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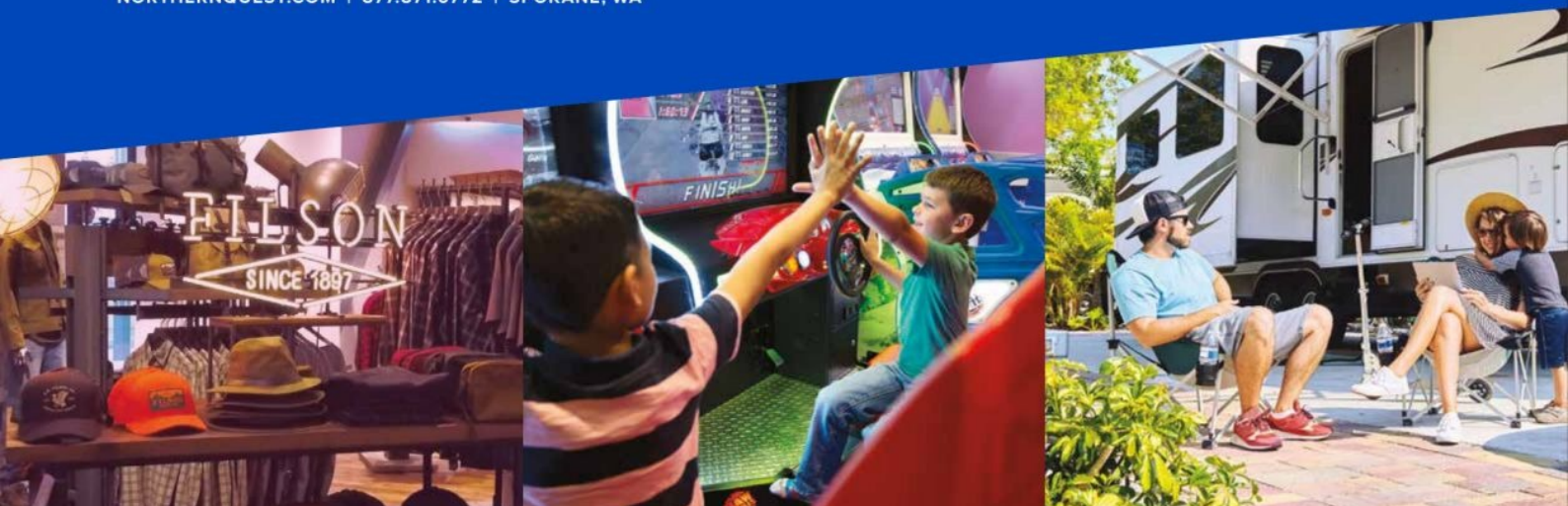


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Seattle Mariners baseball legend and recent National Baseball Hall of Fame inductee Edgar Martínez.

Photo by Tom Szczerbowski / Getty Images

Volume 43, No. 8

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Alaska Beyond Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2019 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$65 in the U.S.; \$70 elsewhere. Single-copy price: \$8. Photocopy of individual articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or art. Printed in the U.S.A. Postmaster: Send address changes to *Alaska Beyond Magazine*, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.



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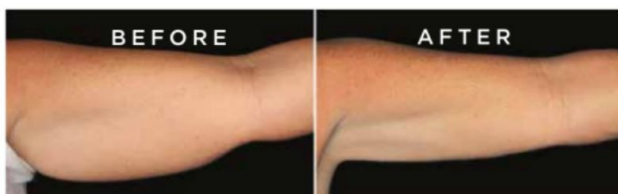
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WELCOME»



Brad Tilden,
Chief Executive
Officer

PROTECTING THE BEAUTIFUL PLACES WHERE WE FLY

» Here, **Diana Birkett Rakow**, our VP of external relations, tells you about a special trip to Alaska and the big things and little things we're doing to take care of all the places we call home. —Brad Tilden

Three years ago, before I worked for Alaska Airlines (but about a decade into being MVP Gold!), my husband, Jeff, and I decided to take our son, Gus, on a “babymoon” before our daughter was born. We flew to Sitka, Alaska, a place I’d always wanted to go and a short, gorgeous, nonstop flight from Seattle. While there, we put our son in a hiking backpack and climbed to the top of Harbor Mountain. I’d never seen such a view—out over blue sea, volcanic Mount Edgecumbe, islands dotting the sound like jeweled minimarshmallows in deep, blue hot chocolate.

The next day we went on a whale watch, humpbacks visiting us like friends, spouting with their blowholes and slapping their tails on the surface. My toddler was not the only one in awe.

As an airline, we make these interactions with iconic places possible.

Being a parent has prompted me to think more about responsibility—not just for my kids (though that’s a big one), but for the impact we each have on the world around us by modeling behaviors, consuming or discarding resources, treating others with respect and participating in our communities. Although, admittedly, I may not be a great role model for work-life balance, I do try to instill good values in my children and leave them with the drive to learn, to face challenges and to build a stronger world. And I hope they’re able to find the same inspiration and beauty in the natural world as I do.

At Alaska, we take our responsibility seriously—responsibility for employees, their families and their futures; for our guests; and for the communities that make us who we are. We have a responsibility to keep the places we live in and fly to beautiful, and to enable kids from a diversity of backgrounds to experi-

» **Diana Birkett Rakow**, her husband, Jeff, and baby Gus on a hike, below.



» WELCOME

ence and learn—including in the outdoors.

We call this all part of creating “lift,” after the force that carries an airplane into the air at takeoff—imagining what’s possible for a stronger future if we all contribute. We know that being a resilient, responsible business requires us to create lift on all fronts. It means investing in our people, innovating to reduce our environmental impact and resource use, using our flying to support those in need, and enabling and inspiring young people to pursue their dreams.

Our teams at Alaska make conscious choices to reduce the impact of our operations, including through big things such as flying fuel-efficient planes, advancing sustainable alternative biofuels, and pioneering navi-

gation technologies that decrease emissions, improve safety and even get you to your destination faster. We’re proud to be the most fuel-efficient airline in the United States—13% more efficient than the average U.S. airline. And we saved about 1.2 million gallons of fuel last year through our Required Navigation Performance (RNP) navigational technology.

We also tend to the little things, such as eliminating plastic straws, replacing bottled beer with lighter aluminum cans, and using locally made food and beverage items. And, in the last eight years, our flight attendants have captured 12,000 tons of recyclables that would have otherwise gone to landfills. Since we started recycling in 2010, we’ve cut our waste per passenger in half!

Last month, I had a chance to meet with a special group of flight attendants who had incredible ideas for how we continue to be responsible and continue to improve. It was, after all, flight attendants who started our recycling program, and they continue to inspire us today.

I look forward to sharing that gorgeous view in Sitka with my kids once again when they’re older. We’re fortunate to live in and fly to some of the most beautiful places on the planet. Thank you for helping us keep them beautiful, and for working with us toward a more sustainable future. Imagine what’s possible if we all contribute. We might just take off.

Learn more about Alaska Airlines’ sustainability efforts at flysustainably.com.

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

PROTEGIENDO LOS HERMOSOS LUGARES A LOS QUE VOLAMOS

» **Aquí, Diana Birkett Rakow,** nuestra vicepresidenta de Relaciones Exteriores, les habla de un viaje especial a Alaska y de las grandes y pequeñas cosas que estamos haciendo para responsabilizarnos de nuestro impacto. —Brad Tilden

Hace tres años, antes de trabajar para Alaska Airlines (¡hace aproximadamente una década como MVP Gold!), mi esposo Jeff y yo decidimos llevar a nuestro hijo Gus en un “babymoon” antes de que naciera nuestra hija. Volamos a Sitka, Alaska, un lugar al que siempre quise ir, en un corto y maravilloso vuelo sin escalas desde Seattle. Mientras estábamos allí, pusimos a nuestro hijo en una mochila de excursión y escalamos a la cima de la montaña Harbor. Nunca había experimentado una vista como esa,

sobre el mar azul, el monte volcánico Edgecumbe y las islas situadas a lo largo del estrecho como pequeños malvaviscos sumergidos en un chocolate caliente de un color azul profundo.

Al día siguiente fuimos a avistar ballenas. Las ballenas jorobadas se acercaban a nosotros como si fuésemos sus amigos, sacando chorros por sus espiráculos y azotando sus colas para asustar a los peces hacia la superficie. Mi hijo pequeño no era el único que se sentía intimidado. Como aerolínea, hacemos posible estas interacciones con lugares emblemáticos.

Ser madre me ha hecho pensar más en la responsabilidad no solo con mis hijos (que es una gran responsabilidad), sino con el impacto que cada uno de nosotros tiene en el mundo que nos rodea al ser un ejemplo de conductas, consumir o desechar recursos,

tratar a los demás con respeto y participar en nuestras comunidades. Si bien tengo que admitir que no soy un gran modelo en lo que respecta a equilibrio entre el trabajo y la vida personal, trato de inculcar buenos valores en mis hijos y motivar el aprendizaje, enfrentar los desafíos y construir un mundo más fuerte. Por eso, espero que puedan encontrar la misma inspiración y belleza en el mundo natural.

En Alaska, tomamos muy en serio esta responsabilidad: la responsabilidad por nuestros empleados, sus familias y su futuro, nuestros clientes, y las comunidades que nos hacen quienes somos. Tenemos la responsabilidad de mantener hermosos los lugares donde vivimos y volamos y de permitir que los niños de diversos orígenes experimenten y aprendan, incluso al aire libre.

Llamamos a todo esto parte de crear un “impulso” que es la fuerza que hace posible que un avión pueda despegar, imaginando lo que es posible para un futuro más sólido si todos contribuimos. Todos sabemos que ser una empresa con capacidad de recuperación y responsable requiere crear ese impulso en todos los frentes. Significa invertir en nuestra gente, innovar para reducir nuestro impacto medioambiental y el uso de recursos, utilizar nuestros vuelos para apoyar a los necesitados, y permitir e inspirar a los jóvenes para que logren sus sueños.

Nuestros equipos en Alaska toman decisiones conscientes para reducir el impacto de nuestras operaciones, a través de grandes acciones como volar aviones con bajo consumo de combustible, avanzar en el uso de biocombustibles alternativos sostenibles, y ser pioneros en tecnologías de navegación que disminuyan las emisiones, mejoren la seguridad e incluso los lleven a su destino más rápido. Estamos orgullosos de ser la aerolínea más eficiente en cuanto a consumo de combustible en los Estados Unidos: somos un 13 por ciento más eficientes que la aerolínea promedio en el país. Y ahorramos cerca de 4,5 millones de litros de combustible el año pasado gracias a la tecnología de navegación basada en el rendimiento (Required Navigation Performance, RNP).

También nos ocupamos de las pequeñas cosas, como eliminar los popotes de plástico, reemplazar la cerveza embotellada por latas de aluminio más livianas, y utilizar alimentos y bebidas de producción local. Y en los últimos ocho años, nuestras sobrecargas han recolectado 12.000 toneladas de materiales reciclables que, de otro modo, habrían ido a parar a los basureros. Desde que empezamos a reciclar en 2010, ¡hemos reducido a la mitad nuestros residuos por pasajero!

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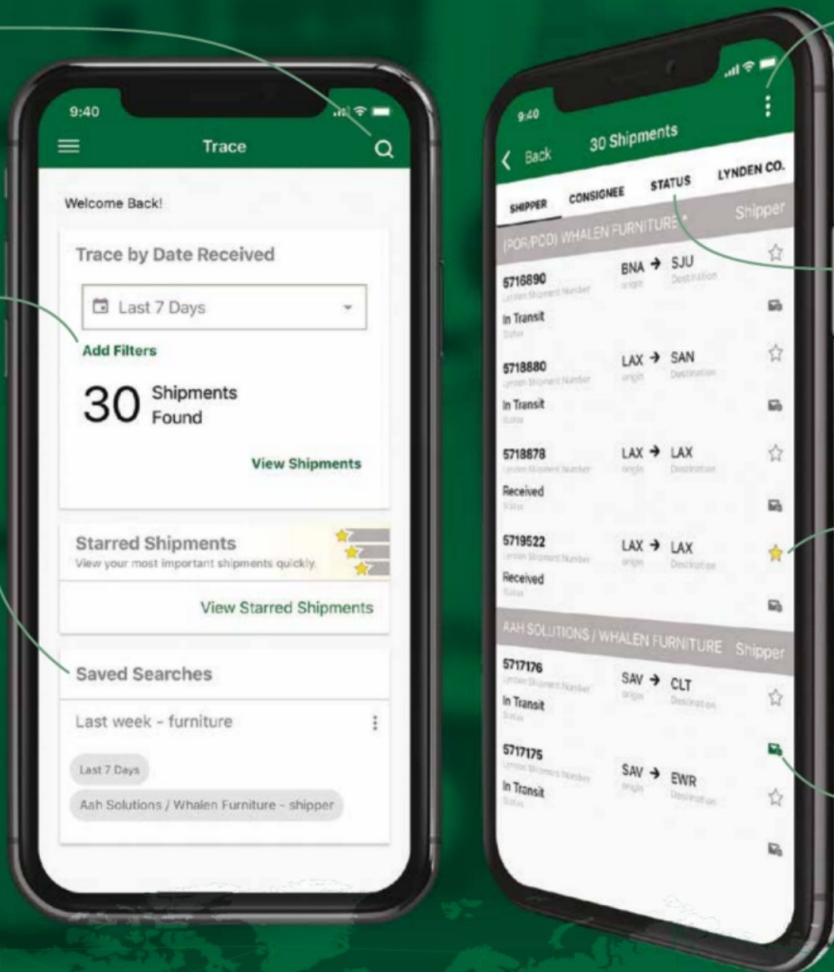
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IN THE KNOW»

WHAT'S NEW: LOUNGING IN STYLE AT SEA-TAC

» **It's all about the views** (and possibly the brews) at the new Northwest-inspired flagship Alaska Lounge at Seattle-Tacoma International Airport. From the 15,800-square-foot lounge in the airport's recently upgraded North Satellite terminal, Alaska guests can take in expansive views of the Olympic Mountains—as well as downtown Seattle—while unwinding by the fireplace with one of 12 microbrews on tap. Featured beers include Lounge Life IPA by Seattle's Fremont Brewing, which was crafted exclusively for the Alaska Lounge.

Designed in partnership with Seattle's Graham Baba Architects, the new lounge offers a relaxing atmosphere. It's Alaska's third lounge at Sea-Tac, our seventh overall and the largest lounge by far. Opened in July, the flagship lounge reflects the airline's continuing investment in guest experiences. It complements recent renovations of lounges in Los Angeles, Portland and Anchorage; the opening of Alaska's JFK Lounge in New York; and plans for a new lounge at San Francisco International Airport, coming in 2020.

The Sea-Tac lounge's unveiling also marks the completion of the first phase of the North



» **The new flagship Alaska Lounge at Sea-Tac offers views, charging outlets and fireside seating (above); friendly food-and-drink service (below); and curated craft beers (below right).**

Satellite Modernization Project, a partnership between the Port of Seattle and the airline. The 255,000-square-foot terminal expansion adds more gate seating with access to charging stations. It also showcases regional restaurants, including Skillet and Caffé D'arte, based in Seattle, and Bambuza Vietnam Kitchen, based in Portland.

"At Alaska, we truly strive to meet the needs of the modern traveler—and the touches throughout this newest lounge reflect that care and investment," says Sangita Woerner, Alaska's vice president of marketing. "This welcoming space is an extension of the remarkable service we provide every day for our guests."

Alaska guests can visit by becoming Alaska Lounge members, flying on a paid First Class ticket with Alaska or purchasing a day pass at a lounge. And flyers can enjoy 50% off a day pass when they pay with their Alaska Airlines Visa Signature® credit card. For additional details, visit alaskaair.com/lounge. ✈



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Pictured "The Royal Crab Feast"

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Toni Freeberg, Director of Business Transformation, is a Legend of Customer Service

» One of the best things that ever happened to Toni Freeberg may have been failing to summit Mount Rainier on her first attempt.

A graduate of the University of Colorado Boulder who grew up climbing mountains near Denver, Freeberg moved to Seattle in 1987 after 15 months of traveling the world. Trained in business, she took a temporary job in Alaska Airlines' Accounting department, figuring she might keep traveling after reaching the tallest local peak. But after being turned back by a blizzard, the chance to try again factored into a decision to stay in town another year. In that year, she found a permanent job at Alaska, met her future husband, and fell in love with working at the airline and living in Seattle, as well.

She summited Rainier the following summer.

Freeberg's persistence and adventuresome spirit have helped her greatly in her career. Over 32 years with Alaska, she has relished taking on varied projects—often very challenging ones—in the Marketing, Sales, e-Commerce, Mileage Plan and Revenue Management departments.

"I've been fortunate that I've been put into roles for things we hadn't done before, where we were breaking new ground," she says.

Today, Freeberg is part of the relatively new Business Transformation team that explores broad, companywide initiatives.

Among her top past accomplishments was helping lead the integration of Alaska and Virgin America systems. And since the early 1990s she has been a leader in the Compassionate Assistance Relief Effort that is part of Alaska Airlines' emergency response and preparedness team.

Freeberg finds time to volunteer at a local YMCA, as well. And she and her husband enjoy taking outdoor trips with their son and daughter, now grown. She says that there's one thing she's particularly glad they've instilled in their children: a sense of adventure. —Ben Raker



Toni Freeberg.

QUESTIONS & ANSWERS

What do you like most about your job?

I've had chances to move into new roles in areas of new focus for the airline, getting to build things from the ground up and getting to work with great people.

What is your best piece of job advice?

The advice I give my kids is to always strive to be the best at whatever job you have. You make the job what it is. Always believe you have the most important job, and make it the best you can.

What have your favorite trips been?

My thing is really adventure travel. Some highlights: Hiking the Inca Trail to Machu Picchu and riding camels in Morocco.

What's on your travel to-do list?

I'm planning Mongolia and Patagonia trips in the next two years. Antarctica is No. 1 on the wish list. ... I'm a freak for penguins!

What do you pack when you travel?

The least amount possible.

KUDOS FROM TONI'S CO-WORKERS

"Toni sets the stage for high-performance culture. She's a go-getter who doesn't turn away a challenge. She delivers results beyond expectations, especially under tough circumstances and under pressure." —Agnes Z., Manager, Pricing, Seattle

"Integrity is one word that embodies Toni. She always says what she is going to do and does it. She sets clear expectations for her team and encourages others to believe in themselves." —Rosalie H., Director of Business Transformation, Seattle

"She never hesitates to jump in and help, even if there is not a formal request. Toni leads by example, offering support, guidance and knowledge." —Deena P., Senior Product Manager, e-Commerce, Seattle

"Toni is a woman of core strength, fierce caring, enthusiastic passion and unwavering commitment ... with no fear of the unknown or new adventures. She leans in ... to learn, lead others, have impact and have fun." —Sandy S., Managing Director of Business Transformation, Seattle

» ALASKA AIRLINES EMPLOYEES such as Toni Freeberg are the reason for our excellence. Join us in creating an airline people love. Visit careers.alaskaair.com.



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Turns out the secret to beautiful skin is hidden in your genetic blueprint. Unlock it with a **Skincare Genetic PROfile**, which tests the key aspects of beauty: collagen, skin elasticity, fine lines and wrinkles, skin hydration and sun sensitivity. Guided by your results, genetic and aesthetic experts provide you with a personalized skincare plan based on your skin's exact needs.



INTELLIGENT INJECTABLES

The skilled experts of the Medical Spa at PRO Medical spend extensive time with each patient to understand their desires, and ensure artful results. One of the most popular requests? The **Liquid Facelift**, a non-surgical procedure that gently lifts and contours through a smart combination of advanced dermal fillers and BOTOX®, all in less than an hour with no downtime. Brilliant.



NEXT-LEVEL LASERS

Clients of the Medical Spa at PRO Medical are raving about the results of **HALO™**, a hybrid fractional laser that precisely targets years of skin damage and the visible signs of aging. You'll see improvements in overall tone and texture, significant removal of discoloration, reduction in the appearance of fine lines and wrinkles, reduced pore size and a gorgeous glow.



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Customer Service Agent
Terri Gamble-Potter is a
Legend of Customer Service

» Last year, Terri Gamble-Potter

arranged for a helicopter to deliver a delayed bag to a guest who had arrived in Anchorage from the East Coast on his way to a remote area outside Talkeetna.

"Knowing that logistics can be challenging for delivery to a remote location, I researched options and was able to have the bag driven to Talkeetna and then airlifted directly to the guest," says Gamble-Potter, who has been an Anchorage-based customer service agent (CSA) since 1983. On a video of the helicopter's approach, the guest enthuses: "That's my freakin' bag. ... Thank you, Alaska Airlines. How 'bout that, huh? That's service—customer care!"

On another occasion, when a film crew had a tight connection through Anchorage on their way to Nome, she accompanied their checked luggage through security and arranged for a ramp agent to grab it the minute it was cleared so that he could race it to the aircraft.

Gamble-Potter is dedicated to providing excellent service. If someone's bag is lost, she's determined to find it. And she not only helps direct guests at baggage carousels, she also assists travelers with offloading their bags. "Success in service comes from having empathy for people, and follow-through, and doing the very best you can for them," she says.

Throughout her career at Alaska, she has worked in positions ranging from reservations to the ticket counter to training, as well as baggage claim, and she says that Anchorage CSAs are "a very dedicated and caring group of people."

Gamble-Potter, who was previously a travel agent, joined Alaska Airlines because airline salespeople calling on the travel agency were always talking about how wonderful their jobs were, and how great Alaska Airlines was, and how it was like a family, she says. "I felt the airline had the same values I did, and I thought, 'I've got to work there.'" —Michele Andrus Dill



Terri Gamble-Potter.

QUESTIONS & ANSWERS

What is important to you at work?

Giving 100%. We have a responsibility to help each other as co-workers, and to do things safely, and also to put ourselves in the guests' shoes. I love everything about my job, including being a cheerleader for colleagues and for customer service.

What do you like to do outside of work?

I was born and raised in Alaska, and I love living here and being active in the outdoors. I have cruised the Inside Passage and explored other areas of this beautiful

state. Outside Alaska, I have traveled to wonderful destinations such as Portugal and the East Coast, and I was even on the first flight from Anchorage to Honolulu on Alaska Airlines. I enjoy organizing community service and volunteering with charities. Each September, my family hikes in Yosemite National Park in support of the Histio Cure Foundation.

What's most important to you in life?

My husband, four children and five grandkids, who all reside in Alaska.

KUDOS FROM TERRI'S CO-WORKERS

"Terri goes above and beyond for guests. She is a baggage expert and is always there to help new employees learn. She shows compassion to our guests, and is a valuable and important part of our airline family." —Misty V., CSA Manager, Anchorage

"Terri puts a smile on everybody's face. She turns a difficult situation into a positive one. She always has positive things to say. She does what she does, not because she is trying to impress anyone, but

because that's just who she is." —Nathan H., CSA Station Supervisor, Anchorage

"I can go to Terri if I need anything, and she knows exactly where to go so we can help guests out." —Duane G., Ramp Service Agent, Anchorage

"Terri is passionate about her family, her friends and her airline guests, and that is why she excels in her job." —Dana S., CSA (retired), Anchorage



ALASKA AIRLINES EMPLOYEES such as Terri Gamble-Potter are the reason for our excellence. Join us in creating an airline people love. Visit careers.alaskaair.com.



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A SPIRIT OF CARING

Alaska and Horizon employees are honored for their volunteer work

By Jacob Utti

» **Nisha Chaudry makes it her mission** to help others every day. The chief shop steward for Alaska Airlines' San Francisco Bay Area is involved with a variety of charities, including being a board member and treasurer for the Purple Heart Anglers. It's an organization that helps veterans, many with disabilities, take part in hunting and fishing trips to places such as Costa Rica; Ketchikan, Alaska; and Maui, Hawai'i. "I will never forget the freedom and liberty we have as citizens of this country," Chaudry says. "A lot of that has to do with the sacrifices veterans have made. This is my tiny way of giving back."

Chaudry was among Alaska Air Group employees who were honored last month with the 2019 Spirit of Community Caring (SOCC) Award at a luncheon at Seattle's Museum of Flight. The award recognizes employees who embody Alaska Airlines' and Horizon Air's commitment to community and who volunteer to support charitable causes. The airline also gave financial support to each project. SOCC recipients include Elizabeth Dillon and Jeanne McCleave, who were recognized for being co-chairs for 13 years of Alaska Airlines' employee assistance program (EAP), which helps employees facing difficulties in their lives, from substance abuse to domestic violence. Earlier this year, Dillon and McCleave received the President's Volunteer Service Award for Lifetime Achievement, one of the highest governmental honors awarded to volunteers.

Additionally, Shelly Atkinson, Robyn Downs, KC Hostetler and Mandy Odenheimer were recognized for being part of a group of employees who, along with their friends and families, help students at Sitka, Alaska's Mt. Edgecumbe High School, a boarding school, prepare for their prom. Since 2008, volunteers have helped the students, many of whom are from isolated villages with limited educational opportunities, feel at home at the school. Today, the volunteer group boasts more than 70 members who are known as the school's "fairy godmothers and godfathers."

SOCC accolades also went to some of the many airline volunteers who make the annual Spokane Fantasy Flight a success. Each Christmas, community



» **Displaying a check from Alaska to support Purple Heart Anglers are, top from left, Tim Horn, Alaska's director of airport operations (SFO); Randy Houston, of Purple Heart Anglers; Amir Chaudry; Alaska's Nisha Chaudry; and Wayne Newton, Alaska's vice president of airport operations and customer service. Above: Alaska's Elizabeth Dillon, left, and Jeanne McCleave, right, pose with their SOCC awards.**

volunteers join with Alaska and Horizon Air employees to create a larger-than-life event for about 60 children, many of whom live in shelters or transitional housing. The kids go on a short plane ride from the Spokane International Airport that returns and then taxis to a hangar that has been decorated to become Santa's Workshop at the North Pole. The space features jugglers, musicians, gifts and real reindeer.

Gary Beck, Horizon Air's president and CEO, recognized Fantasy Flight volunteers Quinn Beck, Jolisa Darcy, Molly Dwyer, Kallie Gilstad, Teresa Di Guilio, Beth Herman, Heidi Jacoby, Wendy Kaihara, Maria Kirby, Erik Kruse, Chelsea McGregor, Linda Mullendore, Marsha Pilimai, Patty Rudolphi, Monica Schow, Mary Shea-Ferger, Michelle Shupp, Mary Stovall and Mindy Tomkinson for their service. Beck praised all the award recipients, saying they are emblematic of the company's spirit of giving.

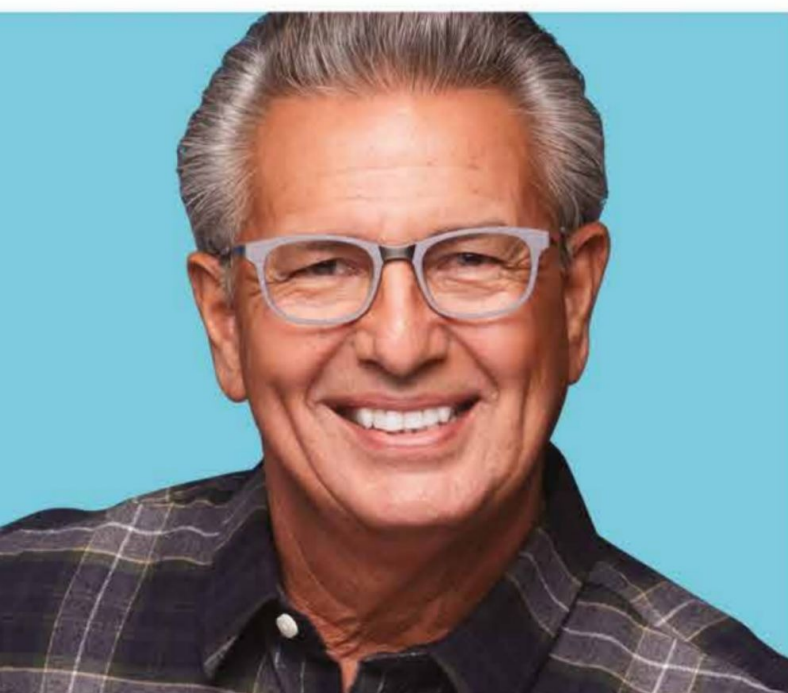
"Each of these employees has shown who we are as an airline," Beck said. "They remind us of the power we have to impact our own community and to make life better for all of those around us." ✈

■ **Experience the Auction of Washington Wines, August 15-17.** Alaska Airlines is a sponsor of the event, which benefits Seattle Children's Hospital and Washington State University's Viticulture and Enology Program, and features a gala and auction at Woodinville's Chateau Ste. Michelle Winery on August 17.

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A woman wearing a bright yellow shawl over a red patterned skirt and a wide-brimmed straw hat stands in the center of a large, ornate stone archway. She is looking out towards a large, conical mountain in the distance under a sunset sky with soft orange and pink clouds. The archway is made of dark, weathered stone with intricate carvings. The overall scene is peaceful and scenic, suggesting a travel destination.

An insider's guide to Alaska Airlines Mileage Plan

By Scott Mackenzie

Whether you fly once a year or once a week, I hope you're enjoying your time today with Alaska Airlines. I only became familiar with Alaska Airlines after I moved to Seattle, and now I couldn't be happier that they're expanding throughout California and offering more coast-to-coast flights.

You probably spent a lot of time planning your current trip, comparing schedules and fares to find the best flight for your budget. But how much thought did you put into choosing a frequent-flyer program? In this article I'll explain the key features of Alaska Airlines Mileage Plan™, how to earn miles for award travel and elite status, and how Mileage Plan stacks up against the competition.

Choosing a good frequent-flyer program—even if you aren't flying on Alaska regularly—will help you achieve better rewards more quickly. Before you know it, you'll be booking award travel to take the vacation of your dreams.

Hopefully you'll become a loyal Mileage Plan member, just like me!

Lempuyang Temple,
Bali, Indonesia.



A Mile Flown Is A Mile Earned

It's a terrible feeling to spend hundreds—or even thousands—of dollars on a flight, and then come home to learn that your frequent-flyer account balance hasn't budged.

Here's the good news: Alaska Mileage Plan is the only major airline loyalty program in the United States to promise all travelers that a

mile flown equals a mile earned when traveling with Alaska Airlines and Horizon Air. Whether you spend \$39 or \$390, you can easily predict how many miles you'll earn based on the distance you fly.

However, last-minute travelers who book expensive fares aren't losing out. Certain tickets, including those for First Class, can earn up to 75% bonus miles plus additional bonuses for guests who have elite status with the program.

You can also earn Mileage Plan miles with Alaska's global partners, including Aer Lingus, British Airways, Cathay Pacific, Fiji Airways, Icelandair, Qantas, Singapore Airlines and more. To earn miles with Mileage Plan, make sure to provide your account number when you book your ticket, or ask the agent to add or change your account number when you check in.

Earning rates vary by partner; learn more at AlaskaAir.com.



Earn More When You Fly with Alaska Airlines

Roundtrip from San Francisco to ...	Sample Fare	Competing Program	Alaska Mileage Plan
New York	\$263	1,315	5,158
Chicago	\$277	1,385	3,682
Austin	\$192	960	3,002
Seattle	\$157	785	1,356
Los Angeles	\$127	635	1,000
Las Vegas	\$121	605	1,000

Earn even more miles with Mileage Plan elite status!



Tegallalang Rice Terraces,
Bali, Indonesia.

Great Benefits for Every Traveler

You can accumulate miles with Alaska Mileage Plan over time, eventually earning enough for an award flight or free upgrade. And, if you fly enough in a single year, you can also earn elite status. This status provides you with benefits such as access to complimentary upgrades in First Class or Premium Class, free checked bags, and even more bonus miles on every flight.

Unlike some other airline loyalty programs, Alaska Mileage Plan doesn't track how much you spend to determine your elite status. There are no elite qualifying dollars. You only need to track the number of elite qualifying miles you earn in a single calendar year to achieve MVP, MVP Gold or MVP Gold 75K status.

With Alaska Mileage Plan you can look forward to better perks, including larger bonuses on the award miles you earn when traveling. For example, the typical "silver" tier in most competing loyalty programs will offer 40% bonus award miles and one free checked bag. Mileage Plan provides its MVP members with two free checked bags and a 50% bonus, so they make faster progress to their next award.

I'm an MVP Gold member, and each year I receive four First Class guest upgrades that let me confirm a First Class upgrade on eligible fares at any time before my trip (based on availability). They're valid anywhere Alaska flies, including Hawai'i, Alaska and Central America, and can be used for my own travel or be shared with a friend. MVP Gold members can also change their tickets without a fee and use the full credit toward another flight.

MVP Gold 75K members are at the top of the pack. In addition to higher priority for upgrades and a free inflight movie player, they also receive a lump sum of 50,000 bonus miles and four one-time passes to the Alaska Lounge.

But here's a secret: All travelers, with or without elite status, can get free admission to the Alaska Lounge on their day of travel when they purchase or redeem miles for First Class travel.



Alaska Lounge,
Sea-Tac Airport North Satellite.

Reach Elite Status Faster



Earn MVP status with seven flights or fewer in the same year. For example, fly from San Francisco three times to New York, twice to Seattle, and twice to Los Angeles.



Fly twice as much to earn MVP Gold status and a total of 50,000 miles—enough for a roundtrip ticket to Hawai'i.



This example would cost \$2,714 using the sample fares at left. Competing programs typically require spending \$3,000 to qualify for the lowest elite tier.

Enjoy the Rewards

	MVP	MVP Gold	MVP Gold 75K
Elite qualifying miles required*	20,000	40,000	75,000
Elite bonus miles earned	50%	100%	125%
Two free checked bags	✓	✓	✓
Complimentary elite upgrades	✓	✓	✓
Complimentary companion upgrades		✓	✓
50,000 bonus miles			✓

**A higher threshold applies when including elite qualifying miles earned on eligible global partners.*

Travel across the Atlantic with Icelandair



Start earning today with Icelandair and Alaska Airlines

Iceland stars on plenty of bucket lists these days. Are you also dreaming of geothermal lagoons, hiking trails, and unique experiences under the midnight sun?

Now is the perfect time to visit, with Icelandair's offer to take an Icelandair Stopover at no additional airfare on your next journey across the Atlantic. Even if only for 24 hours, you can do a lot during an Icelandair Stopover. Travel via the fjords, the mountains, and the waterfalls. Breathe in Icelandic nature and culture at every turn.

Get even more from your adventure with the benefits of becoming an Alaska Airlines Mileage Plan™ and Icelandair Saga Club member:

- Mileage Plan members earn miles on Icelandair flights that count towards Mileage Plan elite status.
- MVP® Gold and Gold 75K members enjoy complimentary access to the Icelandair Saga Lounge at Keflavik International Airport, Icelandair's hub.
- Icelandair Saga Club members earn both Saga Points and Tier Credits when flying Alaska Airlines.

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Alaska
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You Could Do This In Your Sleep

Alaska Mileage Plan members should remember that you can continue earning Mileage Plan miles even when you aren't in the air. Hotel, shopping and dining partners on AlaskaAir.com provide you with additional ways to make progress toward your next award redemption. You can earn miles on even more purchases when you use the Alaska Airlines Visa Signature® card issued by Bank of America.

Everyone should know about this card because it comes with Alaska's Famous Companion Fare™ offer and it has a low annual fee. The Companion Fare has no blackout dates, so it can be used on any one-way or roundtrip flight operated by Alaska Airlines or Horizon Air, as long as there are still two seats for sale in the Main Cabin or Premium Class. The primary passenger pays the usual price, while the companion pays just \$99 plus taxes and fees (from \$22 roundtrip).

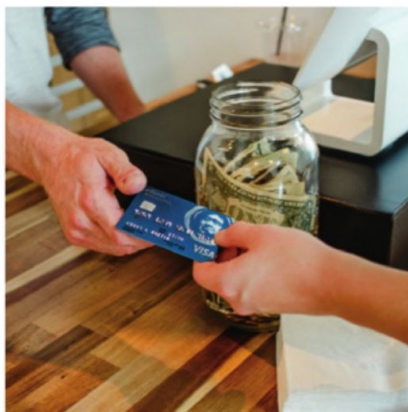
Because the companion fare is a fixed amount, it's a great value for more-expensive trips such as that vacation to Hawai'i, Mexico or Costa Rica. Even better, the companion is still eligible for complimentary elite upgrades and will continue to earn miles for the trip just as they would with any other fare. It is the single most important card benefit and one reason I've held on to the card.



Once you arrive at your destination, you'll need a place to stay. Check out the Alaska Airlines hotel portal, powered by Rocketmiles. It lets you search for and book almost any hotel around the world. The benefit of booking through Alaska Airlines is that you can earn between 500 and 10,000 bonus miles for every night of your stay. And if your dog needs care while you're out of town, be sure to sign up for Rover. You'll earn 1 mile per dollar you spend on dog boarding, house-sitting and other pet services.

Need some new clothes for your vacation? Use the Mileage Plan Shopping portal every time you shop online to earn additional bonus miles on purchases you would have made anyway. Retailers include big names such as Macy's, Target and Sephora.

To make it even easier, download and install the Mileage Plan Shopping button that can be found on the portal. This browser plug-in will remind you when you're visiting a participating retailer, so you'll never forget a chance to earn more miles.



Remember, There Are More Ways to Earn

Take a vacation trip from San Francisco to Honolulu, for example:



4,788 miles: Fly roundtrip, SFO-HNL



20,000 miles: Book a 7-night hotel stay



280 miles: Book pet care on Rover



400 miles: Buy new clothes at Macys.com with Mileage Plan Shopping



3,134 miles: Pay for it all with your Alaska Airlines Visa Signature® card

**= 28,602
total miles!**

All together, that's enough for five one-way award flights!
(Starting at 5,000 miles each way plus taxes and fees.)



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Shinjuku,
Tokyo.

Book Awards Like a Pro

As a frequent flyer and a longtime fan of Alaska Airlines, let me share a few tips to make your experience with Mileage Plan a little more rewarding.

Booking award travel on Mileage Plan's international partners follows different rules than you may be accustomed to with other airline loyalty programs. Each partner has its own award chart, so you can't combine multiple partners on the same award. What you can do is book different partners in each direction, so a roundtrip itinerary can have two partners, plus additional flights operated by Alaska Airlines or Horizon Air.

Mileage Plan makes up for this hassle with free stopovers that let you visit two or three cities for the price of one. Let's say you're booking a trip to Singapore. Consider flying on Japan Airlines to Tokyo: Stop there for a few

days, and then continue your journey to Singapore. On the way back, you could visit Hong Kong before continuing home with Cathay Pacific. Singapore Airlines also recently became a Mileage Plan partner.

Always search for award travel one flight at a time. An itinerary with connections will require that every flight has award space. If one flight is missing, you'll see zero results. The solution is to search for the longest flight first and consider a few alternatives before building out the rest of the itinerary.

Imagine you want to fly from Sacramento to Barcelona. Look for flights to London on British Airways that depart from San Jose, San Francisco or Los Angeles. After you find availability, look for flights from Sacramento to your local international gateway, and for a connecting flight from London to Barcelona. Record the dates of each flight and perform a new multicity search to book the complete trip.

One more tip: When searching for award availability on AlaskaAir.com, be aware that



award-travel options on some carriers can be more difficult to find. Call an agent for assistance with partner airlines not found on the website. They may be able to suggest more options. ✈

Scott Mackenzie founded Travel Codex, a blog devoted to maximizing travel loyalty-program value. He's earned and redeemed more than a million miles with Alaska Airlines.

The Alaska Airlines credit card is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A. Inc.

Learn more about Mileage Plan at AlaskaAir.com/BeyondMP.

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LEO

JULY 23–AUGUST 22

You're hardworking, ambitious and passionate. If you're looking to unwind, you'll want to do it in a place that inspires your inner desires. Head to Colorado Springs, Colorado and take in the grandeur of Garden of the Gods. Hike and camp among towering sandstone formations, then refuel with a Dutch Bros Passion Water Rebel.

AQUARIUS

JAN 20–FEB 18

How would your friends describe you? We bet the words progressive, stimulating and nocturnal may be in the running. When it's time for a break, grab your crew and head to Red Rocks Amphitheatre. Whatever you're in the mood for, you'll find something that speaks to your soul and gets you dancing to the beat. Before heading to the show, grab a quirky, nutty Dutch Bros White Coffee in your favorite flavor.

SCORPIO

OCT 23–NOV 21

You're complex, intense and perceptive. You think a lot, feel a lot and do a lot, which makes getting away from it all even more important. There's no better way to quiet the noise of life, and get perspective, than walking through the Redwoods of California. Ancient, towering trees and moss-covered trails will lead you on a journey of discovery. Once you're done exploring, let your cravings lead you to Dutch Bros, where you can grab a Tiger's Blood Rebel to amp you up to take on the world!



SCAN THIS WITH YOUR PHONE'S
CAMERA TO FIND A DUTCH BROS
LOCATION NEAR YOUR DESTINATION



GEMINI

MAY 21 - JUNE 20

You're sociable, fun-loving and versatile. What better place to feed all sides of your Gemini soul than the Las Vegas strip? Bright lights, people-watching and countless ways to test your luck - sounds like a good time, right? While you're there, grab a Dutch Bros Dirty Chai to fuel all your adventures. Don't worry - what happens in Vegas, stays in Vegas.



ID

SAGITTARIUS

NOV 22 - DEC 21

You're straight forward, dynamic and clever, just like Freak Alley in Boise, Idaho. Never heard of it? You're missing out! Said to be the largest outdoor gallery in the Northwest, Freak Alley is the place to go to see murals, graffiti and street art. Grab a Dutch Bros Paris Tea, expand your horizons and get your freak on!

TAURUS

APRIL 20 - MAY 20

You're calm, patient and reliable. Still waters run deep - just like the country's deepest lake, Crater Lake, Oregon. Enjoy a Dutch Bros classic Kicker Breve as you stand on an outcrop of rocks, gaze over the glittering blue water and contemplate life and love.



OR

NV

LIBRA

SEPT 23 - OCT 22

Libras are the charmers of the zodiac. Everyone loves your pleasant, articulate way of communication. We think you deserve a getaway as charming as you. Consider heading to Coeur d' Alene, Idaho. A shimmering lake and all-American downtown area give you plenty of ways to relax and renew. And don't forget to swing by Dutch Bros to try a Freedom Frost. 'Merica!

AZ



PISCES

FEB 19 - MARCH 20

Imagine floating over Napa Valley in a hot air balloon? Sounds amazing, right? It's the perfect way for the tolerant, modest, dreamy Pisces to get away. Enjoy the beauty of wine country while floating on the breeze and sipping on a Dutch Bros Dream Weaver Freeze.



CA

VIRGO

AUGUST 23 - SEPT 22

You're diligent, self-sufficient and analytical. Just because you're logical and practical, doesn't mean your dreams can't take flight. The sky is the limit for you, dear Virgo, at the Future of Flight tour near Seattle, Washington. Visit the Boeing plant and see how it builds its largest planes. When you're done, build your future while enjoying a Dutch Bros Americano.

ARIES

MARCH 21 - APRIL 19

You're adventurous, enthusiastic and passionate. Find your next adventure on a hike to Hualapai Falls in Arizona. The 12-mile hike takes you deep into the Grand Canyon and ultimately leads you to waterfalls and ethereal blue pools. After your hike, re-energize with a Dutch Bros Cold Brew.

CANCER

JUNE 21 - JULY 22

You're kind, emotional and romantic. That said, who doesn't love a little adrenaline? Get a healthy dose of romance and adventure on a Jeep tour in Sedona, Arizona. Off-road through the tranquil beauty of mystical red rocks, all while enjoying a Dutch Bros Dragon Slayer Lemonade.

CAPRICORN

DEC 22 - JAN 19

Stable, responsible and trustworthy - those words perfectly describe you, dear Capricorn. Know what else they describe? Grand Canyon National Park! It's your spirit animal... er... vacation. Winding trails, mind-boggling cliffs and mule rides (!!!!) give you a chance to forget what you are doing for the world... and remember what the world is doing for you. While you're at it, relax with a Caramelizer - a Dutch Bros classic with a tasty twist.

WA

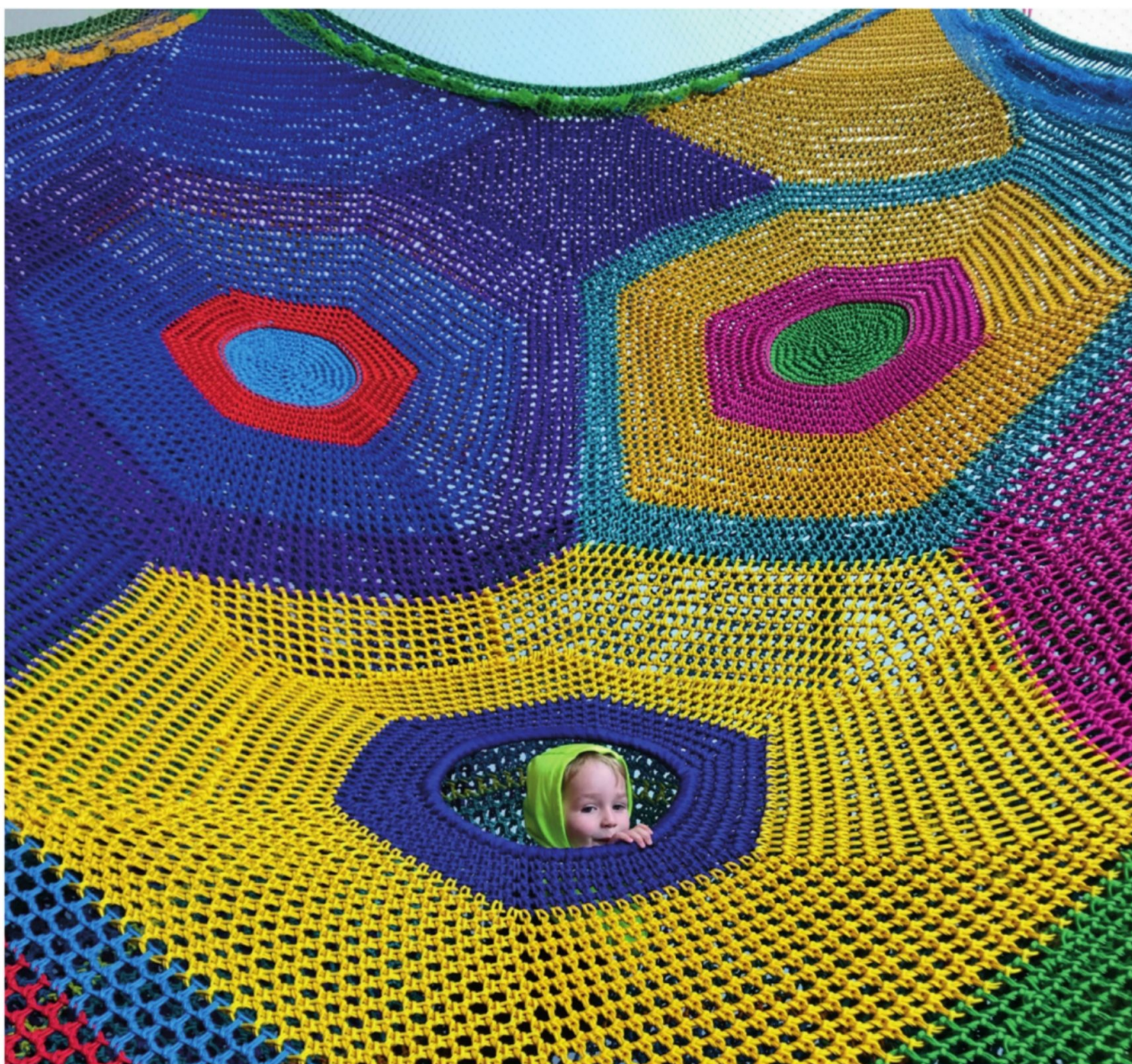


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HANGING OUT

» In 1971, internationally renowned textile artist Toshiko Horiuchi MacAdam was showing one of her 3D crochet sculptures at an art gallery when two children started climbing on her artwork. Instead of being annoyed, something clicked—she immediately realized the potential connection between her work and people. It changed

her life. She began creating huge, beautiful, textile play structures, first in Japan and then around the world—to the delight of children, adults and art critics alike.

Now, at The New Children's Museum in San Diego, visitors can enjoy MacAdam's *Whammock!* This textile play structure resembles a giant hammock, with colorful crocheted hexagons, open entry holes and five dangling pendulums, where children can

crawl, climb, swing or just relax in the soft netting. It is installed on the museum's upper level, with a view of the two floors below.

The netting was crocheted, by hand, out of 40 miles of braided nylon, which was also hand-dyed in 14 vibrant colors. *Whammock!* took 3,600 hours to construct, and it can hold 2 tons.

Visit thinkplaycreate.org for more information. —Gabriel Moseley

Rejuvenate Tired Looking Eyes



BEFORE

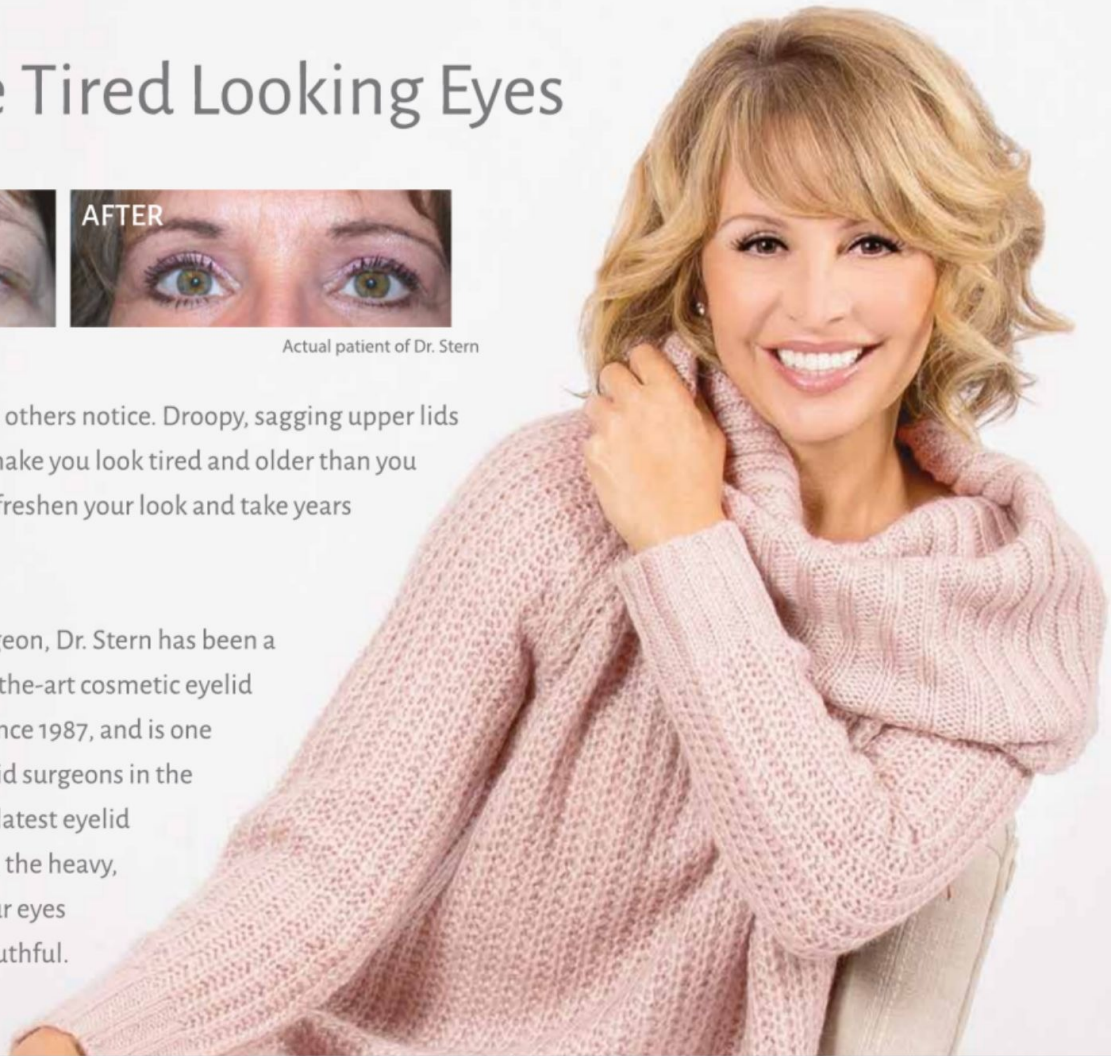


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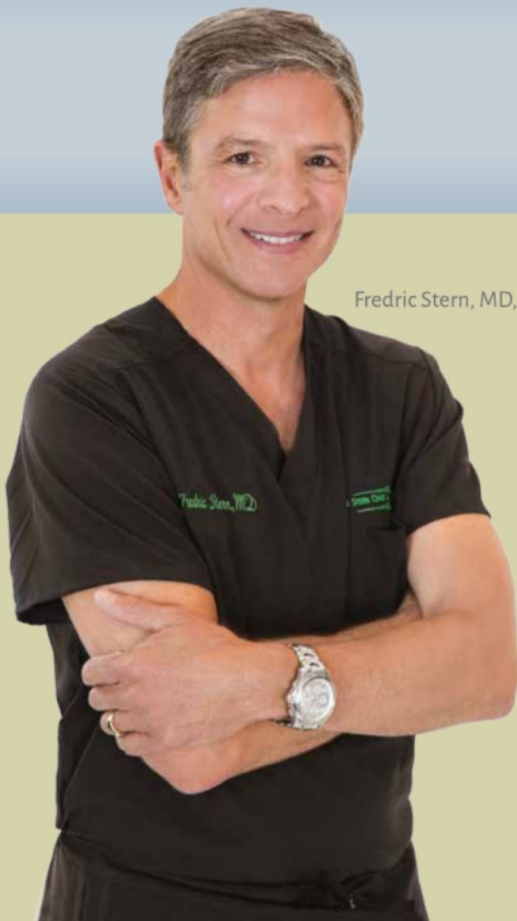
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MORE IS MORE

■ Bored by the simplistic style and “less is more” attitude of modernist designers, architect Robert Venturi coined the playful retort, “less is a bore” in the 1970s. The sentiment encouraged designers to push the limits of their work and experiment with more stylized and decorative aesthetics.

Venturi’s famous response takes a new form at the Institute of Contemporary Art/ Boston’s “Less Is a Bore: Maximalist Art & Design,” through Sept. 22.

Museumgoers can experience the work of more than 40 artists who have challenged traditional design styles with their more-is-more attitudes, including Kehinde Wiley—painter of President Barack Obama’s 2018 portrait for the National Portrait Gallery in Washington, D.C.—whose *The Sisters Zénaïde and Charlotte Bonaparte* (2014) is shown above.

Beginning with the movement



toward decoration and pattern of the 1970s, the exhibit continues through current examples of over-the-top designs, exploring the way the maximalist point of view has evolved from a reaction to minimalism into a modern design trend.

The exhibit includes work ranging from patterning by Jasper Johns and Miriam Schapiro to sculpture and furniture by Lucas Samaras and Ettore Sottsass.

For more information, visit icaboston.org. —Stella Harvey

SOARING ART NEAR SALT LAKE CITY

» Organizers of the Ogden Valley Balloon & Artist Festival believe nothing looks quite like the world from above. The event, north of Salt Lake City, offers visitors a chance to ride in one of 17 colorful hot-air balloons, Aug. 16–18, and take in glorious mountain and lake views of the Ogden Valley. The festival, drawing about 18,000 visitors to Eden Park, also features more than 70 booths of artists exhibiting and selling their work, as well as 17 food vendors.

Live musical performers include Penrose, a modern rock band hailing from Salt Lake City. Concerts at night are accompanied by Balloon Glow, when tethered balloons are illuminated like giant lanterns.

Visit ogdenvalleyballoonfestival.com for more information. —Peyton Burnstead



FRINGE FUN IN MILWAUKEE

» Several years ago, Karen Raymond and Katie Rhyme were recently graduated dance majors looking for a place for themselves and other artists to perform in Milwaukee. After creating a “mini fringe festival,” which they put on every two months for two years, Raymond and Rhyme helped create the annual Milwaukee Fringe Festival.

The event, Aug. 24–25 this year at the Marcus Center for the Performing Arts, is celebrating its fourth year and features more than 35 indepen-

dent dancers, musicians, theater artists and visual artists. Modern dance group Catey Ott Dance Collective, right, has performed each year and is returning. Back for a second year is Tyler Anthony Smith, a solo theater artist from Chicago. New this year, Mad Rogues is performing an interactive *Shakespeare Scavenger Hunt*, during which audience members have the chance to change the fates of famous characters. For more information, visit mkefringe.com. —Lauren Gallup



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CIRCLE YOUR CALENDAR

■ Thousands of people per hour walk through Union Square Park, a 2-plus-acre plaza in the heart of downtown San Francisco's shopping, hotel and theater district. Union Square Live takes advantage of the square as a gathering place, with free events twice a week through September, Wednesdays at 6 P.M. and Sundays at 2 P.M. Events include group dance lessons, such as Tango in the Square led by Bay Area Argentine Tango Association members, Sept. 1. Musical acts include Moonalice, a roots/folk band playing Aug. 7 and Sept. 8.

Visit unionsquarelive.org for more information. —*Daegen Asfaha*



CAMP STYLE

» A Christopher Bailey–designed rainbow cloak that drapes to the floor. A dress with Andy Warhol's famous *Campbell's Soup Cans* printed across it. The Mugler oyster-shell dress, above right, which rapper Cardi B wore to this year's Grammys. These garments exemplify what writer Susan Sontag defined as “camp” in her 1964 essay “Notes on ‘Camp,’” which serves as the inspiration for The Costume Institute’s “Camp: Notes on Fashion,” at The Met Fifth Avenue in New York City, through Sept. 8.

The exhibit showcases more than 250 pieces, including clothing, sculptures, paintings and drawings—all helping to

detail camp's origins in 17th century Europe to its presence in counterculture today.

Though intentionally difficult to pinpoint, camp is broadly considered a design aesthetic that challenges mainstream ideas and assumptions by using irony, humor, theatricality, parody and exaggeration. The exhibit explores camp's exuberant attitude and style through the designs of some of the biggest names in fashion, such as Christian Dior, Salvatore Ferragamo, Jeremy Scott and Gianni Versace.

Pieces include Scott's gown with a giant pink bow tied around the waist and white tabs on the shoulders. Visit metmuseum.org for more information. —*Stella Harvey*

DRAWING INTRIGUE

■ In the 18th century, Dutch merchant and apothecary Albertus Seba (1665–1736) became famous for his extensive collection of rare specimens. As his “cabinet of natural curiosities” grew, he hired 13 artists to draw 466 illustrations of his lizards, frogs, snakes, shells, insects, birds, mammals and plants. These drawings, which became known as *Seba's Thesaurus*, remain one of the most

thorough collections of illustrations of the natural world.

More than 20 of these hand-colored and black-and-white copperplate prints are on view in the Santa Barbara Museum of Natural History's “Strange Science,” through Sept. 2.

The exhibit also includes displays of specimens replicating what Seba's collection might have looked like. For more information, visit sbnature.org. —*Peyton Burnstead*





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EXPLORING SPACE

» Two monoliths standing 12 and 15 feet tall look colossal under 16-foot ceilings in the Palm Springs Art Museum. These structures (right) have no sharp edges, giving them the appearance of being simultaneously hard and soft, weightless and heavy, primitive and futuristic. These unnamed works by Gisela Colon are in the first installation museumgoers see at “Brave New Worlds: Explorations of Space,” through Dec. 15.

Created to explore our bodies’ connection to the external world and our perceptions of space, the exhibit features five female artists who work in a diversity of media. The works are meant to inspire visitors to contemplate how each of us

occupies space differently and how the space around us influences our world.

Another artist featured is Karen Lofgren, who uses gold “floods” that appear to ooze from the corner of the floor to draw the viewer’s eye downward, while opposing this with light on the walls that draws the viewer’s eye up. Victoria Fu

creates colorful digital collages of videos and image fragments; Kelly Akashi’s work includes handmade metal branches, oak shelves and glass objects; and Adee Robertson’s neon paintings and videos are meant to evoke an Afro-Caribbean aesthetic.

Visit psmuseum.org for more information. —Peyton Burnstead



A FEST THAT MAKES WAVES

» Surfing has been an essential part of Hawaiian culture since the fourth century, when the Polynesians first settled the Islands and brought their ancient art of wave riding with them. But the surge of modern surfing’s global popularity is due largely to one extraordinary man: Duke Kahanamoku. Born in 1890, Kahanamoku first made waves as a world-record-breaking swimmer and Olympic champion. But as he traveled the world, he shared his love of surfing wherever he went.

Visitors are invited to celebrate his life and spirit at Duke’s OceanFest 2019 (Aug. 17–25). The annual Waikiki festival, held in honor of Kahanamoku’s Aug. 24 birthday, features surfing competitions for youths, amateurs, pros, tandems, persons with physical challenges and even dogs; a Wounded Warrior canoe

regatta; a 1-mile ocean swim; surfboard water polo; beach volleyball; movies on Waikiki Beach, a beachfront Legends *lū’au*; and a ceremonial lei draping at Duke Kahanamoku’s statue.

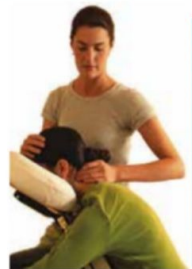
Kahanamoku did not become a legend because of his physical abilities alone—he was also renowned for his integrity, kindness and bravery. In 1925, he used his surfboard to rescue eight men after a fishing boat capsized off the coast in California, making repeated trips through massive waves. At the time, the Newport Beach sheriff said Kahanamoku’s performance was “the most superhuman rescue act and the finest display of surfboard riding that has ever been seen in the world.”

Visit dukesoceanfest.com for more information. —Gabriel Moseley



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PLAYFUL COMEDY

■ **At The iO Theater in Chicago,** a guest monologist steps on stage and shares life stories. Then, a cast of improvisers uses these stories as fodder for a made-up two-act play. This is *The Armando Diaz Theatrical Experience Movement & Hootenanny*.

The show, every Monday at 8 P.M., is The iO Theater's longest-running improv act. The cast of 10 to 12 performers rotates regularly and is often a mix of experienced and up-and-coming artists.

Monologuists also change each



week, and past participants include Dan Bakkedahl from *Veep*, Terry O'Quinn from *Lost*, and Ryan Dempster, a former MLB pitcher. Musicians are incorporated as well, giving the

show its "hootenanny" feel—a hootenanny is an informal gathering of folk musicians. The format, now referred to as "The Armando," has been adopted by top improv troupes such as the Upright Citizens Brigade, whose founders include Amy Poehler, an

iO Theater alum. For more, visit ioimprov.com/shows/the-armando-diaz-experience. —Lauren Gallup



PORTLAND'S GEM OF AN ART SHOW

» **Over Labor Day weekend,** more than 130 artists and 20 singer/songwriters will showcase their work during the 23rd-annual Art in the Pearl Fine Arts & Crafts Festival in Portland, Oregon. Booths will line the North Park blocks of the Pearl District, where festivalgoers can interact with the artists and purchase works, ranging from drawings and photography to digital art and metal pieces.

Artists include Theodore Gall, a California sculptor who makes thought-provoking pieces depicting the human form (above), and Jeffrey Cannon from Austin, Texas, who draws brightly colored nature scenes featuring deep blue skies and rich green fields. Both artists were among last year's Best in Show winners. Bekah Zeimetz, from Eugene, Oregon, paints highly detailed portraits of animals, and is coming to Art in the Pearl as one of two selected emerging artists.

The festival, Aug. 31 to Sept. 2 this year, also features musical performances by groups such as Biddy on the Bench, which plays sea chanteys and songs in a traditional Irish folk style.

Visit artinthepearl.com for more information.

—Stella Harvey

CIDER SUMMIT ON TAP

» **In 2007, Alan Shapiro,** a Seattle cider importer, was having lunch with his friend Mark Bronder, co-founder of Pete's Brewing Company, and Bronder kept quizzing Shapiro about the cider industry. The more Bronder found out, the more he wanted to know. The conversation eventually led to Shapiro founding the Cider Summit Seattle in 2010. This year's event, Sept. 6–7 at Lake Union Park, features more than 200 ciders made by producers from all over the world—though the focus is on cideries in the Northwest. Producers include Seattle Cider Company, offering Cider Summit Reserve, made from a blend of Washington heirloom apples. Sister summits are held in cities such as Portland, Chicago and San Francisco. For more, visit cidersummitnw.com. —Daegen Asfaha



CLOCKWISE FROM TOP LEFT: THE IO THEATER; WAYNE SMITH; CIDER SUMMIT FESTIVALS

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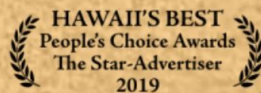


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GIANT AMONG GIANTS

By Michael Shapiro

» **San Francisco Giants broadcaster** Mike Krukow pushes himself to a standing position and gingerly puts one foot in front of the other, moving from the broadcast booth to the suite at Oracle Park where we'll talk. "This is warp speed," says the beloved announcer, joking about the condition that has made it harder for him to climb stairs, play music and travel.

A former pitcher for the Giants, Philadelphia Phillies and Chicago Cubs, Krukow has been a Giants color commentator for nearly 30 years, working alongside Duane Kuiper, who handles the play-by-play. The two became best friends when they were teammates with the Giants in the 1980s, and their camaraderie is evident in the booth. Affectionately known as Kruk and Kuip ("Kruke" and "Kipe"), the friends complement each other. Kuiper is Midwest low-key; Krukow is California exuberant. And both are passionate about their profession.

"There's a responsibility to tell the story of the team," Krukow says. "You have to make players come to life to the listening audience."

Krukow, 67, began to notice his strength declining several years ago. Initially, he attributed this to aging, but when he started having difficulty with stairs, he went to see a neurologist. He feared that he had amyotrophic lateral sclerosis (Lou Gehrig's disease), which is fatal. So he was relatively relieved when he learned he had inclusion-body myositis (IBM), a rare inflammatory ailment that's not curable but not fatal. Krukow can no longer call every game, but he works almost all home games and goes on some road trips. "I'm not able to do 162 games a season," he says. "I can do 110 now."

Krukow says the most indelible moments of his broadcasting career have come in playoff games, especially in 2010, when the underdog Giants won the World Series for the first time since the team moved to San Francisco in 1958. The Giants won titles again in 2012 and 2014.



Mike Krukow is shown here broadcasting a San Francisco Giants game in June.

At the victory celebrations, fans cheered Kruk and Kuip as loudly as the players.

"We were able to convey the feeling and the wonderful story that we were watching," Krukow recalls. "And we got to see the players give back the ultimate gift to the audience."

Kuiper compares Krukow to old ballplayers in their approach to life: "They're stubborn; they don't like to ask for help; they think they can accomplish anything, even though their body is not [cooperating]. He's like that, as tough as anybody. He never, ever complains."

Krukow's best moment as a pitcher was a complete-game win over the St. Louis Cardinals in the 1987 National League playoffs. "No question," Krukow says, "that was the pinnacle right there." He also had a 20-win season and an All-Star Game appearance, both in 1986.

Krukow retired from playing before the 1990 season. He eased his way into broadcasting soon after by appearing on sports talk shows on KNBR in San Francisco. Then he began to work with legendary Giants announcer Hank Greenwald—an experience he greatly appreciated. "When I started, I was just a wild animal. I was talking so fast," Krukow says. "Hank would

always tease me: 'I need to pour a little water on you. Go drink some milk. Calm down.'"

Krukow tempered his excitement and is now regarded as one of baseball's best broadcasters, known for witty turns of phrase. During a game in April, he described San Diego Padres infielder Manny Machado's easy grace, saying: "If he were any more relaxed, he'd be asleep."

Marty Lurie, who hosts Giants pre- and post-game radio shows, admires Krukow's ability to face his condition with humor and professionalism: "He's an inspiration to everyone," Lurie says. "He's meeting the challenge and staying at the top of his game."

Asked how long he hopes to continue, Krukow says his goal is simple: "Stay on the horse, keep going, keep showing up," he says. He looks out at the field where the Giants are taking batting practice and at San Francisco Bay shimmering beyond the fences. "C'mon," he says, marveling at his life and the work he loves. "How lucky are we?"

Alaska proudly sponsors the San Francisco Giants. On Alaska Airlines Day (Sept. 14), the first 40,000 fans at Oracle Park will receive 2-for-1 flight vouchers. Visit sfgiants.com. ✈



BEAUTIFUL VANCOUVER

Touring the dazzling British Columbia metropolis

By Lauren Kramer

» I lower myself into a kayak and push away from the dock at Vancouver, B.C.'s Granville Island. Around me on this glorious summer morning, gulls are calling as stalls begin to open at the island's daily market, which offers a variety of items, including fresh produce, gourmet foods and entertaining buskers. I paddle to nearby False Creek, a short inlet in the heart of the city's downtown, relishing the sunshine, solitude and cool breeze.

Enjoying the waters around Granville Island is one of many outdoor adventures in Vancouver. Another popular outdoor experience is exploring Stanley Park. At about 1,000 acres, the urban park is dotted with manicured gardens, secluded beaches and large swaths of rainforest.

One of the best ways to see the green space is to bicycle the path along



the sea wall. The easy trail circles the park and delivers spectacular views of the North Shore Mountains, Vancouver Harbour and Burrard Inlet. You also ride past some of the park's gardens, a collection of nine First Nations totem poles, various tidal pools and art installations. Keep a lookout for wildlife, such as bald eagles, great blue herons and even the occasional orca. One of the park's most visited attractions is the Vancouver Aquarium, where you can

see many animals, including dolphins, otters and sharks.

The city also has a variety of excellent museums and galleries, including the Museum of Anthropology at the University of British Columbia, with a collection of Northwest Coast First Nations art. The Vancouver Art Gallery has 12,000 works from a variety of artists, including Alberto Giacometti, Cindy Sherman and British Columbia's own Emily Carr.



» Clockwise from top of opposite page: Vancouver activities include kayaking in the city, visiting Capilano Suspension Bridge Park, touring Queen Elizabeth Park, attending a Bard on the Beach performance and taking the Skyride aerial tramway.



On the city's waterfront is the H.R. MacMillan Space Centre, which features live science shows, exhibits and the Planetarium Star Theatre. In the same building is the Museum of Vancouver, housing a collection of artifacts chronicling the city's history.

For more local history, walk the cobblestone streets of Gastown, Vancouver's oldest neighborhood, and see the area's many historical buildings. Gastown also is a center for the city's culinary scene, and is home to restaurants, including acclaimed L'Abattoir, which serves dishes such as cod au vin and honey-glazed duck.

To dine in a breathtaking setting, visit Seasons in the Park, in Queen Elizabeth Park. Located on Little Mountain, the city's highest point, the restaurant has views of the park, the city

skyline and North Shore Mountains.

For summer entertainment, I like attending a Bard on the Beach production. The summer Shakespeare festival in Vanier Park runs through September 21 and includes various productions, including *The Taming of the Shrew*.

Natural beauty can be found throughout the Vancouver region, and a good place to begin exploring the area is Capilano Suspension Bridge Park in North Vancouver. At the 27-acre park, the bridge spans the Capilano Canyon, 230 feet above the Capilano River. You can also explore the Cliffwalk, a cantilevered walkway that clings to a granite cliff, and the Treetops Adventure, which includes seven suspension bridges that run between a series of trees, 110 feet above the canyon floor.

A short distance farther north is

Grouse Mountain, where you can take the Skyride aerial tramway to near the summit of the 4,100-foot peak for amazing views of Vancouver.

One of the region's most famous outdoor attractions is Whistler Blackcomb resort, located about 80 miles north of Vancouver. Among North America's largest ski resorts and a center for the 2010 Winter Olympics, the resort also is full of summer fun, including alpine hiking, mountain biking, golfing, ziplining and more. ✕

Lauren Kramer enjoys writing about the Pacific Northwest.

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A STROLL ON THE WIDE STREETS

By Mary Brown Malouf

» The center of Salt Lake City is undeniably Temple Square and the Salt Lake Temple of The Church of Jesus Christ of Latter-day Saints. Building the temple was among the first orders of business when church settlers arrived in the Salt Lake Valley in 1847, and they defined a point at the temple site as the center of the grid used to build the city (today, a plaque marks this point, which is known as the Great Salt Lake Base and Meridian). The temple is a useful landmark for finding your way around town, and the square is a great place to start a walk on streets built wide enough to turn a team of oxen without swearing (as city founder Brigham Young allegedly said). Venture into the Tabernacle building to experience its famed acoustics—hear a dropped pin from 170 feet away without amplification.

Temple Square is also a great starting point from which to explore today's downtown. A few blocks away is Ken Sanders Rare Books, which is a treasure trove of information about Salt Lake City and Utah. If you're lucky, you'll get to talk with Sanders himself—this bearded bibliophile is a living repository of Utah lore.

Near the bookstore, you'll find appealing shops on 300 South (aka Broadway). Jitterbug Antiques & Collectibles has items from the 1960s and earlier. The Green Ant features Midcentury Modern furniture.

Popular dining options are nearby. The Copper Onion is known for its stroganoff and its burgers, made with wagyu beef. Around the corner is Alamexo—try the guacamole and the specials. And stop in at the popular Current Fish & Oyster, for its specialty seafood dishes.

Next door is Undercurrent, one of Utah's top bars for craft cocktails. Although the city and state have a history of alcohol restrictions, some of these have been loosened, and many bars in town now serve locally made craft brews and spirits. True brewhounds may want a Salt Lake Brewery Tour Pass, available online at visitsaltlake.com.

Just off Broadway, on Main, are more examples of a thriving bar/restaurant scene. Highlights are Whiskey Street,



Bourbon House, White Horse, London Belle and Bodega. The latter appears to be a tiny bar, but if you have a reservation, you'll be led through a door and down hidden stairs to The Rest, a hideaway with delicious food, cocktails and wine.

In the evening, Eccles Theater on Main Street features major traveling shows and concerts. The Urban Lounge, on 500 East, spotlights lesser-known live-music acts, and Keys on Main is a "dueling" piano bar. In the summer, Gallivan Center's plaza often showcases live music. It's a great place to stop while you're walking the wide streets. ✈

» Clockwise from top left: The Salt Lake Temple in Temple Square; Ken Sanders Rare Books; White Horse restaurant; a chair designed by Charles Eames, being sold at The Green Ant.

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Summer hiking on the Peruvian Ridge Trail at Snowbird resort.

UTAH PEAK ADVENTURES

By Christy Karras

» Just east of Salt Lake City, in the foothills of the Rocky Mountains' Wasatch Range, the canyons that cradle some of Utah's most beloved ski runs are also cool-temperature destinations in summer and fall. These canyons hold a wealth of hikes crowned by mountain views.

One of the most iconic vistas doesn't even require a hike: the view from the top of the Aerial Tram at Snowbird resort. During warm months, the tram lifts mountain bikers, hikers and sightseers up 1.6 miles and 2,900 vertical feet to 11,000-foot Hidden Peak. While some intrepid hikers use their feet to get to the top, others (including me) would rather pay for a cool ride to the top and then hike or bike to the bottom.

For mountain bikers, the rolling 7.5-mile Big MTN Trail is a great route down. A challenging singletrack route, it descends from Hidden Peak through mountainside meadows and marshy lowlands on its way back to the base.

Hiking routes short and long start at the top of Hidden Peak. A 1-mile hike on the Mt. Baldy Trail follows the ridgeline to the top of the nearest summit—the resort classifies this trail as difficult, with 400 feet of elevation change. You might also make the easy 20-minute walk down the Peruvian Gulch Road to the top of the Peruvian chairlift. Near the lift is a 600-foot-long tunnel through the mountain that makes a nice detour to views into the less-trafficked Mineral Basin (on the back side of the mountain).

Some visitors take the lift down to Snowbird Center at the mountain's base. You can also descend via various trails. Wherever you go, bring a jacket; local temperatures at high

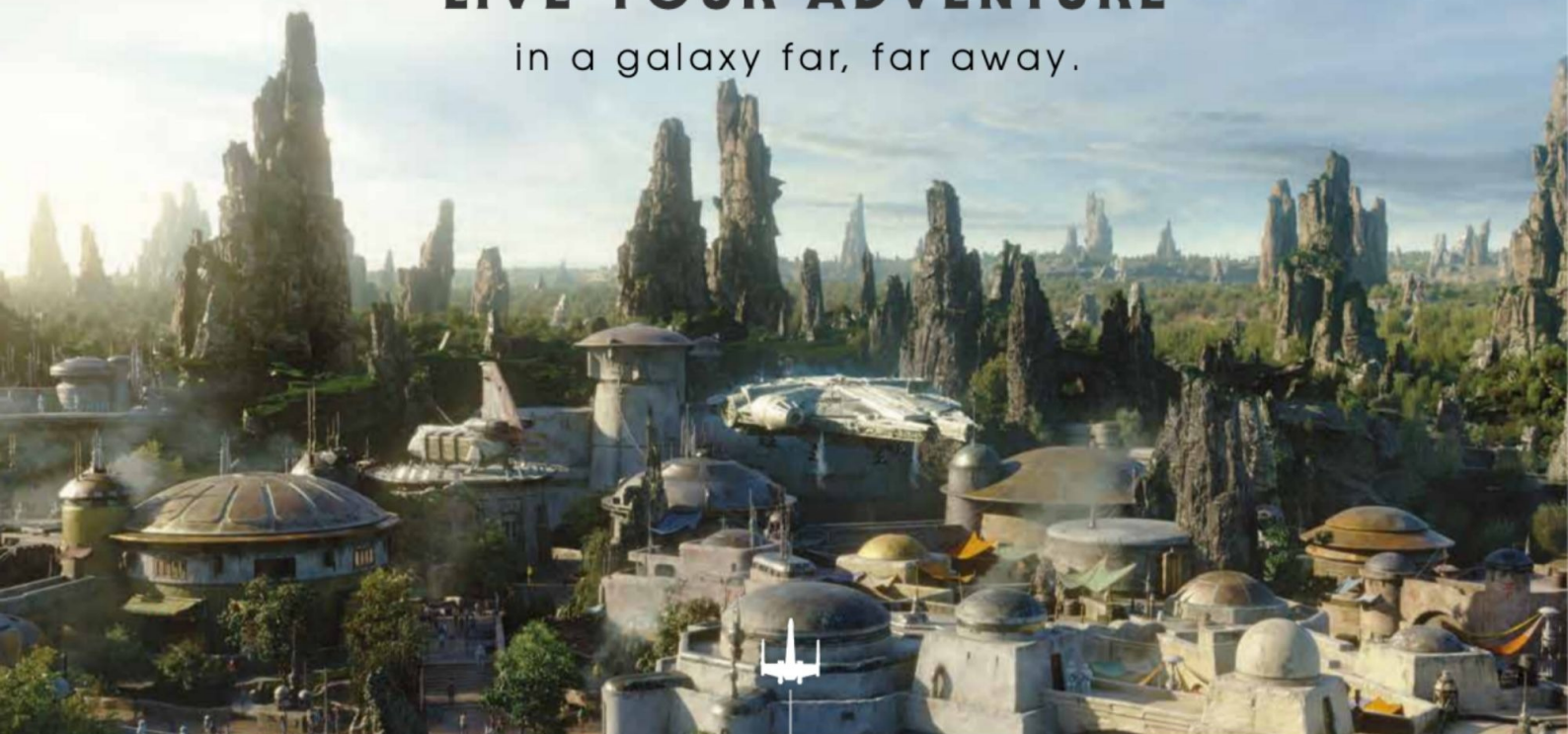
elevations can be cool, even when it's 90 F in Salt Lake City. Another tip: Schedule your visit to coincide with the resort's annual Oktoberfest (now in its 47th year) to reward yourself with a beer, a bratwurst and possibly some polka. The festival is being held on weekends August 17 through October 20, including Labor Day.

At Snowbird Center, you can buy a day pass to take your pick of summer/fall activities, such as the Alpine Slide (which resembles a wheeled luge), the Woodward WreckTangle obstacle course and the Bungee Trampoline. The resort also hosts activities for young children and for people with disabilities.

A short drive upcanyon, neighboring Alta Ski Area and the low-key town of Alta also have hiking options. One family-friendly favorite is the moderate 1.5-mile (round-trip) hike to pretty alpine Cecret Lake. Keep an eye out for moose and deer frolicking in the meadows. ✈

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Join the Resistance in an epic battle against the First Order.

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And opening January 17, 2020, find yourself caught in an epic battle between the Resistance and the First Order in **Star Wars: Rise of the Resistance** - where the incoming laser fire of a towering AT-AT is matched only by the red crackle of Kylo Ren's lightsaber.

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GALAXY'S EDGE

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* Reservations are required for the lightsaber experience and Oga's Cantina.

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LAWRENCE CHIARELLI,
Sales Director at
tech start up.
BS, Bloomsburg
Univ. Interests:
golf, running,
travel

BREAKING UP WITH ONLINE DATING

Technology has made dating more complicated and impersonal.

HIRING A MATCHMAKER MIGHT BE THE SMARTEST INVESTMENT

YOU COULD MAKE IN YOUR PERSONAL LIFE.

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

Dating life before joining It's Just Lunch?

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

Why join It's Just Lunch?

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

Most enjoyable part of the It's Just Lunch process?

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

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

L: Easy and convenient. The company I was working for was going through a merger so I was away from home quite a bit. I'd finish my day and there would be a message from my matchmaker telling me about my

next match. I'd call back, get the details and run through my availability. The next thing I knew I was in front of an interesting woman having a great conversation.

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

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

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

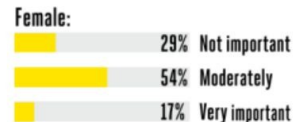
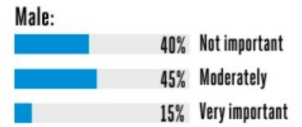
The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 28 years, they've set up millions of first dates. Make meeting someone special a priority. **Get in touch at 800-858-6526 or www.itsjustlunch.com.**

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MS, Columbia Univ.
Interests: travel,
wine, jogging

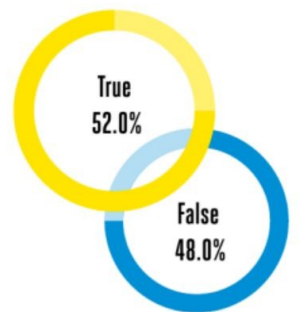


THE POLITICS OF DATING

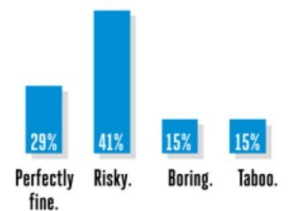
How important is a person's political party affiliation when deciding to go on a date with him/ her?



I could casually date someone who didn't have the same political beliefs as me, but in the long term it probably won't work out:



Talking politics on the first date is:



Source: IJL Survey

It's Just Lunch Matchmakers:



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EXPERIMENTAL HOPS

By Brad Japhe

» **Chrysanthemums, tulips, roses, orchids**—flowering plants come in all shapes and sizes. But to beer enthusiasts, the ones that matter most are hops. While hops have been associated with brewing for hundreds of years, new varieties are continually being developed to keep up with a thirst for new beer flavors. As hops change, so do the liquids in our glasses.

“The main opportunity experimental hops provide is new flavors,” says Daniel Shapiro, a beer sommelier, with Angel City Brewery in Los Angeles, who’s earned certification from the global Cicerone Certification Program. “Because the interaction of essential oils in beer making is so complex, even a relatively small genetic change in a new hop can give wildly different flavors,” he says. “That gives brewers the opportunity to experiment with lots of new options.”

Some 21st century hop varieties have now-familiar appellations such as Mosaic and Citra, popular cultivars created by the well-known Hop Breeding Company (HBC), based in Washington state’s Yakima Valley. But many cultivars start out being known as numbers. Some brewers have been keen this year on HBC’s new 472, which has floral, woody, coconut and bourbon notes. Angel City used the hop in Costa Clara, a Mexican-style lager with a slightly tannic finish. “It gives it a barrel aspect without the barrel,” Shapiro says.

Hops from a New Zealand growers’ cooperative flavored an exotic pale ale called The Excursionist that was crafted last year by Portland, Oregon’s Cascade Brewing. Cascade partnered with brewers from Fortune Favours, a Wellington brewery, for The Excursionist. “They flew to the U.S. and brought us about 11 pounds of experimental hop Hort9909,” says Cascade head brewer Michael Mathis.

Cascade created a recipe with Hort9909 that was used by both the Portland and the Wellington breweries. Thanks to the New Zealand hop, known for sweet-hay, slightly

spicy and citrus characteristics, The Excursionist demonstrated strong notes of candied lime in its crisp finish, says Mathis. He adds, though, that even when hops are known for certain characteristics, brewers can never be sure how those traits will affect the final product. “You think you’re going to get one result, and then it’s not at all what you expected,” he says.

Breweries typically offer limited releases of beers created with experimental hops, but that means that beer aficionados get to try multiple new brews throughout the year. Trillium Brewing Company in Boston launched a Permutation program that allows the brewery to experiment with new hop flavors in a judicious way. Trillium periodically offers small-batch new offerings on tap at its restaurant/brewery.

Sometimes the brewery doesn’t even reveal the source of the hops, preferring to create a

sense of mystery. For instance, tasting notes for a pale ale released with the name “#22,” and sporting flavors such as stone fruit and melon, merely showed a “?” for the hops.

For beer enthusiasts continually seeking the latest, greatest new variety, that question mark may read more like an exclamation point. ✈



The Costa Clara lager.


■ MORE BREWERIES USING EXPERIMENTAL HOPS

The Carton Brewing Co., Atlantic Highlands, NJ

Cloudburst Brewing, Seattle, WA

Deschutes Brewery, Bend, OR

Lagunitas Brewing Co., Petaluma, CA

A photograph of two men, Brian Gardner and Paul O'Brien, standing in front of a wall covered in posters. Brian, on the left, is wearing a grey V-neck sweater over a white shirt and glasses, holding a green and white surfboard and making a 'shaka' hand gesture. Paul, on the right, is wearing a blue button-down shirt and glasses, holding a black and blue surfboard. The background includes a poster of a person surfing, a green circular logo with a stylized 'R', and a poster of a person on a watercraft.

**Making waves
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Brian Gardner & Paul O'Brien
Founders, Square One Distribution

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OFF TO A RUNNING START

By Andrea Thomas

» **Runners, take your mark!** The last weeks of summer and the first weeks of autumn are prime times for recreational and race running, with sunny weather and glorious green foliage transitioning to crisp air and fall colors of red and gold. Below are some shoes designed to perform on the run.

■ Long runs call for support, cushioning and comfort for your feet. The **ASICS Gel-Kayano 26** (shown right and below) is designed to deliver over distance, with a gel compartment at the heel for maximum shock absorption. The inner arch is constructed to keep feet from rolling inward as you run, and reflective material on the outer shoe boosts visibility after dark (\$160; asics.com).



■ The upper midfoot area in the **Hoka One One Speedgoat 3**, designed for trail running, features construction and materials that help provide a more secure, stable fit, while multidirectional lugs on the bottom of the shoe are designed to enhance grip. The company says Hoka One One is named for a Maori phrase that, roughly translated, means “to fly over the earth,” and that Speedgoat 3 can help athletes feel sure-footed on even the most rugged surfaces (\$140; hokaoneone.com).

■ If your shorter runs culminate at a gym for other types of workouts, you won’t need to switch footwear if you’re wearing the **On Cloud X**. A key purpose of these cross-trainer shoes is to provide cushioning for the run while also offering a firm, stable fit around the whole foot to support weight training, agility drills and side-to-side movements. (\$140; on-running.com).



■ Developed for speedy everyday runs, the **New Balance FuelCell Propel** incorporates a foam midsole described as delivering a springy, rebound feel with each step to help propel you forward. The seamless, mesh-bootie-style upper, available in five colors, provides a comfortable feel and stylish look (\$110; newbalance.com).



■ You may find yourself zipping through short runs and races in **Nike’s Zoom Fly 3**. High-visibility neon hues accent the upper shoe, while hidden from the eye is a carbon fiber plate (shown above) in the midsole for a propulsive feel and lightweight cushioning (\$160; nike.com).



■ To help you find your “sole-mate,” visit shoe experts, particularly at independent running stores, who can look at your feet, examine your old shoes for wear patterns, watch you run and discuss your goals. Also be sure to consult a qualified healthcare professional before starting any new exercise program and to make sure any new shoes you are considering will be appropriate for your particular health and body mechanics.

Better Management Means Better Vacations

Vacation rentals are transforming the hospitality industry. Travelers of all types are opting to stay in a professionally managed vacation home over a traditional hotel — for many reasons. Extended families can reconnect over board games in the living room, far-flung friends can share recipes in the kitchen, and business travelers have plenty of space for their spouse and children to come along.

However, in the competitive world of online reviews, creating a five-star experience for vacation rental guests involves more than just passing along the door code. Vacasa, North America's largest vacation rental company, cares for over 13,000 homes around the world and welcomes more than 2 million guests through its doors each year. The company's full-service business model handles everything for vacation rental owners, including bookings, housekeeping and maintenance, local home care, 24/7 guest service, permitting, tax registration and more.

Patrick Brady's home — a sprawling, two-acre estate in West Ocean City, Maryland — welcomes guests in search of a vacation rental with room to run. The Brooklyn Estate and Cottage features a pool, hot tub, fire pit, basketball court and wood fireplace. Guests love the estate, but it requires a high level of care to keep the property's amenities running smoothly.

"A vacation rental is really only as good as its property manager, especially with a home like the Brooklyn Estate. If a guest arrives and discovers that the pool isn't heated or that the hot tub isn't functioning properly, it can truly make or break their stay," said Brady. "Vacasa's local team ensures that every inch of my property is cared for, and I can rest easy knowing that if an issue arises, it will be responded to and remedied quickly."



The Brooklyn Estate - MD

Brady is also drawn to Vacasa's dynamic pricing technology that keeps the Brooklyn Estate and Cottage booked year-round. The company's extensive digital marketing and advertising maximizes bookings while

their pricing algorithm adjusts rates in real time so that homeowners like Brady never leave money on the table.

"While our property certainly sees a high number of reservations in the summer months and around the holidays, Vacasa is able to book the shoulder months that may not bring as many guests to the area," said Brady. "We've experienced a double-digit increase in rental revenue with Vacasa and because of that success, we're trusting them with another one of our homes, The Manor at Brooklyn Meadows, now available."

See how Vacasa can help with all your vacation rental needs: vacasa.com/beyond or 844.796.6198.



GEARED FOR FLIGHT

Gifts and gadgets inspired by air travel

By Nancy Burkhalter

» **Maybe you know someone like this:** a superfan of air travel who knows the airport codes for most major cities by heart, identifies airplanes easily by their outlines in the sky, or recalls fine details about the Wright brothers' adventures at Kitty Hawk. Or you, yourself, might be a pilot, an airline professional or a lover of all things relating to aviation. The following items speak to the spirit of people who are fascinated by aircraft, airports and the journeys we take by air.

Trintec 14" Classic Altimeter

Clock: This battery-operated wall clock mimics the real cockpit instrument and is designed to inspire a positive attitude in anyone who dreams of high altitudes (\$39.95; other flight-instrument designs and clock sizes also available; trintec.com).



08 Left Airport Diagram posters: These clean, modern schematics of airports from above, printed alongside their airport codes, are available in a variety of sizes, designs and print-media options. The founders of 08 Left named their company for their favorite runway designation; their stylish art, apparel and other products will likely honor destinations dear to you (from \$26.08 for a 12-by-18-inch poster on matte paper; many other products available; 08left.com).



Well Told Airports and Runways Rocks Glasses: Pour a drink of choice into one of these 11-ounce glasses etched with your favored destination's air traffic control code on one side and a map of the airport's terminals and runways on the other. Choose from some of the most visited locales around the world (\$16 per glass; welltold-design.com).



Tovolo Plane & Clouds Sandwich Shaper: On the theory that kids who make their own sandwiches in fun shapes are more likely to eat their lunches, parents may want to try this simple, dishwasher-safe, BPA-free plastic device that makes an airplane and four clouds with one quick press. A bonus for fussy eaters: This tool cuts off the crust (\$4; spectrumdiversified.com).



BrightLine Bags B4 Swift Echo: Pilots and other frequent flyers like to be organized and adaptable on trips—and a good bag can help. This compact carry-on (along with BrightLine's other bags designed for aviators) has numerous compartments and modular sections that zip on or off for customization (\$203; other sizes and accessories available; brightlinebags.com).

MORE AVIATION-INSPIRED GEAR

08 Left ATC States

Mug: This 15-ounce ceramic mug features a map of the United States made up of air traffic control abbreviations for major airports, in their approximate locations around the country (\$22; 08left.com).

MotoArt PlaneTags:

Upcycled from the actual skins of notable retired aircraft, these limited-edition metal tags are etched with details about the planes and can be engraved with contact information for use on luggage or keychains (from \$24.95; planetags.com).

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ALCOHOLISM SELF-ASSESSMENT QUIZ:

1. Have you ever felt you should cut down on your drinking? ☐ Yes ☐ No
2. Have people annoyed you by criticizing your drinking? ☐ Yes ☐ No
3. Have you ever felt bad or guilty about your drinking? ☐ Yes ☐ No
4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover? ☐ Yes ☐ No

Disclaimer: The results of this self-test are not intended to constitute a diagnosis of alcoholism and should be used solely as a guide to understanding your alcohol use and the potential health issues involved with it. The information provided here cannot substitute for a full evaluation by a health professional.



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SEAFAIR

IT'S HYDRO TIME

The boat-racing sport is a special part of summer

By Dave Boling



» Get ready for the rumble.

The next six weeks mark the culmination of the 2019 H1 Unlimited Hydroplane Racing Series season, as the powerboats compete at two of the sport's leading venues, Seattle's Lake Washington and San Diego's Mission Bay Park.

This sport has always held a unique place in the Seattle area. For 69 years, the region's love of things that float and fly have merged in the summer (August 2–4 this year) when the hydroplanes race in the waters off Genesee Park as part of the annual Seafair Weekend.

"Seafair is summer in Seattle," says Eric Corning, president and CEO of Seafair. "With such an active boating community, the hydro races are a big part of the summer celebration."

In 1951, the 1-year-old Seafair festival added hydroplane racing to its schedule, with the help of Seattle driver and hydroplane pioneer Stan Sayres. This year, Seafair Weekend is expected to draw about 150,000 people to Genesee Park for the boat races and also to see the U.S. Navy's Blue Angels and the U.S. Army's precision parachuting team, The Golden Knights.

San Diego Bayfair's World Series of Powerboat Racing (September 13–15 this year) has its own esteemed traditions, with the first race staged on Mission Bay in 1964.

Bayfair is the only one of this season's five races to be conducted on saltwater, which makes for faster speeds.

Both events are true spectacles. Stunning visuals are created as the prop sprays from the boats' massive engines rise in 60-foot-tall, 300-foot-long "rooster tails."

David Williams, executive director of the Hydroplane and Raceboat Museum in Kent, Washington, south of Seattle, says one of his favorite aspects of the sport is its deep Northwest roots, with many hydroplane drivers having grown up in the Seattle area. He also is drawn to how the sport includes the speed and grace of flying and the beauty of boating. "When I see the spectacle of those boats screaming across the water at high speeds, it's an exhilarating experience," Williams says.

The appeal of the sport is multifaceted. The races are thunderous celebrations of speed and large social events. Seafair includes the boat races, air shows and BMX stunt bike demonstrations. In San Diego, Bayfair is a celebration of the end of summer in a beach setting, with live music, a barbecue festival and family activities.

"It's a beautiful sport," says Owen Blauman, director of public relations for H1 Unlimited Hydroplane Racing Series. "I like to say those rooster tails are like the Fountains of Bellagio in Las Vegas—except at 200 miles per hour." ✈

» 2018 Seafair Cup Champion Andrew Tate, right, of the Jones Racing Team, competes with J. Michael Kelly, left, of the Graham Trucking Racing Team, on Seattle's Lake Washington.



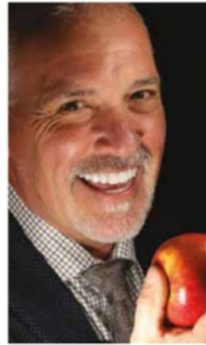
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FAMILY ADVENTURE

The 2020 Ford Explorer

By Bengt Halvorson

» SUVs were once too specialized to be seen as family vehicles. But back in 1990, Ford paired wagonlike seating and cargo space, plus good ride comfort, with enough toughness for outdoor adventures. The Explorer has always been popular with families, and it's one of just a few models that started a continuing trend toward more-rugged family vehicles.

For the 2020 model year, the Ford Explorer, starting at \$36,675, gets its first full reboot in nine years.

■ Engine options

Most of the lineup comes with a 300-hp, 2.3-liter turbocharged four-cylinder engine. Several other engine options are also available, including the twin-turbo 3.0-liter V-6, making 365 hp, in top Platinum models. Each Explorer model comes with a 10-speed automatic transmission.

■ Conditioned for the terrain

All models have about 8 inches of ground clearance and short overhangs that give the Explorer enough flexibility to get to the trailhead or boat launch. To cater the drive system's behavior to the conditions, there's a Terrain Management System with specialized modes: Normal, Sport, Trail, Slippery, Tow/Haul, and Eco—plus Snow and Sand for 4WD versions.

■ Decluttered display

The infotainment system in the Explorer includes plenty of white space and large fonts meant to help keep drivers from feeling overwhelmed with info. You can set the big 12.3-inch reconfigurable instrument cluster to a new Calm Screen—nicknamed “Mindful Mode”—that only displays speed, keeping other info hidden.

■ A hybrid that can haul

The Explorer Hybrid's modular hybrid system is built into the same transmission given to other Explorers and is designed to tow up to 5,000 pounds—nearly as much as other models. Likewise, there's no compromise in back-seat or cargo space; the Explorer was designed to incorporate space for a hybrid battery in its underfloor compartment.

■ Automatic parking

The Explorer can be equipped with Active Park Assist 2.0. Simply put, you let the system identify the parallel or perpendicular spot, then you hold down a dashboard button while it manages the steering, accelerator, brakes and even gear selector, with the goal of getting you neatly into a parking space.

■ Better proportioned

While the Explorer isn't significantly longer or wider than its predecessor, its wheelbase (distance between front and rear wheels) increases by about 7 inches. That helps give it a better stance, plus a more settled, stable ride—and it's one of the keys to the roomy feel of the six- or seven-passenger interior layout.

■ Outdoor accessories

The Explorer has adventure in the name—and now Ford is helping nudge buyers outdoors with a line of Yakima vehicle accessories offered at dealerships. Examples include a bike rack; carriers for canoes, kayaks or paddleboards; a rack for skis or snowboards; a roll-out roof awning; and a rooftop carrier. ✈



The Edgar Way

EXTRAORDINARY WORK ETHIC AND DISCIPLINE HAVE GUIDED A STELLAR MLB CAREER AND HALL OF FAME RECOGNITION

By Eric Lucas

The pinnacle moment in Seattle Mariners history came Sunday evening, October 8, 1995, at the old Kingdome. The Mariners were behind 5-4 in the bottom of the 11th inning in the climactic game in the first playoff series in franchise history. The opponents were the storied New York Yankees, who at the time had more World Series titles (22) than the Mariners had years in baseball (18). More than 57,000 fans, long starved for meaningful excitement, were shaking the concrete dome to its foundation. And to heighten the significance, the very continuance of Major League Baseball in Seattle was in jeopardy.

Designated hitter Edgar Martínez strode to the plate. “No worries,” he says now, looking back. “I just did what I always do.”

Sound pretty casual? Because it’s Martínez, it is, indeed, low-key. Never mind that the moment was fraught with import and sky-high with tension. In fact, two innings prior, he had struck out against ace pitcher Jack McDowell. But he approached his next at-bat as methodically as he had almost every plate appearance in his previous five years in the big leagues and as he would throughout the rest of an 18-year MLB career for which he was elected to the National Baseball Hall of Fame earlier this

year. This is how he did it, both that night in 1995 and during all of his years in Major League Baseball:

Calm, positive focus. “Playing at the highest level is about confidence,” Martínez explains.

Visualize a hit, and never mind the strikeout. “I’m someone who doesn’t see failure as negative,” he says. If you strike out at anything, eradicate negative self-talk.

Remember the pitcher’s tendencies, and be ready. McDowell had struck out Martínez two innings before on a split-finger fastball. “I said to myself, ‘Here it comes. It’s got to be the split.’”

Martínez knew—he *knew*—McDowell would send a splitter shimmying toward home plate. The pitcher did exactly that, and Martínez roped a double into the left field corner.

Mariners infielder Joey Cora was on third base, and scored easily. Seattle’s breathtaking young star, future Hall of Famer Ken Griffey Jr., was on first base. When he slid across the plate, just beating the throw from the outfield, the Mariners won the American League Division Series. The stadium erupted. Seattle went wild. The Mariners stayed in the Emerald City. And, eventually, the city replaced the Kingdome with Safeco Field, now T-Mobile Park.

Martínez hit a double, and Northwest baseball was saved.



*Seattle Mariners
designated hitter
Edgar Martínez
brought an iconic
stance and focus
to the plate with
each at-bat.*

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The 1995 Mariners celebrate after Edgar Martínez's game-winning double in the 11th inning of their October 8 playoff game against the New York Yankees advanced Seattle to the American League Championship Series.



"Yes, I was there," recalls longtime Seattle sports writer Art Thiel, of Sportspress Northwest, about the 1995 playoff climax. "That was sports drama unlike anything before or since in Seattle." The episode is so iconic in Seattle and baseball history that it has its own Wikipedia page: "The Double (Seattle Mariners)."

All because Martínez had chanced to stroll through a bookstore a couple of years before that moment. He spied a self-help book, and everything changed. He began studying positive visualization and affirmation, and incorporated those disciplines into his other baseball work, such as lifting weights, studying pitchers intensely, even weighing each of his bats to ensure it was consistent with the others.

If you were to look for something that symbolizes the Edgar way, it would be the *Hammering Man* statue at the entrance to the Seattle Art Museum—steady, hard-working, reliable, focused.

"Edgar was not the naturally gifted athlete who could beat out an infield single," observes Thiel. "His dedication to the exercises and disciplines of his success—it was relentless and astonishing."

Griffey writes in the introduction to Martínez's newly released book, *Edgar: An Autobiography*, "When I think of my friend Edgar Martínez, I think of his incredible work ethic. It took a little longer for people to realize how good he was. But when you put his numbers up against everyone else's, you see how consistent he was. I'm thrilled we're going to be teammates again, in the Hall of Fame."

Very few human pastimes enjoy the mythic status that baseball does in the United States. "Baseball is the story of

American life over the past 150 years," enthused the British magazine *The Economist* in a recent essay. "What sets it apart is the cultural heights to which the game's mythologizing has lifted it."

The Hall of Fame is thus the Valhalla at the peak of American culture. Of the 20,000 or so players who have ever stepped on a Major League field, only 329 have been chosen for the Hall of Fame. Now Martínez is among them.

His election to the Hall was never a sure thing, as Griffey's was. Martínez won the American League batting title twice—posting .356 in that amazing 1995 season, the first designated hitter to do so. He had a lifetime average of .312, led the league in runs batted in (145) in 2000, was an All-Star seven times, and is in the top 100 all-time in extra base hits, largely on the basis of



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his 514 doubles, the signature Martínez hit. Despite all that, he waited 10 years to win HOF status—in his final year of eligibility.

Baseball zealots such as Hall of Fame voters equivocated for years over whether designated hitter—like relief pitcher a generation earlier—was an authentic position whose practitioners deserved Hall of Fame status. Supporters of DH legitimacy argued that being asked to go up and hit after sitting on the bench for long periods is actually more difficult than being out in the field half of every inning.

Injuries drove Martínez from third base to the dugout for good in 1996, where he had years of opportunity to practice the mental disciplines he adopted.

In retrospect, that defining moment in 1995 was historic, not just in the Seattle universe, but in the wider world of Major League Baseball. The deciding game featured seven eventual Hall of Famers—Martínez, Griffey, Randy Johnson, Mariano Rivera and Wade Boggs, plus broadcasters Dave Niehaus and Phil Rizzuto. All at one ballpark in a pivotal game—magical, to say the least. All seven are not just talented baseball professionals, they are also colorful, interesting characters.

When you look closely, Martínez may be the most intriguing of them all:

- He's the first Hall of Famer who spent most of his career as a designated hitter, the still-debated position found (so far) only in the American League.
- He's not flashy; nor is he a genetically gifted superstar athlete. He didn't play on a college team. He was never drafted. He grew up with his grandparents in Dorado, a small city in Puerto Rico, idolizing Roberto Clemente, and his first baseball contract was a \$4,000 deal that wouldn't cover an hour of today's galactic



Martínez spent several years after retirement working as a batting coach of the Seattle Mariners.

arrangements for young phenoms.

- He spent all or part of seven seasons in the minor leagues, bouncing back and forth from farm team to farm team, and from the minors to Seattle and back, not finding a permanent home at the MLB level until 1990. Had he never tried professional ball, he might have stayed in Puerto Rico, where he had a decent job with advancement prospects working for Westinghouse.
- He overcame a physical disability—strabismus, a condition that prevents his eyes from working in tandem—that required daily eye exercises throughout his career. Among other things, he could not read or watch TV for several hours before a game.
- When he finally made it to Seattle for good as a third base-

THE EDGAR FILE

- **1963:** Born in New York City.
- **1965:** Moves to be with his grandparents in Dorado, Puerto Rico.
- **1982:** Signs a developmental contract with the Seattle Mariners organization.
- **1983:** Begins his professional career with the Bellingham Mariners.
- **1990:** Joins the Seattle Mariners roster full time as a third baseman, and leads the team in hitting.
- **1992:** Wins the American League batting title, the first

Seattle Mariner to do so.

- **1995:** Earns second batting title; Mariners win first-ever playoff series.
- **2000:** Leads the American League in RBIs, with 145.
- **2004:** Retires; wins Roberto Clemente Award. Seattle renames South Atlantic Street, adjoining the Mariners' home-field, Edgar Martinez Drive S.
- **2017:** The Mariners retire his number, 11.
- **2019:** Elected to National Baseball Hall of Fame; inducted July 21 in Cooperstown, New York. —E.L.



The Mariners formally retired Martínez's number, 11, on August 12, 2017.



EDGAR HONORED

Pay tribute to one of baseball's great players on Edgar Martínez Hall of Fame Weekend.

Friday, August 9—First 40,000 fans through the gates receive a bobble-head featuring Edgar holding a replica of his Hall of Fame plaque.

Saturday—A pregame ceremony honoring Edgar starts at 6:30 P.M. (7:10 P.M. first pitch) First 40,000 fans receive a replica Hall of Fame plaque.

Sunday—First 40,000 fans receive an Edgar Martínez Drive S. replica street sign.

man in 1990, one particularly bad day (four errors in a single game) led him to be racked with self-doubt and anguish, just when it seemed he was on his way to a permanent slot in the big leagues. That's when he picked up the self-help book and began to study mental disciplines that were not, to put it mildly, common in a traditional enterprise like baseball.

He taught himself to reject negative thoughts—no more of “That was stupid to swing at that pitch.”

“Yes, it's true that some people are faster and stronger,” he writes in his autobiography. “But the mind is a great equalizer.”

He incorporated visualization techniques into life outside the ballpark. For instance, having decided he wanted to hit .350, he began looking for that number almost everywhere he went.

“I wanted to hit for a very high average,” he recalls. “So, driving up and down I-5, I'd look for license plates that had numbers above 350 on them.

“The first key is awareness—if I was negative, anxious, stressed, I had to reverse that negative self-talk to positive. Actually, I had started this long ago. When I was a kid in Puerto Rico, hitting rocks with a stick in the backyard, my subconscious mind was creating a belief. It's a home run! You win every single time.

“Our subconscious mind is the most important part of our mental makeup,” Martínez explains. “It's like an ever-present tape recorder. It records all our experiences, and they shape our beliefs. I think we all know this, but so many of us don't practice it.”

LONG AFTER HIS 2004 RETIREMENT, Martínez spent three years as the Mariners' batting coach, from 2015 to 2018, and he laughs when asked if he drilled his charges in positive self-talk strategies.

“Well, big-league baseball players don't like to seem weak. But in reality, in baseball, you fail often. So failure is not something negative.

“We as players have the talent,”



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Martínez writes in his autobiography, “That’s why we made it to the big leagues. But how we use those skills, it’s all in the head.”

Martínez also stresses consistent focus and attention to detail, such as his famous habit of weighing his bats himself to be sure they were right. This meticulous approach also began in his childhood—his grandfather, Mario Salgado, made a living operating a number of transportation businesses, and spent a great deal of time diligently maintaining the vehicles he relied on. Martínez helped.

Practicing his grandfather’s attention to detail, and applying the mental disciplines he adopted in 1990, Martínez stayed put in the big leagues, won the American League batting title in 1992 at .343—the first Mariner ever to do so—and retired in 2004 with a total of 2,247 hits. Since then, he and his wife of 27 years, Holli, have enjoyed life in the Seattle area, raising their three children and working on nonprofit causes such as child health and literacy. His business career has included founding an embroidery firm and a bank, and he declares himself well satisfied with life.

As for the Hall of Fame, he says, “It’s a great honor. I was nervous, but that’s OK, you know?”

Yes, we do know, if we heed the Edgar way. It’s simple, but it’s not easy. It’s an attitude that deserves a place in any Hall of Fame. ✂

Eric Lucas lives on San Juan Island. Like thousands of Seattle-area residents, he claims to have been at the Kingdome on October 8, 1995. More likely he was in the Kingdome for the fourth playoff game on October 7, when Martínez hit two home runs for 7 runs batted in and an 11–8 win that evened the series.



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HOMECOMINGS

ALASKA NATIVE ART RETURNS TO ITS PLACE OF CREATION

BY ERIC LUCAS

Margie holds sunglasses that were the height of fashion a century ago on Alaska's Seward Peninsula. Handcarved from a single piece of driftwood, they are actually wraparound snow goggles with narrow slits for vision, designed to fend off the fierce Arctic sunshine blazing across Bering Sea ice.

She tries them on, pretending she's a fashion model styling an ultrahip space-age set of shades. "How do I look? Maybe we ought to keep these," she muses, jokingly.

She grins and sets them back down on a table in her sister Jean's Western Washington living room. "Nah, they should go home."

The snow goggles are headed to Nome this fall, returning to the land where they originated more than a century ago—and they will not be alone. The Indigenous art and cultural objects the sisters inherited from their missionary grandparents will join other such collections already given to the Carrie M. McLain Memorial Museum: Inupiat cultural items donated by another branch of Jean and Margie's family several years ago, and artwork acquired by Nome educator Walter C. Shields, including a beautiful walrus ivory drill bow engraved with scenes of hunting, fishing and village life.

"That's where our grandpa is buried, and that's the proper home for these items he gathered," explains Philip Shields of the decision he and his brother Tad made to send their grandfather's collection back to Alaska.

These are among many such 21st century homecomings. Hundreds of valuable items have been finding their way back to the Great Land from which they were removed decades or centuries ago, and the phenomenon is a heartening illustration of human kindness and individual integrity.

Now, housed in museums and interpretive centers, everyone can see them, residents and visitors alike.

In many cases, the modern owners, who are often non-Native people in the Lower 48, could sell the objects for significant returns. Or they could keep them on private display. Instead, they have determined that the right move is to send the items back to the peoples who created them, and for whom they are significant, even sacred.



A 2017 Spirit Dance at the Sealaska Heritage Institute in Juneau welcomes the return of a Chilkat robe.



NOBU KOCH, COURTESY SEALASKA HERITAGE INSTITUTE

For instance, a highly valuable Chilkat robe from the late 19th century was donated by a Seattle family to Juneau's Sealaska Heritage Institute two years ago. A beaded caribou-skin Dena'ina Athabascan girl's dress, collected in 1890, was given by a Hawai'i resident to the Alaska State Museum in Juneau in 2009. A prehistoric stone oil lamp, found on a beach on Kodiak Island by a resident of Wasilla, Alaska, was sent to the Alutiiq Museum in Kodiak several years ago. Similar ancient lamps are still used today by the island's Alutiiq residents for lighting ceremonies, such as at school graduations.

Conservation biologist David Lodge, a Cornell University professor, recently gave an early-19th century Aleutian puffin-skin parka to the Alaska State Museum. His great-great-grandfather was a surgeon in the U.S. Navy who attended the Sitka transfer ceremony in 1867 when the United States bought Alaska from Russia. That's when he acquired the garment.

Lodge sees this return to Alaska as a meaningful spiritual circle. "I hope it can be a source of pride in past and present culture, and an inspiration to future generations," he says.

Sisters Margie and Jean own a large collection of Inupiat objects acquired in and around Cape Prince of Wales in the late 19th century by their grandparents William Thomas Lopp and Ellen Louise Kittredge Lopp. They were Presbyterian missionaries and teachers who arrived in the westernmost place on the North American mainland in 1890 to teach. Many of the hundreds of items brought back to the Lower 48 in 1902 have passed down to the sisters.

Spread out on a table, these objects include an awesome array of materials and designs, and purposes ranging from utilitarian to decorative to commemorative. There are ulus, awls, bowls, spoons, bracelets, knives, cups, animal figures, toys, fishing weights, charms, arrows, ladles and an atlatl, which is a spear-throwing instrument. Objects are made of bone, stone, wood, sinew and walrus ivory. Some are unadorned; others have elaborate carvings and decorations. It's possible some of the items are centuries old.

The sisters haven't had the collection appraised, but it's certainly valuable. And as a record of their grandparents' dauntless early life, it holds great familial meaning. But to the Inupiat peoples who still live—and

thrive—on the Seward Peninsula, the collection is literally priceless.

Nome's Carrie M. McLain Memorial Museum is a leading repository for Indigenous Arctic material. It's the nearest such facility to what is now just called Wales, and the museum's director, Amy Phillips-Chan, is ecstatic to be receiving these artifacts.

"This is an amazing collection of material culture from a period during which Bering Sea coastal communities were transitioning from ancient traditions and practices to incorporate more modern technologies. These items provide a firsthand window into Inupiat culture and heritage," says Phillips-Chan. "Having these heritage objects here in Nome is an invaluable resource for our Native community members to understand their rich history, learn the techniques their ancestors used and provide inspiration for their work today. Ivory harpoon heads may seem prosaic to modern eyes, but a great deal of thought, meaning and knowledge went into their creation centuries ago, because people depended on these materials for their very survival."

Some historical and cultural objects carry deep and specific spiritual meaning. Many Native cultures believe everything in the universe has its own spirit, especially ceremonial masks, which are imbued with huge metaphysical meaning. Some were never meant to be seen outside the ceremonies they were made for; some were supposed to be destroyed after use, thus neutralizing the powerful spirit embodied by the mask. But whether they are powerful masks, decorative tapestries, immense cedar totems, carefully fashioned bentwood boxes or any of a hundred other items, they are more than just items to look at.

"We believe every object has a spirit, and that spirit is our ancestor," says Rosita Worl, president of Juneau's Sealaska Heritage Institute. "And our ancestors are telling us they want to come home."

Worl was delighted last year to welcome another Chilkat robe into SHI's collection—it was the final work made by her own grandmother, famed Tlingit weaver Jennie Thlunaut, who was born in 1892 and first learned her art in the early 20th century. The robe's owners, former residents of Juneau, sold it to SHI for one-quarter of its appraised auction value. It joins dozens of other items that have been given to SHI.

A. (84-9073-17) PHOTO BY DANE PENLAND, RALPH RINZLER FOLKLIFE AND SPECIAL COLLECTIONS, SMITHSONIAN INSTITUTION; B. ALASKA STATE MUSEUM (2015_10_1); C. ALASKA STATE MUSEUM (2009_10_1); D. & E. ERIC LUCAS; F. ALASKA STATE MUSEUM (2015_10_1 [DETAIL]); G. TEMCIYUSQAQ—SKEPTICAL ONE, SPRUCE, RED PAINT, COLLECTED IN EAGLE HARBOR, 1872. 988-2-141, PINART COLLECTION, MUSÉE DE BOULOGNE-SUR-MER. PHOTOGRAPH BY WILL ANDERSON, COURTESY THE ALUTIIQ MUSEUM.



A.



B.



C.



D.



E.

- A. Tlingit weaver Jennie Thlunaut and apprentice Anna Brown Ehlers.
 B. Original tag marks 1867 Aleutian parka.
 C. Dena'ina Athabascan dress.
 D. Inupiat snow goggles worn by Margie.
 E. Thule culture ivory figure that dates to between 1500 and 1800.
 F. 1867 Aleutian puffin-skin parka.
 G. Alutiiq mask.



F.



G.



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Collecting Indigenous objects for sale or exhibit in Western culture first reached Alaska in the early 19th century. No one knows how many items were acquired in a fair fashion, and how many were collected by unscrupulous means. The grand total, over more than two centuries, is likely millions of items. Alaska has been inhabited for 25,000 years—according to some estimates—by many dynamic, creative cultures. Their output was engaging to Western cultures.

“Today, most objects held as sacred by Alaska Natives, and those holding secrets of lost artistic techniques, are outside of Alaska, in private collections and museums,” says Steve Henrikson, curator of collections at the Alaska State Museum in Juneau.

“Returning these items home is a way to share the dynamics of human power,” says Angela Linn, senior collections manager at the University of Alaska Museum of the North in Fairbanks, which holds many thousands of cultural objects among its 2.2 million items. “Almost every donation offer I get these days includes the phrase, ‘This should come home to Alaska,’ and since a museum’s mission is to protect, preserve and perpetuate, we’re here for just that.”

Many Alaska Native items wound up in Europe, and bringing them back from the Old World has been a ticklish subject for decades. These difficulties have led some Alaska Native cultural leaders to adopt collabora-



A 500-year-old Alutiiq ancestral stone oil lamp.

tive arrangements with European museums.

The Alutiiq Museum in Kodiak has established such a relationship with the Musée de Boulogne-sur-Mer in France, which houses an extensive collection of Alutiiq artifacts from an 1871–72 Alaska trip of anthropologist Alphonse Pinart, who paddled around Kodiak Island.

April Counciller, executive director of the Kodiak museum, says this positive international friendship has been highly beneficial—on display today in the Alutiiq Museum are several items collected by Pinart, including a cone-shaped mask whose angles and forms illustrate a traditional carving style that modern Alutiiq artists are now adapting for their own work.

The mask, plus several other historical items, is on

JOIN THE MOVEMENT

If you have Indigenous work you want to return to Alaska, contact: Alaska State Museum, Curator of Collections Steve Henrikson, steve.henrikson@alaska.gov; Alutiiq Museum, Executive Director April Counciller, april@alutiiqmuseum.org; Carrie M. McLain Memorial Museum, Museum Director Amy Phillips-Chan, achan@nomealaska.org; University of Alaska Museum of the North, Senior Collections Manager Angela Linn, ajlinn@alaska.edu; Sealaska Heritage Institute, History and Culture Director Chuck Smythe, chuck.smythe@sealaska.com. —E.L.

WHERE ART IS HOUSED

The story goes that decades ago, Alaska’s legendary U.S. Senator Ted Stevens was given a tour of Smithsonian archives in the nation’s capital to view the collection of Indigenous artifacts from the Great Land held there. Asked later what he thought, Stevens replied: “It’s fantastic. Why isn’t it in Alaska?”

Thus was born the **Smithsonian Arctic Studies Center** (anchorage.museum.org/visit/smithsonian-arctic-studies-center/) at the Anchorage Museum, which displays a comprehensive survey of art and artifacts representing a dozen major Northland Indigenous peoples. It is just one of the amazing museums across Alaska that document Alaska Native cultures:

- **Alaska State Museum**, Juneau: A new building has expanded space for display of art and artifacts—including several items for which the state and Native clans share ownership (museums.alaska.gov/asm/).
- **Alutiiq Museum**, Kodiak: Artwork and artifacts tell the continuing story of the Alutiiq people and include masks collected in the 19th century (alutiiqmuseum.org).
- **Carrie M. McLain Memorial Museum**, Nome: Explore the cultures of the Inupiat and St. Lawrence Island Yupik peoples of the Bering Sea coast (nomealaska.org/department/index.php?structureid=12).
- **Jilkaat Kwaan Heritage Center**, Klukwan: See Northwest

Coast Art, including early-19th century house posts of the Chilkat’s Whale House Clan. (jilkaatkwaanheritagecenter.org).

- **Sealaska Heritage Institute**, Juneau: The display center includes a set of posts, panels and beams bearing nearly a million hand-adze marks (sealaskaheritage.org).
- **Totem Heritage Center**, Ketchikan: The collection of 19th century totems and other items is augmented by modern works, such as masks (ktn-ak.us/totem-heritage-center).
- **University of Alaska Museum of the North**, Fairbanks: Among the items on display is the *Okvik Madonna*, a 2,000-year-old Arctic ivory carving (uaf.edu/museum/).

—E.L.

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long-term loan from the museum in France, and when it's time for particular objects to go back to France, others will head west to replace them in Kodiak displays.

"The idea is to repatriate knowledge," says Counciller. "Now people in Kodiak can study these without going all the way to France. We want our own people to learn how to make these again."

But as marvelous and attractive as all the masks, carvings, weavings and figures may be, it's a simple granite stone that makes the biggest impression on me when Counciller takes me into the Alutiiq Museum archives. The piece is a 500-year-old lamp that Alutiiq ancestors used to burn seal oil for light. The oval hollow in the burning surface still bears char marks from its last use.

Holding this lamp in my hands brings a wave of warmth over me—a sensation that pulses with the rhythm of human life and love, yearning and hope.

That's what all these items are. They don't just *represent* human impulses—they *are* these impulses. Think of the significance that providing light has held for the billions of people who preceded us.

Counciller says that when the stone is put away, Alutiiq custom requires it to be placed upside down, so its spirit will not depart. This piece, found on a beach near Kodiak several decades ago, was taken to the Alaska mainland by its finder, and then returned to Kodiak several years ago.

With it steady in my hands, feeling its aura, I'm certain the stone's spirit has no wish to depart.

It's home. ✈

Eric Lucas lives on Washington's San Juan Island.



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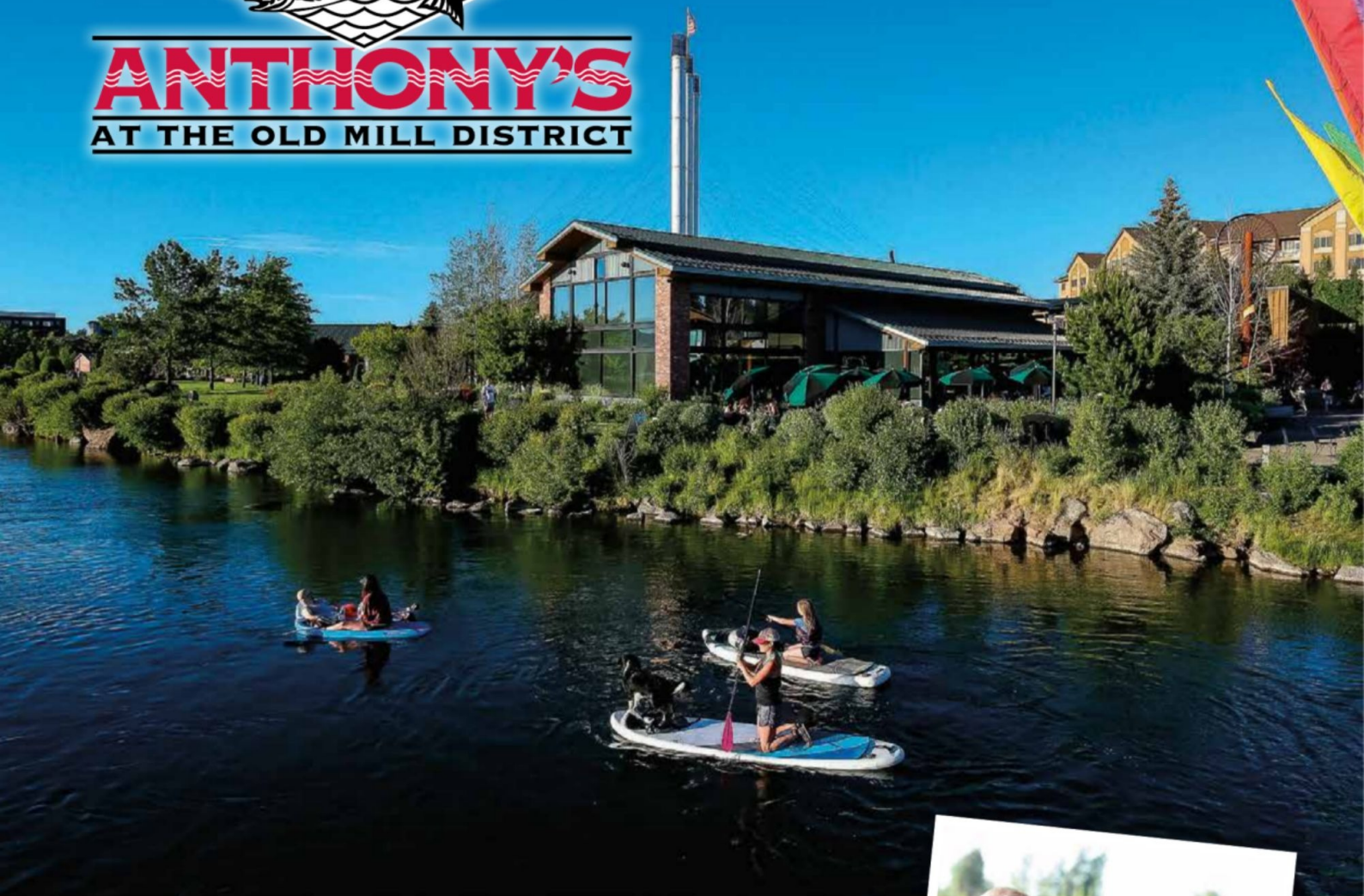
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MT. BACHELOR RESORT: PHOTO BY TYLER ROEMER. MOUNTAIN BIKERS: LEFT, LINDSEY RICHTER; RIGHT, CAM MCCAUL

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The Willamette River flows through the heart of downtown Portland. McMenemy's Edgefield resort, below, boasts outdoor dining and summer music concerts.

PORTLAND

By Danielle Centoni

● The evening summer sun casts an orange glow as my kayak glides smoothly down the Willamette River south of downtown Portland, Oregon.

As my guided Ross Island Sunset Tour moves downriver, I watch an osprey hunting far above me and a great blue heron fly toward the horizon. I enjoy the serenade of songbirds and wave hello to a stand-up paddleboarder and the lucky lady he's towing in a raft behind him.

As I approach the Ross Island Bridge connecting southwest and southeast Portland, I look up and see a line of cars, the last of rush-hour traffic. "That's usually me," I think to myself, and I feel a surge of gratitude that I live in a city like Portland where it's so easy to take a break from the urban scene and float on a river.

Portland sits just to the south of the confluence of the Columbia and Willamette rivers. Add in all of the region's tributaries, lakes and even glaciers, if you count nearby Mount Hood, and it's clear there are numerous water activities available.

From late June through August, Portland's main river, the easygoing Willamette, is a refreshing 68 to 72 degrees F—ideal for a swim off Poet's Beach at the South Waterfront, or from Audrey McCall Beach on Portland's Eastside downtown. Find out more at humanaccessproject.com. The Portland nonprofit focuses on helping people enjoy and protect the Willamette River.

If paddling's your thing, outfitters such as the Portland Kayak Company offer kayak, canoe or stand-up paddleboard rentals, as well as guided kayak tours, such as my Ross Island tour.

To tour local waters in style, board a yacht from Portland Spirit Cruises, which offers champagne-brunch, lunch and three-course dinner cruises on the

Willamette River. The 2- to 2.5-hour loop tours take passengers from Salmon Springs Dock in downtown Portland south to the Milwaukie Waterfront area and then back up to North Portland, before returning to the dock. The company has another boat, the *Columbia Gorge Sternwheeler*, which departs from the Cascade Locks on the Columbia River for 2-hour cruises, offering close-up views of windsurfers, the area's basalt cliffs and the Bridge of the Gods, which spans the Columbia River.



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Oregon



Vancouver's Waterfront Park includes the Grant Street Pier, above. The Columbia River Gorge, above right, offers breathtaking views.

Those with a need for speed will like Willamette Jetboat Excursions, which has boats that reach 50 mph. The trips run from Willamette Falls in the south to the Columbia River in the north.

Other area excursions include a visit to Sauvie Island, about 15 miles north of downtown Portland, where you can buy fresh-picked produce at a farm stand and then visit a Sauvie Island beach for a picnic on the banks of the Columbia River. About 15 miles northeast of Portland is Blue Lake Regional Park, where you can swim, fish and rent paddleboats. Then have dinner at McMenamins' Edgefield resort, a large development that includes restaurants, a brewery and summer concerts.

For something truly unique, travel nearly 65 miles up to spectacular Timberline Lodge on Mount Hood, the only ski area in North America that offers skiing all 12 months of the year. Take the Palmer Express lift and then ski the immense Palmer Snowfield. That would be an August adventure you will always

remember. The following are more activities in and around the Rose City for you to enjoy.

Portland

● **Museums:** The **Portland Art Museum** features a collection of more than 50,000 works from across the globe, including pieces by Monet, Pollock and van Gogh. The **Oregon Museum of Science and Industry** (OMSI) offers interactive science displays and exhibits that are fascinating for kids and parents.

● **Powell's Books:** Lose yourself among the stacks at one of the world's largest independent bookstores, then pop into the many boutique shops and stores in the nearby **Pearl District**.

● **Washington Park:** "Portland's Backyard" in the hills west of downtown is home to the **Portland Japanese Garden**, the **International Rose Test Garden** and the **Oregon Zoo**.

● **Food and Drinks:** Fans of smoked meats will love the cuisine at **Bullard**, **Eem** serves excellent Thai food, and **Bhuna** is known for flavorful Indian dishes. When it comes to drinks, Portland is a leader in the craft beer scene. A few favorite breweries include **Breakside**, **Level Beer** and **Wayfinder**.

Vancouver, Washington

● **Waterfront Park:** The 7.3-acre park offers a walking path, green spaces and access to the 5-mile **Waterfront Renaissance Trail**.

● Take a walk on the **Grant Street Pier**, a cable-stayed pier that extends 90 feet out over the Columbia River.

● Sip wines on the waterfront at the **Maryhill Tasting Room**. You can also enjoy dinner at **Twigs Bistro** or **Wild-Fin American Grill**.

Columbia River Gorge

● **Hike the Gorge:** Hiking trails with spectacular views abound in the gorge. Visit the **Find a Hike/Friends of the Columbia Gorge** website to plan a hike through the area.

● Enjoy watching the windsurfers and kiteboarders on the Columbia River, or join in the fun and rent gear at one of the many **Hood River outfitters**.

● Shop at the area's many farm stands or try harvesting your own fruit at U-pick farms on the popular **Hood River Fruit Loop**. 🍷

Danielle Centoni writes from Portland.

Alaska Airlines (alaskaair.com) serves Portland (PDX) daily.

THE OREGON COAST

By Susan G. Hauser



● **Visitors to the Oregon Coast** are often guided by their sense of adventure. And there are various types of adventure to be had along this coastline of many towns and terrains. You might stroll sandy beaches punctuated by tide pools, or hike craggy headlands while watching for offshore wildlife, or simply explore the unique aspects of each seaside community along the way.

On one recent trip, I let my appetite for good *cheese* steer a north-to-south route, along which I visited four creameries that sell cheeses they make from the milk of local cows, goats and sheep.

My trek began in Tillamook, home since 1909 to the Tillamook Creamery. Last year, the site's 1949 visitor center

was remodeled to include a large dining hall, general store and pantry. Inside the front doors—above which is a giant portrait of a contented-looking cow—stairs lead to a viewing gallery with descriptive signage and windows overlooking the factory at various stages of the cheese-making process. The self-guided tour ends with samples of cheese, including the beloved orange-hued Tillamook Medium Cheddar. Before heading south, I had a scoop of Oregon Hazelnut & Salted Caramel Ice Cream, my other favorite Tillamook product.

A half-hour later, I was in Cloverdale, where the charming retail shop of Nestucca Bay Creamery sits next to Highway 101. Through the shop's rear window, I spied the fifth-generation dairy farm and the actual cows responsible for the company's tasty handcrafted cheeses. I happily sampled them all—cheddar, havarti, feta, Gouda and more. And, yes, I tried the ice cream—this time, a yummy vanilla!

At Rivers Edge Chèvre in Logsden, inland of the coast, about 20 miles northeast of Newport, I did not want to interrupt the busy mother-daughter

cheesemakers' work for a tour of Three Ring Farm, where they keep their goats. Instead, I selected from the convenient self-serve refrigerator on the front porch. My pick: Up in Smoke, a fresh chèvre wrapped in smoked maple leaves and spritzed with bourbon.

The last stop on my tour was the city of Bandon, where Face Rock Creamery has been making cheese from local cows' milk since 2013. The company is renowned for its handmade, small-batch specialty cheddars. Samples abound at the retail shop, of both the regular cheddar and flavored varieties (horseradish, peppercorn, garlic, cranberry/walnut). I washed mine down with a beer sample, though there's also wine. This shop has ice cream, too.

There's more than great dairy on the coast. From Astoria south, the following is a sampling of additional attractions, along with some recommendations for beers and bites along the way.

Astoria/Seaside/Cannon Beach

● **Astoria Column:** Climb the 164 steps of this mural-bedecked monument for expansive views.



Oregon



The Oregon Coast features varied terrain and activities that include strolling the beach or paragliding in Pacific City, above; climbing the Astoria Column for a view, right; hiking near Cannon Beach, left; and touring the Tillamook Creamery, opposite page, bottom.

- **Columbia River Maritime Museum:**

At this Astoria venue, learn about the challenges of navigating on one of the world's most treacherous river bars.

- **Fort Clatsop Visitor Center and Lewis and Clark National Historical Park:** About 6 miles southwest of downtown Astoria, explore a replica of the Lewis & Clark Expedition's 1805–06 winter quarters.

- **Funland Arcade:** This Seaside venue's 1950s bumper cars are a hit with kids.

- **Seaside Promenade:** Walk or bike the city's 1.5-mile scenic beachfront walkway, known locally as The Prom.

- **Ecola State Park:** Enjoy ocean panoramas at this destination between Seaside and Cannon Beach.

- **Cannon Beach Art:** Browse the many excellent art galleries, including **White Bird Gallery**, open since 1971.

- **Beers & Bites:** Housed in a former cannery, Astoria's **Buoy Beer Co.** offers meals and brews with river views, even through the floor. **Fort George Brewery** distributes only in the Pacific Northwest and has become a regional craft powerhouse best-known for IPAs and stouts. **Bowpicker Fish & Chips** serves popular beer-battered albacore tuna and steak fries from a fishing boat parked on a trailer in downtown Astoria. **Seaside Brewery** focuses on local ingredients, and serves Central Texas–

style barbecue inside the restored Old Seaside City Jail. Also in Seaside, **Osprey Cafe** dishes up globally inspired breakfasts and lunches. In Cannon Beach, **Public Coast Brewing Co.** has tasty ales and housemade root beer. For an elegant meal in the area, visit the **Stephanie Inn Dining Room**.

Tillamook/Pacific City/ Lincoln City

- **Three Capes Scenic Route:** From Tillamook's city center, this 40-mile coastal route stretches south to the beach town of Pacific City before looping back inland. Check out the Cape Meares Lighthouse and hike in Cape Lookout State Park, from which you might see whales (year-round, but peaking in late winter and late spring).
- **Chinook Winds Casino Resort:** This Lincoln City venue has live entertainment, dining and gaming by the ocean.
- **Beers & Bites:** Beer geeks flock to Tillamook for **de Garde Brewing's** wild-fermented ales. In nearby Wheeler, overlooking Nehalem Bay, **Salmonberry Saloon** boasts locally sourced produce, meat, cheese, seafood and wine. Enjoy a beachfront beer and a sunset at the **Pelican Pub & Brewery patio**, which juts out into the sand near Pacific City's Haystack Rock (not to be confused with Cannon Beach's rock formation). For fine dining, try **Meridian Restaurant & Bar** at Headlands Coastal Lodge & Spa.



Oregon

Views of Cape Arago Lighthouse, located on an off-shore island, are a highlight of the Cape Arago Beach Loop.

At **Rusty Truck Brewing Co.** in Lincoln City, a summer favorite is Moonlight Ride Blackberry Ale. Six miles south of Lincoln City, **Salishan Resort** offers fine dining, a spa, a golf course and an aerial adventure park.

Newport/Yachats/Florence

- **Oregon Coast Aquarium:** Located in Newport, this center for marine education and conservation has fish, mammals and birds from the Oregon Coast.
- **Cape Perpetua:** In this area just south of Yachats, the road reaches the

highest Oregon Coast viewpoint accessible by car. Pick up a trail map at the Cape Perpetua Visitor Center and hike through old-growth forest.

- **Sea Lion Caves:** About 11 miles north of Florence, take an elevator down to this year-round home of the sea lions.
- **Jessie M. Honeyman Memorial State Park:** Just south of Florence, this park has camping, dunes and lakes.
- **Oregon Dunes National Recreation Area:** This coastal parkland extends for 40 miles and features dunes as high as 500 feet above sea level.

Oregon's Adventure Coast (Coos Bay/North Bend/Charleston)

- **Cape Arago Beach Loop:** This driving route accesses three state parks, several scenic beaches and more. Highlights include Bastendorff Beach and Cape Arago State Park. And less than 20 miles south of the town of Charleston is the renowned Bandon Dunes Golf Resort.
- **Beers & Bites: 7 Devils Brewing Co.** has handcrafted beers available only within a 100-mile radius of Coos Bay. Also in Coos Bay, **Blue Heron Bistro** serves traditional German fare. ✈

Susan G. Hauser writes from Portland.

Alaska Airlines (alaskaair.com) provides daily service to Portland (PDX), Eugene (EUG) and Medford (MFR), gateways to the Oregon Coast.

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Horseback riding is a popular way to tour Willamette Valley wine country.

WILLAMETTE VALLEY

By Kerry Newberry

● **The horses' hooves clip-clop rhythmically** as we ascend a gentle slope in Oregon's Willamette Valley. Around me are hillsides covered with vineyards, and in the distance, the peaks of the Cascade Range glisten with white snow.

However, despite all this natural beauty, I'm really focusing on keeping my heels down and my posture slightly forward as we—my recently befriended horse and I—make our way through Oregon wine country.

Horseback riding is a common activity in the Valley, which is a verdant 150-mile-long section of the state that runs between Portland and Eugene. But to me, it can be about as relaxing as skydiving.

So for the first part of the trail ride, I'm nervously repeating tips to myself, such as focusing on staying square in the saddle, while sitting more than 5 feet off the ground, atop a beautiful 14-year-old Tennessee walking horse named Tops.

Turns out I have nothing to worry about. Tops is as gentle as can be. Sarah Ann Hahn, a lead guide for Equestrian Wine Tours and my personal guide on this trip, tells me the horses we are riding are known for their calm disposition and smoothness of gait.

"People like to say they are the Cadillac of the horse world," Hahn says. "Ours are always happy to go out on the trail and meet new people."

More than a decade ago, Equestrian Wine Tours' founders Jake and Shirley Price forged relationships with winery and vineyard owners in the Willamette Valley's renowned Dundee Hills area.

"It's pretty rare that you can ride through prime vineyards and forests that are all privately owned," says Hahn. On cue, she turns with her horse at the base of a hillside, and we begin a slow trot between two vineyard rows at our first stop, Domaine de Broglie, a winery recently acquired by famed film director Francis Ford Coppola.

We dismount and leave our horses in the shade of trees and under the watchful eyes of Dixie, Hahn's enthusiastic Australian shepherd dog. We taste a flight of five wines that includes estate Pinot Noirs, with classic black cherry notes, and a crisp Pinot Gris, with vibrant peach and pear flavors.

As a seasoned wine sipper, I know that when tasting multiple vintages, it's important to swirl, sniff, sip and then use the spittoon to be able to discern the differences in the various wines.

Back in the saddle, we pass by deep purple grape clusters hanging delicately from the vines, and Hahn tells me that the wine tour's horses are generally rescues or retired show horses.

We pause to take in the views of the snowy peak of Mount Hood to the east and the majestic Coast Range to the west and then continue on to our next



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Oregon



Here are a few more highlights to experience in the Willamette Valley.

Dundee/Carlton/Newberg

- **Wine Tasting:** Tour the region to taste Pinot Noir vintages at wineries such as **Adelsheim**, **Domaine Drouhin Oregon** and **Erath Winery**. You can also visit **Durant Vineyards** and **Durant Olive Mill** at **Red Ridge Farms**.
- **Chehalem Cultural Center:** Discover works by Northwest and internationally known artists at the center's rotating exhibitions that have included art by Makoto Fujimura and Oregon's Theresa Andreas-O'Leary.
- **Briar Rose Creamery:** Dundee Cheesemaker Sarah Marcus creates a variety of artisanal cheeses and truffles.

McMinnville

- **Wine Tasting:** Sip and stroll through picturesque downtown McMinnville, home to more than a dozen tasting rooms, where you can sample elegant Pinot Noirs from wineries such as **Brittan Vineyards** and **The Eyrie Vineyards**.
- **Evergreen Aviation & Space Museum:** Tour a renowned collection of historical military and civilian aircraft including an actual **Lockheed SR-71 Blackbird** and Howard Hughes' famous **Spruce Goose**, the largest wooden plane ever built. The family will also enjoy spending the afternoon at the adjacent **Wings & Waves Waterpark**.

Clockwise from top: Oregon's Willamette Valley is home to the Evergreen Aviation & Space Museum; Red Ridge Farms' olive grove; and the gourmet coffeehouse Poindexter Coffee.

Eugene/Springfield

- **Wine-Tasting:** Watch for farm stands and the area's quaint covered bridges as you explore the wineries and vineyards along country roads outside of Eugene and Springfield. At **Pfeiffer Vineyards & Winery**, which was planted in 1983 and is one of the state's oldest vineyards, taste Pinot Noirs and an assortment of whites in a candlelit cave. **King Estate Winery**, south of Eugene, has great wines and a renowned on-site restaurant that sources many ingredients from the winery's 30-acre garden.
- **Track Town USA:** Experience some of the more than 42 miles of shared-use jogging paths in Eugene, a world center for running. Afterward, enjoy a cup of gourmet coffee at **Poindexter Coffee**, one of Eugene's newest coffeehouses.
- **Cascades Raptor Center:** See more than 30 raptors, such as eagles, hawks and owls, in large outdoor aviaries. ✕

Kerry Newberry writes from Portland.

Alaska Airlines (alaskaair.com) provides regular service to Portland (PDX) and Eugene (EUG).

stop, White Rose Estate, which is known for its well-balanced Pinot Noirs, with hints of cherry, raspberry and spice.

As we ride on through the beautiful countryside, Hahn tells me that she started riding before she could walk. When not leading wine tours, Hahn is a trick rider with Riata Ranch Cowboy Girls, and also guides wilderness pack trips on her horse, Lucia.

We soon arrive at Winter's Hill Estate, our final destination. Amid gleaming tanks and stacks of oak barrels, I taste earthy Pinot Noirs and a few whites that include a wonderful barrel-fermented Pinot Gris.

I step outside to catch the setting sun casting a tangerine glow across the mountains to the east. Thinking back on the day, I realize that riding horseback captures the magic of wine country in a unique way. Sometimes all it takes to gain a new perspective is to saddle up.

5

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1

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2

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3

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Ride the Rim at Crater Lake National Park.

SOUTHERN OREGON

By Lee Juillerat

● **Rounding a curve**, I'm wowed. I've been focused on pedaling my 18-speed road bike to Crater Lake National Park's Cloudcap Overlook, and now, as I approach that site, I have one of the park's best views of the lake's dazzlingly blue water. Rising from the lake is the Wizard Island cinder cone, adorned with a skirt of evergreen trees, some of which date back 800 years. I can also see peaks more than 8,000 feet in elevation rimming the caldera, which was formed by the eruption and collapse of volcanic Mount Mazama about 7,700 years ago and subsequently filled up with rain and snowmelt. The caldera now contains the United States' deepest lake, at 1,943 feet.

Viewing Crater Lake from any vantage is always awe-inspiring, and my enjoyment is heightened by my bicycle ride along Rim Drive, the 33-mile road that circles the lake. I'm pedaling part of the loop during the Ride the Rim event.

On two Saturdays each September—this year, September 14 and 21—an approximately 25-mile section of Rim Drive is closed to motorized vehicles. Ride the Rim participants can bike, run or walk the route, whose changing elevations—with a net elevation gain of about 3,500 feet—offer a fun and challenging experience. Ride the Rim isn't a race. It's a take-in-the-sights ride that attracts bicyclists from across the United States and 10 countries.

For participants not bringing their own bikes, several companies offer rentals, and Tall Town Bike & Camp will deliver its rented bicycles to the park on a limited, reservation basis for the two Ride the Rim Saturdays. Zach's Bikes may also deliver, if demand warrants.

Even when Ride the Rim is not taking place, many cyclists enjoy pedaling around the lake. Because the road doesn't have dedicated bike lanes, I like to ride in autumn, when vehicle traffic

decreases and seasonal colors add to the natural splendor.

Of course, driving the lake loop is the most popular way to explore the park and its overlooks. In addition, guided-tour options include a two-hour ranger-narrated Trolley Tour that starts at Rim Village, or a Travel Dream West Tours day excursion, with convenient pickup at your lodgings in Southern Oregon. The excursions to the park include stops at the Rogue River Gorge, Upper Klamath Lake and Fort Klamath, along with a short hike to a waterfall.

The Southern Oregon region also offers many more recreational opportunities, such as the following:

Ashland Area

- **Lithia Park:** The park spans nearly 100 acres, including a section of Ashland Creek, as well as duck ponds, gardens, fountains, playgrounds, tennis courts and trails. Seasonal guided nature walks are offered by Ashland Parks and Recreation volunteer naturalists.
- **Oregon Shakespeare Festival:** This top attraction runs through Oct. 27 this year, with productions ranging from

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- 6 TOUCHMARK ON SADDLE DRIVE
HELENA, MONTANA
- 7 TOUCHMARK AT THE RANCH
PRESCOTT, ARIZONA





The Oregon Shakespeare Festival.



Oregon

Rogue River rafting.

Macbeth to *Cambodian Rock Band*, a combination play/rock concert.

- **The Southern Oregon Ale Trail:**

On a self-guided driving tour, visit your choice of 14 breweries/taprooms. The trail starts in Ashland and goes north to Medford and Grants Pass.

Medford Area

- **Harry & David:** Hourlong tours spotlight locally harvested pears, peaches and other fruits being sorted and packed, and items such as chocolate truffles being crafted.
- **Jacksonville:** Founded in the mid-1800s as a gold rush town, Jacksonville has more than 100 historical structures, and much of the town is now a National Historic Landmark. In addition, the **Britt Music & Arts Festival** takes place in Jacksonville through Sept. 15.
- **Premier Wine Tours:** One of several companies offering visits to three Southern Oregon wine regions—Bear Creek, Applegate Valley and Upper Rogue Valley—Premier provides tours from Medford, and also from Ashland and Jacksonville.
- **Upper and Lower Table Rocks:** These two prominent volcanic plateaus

near Medford offer easy to moderate hikes. I've often seen soaring turkey vultures cruising thermals here.

Grants Pass Area

- **Dutch Bros Coffee:** Headquartered in Grants Pass, Dutch Bros crafts specialty coffees, drinks, teas and more that are available throughout Oregon and six other western states, at more than 350 total locations. The company's proprietary blend is a smooth, balanced coffee that features beans from Brazil, El Salvador and Colombia.
 - **Oregon Caves National Monument & Preserve:** Located about 50 miles south of Grants Pass, the national monument is best explored via one of the four ranger-guided seasonal cave tours.
 - **Rogue River:** A Wild section of the federally designated Wild and Scenic River begins at Grave Creek and features numerous rapids.
- Morrisons Rogue Wilderness Adventures** is one of the permitted outfitters offering multiday trips on the Wild section of the river. The company also offers gentler, but still splashy, half-day and day trips on

milder sections, which I've enjoyed with my two daughters.

Roseburg/Umpqua Area

- **The Great Umpqua Food Trail:** Discover around 65 places to sample food from the Umpqua region. The possibilities on the self-drive trail include farmers markets, U-pick farms, farm-to-table restaurants, breweries and more.
- **Umpqua Valley Wine Tour:** Choose from nearly 30 wineries on a self-drive tour spotlighted by Umpqua Valley Winegrowers.
- **Umpqua River:** Several companies, including **Gary Lewis Guide Service**, offer chartered fishing trips for salmon, steelhead, smallmouth bass and more, while companies such as **North Umpqua Outfitters** provide rafting and/or kayaking trips. Hikers and mountain bikers can enjoy sections of the 79-mile-long North Umpqua Trail along the river. Guided trips are offered by companies such as **Oregon Mountain Guides**. ✈

Lee Juillerat lives in Southern Oregon.

Alaska Airlines (alaskaair.com) provides regular service to Medford (MFR).



MLS #201808416

19312 EATON LANE

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4 BD | 4.5 BA | DEN + BONUS | 4,150 SF | \$1,187,750

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MLS #201901240

2051 NW TALAPUS COURT

BEND OREGON

5 BD | 4 BA | BONUS | 3,940 SF | .49 AC | \$1,225,000

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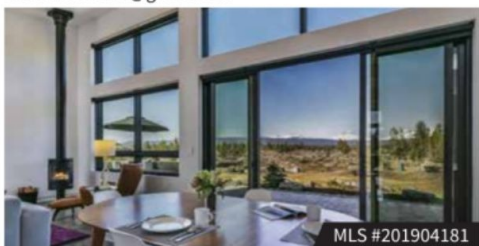
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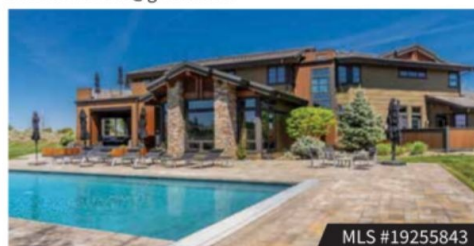
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THE HIGHLANDS AT BROKEN TOP

BEND OREGON

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CENTRAL OREGON

By Kim Cooper Findling

● **We are scooped smoothly from the earth** and lifted above the ground, our bare legs and sandaled feet dangling beneath us in the warm summer air. The chairlift glides quietly uphill, hovering over the Mount Bachelor landscape, rocky and austere beneath us and totally unlike the glistening white slopes of winter. The air is arid and scented with subalpine trees and snowbrush. It is midsummer, and my two young daughters and I have just spent the day picnicking and swimming at nearby Elk Lake. Now, it is nearing dusk on our day's grand adventure: a lift ride to a dinner on a volcano.

From the 9,065-foot mountain, Broken Top and the Three Sisters of the Cascade Range glow with a gorgeous late-afternoon light. Tumalo Mountain, even closer, is vibrant in the sun. We have a bird's-eye view of snowfields, forests and high-altitude lakes. I spot Sparks Lake, its irregular outline like a clearly visible puzzle piece from this vantage. The Cascade Lakes National Scenic Byway winds into the distance.

"Look, Mom," says my youngest daughter, pointing: A critter skitters into a copse of trees, and I say it might have been a pine marten—for which this ski lift is named—even though pine martens are mainly nocturnal.

For nonskiers, this stunning view is particularly coveted, achieved daily in summer (through Labor Day), when the Mt. Bachelor resort runs the Pine Marten Express lift for visitors seeking a hike on the mountain's flanks or a meal at the Pine Marten Lodge, perched at 7,775 feet. We live in Bend, but it's been years since I was this high on our local peak, and for my children, tonight is their first truly alpine view.

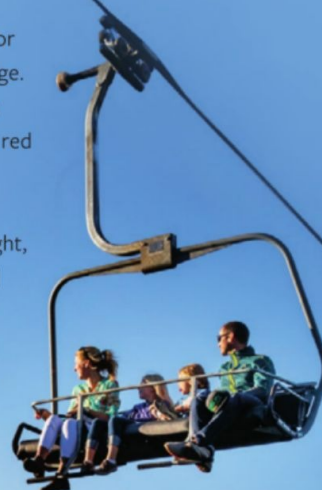
The lift rises, and soon we disembark onto a boardwalk, which leads to a life-size bronze statue of Mt. Bachelor founder Bill Healy in front of the lodge. Inside, the utilitarian space has been outfitted with white tablecloths and red carnations in vases for this special dinner occasion. The sunset meals rotate, with themed buffets each night, and tonight's is Italian, accompanied by refreshments from local breweries and distilleries for the adults.

As we eat our chicken and pasta, the sun sets, illuminating the Three Sisters, with a glow that changes color by the minute.

After dinner, before our chairlift descent, I pull jackets from my pack to ward against the night's chill. The last orange light slides behind the horizon, and my girls tuck against me as we slip down the mountainside, our shadows

behind us in elongated parallelograms. Sparks Lake emits a last reflection of dusky blue, and the hush of a summer night falls over the Oregon Cascades.

From mountaintops to tabletops, golf courses to cultural gems, Central Oregon is full of places for great adventure. Try some of the following destinations on your next visit to the area.



The spectacular view from Mount Bachelor.



Oregon

whitewater on the **Deschutes River**; camp in the **Cascade Lakes** region; and cycle one of four **scenic bikeways**.

About 70 miles northeast of Redmond is **John Day Fossil Beds National Monument**, which includes the glorious Painted Hills.

Breweries

• Since the 1988 founding of **Deschutes Brewery**, Central Oregon has been known as a craft beer hot spot. Today, Deschutes' flagship location in downtown Bend remains a must-see, and tours of the separate production facility, south of Old Bend, are available daily. But don't stop there in your search for suds—Central Oregon is home to more than 30 breweries, as well as many distilleries and cideries.

Follow the Bend Ale Trail to sample

The Old Mill District is a shopping, dining and entertainment destination located along the Deschutes River in Bend.

Outdoor Recreation

• The natural beauty of Central Oregon is largely volcanic, and the more than 50,000 square miles of the **Newberry National Volcanic Monument** is a place to explore this land of lava. Visit the top of the Lava Butte cinder cone to take in incredible views of the Cascade Range and lava flows. Head to the Lava Lands Visitor Center for geologic inquiry. Hike into Lava River Cave, one of Oregon's longest continuous lava tubes. At the Lava Cast Forest, see casts that formed more than 6,000 years ago as lava burned through the wood of trees

and then cooled. Visit the nearly 8,000-foot Paulina Peak and see the crater's two lakes, East and Paulina. Take a hike through the Big Obsidian Flow, where jagged glistening obsidian is all around.

Smith Rock State Park, less than 10 miles north of Redmond, is an international destination for rock climbing, where the towering volcanic formations are also awe-inspiring backdrops on the park's many hiking trails.

The **Metolius River** is famous for scenic and challenging fly-fishing, and the **Crooked River** is also a beautiful and wild waterway for anglers. Raft

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Greta Oglesby, *How to Catch a Creature* Katy Geraghty, *Hairspray* Daisuke Tsuji, *Cambodian Rock Band*
Photos by Jenny Graham

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Currents features cuisine sourced from around the Northwest.

creations from local breweries, including **Crux Fermentation Project**, located in an old AAMCO transmission shop. Sip Crux's products inside

or on the spacious lawn, complete with outdoor games. Another local favorite is **Worthy Brewing**, on Bend's east side, with gardens and the recent addition of a "Hopservatory"—a telescope offering visual tours of the night sky. Other popular destinations include **Sunriver Brewing Company**, winner of the 2017 Great American Beer Festival's Small Brewing Company Brewer of the Year award, and **Bend Brewing Company** for riverfront patio dining.

Cuisine

• Talented purveyors of fine foods are located throughout Central Oregon. Fine-dining **Ariana Restaurant** offers new American cuisine in a Craftsman bungalow on Bend's west side. During summer, visit **farmers markets in Bend** and at **Black Butte Ranch**. Casual outdoor dining can be found at six Bend food truck pods. For upscale brunch in downtown Bend, try **The Lemon Tree**, a popular 2018 addition to the local dining scene. At **McKay Cottage Restaurant**, savor an expertly prepared breakfast or lunch in a 1916 house with a view of the Deschutes River. At **The Original Pine Tavern Restaurant & Bar**, a classic dining destination in Bend, order famous housemade scones and admire an even more famous ponderosa pine growing

in the dining room. **Anthony's at the Old Mill District**, overlooking the Deschutes, serves seafood favorites, such as Pan Fried Tillamook Bay Oysters. And at **Riverhouse on the Deschutes**, where a 2016 remodel transformed this long-standing hotel into a hip destination, enjoy a modern bar and excellent Pacific Northwest dining in the **Currents** restaurant.

Golf

• Swing your clubs under sunny skies in Central Oregon at several world-class courses. **Sunriver Resort's** four tracks include **Crosswater**, which hosted the 2017 PGA Professional Championship for club pros, and is situated on 600 scenic acres of woodlands and wetlands. **Black Butte Ranch's** two courses wind through a ponderosa pine



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Pronghorn Resort features Jack Nicklaus and Tom Fazio courses in gorgeous mountain settings. **Tetherow Golf Club** offers a unique layout by David McLay Kidd, designer of The Castle Course in Scotland. In Bend, the **Old Back Nine** and **River's Edge Golf Course** are stellar public options.

History and Culture

- The **High Desert Museum** interprets the cultural and natural history of the high desert in exhibits, living-history displays and live animal collections. See burrowing owls, a rattlesnake and turtles, and then take a walk through high-desert history in the "Spirit of the West" exhibit to learn about homesteaders ranching in the Oregon desert around 1900.

JOHN WILLIAMS / HIGH DESERT MUSEUM



At the **Deschutes Historical Museum**, discover more about the area's history in galleries such as "Pioneer Life" and "The Forests of Central Oregon." Visit the **Sunriver Nature Center & Observatory** for natural history and to explore the night sky. Stroll in the Old Mill District and downtown during Bend's **First Friday Art Walks** to see the works of local artists. In the charming town of Sisters, the **Sisters Folk Festival** features more than 40 acts, September 6-8. ✈

Kim Cooper Findling writes from Bend.

Alaska Airlines (alaskaair.com) offers daily service to the Redmond/Bend (RDM) area.

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Among the Birds of Paradise

TRAILS AND TOURS OFFER VIEWS
OF HAWAII'S AMAZING AVIAN SPECIES

BY CATHERINE TOTH FOX





FROM LEFT: MICHELLE MISHINA KUNZ / HAWAII FOREST & TRAIL, OAHUNATURETOURS.COM

Tours such as this one on Hawai'i Island, with Hawai'i Forest & Trail, help visitors find rare native birds such as the 'i'iwi, right.



Just a few steps into our hike, in a forest reserve at the foot of Mauna Kea, on Hawai'i Island, we spot three beautiful, bright-red 'apapane flitting about tall native 'ōhi'a trees.

And we just got here.

"There's another one," says our guide, Jackson Bauer, a trails specialist with the state's Division of Forestry and Wildlife, pointing into the trees above us. We watch the chatty crimson honeycreepers, with their bright-white undertail feathers, dash from branch to branch.

In the two hours that we spend walking in this *kīpuka*—a pocket of flourishing vegetation surrounded by a cooled lava flow—we also spot the vermilion plumage and long, downward-curved bill of the 'i'iwi, an endangered scarlet honeycreeper. We find the less-flashy 'ōma'ō, a brown-and-gray Hawaiian thrush with a distinctive song, perching in the forest canopy.

Every few feet we see a bird that is unique to this island—and then another.

We are previewing the latest addition to the Hawai'i Island Coast-to-Coast Birding Trail, an approximately 90-mile driving route that stretches from Kailua-Kona in the west to Hilo in the east. The route connects a series of birding "hotspots"—hiking areas and other places of particular interest—along the way. The state's first official birding trail system, it launched in 2017 with a website (hawaiibirdingtrails.hawaii.gov) that offers an interactive map for self-guided touring. The area that we are previewing, the 1-mile Kaulana Manu Nature Trail, is scheduled to open to the public this fall, after improvements to what was once an informal, unsanctioned path. Mere miles away on Saddle Road are two existing hotspots—the Pu'u 'Ō'ō and Kaūmana trails—that are also excellent places to find native birds.



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The state of Hawai'i is an exquisite destination for bird-watching, primarily because of its collection of unique and rare birds, many of which are found nowhere else in the world. Each year, birding enthusiasts flock to Hawai'i's forests and shorelines, equipped with binoculars and lists of birds—often native and exotic—that they're hoping to spot in the wild.

"Birding is definitely gaining popularity in Hawai'i," says Rob Pacheco, owner of the Kona-based Hawai'i Forest & Trail, which offers birding-specific tours on Hawai'i Island and O'ahu. He credits the American Birding Association's decision in 2016 to add Hawai'i's birds to its official checklist, which has drawn serious birders to the Islands in recent years.

Along with increased interest in Hawai'i's birds has come a greater awareness of the precarious situations faced by many of the native species. More than one-third of all U.S. bird species protected by the Endangered Species Act reside in Hawai'i. Birds such as the 'akikiki (Kaua'i creeper), kiwika (Maui parrotbill) and 'i'iwi face multiple threats, including reductions to their feeding and nesting habitats, direct predation by invasive species, and mosquito-borne diseases such as avian malaria and avian pox.

Yet there is good news, too: Conservation efforts have helped restore, maintain and even increase some rare bird populations. For example, populations of 'elepaio (rusty-brown-colored monarch flycatchers) on both O'ahu and Kaua'i have been aided by predation control and the bird's resistance to avian malaria. The 'alalā (Hawaiian crow), which went extinct in the wild in 2002, has been successfully hatched and reared in captivity, and over the past two years, 21 of these birds have been released into protected forest areas on Hawai'i Island. Just this year, six critically endangered palila were released into a newly restored forest on Hawai'i Island, with 24 more palila scheduled to join them later this year. The palila is a finch-billed Hawaiian honeycreeper that, in 1967, was one of the first species federally listed as



Hikers explore a forested area along the Hawai'i Island Coast-to-Coast Birding Trail.

endangered. Fewer than 1,000 of these birds remain in the wild.

Such restoration programs mean that you can still see—with some effort and a bit of luck—some of Hawai'i's rarest birds. The plentiful migratory species drawn to these

CELEBRATE HAWAII BIRDS

The fourth-annual **HAWAII ISLAND FESTIVAL OF BIRDS** (Oct. 24–28), which is centered in Kailua-Kona, will include a film festival; a bird fair with arts, crafts, equipment vendors and expert speakers; and a variety of field trips to see native forest birds as well as oceangoing birds. Learn more at birdfsthawaii.org.



'Elepaio.



'Io.



'Ua'u kani.



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Pacific islands to breed, feed or stop over during long oceangoing journeys are also varied and fascinating. And the more common and robust populations of birds in the Islands can be exotic and intriguing to watch, as well.

You don't need to venture great distances in Hawai'i to find birds, even the rare ones.

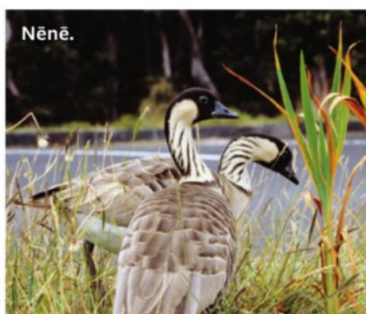
On every island, without having to hike deep into native forests or visit protected reserves, you can find a range of birds, from the melodiously voiced white-rumped shama, an introduced species that is common on O'ahu and Kaua'i, to the migrating *kōlea* (Pacific golden plover) that visits the Islands every winter—with many of the plovers coming from breeding grounds in Alaska.

Pacheco remembers the first time he arrived on Hawai'i Island in 1990 and pulled off a highway when he saw a *piha 'ekelo*, or common mynah, a native of South Asia that was introduced to Hawai'i in 1865 to control an infestation of armyworms. He abruptly made a U-turn, parked on the side of the road, and pulled out binoculars to see a bird that is extremely common in the Islands—though he didn't know that then.

"I thought it was so cool," he says, laughing. "It was my first time seeing a mynah bird."

Even a walk through urban Waikiki can result in checking a few birds off your list. You can see cattle egrets searching for insects in the grass at Kapi'olani

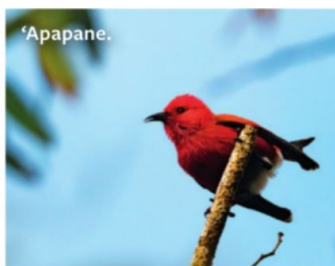
A manu-o-Kū (also called a white tern or fairy tern), above, swoops in to feed its chick high in a tree on O'ahu—a few of these rare birds can be found in urban Waikiki. A cattle egret, below, stands at the edge of Wailea Beach on Maui.



Nēnē.

SOME BIRDS TO SEE

- *'i'iwi* (scarlet honeycreeper)
- *'io* (Hawaiian hawk)
- *'ua'u kani* (wedge-tailed shearwater)
- Hawai'i *'amakihi* (Hawaiian honeycreeper)
- Kaua'i or O'ahu *'elepaio* (monarch flycatcher)
- *koloa maoli* (Hawaiian duck)
- *manu-o-Kū* (white tern or fairy tern)
- *mōlī* (Laysan albatross)
- *nēnē* (Hawaiian goose) —C.T.F.



'Apapane.



O'ahu 'amakihi.

TRACK YOUR BIRDS

eBIRD.COM is a real-time, online checklist to help birders record and keep track of their bird lists, share sightings, and explore dynamic graphs and maps. It was launched in 2002 by the Cornell Lab of Ornithology and the National Audubon Society. —C.T.F.

Park, semipalmated sandpipers strolling on the beach and even examples of the rare *manu-o-Kū* (white tern, or fairy tern) nesting in trees along Kalākaua Avenue. On any given day, you can find American cardinals, Java sparrows, saffron finches, rose-ringed parakeets and the occasional indigenous *'auku'u* (black-crowned night heron), a stately gray bird that stands about 2 feet tall and hunts for shellfish and fish near shorelines.

You can see even more of the diversity of Hawai'i's birds by hiking some of the state's amazing trails.

Take the 2-mile round-trip walk on a paved path to the viewpoint overlooking Makapu'u Lighthouse on O'ahu's southeast side, and in addition to sweeping views of a rugged coast, you'll see frigatebirds, shearwaters and boobies. One showstopper here is the *'iwa*, which is the Hawaiian name for the great frigatebird, considered the largest bird in the state. The *'iwa* appears in many Hawaiian *mo'olelo* (stories) and proverbs. Locals regard seeing this bird aloft, with its forked tail and 7-foot wingspan, as a harbinger of bad weather—the *'iwa* generally flies to the main Hawaiian Islands to escape storms out at sea.

You can also explore the 4.8-mile 'Aiea Loop Trail on O'ahu, about 15 miles north-

west of Waikīkī, where you can find some of the most elusive native forest birds on the island, including the *'apapane* and greenish-yellow O'ahu *'amakihi* (both Hawaiian honeycreepers), as well as the variety of *'elepaio* that is endemic (native and unique) to O'ahu. Birders in this area have also spotted the endangered Mariana swiftlet, which was introduced to O'ahu in the 1960s. The trail is one of the few accessible places on the island where you might see one of these birds.

Or spend a day at Kōke'e State Park in northwestern Kaua'i, where you'll spot any number of native birds, from *'apapane* to *'i'iwi* to Kaua'i *'elepaio*. You might also get lucky and glimpse the *'anianiau*, the smallest of the Hawaiian honeycreepers. Found only on Kaua'i, this curious bird has yellow plumage and feeds on the nectar from native trees, including *'ōhi'a*, which are plentiful in the park. The territorial males sing a high-pitched, sweet-sounding trill from dawn to dusk and during the entire breeding season, which runs from February to June.

Or, if you have some time (and a four-wheel-drive vehicle to access the trailhead), meander along the Palila Forest Discovery Trail, a 1-mile loop path through Mauna Kea's high-elevation dry forest on Hawai'i Island. This is one of the last large tracts of dry



A Hawai'i Forest & Trail tour group explores a high-elevation dry forest on Hawai'i Island. This rare habitat is crucial for certain native bird species.

FROM TOP: MICHAEL GREENFELDER / ALAMY STOCK PHOTO; OAHUNATURETOURS.COM; HAWAII FOREST & TRAIL

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Earlier this year, conservationists released six extremely rare palila, such as the bird above, into a restored forest on Hawai'i Island. Below, a mōlī (Laysan albatross), soars above ocean waves.

forest left in Hawai'i and is home to plants and animals—including birds—found nowhere else in the world. This is where you can spot vibrantly yellow-headed *palila*, which survive on the *māmane* tree that grows only in Hawai'i's subalpine forest environments, 7,000 feet above sea level. Pods from *māmane* trees make up

most of the *palila*'s diet and are part of the reason why this bird, with a hooked bill that's perfect for opening these tough seedpods, is found here and nowhere else.

"People travel a long way just to see *palila*, and they are thrilled to see one in the wild," says Lainie Berry, the coordinator for the state-run Hawai'i Forest Bird Recovery, one of the organizations that helped reintroduce

the birds to the Mauna Kea dry forest. "Their colors are just amazing, and there's such a uniqueness about them. Other honeycreepers are hard to see—they're way up in the forest canopy—but because *māmane* trees are much lower, you get to see these birds eye to eye. That's pretty cool."

Birding, as a travel activity, is steadily gaining popularity, thanks in part to a growing interest travelers have in exploring the outdoors and engaging in place-based experiences.

"A lot more people know about bird-watching," says Pacheco. "And the whole perception of birders is changing. It's not such a weirdo thing anymore. It's actually a great way to get out and connect with nature. It's something you can do anywhere you go."

According to a survey conducted by the U.S. Fish and Wildlife Service, 23.7 million Americans, age 16 or older, took trips away from their homes to watch wildlife in 2016,



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The red-footed booby (known as ‘a in the Hawaiian language) can be found in multiple Hawai‘i locations, including near the Makapu‘u Lighthouse on O‘ahu.

up slightly from the results of a similar survey five years earlier. And, according to the survey, approximately 45.1 million people observed birds around their homes and on trips away from home in 2016.

What such birders want to see when they travel to Hawai‘i can vary widely.

“Some birders really want to see seabirds, and other birders really want to see Hawai‘i’s endemic forest birds, which are found nowhere else in the world,” says photographer/conservationist/guide Michael Walther, who started Oahu Nature Tours in 1995. Back then, bird-watching was just a part of his company’s broader nature tours. Eight years later, though, he added birding-specific tours for small groups. Today, the outfitter boasts four diverse birding tours, including one that takes guests out on a 50- to 60-foot boat to spot various Hawaiian seabirds and trans-equatorial migrants, including the ‘ua‘u (Hawaiian petrel), mōlī (Laysan albatross), ‘ua‘u kani (wedge-tailed shearwater), ‘a (red-footed booby) and ‘ewa‘ewa (sooty tern).

One migratory shorebird—the bristle-thighed curlew—is of particular interest to birders, Walther says. So much so that Oahu Nature Tours offers the North Shore Birding

LEFT: GETTY IMAGES; FACING PAGE: OAHUNATURETOURS.COM



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Bristle-thighed
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Adventure between October 1 and May 31 to look for these rare and fascinating birds (along with others). Called *kioea* in Hawaiian, bristle-thighed curlews breed in remote areas in northwestern Alaska near the Kotzebue Peninsula. Then they make a nonstop migration of about 2,500 miles to Hawai'i in the summer. Recognized by their long downward-curved bills and long grayish-blue legs, these long-distance flyers typically arrive in late

BIRD-FOCUSED TOURS

HAWAII BIRD GUIDE (hawaiibirdingguide.com) tours are led by expert birder/conservationist Lance Tanino. He takes small groups into the Hakalau Forest National Wildlife Refuge on Hawai'i Island, on birding-focused boat trips off this island, and on customized adventures on other islands.

HAWAII BIRDING BABE (hawaiibirdingbabe.com), based in Honolulu, offers customized excursions on O'ahu, Kaua'i, Maui and Hawai'i Island for all levels of birders. Some tours pair birding with craft-beer sampling or a visit to a local chocolate factory.

HAWAII BIRDS (jackjeffrey-photo.com) tours are led by bird photographer and wildlife biologist Jack Jeffrey. He takes small groups—no more than four people—into the Hakalau Forest National Wildlife Refuge, which can be accessed via a commercial tour, to see native birds, including the 'i'iwi (the threatened scarlet honey-creeper), the nēnē (the Hawaiian goose that is the state bird), the 'akiapōlā'au (a stocky Hawaiian honey-creeper endemic to Hawai'i Island) and the Hawai'i 'elepaio (an endemic fly-catcher).

HAWAII FOREST & TRAIL (hawaii-forest.com), based in Kailua-Kona, offers small-

group guided birding tours on both Hawai'i Island and O'ahu. One Hawai'i Island tour takes you into the Hakalau Forest National Wildlife Refuge to see the 'ākepa (a native forest bird with bright-orange plumage on the males), the palila and maybe even a pueo (Hawaiian owl).

OAHU NATURE TOURS (oahunaturetours.com) offers private birding tours led by bird scientists who have conducted Hawai'i forest-bird surveys and written books and magazine articles about the Islands' native bird species. You'll visit different locales on O'ahu, seeking out native, introduced and migratory birds. —C.T.F.

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July and August and leave in early May to return to Alaska.

"If you're a birder, and you want to see this bird, you can either go to its breeding grounds in Alaska and do a super arduous hike to get to it, or you can go to Hawai'i in the winter, go to the beach and see them," Pacheco says.

If you're not already familiar with Hawai'i's birds—or if you're a novice birder—you might want to consider booking a guided tour. Even knowledgeable birders can benefit from these trips led by locals. Most birding-specific excursions tend to be small and guided by experts.

Renowned bird photographer Jack Jeffrey, who served as the wildlife biologist at the Hakalau Forest National Wildlife Refuge on Hawai'i Island for 18 years, now leads private tours into this roughly 33,000-acre area on the east slope of Mauna Kea. The refuge boasts a variety of native birds and plants unlike those anywhere else in the world—in fact, 70% of the 'iwi in the state reside here—and Jeffrey is part of a small group of commercial tour operators that has access to the area. He says that he wants to share the Hawaiian Islands' unique birds and the ecosystems in which they live because promoting awareness is one way to help save them.

"Since I've been in Hawai'i, I've seen seven bird species go extinct," Jeffrey says. "The more that people know about Hawai'i's birds, the more they are likely to help protect them and their habitat."

Lance Tanino, a former Hawaii Audubon Society board member, operates Hawai'i Bird Guide, which offers customized, small-group birding tours on every island. He



DAVE FLEETHAM/GETTY IMAGES

A tropic bird spreads its wings above Kōke'e State Park on Kaua'i, with the famed Nāpali Coast in the background.

has led volunteer groups into Hawai'i Volcanoes National Park on Hawai'i Island, Kōke'e State Park on Kaua'i, Haleakalā National Park on Maui, James Campbell National Wildlife Refuge on O'ahu and Hālawā Valley on Moloka'i. And he has led trips to Keawaiki Bay on Hawai'i Island specifically to look for the bristle-thighed curlew, and expeditions to rugged coastlines and into forests on every island just to see birds.

"What I love about Hawai'i's birds—native and nonnative—is that they continue to keep me intrigued," says Tanino, who got into birding after seeing cattle egrets on the side of the road as he commuted with his parents to elementary school on O'ahu. "I want people to know that Hawai'i's native birdlife is deserving of more attention and conservation action. No matter where you live, sharing the stories of the endemic birds in the Islands is still very much needed. There is incredible conservation work being done, but we can do more."

As our group heads back toward the parking lot at the Kaulana Manu Nature Trail, my husband suddenly stops and grabs his binoculars. We have already seen his favorite forest bird, the 'ōma'o, so I know there has to be something more, something else that is intriguing. He points to an old 'ōhi'a tree off in the distance. I raise my binoculars, too, trying to see what he's excited about.

And there, in full view, perched on a branch as if waiting for us to see it, is a male Hawai'i 'ākepa, unmistakable because of its blazing orange plumage. It's the first time I've ever seen one of these native tree-dwelling birds in the wild, and the experience is as thrilling as it is fleeting. Within seconds, the 'ākepa is gone, having disappeared into the forest canopy. ✕

Catherine Toth Fox writes about travel, food and outdoor activities in Hawai'i.

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THE BRIGHT LIGHTS OF MUSIC CITY

Nashville offers exciting musical and cultural attractions

By Solana Salado

» **Strolling along Nashville's Lower Broadway**—also known as the “Honky-Tonk Highway”—I hear live music emanating from a series of bars that are famous for having musical acts performing all day, every day, and never charging a cover.

This neighborhood is the heart of Music City, and visiting here is a must for any visitor exploring Tennessee's capital. Even a longtime resident such as myself is drawn to the glow of Broadway's neon signs, the scents of local delicacies drifting from the street vendors' food stands, and the fact that everyone on the street appears to be here to either play or enjoy the neighborhood's eclectic mix of music.

The music scene is a prominent part of the city's culture and draws many people to Nashville each year. While some are aspiring musicians or songwriters hoping to join the ranks of the legends who started their careers playing the local venues, most are visitors eager to hear the next up-and-coming phenom. And still others are locals such as me who are out on the town for a special occasion.



On this Saturday night, I'm joining friends for a bachelorette party and then later meeting up with family members. The night starts with dinner at Makeready restaurant on the ground floor of Noelle, a new boutique hotel that also has a rooftop bar and a speakeasy-style bar (enter by going through the door marked “Storage” to the right of the restaurant).

After a meal, our group decides on a quintessential Nashville experience:

visiting Jason Aldean's Kitchen + Rooftop Bar, which offers the perfect vantage point for taking in the neighborhood excitement.

One of many celebrity-endorsed bars on Lower

» *Nashville gleams in the evening light, above, as the General Jackson Showboat cruises along the Cumberland River. Jason Aldean's Kitchen + Rooftop Bar, opposite page, and Robert's Western World, below, are two of Nashville's most popular honky-tonks.*

NEAR & FAR»



Nissan Stadium

Broadway, the venue includes multiple floors, six bars and two stages that feature live country music. There is even a room with a DJ. When I bid the bride-to-be adieu, I walk across the street to meet my siblings at Robert's Western World. This honky-tonk is a popular local hangout and happens to be the place where I learned how to dance the two-step.

The bar's owner, JesseLee Jones, also leads the house band, Brazilbilly, a hoot of an act that combines the sound of Jones' homeland of Brazil with the genres of hillbilly country and rockabilly. The styles blend to create a hybrid that still stays true to its country roots. This weekend, we're lucky enough to catch Jones, a great performer in his own right, playing with his band onstage and wearing his trademark retro country and western suit. While Jones and Brazilbilly put on their usual fabulous show, I think to myself, "This is why I live in Music City."

The music of Nashville

To delve deeper into the local music scene, stop by the Grand Ole Opry. Even if you aren't a major country music fan, visiting the venue, taking a backstage tour and experiencing a show is a lot



of fun. Upcoming acts include Crystal Gayle on August 24, Sawyer Brown on August 28 and Lee Greenwood on September 10. The Opry will honor Dolly Parton with Dolly Week, October 7-12, to commemorate Parton's 50th anniversary of becoming an Opry member.



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» NEAR & FAR NASHVILLE

To learn about the history of country music and its biggest stars, visit Nashville's many music museums. A good place to start is the Country Music Hall of Fame and Museum, where you can see Hank Williams' guitar and Elvis Presley's customized Cadillac.

The museum also organizes tours of RCA Studio B in an area of town known as Music Row. This is where thousands of hits were recorded, including songs by The Everly Brothers, Dolly Parton and Elvis Presley. According to local lore, the King was having trouble getting into the holiday spirit while recording a Christmas album at the studio in July, so the crew brought in decorations and lights, improving his mood.

The Musicians Hall of Fame & Museum in the Historic Nashville Municipal Auditorium allows visitors to step behind the scenes and see how music is made. You can play instruments and sing along with recordings of stars such as Ray Charles.

Nashville is also home to museums honoring specific superstars, including the Johnny Cash Museum, which houses one of the world's largest collections of memorabilia about the "Man in Black." On the second floor of the same building is the Patsy Cline Museum, which tells the story of Cline, who remains a major country legend more than 50 years after her

death. Other sites include the George Jones Museum and the Willie Nelson and Friends Museum, which contains memorabilia from Nelson and dozens of other music stars.

While best known for country music, Nashville draws major musical acts of every genre. This month, the 18,000-seat Bridgestone Arena, home of the NHL's Nashville Predators, will feature performers ranging from Shawn Mendes to Iron Maiden to the Backstreet Boys. The Ascend Amphitheater, a popular open-air venue that seats about 6,800, also has a lineup for August that includes concerts by Blues Traveler, Heart and the musical group Tenacious D, starring comedic actors and musicians Jack Black and Kyle Gass.

Some of the best locations to see up-and-coming artists and indie bands include the Mercy Lounge on Nashville's Cannery Row and Marathon Music Works, which boasts a unique location at Nashville's Marathon Village, a retail area in a refurbished automobile factory that is more than a century old. The space includes Jack Daniel's General Store, which sells a variety of merchandise, barware and items made from Jack Daniel's whiskey barrels, but no whiskey. Another must-visit is Antique Archaeology, a store owned by Mike Wolfe, the creator and star of

» *The Country Music Hall of Fame and Museum, above, tells the history of the music genre. The Marathon Village, below left, is home to the Jack Daniel's General Store. The Johnny Cash Museum, below, holds a large collection of memorabilia about the "Man in Black."*





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A full-scale replica of the Greek Parthenon stands in Nashville's Centennial Park. The structure houses an art collection and a 42-foot-tall sculpture of Athena, the goddess of wisdom.

Modernism," which is on display through September 2, and "Monsters & Myths: Surrealism and War in the 1930s and 1940s," which includes works by Dalí, Miró and Picasso, and will be on display through September 29. Gallery talks and curator's tours for the exhibits are available.

Other notable collections of art include the Vanderbilt University Fine Arts Gallery. The art is located in the Cohen Memorial Hall, which is a work of art in itself, with its Neoclassical facade, two-story atrium and grand staircase. The gallery houses artwork from around the world. A current exhibit is "Susan DeMay, Divergent Practice: A Career in Ceramics," through September 13.

A different kind of artwork is on display at the Lane Motor Museum,

the History Channel program *American Pickers*.

Other musical attractions in Nashville include the historical Ryman Auditorium, a former tabernacle that was built in 1892. The auditorium has become one of the most revered venues in the country, hosting many top performers that range from B.B. King to Paul Simon and Bruce Springsteen. Take a backstage tour to learn about the building's famed history.

Arts and culture center

Nashville has also developed into a center for the visual arts.

The Frist Art Museum, which opened in 2001, is a leader in the city's burgeoning art scene. Current exhibits include "Frida Kahlo, Diego Rivera, and Mexican



» Works by artist Frida Kahlo, right, will be featured in an exhibit at the Frist Art Museum through September 2.



AT A GLANCE

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

... **Foodie:** Nashville is known for its wonderful biscuits. Some of the best can be found at Holler & Dash restaurant, home of the hollerback club, above.

... **History buff:** Explore Fort Negley Visitors Center and Park. The Union Army built the fort in 1862, making it the largest inland fortification built during the Civil War.

... **Family:** The Nashville Zoo at Grassmere is known for its Andean bear and Sumatran tiger exhibits, and its state-of-the-art veterinary center where guests can see how the animals are cared for.

... **Lover of literature or pop culture:** Peruse the shelves at Parnassus Books, an independent bookstore co-owned by author Ann Patchett.

Distinctive dish and where to get it:

Nashville is famous for its hot-and-spicy chicken. Try the local delicacy at Prince's Hot Chicken Shack, Party Fowl, or Bolton's Spicy Chicken and Fish.

Classic drink and where to get it:

A bushwacker is like a

boozy chocolate milkshake. Cool down with one at Broadway Brewhouse in Midtown or enjoy one at Rebar in the Music Row neighborhood.

What to take home:

Pick up a collectible letterpress print, such as this one



from Hatch Show Print, or buy a record or souvenir from the Ernest Tubb Record Shop.

What's in a name?

Pioneers settled on the banks of the Cumberland River, founding Fort Nashborough in 1779. The settlement was named after Francis Nash, a general in the American Revolutionary War. The name was changed to Nashville in 1784. —S.S.



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The Tennessee State Museum, which opened in its expansive new building last year, tells the state's history through a variety of exhibits that span from prehistory to the present and highlight famous Tennessee natives, including President Andrew Jackson and Sam Houston.

Nashville is a sports-centered town,

where the Nashville Predators have a strong following after making it to the Stanley Cup Playoffs in each of the last five seasons. You can also see the NFL's Tennessee Titans play at Nissan Stadium, located on the banks of the Cumberland River. Later, walk across the John Seigenthaler Pedestrian Bridge for a post-game pint at downtown's City Tap.

You might also enjoy stopping by the Downtown Sporting Club. The hotel-and-entertainment venue has a coffee

shop, several bars and restaurants, many televisions and a 14-foot projector screen to show the most important sports events of the day. The bar's recreational areas have a variety of activities, ranging from foosball and arcade games to cornhole and ring toss.

Exciting culinary scene

Nashville has a rich and diverse food culture that embraces a variety of cuisines. A popular new restaurant is Chaatable, the latest venture by Food Network chef Maneet Chauhan. Her playful take on Indian food includes build-your-own *bhelpuri* appetizers, with a variety of ingredients to add to the dish's rice base. The vibrantly decorated space has splashes of color that add to the memorable sensory experience.

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» NEAR & FAR NASHVILLE

seat at Arnold's Country Kitchen. The James Beard Award-winning restaurant specializes in serving meat dishes—ranging from fried chicken to blackened trout—with three side dishes, better known by the shorthand “Meat & 3.”

For dessert, visit the flagship Goo Goo Shop and Dessert Bar in downtown. Stock up on boxes of the chocolate, nutty, caramel-filled clusters as you watch them being made in the shop kitchen. Or sign up for a Taste of Goo Goo class and try your hand at making your own treats.

To see the countryside, spend an afternoon exploring the grounds of 55-acre Cheekwood Estate & Gardens, about 10 miles southwest of Nashville. The property was developed in 1929 by Leslie Cheek and his wife, Mabel Wood, heirs to a large wholesale grocery distributor and investors in the Maxwell House Coffee and Tea Company. Cheekwood includes 12 formal gardens, various trails, a cafe and the property's neo-Georgian mansion that contains an expansive art collection.

You can also travel 25 miles south of Nashville to visit Arrington Vineyards. Enjoy the views while sipping award-winning vintages and listening to live music every weekend through October.

This serene location, in the lush foothills outside of the community of Arrington, is one more reason I live in the Nashville area, a place known for its musical heritage, its artistic and food culture, and its beautiful surroundings. ✈

Solana Salado writes from Nashville.

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SPLENDID SPLIT

Ancient history meets natural beauty on the Croatian coast

By Melanie Haiken

» Resting on a sun-warmed marble step beneath one of the columned arches of Split's famed Roman Peristyle, I contemplate the buildings that surround the broad stone plaza before me. There's the Roman Temple of Jupiter, a handful of Venetian-style palaces in a mix of Renaissance and Gothic architecture, the Romanesque cathedral bell tower and even a huge sphinx brought from Egypt.

These structures are part of the Palace of Diocletian, which was built as a sort of retirement home for the Roman emperor Diocletian, who died here in the early fourth century. But in reality, the palace is a massive fortress designed to house soldiers garrisoned to protect the royal household. During many centuries of continuous occupation in Split, the palace became a kind of city within what is now Split's Old City, as waves of settlers took refuge within the fortified walls.

This overlay of histories and cultures is one of the aspects I find most remarkable about Split, located on Croatia's Dalmatian Coast on the Adriatic Sea. My college-age daughter and I marvel at the columned facade and unusual octagonal shape of the Cathedral of Saint Domnius. The site was originally a mausoleum for Diocletian, until early Christians converted the tomb in the seventh century. It remains one of the oldest cathedrals in the world with its structure intact, and it was named after the patron saint of Split, who was martyred by Diocletian.

Wandering around other parts of Split's Old City, I'm reminded of Venice and Verona, especially when I arrive in People's Square, with its vast plaza of glossy limestone and Gothic arches lending it a familiar grandeur. In nearby Fruit Square, the octagonal Venetian tower stands opposite the balcony-



studded Baroque facade of Milesi Palace.

The Italian resemblance is no accident—Venetians played an enormous role in the history of the Dalmatian Coast, trading with its ports and finally conquering Split in 1420 to rule it until 1797.

Italian influence is particularly pronounced when it comes to the food—our favorite meals in Split feature various types of pasta, such as the quill-shaped *fuži*, which we eat with a truffle sauce, and gnocchi paired with a local specialty

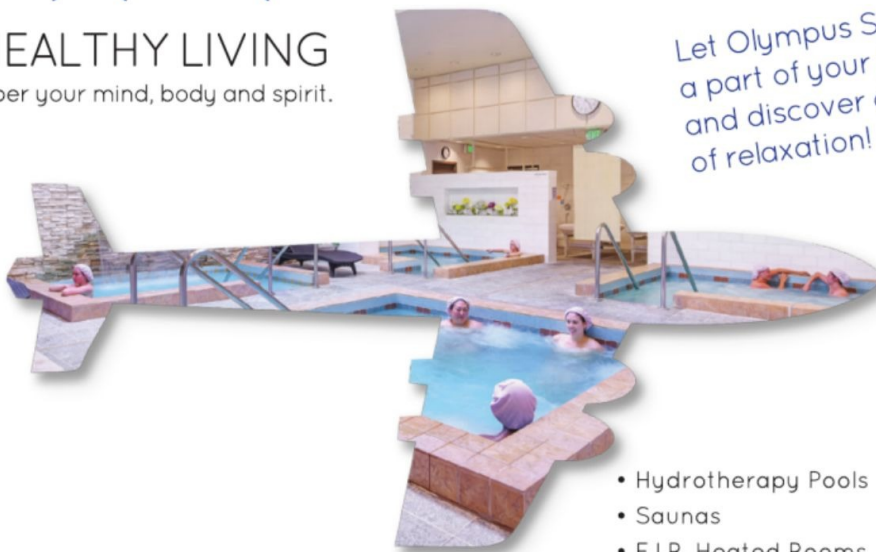
» *The Cathedral of Saint Domnius bell tower rises above part of the Palace of Diocletian, facing page, top. People's Square, right, is bustling with cafes in Split, a city on the Adriatic Sea, below.*





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pašticada, a marinated flaked beef. Fruit Square, lively with restaurants, street performers and handicraft stalls, is a great place to find these specialties.

My daughter and I need all this nourishment to energize our walking, which includes a climb to a hilltop lookout point in Marjan Forest Park. The Veli Varoš neighborhood below the park is one of Split's most historical and most culturally diverse, and along the way we stop for a quick wander through a Jewish cemetery, where more than 700 of the traditional recumbent stones—some dating back to the mid-1500s—are inscribed in languages such as Hebrew and Croatian.

We also explore local shops, putting together a picnic of fruit, olives, figs, sheep's milk cheese from the island of Pag, and flaky *burek* pastries stuffed with ground meat and cheese. We ascend a series of staircases totaling more than 300 steps through dense piney woods and emerge to a majestic vista of the Diocletian Palace and the Adriatic Sea. Before us is a tricolor mélange of red roof tiles, cream-colored stone and azure water, and we stay to watch the sunset.

Island Odyssey

While there's plenty to keep us busy in Split, the city can also be a base for day trips to the region's other famous attrac-

tions, which include natural wonders, colorful villages rich in history and, of course, the many rocky islands that speckle the Dalmatian Coast.

We begin with Hvar, home to a fishing port considered one of the most beautiful in Europe, steep cobblestone streets, and olive orchards and lavender fields. We found an efficient and stress-free way to visit Hvar by signing up for an all-day boat outing via GetYourGuide, a booking platform for travel experiences. The trip allows us to explore another highlight: the Instagram-famous Blue Cave on the island

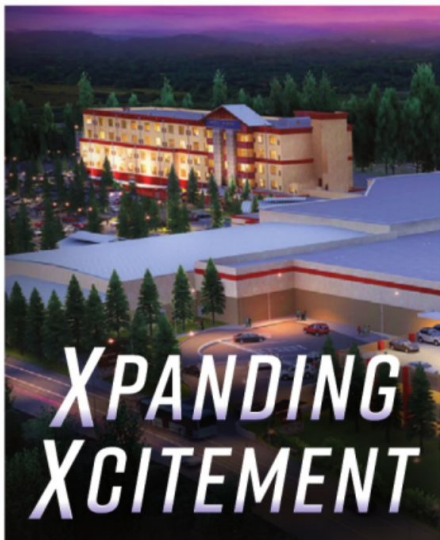


» From top: Hvar's picturesque fishing port. Blue Cave is an iridescent wonder on the island of Biševo. Kut is a quaint town on the island of Vis.

of Biševo. Accessible only by boat, the cave—also called the Blue Grotto—glows with an unearthly silver-blue light when the sun's rays bounce at a specific angle off the cave's bright white rock floor.

Next on our boat excursion are the islands of Ravnik, known for its Green Cave, and Budikovac, where a turquoise lagoon is the perfect place for a swim.

The surprise highlight of this trip is the island of Vis, so photogenic that it makes sense when we learn it was used as a stand-in for the fictional Greek island of Kalokairi in the 2018 film *Mamma Mia!*



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» Brudet, shown above, is a popular tomato-based fish stew. Waders relax in a refreshing pool at Skradinski Buk, below.

Here We Go Again. We trot up and down the narrow limestone stairs and steep alleyways in the town of Kut, passing abandoned 17th century Venetian villas and stopping in a courtyard cafe for *brudet*, a fish stew rich with a tomato base. Vis, we agree, is well worth a longer visit on our next trip to Croatia.

Inland Water Wonderland

A few days later, we opt for a second day trip, this time to Krka National Park, about an hour northwest of Split. Here, a stretch of the Krka River thunders over gleaming travertine rock terraces to create a cascading series of multilevel waterfalls separated by clear, bright-green pools. Luckily, we'd planned to get wet, because spray from the falls has us damp in minutes. We don't mind—the mist only makes the falls more magical, refracting the light into a rainbow-colored sheen.

While Skradinski Buk, the park's biggest and most popular waterfall, lives up to its reputation as a natural fairyland-like setting, we are eager to find our own corner of Krka. We see a sign offering a river boat trip to another waterfall, Roški Slap—a lacy filigree of flowing water—and Visovac Island, home to a 500-year-old Franciscan monastery,



The Riva promenade.

AT A GLANCE

Popular attractions:

- The Cathedral of Saint Domnius bell tower has a 200-step spiral staircase leading to a bird's-eye view.
- The neo-Renaissance Republic Square is often the site of concerts and events.
- Split's top swimming beaches include Marjan and Radunica.

Lesser-known attractions:

- Froggyland is a museum of artfully stuffed frogs posed doing human activities, such as sewing.
- Meštrović Gallery and Kaštilac is a summer villa and artistic complex showcasing the life's work of Croatian sculptor Ivan Meštrović.

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

... **Foodie:** Pazar (marketplace) is next to the east wall of the Palace of Diocletian. Farmers, cheesemakers, bakers and artisanal food producers offer their wares.

... **Romantic:** Couples can stroll The Riva promenade, along the waterfront and lined with restaurants and colorful cafes.

... History buff:

The Archaeological Museum includes Neolithic and Greek ceramics, tombstone mosaics, Roman coins and carved sarcophagi.

... **Family:** Bačvice Beach is a beautiful sandy beach stocked with water-sports equipment stands.

Distinctive dish:

Crni Rižot (squid ink risotto). Locals claim Konoba Fetivi, a charming family-run restaurant serving traditional cuisine, gets it right.

Memorable scene filmed in Split:

In *Game of Thrones*, season 5, Daenerys visits her dragons in the basement of the Palace of Diocletian.

Local game to know: The water game of *picigin*, which originated in Split, requires players to volley a slippery peeled tennis ball without letting it touch the water.

Sports team to cheer: HNK Hajduk Split, the local soccer (football) team, plays home games at the Stadion Poljud.
—M.H.

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As is so often the case in Croatia, where awe-inspiring natural beauty forms a backdrop to intriguing history, the Franciscan Monastery of Our Lady of Mercy provides some of our day's most memorable moments. We wander its elegant gardens, complete with fan-tailed peacocks, and pore over illustrated manuscripts in the fascinating museum and library.

Protecting the Past

On our last day in the Split area, we head high into the mountains to the fortress of Klis, which snakes along the face of a sheer cliff in a series of seemingly impenetrable fortifications. Klis has become known to *Game of Thrones* fans as the city of Meereen, but that's only the most superficial layer of its history, which dates back as far as the Illyrians and ancient Romans, and continues through battles against foes such as the Ottomans and Venetians. In World War II, it was occupied by Axis troops.

The museum inside the fortress, new since *GOT* fame, makes creative use of holograms to bring to life the history of the fortress and its role in protecting the area.

As we head back to Split, we muse on the ways in which civilizations recycle, reuse and build on the achievements of those who came

SEBASTIAN WASEK / ALAMY STOCK PHOTO

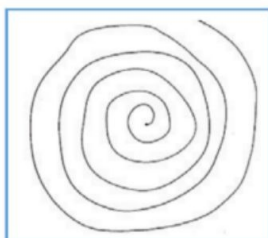
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Fortress
of Klis.

before. That theme is echoed in our final dinner, which we eat in the Bačvice Beach area after an afternoon lounge and swim.

We choose the Zora Bila restaurant, which was, until recently, a low-key taverna. Now in a modern space overlooking the beach, with views all the way to the islands, Zora Bila has an eclectic menu that is a tribute to Split's pan-Mediterranean history and offers creative takes on Croatian specialties alongside completely new creations.

The five-course "slow" tasting menu, which changes every day, is like a trip through Croatia's markets on a plate, from delicate smoked eggplant to tuna fresh from the fish stands.

On our last night, we reflect upon the splendor of Split and its many layers of rich traditions. ✕

Melanie Haiken is based in the San Francisco Bay Area.

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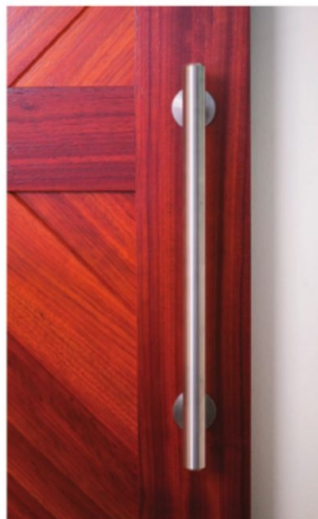
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A RIVER RUNS THROUGH IT

Exploring the scenic Snoqualmie area

By Todd Powell

A small grove of deciduous trees stands apart in the meadow, their chartreuse leaves contrasting with the broad shoulders of Mount Si. White trunks and dappled sunlight summon stories of fanciful creatures and a bucolic sense of timelessness.

I'm hiking the 460 acres of fields, trails and woodlands known as Meadowbrook Farm, a pioneer homestead and former hops ranch, about 30 miles east of Seattle. Now being preserved as public open space by the neighboring communities of Snoqualmie and North Bend, the farm, which includes portions of waterways such as the South Fork of the Snoqualmie River, is a significant location in Snoqualmie Valley history. It was once owned by Jeremiah Borst, the first permanent European American settler in the area, who was called the "Father of the Snoqualmie Valley." Borst arrived

here in 1858 from New York by way of the California gold rush and began farming in the fertile valley, whose varying landscape is con-

nected by the 45-mile Snoqualmie River. Its approximately 700-square-mile watershed includes towns such as North Bend, Snoqualmie, Preston, Fall City, Carnation and Duval.

Additional settlers soon arrived; they launched hops, dairy, logging, milling and other endeavors; and by 1889, Puget Sound-area entrepreneurs had extended the Seattle, Lake Shore and Eastern Railway into the upper Snoqualmie Valley, which helped attract even more settlers, as well as visitors who had heard about splendid natural sights such as Snoqualmie Falls and Mount Si.

As a longtime resident of the valley, I know that notable natural sights include animals, too: red-tailed hawks wheeling in the sky, for instance, or the valley's resident herd of elk grazing on either side of the road that runs between Snoqualmie and North Bend. And while hiking in the valley, I've found a robin's delicate blue egg, still intact, on a path, and an elk skull sitting in grass as if waiting for the brushstrokes of Georgia O'Keeffe—two signs of the ongoing cycle of life on the prairie.

The Snoqualmie Valley has been home to the Snoqualmie Tribe from time immemorial. Before Meadowbrook became a pioneer homestead, this prairie land—known as *baqʷab* in Lushootseed—was managed by the Snoqualmie People for

» Meadowbrook Farm, with a spectacular view of Mount Si, was once a pioneer homestead.



» **Clockwise from top left: The restored 1890 Snoqualmie Depot, breathtaking Snoqualmie Falls, and the beautiful Snoqualmie River, with Mount Si in the background.**

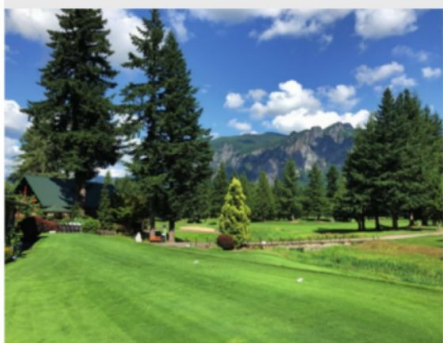
food production and medicinal plants. In 1851, explorer Samuel Hancock heard the region referred to as *Highas close Illihs* in Chinook jargon, meaning that “here the land is good.”

Following my hike on this prized land, I head into the town of Snoqualmie for Sunday brunch at The Black Dog Arts Cafe, where the walls are bedecked with paintings by Northwest artists, and the items on the menu are often named after famous artists, musicians and writers. I order Monet’s Breakfast (French toast, eggs and bacon), but I could just as easily have opted for The Allen Ginsberg Omelette or, yes, the Georgia O’Keeffe sandwich (cream cheese, avocado, cucumber, fresh

greens). On many a weekend night and Sunday morning, you also can take in some lively local music at The Black Dog.

It’s one of the many shops and restaurants—including Flying Frog Curiosity Shop, Wild Hare Vintage and The Bindlestick coffeehouse and bar—that flank the east side of Railroad Avenue in the Snoqualmie Historic District. Much of the west side of the avenue in the district is occupied by the landmark Snoqualmie Depot, which was built in 1890. Several well-preserved vintage railway cars are displayed here on a rotating basis, among them a 1926 steam locomotive and an early-1950s Army ambulance kitchen car. The

TEEING UP



■ **Mount Si Golf Course** (mtsigolf.com): This site (shown at left) provides outstanding up-close views of Mount Si as you play the links. Varying tee lengths make for a course as short as 5,400 yards or as long as 6,400 yards, with enough water hazards to keep it interesting. That’s when you’re not looking at the mountain, of course.

■ **Snoqualmie Falls Golf Course** (snoqualmiefallsgolf.com): This course measures 5,823 yards from the back tees. The Snoqualmie River runs along the first

five holes, and you’ll have three ponds on the back nine to contend with. Plenty of cows will be spectators in a nearby pasture.

■ **The Club at Snoqualmie Ridge** (clubatsnoqualmieridge.com): This private Jack Nicklaus–designed course includes stadium seating around many greens, as well as hills and berms for great viewing by spectators. The Club at Snoqualmie Ridge can be booked by guests of Salish Lodge, and is home to the annual Boeing Classic pro tournament, August 19–25 this year. —T.P.

depot's Queen Anne-style architecture evokes bygone days, as does the white gazebo located across the street in Railroad Park. And railway history is also displayed along about a quarter mile of train track heading north out of town, with exhibits such as a refrigerator car, a steam crane and a Northern Pacific Railway snowplow.

I parallel the tracks as I drive Railroad Avenue toward Snoqualmie Falls, which cascade north of the confluences of the Snoqualmie River's North, Middle and South forks. To the Snoqualmie Tribe, and many other tribes from the southern Salish Sea region, the falls and surrounding land is a sacred site. To Puget Sound Energy, which runs a power plant that was first established here in 1898, the falls are an essential source of hydroelectric energy for a growing population in areas such as North Bend and Snoqualmie Ridge. To visitors, Snoqualmie Falls is one of Washington state's most popular scenic attractions.

Count me among those who find the nearly 270-foot falls sacred and energizing and a scenic wonder. The falls also provide a dividing point between the mountainous upper valley and the flatter lowlands. I've been on the main viewing platform at PSE's 12-acre Snoqualmie Falls Park and felt the mist from the water pouring over the cliff. I've hiked down the hill on a tree-lined trail to the lower falls observation deck to see the river recollect itself before continuing its journey to join the Skykomish River to form the Snohomish River and ultimately reach Puget Sound. I've been here in winter, when the spray froze into icicles on the rocks.

This past spring, I took my family to dinner at Salish Lodge & Spa, perched just above the falls, where we celebrated my daughter's 18th birthday and walked outside to watch the tumbling water illuminated by spotlights.

On today's summer visit, the sun is spreading gold filaments across the sky, and the cataract's waters gleam, reminding me of the powerful force of the river, and of the Cascade Range from which it originates to nurture this beautiful region. ✕

Todd Powell has lived in the Snoqualmie Valley for more than 15 years.

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■ **DirtFish Rally School** (dirtfish.com): Learn to drive rally cars like the pros, on muddy, gravel roads.

■ **Horse Activities:** Lessons are available by reservation from facilities such as **Deerfield Farm** (4-person minimum, deerfield-farmllc.com) and **Mountain Vale Equestrian** (mtnvequestrian.com), which also



offers guided trail-ride lessons for advanced riders. Or, volunteer at **Rancho Laguna's HEART: Home of Equine Assisted Rescue Therapy** (rancholagunaheart.org).

■ **Olallie State Park** (parks.state.wa.us/555/Olallie): This 2,329-acre park offers rock climbing, hiking trails, and access to the mixed-use Olallie Trail, with its spectacular valley and mountain views.

■ **Railroad Days** (railroaddays.com): On the third weekend of August, Snoqualmie celebrates its train and timber heritage. See the grand parade; enjoy music; and take in art in the park.

■ **Rattlesnake Ledge** (wta.org): This rock outcropping has panoramic views of Rattlesnake Lake and the Cascade Range. Don't worry: No rattlesnakes live here. The area was named for the sound that camas seedpods made when they dried up and the wind blew. The trailhead to the 4-mile round-trip hike, with an elevation gain of 1,160 feet, is located at the north end of Rattlesnake Lake.

■ **Remlinger Farms** (remlingerfarms.com): Enjoy a seasonal family-fun park with 25-plus rides and attractions, as well as seasonal U-pick opportunities, a farm market and a restaurant.

■ **Sigillo Cellars winery** (sigillocellars.com): The wine portfolio features Rhône- and Bordeaux-style varietals, as well as other favorites. Sigillo is one of the nine wineries in the Snoqualmie Valley. If you're looking for local beer, try **No Boat Brewing Co.** (noboatbrewing.com) and **Snoqualmie Falls Brewery and Taproom** (fallsbrew.com).

■ **Snoqualmie Casino** (snocasino.com): For entertainment, gaming and dining, head out to this casino known for its proximity to Seattle.

■ **Snoqualmie River Fishing** (emeraldwateranglers.com): The river offers plenty of places to cast a line. Look for rainbow and cutthroat trout, as well as salmon, depending on the season.

■ **Snoqualmie River Float** (fallcityfloating.com): Through Labor Day, rent a river tube from **Fall City Floating** and take a shuttle upriver, where you can put in about a quarter mile below Snoqualmie Falls and float 4 miles along mostly gentle rapids.

■ **Snoqualmie Valley Trail** (kingcounty.gov): The 31-plus-mile trail (with one on-road detour) is along a converted railroad bed. For rentals and delivery of bikes to various area trailheads, see **Compass Outdoor Adventures** in North Bend (compassoutdooradventures.com).

■ **Twin Peaks** (savorsnoqualmievalley.org/itinerary/twin-peaks-tour): See several attractions related to the TV show, from The Roadhouse Restaurant and Inn to Twede's Cafe, for great cherry pie. —T.P.





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THE PLAY'S THE THING

Upcoming theater in the Seattle area

By Michele Andrus Dill



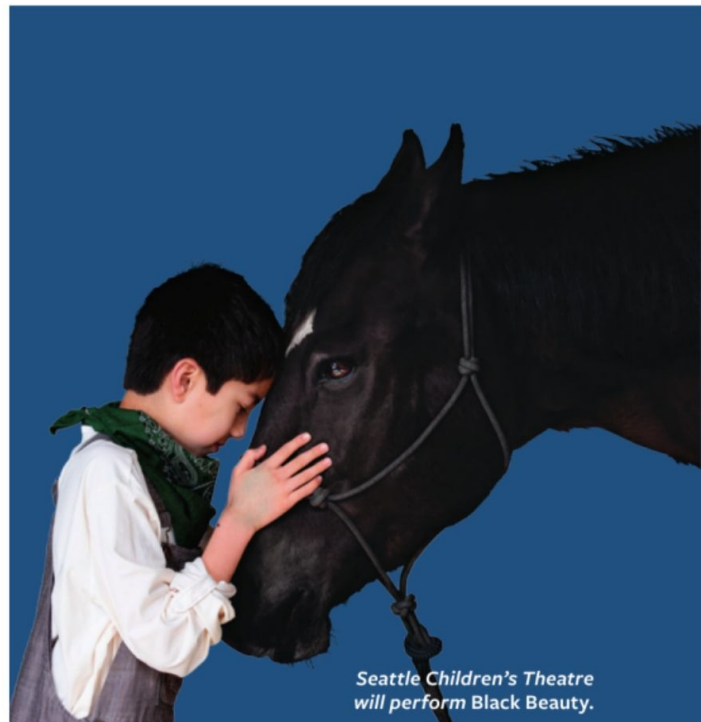
» Four distinctive and lovably awkward princesses escape the restrictions of their castle and find adventure in *Bliss*, whose world premiere will be staged at **The 5th Avenue Theatre** (5thavenue.org) during the 2019–2020 season. The season, whose sponsors include Alaska Airlines, comprises the new musical *Austen's Pride*, a reimagining of the book *Pride and Prejudice*, Oct. 4–27; the world premiere of the musical *Mrs. Doubtfire*, based on the movie, Nov. 26–Dec. 29; *Bliss*, described as turning the traditional princess narrative upside down, Jan. 31–Feb. 23; *Sister Act*, March 13–April 5; *Jersey Boys*, April 14–19; *Once On This Island*, May 12–24; and *Evita*, June 12–July 3.

- At **ACT** (A Contemporary Theatre, acttheatre.org), *The Year of Magical Thinking*, based on the memoir by Joan Didion, is on stage through Aug. 11, followed by the world-premiere *People of the Book*, Sept. 6–29, and *Dracula*, Oct. 18–Nov. 17.

- Roald Dahl's *Charlie and the Chocolate Factory* is at **The Paramount Theatre** (stgresents.org) through Aug. 11. The 2019–2020 season, expected to feature 10 shows, will kick off with *Miss Saigon*, Oct. 29–Nov. 3, and will also include *Summer: The Donna Summer Musical*, *Fiddler on the Roof*, Disney's *Frozen*, *The Play That Goes Wrong* (an award-winning comedy), *Anastasia* and *Mean Girls* (with a creative team that includes Tina Fey).

- **Seattle Children's Theatre** (sct.org) will present a world-premiere stage adaptation of the book *Black Beauty*, Sept. 26–Oct. 27. Commissioned by Seattle Children's Theatre, the production will feature large-scale puppetry, live music and a multi-generational cast to tell the story of the beloved horse (a live horse won't be on stage). The 2019–2020 season will also include *Corduroy*, Nov. 21–Dec. 29; *Snow White*, Feb. 6–March 8; *The Best Summer Ever!* (with singalongs), March 19–April 19; and *Don't Let the Pigeon Drive the Bus: The Musical!*, April 9–May 20.

- The new nine-production season at **Seattle Rep** (seattlerep.org) will feature the world premiere of *The Great Moment*, Oct. 11–Nov. 17, a family story about how we find, or lose, ourselves at different ages. The season also spotlights Sam



Shepard's *True West*, Jan. 17–Feb. 15; *The Importance of Being Earnest*, April 17–May 17; and the world premiere of *Lydia and the Troll*, May 8–June 14, inspired in part by Seattle landmarks such as the famous *Fremont Troll* sculpture.

- **Seattle Shakespeare Company** (seattleshakespeare.org) will bring the magic of *The Tempest*, one of Shakespeare's most popular plays, to the stage Oct. 15–Nov. 10, followed by *The Rivals*, Jan. 7–Feb. 2; *Troilus and Cressida*, March 17–April 12; and *Macbeth*, April 21–May 17.

- At **Taproot Theatre** (taproottheatre.org), see a play described as being based on two real-life encounters between Frederick Douglass and Abraham Lincoln as Douglass challenges the president to act on the statement that "all men are created equal." The production, *Necessary Sacrifices*, will be performed Sept. 18–Oct. 26. This season also includes *The Bishop's Wife*, Nov. 27–Dec. 28. The 2020 season starts with *Steel Magnolias*, Jan. 22–Feb. 29, and also features *Babette's Feast*; *See How They Run*; *The Spitfire Grill*; and *The Old Man and the Old Moon*.

- **Village Theatre** (villagetheatre.org), which performs in the cities of Issaquah and Everett, is celebrating its 40th-anniversary season with five dynamic productions: *The 25th Annual Putnam County Spelling Bee*; *Guys and Dolls*; *She Loves Me*; *Hansel & Gretel & Heidi & Günter*; and *The Wedding Singer*. See the theater website for dates at each location. ✂

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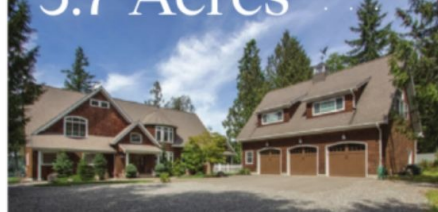


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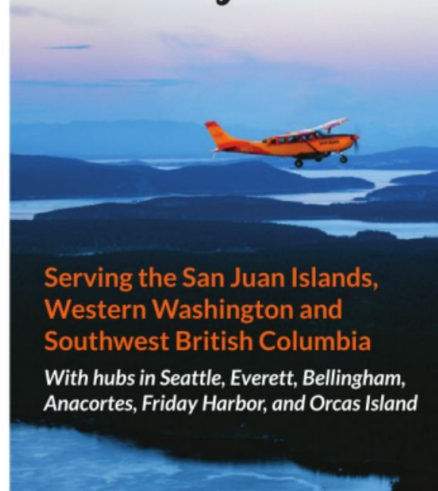


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CALENDAR

■ Tours of the **Lime Kiln Point Lighthouse** (above), celebrating its centennial this year, are available Thursdays and Saturdays, from 7 P.M. to sunset, through Sept. 7. Whale talks are offered at the lighthouse at 3 P.M. on Fridays and Saturdays through Aug. 10 (folkssji.org/lighthouse/tours). The picturesque lighthouse is at **Lime Kiln Point State Park** on San Juan Island, a drive and ferry ride northwest of Seattle. The park is a top site from which to watch for orca, humpback and minke whales, May through September (parks.state.wa.us/540).

■ Several rescued bald eagles are on view in the new **"Eagle Passage"** habitat, celebrating its grand opening Aug. 3 and 4 at the **Northwest Trek Wildlife Park**. The Metro Parks Tacoma attraction is located in Eatonville, about 55 miles south of Seattle. The new walk-through habitat's netting allows guests to safely see eagles on each side, and above. Guests can also crawl into a replica bald eagle nest, and learn about bald eagle conservation (nwtrek.org).

■ During **Chief Seattle Days**, Aug. 16–18 in the town of Suquamish, northwest of

Seattle, and on the Kitsap Peninsula, enjoy a traditional salmon bake, canoe races, a fun run, softball tournament, golf tournament, singing, drumming, dancing and a ceremony honoring Chief Seattle (chiefseattledays.org).

■ **Fresh Paint: Festival of Artists at Work** takes place Aug. 17–18 at the **Port of Everett South Marina and Marina Village**, north of Seattle. More than 100 artists are participating, with works such as painting, pottery, glass art, jewelry and photography (schack.org).

■ **Festál: Live Aloha Hawaiian Cultural Festival** (right), featuring live music and dance, will be Sept. 8 at Seattle Center (seattlelivealohafestival.com). Alaska Airlines is a sponsor of the festival and of Seattle Center.

» HERE & NOW SEATTLE

■ During **Fashion Week at The Bellevue Collection**, Sept. 25–29, east of Seattle, learn about fall fashion trends; see runway shows; and enjoy beauty demonstrations and shopping. Also enjoy shopping packages at hotels that are part of The Bellevue Collection shopping/dining/entertainment destination, such as the **Hyatt Regency Bellevue**, which is celebrating its 30th anniversary this year (fashionweekbellevue.com).



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FANTASTIC BEASTS

The Musk Ox Farm raises a species that survived Alaska's latest ice age

By Jennifer Nalewicki

» A gust of wind whips through the prairies of Palmer, Alaska, ruffling the shaggy tufts of fur covering the backs of a herd of musk oxen. Unfazed, the group lumbers on, stopping only to rummage their massive hooves through the hard-packed soil to collect grasses to eat. For many mammals, the Alaska tundra has proved far too brutal for survival, but not for these shaggy beasts. They were one of the only species of megafauna to survive the most recent ice age, which lasted until about 11,700 years ago and wiped out saber-toothed tigers and woolly mammoths.

Much of the musk ox's survival is due to its thick, double-layered coat. Called qiviut, the

musk ox's blanket of underwool is softer than cashmere and warmer than sheep's wool, making it an important resource, especially for Alaskans living in frigid winters. Come spring, musk oxen naturally shed their qiviut, leaving behind wool that local artisans process into yarn to weave into sweaters, scarves, hats and other apparel.

I'm touring the Musk Ox Farm, which has been raising musk oxen and supplying their qiviut to local artisans since 1964. Today, with a herd of more than 80 mammals (there also are approximately 4,300 musk oxen in the wilds of Alaska and about 168,000 total in the world), it's one of the only farms on Earth dedicated to caring for musk oxen.

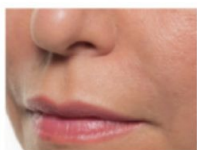
» The 75-acre Musk Ox Farm in Palmer is home to a herd of more than 80 oxen.



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"There's no one else on the planet doing this," says Mark Austin, executive director of the Musk Ox Farm. "It's just us."

For the past nine years, Austin has worked on the farm, a venture begun by the late John Teal Jr., an anthropologist who, in a 1958 article in *The New Yorker*, was dubbed "the friend of the musk ox." He turned his love of animals into an enterprise that provides artisans with the materials necessary to create knitted goods to make a living.

The farm has a long shared history with Oomingmak, an Alaskan cooperative owned by about 250 Alaska Native artisans, who turn qiviut into handknitted goods sold at a downtown Anchorage shop and online (qiviut.com).

Austin and his team of five full-time employees and 10 to 14 seasonal employees

continue Teal's legacy. It's a job that not only involves managing the 75-acre farm, but also educating visitors about the species' history and how pivotal qiviut is in allowing musk oxen to survive one of the harshest environments in the world.

One of the farm's busiest times is during the spring, when Olive, Maple, Aquarius, Leo, Twix and other musk oxen—yes, they all have names—begin shedding their qiviut. This is when Austin and his team hand comb every animal on the farm.

"[We try to make it] stress free, which creates a good relationship between us and the animals. We spend a lifetime socializing them so that the process is gentle and calm," he says. "When we harvest the qiviut, we'll put the musk ox in a stall and jump in with them with a hair pick."

Plucking the wool from one animal can take several hours, and an average adult, which can stand up to 5 feet tall and weigh 800 pounds, produces more than 4 pounds of qiviut a year.

When it's not harvest season, employees and a team of volunteers and interns keep busy by ensuring the health and well-being of the mammals, which includes feeding them hay and mineral supplements in the winter and rotating them through the farm's pastures during the warmer months to graze on the Mat-Su Valley's mixed grasses.

"We're dedicated to the care, feeding, health and welfare of these animals, and to educating the public," Austin says. "People walk away from the farm with a real profound sense of learning

something and getting a deeper understanding for the musk ox's place in the world and its place in the Arctic, and the value that musk oxen have." ❧

Freelancer Jennifer Nalewicki travels to Alaska from New York.



» A Musk Ox Farm employee (above) harvests a musk ox's qiviut, which gets spun into yarn, right.



HAPPENINGS ON THE FARM

→ The Musk Ox Farm in Palmer, northeast of Anchorage, is open for tours throughout the summer and by appointment in the winter. Tours include a visit to the on-site museum that explains the history and domestication of the species.

The farm also hosts regular events, such as concerts and knitting classes led by local artisans.



On the first Saturday in October, the farm will hold its fifth-annual Oxtoberfest, a celebration of all things Alaskan-made, including local brews, and sausage made from locally raised pigs. The event also features an oompah band.

In addition, the farm houses a gift shop, which sells knitted goods that local artisans made from qiviut.

For more information, visit muskoxfarm.org. —J.N.



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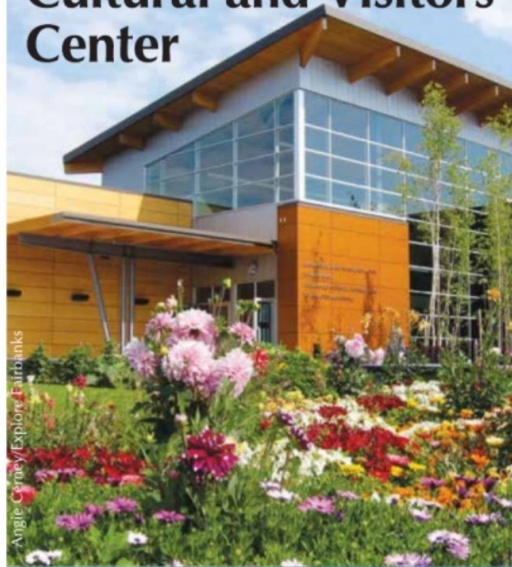
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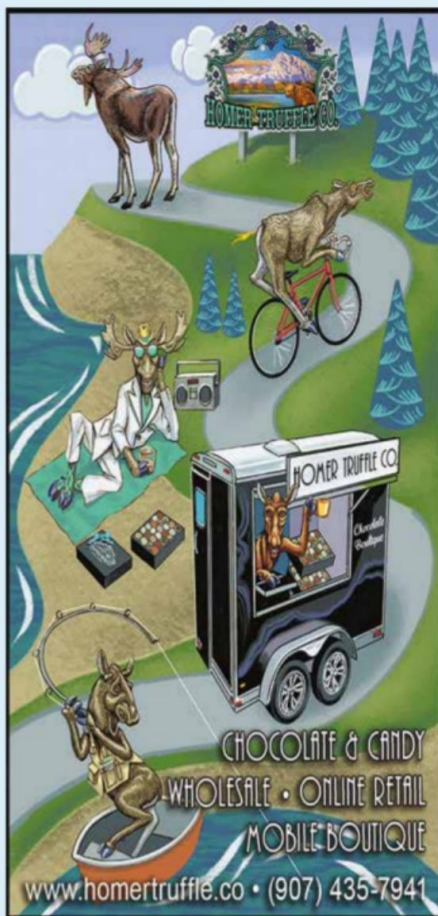
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CRADLE OF CREATIVITY

The San Francisco Bay Area
as a center of innovation

By Ben Davidson

» I'm perched on my mountain bike, high on the summit of Mount Tamalpais, above a blanket of Pacific Ocean fog, north of San Francisco. Below me, on the mountain's south slope, I see a dirt road—once a railway route—winding down from the summit. My hometown of Mill Valley is nestled in the redwood-forested canyons near the mountain's base.

I've just finished pedaling up the road—Mill Valley's Old Railroad Grade—from the town center to a parking lot near Mount Tam's 2,571-foot East Peak. With views of Marin County, San Francisco Bay and the city of San Francisco, the route is ideal for mountain biking.

Indeed, this dirt road (along with others on Mount Tam) was an inspiration for the mountain bike. The first commercial mountain bike was developed in 1977 by my Tamalpais High School schoolmate Joe Breeze. His "Breezer #1" bike is now enshrined in the Smithsonian Institution's National Museum of American History in Washington, D.C. It's one of a number of innovations created in the Bay Area.

San Francisco and the communities that surround it have long been home base for an extraordinary crop of inventions, some arcane and quirky, and some that are indispensable to our daily lives.

Even as a kid growing up in the 1970s in the Bay Area, I sensed how creative and innovative the region was. Maybe it was the inventive spirit tied to the quickly evolving music scene and counterculture that was emblematic of San Francisco in the 1960s and 1970s. After that, there was the nascent tech industry that grew by quantum leaps on the San Francisco Peninsula, turning quiet agricultural towns and bedroom communities into the hotbed of Silicon Valley. One can also argue that innovation in the Bay Area goes back farther, at least to entrepreneurial and independent spirits such



as Levi Strauss, who opened a dry-goods business in gold rush-era San Francisco and later, in 1873, patented (with tailor Jacob Davis) the sturdy, metal-riveted work pants we now call blue jeans. Today, the region is home to innovators in fields such as software development, biotech and internet technology.

So, how did Mount Tam inspire the mountain bike? The story goes like this: In the 1970s, a few long-haired, jeans-and-boots-wearing locals found a passion for racing down Old Railroad Grade and the mountain's other dirt roads on old fat-tired cruiser bikes.

A steep path a few miles north precipitated even higher speeds. The bikes' coaster-brake hubs heated up so much that their lubricating grease vaporized and had to be "repacked" every few runs—so the bikers' course became known as Repack. Also, the heavy old bikes were painful to push or pedal uphill, and their frames often broke on the way down. Over the course of about two dozen Repack Races, participants realized there had to be a better way. The handiest among the racers began experimenting with lighter and stronger

» The first commercial mountain bike was created when Joe Breeze (above, at right, on Mount Tamalpais) and other Marin County locals modified older bikes for their 1970s downhill races. Levi Strauss & Co.'s historical Two Horse logo, below, honors the original blue jeans.



alloyed-steel frames, better brakes and multiple gears (helpful for climbs). It was this tinkering that led to the mountain bike. Joe Breeze was one of the original Repack racers and one of the chief tinkerers, as evidenced by Breezer #1. He is now the curator of the Marin Museum of

Bicycling and Mountain Bike Hall of Fame in the town of Fairfax.

I recently asked Breeze why he felt the Bay Area was a center of creativity. He opined: "California has a reputation for maverick ideas. Ever since the gold rush of 1849, westward-ho dream chasers from around the globe have run up against the Pacific. Their legacy is part of our collective DNA."

As for his group of innovators, Breeze says, "None of us were trying to change the world."



We just had a huge passion for bicycles. It was natural for us to find new ways to ride, right in our backyard, on trails we had hiked as kids.”

There are often debates about the earliest versions of inventions. And yet, from the jeans patented in the 19th century to a gene-editing technology being developed today, many innovations have come about, in full or in part, in San Francisco and its surroundings. Here are some examples:

Cable car: In 1873, the same year blue jeans were patented, engineer Andrew Hallidie drew upon mining-car systems for the Clay Street Hill Railroad (above), said to be the first successful street railway.

Popsicle: In 1905, 11-year old Frank Epperson reportedly invented an ice pop accidentally, by leaving a drink out in the cold. In the 1920s, an adult Epperson remade and patented this invention. He called it “Ep’s sicle,” his kids called it “Pop’s sicle,” and it became the Popsicle.

Fortune cookie: One version of the cookie’s admittedly disputed origin story (a Los Angeles location also stakes a claim) describes how, in 1906, Japanese immigrant Suyeichi Okamura started Benkyodo, a Japanese confectionery

store in San Francisco, and popularized the tea cookie—at first, sans fortune inside.

TV: In 1927, at a San Francisco lab, Philo T. Farnsworth and collaborators developed his earlier ideas into the all-electronic television.

Bendable straw: By one account, the flexible straw was invented in the 1930s at the Varsity Sweet Shop in San Francisco.

Irish coffee: A certain European country lays claim to the origins of this coffee, cream and whiskey cocktail. But the version many see as definitive (left) was perfected at the Buena Vista Cafe in San Francisco, starting in 1952.



Computer mouse: Computing pioneer Douglas Engelbart developed this invaluable tool in the 1960s, in Menlo Park. In 1997, he won a prestigious Turing Award for work that included the invention.

Rainbow flag: Artist Gilbert Baker designed the multicolor flag as symbol of LGBTQ+ pride. The original version of the flag (above right) debuted at the June 1978 San Francisco Gay Freedom Day Parade, a precursor to today’s San Francisco Pride events.



The Wave: The origins of this arena-circling cheer are debated, but professional cheerleader “Krazy” George Henderson says he first used it at an Oakland Athletics game in 1981.

CRISPR: This genome-editing technology (whose name is shorthand for the DNA sequences that enable it) was announced in 2012 by University of California, Berkeley professor Jennifer A. Doudna. CRISPR allows scientists to alter an organism’s genetic code. While some view genome-editing as controversial, its supporters say that it has transformed research and may allow scientists to cure diseases, produce nutritious crops and create biofuels. Doudna notes: “The Bay Area is a hotbed for big discoveries and innovations in CRISPR technology.” ✕

Ben Davidson writes from Marin County.

INNOVATION ON DISPLAY

- **California Academy of Sciences,** San Francisco, calacademy.org.
- **Chabot Space & Science Center,** Oakland, chabotspace.org.
- **Computer History Museum,** Mountain View, computerhistory.org.
- **Exploratorium,** San Francisco, exploratorium.edu.
- **Lawrence Hall of Science,** Berkeley, lawrencehallofscience.org.
- **Marin Museum of Bicycling and Mountain Bike Hall of Fame,** Fairfax, mmbhof.org.
- **The Tech Interactive,** San Jose, thetech.org. —B.D.

Flyer guide

Your overview of the Alaska experience.

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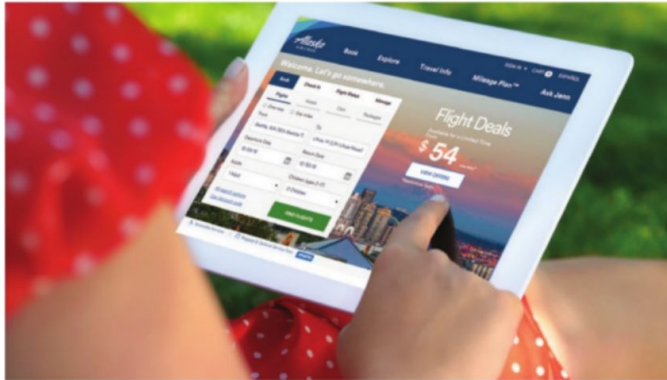


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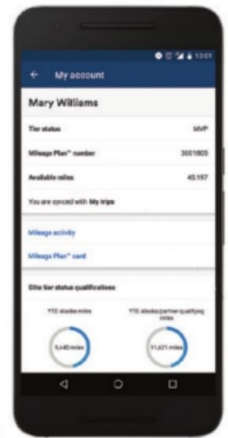
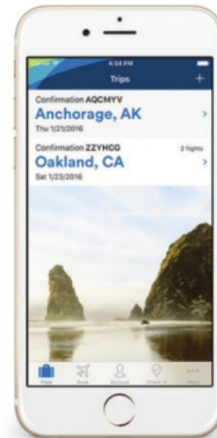
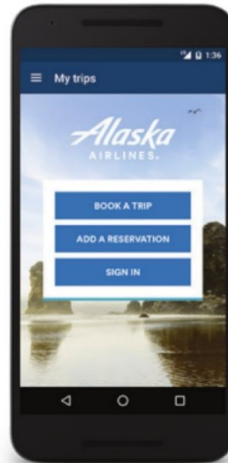


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- Sadie
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- Lest We Forget
- My Man Godfrey
- Mary Poppins Returns
- Creed II
- Widows
- A Star is Born
- The Favourite
- Ralph Breaks the Internet: Wreck-It Ralph 2
- First Man
- Mary Queen of Scots
- Bohemian Rhapsody
- Can You Ever Forgive Me
- Beautiful Boy
- Wildlife
- Bad Times at the El Royale
- The Predator
- The Old Man and the Gun
- Smallfoot
- The Darkest Minds
- The Meg
- Crazy Rich Asians
- Game Night
- Ocean's 8
- Tag
- Deadpool 2
- Wonder Woman
- Batman and Harley Quinn
- War for the Planet of the Apes



For a complete movie/TV program listing, go to AlaskaWiFi.com while in flight.

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THIS MONTH'S BOARDING MUSIC PLAYLIST:

Artist	Song
Júníus Meyvant	Holidays
Frenship	Remind You
Jess Williamson	White Bird
Flawes	When We Were Young
Strfkr	Malmö
Guster	Don't Go
Leisure	Feeling Free
Gregory Alan Isakov	Powder
Ages and Ages	Needle and Thread
Bad Suns	Love By Mistake
Jay Som	Superbike
Mimicking Birds	Dust Layers
Ages and Ages	Just My Luck

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Pro tip: Keep a backup set of earbuds in every backpack or carry-on. That way, if you forget your favorites, you're not totally without your jams.



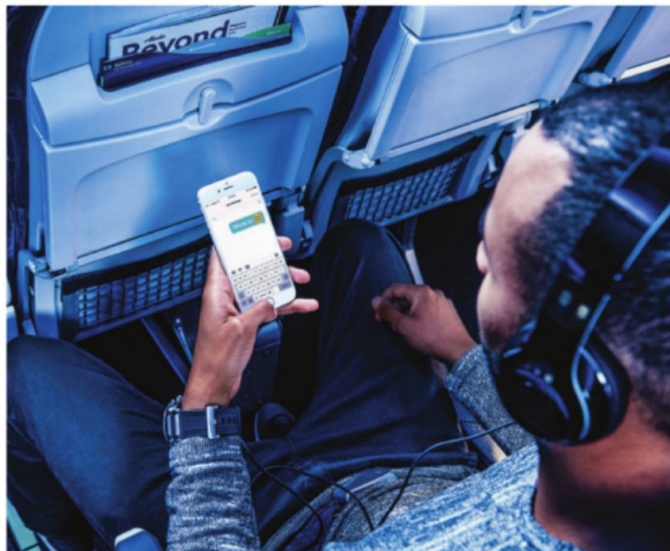
* Compared to other U.S. airlines as of Dec. 2018. Movies are available to stream to guests' own devices, on flights with Gogo Entertainment.

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Never miss a thing when you can text for free using Wi-Fi. Text your friends from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

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Go online.

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It's great to be able to stay connected while you fly, but inflight Wi-Fi is different from the Wi-Fi you may be used to.

- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: avoid sending while in air.
- Bookmark or favorite AlaskaWiFi.com to quickly access inflight internet.
- Huh? Live Help is available on flights within the coverage area. FAQs are at your fingertips on all flights.

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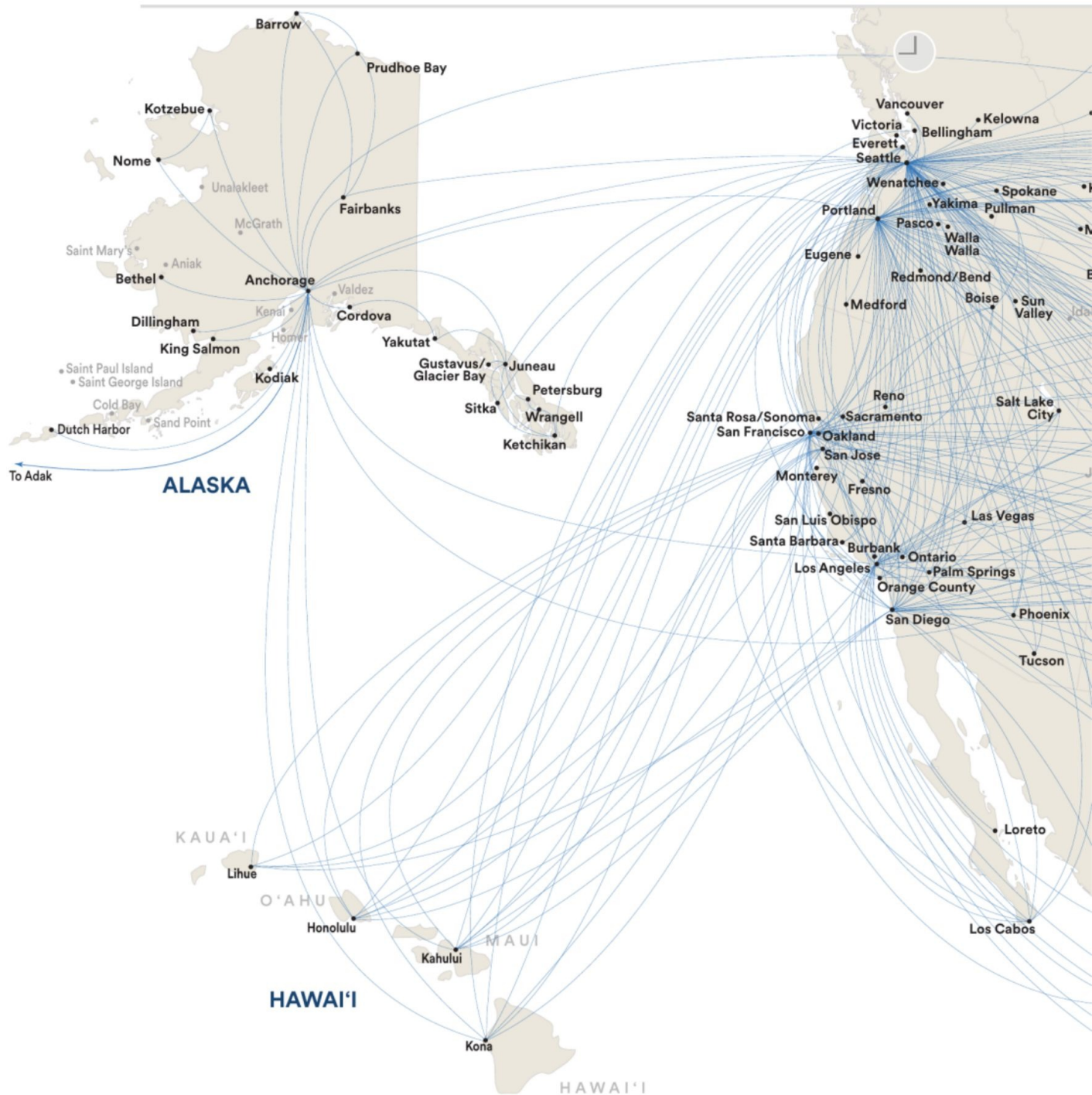
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Airport-terminal maps

SEA Seattle/Tacoma International Airport

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Tip:

The Concourse C train stop is closed. When connecting with N Gates, use the D Concourse train stop.

Tip:

Our new Alaska Lounge is open in the C Concourse.



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.

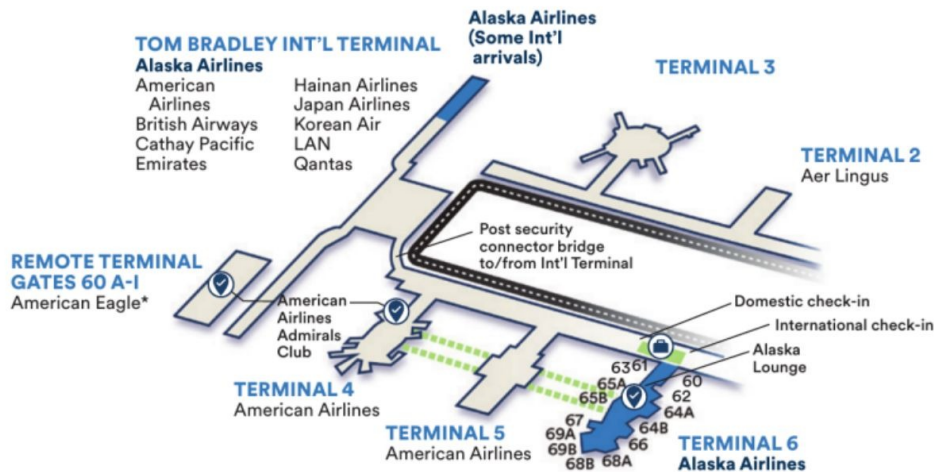
Tip:

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

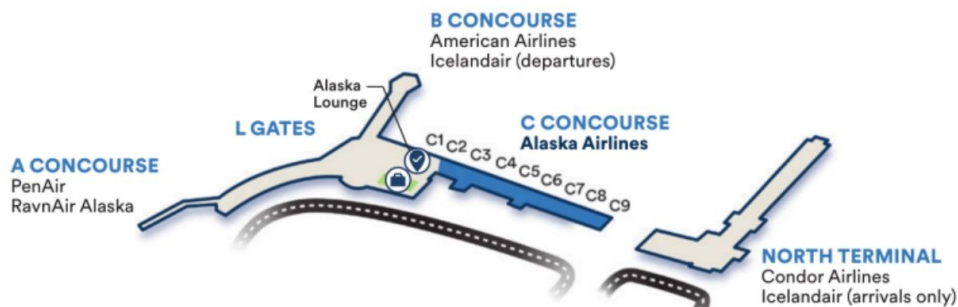
SFO San Francisco International Airport



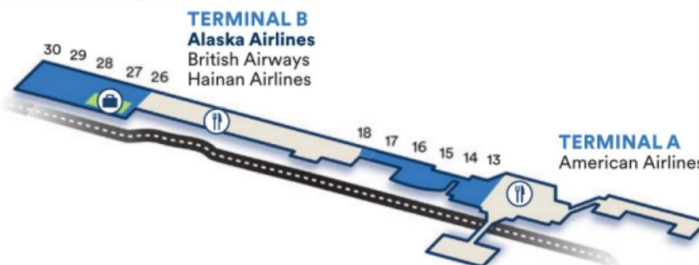
LAX Los Angeles International Airport



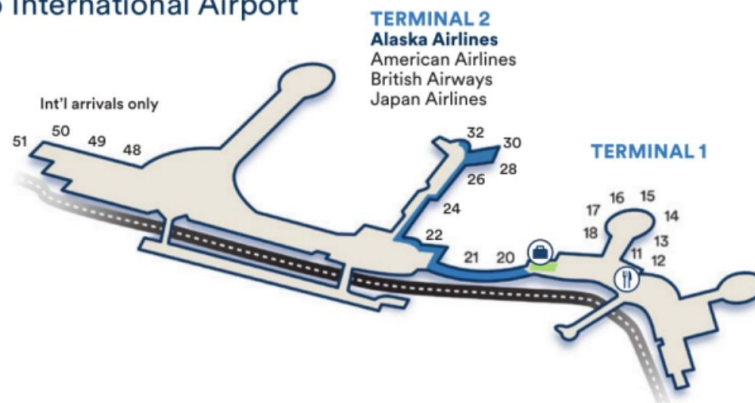
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



NEW

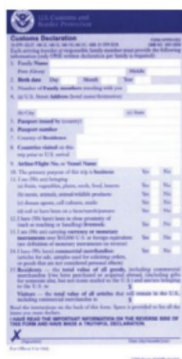
Alaska Airlines has moved all SAN operations to Terminal 2 East. Alaska now occupies Gates 20, 21, 22, 24, 26 and 28, with Gates 30 and 32 available as alternates.

Customs and immigration

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Por favor use letra mayúscula en tinta azul o negra.

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Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación. Las formas completas serán presentadas en la Terminal Internacional.

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

Your safety and comfort

SEATS

- 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.

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.

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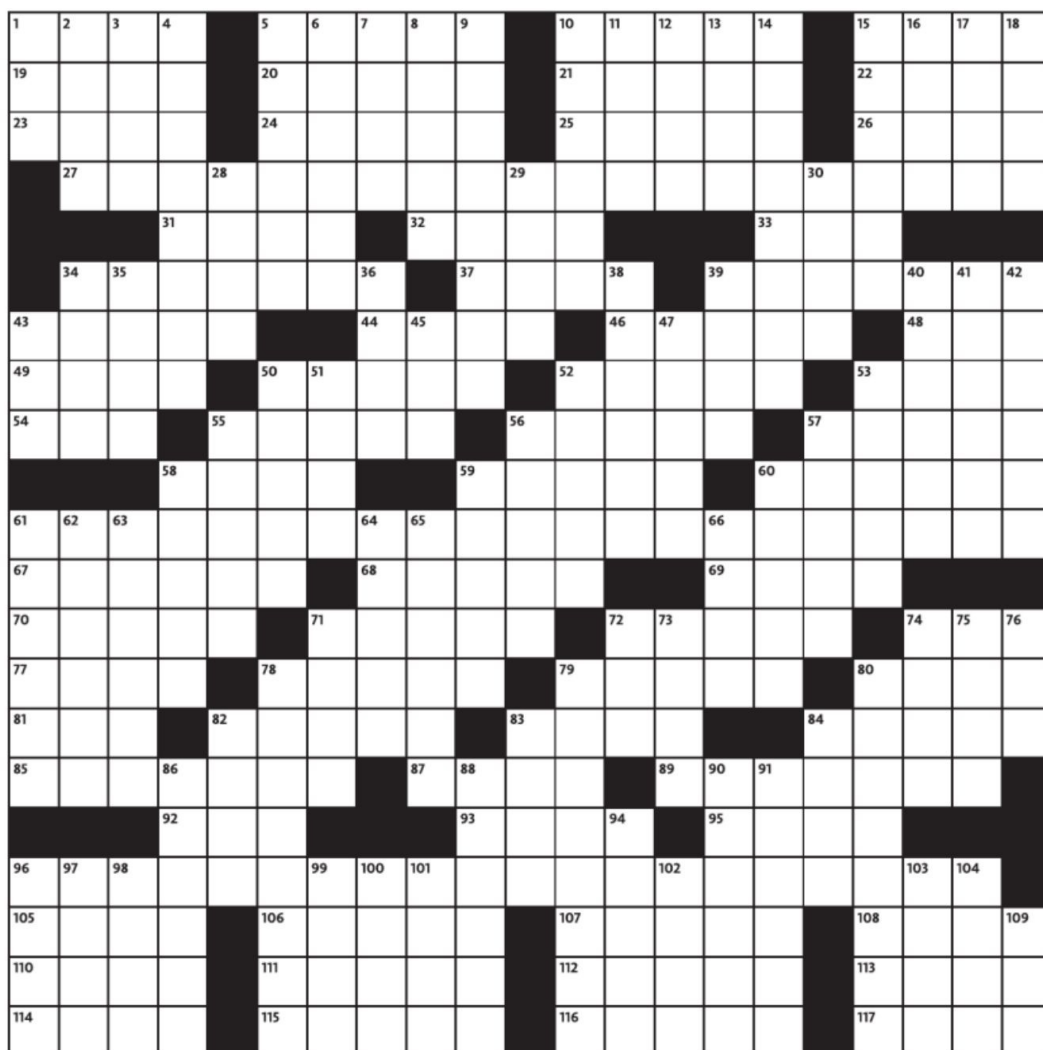
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ROMANTIC SONGS

» GAMES
CROSSWORD

ACROSS

- 1 Hero's tale
- 5 Famous fur trader
- 10 Hindu garments
- 15 Frosty
- 19 Circus animal
- 20 Extra
- 21 Board
- 22 Melville novel
- 23 Wise
- 24 Screens
- 25 Diameter halves
- 26 Snags
- 27 Alabama hit
- 31 Facility
- 32 Portent
- 33 "Gloria in excelsis ____"
- 34 Tortilla dish
- 37 Gamma's predecessor
- 39 Mediterranean sailing vessel
- 43 Soprano Beverly ____
- 44 Opinion sampling
- 46 Russian rulers
- 48 Spring
- 49 Little horse
- 50 Hang loosely
- 52 Lean-tos
- 53 Low-quality diamond
- 54 Botanist Gray
- 55 Dinner and lunch
- 56 Chirps
- 57 Witch
- 58 Central or Hyde
- 59 Large, showy flower
- 60 Spring flowers
- 61 DeFranco Family hit
- 67 Hatred
- 68 Charming girl
- 69 Go up
- 70 Unrefined
- 71 Dull-plumaged bird
- 72 Red, in heraldry
- 74 Muzzle
- 77 Floor piece
- 78 Money holders
- 79 Glass plates
- 80 Sulk
- 81 Hard water?
- 82 Stove
- 83 Hindu goddess
- 84 Sheik's wives
- 85 Bungalow
- 87 Yin's partner
- 89 Having bird claws
- 92 Psychic power
- 93 Turns right
- 95 Rip
- 96 Shangri-Las hit song
- 105 Type of cheese
- 106 Sprite
- 107 Harsh sound
- 108 Phoenician deity
- 110 Enameled metalware
- 111 Omit
- 112 Subway fare
- 113 Certain parasites



- 114 Alaskan conveyance
- 115 Flatfishes
- 116 Use, as money
- 117 Actress Sommer

DOWN

- 1 Snaky curve
- 2 Ring
- 3 Othello's foe
- 4 Intelligently
- 5 Birthplace of St. Francis
- 6 Upright piano
- 7 27th president
- 8 Right: pref.
- 9 Favor
- 10 Dash
- 11 Winglike
- 12 X-ray dosage units
- 13 Monogram letter: abbr.
- 14 Log haulers
- 15 Chinese black tea
- 16 Esau's grandson
- 17 Frontal or parietal
- 18 Portion, as of medicine
- 28 Handles
- 29 Touch
- 30 Long fish
- 34 DOS's kin
- 35 Arm bone
- 36 October's stone
- 38 Greek goddess
- 39 Crazes
- 40 Pick
- 41 Eye part
- 42 Most appropriate
- 43 Baden-Baden, e.g.
- 45 Roman goddess of plenty
- 47 Calyx part
- 50 Horse race
- 51 Roué
- 52 Reason
- 53 Buy off
- 55 Having a dull surface
- 56 Courtyard
- 57 Salad green
- 58 Vanity
- 59 Quotes
- 60 Clinging vines
- 61 Chaotic
- 62 Tenor Caruso
- 63 Charm
- 64 Doing well on
- 65 Holiday bird
- 66 Heraldic edge
- 71 Weathercock
- 72 Guy's date
- 73 Platoon
- 74 Skirt panel
- 75 Copied
- 76 Jewel
- 78 Scottish instruments
- 79 Beauty contests
- 80 Jaw
- 82 Skin irritation
- 83 Leg part
- 84 Goose's call
- 86 Swarmed
- 88 Consents
- 90 Ascended
- 91 Myth
- 94 Small porch
- 96 Procures
- 97 Object of devotion
- 98 Glen
- 99 Venus de ____
- 100 Leaf's angle
- 101 French writer
- 102 Pedaled vehicle
- 103 Go by boat
- 104 Plunder
- 109 Confederate general

SOLUTION ON PAGE 183.

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LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

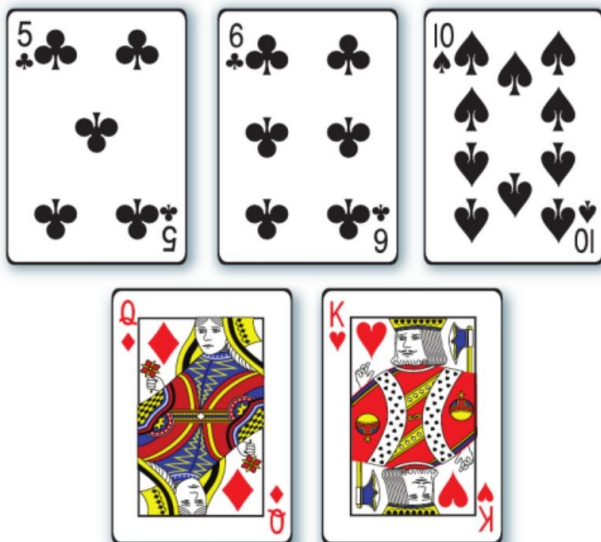
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	
25.	26.	27.	

DEFINITIONS

- | | | |
|------------------------|-----------------------------------|----------------------------|
| 1. Metal fasteners | 11. Cone-bearing tree | 20. Strong wind |
| 2. Food holders | 12. Animal enclosure | 21. Historic time |
| 3. Blossom segment | 13. Upper part of the foot's arch | 22. Deny the truth of |
| 4. Grasping claws | 14. Backbone | 23. Actor's representative |
| 5. SWAT team member | 15. Fruit-filled desserts | 24. Penetrating taste |
| 6. Alarm device | 16. More tenderhearted | 25. Give an answer |
| 7. Squirrel treats | 17. Thirst quencher | 26. Human being |
| 8. Utter disdain | 18. Melon remnant | 27. Liable (to) |
| 9. Tricks: slang | 19. Spacious | |
| 10. Clumsy or bungling | | |

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?



- There is one card between the clubs.
- The bottom card is not black.
- The spade is somewhere below the queen.
- The six is somewhere below the diamond.
- The top card is not red.

ANAGRAM MAZE

The diagram contains 36 words, 21 of which are anagrams of other everyday words. Start at the top arrow and anagram DRAB. 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 DRAB	2 CORK	3 FANG	4 WAND	5 VATS	6 BEAT
7 KIWI	8 NAIL	9 FORK	10 LAST	11 HERE	12 LIFT
13 BOWL	14 FUEL	15 FURY	16 SHUT	17 GLEE	18 BARN
19 DELI	20 TELL	21 CHAR	22 GOAT	23 BAND	24 SLAP
25 FILE	26 AGES	27 SHOE	28 BODY	29 ROOF	30 SEAM
31 BALD	32 FILM	33 LOLL	34 LESS	35 LAVA	36 ROOM

SOLUTIONS ON PAGE 183.

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A woman with voluminous, curly hair in shades of brown and red, wearing tortoiseshell glasses and a dark turtleneck with a grey shawl draped over her shoulders. She is looking directly at the camera with a serious expression. The background is a blurred desert landscape with mountains and sparse vegetation under a bright sky.

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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 183.**

DIFFICULTY: **EASY**


DIFFICULTY: **MEDIUM**

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

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

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CROSSWORD ON PAGE 176.



SUDOKU ON PAGE 180.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 178.

LADDERGRAM

S	1. STAPLES	2. PLATES	3. PETAL	S
C	4. PINCERS	5. SNIPER	6. SIREN	P
A	7. ACORNS	8. SCORN	9. CONS	R
T	10. INEPT	11. PINE	12. PEN	I
T	13. INSTEP	14. SPINE	15. PIES	N
E	16. KINDER	17. DRINK	18. RIND	K
R	19. LARGE	20. GALE	21. AGE	L
E	22. NEGATE	23. AGENT	24. TANG	E
D	25. RESPOND	26. PERSON	27. PRONE	S

CARD SENSE

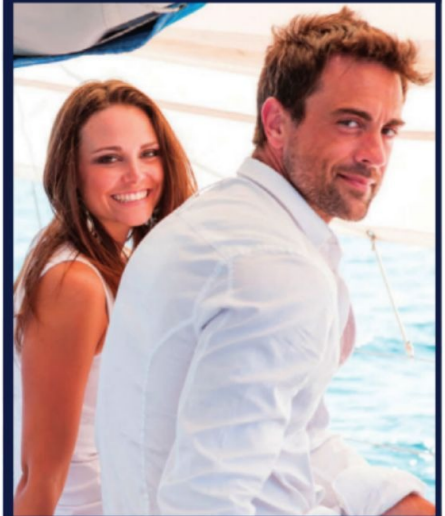
The bottom card is red (clue 2) but is not the queen of diamonds (clue 3); it is the king of hearts. The top card is black (clue 5) but is neither the ten of spades (clue 3) nor the six of clubs (clue 4), so it is the five of clubs. By clue 1, then, the third card from the top is the six of clubs. The second card from the top is the queen of diamonds (clue 4). By elimination, the fourth card from the top is the ten of spades. In summary, from top to bottom: five of clubs, queen of diamonds, six of clubs, ten of spades, king of hearts.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 1. bard; 2. rock; 8. lain; 14. flue; 13. blow; 19. lied; 25. life; 26. sage; 27. hose; 21. arch; 22. toga; 16. huts; 10. slat; 4. dawn; 5. vast; 6. abet; 12. flit; 18. bran; 24. laps; 30. same; 36. moor.

↓	1	2		4	5	6
		8		10		12
	13	14		16		18
	19		21	22		24
	25	26	27			30
						36
						↓

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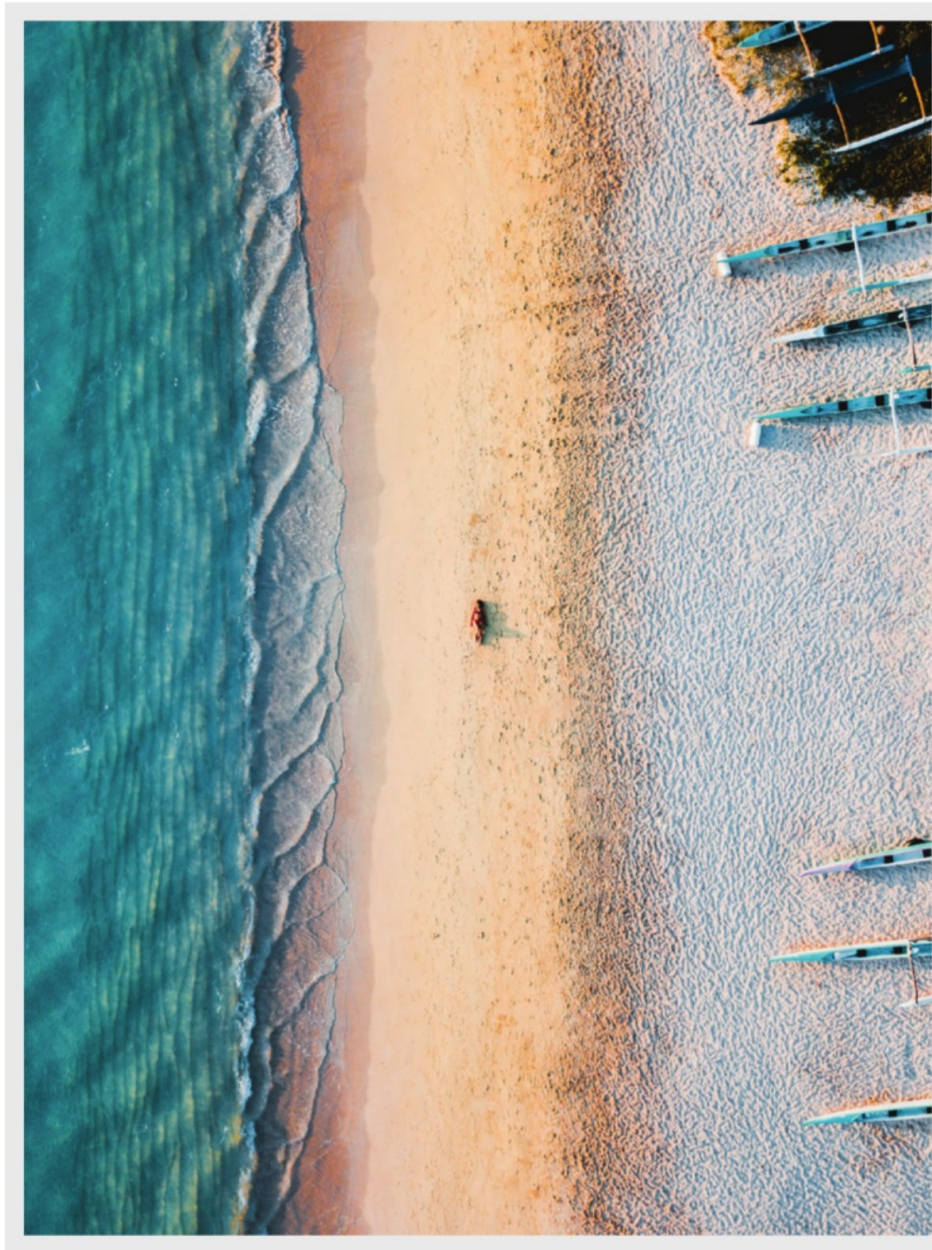
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