADE VIEWS

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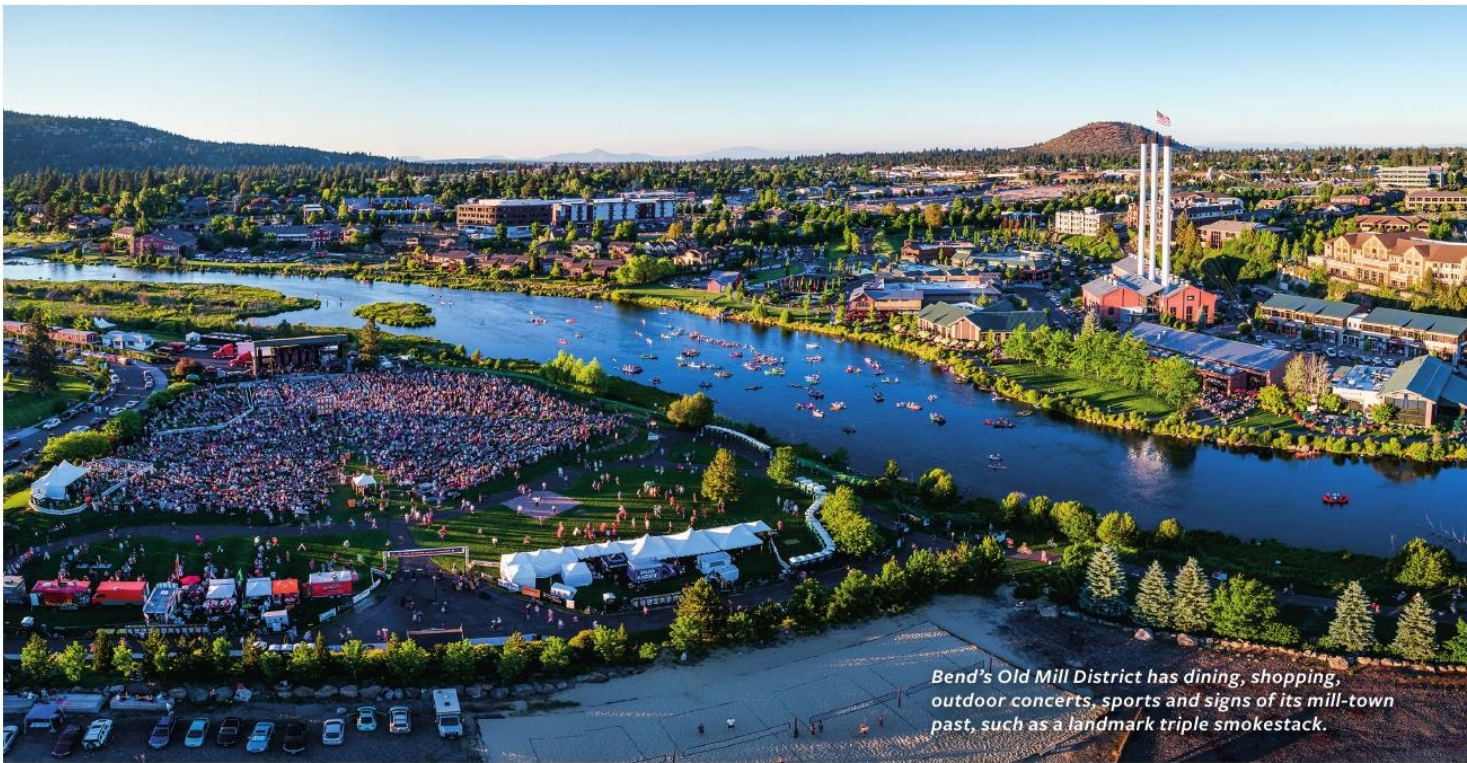
MILEPOST 1

BEND OREGON

4 BD | 3.5 BA | 2,922 SF | \$654,750

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Bend's Old Mill District has dining, shopping, outdoor concerts, sports and signs of its mill-town past, such as a landmark triple smokestack.

RIVERSIDE REVITALIZED

By Jeremy Storton

» **Where I stand**, just downstream from the Old Mill District in Bend, Oregon, I am virtually at the center of town, which is quite near the center of the state. Pleasing aromas from the Deschutes Brewery and local restaurants swirl together and arouse my senses as employees at nearby stores prepare to open doors. But I'm not here to eat or shop. I'm here to surf. Awaiting my turn on a standing wave in Bend Whitewater Park—a human-channeled section of the Deschutes River—I consider that men once rode logs, not boards, in this same area.

Bend became a timber town in the 1910s, with the opening of its first mills. By the 1950s, the lumber bubble showed signs of wear, and by the early 1980s, the mills had completely shut down, leaving behind a set of dilapidated buildings full of squatting sparrows. In the mid-1990s, developers began updating the district's brick-and-mortar structures, keeping vestiges of the past. For example, three smoke-

stacks from one of the mill buildings eventually became a beacon of Bend's economic progress, and a central feature of an REI Co-op.

More than two decades later, locals and visitors to the revitalized Old Mill District have doubled down on outdoor-recreation, cultural and commercial activities—pursuits that define what it means to live like a modern Bendite (what Bend locals sometimes call themselves).

Today, guests of the Old Mill District and its surroundings are challenged by making time to enjoy it all. Outdoor athletes may choose trail running, bike riding or playing beach volleyball. Water lovers can standup-paddleboard or outrigger-canoe past shops lining the riparian path, or continue downriver to surf the wave that always breaks at the whitewater park. Fly-fishers can enjoy what's said to be the nation's first permanent golf-style fly-casting course—right in town! And city parks provide additional options for families and dog owners.

Across the river from the Old Mill District shops is the outdoor Les Schwab Amphitheater,

which has hosted performers such as Coldplay, the Dave Matthews Band, Ben Harper and Willie Nelson. While sipping wine from the riverfront patio of the nearby Va Piano Vineyards tasting room, foodies deliberate about which restaurant to choose for a meal.

Yet Bend is perhaps best known as a beer town, and, just north of the Old Mill District's shopping area, visitors can learn to brew, and enjoy a pint, at Immersion Brewing. They can also sip drinks at Avid Cider Co. or book a tour with Cycle Pub, which allows up to 14 riders to drink beer and provide pedal power while a guide steers them through the city. Heading west from the district, across the river, beer lovers find more options at Deschutes Brewery, one of craft beer's pioneers, founded in 1988.

Rising from its past, the Old Mill District has cultivated a diverse experience by distilling the best of Central Oregon. Since there is so much to do in and around this small, history-rich section of the city, I suggest a good pair of sneakers ... or maybe a surfboard. ✈

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Smith Rock State Park is filled with craggy rocks for climbing. Below, an osprey stretches for fish.

SMITH ROCK EXCURSION

By Gary Lewis

» “Are there fish in there?”

My 3-year-old grandson, Holden, points down at the ribbon of blue that winds through the canyon past Picnic Lunch Wall, where climbers hang like tiny spiders on single strands.

“A few,” I answer, knowing that this area isn’t known so much for its fish.

Soon after, an osprey flies overhead with its catch in its talons, while another, perhaps its mate, scribes an arc in the sky.

“One fish fewer,” I murmur, as I point out the first bird to my wife, Merrilee.

Holden and his 5-year-old sister, Ava, miss seeing the birds because they’re already charging ahead with our dog on her leash.

Smith Rock State Park, less than 30 miles from Bend, gained fame in the 1980s when participants in the quickly growing sport of rock climbing “discovered” this relatively compact, yet scenery-packed 651-acre area near the community of Terrebonne. The conspicuous spire formation called Monkey Face is an obvious draw. Its first ascent was via The Pioneer Route on its south side in 1960.



For nonclimbing visitors, the park offers a network of excellent hikes—such as the Summit Trail and Misery Ridge Trail loops—and wildlife viewing in its craggy geological environment. Hardened basalt lava flows, eroded by the Crooked River, make for stunning views.

Iconic birds, such as golden eagles and the osprey we watched, are year-round residents. Ospreys are easy to identify in flight—they fly with “kinks” in their wings, and are brown above and white beneath. They hunt by circling up high, hovering when they spot prey, and plunging talons-first to grab fish.

We catch up to the kids before we get to the canyon edge. We’re now on the roughly half-mile North Point Trail, headed out to get a glimpse of Student Wall, across the river, where novice climbers work with their instructors. At Northern Point, beneath which is another wall frequented by students, we share a moment with a guide and protégé as the

newcomer tops out on a route.

We hold the kids’ hands and head toward the Homestead Trail, then follow its steep, short descent into the heart of the park. Ahead is a horse ford across the Crooked River, and across the water, we see hikers on Wolf Tree Trail. Downstream, climbers are starting up Red Wall, another iconic park formation.

Ava takes to boulders by the Homestead Trail like a lizard, picking a route and scrambling from one rock to the next. It’s not hard to imagine her someday stepping into a harness, clipping a carabiner onto a rope and finding handholds and toeholds up Red Wall.

I find my eyes drawn to the tops of the canyon where ospreys stalk the updrafts. My grandson watches the water for fish. ✕

TRIP TIPS

- Smith Rock State Park trails are accessible year-round. Managed by the state of Oregon, the park is open from dawn to dusk, with all-season camping available. (Parking is \$5 per day, camping is \$8.)
- This is desert country, and the air is dry. It’s important to bring extra water when hiking in the area.
- Terrebonne is the nearest town, less than 5 miles away, with more services available in nearby Redmond and Bend. Learn more at smithrock.com. —G.L.



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TASTES OF MEXICO

By Naomi Tomky

» In recent years, America's idea of Mexican food has evolved into the nuanced, varied patchwork of traditions that makes up the broader culinary heritage of the country. "Everyone's finally seeing what it is," says James Beard Award-winning chef Hugo Ortega, owner of Xochi, a Houston restaurant that serves Oaxacan food. "Mexico is so big, and every region has its cuisine."

When Ortega was 7 years old, his family moved to Progreso, a small town where his grandmother lived in the mountains in the state of Puebla, near the border of Oaxaca. That's where Ortega learned to cook.

In 2002 he opened his first Mexican restaurant in Houston, Hugo's, which features dishes from all around the country, but when he had the opportunity for a new Houston place in 2017, he knew it had to be Oaxacan. It required more work than other concepts, because diners weren't as familiar with the dishes he wanted to feature, such as *inflatita de conejo*, a puffed black tortilla filled with rabbit, raisins, almonds, tomatoes and refried beans.

At Coni'Seafood in Los Angeles, owner Connie Cossio brings in ingredients such as smoked marlin from Mazatlán. Her father, who opened the original version of the restaurant in his LA backyard in 1987, is from the state of Sinaloa. Her mother comes from neighboring Nayarit, as does Coni'Seafood's signature dish, grilled snook. "There are so many seafood restaurants," says Cossio, "but we have that flavor of Mexico."

The restaurant's *tostaditos*, with fillings that include sea snail with octopus, show off a side of Mexican food that, until recently, hasn't gotten much attention. This year, after 23 years in a single Inglewood location, Cossio opened locations in the Marina del Rey neighborhood and Banc of California Stadium. While she credits much of her success to recognition by the late food writer Jonathan Gold, the current enthusiasm for traditional foods from specific Mexican states helps.

That enthusiasm is also what has allowed Seattle's

Taco Street owners, Elonka and Martin Perez, to begin plans for a second location in Tacoma, south of Seattle, next year. They provide the flavors of Martin's hometown of San Buenaventura in Chihuahua, including *barbacoa* tacos and *chile colorado*—both of which use a variety of spices and *chiles rojos*, red peppers, which they import directly from San Buenaventura.

Direct access to the exact ingredients that cooks have used in dishes for hundreds of years may be what enables these chefs to operate successful region-specific Mexican restaurants around the United States, but the inspiration for many is giving others the opportunity to experience the food the chefs grew up with. Ortega's years in the mountains with his grandmother bred a love that he had to share. Xochi opened, he says, because "I had one more restaurant in my heart." ✈

» Xochi serves traditional Oaxacan dishes such as *tlayudas*—very large, thin tortillas with a variety of toppings.





AN IN-CIDER'S GUIDE TO THE WILLAMETTE VALLEY

Craft Cider, once deeply rooted in American tradition, is not only giving Oregon's wine industry and craft beer scene a run for its money, it's also creating new traditions right here in the Willamette Valley.

Most die-hard cider drinkers might be surprised to learn many domestic cider producers often add high fructose corn syrup and artificial flavors to their ciders so they can cut back on costs and production time.

Fortunately, cideries in the Willamette Valley are dedicated to using fruit from Oregon and tend towards traditional methods.

As the leaves change color and the weather grows crisper, celebrate the season with a glass of handcrafted hard cider from the Willamette Valley.

Learn more about the craft and find a guide to Willamette Valley cideries at oregonwinecountry.org/cider.

Wine

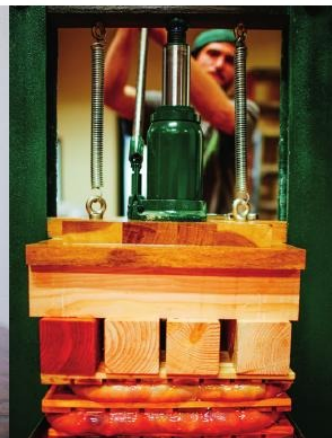
TASTING NOTES: 2018 VINTAGE

Warmer than average summers make for moderate growing seasons and, often, early grape harvests in Oregon's Willamette Valley. So, as we sadly bid adieu to this year's season of long days and easy sunshine, we quicken our step when thinking about the grapes, and wine, coming our way.

Winemaking in the Willamette Valley is part science, part art and a bit of magic. Our winemakers are eager to share their knowledge about harvesting and crafting great wine.

Get to know your winemaker and plan a visit today.

oregonwinecountry.org





DESERT SPIRITS

By Brad Japhe

» As high-end tequilas and artisanal mezcals populate contemporary bar shelves, it's worth noting that Mexico has additional spirited secrets to share. Sotol may be next on the list. The robust, earthy liquor is derived from a spiky-leaved plant known as the desert spoon. Native to the northern regions of the country, it has been distilled in Chihuahua for nearly 400 years. At long last, it's making its way to cocktail menus around the United States.

The key to sotol's appeal is a rugged vegetal complexity, reflective of the landscape that birthed it. Yet this is precisely what complicates its use in mixed drinks. "Sotol can be a tricky spirit to use in cocktails, because of the plant's transparency of expressing the terroir," says Erik Delanoy, beverage director at The Wilson in New York. "This also leads to a vast variety of flavor profiles to be found within the category." He leans into the spirit's complexity with a cocktail called the Chihuahua Chingon (*chingón* is slang for a cool guy), which "em-

ploys the vegetal and sweet Green Chartreuse [herbal liqueur] as well as basil to enhance and complement the flavors in the sotol," he says.

Across the river in Brooklyn, La Lonchería highlights sotol in a slightly bitter beverage called the Desert Bird. The restaurant works in floral notes from elderflower liqueur, and the tropical sweetness of fresh-pressed pineapple juice, and brings the cocktail to balance with a finishing touch of Campari. But the key to the drink's success is the spirit at its core—Fabriquero, a markedly herbaceous sotol imparting violet and acacia in every sip.

"Sotol has the nice depth that mezcal has, but another level of grassiness that makes it wonderful for cocktails, as well," says Danny Mena, owner of La Lonchería. "Plus, it's rare to find, so that makes it that much more exciting when we do find it!"

Connoisseurs might enjoy a simpler approach. "I prefer drinking sotol straight," says Ivan Vasquez, owner of Madre in Los Angeles.

"We carry Clande and Sotol por Siempre. Both of these brands are cooked underground, use stone and wood for fermentation, and are distilled in small batches." What Vasquez describes as a taste of northern Mexico can also be enjoyed in a highball preparation—served on the rocks with a splash of soda and zest of lime. ✈

CHIHUAHUA CHINGON (THE WILSON, NEW YORK)

- 1 ounce sotol
- ½ ounce Green Chartreuse
- ¾ ounce fresh-squeezed lime juice
- ½ ounce simple syrup
- 1 sprig basil

Shake all but the basil; strain into rocks glass over fresh ice. Garnish with a basil sprig.

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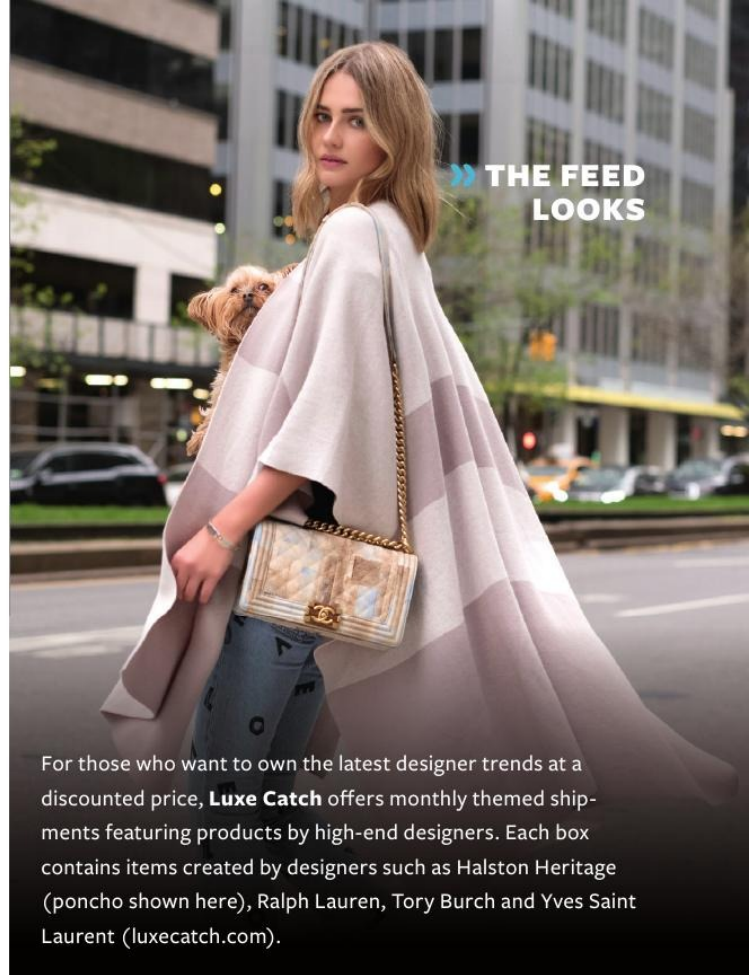
CURATED CLOTHING

By Dannie Ray

» **No matter your style**—from fashionista to gamer to soccer mom—you can keep your wardrobe refreshed with clothing services that deliver pieces right to your door. Terms and fees vary.



A subscription service based around allergen-free, minimalist jewelry for everyday life, **Penny + Grace** sends its clients three picks each month. Every delivery has a set theme, and users can choose their own color palettes—silver, 18-karat yellow gold or rose gold—as well as whether or not to receive earrings (pennyandgrace.com).



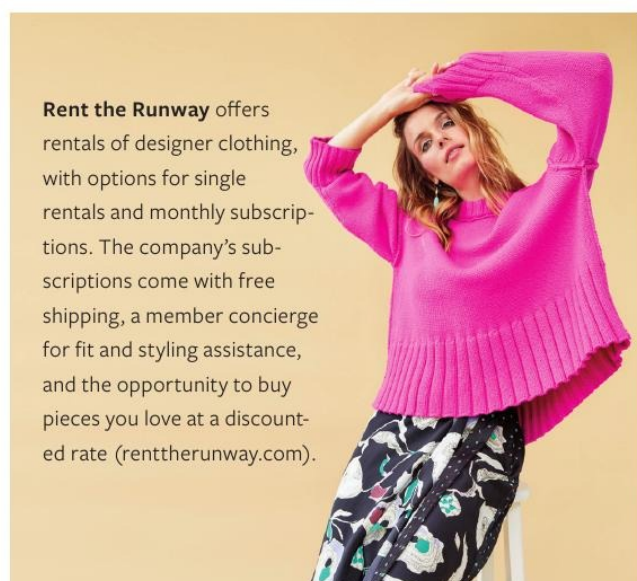
For those who want to own the latest designer trends at a discounted price, **Luxe Catch** offers monthly themed shipments featuring products by high-end designers. Each box contains items created by designers such as Halston Heritage (poncho shown here), Ralph Lauren, Tory Burch and Yves Saint Laurent (luxecatch.com).



Show off your love of superheroes, *Star Wars* and *Rick and Morty* with **Loot Wear**. The wearable gear comes from the makers of Loot Crate, which offers subscription boxes of memorabilia. Loot Wear provides five options: Socks, Undies, For Her, Wearables and Tees (lootcrate.com/wear).



Stitch Fix provides shipments of five pieces of clothing selected by a personal stylist based on an initial style quiz and your feedback. It carries more than 1,000 brands in men's, kids' and women's styles, as well as petite, plus size and maternity options (stitchfix.com).



Rent the Runway offers rentals of designer clothing, with options for single rentals and monthly subscriptions. The company's subscriptions come with free shipping, a member concierge for fit and styling assistance, and the opportunity to buy pieces you love at a discounted rate (renttherunway.com).

With a subscription to **Say it with a Sock**, members can receive one or two pairs of cotton socks each month, according to their membership plan. Children and adults can choose socks that have graphics, patterns or both. And if any of the footwear doesn't suit your fancy, the company will provide a replacement pair (sayitwithasock.com).



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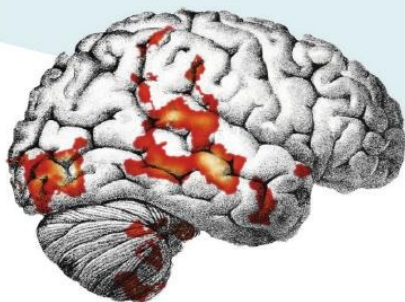
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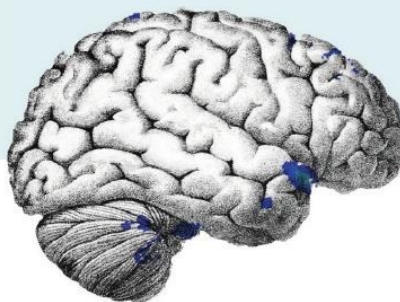


fMRI: A BRAIN STUDY OF ALCOHOL CRAVINGS

PRE-TREATMENT



POST-TREATMENT



Functional magnetic resonance imaging indicates significantly less craving-related activation in the brain after treatment. (The different colors highlight changes between pre- and post-therapy but have no meaning beyond that.)

A first-of-its-kind imaging study was conducted by Schick Shadel Hospital and the University of Washington. In the study, scans showed reduced craving-related brain activity after chemical-aversion therapy. Functional MRI scans taken before and after treatment showed significant changes in the brain among 13 subjects. Sixty-nine percent of the participating patients reported still being sober 12 months after treatment. Read the full study online at SchickShadel.com.

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THE RIGHT DIRECTION

Lincoln's Navigator finds its place as a flagship for American luxury

By Bengt Halvorson

» For 2018, the Lincoln Navigator got its first clean-slate redesign in more than a decade, cementing its place as a unique alternative to vehicles such as the Lexus LX 570, Mercedes-Benz GLS, Range Rover or Cadillac Escalade. In a recent drive of the top-of-the-line Navigator Black Label, I found the model to be supremely luxurious and charming—so much so that, for the right buyer, its \$96,570-as-equipped price tag (base Navigator models start at \$72,555) won't seem out of place. If this is Lincoln's new template for American luxury, the brand has most definitely found its way.



Mammoth yet nimble

A 3.5-liter twin-turbo V-6 engine makes 450 horsepower and 510 pound-feet of torque. A 10-speed automatic transmission picks the right ratios for strong acceleration and quick reactions, and handling is quite nimble for such a large vehicle.



Artful touches

The Navigator's design doesn't mimic premium SUVs from Europe, and that may be one of its strongest differentiating points. The seat upholstery, center console and door trim resemble high-end Midcentury Modern furniture, and Art Deco influences show in details such as the speaker covers and the wheels' angled-spoke design.



Family-size comfort

Power-folding second and third rows of seating and power-deploying running boards help the Navigator fit most families' needs, while thick sound insulation, laminated side windows, and active noise cancellation keep road noise low. In the plus-size Navigator L form, the Navigator is one of the longest (about 222 inches) new passenger vehicles available.

First-class seats

Lincoln uses the term *Perfect Position* for the plush, highly adjustable front seats in the Navigator, and it's no exaggeration. The seats can be heated and cooled, and they offer massage functions. In the top-of-the-line version, you get 30 points of adjustment, including multiple ways to fine-tune back support, thigh support, lower cushions and lumbar support. The seats are better than a La-Z-Boy.

Entertainment hot spot

The Navigator offers a lot to keep passengers happy. Connect up to 10 mobile devices at once with vehicle-wide Wi-Fi. Stream content from Android and Apple devices, Sling Media or other inputs on two 10-inch screens mounted in the back of the front seats. And turn up the 20-speaker Revel Ultima Audio System to entertain the whole family.

Escape to Mexico with Betsey Johnson

*Village living
nurtures inspiration*

By Candace Dempsey

“Come inside and have a glass of bubbly,” says fashion designer Betsey Johnson, welcoming us to her gloriously eccentric Mexican villa. It’s a white house that sits atop a little green hill, maybe an hour’s drive from the charming resort towns of Ixtapa and Zihuatanejo in Guerrero state. Betsey fell in love with Mexico’s Pacific coast decades ago, when Zihuatanejo’s gorgeous white sand beaches, palm trees and blue fishing boats represented a dreamland escape for Tim Robbins’ and Morgan Freeman’s characters in *The Shawshank Redemption*, a 1994 film that still draws travelers to this slice of the tropics.

Lovers of all things Betsey can now rent her Mexican dream house, hidden away in the tiny fishing town of La Barrita. The four-bedroom, six-bath BetseyVilla goes for \$600 a night on Airbnb, accommodates up to eight guests, and comes with private beach access. Cast goddesses and gilded fairies gaze over an infinity pool in the grassy yard, which offers stunning views of blue sea and misty mountains. Flowers bloom everywhere in pink and red, Betsey’s favorite colors.

Like everything this fashion diva creates—from shoes and dresses to purses, jewelry and luggage—BetseyVilla is a delightful mix of the whimsical, the bold and the practical. Let’s start with the palm-shaded pool. Not only is it flanked by an outdoor kitchen, striped couches and a beach cabana, but it was designed with a ledge ringing the inside so that Betsey (who is tiny) can walk around the pool in the warm water without getting her hair wet. Her spiky hairstyle, which makes her instantly recogniz-



able anywhere in the world, sports multi-colored extensions created in 12-hour sessions with London stylist Andrew Gregory four times a year.

“I hate doing my own hair,” Betsey says. “Andrew is the only person who knows how to do it right.”

Betsey is a big fan of doing things right. At 76, she projects her own brand of youthful energy. You wouldn’t be

surprised if she suddenly turned a cartwheel, a signature move back when she did runway fashion shows.

I’m here with a photographer, and Betsey greets us wearing her usual bright-red lipstick, and twirls around to show off the first of many “Betsey Babe” looks we’ll see that day—each of her outfits is specifically selected for each room. With typical artistry, she’s layered a knitted blue dress, hemmed with white lace, over a yellow tank top. She’s accessorized with a vintage brown leather belt (her good luck charm), electric-blue high-top shoes and a mad assortment of colorful necklaces and bracelets. Some of the pieces are her designs; others are “vintage things” she’s collected over the years.

Before we step inside her dream house, Betsey poses for photos, framed by striped surfboards she’s designed. A neon sign spells out “BETSEY” in hot pink over her head. She flashes her famous wide smile, so warmhearted and contagious that admirers feel free to approach her in airports to ask for selfies. She’s happy to oblige.

“People think I run around with celebrities, and I just don’t,” she says. “I like to travel by myself. When my customers come up and say hello, just for a second, that’s the happiest thing ever.”

In fact, she designed BetseyVilla with her custom-

» **Iconic designer**
Betsey Johnson combines a remarkable career in fashion with a love for all things Mexico in her new vacation home/ Airbnb property near Zihuatanejo.



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» *BetseyVilla, including the living room and a service shack on the property, is unmistakably designed and adorned by the owner.*



ers in mind. “I know my fans want to see my personality in every room,” she says. “And they will. I also want luxury. We need to compete with the very best

hotels. Everything here has to work just right.”

Betsey has adorned her house with artworks, brightly colored satin pillows, red sombreros, flowered chairs, crucifixes, vintage dresses, and much, much more. The entryway opens onto a spacious living room/dining room with white couches and striped rugs. Floor-to-ceiling windows face the pool and the ocean beyond. There’s a cozy little kitchen and a bar in back, where we gather to drink champagne. Betsey’s cook, Juaquina, makes us delicious chicken tacos and bowls of fresh shrimp.

Through arched doorways in the living room are two adjoining bedrooms. The “Rock ‘n’ Roll Room” is studded with photos of Betsey as a model back in the 1960s. The “Betsey Room,” where she stays when she’s in town, has the best view of the ocean. I love the makeup table in the bathroom, where Betsey transforms herself each day.

The two other bedrooms include the “Bridal Suite,” which is awash in antique furniture. All of the decorations are, of course, white. The “Girls Room” features a wall covered with paintings that honor Betsey’s style icons, including Marilyn Monroe and Lana Turner.

Betsey says she likes to have one or two iconic pieces from past collections hanging in each room. She doesn’t

like designs to be put away in drawers or crammed into closets. “Clothes are important, but not delicate,” she says. “They’re made to be worn and admired. I tell people to leave them out, to see the beauty. What’s the point of hiding things?”

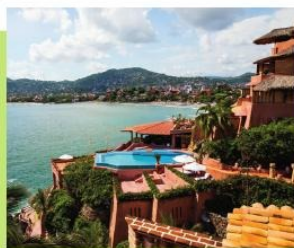
Betsey bought the villa, she says, because she fell in love with the marble floors. That was 14 years ago. At first, she didn’t mind that it was “dark and rustic,” but it wasn’t necessarily appealing for visitors, and it looked worn in places. Betsey wasn’t sure how to fix it, even though she’d previously revamped homes in Malibu and New York. Luckily, she met Zihuatanejo-based architect Andrés Saavedra Benítez and Tara Medina, whose real-estate firm handles home rentals and sales in the area. With their help, she decided to update BetseyVilla with big arched windows and doorways. Much of the inspiration came from Anne Bancroft’s character, Ms. Nora Dinsmoor, in the 1998 movie *Great Expectations*. The renovations took a year and were finished in 2017.

“She was so fun to work with,” Medina says. “At first it was: ‘Let’s just fix it up.’ Then it was: ‘Let’s add a gym. Let’s add a fourth bedroom.’”

Betsey now spends about a week each month at BetseyVilla. She’s up early, carrying a cup of coffee around, sketching ideas, tinkering with the house, designing new products, planning travel. A 55-year resident of New York, she moved to Malibu a few years ago to be

BETSEY OUT AND ABOUT

Wherever you go in the Zihuatanejo area, you will meet people who’ve seen Betsey out and about. “She’s so fun,” they will say. “She loves to shop.” In Zihuatanejo, she often stops at Loot, a chic surf/gift shop and cafe owned by Andrés Saavedra Design, the same firm that worked on BetseyVilla, her



Mexico home. When she needs R&R, she checks into Casa Que Canta, a luxury boutique hotel just up the street. She stayed there for a month when BetseyVilla was undergoing renovations.

“It was off-season,” says one employee, “so our little hotel was like her house. Everybody likes her. She swims all the time.” —C.D.

near her daughter, Lulu, and two grandchildren, but she didn't retire. She weaves her love for vivid colors into an ever-expanding list of creations. Although she no longer has stand-alone boutiques (which numbered more than 65 worldwide in 2011), Steve Madden has licensed her designs, and they're also available on Amazon.com and BetseyJohnson.com.

Betsey is working on a new perfume and makeup line called Pretty and Punk, to be sold online.

Betsey traces her remarkable life from a childhood in Connecticut to the Swinging Sixties, when she designed clothes in London and New York, sold little sheath dresses and embellished T-shirts for rock stars, and was married to John Cale of the Velvet Underground. She began visiting Mexico, she says, "as soon as I could afford it, in the '70s." She started in



BETSEY'S PACKING TIPS

Backpacks, cosmetic bags, carry-on bags, roller bags. Whatever you need for travel, Betsey Johnson offers. A woman in constant motion—with frequent stops in Malibu, New York, London and Mexico—she'd rather not check bags. Instead she packs a pink-velvet carry-on from her own line.

"Put clothes on the bottom. Save room for your makeup on top."

She rolls garments and doesn't take too many. "You don't need a lot of clothes unless you're going to be eating in the same restaurant every night. I have a black travel dress that I wear with leopard boots. A red dress with pockets that folds up into a ball. I always bring nail polish just in case I chip my nails." —C.D.

Cancún, then Oaxaca, then San Miguel de Allende. A sun and beach lover, she found herself lured to Mexico's Pacific coast.

"I've always been drawn to the little towns, wherever I travel," she says.

Before we leave, I ask Betsey what the high point of owning her Mexican hideaway has been. She doesn't have to think long. This year, Lulu and the grand-

children came for their very first visit.

The two women have a close relationship, but they have very different tastes.

"Lulu said, 'Wow, this is beautiful!'" Betsey beams. "They loved it so much that they want to bring their friends. How wonderful is that?" ✈

Candace Dempsey writes from Seattle.

The Benson

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*Photo of The Benson, a Coast Hotel, in downtown Portland



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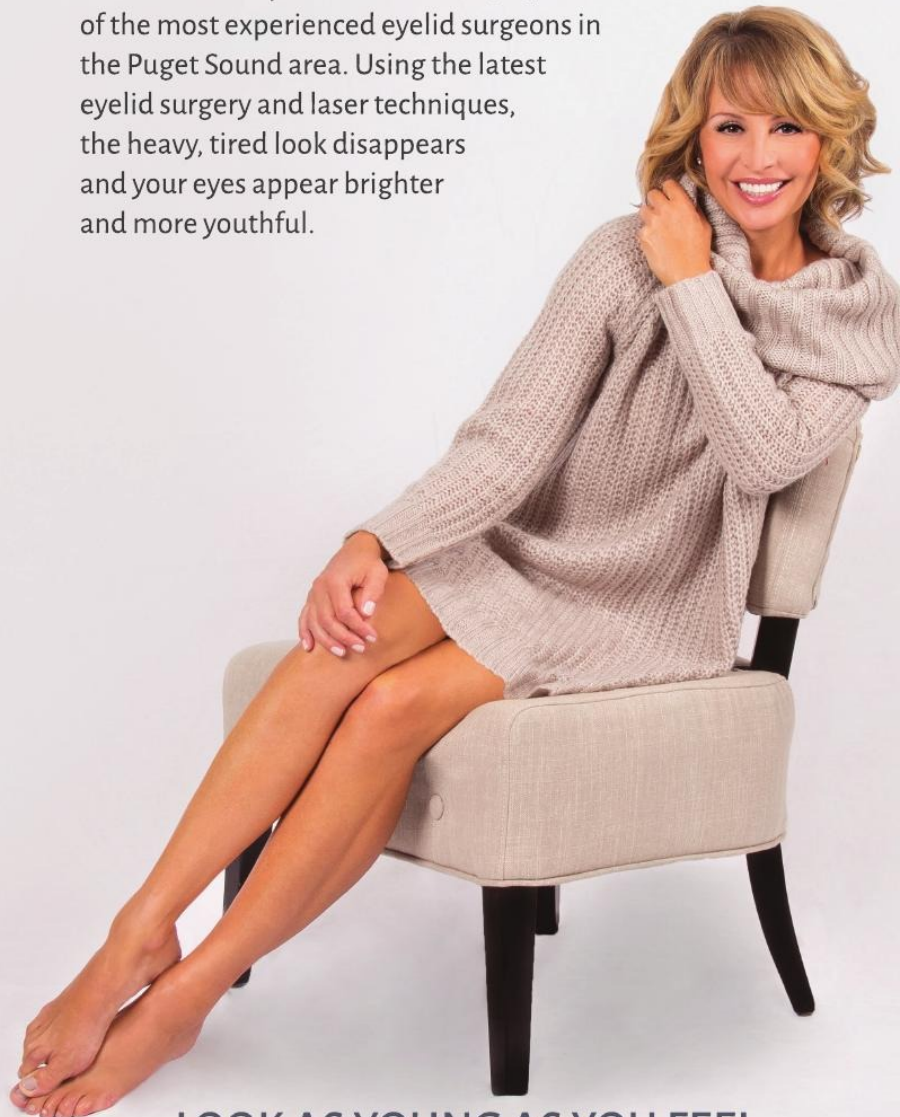
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The Magic of **MEXICO**

Ancient finds, urban explorations, beach time and underwater excursions
in the eight destinations Alaska serves **By Jill K. Robinson**



I've just climbed the 120 stone steps of the Nohoch Mul pyramid at Cobá, where I'm 138 feet above the forest floor, and the view is absolutely breathtaking—a lush green blanket of jungle that unfurls in every direction. Squawking parrots fly overhead, and here, perched alone on a structure that's been part of this region for more than 1,000 years, I feel almost part of their flock.

I'm in the land of ancient Maya, about 80 miles southwest of Cancún, Mexico, which is rightly known for its beaches and resorts, drawing travelers eager to relax and shake off the stress of daily life. Cancún is also home to its own display of Yucatán culture. For instance, the Museo Maya de Cancún features sculptures, ceramics and jewelry, and the Zona Arqueológica de San Miguelito is part of an ancient Maya trade route and contains ancient burial sites.

But I've got adventure in my soul, so I've traveled to the Riviera Maya, where on the southern fringes the stone ruins in Tulum are stunning on cliffs overlooking the turquoise Caribbean, and where other sites are still covered by the jungle.

A few miles south of Tulum, the Sian Ka'an Bio-

sphere Reserve (a UNESCO World Heritage site) is one of the largest protected areas in Mexico, and it contains what is believed to be an ancient trade route winding through lagoons and mangrove channels between the cities of Tulum and Muyil. There are more than 20 known archaeological sites related to the Maya civilization within the reserve, but in a few hours, you might see only a handful of people exploring the area.

The Maya world also features deep pools, called cenotes, that resulted from collapsing limestone and served as the freshwater sources for the ancient civilization, as well as portals to the Maya underworld, Xibalbá. Today, many cenotes are open to the public for swimming, snorkeling and diving, and favorites include the Dos Ojos, Xkeken and Ik-Kil. On a map, dots showing cenotes in the region look like small constellations.

As in the ancient Maya world, adventure in Mexico abounds from way above the earth to deep below ground. Whether you're interested in history and culture, relaxing beach time or ocean exploration, Mexico has you covered. Read on for more ideas.



This page: The ancient structures of Tulum. Facing page: The top of the Nohoch Mul pyramid at Cobá.

WHERE TO STAY IN CANCÚN

Six world-class restaurants, including Ramona, which serves an evolution of traditional Mexican cuisine in a beachfront setting, are part of the luxury experience at **Nizuc Resort and Spa**, which also offers wellness programs, a beauty salon and a spa.

The family-friendly **Hyatt Ziva Cancun** features ocean views, white sand beaches, eight restaurants, three lounges and even a microbrewery. The hotel includes all you can eat, drink and do with your standard room rate.

Clockwise from top: Instituto Cultural Cabānas features José Clemente Orozco murals. The Tequila Herradura Express travels along rows of blue agave. Mariachi helps create the lively atmosphere at Casa Bariachi.



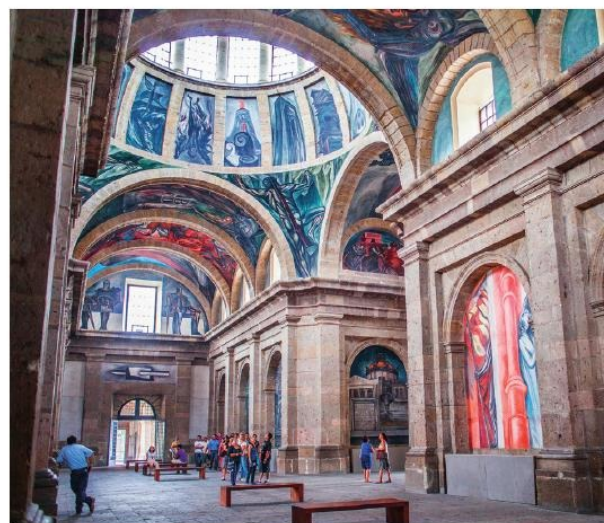
History and Culture in Guadalajara

Trumpets, violins, guitars, *vihuelas* (small guitars) and *guitarróns* (big bass guitars) pluck at my heartstrings at the Casa Bariachi restaurant in Guadalajara, where I'm falling in love with a mariachi tune.

El Niño Perdido tells the story of a parent and child looking for each other in a crowded marketplace, and the plaintive wail of the trumpets evokes the worry of the situation. Gradually, the trumpet sounds become more melodic and finally rejoin the rest of the band to celebrate the reunion of the family. Looking around, I see signs of relief, as the audience was clearly emotionally invested in the tale.

Mariachi music, which emerged in the late 1700s in west-central Mexico, is part of the compelling history and culture on display in Guadalajara, which is the capital of the state of Jalisco and, with a population of more than 1.5 million, is among the most populous cities in Mexico. Guadalajara is also home to tequila, traditional sombreros from Jalisco, *charros* (Mexican horsemen), and striking murals by José Clemente Orozco (1883–1949), one of the giants of Mexican Modernist mural artists. Find his work at the Instituto Cultural Cabānas (a former hospital and orphanage that's now a UNESCO World Heritage site) and the Palacio de Gobierno.

Guadalajara is also at the forefront of modern Mexico, with a wave of new chefs and artists on the contemporary scene. Visit Paos, an “art



laboratory” that hosts residencies and exhibits by international artists in a former Orozco studio, or the ceramics factory for Cerámica Suro, which has collaborated with hundreds of contemporary artists.

A popular side trip from Guadalajara is to the town of Tequila, which is in one of the two major regions for tequila production in the state of Jalisco. The other is the area surrounding the town of Arandas, called Los Altos (the heights), about 120 miles east of Tequila.

Tequila is 2,000 feet lower than the Los Altos highlands, and the rich volcanic soil from the Tequila Volcano (which erupted about 200,000 years ago) generally produces agave that lend tequila a spicy, earthy taste. The Los Altos region has a soil rich in iron, as well as cooler evening temperatures, and agave here typically produces tequila with a sweeter floral or citrus taste.

Sample the culture on tequila trains run by different distilleries. The Jose Cuervo Express transports guests to the brand's La Rojeña distillery in Tequila, while the Tequila Herradura Express goes to the Casa Herradura, a distillery built on a hacienda in Amatitán. Tours include tastings and entertainment, such as mariachi and folkloric dance groups.

Take time to gaze out over the vast fields of spiky blue agave. Blue agave—and only blue agave—is allowed in tequila production, and the agave landscape and ancient industrial facilities of Tequila are a UNESCO World Heritage site.

CLOCKWISE FROM TOP: LUCAS VALLECILLOS/ALAMY STOCK PHOTO; COURTESY: TEQUILA HERRADURA EXPRESS; CASA BARIACHI



Pacific Coast Relaxation

I'm on a sun-drenched stroll along Puerto Vallarta's El Malecón, the ocean boardwalk that runs along the Bahía de Banderas, with stunning views of the water and the Sierra Madre. I take my time to linger at the sculptures. *The Seahorse*, installed in 1976, has become one of the most recognized symbols of Puerto Vallarta. People examine it and pose for photos, and instead of rushing away, they watch the sunlight sparkle on the water.

From here, streets climbing a hillside are abuzz with bars and restaurants, art galleries, jewelry shops and clothing boutiques. The Iglesia de Nuestra Señora de Guadalupe, a church named after the patron saint of the city, pierces the cobalt sky.

I meander past the Zona Romántica (also known as Old Town) and its cobblestone streets flanked by brightly colored buildings, and come to Playa Los Muertos, one of Puerto Vallarta's most popular beaches. It's ideal for beach volleyball, boat rides and people-watching. At an outdoor restaurant, I order a cerveza and watch

30 Years in Mexico

Alaska Airlines used to be a warm-weather airline. That is, during the summer, when travelers flocked to the Last Frontier, business was brisk. But in the winter, things typically got a little slower, and Alaskans were looking for exotic escapes to sun and sand. So in 1988, Alaska became a different kind of warm-weather airline by announcing regular service between San Francisco and the Mexican resorts of Puerto Vallarta and Mazatlán. Those flights launched 30 years of Mexico service.

Alaska has always approached its relationships in Mexico the same way it does its relationships in Alaska communities: friendly, not flashy. When the idea of serving Mexico first emerged in the mid-1980s, Alaska Airlines' then-President Bruce Kennedy headed a meticulous process that eventually led to longstanding partnerships. Today, Alaska offers up to 140 flights each week, connecting the West Coast's primary hubs with eight diverse Mexico destinations. Now, Alaska's ready for 30 more years in the sun.

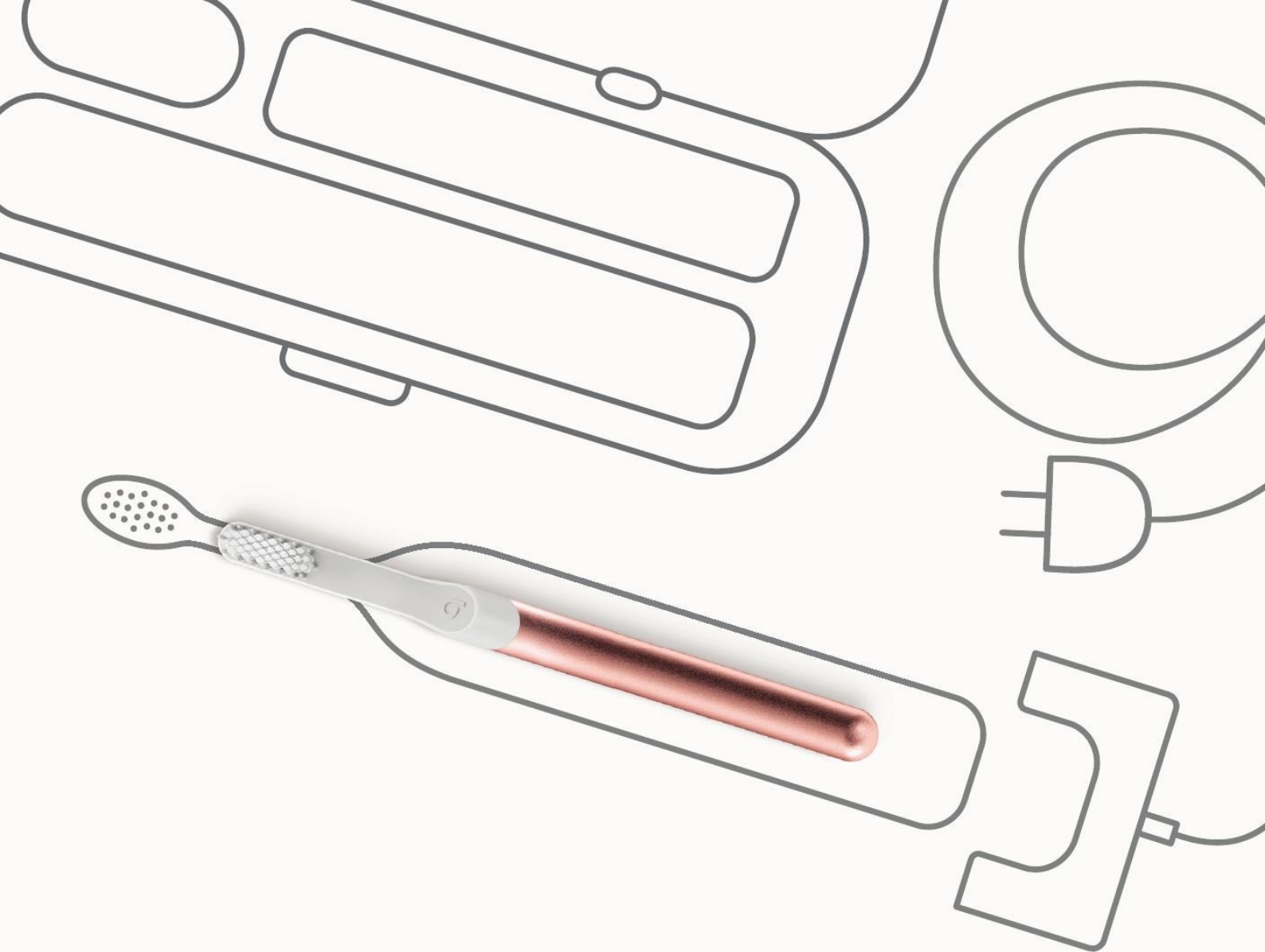
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WHERE TO STAY IN GUADALAJARA

You'll feel like you live there when you stay at the **Hyatt Regency Andares Guadalajara**, with guestrooms that feature high-tech amenities and designer decor made to remind you of home. Swim laps in the open-air pool, enjoy the view from the Andares lounge terrace, savor Mexican cuisine in Cassola and enjoy the hotel's central location, which is just a short walk from the Andares Mall.

At the **Hotel Riu Plaza Guadalajara**, a luxury hotel in the heart of the city, you'll find panoramic views, a spa and health center, and gourmet dining options.





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local fishermen and visitors.

Other beaches in Puerto Vallarta include the family-oriented Playa Camarones in the city's hotel zone, and Playa Las Gemelas and Playa Mismaloya, which offer more solitude less than 10 miles south of town. Mismaloya served as the setting of *The Night of the Iguana*, the 1964 film starring Richard Burton and Ava Gardner.

Puerto Vallarta is just one of many great beach destinations on Mexico's Pacific coast. Mazatlán has more than 12 miles of sandy beaches arranged along its malecón. As in Puerto Vallarta, the boardwalk is lined with numerous sculptures, and a favorite depicts Mazatlán-born movie star Pedro Infante astride a motorcycle. Popular beaches—Playa Camarón and Playa Gaviotas—are in the Zona Dorada (Golden Zone).

Travelers in search of a quieter beach experience in Mazatlán can head to Playa Olas Altas near downtown, or Playa Bruja, a beautiful sandy stretch in front of a surfing zone near the northern end of Zona Dorada.

Manzanillo is another city on the Pacific coast with miles of golden-sand beaches. Relax, surf or bodyboard at Playa Olas Altas, which stretches along Bahía de Santiago. For gentle waves, visit Playa La Audiencia. The calm water here and wide variety of marine life also make it an optimal place for snorkeling.

Near the modern resort town of Ixtapa and



From top: Puerto Vallarta overlooks the Pacific Ocean. The Seahorse sculpture is a highlight of Puerto Vallarta's El Malecón walkway along Bahía de Banderas.

the historical fishing village of Zihuatanejo, some of my favorite beach spots are on Isla Ixtapa, just off the coast. The turquoise water is clear, calm and great for snorkeling. Playa Coral, on the southern side of the island, is known for tranquility. Playa Cuachalalate, on the northeast side, is popular for swimming. And Playa Varadero, on the northern side, hugs a rocky cove, with coral-covered rocks on both sides. Boats to the island leave regularly from the Playa Linda pier in Ixtapa.

WHERE TO STAY ON THE PACIFIC COAST

Relax on 14 acres that include 410 feet of private beach, pools, a fitness studio, tennis courts and ocean-view rooms at **The Westin Resort & Spa, Puerto Vallarta**.

Located along the Zona Dorada, **Pueblo Bonito Mazatlán Beach Resort** offers amenities such as a sparkling ocean-view pool and cuisine at Cilantro's Restaurant, with an international menu that can be enjoyed alfresco.

In Manzanillo, **Las Hadas by Brisas** was the filming location for the movie *10*. It also features enchanting white marble floors, fine dining, a martini bar, a golf course and private beach cabanas.

At the cliffside **Cala de Mar Resort & Spa Ixtapa**, all guestrooms feature private plunge pools, ocean views and open-air terraces. Guests can also enjoy complimentary bicycles and gourmet dining.



John Schweiker

TITLE: Account Executive

LOCATION: Anchorage, Alaska

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NOTES: A 2016 Presidential Award winner. Active in the Big Brothers Big Sisters of Alaska. Big Brother to 2nd Lieutenant Pedro Peña, USAF, since he was 8 years old. Lives happily with his wife Nancy and their cats, Princess and Abby.

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Baja Water Adventures

On the 760-mile-long Baja California Peninsula, west of mainland Mexico, Loreto is tucked between the Sierra de la Giganta and the Sea of Cortés, which Jacques Cousteau was said to have called “the world’s aquarium.” Not surprisingly, Loreto is a launching point for kayak excursions.

See whales and dolphins, along with a wealth of reef fish, from electric-blue damselfish to brilliant parrotfish. Both guided and nonguided kayak day trips are offered by Loreto Sea and Land Tours, with three different islands to visit within the Bahía de Loreto National Park, protecting nearly 800 square miles of marine ecosystem. Two smaller islands, Isla Danzante and Isla Coronado, can be circumnavigated in a day, with leisurely stops and snorkeling breaks, while Isla del Carmen—the largest island—can be explored in sections.

Upon returning to Loreto, which became the first Spanish settlement on the Baja California Peninsula in 1697, immerse yourself in village life and find restaurants offering a variety of cuisines before setting out on a different kayak excursion the next day. Other options include southward paddles along the shores of Juncalito Beach and Puerto Escondido.

Travelers who prefer taking to the water with rod and reel should visit Cabo San Lucas, known as the “marlin capital of the world,” on the southern tip of the peninsula. Whether you’re a novice or a tournament angler, head out to sea with Blue Sky Cabo on one of a variety of boats. A radio network of captains means it’s easy to quickly find out where the fish are biting. Charters in-

From top: Mazatlán is lined with miles of beaches. Kayakers explore the coast of Isla Danzante near Loreto.

clude an experienced captain and crew, breakfast, drinks, photography and fish-cleaning services. When you book with this outfitter, you get a bonus: Fishing-charter participants can take part in a sunset cruise on the 60-foot *Blue Sea* to enjoy winding down and celebrating the sweet life on the Baja Sur coast.

For a different look at fish, try a snorkeling expedition to swim alongside whale sharks. I went with Mar y Aventuras, and in the clear water a few miles offshore from La Paz, which is on the southeast side of the Baja Peninsula, I could see a school bus-size whale shark’s dot pattern. Like snowflakes and fingerprints, each arrangement of dots and stripes is distinctive,

WHERE TO STAY IN BAJA

In Loreto, stay with a view of the mountains and Sea of Cortés at **Villa del Palmar Beach Resort & Spa at The Islands of Loreto**, on the shore of Danzante Bay. Indulge in amenities, including three restaurants, five swimming pools and a luxury spa, and embrace outdoor experiences such as golf at the Rees Jones–designed TPC Danzante Bay, hiking trails, kayaking and fishing.

In Cabo San Lucas, feel as if you’re perched at the end of the world at **Grand Solmar Land’s End Resort & Spa**, at the foot of Baja Sur cliffs. Swim or surf in the Pacific, get a luxurious spa treatment, and savor Baja delicacies and bar specialties, all while enjoying the spectacular scenery. Nearby Rancho San Lucas, a private resort community, includes a Greg Norman–designed golf course, shopping village, tennis center and dining, as well as biking and hiking trails. —J.K.R.





Snorkelers swim alongside whale sharks in the Sea of Cortés.

and these patterns mimic light and seafloor objects for camouflage.

Whale sharks (which are not whales) are the largest fish in the ocean, and they can reach lengths of nearly 60 feet. While

they have about 300 rows of teeth, those teeth are as tiny as matchheads, and the sharks are regarded as harmless to humans.

The whale shark's slow pace and docile manner almost inspired a closer connection. But touching a whale shark is disrespectful and may scare these majestic creatures, so we viewed them from a distance. I felt a sense of peace while swimming alongside what I thought was a solo shark, but when I saw the shadows of more approaching, my heart pounded.

The first in the parade passed so closely that I could look into its eye, which rotated, registering my movement. I changed direction, slightly away from the

shark, and it followed me as the others continued swimming. I probably chose a plankton-rich path, but I prefer to believe that I made a friend, albeit briefly.

When the time came to leave the whale sharks, I lingered long enough to see five of them, slowly swimming with mouths open as if singing a silent underwater aria. I regretfully let my guide pull me back into the boat, where I could still see "footprints" marking the sharks' paths on the surface. That night, I dreamed of the spotted sharks swimming beside me.

Mexico itself is a dreamland of adventure. From resorts and ancient ruins in the Cancún area to history and culture in Guadalajara, to relaxing beach time on the Pacific coast, and water excursions off the Baja Peninsula, the magic of Mexico awaits. ✕

Jill K. Robinson is a San Francisco-based writer.

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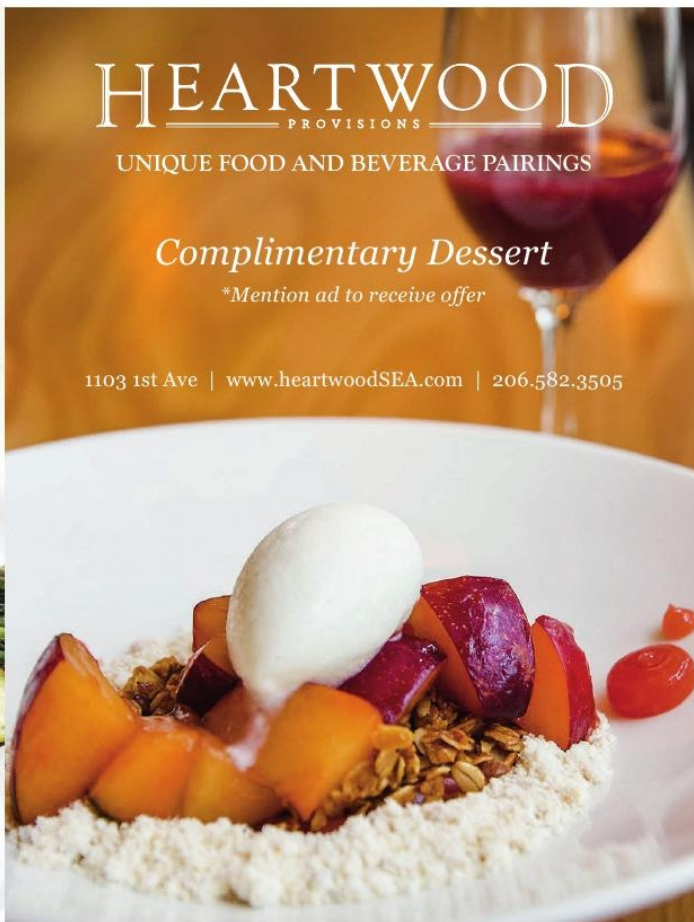
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► With a career that took up a lot of his time and energy, online dating had begun to feel like Rick Swanson's second job. He spent hours filtering through online dating profiles but time after time, the spark just wasn't there. That's when Rick saw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

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

Life before It's Just Lunch?

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

It's Just Lunch Matchmakers:



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What was working with a matchmaker like?

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

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

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What makes you two a great match?

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

Advice for singles considering IJL?

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CUSTOMIZING A NEW HOME

SPACE

BY JENNY QUILL



John, a consultant, and his wife, Susan, a homemaker, purchased a Tuscan-inspired house in Indian Wells, California, to be a home away from home where they could relax and recharge. The Toscana Country Club property was the right choice for many reasons, John says. Not only was there a lot to do, from golf and tennis to hiking and cycling, but the Vancouver, B.C., couple was able to help determine the design of their home.

“We really loved the Tuscan feel from the outside, but wanted it to look modern on the inside,” says John. “The changes were significant, but the builder was totally supportive. They made us feel that we could build the house we wanted.”

Toscana’s developer, Sunrise Company, is embracing a growing trend in which developers enable buyers to customize their homes. Depending on the community, buyers can personalize items ranging

Homeowners John and Susan liked the Tuscan-inspired exterior of their Toscana Country Club house but customized the interior to be more contemporary.

from the basics, such as cabinetry, countertops and flooring, to details such as stone patio pavers, as at Toscana.

Being able to tap into a developer's dedicated, already-in-place team of design experts can greatly simplify the challenge of figuring out what you want for your home, says interior designer Tena Hill, manager of the Toscana Country Club Design Center. "It's a great opportunity to customize your home without having to go through a contractor or having to do all the design work yourself. We do it all for you. We design, project-manage and work with all the trades. We can design the house. The buyer signs off; leaves; and then comes back, and it's all done."

Following is a look at how several West Coast homeowners have been able to easily customize their properties by working with project developers.

CONTEMPORARY CUSTOMIZATION IN CALIFORNIA

John and Susan chose Toscana's Amalfi 623 floor plan, an approximately 4,000-square-foot, three-bedroom, three-bath home with a detached one-bedroom, one-bath casita, and then with Hill's assistance, they gave the interior a contemporary feel. In the open-concept kitchen, they achieved their vision by selecting flat-front, push-latch cabinets that set the tone for the sleek, clean-line design. To complement the cabinets, the couple swapped the standard granite countertops for white quartz and added a stylish waterfall edge on the kitchen island.

The couple also reconfigured the island's layout, making it rectangular vs. L-shaped, and replacing a sink with a cooktop. "We like to have a good flow when we're entertaining, and the rectangle shape worked better for us," says Susan. "Plus, with the cooktop in the island, we can cook while facing people who are in the family room."



John and Susan's home now has a sleek kitchen with clean lines; a living room with a high-end bar unit for entertaining; and an upgraded patio and pool area.

They have both a family room and a living room, and to further facilitate entertainment, they upgraded to a high-end dark-oak bar unit in the bar area for the living room. The unit has a Sub-Zero wine fridge, two refrigerated drawers, a sink, and mirror-backed cabinets for glassware.

Some of the most significant changes were made to the outdoor living space. Because the back of the house faces southwest, John and Susan extended the roofline 4 feet over the patio to block the



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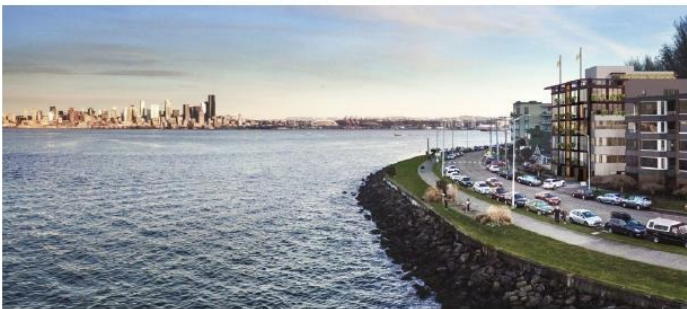
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Right: At the modern Vista North Pearl condominiums, owners appreciate spacious patios and proximity to The Fields Park.



late-day sun. They also installed a built-in fireplace on the patio, selected a pair of firepits for the backyard, added a ledge-stone wall on one side of the property, and upgraded the pool to include a resort-worthy entrance with a sloping descent. They now have a wonderful outdoor space in which to enjoy picture-perfect views of the Santa Rosa Mountains and the ninth hole of Toscana's Jack Nicklaus Signature North Course.

UPGRADES FOR A PORTLAND CONDO

Lisa and her husband, Gary, both executives in the apparel industry, spent three years looking for a permanent abode. The Portland, Oregon, residents found what they wanted at Vista North Pearl, a new 153-unit condominium tower in the hip



downtown Pearl District. They purchased a 1,600-square-foot unit, with two bedrooms and 2.5 baths, on the 15th floor, and they plan to move in this month. "We picked it mostly for the view," says Lisa. "It's southeast-facing, and we have views of the Willamette River, Mount Hood, the Broadway Bridge and ... the city."

At new condominium projects, customizing interior finishes is often reserved for penthouse suites, but because Lisa and Gary bought early in the building's development, they were able to work with Vista's design consultant, Sue Miller, to modify the floor plan. "There was a set list of available upgrades their designers and architects had put together," says Lisa, "but their design consultant was

Left and above: Vista North Pearl buyers can choose from light or dark interior finishes for the kitchen and other rooms, and some units overlook landscaped terraces and the Willamette River.



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willing to go back and forth with the architects and designers to achieve the vision we had. Sue made big floor-plan changes seamless. She sketched them out and went back to the architects, and we had a new plan within two days and the costs to do it.”

The couple’s first major change order involved removing an 8-foot-by-10-foot den that didn’t fit their lifestyle. “It would make a good nursery,” says Lisa, “but we don’t have children, and we don’t need an office, as we do most of our work at the kitchen table. We loved everything about the unit but that den, so why not remove it?” They love to entertain, so they added most of the den space to their living room,

and they plan to install a custom wet bar.

They also reconfigured the front entry to improve the flow, and they created space for additional storage—including a linen closet for the master bathroom—by pushing the bathroom wall back a few feet and moving the master bedroom door.

Like all Vista buyers, Lisa and Gary were able to choose light or dark interior finishes for their cabinets, countertops, kitchen backsplash and flooring, which set the color palette for the condo. The options included light-wood or dark-wood floors, and white, light-gray or steel-gray cabinets, counters and backsplashes. “We went with the light palette because the space isn’t enormous, and with the light



CUSTOMIZING FOR A LONGTIME HOME

If you’ve been in your house for a while, you might be thinking about updating and customizing to make it more attractive, comfortable or functional, notes the National Association of the Remodeling Industry. As you plan a remodel, consider what your needs will be over the next five to 20 years, NARI recommends.

For example, Nicholas and Shelley, a busy professional couple

in the Seattle area, chose materials based on longevity and installation time, as well as appearance, for a remodel of their early-1980s home. They wanted to minimize the disruption to their current lives, and also lessen the need for future remodels. “Our first two questions for everything were, ‘How long will this last?’ and ‘How long will it take to install?’” says Nicholas.

In their kitchen, the original cabinets were in good structural condition, and the layout was working well, so the couple just

needed an updated look. To help reduce remodel time, their contractor suggested using Seattle area-based Heritage Homecraft to reface the existing cabinets with quarter-inch solid hardwood. The company’s carpenters also built sturdier pantry pullout drawers, a two-shelf cabinet where a seldom-used trash compactor had been, and a strong “Super Susan” to replace sagging Lazy Susan revolving shelving. In addition, Heritage installed a new quartz countertop. The crews finished all the kitchen work in about a week, Nicholas says, and completed similar updates to two bathrooms in a few days.

For kitchen, living-room and bedroom flooring, the couple worked with experienced flooring consultant Josh Ledbetter at Floor Decorators Carpet One in the Puget Sound region. He walked them through the pros and cons of various options to help them settle on a luxury vinyl tile for the kitchen, and a nylon carpet known for its durability for the other rooms.

To choose modern stainless steel replacements for their 34-year-old stove and 14-year-old

fridge, the couple did extensive research to narrow down the prospects. Then they turned to Lindsey Miguelena, a longtime expert at locally based Albert Lee Appliance, to help them weigh considerations such as probable life expectancy, functionality and cost. They ended up choosing a convection oven, and the fridge with the most interior space.

“We learned throughout the remodel process that it was helpful to find knowledgeable people who saw their role as being consultants,” says Nicholas. “It was also vital to communicate clearly with everyone, and to use-test large samples when possible before we made final decisions.”

Because each family is different, it’s important for homeowners to weigh their specific current and future needs, and also consider how remodel choices will affect factors such as energy use, technology use and ability to weather storms, as well as which choices will provide the most return for the money, according to NARI. For more information on remodeling and customizing, visit websites such as nari.org and nahb.org.



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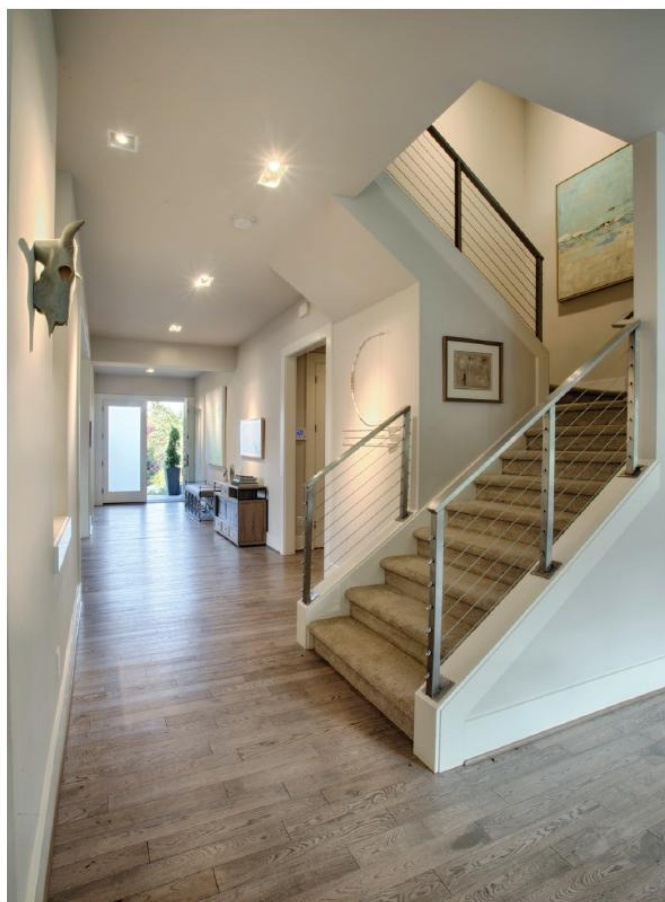
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floors, we won't see our Ridgeback dog's reddish fur," explains Lisa.

Also available to all buyers were upgrades such as exchanging the standard Bosch kitchen appliances for luxe Wolf or Sub-Zero counterparts, an option Lisa and Gary chose.

In addition, the couple opted for wood flooring in the bedrooms instead of carpet, added extra lighting in the living area, and chose a handheld showerhead in the master bath.

"Working with the design team was a very positive experience," Lisa says. "We ended up with an environment that is beautiful and functional, and we're very excited to move in and start enjoying our new home."

BRIGHT AND OPEN IN SEATTLE

Professional photographers Katarina and Jim moved to Mercer Island, east of downtown Seattle, a few years ago after

purchasing a lot and a home design from area builder JayMarc Homes. The couple appreciated the site's location, next to scenic Luther Burbank Park, and the four-bedroom, 3.5-bath floor plan that included the opportunity to customize. "We didn't want a stock home—we wanted to add our own touches—and the developer was eager to collaborate with us," Katarina says.

For help achieving the look they wanted, the couple worked with JayMarc Homes Interior Design Director Aimee Upper, as well as interior designer Nichole Jacobson and landscape designer/contractor Bryan LaComa, who own their own businesses.

Katarina and Jim's biggest change was to convert a first-floor bedroom and full bath into an additional sitting area with a fireplace, and an adjacent powder room. "We didn't need four bedrooms and 3.5

Homeowners Katarina and Jim customized their large Seattle-area home with modifications such as converting a bedroom into a sitting room with a fireplace, and upgrading lighting throughout the house.

PERSONAL SPACE

baths, but we knew we'd appreciate more living area," Katarina says.

To achieve their desire for bright, open spaces, the couple eliminated several doors, widened doorways, selected light-colored, extra-wide wood-plank flooring, and upgraded lighting throughout. "Being photographers, lighting is extremely important," says Katarina. They invested significantly in built-in lighting to spotlight photos and paintings, and installed adjustable recessed LED lights along the entry hallway. "It adds so much dimension to that space," says Jim. In addition, they created a lighting system with a central control from which they can adjust the lighting in different parts of the house.

In the kitchen, they upgraded to Calacatta marble countertops and chose tall, flat-front kitchen cabinets that extend to the ceiling. They swapped the standard

CUSTOMIZING FOR RENTAL INCOME

In addition to customizing for their own enjoyment, some homeowners, particularly vacation-property homeowners, also choose touches to make their homes more rental friendly, enhancing the potential for return on investment.

For instance, added amenities such as a hot tub, a firepit, a porch swing and a pingpong table can be big draws for rental guests, according to Kimberly White, senior director of Design Services for Vacasa, a Portland, Oregon-headquartered company that is one of the country's largest providers of professional vacation-rental-management services for vacation properties across the globe.

It is also helpful to provide amenities ranging from vintage board games to dog bowls and dog treats, White says. And in the winter, homeowners can create a sense of extra warmth for themselves and rental guests by adding cozy knit throw blankets,



VACASA (2)

a leather ottoman, a piece of wood furniture, and an extra floor lamp or reading lamp. Creating a dedicated spot right inside the door for boots, coats and umbrellas is advantageous, too, White says.



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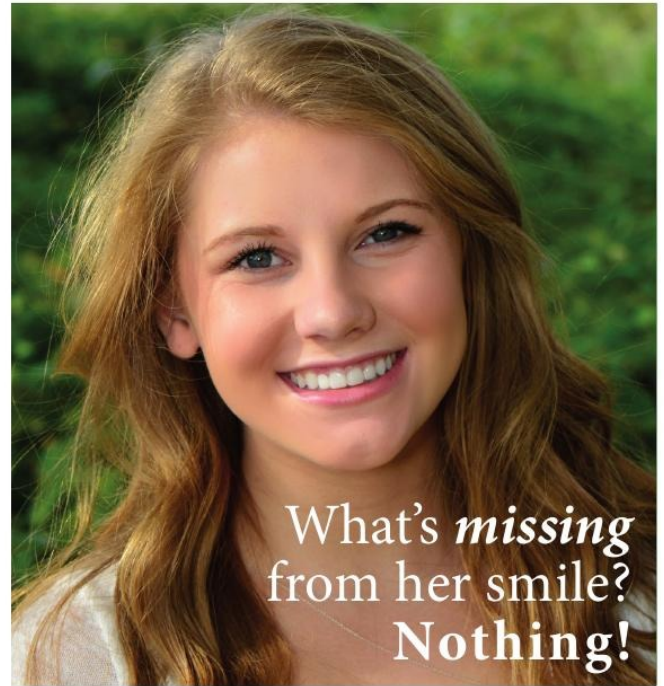
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appliances for commercial-grade models, and asked Jacobson to design a custom stainless steel range hood to complete the kitchen's sleek, contemporary look.

In the butler's pantry, a tap dispenses filtered sparkling water.

In the adjoining butler's pantry, the couple added a coffee and beverage station, replete with a tap that dispenses filtered sparkling water. "It's the most popular feature in our house," says Katarina.

The couple turned to LaComa to help them design all of their landscaping, including a large outdoor kitchen. Accessible via French doors from the living room, their patio was originally a small, simple affair. LaComa extended the original concrete slab by about 30 percent and added a well-equipped kitchen with concrete countertops, and items such as a gas grill and a built-in commercial smoker.

Because Katarina and Jim didn't want to build a custom home from scratch, the ability to alter an existing plan suited them well. "We loved that we didn't have to do everything from just a plot of land," says Katarina. "We knew we wanted to have control over the design. It wouldn't have worked if we couldn't have made these upgrades. It's a huge process, and our team went above and beyond." ✈

Jenny Quill writes about topics ranging from home design to travel.



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BY MARLENE GOLDMAN

➔ **Tucked in among** the towering glass facades of San Francisco's downtown corporate office buildings, a new green space is melding the worlds of nature, art and science—and helping to bridge the gap between the Bay Area's bohemian legacy and its tech-centric modern reality. If my own early visits to the park are any indication, the opening buzz should transform into a lasting appreciation for a major new attraction. For

locals such as myself, this new area is an urban oasis.

The 5.4-acre Salesforce Park, which opened in August, is an outdoor gathering space built as the fourth-floor roof level of the concurrently opened Salesforce Transit Center. The park is as inviting to travelers and members of the local community as it is to Salesforce or other tech workers on lunch breaks—the park is not owned by the cloud-computing firm, but is instead associated

with the company via a 25-year naming-rights deal.

Walking the half-mile path around the winding edge of the elevated park, which covers four city blocks, I am surrounded by the offices of companies such as Slack, iShares and Trulia—along with the impressive Salesforce Tower itself.

Comparisons to New York City's High Line—another raised natural space within an urban area—are apt, but they



don't quite convey the spirit of Salesforce Park, which serves as both a green roof for the transit center and an interactive setting for everything from fitness classes to swing dance lessons to writing classes to a Halloween silent disco (an October 31 dance party that will transmit its music to guests wearing headphones). There is also a small play area for kids.

Down at ground level, Salesforce Park looks to me as though it's floating

Salesforce Park, left, which opened in downtown San Francisco in August, is a public rooftop park featuring fountains and event spaces such as those shown below.

above the undulating lattice that wraps around the Transit Center's upper floors. A striking, non-repeating pattern that spans nearly 4,000 perforated white steel panels stretches 3,000 feet around the perimeter. The geometrical pattern, designed by British mathematician Roger Penrose, a mentor to Stephen Hawking, allows natural light through to the Transit Center.

One of the four major art installations in the Transit Center links directly to the park. Local artist Ned Kahn created the roughly 1,000-foot-long interactive work *Bus Fountain*, which is triggered by sensors to shoot water several feet skyward at the park when buses move along the bus deck



More to Do INSIDE

- The **Chabot Space & Science Center**, in Oakland, buzzes with interactive science and aerospace attractions, including a planetarium, hands-on exhibits and displays of astronomical artifacts. A down-to-earth bonus: The center is set amid Oakland's Redwood Regional Park, which includes one of the East Bay's largest stands of coastal redwoods.

- The **Computer History Museum**, in the tech hub of Mountain View, steps back in time to explore different forms of computing—from the abacus to the smartphone. Activities include listening to the sights and sounds of classic computers, sitting in a self-driving car and trying your hand at coding.

- **Walt Disney Family Museum**, located in San Francisco's Presidio park, is exhibiting "Walt Disney's Nine Old Men: Masters of Animation," on view through Jan. 7, 2019, with original art from *Sleeping Beauty*, *Pinocchio*, *Peter Pan* and other films.

OUTSIDE

- A short walk in the **Fisherman's Wharf** area of San Francisco and over to the nearby **Ghirardelli Square** can be stretched into a whole day of new and

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classic activities. Enjoy Dungeness crab (below) at the wharf. Thrill to The Flyer, Pier 39's new 3D video-theater attraction that simulates soaring through the Bay Area. Ghirardelli Square, with its iconic ice cream parlor and chocolate shop, continues to add new draws, such as the Subpar Miniature Golf course with holes that resemble Bay Area landmarks, and The Cheese School of San Francisco, which



offers cheese-making and tasting classes.

- The exquisite 175-acre **Montalvo Arts Center**, in the city of Saratoga, hosts "Bruce Munro at Montalvo: Stories in Light" (Oct. 28, 2018–March 17, 2019) with 10 of the artist's light-based works in gardens and other outdoor areas.

- Learn to **surf in Marin County**, through Bolinas Surf Lessons. From April through October, the surfing school has group classes on weekends and private lessons on weekdays. —M.G.

below. This catches more than a few park visitors by surprise.

There are several ways to enter the park, including bridges from Salesforce Tower and 181 Fremont (home of Instagram), and an escalator from the Transit Center. A 20-passenger gondola, scheduled to open this fall, will also ascend to the park from street level. All of these park entrances are open to the public.

Up on top, the park is home to more than 600 trees and more than 16,000 plants, with many of the 200-plus species identified in botanical-garden style, with placards describing their origins. There are some California natives, such as the trees in the Palm Garden. Other plantings, such as monkey puzzle trees from South America, also enliven the landscape. A bamboo forest and redwoods help attract local bird life to this urban island—and birding tours are being discussed.

My first visit to Salesforce Park was on a quiet evening to watch the city's

summer fog roll in. Joggers circled the half-mile track, while other parkgoers stopped to read the detailed descriptions of plants and information about the park's construction. I watched nature assert its power as fog obscured the top of 1,070-foot Salesforce Tower.

I returned on a sunny Friday afternoon, when the park was filled with more than 1,000 people. I watched tech workers enjoy walks during breaks, and families in the Main Plaza make use of a game cart stacked with board games and puzzles. A live local band, The Silk Road Truckers, played rock music while a group of foosball enthusiasts concentrated on a high-energy game. The Main Plaza also hosts an art cart that lets guests create projects; a reading library; and stands with offerings from a handful of vendors—such as ice cream purveyor Churn, a Brazilian-coffee cart, and the Monarch in the Park full bar serving drinks ranging from IPAs to cocktails. A restaurant is

slated to open next year. Nested in some of the many seating areas, people worked on laptops, making use of the transit center's free Wi-Fi. Other park visitors walked in the tree groves, catching up with friends.

I returned again recently, for a Saturday morning UrbanKick class that attracted more than 40 people to the Main Plaza (yoga classes and other fitness workouts are also often held at the plaza's large outdoor amphitheater). The class drew a

Among the events held at Salesforce Park are fitness classes, above, and concerts.

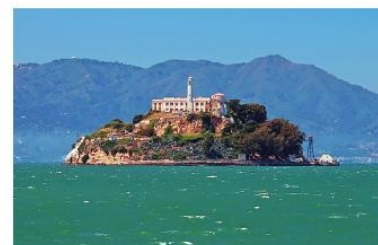
host of onlookers, some spontaneously joining in with their own jabs, hooks and kicks. The park was fulfilling its intention, and truly creating a sense of community. ✈

Travel writer Marlene Goldman is based in San Francisco. Go to sftravel.com, visitoakland.com and sanjose.org to learn more about Bay Area cities served by Alaska Airlines.



Insider Knowledge

Alcatraz Island, in San Francisco Bay, has a long and storied past. It has hosted the West Coast's first lighthouse (completed in 1854), a military fort (1859), a military prison (1861) and a federal prison (1934–1963). Alcatraz is the Spanish word for a type of seabird, and the island has been a haven for nesting seabirds since its 1972 designation as part of the National Parks system. Today, it is a National Historic Landmark within Golden Gate National Recreation Area.



A romantic couple stands in a lush vineyard, their backs to the camera as they embrace and gaze out over a breathtaking landscape. The vineyard rows stretch out before them, leading the eye toward a serene lake nestled in a valley. In the distance, rolling hills and mountains are visible under a clear blue sky with wispy clouds. The overall scene conveys a sense of peace, connection with nature, and the beauty of Sonoma County.

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A Land of Giants

Hiking among redwoods in wine country

BY MICHAEL SHAPIRO

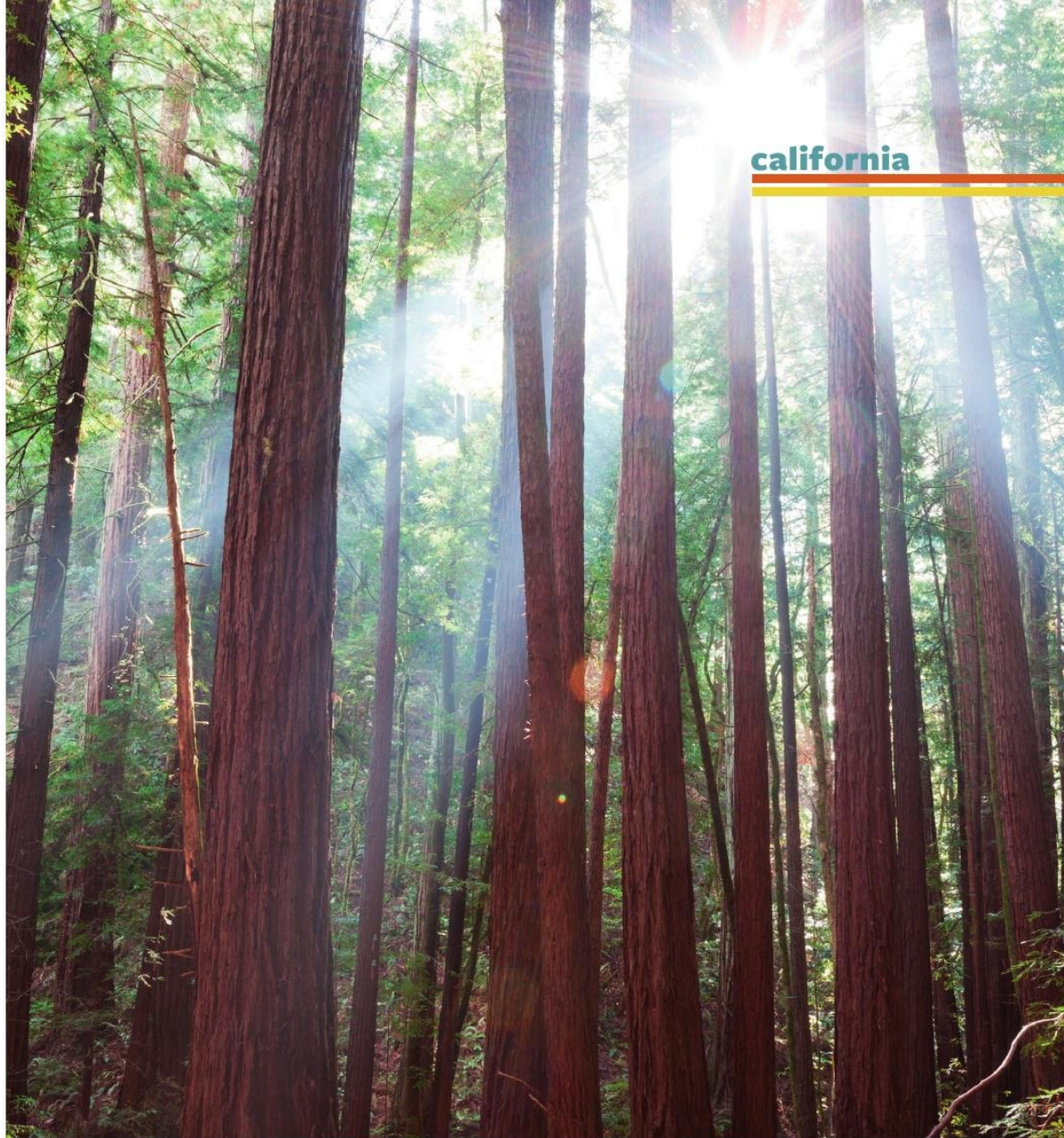
➔ **I'm walking alone** through the primeval redwood forest of Armstrong Redwoods State Natural Reserve, my steps cushioned by a duff of leaves, twigs and bits of bark. Sunlight slants through the trees, illuminating spindly leaves, dappling the forest with slivers of light.

The wind is gently rustling the branches of these towering trees, some of which soar more than 300 feet above the forest floor.

I'm just 20 miles from the wine country hubs of Healdsburg and Santa Rosa in Sonoma County, ensconced in the silent majesty of an old-growth forest, hiking under the canopy of ancient trees.

Located just north of the popular vacation town of Guerneville, the park is open until one hour after official sunset. Some visitors, after going wine-tasting, bring snacks to the park's tables for a picnic.

The 805-acre Armstrong reserve is less



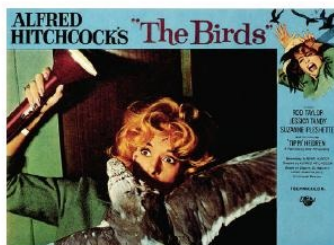
manicured and more natural than some other popular redwood parks, says Michele Luna, executive director of Stewards of the Coast and Redwoods.

"It's one of the most accessible old-growth redwood parks in California," says Kathi Moore, who works at the visitor center. "You can walk less than a mile and see all the

major named redwoods."

These include the oldest tree, named for the park's founder: The Colonel Armstrong Tree is estimated to be more than 1,400 years old.

Sunlight slants through a forest of towering trees at Armstrong Redwoods State Natural Reserve.



Insider Knowledge

In the early 1960s, director Alfred Hitchcock set up shop on the Sonoma County coast to film *The Birds*. Drawn to the frequent fog, Hitchcock filmed some of the most harrowing scenes at the 19th century Potter School House behind St. Teresa of Avila church. Some dockside scenes were filmed outside Bodega Bay's The Tides Wharf & Restaurant, which is still open for business.





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The park is accessible to people using wheelchairs, with more than a mile of nearly flat, hard-packed dirt trails to the named trees. A narrow paved road allows visitors to drive into the heart of the park, but I recommend hiking. Other than on summer and holiday weekends, Armstrong Woods is relatively uncrowded. As I hike on a Tuesday afternoon, just a few people stroll along its trails.

Armstrong's tallest tree, the 310-foot Parson Jones, is just a tenth of a mile from the visitor center. After craning my neck, I put down a jacket and lie on the

More to Do INSIDE

- Dedicated to sustainable practices, **Benziger Family Winery's** Tribute Estate Tour visits the winery's Sonoma Mountain vineyard and wine cave in Glen Ellen. The tour includes estate wines and barrel tasting.
- Inspired by a 13th century Tuscan castle, **Castello di Amorosa**, in the Napa Valley town of Calistoga, specializes in Italian-style wines. Explore on your own or take a tour that includes the barrel room.
- **Graton Resort & Casino**, in the Sonoma County town of Rohnert Park, features nightly live entertainment, such as Willie Nelson & Family, Oct. 17.

OUTSIDE

- **Kendall-Jackson Winery** (right) in Santa Rosa offers pairings with local cheeses, gourmet dishes and artisan chocolates. Some of the food comes from the winery's garden.



- Founded by the legendary film director, the **Francis Ford Coppola Winery** in the Sonoma County town of Geyserville offers tours that include the family's extensive collection of movie memorabilia. —M.S.



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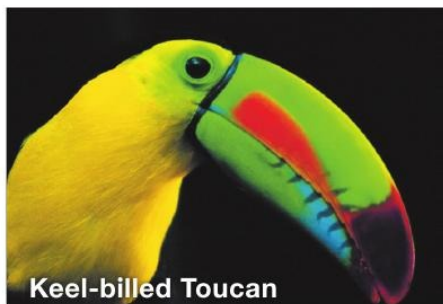
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forest floor, gazing up in wonder. I also visit the Icicle Tree, which reveals how redwoods create burl to sprout saplings.

Yet Armstrong Woods is more than a collection of spectacular trees. The forest is a “natural cathedral,” says Rachel Hallaway, an assistant field operations manager. While fire has touched some of these trees many times, she notes, most manage to survive thanks to their thick, spongy, tannin-filled bark.

Sonoma County’s coast can be foggy on summer mornings, but this helps the trees survive the mostly rain-free summer months. The redwoods’ needles are shaped like tiny gutters that catch mist and form droplets that irrigate the forest floor. In a way, redwoods create their own irrigation.

Beyond the popular trails near the visitor center, steep paths offer more strenuous hiking, such as the 3.5-mile Pool Ridge Trail, which offers expansive views. I hike up the trail and soon hear what sounds like a horse clip-clopping over cobblestones. The sounds are coming from above, so I look up to see a pair of pileated woodpeckers. Their pounding echoes through the forest.

The reserve was set in motion in the late 1800s by lumber baron and Civil War veteran Colonel James Armstrong, who realized that redwood forests were being cut at an alarming rate. So Armstrong, a friend of botanist Luther Burbank, purchased hundreds of acres of land that became the core of Armstrong Woods.

Less than 5 percent of California’s original coast redwood forests remain. Thanks to Armstrong’s vision, a reserve of these natural wonders—a place with some of the world’s tallest living trees—is preserved for all to see. ✈

Michael Shapiro writes from Sonoma County. For more information on Sonoma County, see sonomacounty.com. To learn more about neighboring Napa Valley, go to visitnapavalley.com.



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Central Coast Sojourn

Sights, scenes, restaurants and attractions along the Pacific

BY LESLIE A. WESTBROOK

➔ **“The girlies like bright, shiny objects,”**

our tour guide, Whitney, warns us at Stepladder Ranch & Creamery, the makers of fine goat and cow cheeses in the hills of Cambria, near the middle of California’s Central Coast.

After my friend Annie and I take a short uphill hike to the goat pasture, we are greeted by a very gentle stampede of female milking goats. I think it’s the one named Flower, described by Whitney as “bossy,” that manages to open my purse by nibbling on the metal zipper. Even so, the gently nudging mothers, and their just-months-old curious kids, easily win our hearts.

In addition to getting up close and personal with these affable animals, we tour the creamery. We sample awesome cheeses named for equally awesome locations on the nearby California coastline, such as Big Sur and Ragged Point (where the world-famous Pacific Coast Highway recently reopened after a 14-

month closure and a \$14 million restoration).

Our time at the ranch is just one of many delightful experiences that my best “girlie” friend and I have cruising the coast of my home state along idyllic California byways—and I’ve enjoyed the Central Coast (which stretches south to the Santa Barbara area and north to Monterey) on other trips, as well. During our girls’ trip, the vistas shift from velvety rolling hills dotted green by California live oaks, to views of the Pacific Ocean and verdant vineyards.

In SLO (San Luis Obispo) County, we follow the California Highway 1 Discovery Route, a lovely ribbon of highway. We spend a night at Allegretto



Vineyard Resort in Paso Robles, and I half expect to see the ghost of a modern-day Medici emerge into the central courtyard of the Italianate art-filled hotel with 171 rooms and suites that has its own stone chapel, vineyard, spa and pool. Our comfortable stay includes a convenient in-house wine-tasting and a lovely dinner at the resort’s Cello Ristorante & Bar.

I begin the next morning with a meditative walk in the resort’s “sonic labyrinth” (open to the public), tracing the winding pathway to the center as an array of speakers plays tones high and low. This time of contemplation and slowing down makes a perfect launch to our SLO County day.

Next up is a bucolic drive to the coast, passing

Clockwise from top: The California Highway 1 Discovery Route is a picturesque drive on the Central Coast; wineries abound in the San Luis Obispo County area; and marine mammals rule the beaches at several coastal locations.



More to Do INSIDE

- At the **Dunes Center**, a small museum in Guadalupe, examine huge film-set remains from nearby sand dunes, where part of the epic 1923 version of *The Ten Commandments* was filmed.

- **Mendenhall Museum of Gasoline Pumps & Petroliana**, in Buellton, features vintage race cars and hot rods, antique gas pumps, neon signs and more cool stuff filling 18 garages.



- The world-famous **Monterey Bay Aquarium** has jaw-dropping exhibits such as the “Open Sea,” with its 90-foot-wide window allowing views of sea turtles, rays and much more.

OUTSIDE

- Visit **Central Coast Kayaks** for an excursion from Avila Bay’s sandy beach to the late-19th century Point San Luis Lighthouse and back.

- The 5-acre **Leaning Pine Arboretum** is tucked into the campus of California Polytechnic State University in San Luis Obispo. Explore a California native garden and other displays.

- At **Covell’s California Clydesdale’s Ranch**, in Cambria, visitors can ride the iconic resident horses, crossing meadows with ocean views. —L.A.W.

several notable Paso Robles wineries on our way. Two examples: The Riboli Family of San Antonio Winery, with its tasting room, bistro and winemaking facility, and Broken Earth Winery (whose wines are being served this fall in Alaska’s First Class).

We drive into the Santa Lucia Range and then enjoy the views as we descend toward the coast.

On past Central Coast adventures, I’ve headed both north and south of here. Just north, in the San

Simeon area, is Hearst Castle, with tours of the hilltop estate that once belonged to news magnate William Randolph Hearst (reserve tickets ahead). Nearby is Piedras Blancas Elephant Seal Rookery, where elephant seals galumph on a protected beach. Still farther north is the scenic, winding Big Sur Highway leading to Monterey, with its famous aquarium and Cannery Row.

To the south, in bustling Pismo Beach, I’ve stopped at Blonde restaurant for chowder with whole clams. I’ve also visited the 18-mile

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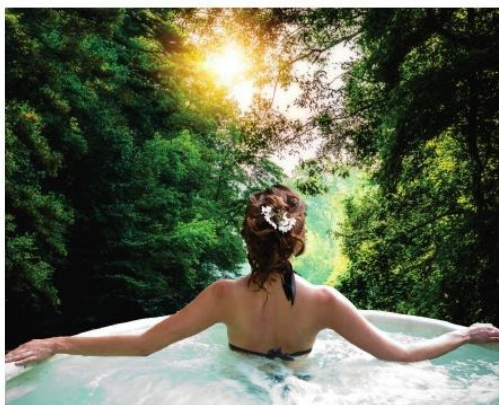
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Insider Knowledge

Oh, the Central Coast mineral springs! There are several places in SLO County to soak in these nature-fed water features, from Avila Hot Springs and Sycamore Mineral Springs (shown above), both in Avila Beach, to River Oaks Hot Springs Spa, Franklin Hot Springs and the springs at the Paso Robles Inn (hotel guests only).

stretch of sand between Pismo Beach in the north and Rancho Guadalupe Dunes Preserve in the south. Between these two towns, I've followed the two-lane Highway 1 route, with agricultural farmland to the east and the grand Pacific Ocean to the west.

I've also headed inland on Highway 101 to a great refreshment stop with views of the Santa Ynez Valley: the restaurant-bar Norman, at the Skyview Los Alamos motel, offers farm-fresh fare and thirst-quenching herbal elixirs. And, near the Central

Coast region's southern end, in Buellton, I have enjoyed excellent casual dining at Industrial Eats.

Back in the city of San Luis Obispo, we lunch at

Giuseppe's Cucina Rustica. Our delightful alfresco meal includes mozzarella cheese in batter-fried zucchini flowers from the owner's farm. Nearby, the new, upscale Hotel Serra is rising downtown (slated to open in spring 2019).

On our adventure, Annie and I also crave barbecue and beer. So, for dinner, we enjoy Blood

Orange Cali-Squeeze beer and pulled pork that's been cooked over local applewood and red oak at the SLO Brew Rock. The year-old outpost of one of the first breweries in the region is adjacent to the San Luis Obispo County Regional Airport. Which makes it an ideal first or last stop on a Central Coast sojourn. ✈

Leslie A. Westbrook lives in Carpinteria. Learn more at highway1discovery-route.com, slocal.com, seemonterey.com and santabarbaraca.com.

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A woman with long brown hair, wearing a teal sleeveless dress and a colorful patterned scarf, is smiling at the camera. She is standing in a resort setting at dusk. In the background, there are palm trees, a stone wall, and several people sitting and standing around a fire pit. The scene is lit with warm, ambient lighting.

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Inside the Movie Studios

Los Angeles and its surroundings offer tours of filmmaking centers

BY MATT JAFFE

➔ “Wait! Isn’t that ... someone?”

Desperate to spot a celebrity, an Englishwoman traveling with her family excitedly asks this question as the tour guide, Michael, drives our tram among the massive soundstages and backlots of Warner Bros. Studio.

With several TV shows in production, it’s a hectic day on the studio lots, and the Londoner’s mix of anticipation and confusion is understandable. Here, at the place where Oscar-winning classics were filmed, extras from the Netflix series *Lucifer* mill about, waiting to film for a second season, while actors from the ABC police drama *The Rookie*, dressed in LAPD blues, stroll toward the commissary.

Michael spots Jeremy Allen White, who plays Phillip “Lip” Gallagher on Showtime’s *Shameless* and, even though I’m an LA local and somewhat accustomed to celebrity sightings, I confess to sharing my fellow passengers’ excitement during

our inside look at a working Hollywood.

Los Angeles and its surroundings have numerous attractions tied to the film industry. Universal Studios Hollywood is best known for its theme park-style tram adventures. The Disney fan club D23 has regular tours of the Disney Studio lot for its members, and Adventures by Disney and Disney Movie Rewards offer periodic access.

Meanwhile, Warner Bros. (along with Paramount and Sony Pictures) offers specialized guided visits. I’m on Warner Bros.’ Deluxe Tour, a five-hour outing that includes lunch in the fine-dining room. In addition to this tour, there is a Classics Tour that focuses on Warner Bros.’ golden age from the late 1920s to the early 1970s.

As we explore the 110-acre property, which feels like a hybrid of a college campus and a factory, Michael manages to both add to the fascination of moviemaking and to strip away some illusions. I find the information about cinematic sleight of hand particularly interesting. He’s providing peeks at the skill and thought—and yes, often clever trickery—that go into filmmaking.

Along the New York-style Hennessey Street, a set created in the 1930s,

Michael describes the studio’s experiment with two kinds of fake brick to see which films better in today’s high-definition age. Nothing is left to chance. Small tar blotches look like chewing gum stuck to sidewalks, and, even up close, the set looks real. That is, until we get out of the tram and tap the thin facades.

Warner Bros. Studio tours provide access to exhibits, such as the one above, and to studio lots, such as the one below.

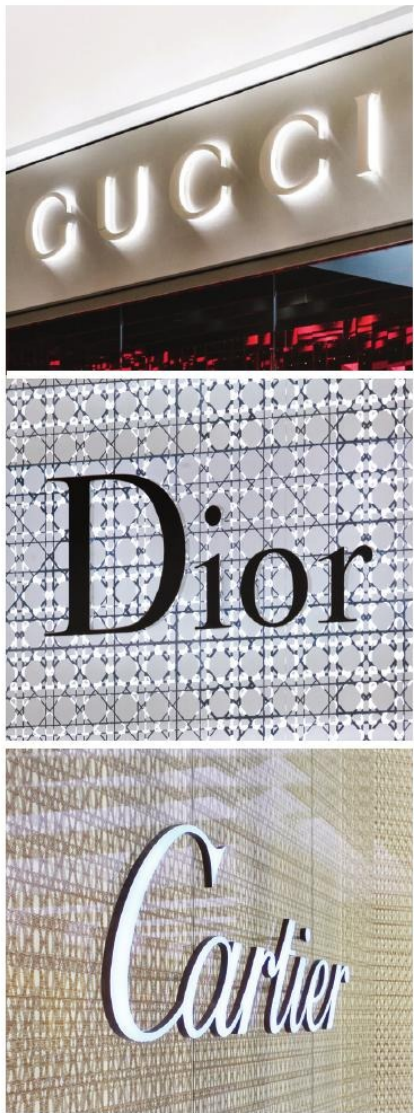


More to Do INSIDE

- Located next to the Pacific Coast Highway, **Boardriders Malibu** is the surf brand’s first North American store, and a destination in itself. It features a wood-clad interior, a barbershop and a patio overlooking a classic point break.

- There’s no shortage of art museums in Los Angeles County and Orange County, and Chapman University’s **Hilbert Museum of California Art**, in the city of Orange, boasts a regional focus on the California Scene Painting movement. The museum’s exhibits are a great introduction to the Golden State’s 20th century art.

- The holiday shopping season kicks off soon,



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OUTSIDE

- Stretching between The Music Center and Los Angeles City Hall, **Grand Park** (below) has emerged as a verdant oasis in downtown LA. Enjoy alfresco dining from food trucks during Lunch à la Park events.



- Helmed by Top Chef finalist Brian Huskey, the **Tackle Box** in Corona del Mar pairs innovative cuisine with a location steps from the beach.

- On the scenic Palos Verdes Peninsula, **Terranea Resort** allows you to have a paradise vacation in LA County. Trails trace cliff edges and look out over the Pacific. The resort's Aqua-Terra Adventures offers guided activities ranging from tide pooling to sea kayaking. —M.J.

Inside the approximately 500,000-item Prop Department, the collection is decidedly eclectic, with everything from original figurines made for *The Maltese Falcon* to a signed golden ladder Lady Gaga used in rehearsals for her Super Bowl show.

We finish the tour in the "Stage 48: Script to Screen" area, where the chance to pose on a re-created set of the sitcom *Friends* is the big draw. I'm more intrigued, though, by cinematic relics in the adjacent museum, which has a microphone from *The Jazz Singer* (the first talkie) and film mogul Jack Warner's book of contacts, with listings for the likes of Walt Disney and Cecil B. DeMille.

I'm so inspired that,

after the tour, I decide to explore another side of SoCal movie history. With the region's diversity of terrain—which includes desert, mountains and beaches—early filmmakers seeking backdrops for adventures and Westerns began shooting outside.

The Santa Monica Mountains were literally in Hollywood's backyard, and studios established large ranches in undeveloped areas farther out in the range. One example: Century Ranch, now within Malibu Creek State Park,



Visitors explore film sets near LA, such as Paramount Ranch, above (the backdrop for many Westerns), and Century Ranch, left (where the show *M.A.S.H.* was shot).

where director John Ford built a mining town for the Best Picture winner *How Green Was My Valley* (1941). A hike of about 5 miles roundtrip leads from the parking lot to a location used for filming the TV series *M.A.S.H.*

Paramount Ranch, which dates to 1927, is now, like Malibu Creek State Park, part of the Santa Monica Mountains National Recreation Area. On my trip, I watch visitors

snap selfies by the church from HBO's *Westworld*, and I stroll the faux Western town set's dusty streets before heading for trails named for productions shot on them: *Dr. Quinn: Medicine Woman* and *The Adventures of Marco Polo*.

As oak trees cast shadows on golden grasslands, it's easy to see how the area doubled for the Old West and other locales.

Maybe filmmaking is

filled with smoke and mirrors, as I learned about at Warner Bros. Yet it's still possible to visit sites from long before the advent of computer-generated imagery, where Hollywood creates magic from the real world. ✈

Matt Jaffe lives in the LA area. To learn more about Los Angeles County and Orange County, see discoverlosangeles.com and visittheoc.com.



Insider Knowledge

Coming soon to Disney California Adventure Park in Anaheim is an attraction inspired by the hit film *Inside Out*. Due to open in 2019, the "Inside Out Emotional Whirlwind" (rendering shown at left) will be located in Inside Out Headquarters at the park's new Pixar Pier. Visit disney parks.disney.go.com.

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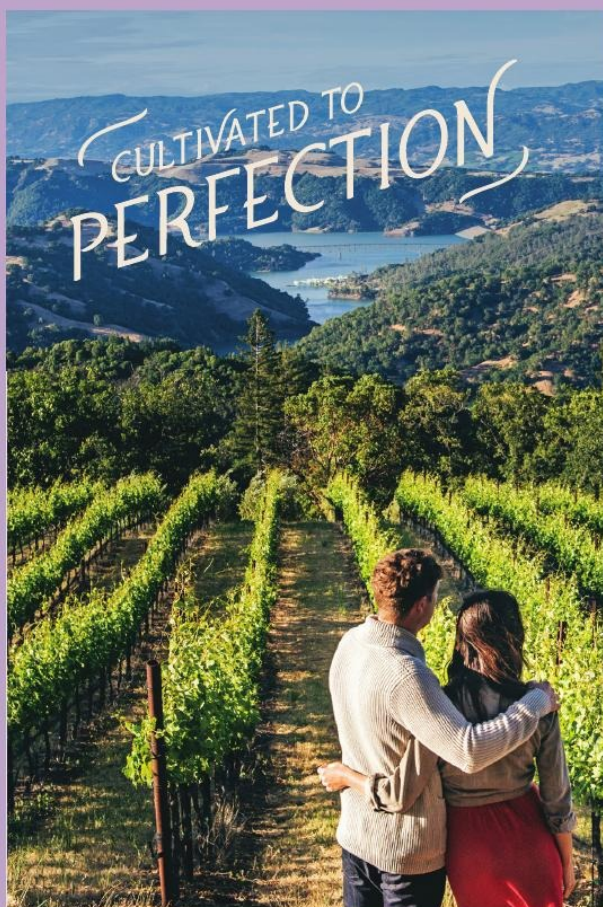
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Memorable Museums

Admiring art and artifacts in Greater Palm Springs

BY BARBARA BECKLEY

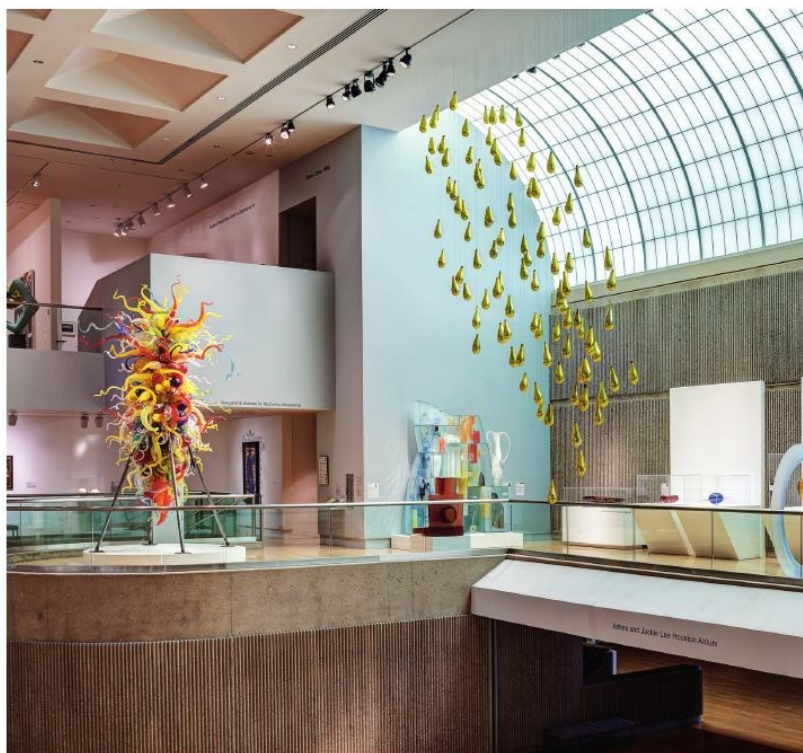
→ Where to look first?

This is my delightful dilemma every time I enter the Palm Springs Art Museum. With three expansive floors and 28 galleries exhibiting an ever-changing array of world-class modern and contemporary art, glass, photography, architecture and design, as well as Native American and Western art, the options seem endless.

Today, I head toward the towering artwork *End of the Day #2*, an abstract glass structure with outward spirals in all colors of a sunset, created by Dale Chihuly. The piece is one of my favorites, the colorful glass beautifully illuminated by natural light.

Next, I walk over to admire a piece called *Your Dog*, a 96-inch-tall selfie-favorite white-fiberglass puppy created by Yoshitomo Nara.

Founded in 1938 as the Palm Springs Desert Museum, and renamed as Palm Springs Art Museum in 2005, it is recognized as a



renowned art institution. The museum features a sophisticated collection of art, loaned or donated by area residents. Its collection rivals that of urban metropolitan museums, and includes works from Marc Chagall, Andy Warhol, Roy Lichtenstein, Donald Judd, Louise Bourgeois, Alexander Calder, Robert Rauschenberg, Antony Gormley and Ansel Adams.



Even the building is a work of art. Designed by midcentury architect E. Stewart Williams, the 1976 structure is an iconic example of Palm Springs Modernism. The sleek interior with its open floor plan lets me see the upper floors.

The diversity of displays ensures something for everyone to enjoy. On the second floor, I thrill to a painting by Mexican artist

The Palm Springs Art Museum showcases works by artists such as Dale Chihuly and Michael Petry.

Diego Rivera, a pre-Columbian Maya jade mask, and *Polychrome Seed Jar*, a piece of pottery created in 2013 by Barbara Cerno, an Acoma Hopi artist. Additional works include Pablo Picasso's 1950 bronze sculpture *Angry Owl*, spreading its

More to Do INSIDE

- A collection of contemporary art, including indoor and outdoor sculptures, can be viewed at **A Gallery Fine Art** in Palm Desert.

- Visitors can attend home tours, lectures and parties during the **Modernism Week Fall Preview**, Oct. 18–21. Plan for Modernism Week, Feb. 14–24.

OUTSIDE

- **The Living Desert Zoo & Gardens** in Palm Desert features animals from the world's arid regions, with animal viewing and shows.

- Rotating tram cars rise to 8,516 feet in 10 minutes on the **Palm Springs Aerial Tramway**, which offers spectacular views



(shown here), two restaurants and access to hiking trails from the top of the tram.

- Tee off at beautiful and challenging courses such as those at **SilverRock Resort** in La Quinta and at **Indian Wells Golf Resort** in Indian Wells. —B.B.

Insider Knowledge

Savor one of the desert's culinary claims to fame, the **Date Shake**. Made with pureed, locally grown medjool dates and ice cream, it's best eaten with a spoon.



Osho by Faig Ahmed is a woven carpet that appears to be melting.

wings next to two small Henry Moore bronzes.

The latest in contemporary art fills the third floor. "It's wild and wonderful up here," docent Carl Schwartz says, "as new artists use computers as a medium to simulate their fantasies." We stop to regard a hand-woven Persian carpet that appears to be melting.

Schwartz explains, "Azerbaijani artist Faig Ahmed purchases 100-year-old carpets, photographs them, puts the photo into a computer to 'melt' the carpet, then

commissions Azerbaijan weavers to make the likeness."

The museum also has a satellite Palm Springs Art Museum Architecture and Design Center a few blocks away, where the Edwards Harris Pavilion showcases the desert's midcentury architects and architecture, about half a mile from the art museum.

Across town, the power and glory of the nation's military aircraft wows visitors at the Palm Springs Air Museum.

The entryway is painted like an aircraft carrier



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At the Palm Springs Air Museum, visitors can learn about the B-17 fighter plane, above. The Palm Springs Art Museum Architecture and Design Center, right, features midcentury architecture.

flight deck, leading you to one of the world's top displays of vintage military planes. The museum is hands-on in many areas. You can tour the interior of a B-17, and on Saturdays can climb inside the cockpit of one of the museum's vintage warbirds. The showcased aircraft rotates each week.

Many of the docents flew these planes and enjoy sharing their first-hand stories. Families love it. I often overhear, "That's what your grandfather [or uncle, or father]—flew," as multigenerational groups of visitors stroll among the nearly 60 aircraft.

Best of all, you can book a Warbird Ride and experience an unforgettable flight in the legendary WWII C-47 Skytrain (the model that was flown on June 6, 1944, D-Day) or in the P-51 Mustang. ✈



Writer Barbara Beckley lives in Southern California. For more information on Greater

Palm Springs activities and attractions, go to visitgreaterpalmsprings.com.



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— Aashi Jain, Management Information Systems (2018), mentee of Chris Schweighart, SDSU alumnus

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San Diego Suds

Tasting the brews of “Beeramar”

BY DON AYRES

→ Slamming my beer

on the redwood counter-top in Thunderhawk Alements’ Miramar-area tasting room, I exchange high-fives with a scarf-clad stranger following a highlight-reel goal by American soccer wunder-kind Christian Pulisic. The “aggressive placement” of my glass is intended to provide a temporary effervescent spike in the Torreyana saison made with Torrey pine needles. A half-hour earlier, I was at a cidery, and later this evening, I’ll meet up with friends for our weekly round of trivia.

What is the best thing about this odyssey? The drinks are exceptional, and San Diego isn’t exactly short on superior suds. The main perk here is density, as my entire path today stretches only a mile. You may know Miramar, about 15 miles north of San Diego’s downtown, as the former home of Topgun (the U.S. Navy Strike Fighter Tactics Instructor program). But with nearly 20 breweries



and tasting rooms along a 4-mile stretch of road, San Diegans simply call this area “Beeramar.”

“I love the nickname Beeramar,” says Peter Zien, owner of AleSmith Brewing Company, which

touched off the neighborhood’s love affair with brewing in 1995. “It really sends the message that you’ll find great craft beer here.” AleSmith’s tasting room is the district’s largest, and offers brews

In the Miramar area, you can taste drinks crafted by Cutwater Spirits, top, AleSmith Brewing Company, above left, and Ballast Point Brewing Company, above right.



Insider Knowledge

San Diego is known for great Mexican food, and you can’t leave town without trying a true local creation: the California burrito. These behemoths are stuffed with carne asada, pico de gallo, sour cream and french fries.

More to Do INSIDE

- Shop in the numerous stores at **Seaport Village**, San Diego’s waterfront shopping destination.
- Visit AleSmith’s **Tony Gwynn Museum**, which is full of memorabilia on loan from “Mr. Padre’s” family.
- Learn about natural history, photography, aircraft and more at one of **Balboa Park’s** more than a dozen museums.

OUTSIDE

- At **Welk Resorts**, play a round of golf, or try your skills at foot golf, in which players kick soccer balls down a fairway and into a special cup.
- **The San Diego Zoo** (below) draws visitors from all over the world, with flamingos, pandas, penguins and other animal attractions.



- Wander **San Diego State University’s campus** to enjoy the Spanish Revival architecture. —D.A.

such as Speedway Stout and San Diego Pale Ale .394, the latter created with late Padres slugger Tony Gwynn. For a true insider experience, ask for the password to the Anvil & Stave, a hidden speakeasy, with special offerings, at the brewery.

On the smaller side, Pure Project produces everything from hazy India pale ales to barrel-aged stouts, and devotees routinely line up for the brewery's canned releases.

Nearby, Duck Foot Brewing Company creates a range of beers, from

blonde ales to IPAs, that are gluten-reduced for those with sensitivities.

For a full list of Miramar's breweries, visit the San Diego Brewers Guild at sdbeer.com.

One of Beeramar's oldest businesses also provides a unique experience. You can't create alcohol without yeast, and White Labs provides the microorganisms to breweries and home brewers all over the world.

To showcase its products, the company operates its own brewery, and visitors to the tap room

can taste yeast's influence on beer by sampling flights of the same base brews inoculated with different strains.

"The industrial landscape and affordability are what made the area attractive to us," says Chris White, who founded White Labs in 1995.

"One of the great things about Miramar is that you can see the evolution of craft beer in San Diego with well-known staples such as AleSmith next to new breweries that are just starting to make their

marks on the industry."

While beer is the star of the show, Miramar also features a fledgling spirits scene. Among the most impressive of the bunch is Cutwater Spirits, which produces award-winning bourbon, vodka, rum and cocktails.

Hunger always joins the party if you spend enough time at a brewery, and like many Beeramar regulars, I frequently order carne asada fries, which are typically served by the many rotating local food trucks that frequent the neighborhood's breweries.



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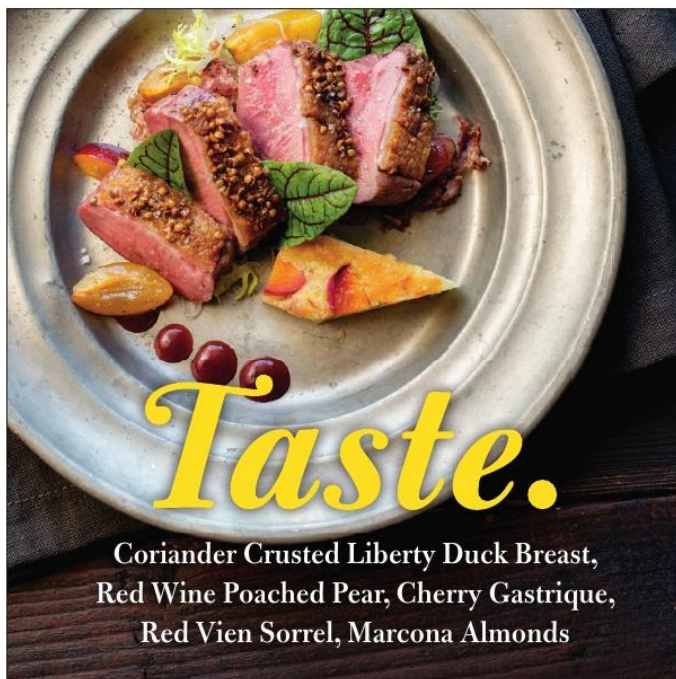
If you desire a sit-down meal, Ballast Point Brewing Company's headquarters offers a diverse menu of dishes designed to pair with the brewery's beer portfolio, which includes the flagship Sculpin IPA.

It's hard to do Beermar in a day, but if you're short on time, the even smaller Miralani Makers' District, also in Miramar, offers a convenient cross section of the San Diego beverage industry. You'll find four breweries, along with a cidery, meadery, winery, sake brewery and spirits tasting room.

A piece of advice from a local: Take advantage of 4-ounce tasters so you can taste more without overindulging. ✈

Don Ayres writes from San Diego. For more on area attractions, see sandiego.org.

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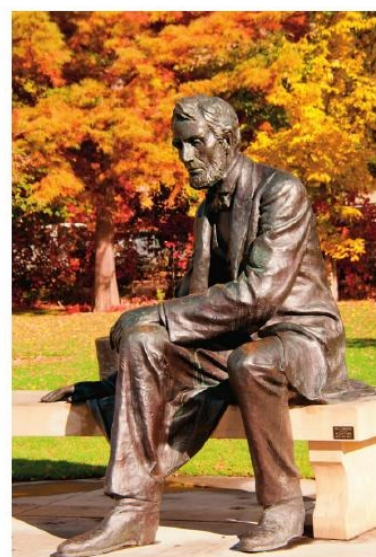
» This page:
Spectacular Sun Valley.
Facing page: Appaloosa
horses at the Western
Pleasure Guest Ranch;
acclaimed downtown
Wallace; the Abraham
Lincoln statue by the Idaho
Black History Museum.



MOUNTAINS + MUSEUMS

DISCOVERING IDAHO'S
ALFRESCO ADVENTURES
AND RICH HISTORY

BY BUDDY LEVY



CLOCKWISE FROM FACING PAGE: TORY TAGLIO / IDAHO STOCK IMAGES; LIBBY SCHOONOVER, STEVE ELY / ALAMY STOCK PHOTO; WILLIAM MULLINS / IDAHO STOCK IMAGES

A man and a woman are standing in a cafe, looking out a large window at an airport tarmac. The man is on the left, wearing a light blue shirt and khaki pants, holding a glass of iced coffee. The woman is on the right, wearing a yellow shirt, holding a glass of iced water. They are both smiling and looking at each other. The background shows a clear sky and a tarmac with some buildings in the distance.

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The sand was warm between our toes as we lined up, barefoot, for our family's annual Salmon River beach race. Our son, Hunter, then age 12, called out, "On your mark," as our daughter, Logan, 16, and mom Camie jockeyed for position. As the eldest, I took the pole position—just in time as Logan cried, "Get set. GO!"

We dashed down the 40-yard beach, our feet churning the deep sand. Hunter took the early lead, with Logan close behind. I trailed Camie, who was just ahead to my right ... when suddenly she tripped, staggered forward a few steps, and face-planted in the sand. As I stopped to help her up, the kids finished the race (in a contested tie) and returned to find Camie laughing. We all knelt around her, joining her in cracking up. Almost every inch of her, from face to feet, was masked with sand. That race experience has become beloved family lore.

We were camped along a section of river about 5 miles east of Riggins, Idaho—a friendly town in the Salmon River Canyon in the foothills of the Salmon River Mountains—which is known as a gateway to outdoor adventures. Nearly every year since the kids were little, our family has made a trip to the Riggins area, about 150 miles north of Boise, to enjoy white-water rafting, fishing, hiking, canoeing or simply reading in the shade of a mountain pine. Also, of course, to hold our foot race in the sand.

Idaho is acclaimed for its wondrous mountains, with more than 100 named ranges. And these dramatic mountain landscapes are complemented by top-notch urban attractions, such as museums that present the Gem State's rich history.



» Above: Rafters enjoy paddling the Go Left rapid on the Main Payette River. Left: Bald eagles gather each winter in the Coeur d'Alene area.

As a longtime resident, I recommend exploring mountains and museums alike for outstanding recreation and memorable vacations.

SOUTHWEST IDAHO PEAK EXPERIENCES

Whitewater cascaded over the bow of the rubber raft, drenching us with refreshing spray as we plowed into the Go Left rapid on the Main Payette River. We were on a "Splash" river-rafting trip ideal for families, guided by Cascade Raft & Kayak, which is located in the town of Horseshoe Bend, in a valley near the Boise Mountains. Horseshoe Bend is only about 30 miles north of Boise, and all the participants met

up at Horseshoe for our half-day excursion, then Cascade Raft & Kayak shuttled us an additional 10 miles north to Banks, at the confluence of the North and South forks of the Payette River. This is a rugged part of Southwest Idaho, and during the flatwater sections between rapids, we saw mule deer sipping at swirling eddies, and looked for ospreys, hawks and bald eagles. The river is filled with rainbow trout, so we also watched for fish finning along in the clear water.

The Boise Mountains in the Boise National Forest offer many recreational opportunities, from fishing and kayaking to biking and hiking, on terrain that varies from rolling to vertical. In fact, the Boise

A man and a woman are walking and smiling in front of a vibrant, colorful graffiti wall. The man is wearing a light blue button-down shirt and dark jeans, and the woman is wearing a black top and blue jeans. They are holding hands and looking towards the right. The graffiti wall features various abstract and stylized figures in bright colors like yellow, blue, and pink.

boise

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National Forest has more than 1,200 miles of trails.

A fun-to-explore mountain town, Idaho City, is also located in the Boise National Forest. In 1863, Idaho City was one of the largest communities in the Northwest, with a population of more than 6,000, thanks to a major gold rush. Today, the city continues with a population of about 500. Many 1860s buildings remain along the streets, including a territorial penitentiary and the post office, which is now the seasonally open Boise Basin Museum.

Local attractions also include the Idaho City Ranger Station's native plant garden, with items ranging from western columbine to arrowleaf balsamroot drawing butterflies and hummingbirds in the summer. Forest Service employees can provide information on camping and trails, including the 2.5-mile, relatively flat Buena Vista Trail, just

5 minutes from the ranger station. The trail is open for snowshoeing and cross-country skiing in winter, as well as hiking spring to fall, weather permitting. Also in the Idaho City area, Idaho Parks and Recreation operates a system of yurts for Nordic skiers and snowshoers, as well as summer hikers and mountain bikers.

Sledding is available near Idaho City on winter weekends and holidays at Steamboat Gulch, which has four different runs. And The Springs, a commercially developed mountain hot springs retreat near Idaho City, has designated days for adults and for families. Reservations are required. The Springs also offers spa therapies, including a type of water shiatsu, and has a nearby hotel.

A top mountain attraction even closer to Boise is Bogus Basin, the capital city's center of higher-elevation fun. Less than 20 miles

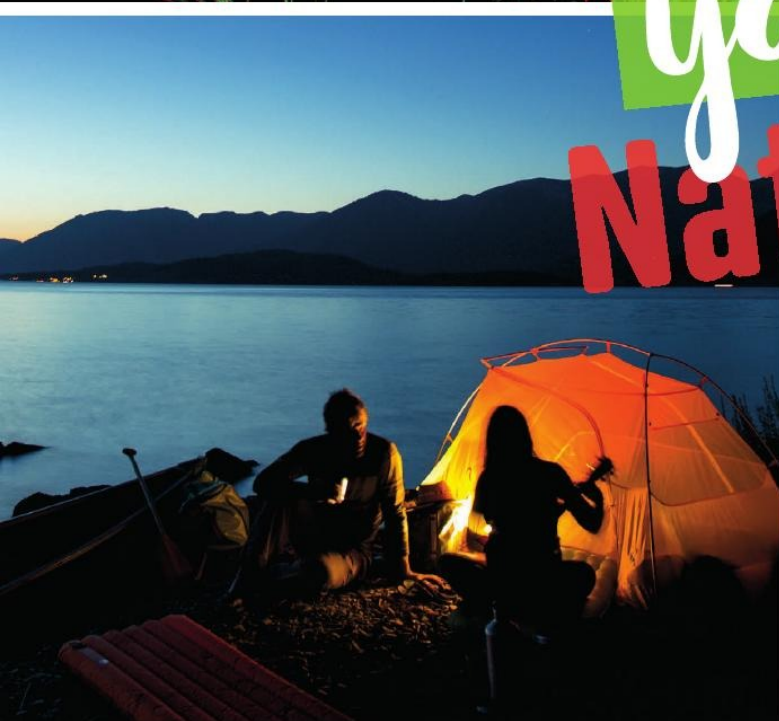
» ***Bogus Basin offers outstanding skiing and other winter sports near Boise.***

from downtown, Bogus Basin offers winter alpine and Nordic skiing, as well as snowboarding and tubing, while summer activities include climbing, gold panning, and inner tubing on a designated track. In addition, the exciting Glade Runner Mountain Coaster (a mountainside roller coaster) has both a winter and summer season.

SUN VALLEY-AREA PEAK EXPERIENCES

Of course, Idaho's most famous ski area is Sun Valley, with 2,054 skiable acres and 121 runs, and the distinction of becoming the country's first destination ski resort when it opened in 1936.

This is where I grew up skiing,



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and I make it a point to return almost every year. Last season, I did “laps” down Bald Mountain’s Mayday and Lookout runs with my younger brother, Lance. He logs 60-plus days a year skiing, and I don’t, so I was just trying to hang on while running on fumes. It was March, and a big dump had brought fresh powder, the light snow dusting me in the face as I tried to keep up.

We’d decided to do nonstops on the open slopes of the bowls before skiing timbered Seattle Ridge and then the exhilarating 3-mile-long Warm Springs later in the afternoon. It was a fun but thigh-testing day. Maybe I should have booked a relaxing après-ski sleigh ride to dinner at Trail Creek Cabin, where Ernest Hemingway liked to hang out with his friends.

In addition to Sun Valley’s Bald Mountain and companion Dollar Mountain (which has a terrain park with 76 rails), the Ketchum/Sun Valley area boasts ranges such as the Pioneers, Boulders, White Clouds and Sawtooths, with varying terrain, making central Idaho a wonderland for cross-country as well as downhill skiing, and for mountain biking, hiking and fishing.

One of my favorite mountain-biking trails in the region is Adams Gulch Loop (aka Griffin Butte Loop), a 7-mile loop that’s about 2.5 miles from the town of Ketchum. Sagebrush-covered hills rise to stony ridges, then descend through swooping turns in dense timber. Mountain-bike rentals are available at local shops such as Backwoods Mountain Sports, The Elephant’s Perch, Pete Lane’s Mountain Sports and Sturtevant’s.



NORTH IDAHO PEAK EXPERIENCES

I love the sound of my fly reel zinging as a cutthroat trout makes its first hard run. Fall on the North Fork of the Coeur d’Alene River in the Coeur d’Alene Mountains is sublime, with the smell of cedar in the air and the streamside foliage turning red and gold. The cutthroat trout hit dry flies through October.

I also like to fish spring through fall in 25-mile-long Lake Coeur d’Alene, near the foothills of the Coeur d’Alene Mountains.

In winter, it’s fun to see the impressive annual gathering of bald eagles as they feed on spawning kokanee in the lake. Last winter, Camie and I spotted more than 30 baldies from the pullout at Higgins Point.

We watched the raptors dive and snag fish, then take them into the towering pines to feast.

Farther north in the Idaho Panhandle, near the town of Sandpoint, the Selkirk Mountains are home to Schweitzer Mountain Resort, with big downhill skiing on 2,900 acres in the winter, as well as snowshoe-

» Adams Gulch is a popular mountain-biking area in the Ketchum/Sun Valley region.

ing, snowbiking and cross-country skiing. In the summer, wildflowers bloom as we hike or zoom down bike trails, and activities also include a zipline and a climbing wall.

Because mountain ranges span the Gem State from top to bottom, I can always find peak experiences to enjoy and new places to explore. Our family has discovered that when we approach Idaho’s mountains with a sense of adventure and an appreciation for nature, these areas deliver memories that last a lifetime.

As someone who writes history-based books, I’ve long been intrigued by Idaho’s past. Its first inhabitants date back more than 10,000 years, and many Native American tribes have inhabited the region, such as the Coeur d’Alene, Kootenai, Nez Perce, Northwestern Band of the Shoshone Nation, Shoshone-Bannock



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and Shoshone-Paiute. Explorers Lewis and Clark passed through what is now Idaho in 1805, and this part of North America has also attracted fur traders, trappers, missionaries, pioneers and miners.

Fortunately, Idaho history is featured at many excellent museums across the state, from tiny single-building dwellings to elaborately curated attractions in bigger towns and cities. A visit to Idaho museums provides a fascinating picture of the state's storied past.

APPALOOSA MUSEUM

I'm lucky to live in North Idaho, close to the Appaloosa Museum & Heritage Center in the town of Moscow. When I visited the museum earlier this year, I was greeted by a life-size fiberglass Appaloosa, and learned that the Nez Perce Tribe began to become excellent horse breeders and riders in the 1700s.

The tribe is especially famous for its Appaloosas, derived from wild mustangs descended from horses

brought to the New World by the Spanish.

Interestingly, it appears that the breed didn't begin to be called the Appaloosa until around the late 1800s, according to the museum. Early white settlers referred to the spotted horse of the Palouse region—an area of Washington and Idaho drained by the Palouse River—as “the Palouse horse” or “a Palousey horse,” and eventually the words were slurred together to first form the name Apalousey and later Appaloosa, reports the museum. In 1975, the Appaloosa was named the official state horse of Idaho.

In addition to learning more about Appaloosas via a video and displays, I marveled at traditional Nez Perce woven baskets and moccasins, old saddles with tanned hides laid over wooden frames, and an elaborate eagle-feather headdress, 6 feet long, with a beaded headband. The museum director told me that the more feathers a headdress had, the more honors had been bestowed on the wearer.

The fur-trade exhibit was also excellent, with a full-length bear-skin coat, traps from the 1820s to 1840s, and gunpowder flasks and horns, plus gold pans and tools from early mining days.

In summer, the museum has a live exhibit—an Appaloosa in a large corral behind the museum, with local owners rotating which horse is on view. A sweet mare named Lucy was there during my visit, trotting around and seeming to neigh happily.

While you can't ride Appaloosas at the museum, you can hit the trail with this illustrious breed less than 150 miles north, at the Western Pleasure Guest Ranch, near Sand-



EXPANDED AND INTERACTIVE

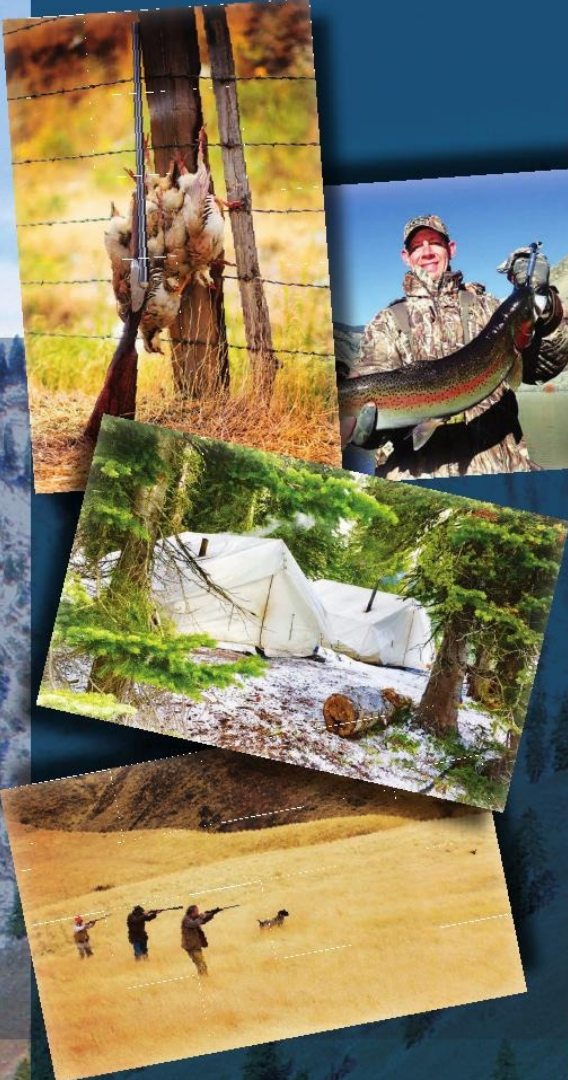
The Idaho State Museum, one of the many attractions in Julia Davis Park in downtown Boise, is scheduled to reopen October 12 after a four-year, \$17 million renovation and 18,000-square-foot expansion.

The museum (history.idaho.gov/museum) will present rotating exhibits showcasing the approximately 50,000 artifacts in the permanent collection, such as an 1800s piano

that arrived by covered wagon. In addition, the museum has galleries devoted to the northern, central and southern regions of Idaho; a theater presenting Native American origin stories; an interactive children's area with a working mine car; and nearly 50 multimedia exhibits, with features such as touchscreens, videos and quiz games.

Experiences include seeing what it's like to ride

a chairlift up Sun Valley's Bald Mountain; riding in a replica Salmon River scow boat used to haul freight; turning the water on and off in a Shoshone Falls exhibit; and using items such as an early motion-picture device in the Penny Arcade in the “Boomtown” exhibit. The grounds include a Pioneer Village, with several homes from Idaho's territorial days, and a Lewis and Clark Discovery Trail.

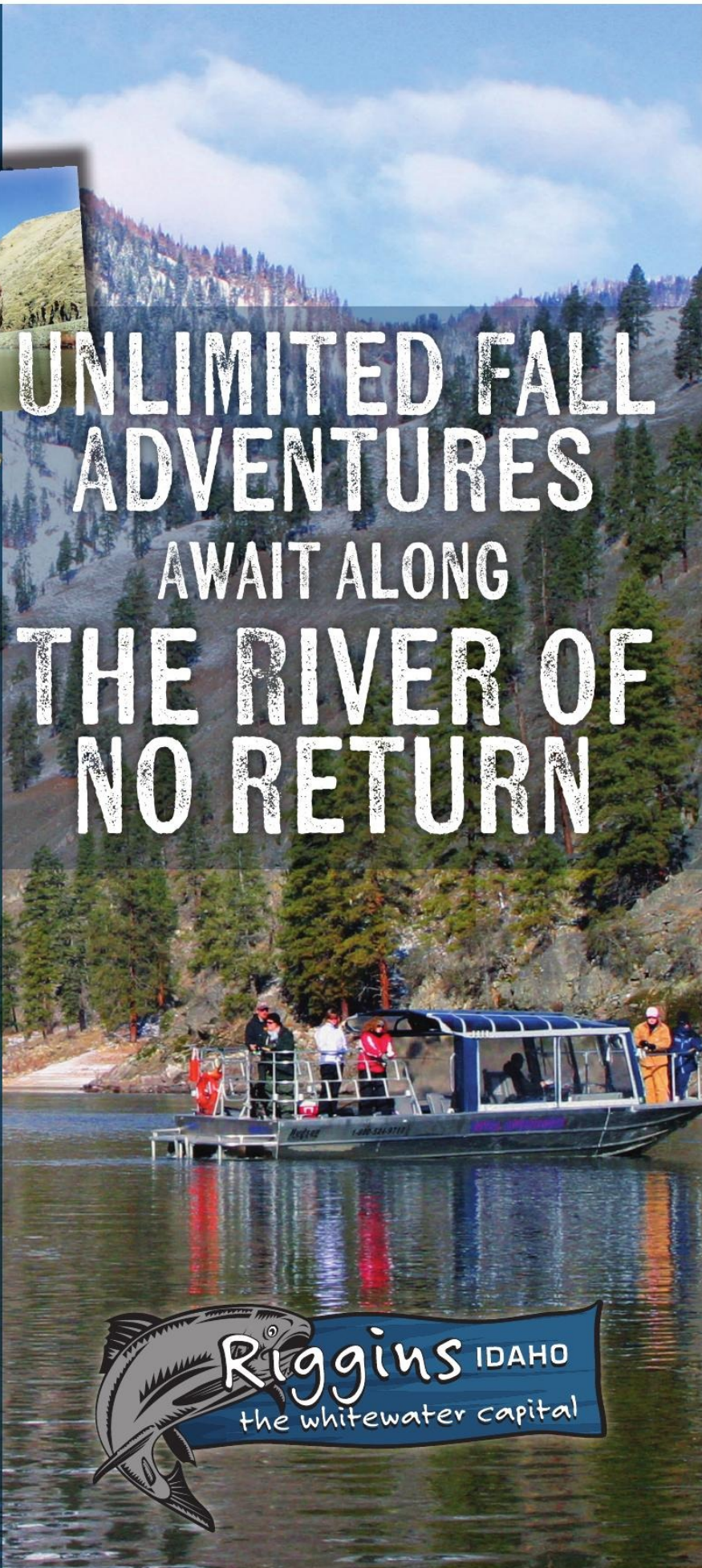


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point, whose herd of more than 50 registered horses includes a number of Appaloosas. During summer, enjoy a morning or afternoon ride through meadows and valleys, and over ridges, with spectacular views of the Selkirk and Cabinet ranges. Sleigh rides with draft horses are available in winter.

SILVER VALLEY MUSEUMS

While in North Idaho, also check out the numerous mining museums in the Silver Valley, such as those in Kellogg and Wallace. I've particularly enjoyed the Shoshone County

Mining & Smelting Museum at the Staff House (open seasonally) in Kellogg. A few years ago, while bicycling the 70-plus-mile-long Trail of the Coeur d'Alenes, a friend and I took a break to stop in and explore. The beautifully restored and maintained Staff House, which has two stories and a basement, was built in 1906 as the residence for the general manager of the Bunker Hill & Sullivan Mining & Concentrating Company.

First we wandered outside amid



A display at the Appaloosa Museum & Heritage Center.

ANDRE JENNY / ALAMY STOCK PHOTO

large mining implements, including a giant red Nordberg air compressor, which once provided power to the Bunker Hill Mine. Inside the house, the numerous exhibits included historical photos, period furniture and clothing, and mining tools. My favorite exhibits were the 3D model of the Bunker Hill Mine and the model of seven other interconnected mines.

Less than 15 miles east is Wallace, long billed as the "Silver Capital of the World" for the 1.25 billion ounces of silver produced in the area since 1884. The whole town is listed on the National Register of Historic Places, with notable buildings ranging from hotels to a hardware store.

I recommend the Wallace District Mining Museum and the Northern Pacific Railroad Depot Museum, and I also suggest the Sierra Silver Mine Tour.

BOISE MUSEUMS

In Idaho's capital city, I always enjoy the Basque Museum and Cultural Center. The state is home to one of the largest populations of Basque people in the United States. In fact, Boise Mayor David Bieter has Basque heritage and has been described as the only Basque-speaking mayor in the country. The museum includes a sheep-



Idaho has a growing viticulture industry, with more than 50 wineries. Wine grape cultivation dates back to the 1860s, when vines were planted in Lewiston, according to the Idaho Wine Commission. Alaska Airlines Mileage Plan members can check, free of charge, a case of appropriately packaged wine on flights from Boise; see alaskaair.com/wine for details.



Idaho has 72 types of precious and semiprecious stones, such as jasper, opals and star garnets, according to Idaho Tourism, and this is why the state is known as the Gem State. The star garnet is found only in Idaho and India, notes the Idaho Panhandle National Forests website. The Idaho star garnet is the official state gem of Idaho.



Boise, the capital of Idaho, developed near Fort Boise along the Oregon Trail. Visit an Old Fort Boise Replica and Museum in Parma, Idaho. Craters of the Moon National Monument is another trail-related site in Idaho.



Wild huckleberry, the official state fruit, is used in many Idaho-made products, such as candy, jam, syrup and milkshakes. Nicknamed "purple gold," huckleberries are found in Idaho mountains in late summer.



Idaho ranks first in the United States in the production of potatoes, trout and barley; second in alfalfa and sugar beets; and third in hops and cheese, according to the Idaho State Department of Agriculture.



One of the world's densest populations of nesting eagles, hawks and falcons can be found at the Morley Nelson Snake River Birds of Prey National Conservation Area south of Boise.



Idaho offers one of the lowest costs of living in the Western states, thanks to factors such as attractive rates for utilities, health care, transportation, groceries and other services, according to Idaho Tourism.

DID YOU KNOW?



» **The Oinkari Basque Dancers performing by the Basque Museum in Boise's Basque Block.**

wagon exhibit depicting sheepherder life that is part of the Basque experience; a digitized oral-history archive; and galleries about Basque heritage and culture. The museum is part of Boise's downtown Basque Block, where Basque flags are

proudly flown; performances by groups such as the Oinkari Basque Dancers take place; and you can taste Basque food and drink at establishments such as Bar Gernika, Leku Ona and The Basque Market.

Boise is also home to the Idaho Black History Museum, housed in the state's first-established black church, which was relocated to Julia Davis Park downtown. Prominent black people with Idaho connections have ranged from York, a member of the Lewis and Clark Expedition, to jazz great Gene Harris (1933–2000), who moved to Boise in the 1970s. The annual Gene Harris Jazz Festival at Boise State University will be held April 3–5 next year. The museum, with a mission of building bridges between cultures,

is open various hours and days, and hosts exhibits, lectures, films, workshops and musical programs.

Idaho's history is varied and engaging, and I appreciate the way museums help me understand some of the many impressive facets of the Gem State. ✈

Buddy Levy lives in Moscow, Idaho. Go to visitidaho.org for more information on mountain recreation; museums, including art, military, potato and Sacajawea museums; and additional attractions and activities in Idaho.

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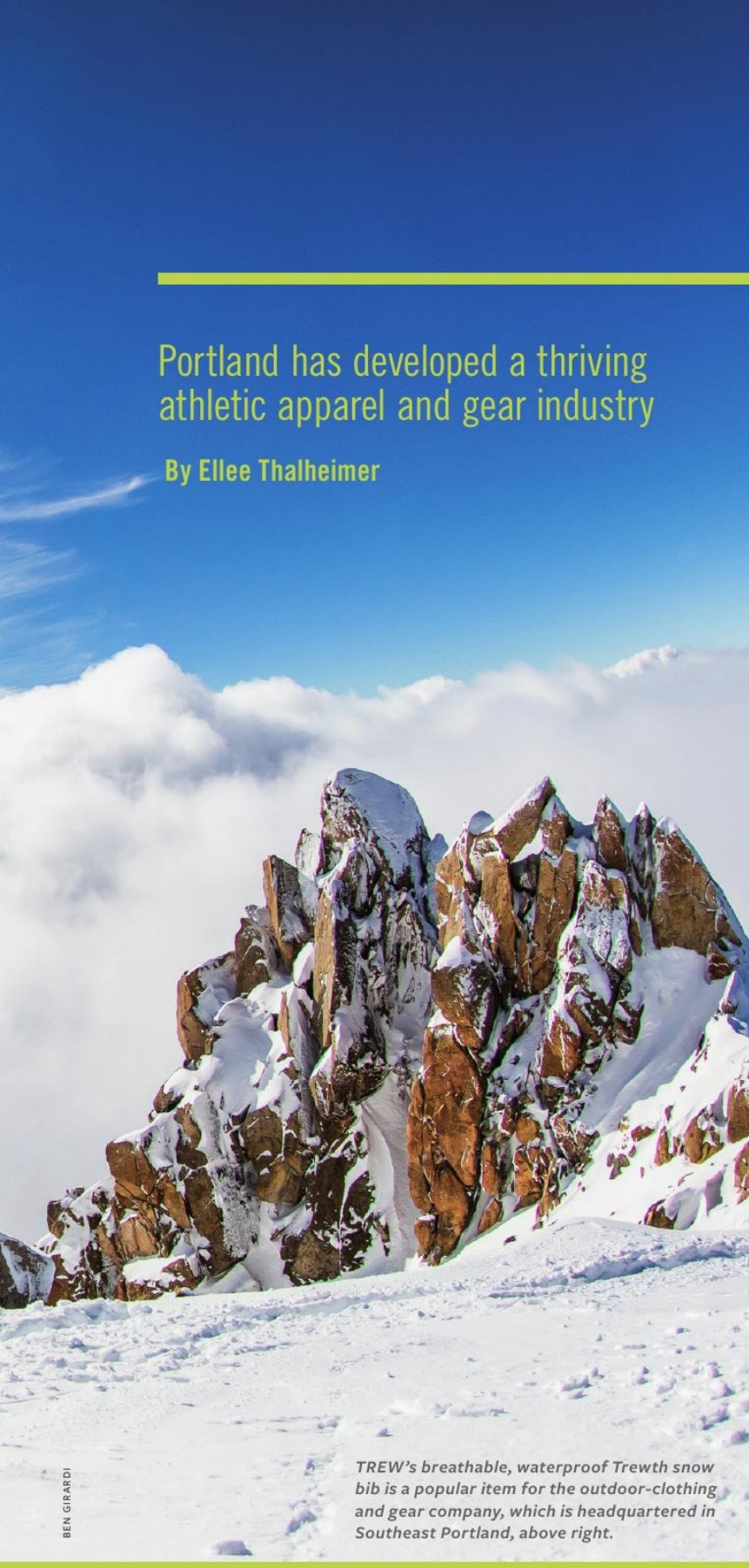




OUTDOOR OPPORTUNITIES

Portland has developed a thriving athletic apparel and gear industry

By Ellee Thalheimer



BEN GIRARDI

TREW's breathable, waterproof Trewth snow bib is a popular item for the outdoor-clothing and gear company, which is headquartered in Southeast Portland, above right.



SHAY HUSKEY

Chris Pew was not your typical college senior.

While most students might take a trip to an exotic beach for spring break, the co-founder and CEO of the outdoor-apparel company TREW spent his time off in 2008 touring apparel factories in Vancouver, British Columbia. He and his twin brother, John, and childhood skiing buddy, Tripp Frey, were in the process of launching TREW—the name is a combination of the founders' names—in Hood River, a town along the Columbia River. They had long dreamed of creating a ski and snowboard bib specifically designed for the deep, wet snow of the Pacific Northwest.

Pew and his co-founders figured that if gear worked well in the Pacific Northwest, it would work well anywhere. They discovered that was true. During TREW's first year in operation, its bib was featured in *Ski Magazine* as one of the Gear of the Year picks. A year later, they were written about in *Outside* magazine.

The company grew quickly, relocating about 60 miles west to Portland and pursuing a nontraditional direct-to-consumer retail model, in which they sell their products exclusively through their Southeast Portland store, Evo outdoor gear stores and online.

Today, TREW manufactures an array of outdoor clothing. It is in the process of expanding to a larger storefront space in Southeast Portland, where the company will also be manufacturing its Truce made-to-order multiuse backpacks.

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A BURGEONING CENTER

TREW is one of Portland's many athletic and outdoor (A&O) sector success stories. The reasons the City of Roses has become a center for the A&O industry may be equal parts environment and history.

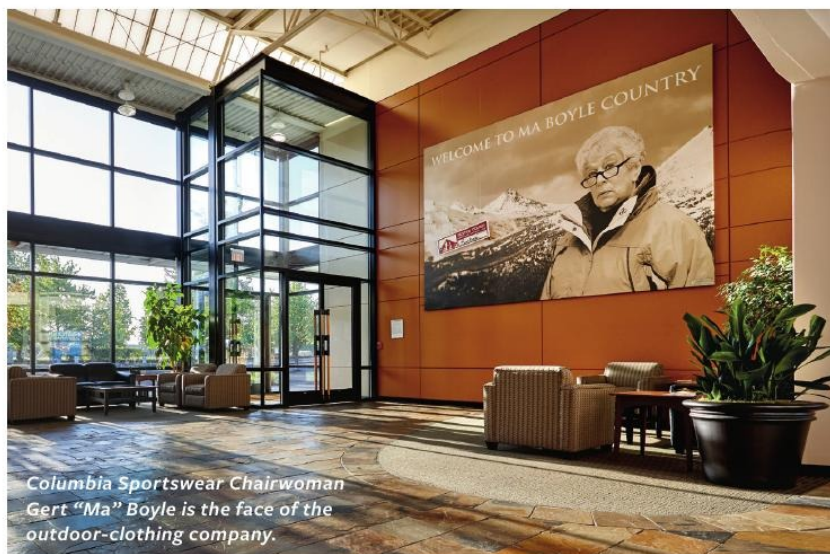
Nestled near mountain ranges and rivers, and not far from the coast and high desert, Portland is a magnet for outdoor enthusiasts. It is one of the top cities in the country for bike riding, and you see kayaks, skis, surfboards and windsurfing equipment strapped to cars as recreationists rush to the region's playgrounds each Friday.

Portland also boasts a rich history in the A&O market. One of the earliest companies in the sector was Jantzen Swimwear. Originally launched in 1910 as the Portland Knitting Company, Jantzen became one of the pioneers of the swimwear industry. Columbia Sportswear, a maker of outdoor apparel, footwear, accessories and equipment, began in 1938. The public company remains a family business, with Gert "Ma" Boyle, the daughter of the founders, serving as chairwoman, and her son, Tim Boyle, as president and CEO.

More recently, a footwear distribution company was launched in 1964 by former collegiate runner Phil Knight and his University of Oregon track coach Bill Bowerman. That firm became Nike, the world's largest outdoor-apparel company, with its world headquarters on a 286-acre campus in Beaverton, outside Portland.

The local A&O industry has also helped attract other major firms, such as adidas, which has its North American headquarters in Portland, and Under Armour, which leases a 70,000-square-foot remodeled former YMCA for its local offices.

They also have helped create an economic ecosystem that has proven fertile ground for clothing and A&O startups. Various new businesses, such as Portland Product Werks, Wildfang and No End of Clothing, were started by entrepreneurs who had previously worked at A&O companies. Another such startup is Looptworks, which uses recycled leather from Alaska Airlines plane seats to



Columbia Sportswear Chairwoman Gert "Ma" Boyle is the face of the outdoor-clothing company.

make fashionable backpacks and purses.

This activity has resulted in strong job growth. According to various sources, including Business Oregon and the consulting firm EcoNorthwest, there are now more than 800 companies in the regional A&O sector, and between 2005 and 2015, Portland A&O jobs grew from 13,816 to 20,626, a nearly 50 percent increase. The jobs also carry a total payroll of more than \$3 billion.

"Ultimately, attracting talent helps us cultivate a community where creativity and innovative thinking can really thrive," says Columbia's Tim Boyle. "Fostering that environment is a critical part of our business."

Established A&O companies have helped cultivate this environment by supporting and mentoring many sector startups. City agencies also have developed an array of programs to help these young companies secure funding and develop. "There's this scrappy West Coast underdog feeling here, like we are all in this together," says Sucheta Bal, the A&O liaison at Prosper Portland, the city's economic-development agency, which hosts education programs for startup businesses.

DEVELOPING A NICHE

Former Columbia Sportswear general manager Sean Beers, who owns Portland Product Werks, a company that helps well-known

"Ultimately, attracting talent helps us cultivate a community where creativity and innovative thinking can really thrive. Fostering that environment is a critical part of our business." —Tim Boyle, Columbia Sportswear president and CEO.



The Athletic & Outdoor Young Professionals group is one of the programs run by Prosper Portland to support the local A&O sector.

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A&O EXPANDS TO VANCOUVER

Stephanie Lynn, owner of Sweet Spot Skirts, of Vancouver, Washington, says setting up shop in this city located about 15 miles north of Portland has helped her get a foothold in the A&O industry.

“Vancouver, which is an up-and-coming city, is more laid-back than Portland,” says Lynn, whose company makes lightweight, stylish activewear skirts to be worn while participating in most sports. “And it’s easier to stand out here.”

Sweet Spot Skirts now has 12 employees and a downtown Vancouver store.

Another Vancouver business in the athletic field is Nautilus, Inc., a leading home-exercise equipment company that has been in the city since 1986.

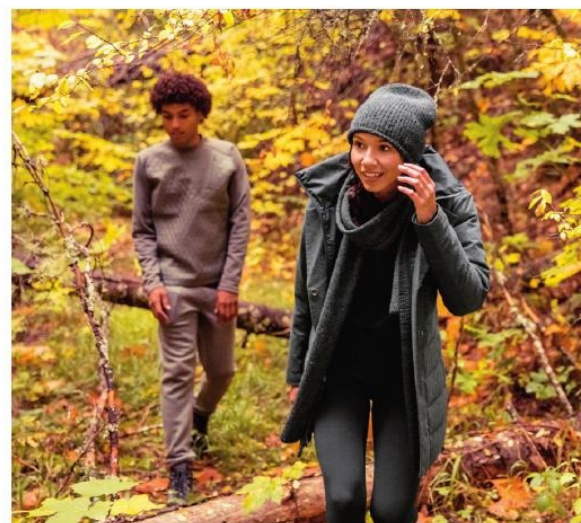
Nautilus employs 340 people at its Vancouver headquarters, where it produces and sells Bowflex, Nautilus, Octane, Schwinn and Universal cardio and strength machines to customers around the world.

“The Pacific Northwest offers a lifestyle that is highly desired by many of our employees and is a great incentive to work and play here,” says John Fread, Director of Global Marketing Communications. “The proximity to other athletic and outdoor brands also provides even more opportunity to attract the right kind of talent, which will continue to grow the industry in this region.” —E.T.

brands enter the footwear category and emerging brands accelerate their growth, leads curriculum development and class training for Prosper Portland’s A&O Peer to Peer program.

The curriculum addresses topics ranging from increasing internet sales to creating advisory boards. Beers says there’s opportunity for A&O companies in what he calls the “macro-niche” markets, which are areas big enough to build meaningful businesses but too small for large companies to pay much attention to. Beers cites Portland-based Dovetail Workwear, which makes performance work clothes for women, as an example of finding a special niche. “Many larger companies have ignored the significant demand for these work clothes,” Beers says. “Now, Dovetail products are being sold in stores across the country.”

Another standout company is Portland’s Nau, a 20-person outdoor-inspired apparel firm. Beyond its top-quality clothing, Nau distinguishes itself by holding sustainability as a core tenet. The company has helped pioneer sustainable materials, such as recycled down and PFC-free water repellent,



Nau uses sustainable and recycled materials and nontoxic water repellent for its line of apparel.

while also creating philanthropic programs and partnerships. “An apparel business can truly be a force for good,” says Vicki Vasil, the marketing director at Nau.

EVOLVING SCENE

The A&O boom can be felt in other regional industries, including in clothing manufactur-



Suzette Henry, far left, director of the material resource and design studio at Pensole Footwear Design Academy, works with academy students to design a shoe during the 2018 World Sneaker Championship competition held last February in Portland.

OUTDOOR OPPORTUNITIES



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ing. Examples include Keen Footwear, which assembles its shoes in Portland. The city's advertising and marketing firms, including Watson Creative and Wieden+Kennedy, also have benefited from A&O firms.

The education community has felt the industry's impact, as well. Portland State University offers an athletic and outdoor certificate program; The University of Oregon offers sports product management and sports product design programs in Portland; and Pensole Footwear Design Academy opened in Portland in 2010, teaching the entire product-design process, from material and prototyping to branding.

As robust as the local A&O industry may be, companies must remain vigilant and nimble. They have to constantly adapt to a changing marketplace. "Companies that survive have founders who are perseverant," says Beers of Portland Product Werks. "We just don't know when to quit. You have to be like a pit bull. It's what's required to fully develop your vision."

Prosper Portland's Bal says the A&O industry also needs to grow the overall audience by attracting a more diverse pool of consumers and talent. "We, as an industry, need to help increase people's ability to have access to recreation opportunities through advocacy," Bal says. "We also have to increase the racial and ethnic diversity of the people participating as both consumers and employees. How to do that is the challenge, but I'm optimistic." ✕

Ellee Thalheimer writes from Portland.

Alaska Airlines offers daily service to Portland. For more information, visit alaskaair.com.

WE'RE OUTSIDERS

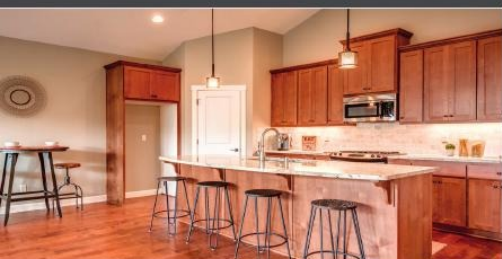
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SENSATIONAL SICILY

Natural and historical wonders on this memorable Italian island

By Eric Lucas

» Observers often resort to nature for words that describe the Mediterranean's distinctive color—cobalt, hyacinth, lapis, indigo, gentian. As I stand on a bluff above the Tyrrhenian Sea at Tindari, Sicily, it's easy to see all those hues, as the light and water shift ceaselessly. Lending height and scale to the scene is the southerly 10,900-foot cone of Mount Etna, one of the Western world's most active volcanoes.

All these dynamics provide memorable sights and meaningful metaphors for Sicily itself. The different aspects of civilization have washed over this island like an Abstract Expressionist version of history, and perhaps that's why my group's Sicilian guide pauses to craft her answer to my question about my ancestry. "My friend, if you have Sicilian blood, you have the blood of dozens of different peoples," Lita says as we tour the Tindari ruins west of Messina. "Phoenician, Norman, Arab, English, Roman, Greek, Egyptian, French, Jewish. And many others I can't bring to mind at this moment."

I am one-quarter Sicilian, and my sister, Kristin, and I are here on a family odyssey to find the tiny mountain village

our great-grandparents left at the dawn of the 20th century.

While the journey is personally meaningful to us, Sicily attracts 15 million travelers each year to a place whose delights range from tiny marzipan treats made fresh each day to Etna's immensity.



» Clockwise: Catania's old town features impressive statues and Baroque architecture. The Taormina coastline boasts brilliant blues. The Black Madonna is housed inside an ornate sanctuary. Visitors to Sicily can enjoy fresh seafood and gelato.



NEAR & FAR»



Visitors range from Brits on beach-blanket summer holidays to film buffs heading for *The Godfather* locales. Almost all those who travel here try Sicilian pizza, and, yes, it is the best—not that I am biased. Same for Sicilian olive oil.

Visitors hike or ride up Mount Etna, swim in aquamarine waters lapping limestone shores, and tour historic sites and museums that focus on the island's role as a key intersection in the panoply of Western civilization. But the essence of Sicily is its historical treasures, which include sites such as Agrigento's Valley of the Temples (actually a ridge, with a row of Doric monuments); Taormina, whose restored Greco-Roman amphitheater is still in use; and Syracuse, once one of the Greek world's most important cities.

"[Sicily's] strategic location at the

center of the Mediterranean has made the island a crossroads of history, a pawn of conquest and empire, and a melting pot for a dozen or more ethnic groups whose warriors or merchants sought its shores," says the *Encyclopædia Britannica*.

A disparate variety of stones in the Tindari city wall ruins testifies to the multitudinous hands of history that have left their fingerprints in Sicily. I toe the dust by a thick-boled ancient olive tree, thinking about the simpler subjects of pizza and gelato, but more on that later.

Having completed the group tour, Kristin and I decide to hike up a bluff overlooking the sea to admire the *Black Madonna*, another exile to these shores: It's an icon of Mary, walnut-colored, which is believed to have been dropped off at Tindari in the ninth century by Byzantine



CLOCKWISE FROM TOP LEFT: MARCO OSSINO / SHUTTERSTOCK; EMANUELE PASTORE / EYEEM / GETTY IMAGES; BYVALET / SHUTTERSTOCK.COM; TO ROX-BOGNAR RENATA / STOCKSY; IGOR MADJINCA / STOCKSY



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Much of my life, I have felt insecure about my smile. Having relatively minor dental issues as a child, my teeth had gradually worsened and led to a dysfunctional bite. The severe wear of my teeth eventually made them abnormally small and unattractive. During photos and holidays, my smile in pictures seldom showed my teeth. When my teeth became painful, I knew I had to get help.

Prior to seeing Dr. Hu, I had extensive dental work done and many crowns as well, but I remained self-conscious because my teeth never appeared normal in color or shape. I felt that I had one more chance to get it right and the way I wanted my smile to look. No dentist ever asked me what smile features I wanted or what I was looking for. The prior work did not look natural; did not look real. I knew I had to look for someone who has accreditation and reputable experience in cosmetic dentistry.

The first time I met Dr. Hu, it was in an unscheduled meeting with him. I showed up at his front desk as a walk-in, and immediately, I felt his passion for his work and was grateful for his honesty, compassion, and understanding. He enthusiastically committed to the challenge of re-doing my smile, which had already been redone before, but not to what I had wanted. He then gave me full confidence in his team. Now, when I smile, it is 100%, nothing withheld! And, my husband, who hadn't seen a dentist in 35 years was so impressed by Dr. Hu that he decided to have Dr. Hu work his magic for his smile, too.

Dr. Hu took the time and used Macstudio artists and credentialed technicians to design and fabricate the beautiful smile results we both attained. They used the latest state-of-the-art technology and were able to pinpoint exactly what we both wanted by using a smile catalog and reviewing front teeth characterization options. With all that has changed in my life, I only wish I could share my new smile with my mother who passed a year ago! —*Linda*



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refugees fleeing religious strife in Constantinople. An imposing sanctuary was built to house the *Madonna*, and it is a popular site for Sicilians, who have traditionally come here to give thanks for protection from invading armies. Though the *Madonna* has been here for centuries, the shrine is relatively new, a 1979 structure whose presence signifies the importance of religion in Sicily to this day.

If you're here in early September, you can celebrate the feast days of the *Madonna*. Realistically, though, every day is feast day in Sicily. My sister and I make our way down the hill from the shrine to sample blood orange gelato and the famous marzipan treats, *frutta martorana*, which assume shapes ranging from strawberries to Easter lambs. Wonderful as those seem, I discover something even more alluring: *pignolata*, fried pastry balls soaked in lemon-honey syrup.

It's lunchtime, but we're having dessert anyway. We're on vacation.

In the evening, back in Messina, we embark on a journey for pizza. It's not hard: We meander down the street in the harbor area, poke our heads into a few pizzerias, and pick the one with the most redolent aroma out the door. Then we make our

» **Frutta martorana** (below) are quintessential Sicilian marzipan treats. Some of Mount Etna's craters are dormant, and visitors can hike along them (bottom).



↑ Taormina's Greek amphitheater.

AT A GLANCE

Must-do attractions:

Agrigento's Valley of the Temples. • Mount Etna, one of Europe's biggest volcanoes. • The Greek amphitheater at Taormina.

Lesser-known attractions:

Tindari. • A day trip to Stromboli, an island volcano. • The Norman Castle of Caccamo.

Where to go first if you're a ...

... Foodie: Any neighborhood pizzeria.
... Romantic: A Verdi opera at Teatro Massimo in Palermo.
... History buff: Syracuse, once a prominent Greek city.
... Family: Town-square puppet shows and small carnival rides.
... Lover of literature and pop culture: Savoca and Forza—near Taormina—where scenes from the movie series "The Godfather" were filmed.

Memorable scene:

In *The Godfather*, Michael (Al Pacino) asks Apollonia's father for permission to court his daughter at Bar Vitelli, in Savoca.

Distinctive dish: *Arancini al pistacchio*, fried rice balls stuffed with pistachios and cheese.

Classic drink: Marsala, Sicily's classic dessert wine.

Best local expression: *Fregatene* in Italian is slang for "don't worry" or "forget about it."

Best time of year to visit: October typically coincides with harvest season, and some of the best weather.

Best time of day: The sight of Etna lit by the rising sun is matchless. Greet it with espresso and a pastry.

What to take home: Sicilian olive oil.

Key history moments to know:

734 B.C.: Greek colonists found Syracuse.
• 212 B.C.: Rome conquers Syracuse, and thus Sicily.
• 1860: Garibaldi invades Sicily during his Italian unification campaign, and since then Sicily has been considered a part of Italy. —E.L.



GANDOLFO CANNATELLA / SHUTTERSTOCK

» The small, scenic village of Isnello is located high in the limestone Madonie Mountains.

way into the shop and choose from a half-dozen kinds, all being borne from the massive ovens every five minutes or so. Sicilian pizza boasts ultra-thick crust in a rectangular shape, like focaccia, with toppings that can include olives, onions, peppers, tomatoes, sausage and anchovies. Cheese is used sometimes, and options include a savory Sicilian fresh-curd

concoction called *toma*, which tastes like sea foam.

For once, I don't have to request extra anchovies. In fact, I can't request much of anything: Little English is spoken here, a rarity in modern Europe, that signifies Sicily's nonconformist nature.

Since 1953, the Italian government has been proposing a bridge to the mainland (a project that has been canceled multiple times), and connecting the island to the rest of Italy is an idea that dates back more than a thousand years. When I asked Lita about all that, she rolled her eyes and shrugged. "Sicily is Sicily. Let the mainland stay where it is."

It can be hard to conceive of Sicily as an island, however. At about 9,900 square miles, this is the Mediterranean's largest island. Sicily's bulk rides high from the sea with the mountains that peak at Etna.

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The monumental proportions of the island can be experienced even more strongly if, as my fiancée, Nicole, once did, you take a horseback excursion up to Etna's craters.

The mountain marks the collision of the African and Eurasian tectonic plates. On the craters, the landscape is as alien as you'd expect, with only crushed black lava beneath your feet, not a speck of green, nary a bird. Fog banks roll in like they are alive, though, and Nicole described her ride as a once-in-a-lifetime excursion. "I cannot imagine any other experience like riding a horse across those fields of lava," she told me.

If horseback is not to your taste, a tram carries travelers to Etna's base, from which you can hike on up, or take advantage of snowcats climbing the steep slope.

Etna's impact is evident throughout the countryside around the volcano, as

millennia of eruptions have left fertile soil in which almost every semiflat parcel is planted with some crop and watered by Etna's snowmelt.

My sister and I watch the countryside pass by on a day trip to Isnello, our ancestral village in the limestone palisades west of Tindari. We've hired a car and driver, and we proceed beside the Plain of Catania, past fields of wheat and barley; groves of olives, almonds and citrus; plots of tomatoes and eggplants; and vineyards of kiwis and grapes. Bougainvillea and jasmine spill across stucco walls like bridal bouquets, and the scents of thyme and rosemary—wild native vegetation here—drift through the morning sunshine.

It is a landscape so lush to marvel at that I can't help but contrast it to the dry, dusty descriptions of Sicily I have often heard—even from my own grandmother,

who was conceived in Isnello and born in the States, and returned to Sicily in the 1950s as a visitor. When I mentioned our desire to visit Isnello, she exclaimed, "Why on earth would you do that?"

But here we are, 100 miles west of Messina, ascending to 1,740 feet elevation up an endless series of switchbacks beneath the ramparts of the Madonie Mountains, whose 6,493-foot Carbonara Peak is Sicily's second-highest. The approach to Isnello takes us across a mountain flank, and the town itself is poised on a high pass, like a model village in a limestone saddle. We get out and wander about, looking for a specific landmark we've heard rumors of all our lives.

Our great-grandparents emigrated to the U.S. at the dawn of the 20th century, bringing with them our grandmother and our great-uncle. The latter, Vincent Impel-

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» NEAR & FAR SICILY

litteri, worked his way up the ladder of American life to win election, in 1950, as mayor of New York. Once ensconced in Archibald Gracie Mansion, he returned in triumph to visit Isnello, where they named a street after him. But Kristin and I search in vain, and despondently return to our car and driver.

"Wait. Stop!" Kristin cries, as we head outbound from the main square. We've been driving on the very street we were searching for, signified by a tile plaque in a stucco wall: *Viale Impelleritteri*. Our driver takes a portrait of us by the sign.

On our last day in Sicily we head to old town Catania, where we sit down for a farewell lunch at a pleasant seafood bistro's sidewalk tables.

I ask my sister if she realizes that people have been enjoying seafood here for thousands of years. She nods, too busy with calamari to engage in philosophical chitchat. Our waitress comes by to inquire if our scraped-bare platter needs to be replaced. We indicate in the universal sign language of gustation that we're full—more than full—and she laughs knowingly.

"What is there more kindly than the feeling between host and guest?" said Aeschylus, who came from Athens in the fifth century B.C. for extended stays in Sicily. No doubt he enjoyed calamari, too.

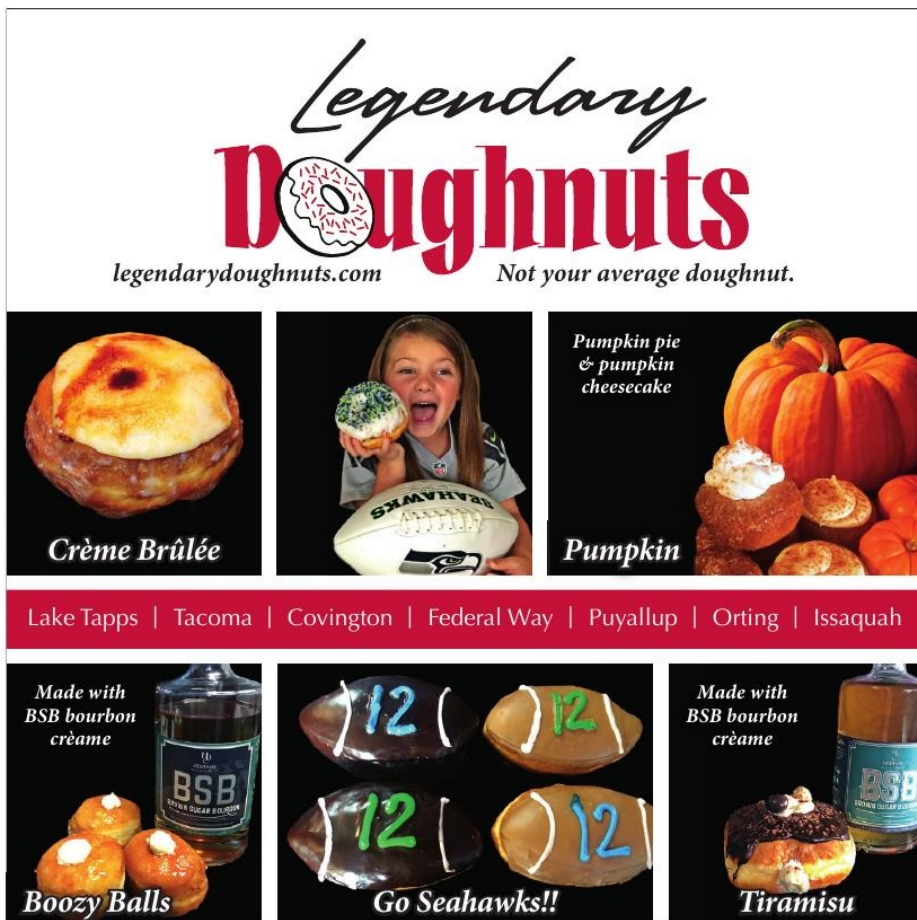
Aeschylus also said that great wisdom is based on deep memory. In Sicily, memory runs deep, indeed. ✈

Eric Lucas lives in Washington state's San Juan Islands.

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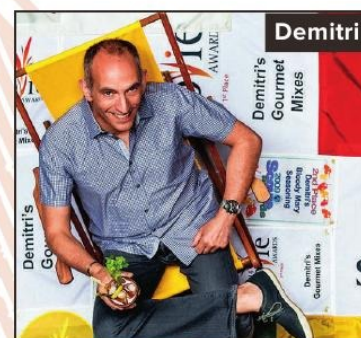
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PICTURE THIS:

A tour of some of the best courses
in the Hawaiian Islands

By Ken Van Vechten

T

The leaves are turning; college football is in full swing; and the peaks of the Rocky Mountains are getting their first dusting of snow. That means one thing: It's golf season in Hawai'i.

Then again, it's always golf season in The Aloha State, a place where about the only things that shift seasonally are the surf breaks. Winter, spring, summer or fall, you can always find a spectacular location to chase the little white ball. Come along as we island hop, clubs in tow, in America's mid-Pacific paradise.



Wailua Golf Course is known for its quality layout and coastal views.

KAUA'I

The Garden Island does lush with plush. Golf courses don't run to a Palm Springs-like tally, but what is here is top drawer, and Kaua'i offers one of the Islands' best spreads of affordable quality courses to go along with the show ponies.

Wailua Golf Course

BIG PICTURE: This is one of the highest-value plays on all of the islands. A public course owned by the coun-

ty, Wailua has hosted a number of events, including three USGA Amateur Public Links Championships, yet has a rate for local kids of a buck a round and a peak visitor's tab of \$60. It also ticks all the necessary boxes: holes by the ocean, coastal breezes, swaying palms and views.




ANOTHER PICTURE: "We are talking pure Hawai'i at Wailua. It sits in a natural pocket of land along the ocean, so you can expect trade or Kona winds to test your game. It has a history of being the people's

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The second hole at Kaua'i's Princeville Makai Golf Club, above, offers great sunset views. The 16th hole at Poipu Bay Golf Course, below, runs along an ocean bluff.

course. Hawai'i comes together here. Young and old, low and high handicappers enjoy this course."
—Joe Steranka, former PGA of America CEO

Poipu Bay Golf Course

BIG PICTURE: Po'ipū is where Kaua'i's rain shadow starts, a boon for players wanting to avoid the island's eastside liquid sunshine. Poipu Bay Golf Course also offers a refreshingly free-form routing, with a mountain backdrop and holes facing all points of the compass. The layout closes with a spectacular tour along an ocean bluff.

ANOTHER PICTURE: "The 210 acres that [designer] Robert Trent Jones Jr. used provides two distinctly Hawai'i golf experiences. The front nine plays through native flora and in front of stunning views

of Kaua'i's mountains, while the back nine's routing along an 80-foot-high seashore cliff produces some of the most dramatic golf course views anywhere."

—Joe Steranka

Princeville Makai Golf Club

BIG PICTURE: All avid traveling players have favorites. You play often in an area with a host of great courses, and you become smitten by one. For me that would be Crosswater in Central Oregon, Classic Club in the Coachella Valley, Pasatiempo in the Monterey Bay area, and, on the islands, Kaua'i's Princeville Makai.

ANOTHER PICTURE: "I love starting the round in a tropical parkland setting for the first few holes, and then all of a sudden you're right on the edge of the ocean cliffs. You can see the entire North Shore, from Hanalei Bay down to the Nāpali Coast. Not only are you going to see and play a beautiful course, but you also can enjoy some of the best vistas in Hawai'i." —Actor and part-time Kaua'i resident Craig T. Nelson

MAUI

Those unmoved by the bustle of Waikīkī, but still seeking a hip vibe, tend to choose Maui. It's understandable. Great foodstuffs come from Upcountry Maui, and the east side of Hāna offers a South Pacific look almost without peer. You can readily ascend a 10,000-foot volcano for an unparalleled sunrise experience. You also can play a lot of golf.





Kapalua Resort, Plantation Course

BIG PICTURE: It's not a stretch to say Plantation is the best-known course in Hawai'i. And it's certainly one of the most stunning. The layout is draped across hundreds of acres of a former pineapple plantation, which is crosscut freely by vine-snarled vegetation. The course is home to the PGA Tour's Sentry Tournament of Champions, and the resort's second course, Bay, would play top fiddle in most any other band.

ANOTHER PICTURE: "I'm not normally a fan of courses with a lot of elevation change, especially when the scenery becomes more important than the quality of the golf. That's not the case at Kapalua. The elevation changes do provide stunning backdrops and make for one-of-a-kind shots—you'll also spend a lot of time just staring at the ocean and Moloka'i Island—but

they never compromise the integrity of the course."
—Portland, Oregon, businessman and low-single-digit handicapper Andy Maletis

Royal Kā'anapali Golf Course

BIG PICTURE: West Maui's Kā'anapali area offers an array of activities, beaches, restaurants, shops and hotels. It also includes the golf courses Kā'anapali Kai, designed by Arthur Jack Snyder, and the stalwart Royal Kā'anapali, with a design pedigree of note courtesy of Robert Trent Jones Sr.

ANOTHER PICTURE: "Royal Kā'anapali is a must-play among the elite courses on Maui. The course has great bones, thanks to the Robert Trent Jones Sr. design. One of the nice things about the classic layout is that there are not a lot of forced carries, except at the end, and the fairways are wide enough to let you play shots according to the demands of the wind, though fairly heavy rough keeps you honest off the tee." —Riverside, California's Kevin Palmer, a one-time collegiate golfer and current 6 handicapper

Wailea Golf Club, Gold Course

BIG PICTURE: Wailea features three courses: Emerald, Blue and Gold, each with its own character. The Gold

Clockwise from top left, Kapalua Resort's Plantation Course is one of the most stunning courses in Hawai'i. A golfer tees off at hole No. 1 at the Wailea Gold Course. The fifth green at Royal Kā'anapali has beach and ocean views.



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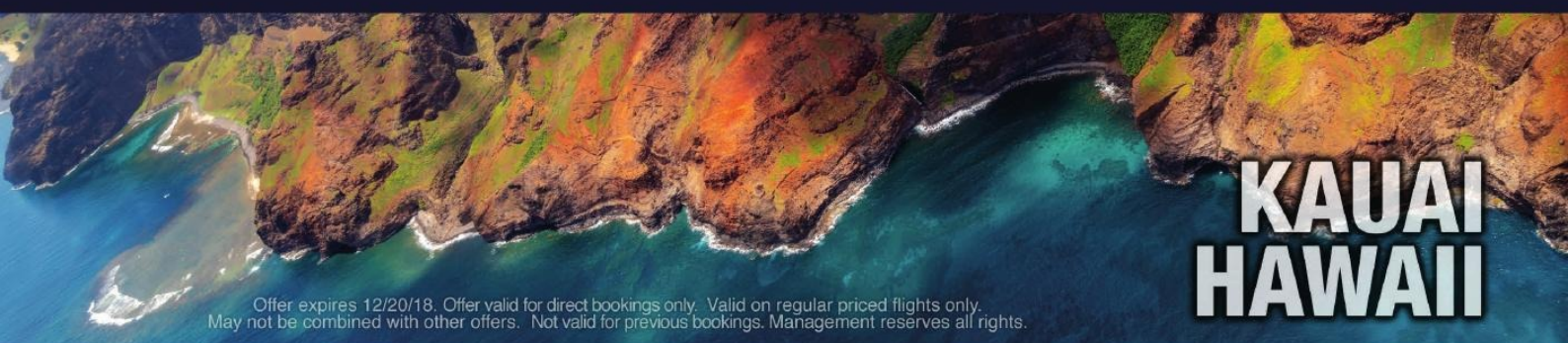
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Course often gets the nod here, as much for the stunning views—of Molokini, a partially submerged volcanic crater, and of Kaho’olawe Island—as for the sinuous ways of the routing. The terrain is transitional, with the near-shore flats giving way to the long climb up Haleakalā, and the fairways offer an undulating, roller-coaster style.

ANOTHER PICTURE: “Wailea is a beautiful part of the island, with the views and the color contrasts. The course has so many water views and the whole feeling is very islandlike. It’s a great track for better players but not a super big grind for others. It’s a world-renowned course in perfect condition.”

—Michelle Wie, *Hawai’i native and LPGA star, who annually hosts a junior tournament at the club*

HAWAI’I ISLAND

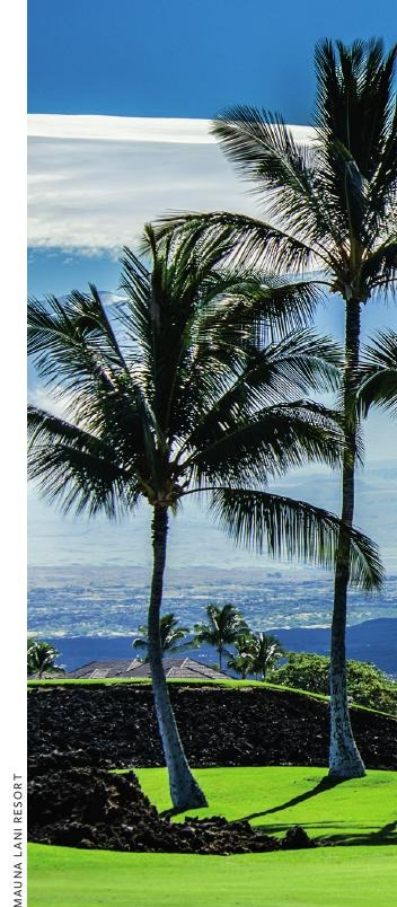
Hawai’i golf did not begin on the eponymous island, but it is one of the places where the golf course-resort paradigm fully flowered and germinated across to the other islands.

Mauna Lani South Course

BIG PICTURE: Specific golf holes don’t define a course—they identify it. Think of No. 17 at TPC Sawgrass, the back-nine opener at Riviera, or Coeur d’Alene’s floating 14th green. The postcard-perfect over-a-surging-ocean-cove par-3 15th on the South Course is the hole that identifies Mauna Lani.

While the resort’s excellent North Course is defined by topography and flora, the South Course is more of a sensory experience. The resort begins a 14-month remodel this month, but the two main courses, and a par-3 short course, remain open.

ANOTHER PICTURE: “The South Course is the one for me. It meanders through stark, rugged lava, offering incredible views of the ocean along with Mauna Kea [the volcano]. Hole No. 15, one of the most famous in the world, is at the top of my list. I tend to play in January and February, while the humpback whales are breaching. Now, *that’s* a fan distraction.” —*Seattle restaurateur and golf aficionado Tom Douglas*



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The eighth hole at Mauna Lani South Course boasts views of Mauna Kea.

Mauna Kea Golf Course

BIG PICTURE: Hawai'i Island as a golf resort center began in the mid-1960s, with Mauna Kea Resort. Golf existed in the Islands, but not to this degree of awe. Mauna Kea brought golf and luxury accommodations together. And now it has a sibling layout, Hapuna Golf Course.

ANOTHER PICTURE: "The biggest thing in my mind is Mauna Kea proved that neighbor-island golf in Hawai'i was feasible. No one knew at the time if it was. The second thing, what [course designer Robert Trent Jones Sr.] did was to create the template for any course built on lava. Those techniques [crushing lava for use as substrate] are still in use today. Mauna Kea is iconic." —*Maui resident and CBS/Golf Channel commentator Mark Roling*

Hualālai Golf Course

BIG PICTURE: For some period of time deep into his design career, Jack Nicklaus was not often thought of as someone who put a lot of coziness or quarter



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into his courses. Enter Hualālai, a layout reflective of a wiser, tempered Golden Bear. Yes, the course does have enough teeth to have taken 10 bites out of professional great Bernhard Langer on one hole (the par-5 seventh). However, I, a midhandicapper, once shot a 78 here. The course hosts the PGA Tour Champions Mitsubishi Electric Championship, so you can compare your game to the senior league.

ANOTHER PICTURE: "Hualālai is the prototypical user-friendly resort course that you never get tired of playing. I love that it's not super tricked up, that it has challenges, but you can score. It is enjoyable. Playing through lava and out to the ocean; it's one of my all-time favorites. And everything is just so elegant there." —*Kay Cockerill, Golf Channel commentator and former LPGA touring pro*

O'AHU

For all the attention paid to Honolulu, and even though O'ahu is by far the most visited of the Hawaiian Islands, the Gathering Place, as it is known, can seem underappreciated when it comes to golf. Ironically, there are more courses here than on any other island.

Hawai'i Prince Golf Club

BIG PICTURE: While much of the golf attention here goes to Waialae Country Club, where the PGA Sony Open is played, and Ko Olina, home to the LPGA Lotte Championship, there are a number of great plays west of Pearl Harbor, including this 27-hole track. Known for its classic style, Hawai'i Prince is among the best in this area.

ANOTHER PICTURE: "Hawai'i Prince is a course where you have to 'play' golf, calling for more shot-making from players. You have to shape the



HAWAII PRINCE GOLF CLUB

O'ahu's Hawai'i Prince Golf Club offers a 27-hole track.

ball, cut it here, draw it there and think about the angles along hazards and into the greens. These aspects add to what is already a beautifully maintained golf course." —Brian Mogg, a Golf Magazine Top 100 teacher who has a golf academy at Hawai'i Prince

Ko Olina Golf Club

BIG PICTURE: The course is the visual manifestation of what playing golf in the Islands is all about, with eye-popping green from the perfect fairways, and the mountain backdrop. It's also quite blue from the sky and the many brooks and water features that frame various holes, including some of the par-3s, which are among the best collections of short holes in the state.

ANOTHER PICTURE: "Hawai'i has always been one of my favorite places to visit ever since I turned pro. The golf courses are in great shape year-round and there isn't better scenery anywhere. I've always really enjoyed playing Ko Olina, but obviously my memories grew a little fonder after the win there in April [at the Lotte Championship]. There are tons of special courses in Hawai'i, but Ko Olina is a must if you are visiting." —Canadian LPGA sensation Brooke Henderson

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TURTLE BAY RESORT



The spectacular 17th green at Turtle Bay Resort's Arnold Palmer Course.

Turtle Bay Resort, Arnold Palmer Course

BIG PICTURE: This chill bit of work by the King Arnold Palmer and Ed Seay put destination golf on the surf-centric North Shore. The design rewards course management. So, maybe throttle back that testosterone, Hoss. And when your ball lands near the sea and sand at the penultimate green, it's a megapixel moment.

ANOTHER PICTURE: "I'm a pushover for any coastal course, even if it's just one hole on the water. With the fresh air, the breeze, the sea smell, I love it. That's why I love playing golf in Hawai'i and on courses such as Turtle Bay. With the ocean, the flowers, the beautiful trees and the rainbows, it puts you at ease, and those surroundings easily get you back into your game." —*Kay Cockerill, who has competed and called the shots at Turtle Bay* ✈

Ken Van Vechten writes from Central California.

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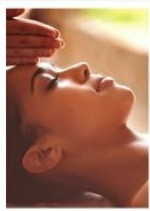
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BOTHELL

Main Street, riverfront and more

By Dennis Wunsch

» When I moved to Bothell, about 20 miles northeast of Seattle, more than a dozen years ago, I quickly found it to be a charming small town, with a style that celebrates the past while embracing the future. As an artist, I get inspired by everything that prompts me to smile, and there's a lot to smile about in Bothell.

Walking through downtown, I sometimes feel like I'm on the set of a movie featuring the quintessential Main Street USA. This past spring, Bothell celebrated completion of a \$7.5 million Main Street Enhancement Project that increased pedestrian friendliness. The city widened sidewalks, added planter boxes and new street lighting, and created more space for alfresco dining. The revitalized street anchors a downtown area that offers boutique shops, galleries, restaurants, breweries and bars.

A place I frequently visit is The Hop and Hound, where Mama (my dog) and I can relax and enjoy a local craft brew. (OK, I enjoy the beer. Mama chooses the fine dog water, served in a bowl.) Eric Schaffer, sometimes accompanied by his hound dog, Waylon, is usually behind the bar, greeting all—humans and pups. He co-owns the place with his wife, Lauren, and they are happy to offer advice on which of that day's craft beers, brewed in cities ranging from Seattle to New York, might be to your taste. There's a whole wall of dog photos on the way to the outside patio, and food trucks visit on Fridays.

Another place I like to stop and sip is The Bine Beer & Food, owned by husband and wife George and Kylie Marshall. The Bine has more than 20 rotating craft beers on tap from around the world. Food options range from a quinoa salad to a gourmet burger.

When I'm shopping, I like to drop in at Tsuga Fine Art & Framing to view special exhibits. "Waterworks: Art of the Northwest Watercolor Society" is on view October 23–



November 16. Tsuga also offers art classes for kids and adults, and workshops such as mandala creation.

Art is also displayed outdoors in Bothell. I often stop to view historical murals on the sides of buildings, including a large-scale image depicting Alice Seaton (1889–1980), described as the first woman to deliver mail in the United States, from 1914 to 1918.

The Bothell Historical Museum, in the Park at Bothell Landing, showcases numerous

photos of the Bothell area, where homesteaders arrived in the 1870s. I've learned that the town is named for David Bothell, who after arriving from Pennsylvania built a home and then a hotel here.

In 1889, he filed a plat for the town of Bothell, which went on to be incorporated as a city in 1909. The museum building was once the house built in 1893 by William Hannan for his bride, David Bothell's granddaughter Mima Campbell. The museum complex also includes

HERE & NOW»



» From above left: The 1893 William Hannan House, now the site of the Bothell Historical Museum; the dog-photos wall at The Hop and Hound; and a Bothell footbridge across the Sammamish River.

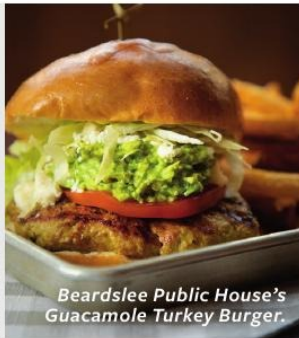
a log cabin and Bothell's first schoolhouse, both dating to 1885.

Lumber, agriculture and transportation—by water, rail and highway—were important early industries. Today, key industries include biotech and biomedical, and Cascadia College and the University of Washington Bothell, which share a campus, educate students in fields ranging from technology to global studies.

College students join visitors and longtime residents in enjoying Sammamish River Park,

a great place to begin a walk, bike ride or paddle. I like to stroll with my dog past alders, willows and cottonwoods along the paved Sammamish River Trail, which extends about 11 miles south to Redmond. Mama and I often spot wildlife such as ducks, herons, turtles and frogs.

Cruiser bikes, kayaks, canoes and paddleboards can be rented seasonally from WhatsUp, which has a location at the riverfront Park at Bothell Landing and also



ANNEMARIE ZARBA

Some Bothell Favorites

Beardslee Public House (beardsleeph.com): Established in 2014 by acclaimed Puget Sound-area chef John Howie, the restaurant, which has an in-house brewery, bustles with people chatting and enjoying excellent food and drink. In addition to the ales, I often savor spirits that were crafted downstairs at Howie's Wildwood

Spirits Co., which is known for its local farm-to-distillery approach.

Bothell City Hall Art Gallery (bothellwa.gov/1263/bothell-city-hall-gallery-exhibition): The gallery rotates exhibits, with the watercolor and ink artwork of Vancouver, Washington-based artist Megan Eckman on display through Oct. 19. Outside on the City Hall grounds, view sculptures such as Georgia Gerber's *Sitting Beaver* and *City Kitty*.



Public art at City Hall.

Julio's (eatatjulios.com): Fresh Mexican cuisine is a hallmark of this dining spot. I recommend the chiles rellenos and the Camarones a la Diabla shrimp dish, paired with tequila or cerveza.

McMenamins Anderson School (mcmenamins.com/anderson-school): A 1931 junior high school has been transformed into a recreation complex that includes a hotel, a movie theater, a brewery, multiple restaurants, several entertainment venues and an indoor pool. At the North Shore Lagoon Swimming Pool and South Seas Pub, I like the refreshing Zombie beverage, featuring multiple rums. And the outdoor firepits and fireplaces on the grounds are especially welcome in cool seasons.

Wine Country (woodinville-winecountry.com): Bothell's neighbor Woodinville has 120-plus wineries to explore, from boutique size to the grande dame Chateau Ste. Michelle.

Yakima Fruit Market & Nursery (facebook.com/yakima-fruit-market-and-nursery-115230275178477): Celebrating its 80th year, the farmers market is open early March through October. —D.W.



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Opportunities to have fun in Bothell include numerous events, as well, such as the Bothell Block Party and BrewFest, held annually in May, during which I get to taste-test local brews. And on October 6 this year, the Bothell Underground Beer Festival—with beers or ciders from more than two dozen companies, plus food and live music—is once again being held in City Hall's "rain-free" underground parking garage.

Unusual activities in Bothell include occasional belly dance lessons at the city-owned Lytle House, a renovated 1896 home; Friday Night Magic at Zulu's Board Game Cafe; and the Gong and Singing Bowl Sound Bath on Saturdays at the MauSouleum.

If you're in Bothell anytime from autumn into spring, make sure to look to the sky at dusk, when you might see a spectacular natural phenomenon. The sky darkens over the University of Washington Bothell as around 15,000 crows—I've not personally counted them all, but I've read that is a conservative number—descend to the campus area.

Swooping and cawing, they arrive to safely roost for the night. A massive black ribbon in the sky seems to go on forever as the crows fly to the rooftops of buildings and stands of trees. The sound is surprisingly loud as they greet each other. It's a unique sight to behold, and a good photo op.

From astounding gatherings of crows to local art, craft beer and our better-than-ever Main Street, Bothell delights me daily, demonstrating why my decision to move here was a good one, and why visiting is fun, too. ✈

Bothell resident Dennis Wunsch is an award-winning illustrator whose resume includes creating art for Hanna-Barbera's Scooby-Doo and Super Friends cartoons.



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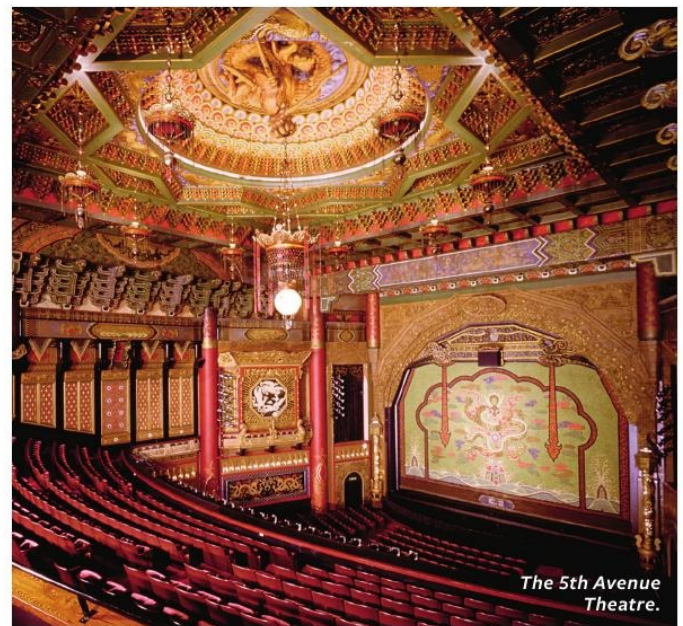
By Michele Andrus Dill

» **Stunning architecture** combines with notable performances in Seattle's Downtown Historic Theatre District, which was officially designated by the city in 2011. The district comprises the below five structures, built between 1907 and 1928, and all on the National Register of Historic Places.

The 5th Avenue Theatre is located in the 1926 Skinner Building, once a vaudeville and silent-film movie palace. The exterior features cut sandstone, red roof tiles and a ticket booth with stenciled gold dragons. The gloriously ornate auditorium is believed to be in the style of a Ming dynasty royal-audience hall. A large dome near the stage features a dragon with red eyes and a golden body. The 5th Avenue Musical Theatre Company moved into the building in 1989, and stages perennial favorites as well as acclaimed original productions. On stage Oct. 9–Nov. 4 is the Tony Award-winning musical **Come From Away**, whose development roots include Seattle Repertory Theatre and The 5th Avenue Theatre (5thavenue.org). Alaska Airlines is a sponsor of The 5th Avenue Theatre.

The structure that houses **ACT (A Contemporary Theatre)** was constructed 1924–25 as the Eagles Auditorium Building for the inaugural aerie of the Fraternal Order of Eagles. The building subsequently became a rock-concert venue, hosting bands such as the Grateful Dead. Terra-cotta and cut stone create visual interest on the exterior. Inside, look for terrazzo floors, mirrored-glass wall tiles and eagle murals such as an eagle holding the scales of justice. The ACT Theatre company moved into the building in 1996, and has five different performance spaces. Current productions include **Oslo**, Oct. 12–Nov. 11, which was the 2017 Tony Award winner for best play (acttheatre.org).

The 1907 brick and terra-cotta **Moore Theatre** was developed in part to attract visitors coming to town for the 1909 Alaska-Yukon-Pacific Exposition. The original brass chandelier hangs in the vaulted-ceiling lobby, and scenery for productions is still pulled by hand with ropes in the



The 5th Avenue Theatre.

French Beaux Arts-style auditorium. Performances this month include a concert by **Balkan composer/singer Goran Bregović** on Oct. 20 (stgpresents.org).

Celebrating its 90th anniversary, the opulent **Paramount Theatre** has a red-brick exterior enlivened by features such as balustrades, multi-paned windows and arches. The interior is a mix of French Beaux Arts and traditional Italian styles, and gold leaf was applied by hand throughout the theater, at a 1920s cost of \$2,800, according to historylink.org. Upcoming shows include the 2017 Tony Award winner for best musical, **Dear Evan Hansen**, Jan. 23–Feb. 2 (stgpresents.org).

Town Hall Seattle was built between 1916 and 1922 as the Fourth Church of Christ, Scientist, and was sold to the nonprofit Town Hall organization in 1998. Exterior features include a central dome with an oculus. Inside, the Great Hall still has the original curved wooden pews. Town Hall hosts 400-plus events each year, from civic, literary, art and science lectures to musical performances. The building is now being renovated, with completion expected in February. Meanwhile, Town Hall events are taking place at various other Seattle venues (townhallseattle.org).



FROM TOP: DICK BUSHNER; MEGAN SWANN

GO TO: Chocolate Fest

» **One of the country's top artisanal-chocolate shows**, the Northwest Chocolate Festival, will be Nov. 10–11 at the Smith Cove Cruise Terminal at Pier 91, where ships for cruise lines ranging from Celebrity to Princess seasonally arrive and depart. The 10th-annual festival features 160 exhibitors, chocolate makers from 20 countries, 85 workshops and a Taste Experience Stage (nwchocolate.com).

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**Seattle Opera's
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■ The ghostly thriller ***The Turn of the Screw***, by Henry James, will be performed in operatic form by **Seattle Opera**, Oct. 13–27 at Seattle Center (seattleopera.org).

■ “**Peacock in the Desert: The Royal Arts of Jodhpur, India**,” will be on view at the **Seattle Art Museum**, Oct. 18–Jan. 21. The exhibit features more than 250 items, from paintings to tents to jewelry (seattleartmuseum.org).

■ Enjoy three courses for \$33 at 165-plus restaurants, Sundays–Thursdays during **Seattle Restaurant Week**, Oct. 21–Nov. 8; sponsors include Alaska Airlines Mileage Plan (srw.seattletimes.com).

■ More than 15 high school bands from around the Northwest are expected to compete in the **Puget Sound Festival of Bands**, Oct. 27, in Everett, about 25 miles north of Seattle. Awards will be given in categories ranging from High Percussion to High Visual Effect (psfob.com).

■ **Disney on Ice** presents “**Dare to Dream**,” featuring Moana on a high-seas adventure, as well as characters such as Anna and Elsa, Rapunzel and Cinderella, Nov. 1–5 in Kent, about 20 miles south of Seattle, and Nov. 8–11 in Everett, about 25 miles north of Seattle (disneyonice.com).

■ Local sites that have inspired Puget Sound–area musicians are featured in **Visit Seattle's new Open Studio video series**, created in collaboration with National Geographic (visitseattle.org/tv/categories/open-studio).

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CULINARY CAPITAL

Two world-class chefs delight diners in Juneau, Alaska

By Eric Lucas

» Chefs Beau Schooler, left, and Lionel Uddipa create cuisine that incorporates Alaska ingredients, such as fresh-caught salmon and foraged wild mushrooms.

» There are thousands of American cities with more people and more restaurants than Juneau, Alaska. But there are few where bears visit the suburbs to feast on the same seafood that local restaurants feature.

Juneau is the only U.S. capital not connected by road to the rest of its home state. And with about 32,000 residents, Juneau makes the top-10 list of least-populated U.S. capitals. Yet this modest-size 1881 Gold Rush town has not one but two national prize-winning chefs: Lionel Uddipa of Salt and Beau Schooler of The Rookery Cafe.

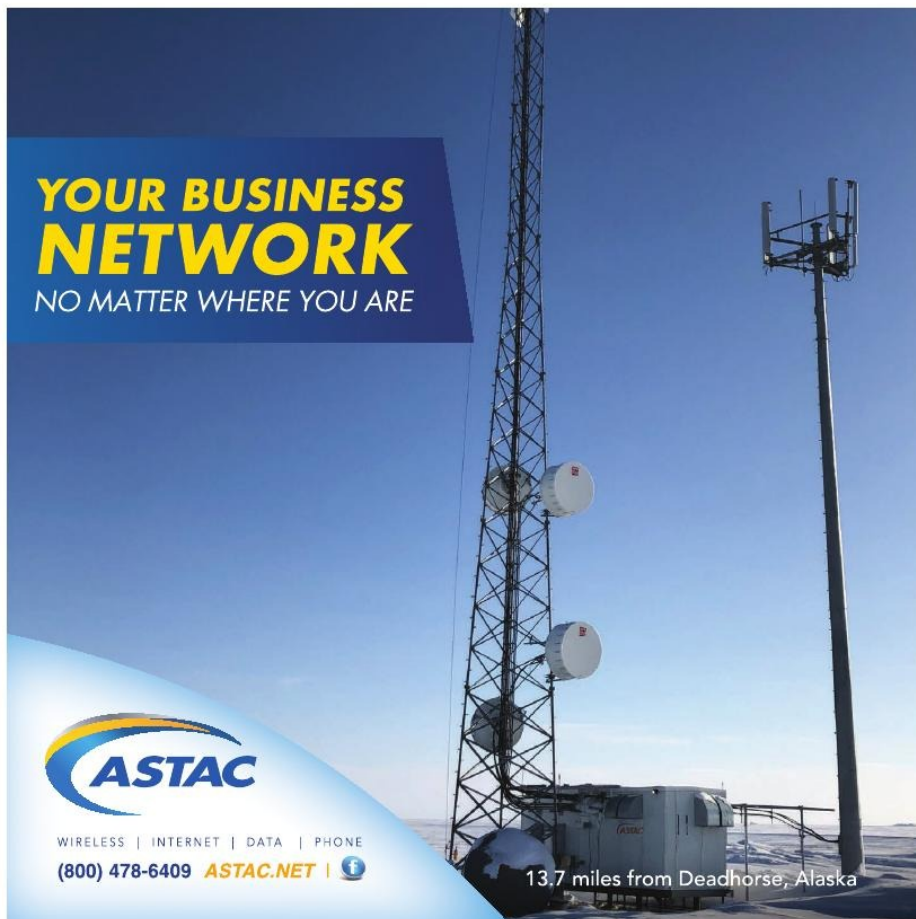
Both chefs won the Great American Seafood Cook-Off—in 2017 (Uddipa) and 2015 (Schooler), with each journeying thousands of miles to New Orleans to out-cook chefs representing dozens of far larger U.S. cities. Each chef prepared a dish showcasing Southeast Alaska's marine bounty—king crab risotto for Uddipa, Taku River sockeye salmon for Schooler. Neither chef expected to win ("I figured it was just a free trip to New Orleans," jokes

Schooler). And both demur to any celebrity status that may accrue from their national championships.


"No TV for me," declares Uddipa. "I like being in the kitchen far more than being in front of the camera," says the chef, who trained at Le Cordon Bleu of Culinary Arts Atlanta. Uddipa's secret ingredient in his prize-winning risotto was Southeast Alaskan-style fish sauce he makes himself from Alaska black cod. "It takes a year and a half for the sauce to ferment," he says.

The two chefs' flagship restaurants are on the same street and are just a stone's throw from the Alaska Capitol. If one chef needed a cup of sugar, it would take about a minute to walk over to the other's kitchen and ask to borrow it.

Both rely heavily on local ingredients—Uddipa spends free hours foraging in the woods around Juneau, and Schooler's contest-winning dish was a nose-to-tail sockeye preparation that included grinding



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the fish bones to use as a “salt.” Both enjoy working outside the mainstream international culinary scene.

“A lot of my ideas just don’t work, but I’m not afraid to mess things up, and there’s no one around here to tell us we can’t do things that way,” says Schooler, who was nominated for a 2015 Rising Star Chef of the Year James Beard Award and who trained in Italy.

Two years ago he opened another restaurant, In Bocca al Lupo, to adapt

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In Southeast:

■ **Ludvig’s Bistro:** The signature dish at this longtime Sitka bistro is a Spanish paella based on North Pacific seafoods such as scallops, rockfish, salmon, spot prawns and calamari. Black cod tips are another local delicacy. Vivid decor colors typify the cheery Mediterranean ambiance. Open May–mid September (ludvigsbistro.com).

■ **Zerelda’s Bistro:** Tucked into a small house near the Juneau International Airport in the Mendenhall Valley, Zerelda’s serves fusion cuisine that includes dishes such as Alaskan striped shrimp and wood-smoked pork belly with fresh corn salad (zereldasbistro.com).

In the Anchorage area:

■ **Seven Glaciers Restaurant:** Perched atop a ridge at Alyeska Resort, this fine-dining standout offers sensational views and Alaska-inflected dishes such as local kale salad, pork roast with rhubarb mustard and scallop bisque (alyeskaresort.com).



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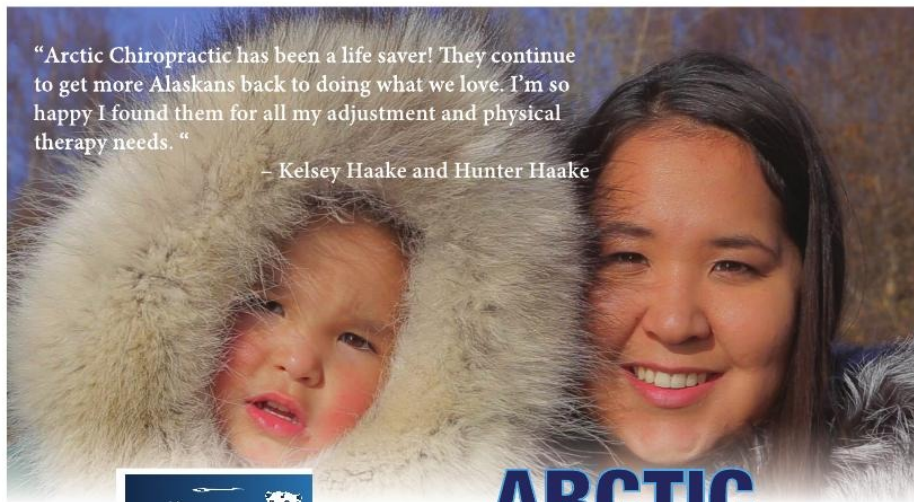
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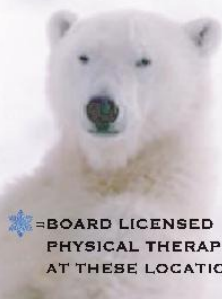
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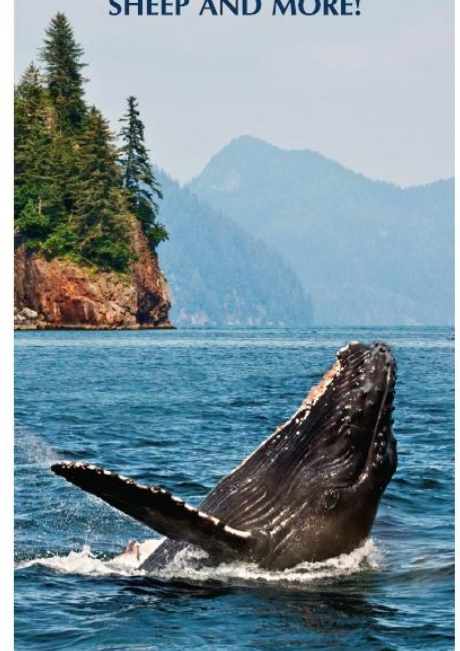
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■ **Snow City Cafe:** Justly famed for its sticky buns and seafood Benedicts, Snow City in Anchorage draws crowds year-round, so reservations are essential (snowcitycafe.com).

In Fairbanks:

■ **The Pump House:** In a Gold Rush-era building, The Pump House features hearty Alaska preparations such as pan-seared Alaskan salmon and elk meatloaf wrapped in bacon (pumphouse.com).

■ **Lemongrass:** Fairbanks has a surprising amount of great Thai restaurants, and Lemongrass is perhaps the best, superbly incorporating Alaska salmon, crab and scallops into classic Thai curries (lemongrassalaska.com). —E.L.



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Mediterranean cuisine to Alaskan ingredients. The fact that his new place is just two doors down from Uddipa's Salt illustrates as well as anything how compact Juneau is.

Both chefs swear strong allegiance to the Juneau lifestyle. Uddipa delights in the broad array of available North Pacific ingredients, ranging from famous mainstays such as salmon and crab to more unusual delicacies such as dried lingcod egg sacs that he shaves over pasta, thus creating an Alaska version of an Italian culinary staple called *bottarga*.

And Schooler points out that, even on a very busy night at In Bocca al Lupo, he can be home by 11 p.m., unlike his chef-owner friends in New York or San Francisco. Schooler also adds that being in the 49th state means he can, like so many others in the Great Land, follow his own path.

"There's a reason I'm in Alaska," Schooler says. ✈



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Flyer guide

Your overview of the Alaska experience.

TABLE OF CONTENTS

184 Everything Alaska

alaskaair.com
Our 5-star mobile app
Alaska Lounge
Alaska's fleet

186 The Alaska experience

187 Beverages

First Class wines

188 Alaska Beyond Entertainment

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

190 Mileage Plan

Welcome to a world of rewards

192 Global Partners

Travel the world with our airline partners

194 Where we fly

115+ destinations and counting

196 U.S. airport terminal maps

198 Customs and immigration

199 Your safety and comfort

Contact us



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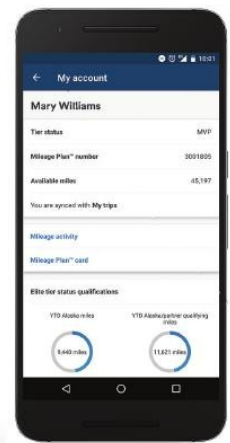


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Airbus A320

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Seats: 146–149

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Modelo Especial—18 IBU (to/from Mexico)
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Tanqueray London Dry Gin
Tito's Handmade Vodka
Woodford Reserve Bourbon

First Class Wines

Featured wines this month.



Broken Earth Chardonnay

California Central Coast

Flavors of sweet fruits, finishing with cream and spice notes. The wine has an overarching natural acidity for balance.



Broken Earth Reserve Cabernet Sauvignon

California Central Coast

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HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



Tag



Ocean's 8



Deadpool 2



A Wrinkle in Time



Cars 3

HERE'S A PEEK AT THE MOVIES RECENTLY ADDED TO OUR ALASKA BEYOND ENTERTAINMENT LINEUP:

- A Wrinkle in Time
- Tag
- Deadpool
- Deadpool 2
- Cars 3
- Ocean's Eleven
- Ocean's 8
- Napoleon Dynamite
- Juno
- Better Off Dead
- Say Anything ...
- The Lord of the Rings: The Fellowship of the Ring
- The Lord of the Rings: The Two Towers
- The Lord of the Rings: The Return of the King
- No Reservations
- Waitress
- Rampage
- Life of the Party
- Ready Player One
- Tomb Raider (2018)
- Isle of Dogs
- 2001: A Space Odyssey
- The Color Purple
- The Avengers
- The Secret Garden
- The Devil Wears Prada
- Where the Wild Things Are

For a complete movie/TV program listing, go to AlaskaWiFi.com while in flight.



Like our tunes?

TAKE A LOOK AT THIS MONTH'S BOARDING MUSIC PLAYLIST:

| Artist | Song | Artist | Song |
|-----------------|---------------------------|-----------------|---------------------------------|
| Turin Brakes | Wait | I'm With Her | Ain't That Fine |
| Steven A. Clark | Not You | Luluc | Spring |
| Delicate Steve | Nightlife | Matt and Kim | Glad I Tried (Isom Innis Remix) |
| Mree | Harvest Moon | Mac DeMarco | On the Level |
| Twisted Pine | I Don't Feel Like Dancin' | Luluc | Heist |
| Asgeir | I Know You Know | White Denim | Magazin |
| Kyle Craft | Exile Rag | The xx | Replica |
| Glen Hansard | Roll on Slow | Vanessa Carlton | Call Your Girlfriend |
| Joshua Hyslop | Say It Again | TORRES | Greener Stretch |
| The Weepies | Simple Life | Kidswaste | Time |

Plus, check out our featured Sub Pop album of the month: Cullen Omori *The Diet*

The Diet is a powerful modern indie-rock album buoyed by warped, analog pedals/transistors and tailor-made guitar tones. Omori's winsome vocals crisscross '70s art rock and classic songwriting in a series of what can loosely be defined as love songs.

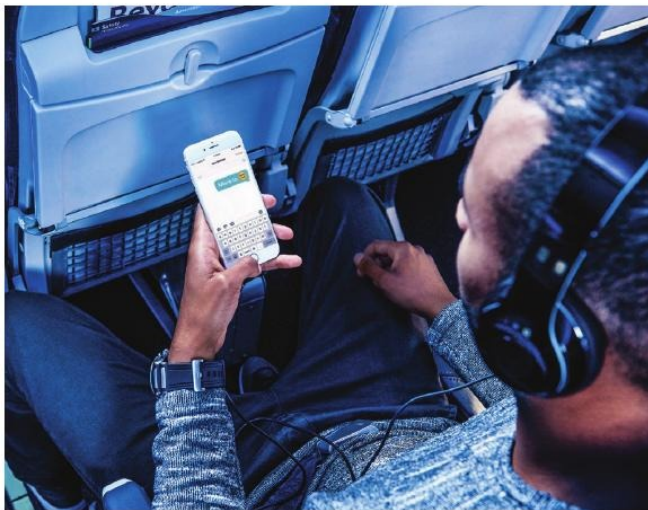


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- Wait to send that TPS report. Large attachments can slow things down: avoid sending while in air.
- Bookmark or favorite AlaskaWiFi.com to quickly access inflight internet.
- Huh? Live Help is available on flights within the coverage area. FAQs are at your fingertips on all flights.

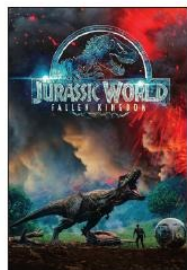
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NEW MOVIES ON THE TABLET:



Jurassic World



Deadpool 2



Tag



Incredibles 2



Ocean's 8

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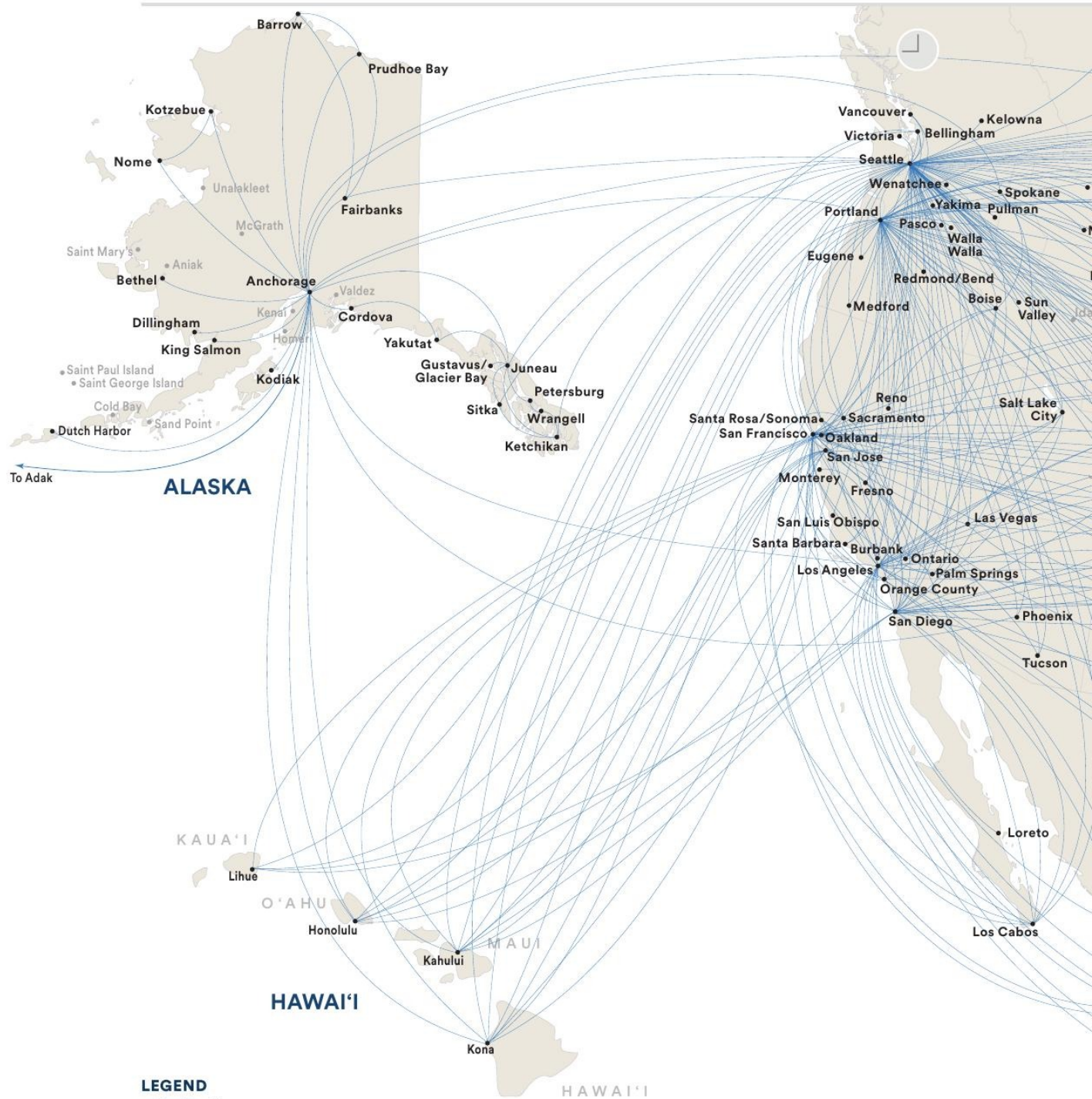
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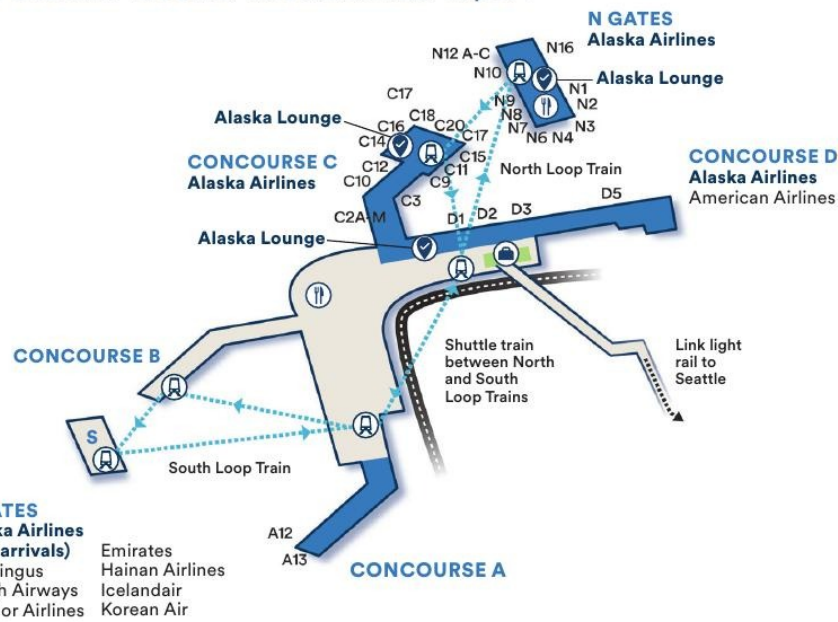
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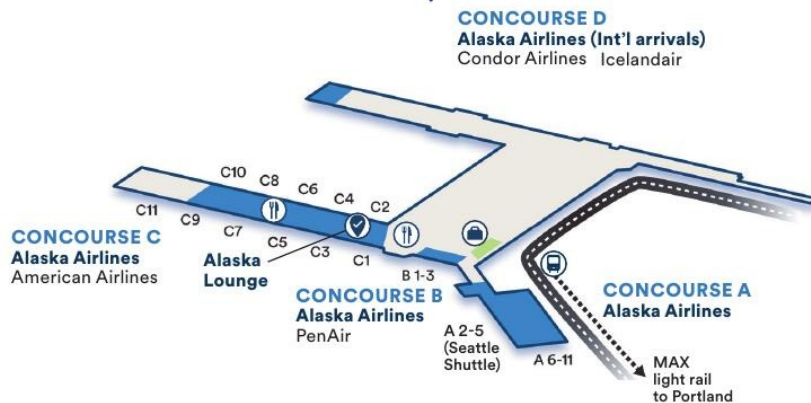
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Tip: Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



PDX Portland International Airport



Tip: Heads up: We fly out of more than one terminal at SFO, please check your boarding pass to ensure you arrive at the correct gate.

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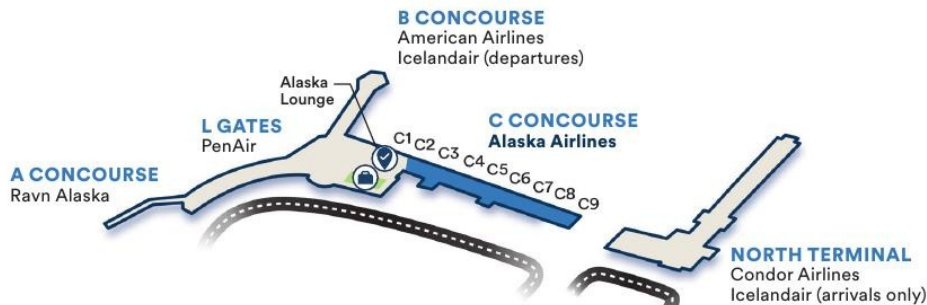
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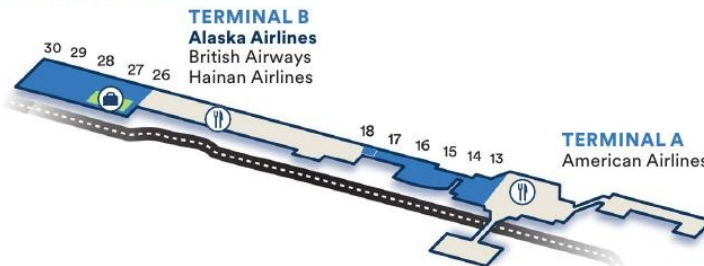
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Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación. Las formas completas serán presentadas en la Terminal Internacional.

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; uno por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

Your safety and comfort

SEATS

- Seat belts must be fastened whenever the “FASTEN SEAT BELT” sign is on. Keep your seat belt fastened at all other times when seated, in case of rough air.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Seat-belt extenders are not allowed in exit rows. They can tangle and obstruct access to exit doors.

CARRY-ONS

- All carry-on bags must be placed under a seat or in an overhead bin for takeoff and landing.
- Prior to takeoff and landing, service items provided by our inflight team must be picked up.

LAVATORY

- Guests are requested to use the lavatory in their assigned cabin.

PETS

- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

CREW AND GUEST SAFETY

- Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a guest's behavior.
- We respect the privacy and well-being of our guests and employees. We do not tolerate inappropriate verbal, digital or physical conduct of any kind, including sexual harassment, invasive photography, and assault. Please report unwelcome behavior to an employee immediately. Any crime committed onboard is considered a federal offense.

USING YOUR DEVICES

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

Allowed on the ground and in the air

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

TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle-safety conditions, and the restraint must be certified for use in motor vehicles and aircraft with an FAA-approval sticker.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

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.
- Guests are expected to drink responsibly and behave in a safe and respectful manner at all times.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

DEVICES

- During taxi, takeoff and landing, larger electronic devices, such as laptops, must be stowed.
- 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, FaceTime, Skype) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, handheld games, etc.

OTHER PROHIBITED ITEMS

- We prohibit 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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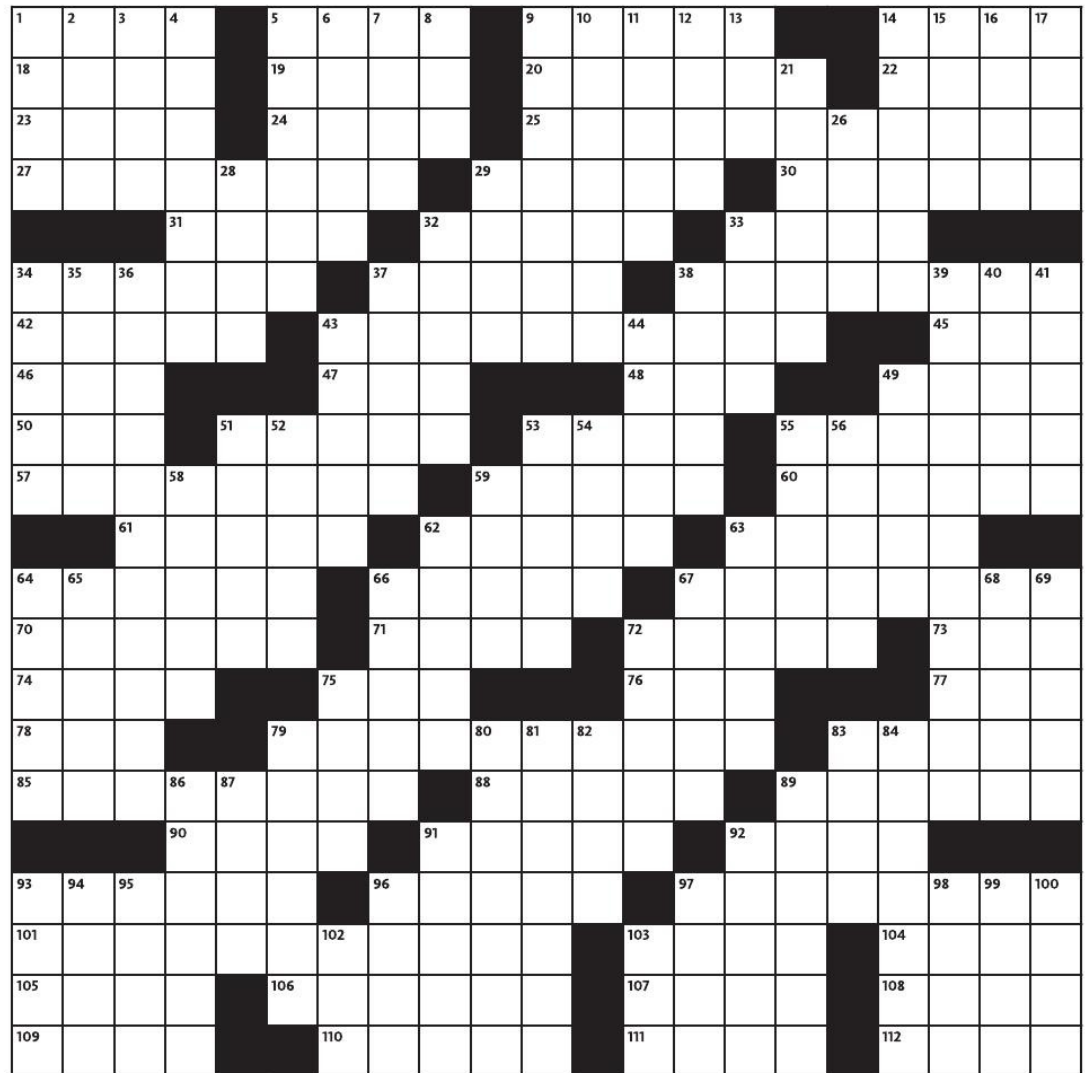
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From Mexico:
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Alaska Airlines
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vacations.alaska-air.com

FORTY-NINERS

ACROSS

- 1 Messy type
- 5 Culture medium
- 9 Fastener
- 14 Expansive
- 18 Catcher's plate
- 19 Root around
- 20 Glossy paint
- 22 Pierre's girlfriend
- 23 Biblical sibling
- 24 Hindu princess
- 25 Valuable finds
- 27 Shrine
- 29 Spud
- 30 Purposes
- 31 Canary food
- 32 Tub soakings
- 33 Refer to
- 34 Nudged
- 37 French school
- 38 Glide behind a speedboat
- 42 Eskimo
- 43 Profitable vein
- 45 Taiwanese actress Ruby ____
- 46 Gallery exhibit
- 47 Animosity
- 48 Twelve-mo. periods
- 49 Flops
- 50 Young bug
- 51 Helsinki natives
- 53 Resign
- 55 Long step
- 57 Light musical work
- 59 Spins
- 60 Worst cloth
- 61 Duty rosters
- 62 Sandal
- 63 Newton-meter
- 64 Large group
- 66 Unruly tykes
- 67 Hive dweller
- 70 Cure
- 71 Past curfew
- 72 Garden tools
- 73 Man ____ mouse
- 74 Peeper part
- 75 Little fellow
- 76 Cakes and ____
- 77 XX - VI
- 78 None
- 79 Claim digger
- 83 Brother's daughter
- 85 Morse message
- 88 Shafts
- 89 Hot dips
- 90 Appearance
- 91 Slow mover
- 92 Knitting stitch
- 93 Assert
- 96 Texas landmark
- 97 Spectacles of old
- 101 Bret Harte locale
- 103 Subsequent
- 104 Contributed
- 105 Fascinated



- 106 Weekly TV show
- 107 ____ Minor
- 108 U.S. citizen
- 109 Misplace
- 110 Nervous
- 111 British gun
- 112 Letterman's rival

DOWN

- 1 Fraud
- 2 Rio ____
- 3 Prophetic event
- 4 According to Jim star
- 5 Concurred
- 6 Magnificent
- 7 Polly, to Tom
- 8 Baseball abbr.
- 9 Inheritor
- 10 ____ World
- 11 Fables
- 12 Gen. or Adm.
- 13 Biddy
- 14 Hazier

- 15 Iowa college town
- 16 Position
- 17 Hardy heroine
- 21 Transparent plastic
- 26 Fence door
- 28 Encounter
- 29 Racing gauge
- 32 Data-entry bits
- 33 Scoundrels
- 34 Keyboard instrument
- 35 Cut open
- 36 Gold-rush locale
- 37 Luft of films
- 38 Beers before fermentation
- 39 Panners' pan alternatives
- 40 Familiar address
- 41 Map graphic
- 43 Coins
- 44 Fibbing

- 49 With sarcasm
- 51 Honored
- 52 Europe's "boot"
- 53 Repeat verbatim
- 54 Coffee servers
- 55 Boulder
- 56 Makes level
- 58 Thorny flowers
- 59 All ____ Jazz
- 62 Cafeteria items
- 63 Deck extra
- 64 Publish
- 65 Eagle's abode
- 66 Flourish
- 67 Angels' headgear
- 68 Author Jong
- 69 Chalet features
- 72 Badger's cousin
- 75 Wheat husk
- 79 Primps
- 80 Straw hats
- 81 Instance
- 82 Advertising award

- 83 DEA agent
- 84 Forbidden
- 86 Come forth
- 87 Leslie Caron role
- 89 Hosiery color
- 91 Destroyed
- 92 Sprite
- 93 Uzbek sea
- 94 NBC's peacock, e.g.
- 95 Vientiane's nation
- 96 Property measure
- 97 Nuisance
- 98 Dub
- 99 Balanced
- 100 Goose egg
- 102 Obtain
- 103 Nose: pref.

SOLUTION ON PAGE 206.

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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.

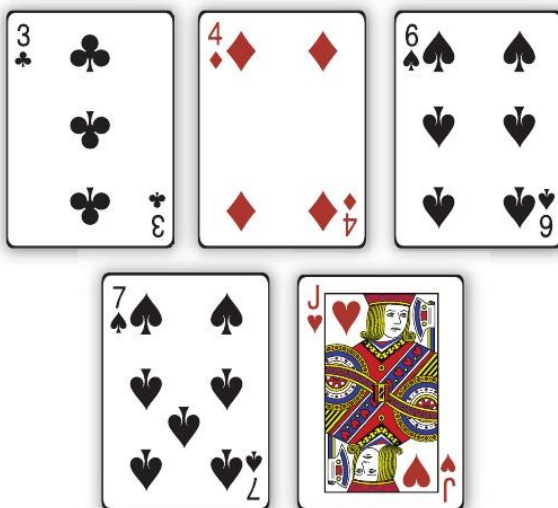
| | | | |
|-----|-----|-----|--|
| 1. | 2. | 3. | |
| 4. | 5. | 6. | |
| 7. | 8. | 9. | |
| 10. | 11. | 12. | |
| 13. | 14. | 15. | |
| 16. | 17. | 18. | |
| 19. | 20. | 21. | |

DEFINITIONS

- | | | |
|--------------------------|-----------------------------|------------------------|
| 1. Use a razor | 8. Walks the floor | 15. March to March |
| 2. Flower holder | 9. Cloak for Batman | 16. Tangerine-colored |
| 3. Aegean or Caribbean | 10. Goodbye, in Guadalajara | 17. React to a bad pun |
| 4. Bedtime narratives | 11. Announced | 18. Pealed, as a bell |
| 5. Lisa Simpson, to Bart | 12. TV commercials | 19. Aromatic trees |
| 6. Takes a breather | 13. Vein kin | 20. Frighten |
| 7. Praline nuts | 14. Maudlin; weepy | 21. Combat pilots |

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?



1. The jack is below both spades.
2. The three is above both the six and the diamond.
3. The heart is not on the bottom.
4. The club is not on the top.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram KEEP. 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 KEEP | 2 ANTS | 3 DOES | 4 FEAT | 5 INCH | 6 HUNT |
| 7 OOZE | 8 FIVE | 9 PURR | 10 CUFF | 11 PALE | 12 PLUS |
| 13 WHIM | 14 FOIL | 15 SHAM | 16 RAID | 17 STUD | 18 ALOE |
| 19 DECK | 20 GOAT | 21 KEEN | 22 FALL | 23 INTO | 24 WAIT |
| 25 WINE | 26 BOWL | 27 CREW | 28 REAM | 29 MODE | 30 VEER |
| 31 KNOW | 32 BAKE | 33 REAR | 34 FACE | 35 CULT | 36 NEAR |

SOLUTIONS ON PAGE 207.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 206.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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CROSSWORD ON PAGE 200.

| | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| S | L | O | B | A | G | A | R | L | A | T | C | H | V | A | S | T | | | | | |
| H | O | M | E | G | R | U | B | E | N | A | M | E | L | A | M | I | E | | | | |
| A | B | E | L | R | A | N | I | G | O | L | D | N | U | G | G | E | T | S | | | |
| M | O | N | U | M | E | N | T | T | A | T | E | R | C | A | U | S | E | S | | | |
| | | | | S | E | E | D | B | A | T | H | S | C | I | T | E | | | | | |
| P | U | S | H | E | D | L | Y | C | E | E | W | A | T | E | R | S | K | I | | | |
| I | N | U | I | T | M | O | T | H | E | R | L | O | D | E | | L | I | N | | | |
| A | R | T | | | I | R | E | | | Y | R | S | | | D | U | D | S | | | |
| N | I | T | | | F | I | N | N | S | Q | U | I | T | | S | T | R | I | D | E | |
| O | P | E | R | E | T | T | A | T | U | R | N | S | T | R | I | C | O | T | | | |
| | | | | R | O | T | A | S | | T | H | O | N | G | J | O | U | L | E | | |
| P | A | S | S | E | L | B | R | A | T | S | H | O | N | E | Y | B | E | E | | | |
| R | E | M | E | D | Y | L | A | T | E | R | A | K | E | S | O | R | A | | | | |
| I | R | I | S | | B | O | Y | | | A | L | E | | | X | I | V | | | | |
| N | I | L | | | P | R | O | S | P | E | C | T | O | R | N | I | E | C | E | | |
| T | E | L | E | G | R | A | M | A | X | L | E | S | S | A | L | S | A | S | | | |
| | | | | M | I | E | N | S | N | A | I | L | P | U | R | L | | | | | |
| A | L | L | E | G | E | A | L | A | M | O | | P | I | N | C | E | N | E | Z | | |
| R | O | A | R | I | N | G | C | A | M | P | | N | E | X | T | | G | A | V | E | |
| A | G | O | G | | S | E | R | I | A | L | | A | S | I | A | | A | M | E | R | |
| L | O | S | E | | | T | E | N | S | E | | S | T | E | N | | L | E | N | O | |

SUDOKU ON PAGE 205.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 202.

LADDERGRAM

| | | | | |
|---|------------|-----------|----------|---|
| H | 1. SHAVE | 2. VASE | 3. SEA | V |
| O | 4. STORIES | 5. SISTER | 6. RESTS | I |
| N | 7. PECANS | 8. PACES | 9. CAPE | S |
| O | 10. ADIOS | 11. SAID | 12. ADS | I |
| R | 13. ARTERY | 14. TEARY | 15. YEAR | T |
| E | 16. ORANGE | 17. GROAN | 18. RANG | O |
| D | 19. CEDARS | 20. SCARE | 21. ACES | R |

CARD SENSE

The bottom card is not the six or seven of spades (clue 1), three of clubs (clue 2), or jack of hearts (clue 3); it is the four of diamonds. The top card is not the jack of hearts (clue 1), six of spades (clue 2), or three of clubs (clue 4), so it is the seven of spades. Since the jack of hearts is below the six of spades (clue 1) and the six of spades is below the three of clubs (clue 2), the three of clubs is second from the top, the six of spades is third, and the jack of hearts is fourth. In summary, from top to bottom: seven of spades, three of clubs, six of spades, jack of hearts, four of diamonds.

ANAGRAM MAZE

The path through the maze, with only one anagram given for each, is: 1. peek; 2. tans; 3. dose; 4. fate; 5. chin; 11. leap; 17. dust; 16. arid; 15. mash; 21. knee; 20. toga; 26. blow; 32. beak; 33. rare; 34. cafe; 28. mare; 29. dome; 30. ever; 36. earn.

↓

| | | | | | |
|---|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | |
| | | | | 11 | |
| | | 15 | 16 | 17 | |
| | 20 | 21 | | | |
| | 26 | | 28 | 29 | 30 |
| | 32 | 33 | 34 | | 36 |

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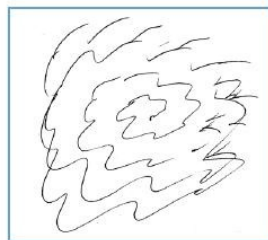
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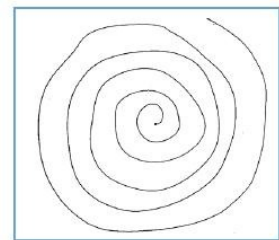
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