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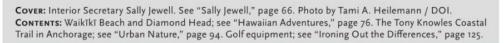
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Spirit of Alaska

Trailblazer

We are truly honored to feature the Secretary of the Interior, Sally Jewell, in this month's magazine. Sally's is an incredible story of one of the Pacific Northwest's own who has "done good." Sally started as a petroleum

engineer, moved into the world of banking, and then became COO, and later CEO, of REI, Seattle's renowned retailer of outdoor gear. In 2013, President Barack Obama asked her to serve our country as the leader of the Department of the Interior. Our magazine team recently had the chance to interview Sally. Read the exclusive story on page 66. And, in the spirit of Earth Month, I've asked our own Mark Eliasen, treasurer at Alaska Airlines and a dedicated outdoorsperson himself, to share a few of his thoughts on the environment. —Brad Tilden



Sally Jewell hikes with students as part of the Every Kid in a Park initiative.

Travel is a voyage of discovery. At Alaska and Horizon, we love to fly you to your destination and be part of your discovery. Many of us share your passion for the adventure of travel, and we hope you have a chance to get out and experience the natural beauty surrounding our home base here in the Pacific Northwest.

Have you tried exploring hard-to-reach beaches and coves in a sea kayak? You can launch a kayak almost anywhere you can get to the water. It's a fun way to see wildlife up close, since animals and birds don't seem to mind quiet, slow-moving boats. When out in the woods, good scouts minimize their impact on the environment and leave the campsite better than they found it.

We try to be good environmental stewards at Alaska, too. We have led the industry in fuel efficiency for five years running, according to The International Council on Clean Transportation. Next year, we are excited to fly our first Renton-built Boeing 737 MAX, which will reduce our fuel use by an additional 14 percent. We are partnering with Boeing, the Port of Seattle, Washington State University and others to make sustainable aviation biofuel viable for our aircraft. Alaska and Horizon's flight attendants last year recycled 1,800 tons of inflight items, and our customers pitch in to help collect and separate them. We're even composting material collected on flights and in many of our buildings.

Alaska and Horizon help our communities in many ways. One organization we support, which I am particularly proud of, is the Washington Wildlife and Recreation Program (WWRP), a conservation and recreation grant program that provides matching funds to create new local and state parks, protect wildlife habitat and preserve small working farms. The WWRP has successfully leveraged over \$1.3 billion for more than 1,200 projects, creating not only parks and wildlife habitat, but also jobs, revenue and better quality of life throughout the state.

Since its creation 25 years ago, the WWRP has helped local communities in Washington create cycling, pedestrian, equestrian and cross-country ski trails, and create public access to numerous beaches, lakes and rivers for fishing, swimming and nonmotorized boating.

If you enjoy being outdoors like me, you've likely benefited from land protected by the WWRP. You can learn more about the program and the impact it has at wildliferecreation.org, and for more information about Alaska's own sustainability efforts, check out alaskaair.com/sustainability.

As we celebrate Earth Month and salute Sally

Jewell, thank you for doing your part for the environment.

Bon voyage, and thank you for flying Alaska and Horizon today. —Mark Eliasen



Brad Tilden, Chief Executive Officer





Brad Tilden, Jefe Ejecutivo

Spirit of Alaska

Pionera

En la edición mensual de esta revista, tenemos el honor de presentar a la Secretaria del Interior, Sally Jewell. La historia de Sally es una de las increíbles historias de personas del Noroeste del Pacífico que han alcanzado

grandes logros. Sally comenzó su carrera profesional como ingeniera petrolera, pasó al sector bancario y terminó ascendiendo profesionalmente dentro de REI, la reconocida marca de ropa para actividades al aire libre de Seattle, hasta convertirse en Presidenta y Directora Ejecutiva. En 2013, el Presidente Barack Obama le pidió que se convirtiera en Jefa del Departamento de Interior de los Estados Unidos. Recientemente, el equipo de nuestra revista tuvo la oportunidad de entrevistar a Sally; usted puede leer la historia exclusiva en la página 66. Por esta razón, y continuando con la celebración del Mes de la Tierra, le pedí a nuestro tesorero de Alaska Airlines, Mark Eliasen, una persona apasionada por las actividades al aire libre, que compartiera algunas de sus ideas sobre el medioambiente. —Brad Tilden

Viajar es una experiencia de descubrimiento. En Alaska y Horizon, nos encanta llevarlo a su destino y formar parte de su experiencia de descubrimiento. Muchos de nosotros compartimos su pasión por la aventura de viajar, y esperamos que tenga la oportunidad de disfrutar de la belleza natural que nos rodea aquí, en nuestra base de operaciones en la región del Noroeste del Pacífico en los Estados Unidos.

¿Alguna vez ha intentado explorar playas y caletas de difícil acceso con un kayak de mar? Puede poner el kayak en el agua prácticamente en cualquier lugar. Es una forma divertida de estudiar la fauna de cerca, dado que a los animales y pájaros no parece molestarles el paso lento y silencioso de los botes. Al visitar los bosques, los buenos exploradores minimizan su impacto al medioambiente y dejan las zonas de campamento mejor de lo que las encontraron.

En Alaska Airlines, también intentamos ser buenos representantes del medioambiente. Hemos liderado la industria de la eficiencia del combustible durante cinco años consecutivos, de acuerdo con el Consejo Internacional sobre el Transporte Limpio. Estamos entusiasmados por volar nuestro primer Boeing 737 MAX el próximo año, completamente construido en Renton, que reducirá nuestro uso de combustible en un 14 por ciento. Nos hemos asociado con Boeing,

el Puerto de Seattle y Washington State University, entre otros, para hacer que el combustible sustentable de aviación sea viable para nuestro avión. Los sobrecargos de Alaska Airlines y Horizon han llevado el reciclaje a bordo del avión a un nuevo nivel, y nuestros clientes colaboran ayudando a recoger y a separar los artículos reciclables. Incluso estamos produciendo composta con los materiales recolectados en los vuelos y en muchos de nuestros edificios.

También ayudamos a nuestras comunidades de diversas maneras. Una organización a la cual ayudamos, y de la cual estoy particularmente orgulloso, es el Programa de Washington para la Fauna y la Recreación (WWRP). Este programa subsidiado para la conservación y la recreación proporciona fondos equivalentes para crear nuevos parques locales y estatales, proteger el hábitat de la fauna, y preservar y apoyar el funcionamiento de pequeñas granjas. El WWRP ha invertido con éxito más de 1.300 millones de dólares en más de 1.200 proyectos, al crear no solo parques y hábitats para la fauna, sino también empleos, ingresos y una mejor calidad de vida en todo el estado.

Desde su creación hace 25 años, los subsidios del WWRP han ayudado a las comunidades locales de Washington a crear caminos para peatones, ciclistas, paseos a caballo y esquí de fondo, así como acceso público a numerosas playas, lagos y ríos para pesca, natación y paseo en lancha.

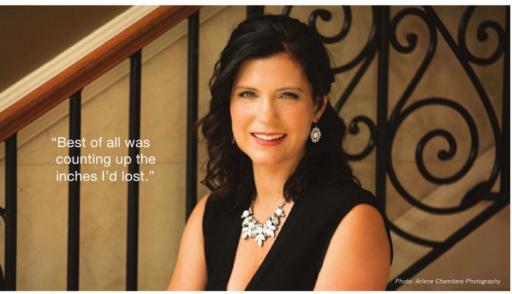
Si le apasionan las actividades al aire libre tanto como a mí, es muy probable que haya disfrutado de tierras protegidas por el WWRP. Puede informarse acerca del programa y del impacto que ha tenido en wildliferecreation.org. Para obtener más información sobre los esfuerzos que realiza Alaska Airlines en materia de sustentabilidad, consulte

alaskaair.com/ sustainability.

Buen viaje y gracias por volar con Alaska Airlines y Horizon hoy.

-Mark Eliasen







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My eldest son had just moved away from home and my youngest was starting his senior year of high school. Having spent the past several years focused on everyone else's goals, I felt it was finally time for me. I wanted to sleep better, feel calmer and try to reach a new goal for myself.

At one time I had been an avid runner. I'd run a marathon and a few half marathons. After spending over six months undergoing physical therapy for bursitis, hip pain and a sprained ankle, I was ready to get back my workout mojo. But, to be honest, I was also a bit afraid of sustaining another injury. Although my pain had receded, my self esteem was low. I knew I needed help to get out the door again. My Best 10 was the solution.

I jumped into the program completely. I loved working with my trainer. I trusted her to get me back in shape and never skipped a workout, even when I went to China for 10 days in the middle of the program. In fact, it was the first long trip I'd ever had where I actually lost weight. During the program, my weight decreased and then crept back

up. I soon discovered why – I had lost fat and gained muscle mass. Best of all was counting up the inches I'd lost at the end of the program. I loved telling my friends about that!

I went from not being able to run for more than 10 minutes on the treadmill to running a peppy six miles after nearly a mile swim and a 25-mile bike ride during an Olympic distance triathlon. On my run, I blasted past 12 other triathletes, including a few men. In December, I went on to complete a Half Ironman!

During the program, I also had a few a-ha moments. One was when my comprehensive blood work flagged a key indicator of inflammation. I was referred to a rheumatologist and diagnosed with psoriatic arthritis. At first, this was crushing to me, but it explained my frequent battle with aches and injuries. I also loved working with my registered dietitian. She helped me identify the foods that triggered inflammation and I began to feel better within the first few weeks of changing my diet.

This past summer, our family vacationed in Hungary. We ran around Margaret Island just like the locals and, instead of taking the bus, we walked up the steep climb to the top of Castle Hill. Thanks to my core training, I easily kept up with my grown sons and athletic husband – with no backache!

My friends, my husband and I have a very exciting race year ahead of us including the Hot Chocolate 15K, the Seahawks 12th Man 12K, the Tour de Cure and the RSVP bike ride. I've also signed up for another Half Ironman. I can't wait!

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The Art of Hair Restoration

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



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

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

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

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

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

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

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



Eyebrow Transplantation Before & After

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Hair Transplant Seattle

What's new



A total solar eclipse was photographed from the window of Alaska Flight 870 on March 8 by Anchoragebased flight attendants Rachael C. and Sofia S.

Chasing the shadow of the moon

There's no luck in physics. Last month, Alaska Flight 870 successfully intercepted a total solar eclipse on the flight's way from Anchorage to Honolulu—a once-in-a-lifetime opportunity. New York astronomer Joe Rao realized the March 8, 2016, eclipse would be visible only from parts of Indonesia and Micronesian islands, during monsoon season. So he traced the narrow belt where the eclipse would be visible over the Pacific Ocean and wondered if any commercial flights crossed the path. After some quick online research, he found Alaska Flight 870. Read the full story about how this all came together, including how Alaska's Maintenance Team stayed up late to clean every window on the jet before the flight, at blog.alaskaair.com.



Connecting our San Jose Focus City with SoCal

Alaska will debut two new routes from San Jose, California (SJC), to Southern California this June. The new, three-timesdaily nonstop service will connect Bay Area flyers to Orange County/Santa Ana and to San Diego. With this expansion, Alaska will offer 28 peak day flights from San Jose to 14 destinations. Service will be operated aboard our new fleet of 76-seat E175 aircraft, operated by SkyWest Airlines, featuring a first-class cabin, food and beverages sourced from iconic Pacific Northwest brands, Wi-Fi access and Alaska Beyond Entertainment—the airline's streaming entertainment option offering free and premium titles. The new service starts June 8 and can be booked at alaskaair.com.

Seattle's Sub Pop Records now featured onboard

Alaska Beyond Entertainment now offers a free featured album of the month from Sub Pop Records. The partnership between the two iconic Seattle brands came about when a former Sub Pop employee was on an Alaska flight and tweeted to ask why the two companies weren't working together. Soon after, the Twitter conversation turned into a real action plan. This month's featured album is "New Misery" by Cullen Omori. Check out the seatback amenities card for instructions on how to get started with Alaska's streaming entertainment system.



Focus on sustainability

MAKE WAY FOR THE NEW KID ON THE BLOCK

Flying aboard one of Alaska's Boeing 737-400s is becoming a growing novelty. Over the course of the next two years, the airline will retire its entire fleet of 737-400s, with the bulk of the aircraft leaving in 2016. These planes are being replaced by new 737-900ERs, which carry 25 percent more passengers on the same amount of fuel. Replacing older, less-efficient aircraft is a core component of Alaska's strategy to reduce its environmental footprint. Alaska has 67 new Seattle-built Boeing 737s on order—including 37 of the latest variant, the Boeing 737 MAX, which Boeing recently began test-flying.



The people behind the spirit

Lost and found

CUSTOMER SERVICE LEAD TWILA WERNER

It's often the little things that give Twila Werner joy. Like receiving a thank-you note from a young student in Alaska because Twila had returned a book he had left in the seatback pocket. Plane groomers at Sea-Tac International Airport had found the book and sent it to Alaska's Central Baggage Service, where it caught Twila's eye. She's a passionate reader and says no book loss goes uninvestigated. She tracked down the flight the book was left on, and checked reservation records to find an address. The boy was especially grateful, he wrote, that he wouldn't have to pay \$13 to the school library for losing the book.

Actually, returning books is a little sideline for Twila. Her day is more typically spent on the phone, tracking lost and late bags, showing empathy and concern for a customer whose luggage has been damaged in transit, or trying to reconnect a pair of errant skis with a customer just starting a vacation.

In this case, the skier was paged at the airport and told that the skis didn't make the flight. Twila offered to cover the cost of renting skis the next day and provided a discount code to use on a future flight. The customer wasn't happy with the situation, but he told Twila how grateful he was for her effort to make sure he was able to ski the next day, and how he remained a loyal customer.

Patience and the willingness to listen are at the heart of Twila's success. When a customer raises his voice, Twila just speaks more softly, until both are soon talking calmly, working out a resolution.

Twila is revered among her co-workers for her gentle, resourceful and responsive way with people, whether they're customers or trainees. "She very gently helps you see the other side of a situation," says fellow customer service agent Linda Luhrs.

Alaska is the only employer Twila has ever known. She started with the airline when she was just 18, stuffing envelopes for mailings to travel agents. After attending Bible college in Montana, she returned to the airline to work in accounting, then reservations and then at the main ticket counter at Sea-Tac. That's where she developed her customer service skills. That's also where she learned the ins and outs of baggage. In 1994, Twila was asked to assist as the airline switched to a new computerized bag-tracking system. "I thought I would help out for a little while and then go back to the airport counter that I loved so much, but I never went back," she says. Twila quickly became not only a lead customer service agent, but a trainer, as well.

After hours, Twila likes to spend time with her eight grandchildren, and she bowls in a league with her husband, Jay, who recently retired from the airline. Once a month, they visit a local blood bank to donate platelets, as she has for some 20 years.

Donating is another of those little things that give her joy, like making sure someone gets to finish their book. One man wrote to Twila to thank her for not only returning his book, but for doing so without losing his place. —Paul Frichtl



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Volunteer spirit

EMPLOYEES CLIMB 69 STORIES FOR CANCER RESEARCH

Many Alaska Airlines employees have been participating in the Big Climb fundraiser for cancer research for the past seven years, but this year's event was the biggest yet.

Team Alaska Airlines had 111 participants, including employees, friends and family, most of whom climbed all 69 stories of Columbia Center in downtown Seattle on March 20. Even more impressive, the Alaska team ranked among the top fundraisers.

"I am so proud that over 100 of my co-workers would take on the stairs and raise money for such a worthy cause," says team co-captain Steve Jankelson, who personally raised more than \$5,000. Co-captain Paul Hildebrandt is a cancer survivor.

Proceeds benefit the Leukemia & Lymphoma Society's Washington/Alaska Chapter and its efforts to help cure leukemia, lymphoma, Hodgkin's disease and myeloma, and aid patients and their families.



The Big Climb's Team Alaska.

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If they saw Dr. Fredric Stern you'll never know

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ANCHORAGE, AK

Olympics of the North

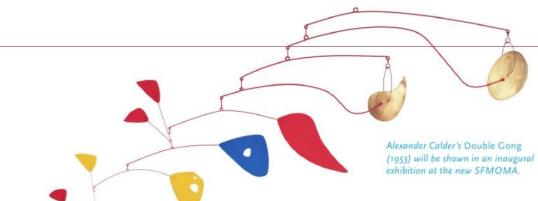
DRAWING ON ALASKA NATIVE traditions, the 2016 NYO Games Alaska (Native Youth Olympic Games), at Alaska Airlines Center, will encourage young adults to learn skills in leadership and sportsmanship while they participate in events that are truly a part of the region's history.

Opening ceremonies will be held on April 21, with a grand entry of teams from different communities. Competitions and award ceremonies will take place each day, through the closing ceremony on April 23. More than 50 communities and 2,000 students (including returning record holders) will come together to compete in games such as the **Seal Hop** (shown above). Historically used as a method for hunting seals on the arctic ice, the Seal Hop event challenges participants to hop in the push-up position while racing against other athletes.

Alaska Airlines is a sponsor of the 2016 NYO Games Alaska. For more information, call 907-793-3412 or visit citci.org/nyo. —Anna Jacobson



Appay Campbell of Bering Strait School District displays her medal after winning the Girls' Kneel Jump at the 2015 NYO Games Alaska.





SAN FRANCISCO, CA

Museum Makeover

The San Francisco Museum of Modern Art has been transformed. The newly renovated museum will open its doors to the public on May 14, showcasing a 235,000-square-foot addition—designed by the celebrated architecture firm Snøhetta—that nearly triples the previous gallery space. The inaugural exhibitions will feature more than 260 works from the renowned Doris and Donald Fisher Collection of postwar and contemporary art.

The expanded museum will include the new Pritzker Center for Photography, which is touted as the largest gallery, research

and interpretive space permanently dedicated to photography in any U.S. art museum.

The new SFMOMA aims to blend in with the city by including features such as an eastern facade (detail shown at left), inspired by San Francisco Bay, that evokes the movement of water. With 700 panels embedded with sand from Monterey Bay, the facade will change appearance with shifting light.

Neal Benezra, the Helen and Charles Schwab Director of SFMOMA, says, "This expansion enables us to tap more fully into the energy all around us, in a region known for its special creativity and beauty."

Call 415-357-4000 or visit sfmoma.org to learn more. —Bridget Hill

DETROIT, MI

The Art of Dance

Missouri artist George Caleb Bingham's oil painting *The Jolly Flatboatmen* (1846) captures a happy moment with men on America's Western frontier. Bingham's painting (shown at right) conveys the joy of dance through his depiction of the central figure in an exultant pose with his arms thrown in the air and his feet in motion.

As the piece illustrates, American dance has been celebrated historically not only through performance, but also in other artistic forms.

The Detroit Institute of Arts showcases dance in paintings, photographs, sculptures and costumes with the multimedia exhibition "Dance: American Art, 1830–1960," showing through June 12. More than 90 pieces are on display. The works include 19th century paintings by artists such as John Singer Sargent, as well as 20th century works by Aaron



Douglas and other Harlem Renaissance icons. Pieces by Modern artists, such as Andy

Warhol, are also included. Call 313-833-4005 or visit dia.org to learn more. —*Bridget Hill*

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Bonsai Reimagined

As a 1990s skate punk, Aarin Packard shredded parking lots and watched his dad tend bonsai trees in their backyard. Both experiences led Packard to his current role as curator of the Pacific Bonsai Museum, 15 miles south of Sea-Tac International Airport, where a first-of-its-kind exhibition, "Decked-Out: From Scroll to Skateboard," will run April 30-October 2. Bonsai trees are traditionally displayed alongside a scroll and accent object. The three elements evoke a natural environment or theme. In "Decked-Out," the scrolls will be reinterpreted as skateboard decks painted by 14 talented Pacific Northwest street artists, including Seattle's Angelina Villalobos (aka "179"), who is influenced by Mexican folk art and Asian and Native American lore; and Ryan "Henry" Ward, who is known for large, whimsical murals. The exhibit will feature accent plants by Portland bonsai artist Greg Brenden. "My goal is to show that bonsai can be physical, creative, exciting, energetic, active-things that skateboarding embodies," says Packard. Call 253-353-7345 or visit pacificbonsaimuseum.org. - Kathryn True

PUERTO VALLARTA, MEXICO

A Festival of Flowers

Singing and dancing with mariachi bands, dining at award-winning restaurants, admiring varieties of locally grown bugambilia (aka bougainvillea)-all this and more will take place at this year's Bugambilia Festival, April 28-May 1.

Flower displays, dance performances, folklore presentations and plays will engage guests during events at the Arcos del Malecón (below) through the weekend. The free-toattend festival showcases the region's exotic, vibrant flora at a parade on the

Malecón, where performers sometimes dress in vivid costumes, complete with body paint and hair decorations. Saturday is children's day, with dance, music and theater performances, and workshops. Visit bugambiliafestival. com. —Anna Jacobson





The Bugambilia Festival will feature local blooms and performances at the Arcos del Malecón.

More than 6 million cans of Spam are consumed in Hawai'i each year. Given the popularity of the famous canned meat, it makes sense that 25,000 people are expected at the Waikiki Spam Jam Festival in Honolulu, April 30. Attendees learn about Hawai'i's history with Spam, sample Spam burgers and enjoy shows at multiple stages. Alaska Airlines is a sponsor of the event, which benefits the Hawaii Food Bank. Visit spamjamhawaii.com.

-Kevin Lee-Simion

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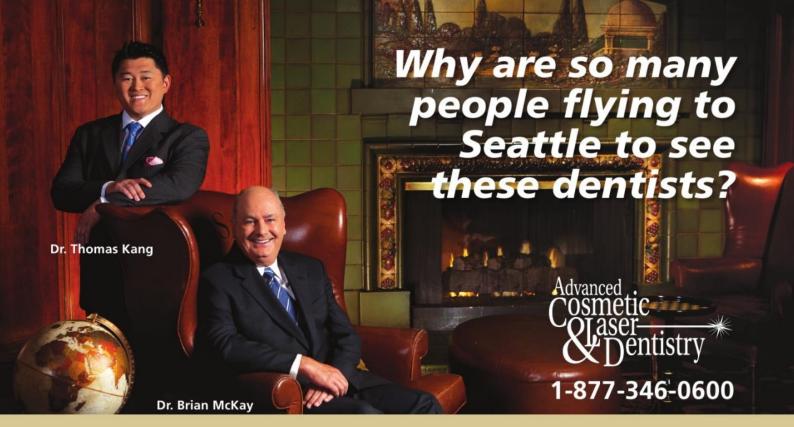
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MIKE LOST 109 LBS

"I've become a completely different person since completing the 20/20 LifeStyles program."



I'm sometimes amazed that I actually lost 100 lbs, not once – but twice! And regained it all again. The second time, no matter what I did, the weight just wouldn't come off. When I visited my doctor for a physical and she suggested blood pressure medication, I knew something had to change.

I started looking for answers. Luckily, a couple of my close friends had gone through the 20/20 LifeStyles program and highly

recommended it. They convinced me to attend the introductory seminar. I came away impressed.

A follow-up session with one of the doctors sparked my interest further. He told me that he could also help me with the arthritis in my foot from a prior climbing accident. I was so fascinated by the total approach to health – the exercise, nutrition and counseling – that I committed to joining the program. For the first time, in a very long time, I began to see the path back to my authentic self.

For one thing, I'd never worked with a personal trainer before.

And now, even after the program, I haven't stopped and don't plan to. Over time, I've formed strong bonds with all three of the amazing trainers I've worked with. They've helped me stay safe, avoid injury, and gradually increase the intensity of my workouts. They even helped me with the appropriate activity to help break up the arthritis in my foot.

My dietitian was at the core of my program. I learned about meal planning, tasty-yet-healthy recipes, as well as maintaining correct portion sizes and food combinations. I now love exploring new foods, especially vegetables, and a healthy change for me has been to select fruit as my carbohydrate instead of starch.

I lost 109 lbs (exceeding my goal weight!) and a recent biometric scan indicated that all my numbers are in the normal range. I'm so excited by this! My energy level is off the charts. I enjoy hiking, biking, walking, running, weight lifting, standup paddle boarding, canoeing – and I recently completed two 5Ks and a 10K.

My whole family has been affected by my new lifestyle. We're all much more active together. I can't believe how much more confident I feel, both personally and professionally. This is my new lifestyle.

My best friends and I have always supported each other on our journeys towards healthier lives. We participate in runs and walks together. We're planning our first retreat together that we hope to become an annual tradition.

Support is key on this journey. If you're ready to lose weight, take my advice and seek the support you need at 20/20 LifeStyles. Then, take it one step at a time. Learn to love movement and incorporate it whenever possible. Keep putting one foot in front of the other. It's a journey, not a race.

Renowned cardiovascular surgeon **Dr. Mark Dedomenico** created 20/20 LifeStyles over 20 years ago to help people struggling with obesityrelated metabolic disorders such as high cholesterol, diabetes and hypertension.









Jazz singer Cécile McLorin Salvant will perform at the 2016 Spoleto Festival USA.

CHARLESTON, SC

Grand Performances

In 1977, the Italian composer Gian Carlo Menotti and colleagues sought a city with historic charm and performance spaces worthy of an American counterpart to the music-and-arts celebration Festival dei Due Mondi (Festival of Two Worlds) in Spoleto, Italy. They found that city in Charleston, South Carolina.

This year, artists from around the world will participate in more than 150 dance, music and theater performances at the 40th **Spoleto Festival USA**, May 27–June 12. Attendees can experience the festival's first production of *Porgy and Bess*, at the refurbished Gaillard Center, one of 15 festival venues. The opera, based on a 1925 novel by Charleston native DuBose Heyward, explores the history of the city to that point. Festivalgoers can also enjoy the sounds of jazz vocalist **Cécile McLorin Salvant**, and groups such as the bluegrass band Old Crow Medicine Show. For more information, call 843-579-3100 or visit spoletousa.org. —*Kevin Lee-Simion*

Seattle Celebrates Cinema

Silver screens will be illuminated across the Emerald City as the Seattle International Film Festival shows films from approximately 90 countries, May 19–June 12. SIFF will showcase more than 450 films, ranging from experimental features to Hollywood blockbusters, providing entertainment while informing viewers about different cultures. Films such as New Zealand's Hunt for the Wilderpeople have been selected for the festival based on various criteria, including the films' aesthetics. Festival organizers have categorized films according to director, country and genre, so filmgoers can tailor their experiences. In addition to films, events will include gala screenings, forums and panels. Alaska Airlines is a sponsor of the Seattle International Film Festival. To learn more, call 206-464-5830 or visit siff.net. —Kevin Lee-Simion



CALENDAR

Through Sept. 25 "The Art and Whimsy of Mo Willems," art, sketches and drawings by the popular children's writer-illustrator; New-York Historical Society Museum & Library, New York, NY; 212-873-3400; nyhistory.org

Through Dec. 4

"American Modernism: Selections from the Kunin Collection," 20th century art; Minneapolis Institute of Art, Minneapolis, MN; 888-642-2787; artsmia.org

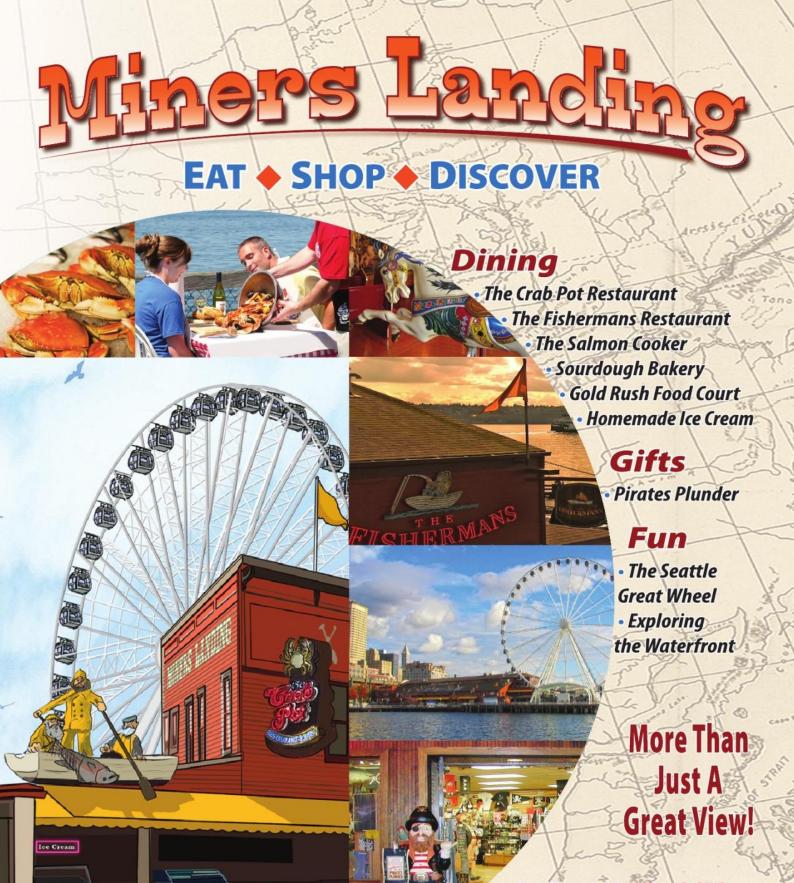
April 22–24 GastroVino: The Baja Wine and Food Festival, local cuisine, wine and music; Public Plaza, Todos Santos, Mexico; gastrovino.mx

April 22—May 1 New Orleans Jazz & Heritage Festival, music, food, crafts and culture; Fair Grounds Race Course, New Orleans, LA; nojazzfest.com

April 27–30 FIRST Championship, final events in youth robotics and tech competitions; Edward Jones Dome, St. Louis, MO; firstinspires.org

April 29-May 26

Swan Lake, an acclaimed interpretation, performed by the Boston Ballet; Boston Opera House, Boston, MA; 617-695-6955; bostonballet.org

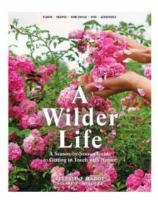


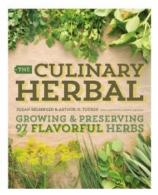
We Will Be Open During All Seawall Construction/

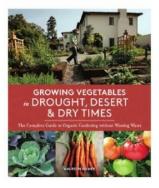
The Historic Pier Where It All Began

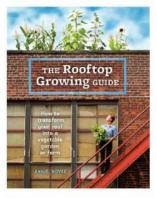
Pier 57 1301 Alaskan Way, Seattle, WA Seattle's Historic Waterfront

The Fisherman's - 206.623.3500 The Crab Pot - 206.624.1890 minerslanding.com

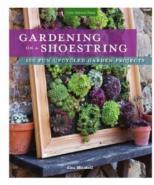




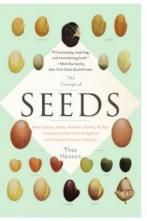












Growing-Season Guides

NEW BOOKS TO INSPIRE SPRING GARDENERS By Bridget Hill

From reconnecting with the natural world to making positive environmental changes, gardening enthusiasts enjoy numerous benefits. The following recent releases provide insight into the art, science and enjoyment of growing plants. They highlight different aspects of gardening, including planting on a budget, utilizing urban spaces and saving water.

A WILDER LIFE

By Celestine Maddy and Abbye Churchill; Artisan Books Authors Maddy and Churchill offer a guide to getting out and reconnecting with nature—in the garden and beyond. They share four seasons' worth of inspiration, lessons and projects for living more closely with the natural world.

THE BEE-FRIENDLY GARDEN

By Kate Frey and Gretchen LeBuhn; Ten Speed Press This book addresses how home gardeners can boost bee populations by attracting and protecting these crucial buzzing pollinators.

THE CULINARY HERBAL

By Susan Belsinger and Arthur O. Tucker; Photography by Shawn Linehan; Timber Press Belsinger and Tucker highlight 97 varieties of herbs to expand gardens and spice up recipes with basic growing information, flavor notes, culinary suggestions and tips on herb preservation.

GARDENING ON A SHOESTRING

By Alex Mitchell; Cool Springs Press This inventive guide to achieving the garden you want includes tips for cost-effective crops and gardening projects that feature everyday items, reimagined and recycled.

GROWING VEGETABLES IN DROUGHT, DESERT & DRY TIMES

By Maureen Gilmer; Sasquatch Books Presenting a waterconscious approach to vegetable gardening, Gilmer focuses on different low-water scenarios found in the United States.

MY TINY GARDEN

By Lucy Anna Scott and Lucy Conochie; Photography by Jon Cardwell; Pavilion Books You don't need a lot of space to have a beautiful garden, as shown in this book that bursts with inspirations and savvy solutions for turning small areas into plant-filled oases.

THE ROOFTOP GROWING GUIDE

By Annie Novak; Ten Speed Press An introduction to growing plants on underutilized roofs, this guide covers everything from containers to greenhouses.

THE TRIUMPH OF SEEDS

By Thor Hanson;
Basic Books
Although it's not a how-to on gardening, this book will be of interest to gardeners: Hanson, a conservation biologist in Washington state, explores the importance of seeds, with scientific explanations, humorous first-person accounts and historical anecdotes.

Garden-Themed Coloring Books for Adults

- ► Secret Garden Journal
 By Johanna Basford;
 Laurence King Publishing.
 An ornate gardening
 journal featuring pages
 decorated with line-art
 illustrations to be colored.
- ► Color the Natural World By Zoe Keller; Timber Press. A whimsical coloring book full of plants and wildlife from across the United States.
- ► Tangle Wood: A
 Captivating Colouring
 Book with Hidden Jewels
 By Jessica Palmer; Search
 Press. Eighty pages of
 charming illustrations
 featuring a woodland
 theme.





It's rare to hear about a love story that starts on an airplane. When single, we all secretly wish that the romance of meeting someone while traveling just might happen to us.

ennie Bowen Steed's idea of finding love changed on a flight when she saw an ad for It's Just Lunch, a personalized matchmaking service for busy professionals. The ad read like a good friend who could introduce her to single, professional men she wouldn't have the opportunity to meet on her own. Today, Bowen Steed is married to her IJL match Greg Steed. We sat down with Greg and Jennie to learn about their dating experience, lifestyle, and why they chose to invest in their pursuit of relationship happiness.

Why did you join IJL?

G: I'd been divorced for about two years, and it was a hectic time career wise. My company was in a transitional phase, and it demanded a lot of my time and effort, so I didn't have time for much else.

Favorite first date memories?

G: I was attracted to her right away. On the second date there was a real chemistry. Then it evolved.

J: When Greg and I started talking, I discovered we had similar careers. I remember the conversation was so easy and comfortable. When I shared my date feedback with my IJL matchmaker, I let her know that Greg and I had made arrangements to attend a big award dinner at his country club. The minute I walked in, I knew he was a consummate gentleman. He was attentive and made sure I was introduced to everyone.

How did IJL compare to your online dating experience?

G: Online dating isn't easy, it's work. I've got a full-time career; I didn't need another job. With IJL they did everything for me. You're busy with your career and everything else going on - IJL was just easier. The caliber of matches was much

Best part about dating thru IJL?

G: Besides choosing all my matches I would say the scheduling of my dates. They call you and ask what your schedule is like, so you don't have to worry about it. If I said I was available Wednesday or Thursday this week and Sunday next week they would find a way to fit dating into my schedule.

What would you tell a friend who was interested in IJL but was tentative about making the investment?

G: At the end of the day what is your end goal? Then I'd ask, what's the cost of being happy worth to you? The kinds of people who choose IJL aren't fooling around. It's not someone on the Internet just looking to meet a ton of people and date up a storm. It was definitely worth it for me.

It's Just Lunch has been matching busy singles since 1991. Find out what an It's Just Lunch matchmaker can do for you by calling 1.800.858.6526 or visiting ItsJustLunch.com.



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4 OUT OF 5

Singles would be open to a kiss on a first date

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LEFT, TYLER MALONE; THE STAIRS, ARTWORK @ MONIKA SOSNOWSKA, COURTESY THE ARTIST AND KURIMANSUTTO, MEXICO CITY. IMAGE ©THE CONTEMPORARY AUSTIN. PHOTOGRAPH, BRIAN FITZSIMMONS

Heart of Texas

ENJOYING AUSTIN'S MUSIC, CULTURE AND BARBECUE By Kimya Kavehkar



Rainey Street Music

RAINEY STREET is the one-stop nightlife center favored by many Austin locals. It features a bevy of bars housed mainly in bungalows. Enjoy a meal and live music at Banger's Sausage House & Beer Garden (above). Another popular area is Sixth Street, which features many nightclubs and restaurants. A favorite is Midnight Cowboy Modeling, a speakeasy-style bar serving old-fashioned cocktails. Ring the buzzer marked "Harry Craddock" for entry. Live-music fans should visit ACL Live at the Moody Theater, the site of the PBS program Austin City Limits (ACL), located at 310 W. Willie Nelson Boulevard. Plan ahead by entering the online lottery to get tickets to a taping at acltv.com. Learn more at raineystbars.com and 6street.com.

Capitol and LBJ Library

Take a free tour of the impressive red-granite Texas Capitol building (right) and the surrounding grounds, and visit the grand House and Senate chambers as well as the rotunda, which features portraits of past governors. Then, travel about 1 mile north to the LBJ Presidential Library,



which honors the achievements of Lyndon Johnson, the nation's 36th president, located on the University of Texas campus. Visit www.tspb.texas.gov and lbjlibrary.org.



Monika Sosnowska, The Stairs (2011), painted steel, at the Marcus Sculpture Park at Laguna Gloria.

Art in Austin

► The Contemporary Austin shows paintings, sculptures and installations at the downtown Jones Center and at the Betty and Edward Marcus Sculpture Park at Laguna Gloria on Lake Austin.

The Jones Center will be closed from May to mid-autumn for renovations. The sculpture park at Laguna Gloria has sculptures and installations throughout the 12-acre site. Downtown's **Mexic-Arte Museum** features Mexican-American art. For more information, visit thecontemporaryaustin.org and mexic-artemuseum.org.

Other Austin Restaurants:

Feeling adventurous? The wild dishes rabbit-rattlesnake sausage and fallow tenderloin carpaccio nachos—at **Lonesome Dove** are worthy of someone who's truly game (lonesomedoveaustin.com).

Get a delicious roasted pork chop with a side of luxury at Perry's Steakhouse & Grille (perryssteakhouse.com).

La Condesa serves up Latin fare in a chic setting. Its patio is perfect for people watching while enjoying tacos and margaritas (lacondesa.com).

Best BBQ in Austin

▶ Barbecued meats are the pride and joy of Texas, so it's practically mandatory to indulge in a brisket, some ribs or smoked sausage. Make a trip to world-renowned Franklin Barbecue, but note that the wait might take up to five hours. Other top-notch choices include la Barbecue and John Mueller Meat Co., which serve from trailers on the east side of town. For information, visit franklinbarbecue. com, and labarbecue.com, and call John Mueller Meat Co. at 512-840-0963.

The Tipsy Texan sandwich is a Franklin Barbecue specialty.











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BIG ISLAND OF HAWAII: Kona Marketplace • Kings' Shops • Hilton Waikoloa Village
NORWEGIAN CRUISE LINE: Pride of America

BOSTON: Natick Mall • Northshore Mall CHICAGO: Woodfield Mall DALLAS: NorthPark Center

DENVER: Cherry Creek Shopping Center LAS VEGAS: Grand Canal Shoppes at The Venetian LOS ANGELES: Glendale Galleria

NEW YORK: Roosevelt Field PHILADELPHIA: The Plaza at King of Prussia PLEASANTON: Stoneridge Mall

PORTLAND: Washington Square SAN DIEGO: Fashion Valley • Horton Plaza SAN FRANCISCO: PIER 39

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¹EPA-estimated fuel economy rating of 17 city/24 hwy/20 combined mpg, 3.5L EcoBoost[®] V6, 4x2. Actual mileage will vary. ²Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ²With Equipment Group 302A. Not all buyers will qualify for Ford Credit Red Carpet Lease. Payments may vary; dealer determines price. Residency restrictions apply. Cash or trade due at signing is after \$3,500 total cash back including \$2,000 Customer Cash (PGM #50348) + \$1,500 Bonus Cash (PGM #12850). Lessee responsible for excess wear and mileage over 21,000 miles at \$0.20 per mile. Lessee has option to purchase at lease end at price negotiated with dealer at signing. Take new retail delivery from dealer stock by 5/2/16. See dealer for qualifications and complete details, Vehicle shown may have optional equipment not included in payment.





Portraits of Portlanders

Travelers making connections at Portland International Airport (PDX) can now view striking images of everyday people who were also in motion when caught on film by local photographer-artist Michael Hoeye. The exhibition "Angels Passing"—on display through June 10 in Concourse A, where many Alaska Airlines flights arrive and depart—captures the beauty of candid encounters between the artist and people on city streets. Hoeye photographs people in black and white while he walks around Portland and its surroundings, then he digitally alters the images by sketching freehand on a digital pad. The resulting images are hybrids of photography and drawing, printed on heavy rag paper. Hoeye aims to convey the humanity of unguarded people and to highlight the spirit of Portland through the vibrancy

and diversity of its residents.

According to the artist, the
exhibited portraits represent
"people who impressed me the most
in the past year—
strong, happy,
dignified, funny, elegant,
hopeful, dreamy, mischievous." Visit michaelhoeye.
com and pdxart.portofport-

land.online. - Bridget Hill







THIS SUMMER, PDX is bringing local culture to the airport with new concessions from Oregon-based companies and a new venue for entertainment. • The Capers Farm-to-Table market will feature locally sourced, healthy, grab-and-go options and a wine bar at its new permanent location in the north lobby. • Iconic Portland coffee options will include new offerings from Portland Roasting Coffee and Stumptown Coffee Roasters. . Portland's House Spirits Distillery plans to open one of the world's first airport distillery tasting rooms, with educational experiences and specialty products. • Film screenings are coming to PDX at Concourse C, where a venue inspired by Portland's historic Hollywood Theatre is due to open. Shorts by regional filmmakers will play on a loop free to travelers who have passed security. Learn more at pdx.com. -B.H.

ON JUNE 4, ALASKA AIRLINES WILL LAUNCH SEASONAL NON-STOP FLIGHTS DAILY BETWEEN PORTLAND AND ATLANTA.



Getting Inside the Games

Visitors to the Oregon Museum of Science and Industry in Portland have a chance to experience how video games have developed over the last 50 years, via the North American debut of "Game Masters: The Exhibition," open through May 8. The exhibition highlights work by more than 30 game designers, through rare concept art, original storyboards and recorded interviews. Museumgoers can enjoy playing 100-plus games in three exhibit areas: Arcade Heroes (with classics, such as Pac-Man), Game Changers (with hits by major companies, such as Sega's Sonic the Hedgehog) and Indies (with games by independents, such as the app Angry Birds). Call 503-797-4000 or visit omsi.edu. —Kevin Lee-Simion



WE LIKE IT HERE. YOU MIGHT TOO.





HIKING HIGHLIGHT

Great Smoky Mountains National Park

TREK THROUGH THE SMOKIES WITH STORIED AZALEAS IN BLOOM By Peter Potterfield

STRADDLING THE BORDER OF

Tennessee and North Carolina, Great Smoky Mountains National Park protects some of the most scenic mountains in the eastern United States. Cool hardwood forests conceal fast, clear rivers that cascade over stunning waterfalls, while meadows have an astounding concentration of wildflowers. It's no surprise this is America's most-visited national park.

My favorite trail in the Smokies climbs broad-sloped Gregory Bald mountain (elevation, 4,949 feet). This journey can be enjoyed on either a day hike or an overnight backpacking trip. The high, 10-acre meadow near the peak is lovely in spring and early summer, particularly when flame azaleas bloom in a giddy display of red, pink, orange and yellow. But at any time of year, the views from this natural mountaintop

clearing out to the park's tallest mountains and deepest valleys are unrivaled.

From Nashville International Airport, drive about three hours east to the park entrance near Townsend, and then continue another 13 scenic miles to the Cades Cove Visitor Center. The center is a destination in itself-enjoy historic buildings and wildlife here before heading south on Forge Creek Road (closed in winter) to park near the trailhead for Gregory Ridge Trail. Start up the ridge trail, crossing several footbridges before a steep 2,000-foot ascent takes you to the Gregory Bald Trail at 5 miles. Reach the meadows in another half mile. Enjoy the views and the flowers before retracing your steps back to the car, or make an overnight backpack out of it by continuing to Backcountry Camp 13 at the western edge of Gregory Bald to spend the night.

FOR A LESS STRENUOUS TRIP,

enjoy an 11-mile loop by car or bike in Cades Cove, exploring the history of the Cherokee Indians and early European settlers. Then try the easy, half-mile Cades Cove Nature Trail or the 5-mile roundtrip hike to beautiful

Gregory Bald Hike

Distance: 11 miles roundtrip; 13 miles if you hike to the overnight campsite. Elevation gain: 3,020 feet from the road. Details: A long day hike or overnight backpack; moderate to difficult, perhaps best hiked in late spring or summer for the azalea bloom or August for blueberries (be wary of bears). Info: Reservations and permits are required for backpacking, and check for road closures; visit nps.gov/grsm or call the Backcountry Information Office at 865-436-1297.

WE LIKE IT HERE. YOU MIGHT TOO.



AT LARGE

In Praise of Parks

A FORMER RANGER REFLECTS ON AMERICA'S NATIONAL PARK SYSTEM By Kim Heacox

nd so we arrive at the ice age.

Hundreds of people gather at the rail as the cruiseship slides into position a quarter mile from the tidewater terminus of Margerie Glacier, in Tarr Inlet, in the upper West Arm of Glacier Bay National Park. It's a sunny day in Alaska. Everybody is excited, yet they speak in hushed tones. A reverence seems to fall over the crowd, as if we're in church, perhaps touched by what authornaturalist John Muir called "the gospel of glaciers."

The blue-white glacier stands in defiance of a warming world, its tidewater face 250 feet tall, a mile wide, fractured in great icy minarets and flying buttresses certain to fall any day. Pieces of floating ice surround the ship, evidence of recent glacial calvings. Black-legged kittiwakes—a small, elegantly patterned species of gull—wheel about in an aerial ballet, and land on the ice. A bald eagle perches on a glacial pinnacle and casts his steady gaze our way.

"Oh, my," a woman gasps. She's too stunned to take a photo. I watch her dab a tear from her eye.

Another woman tells me: "I love our national parks. I love everything they stand for and everything they give us."

I nod. "Thank you, ma'am. So do I."

I walk the deck in green and gray—an arrowhead patch on my shoulder, a gold badge on my chest—the uniform of the U.S. National Park Service. This is the best job I've ever had: park ranger in Alaska. A fine way to spend one's youth, and more. Poet Mary Oliver once asked: "Tell me, what is it you plan to do with your one wild and precious life?"

It's one thing to have a job. It's another to have a career. And still another to have a mission, a cause; to work for something larger and greater than yourself. Being a ranger with the U.S. National Park Service gave me the confidence to climb mountains, run rivers and write books. It gave me an ecological conscience. It showed me the better angels of our nature—that we who can alter any landscape on Earth can also be light-handed

and wise, and leave a few places untouched. As Henry David Thoreau said, "A man is rich in proportion to the number of things which he can afford to let alone."

We save national parks so they in turn will one day save us. They already have for me. My time as a ranger in Glacier Bay was many years ago. I write it here in present tense because that's how it remains for me—ever present.

Today, other rangers do what I once did, and they love it.

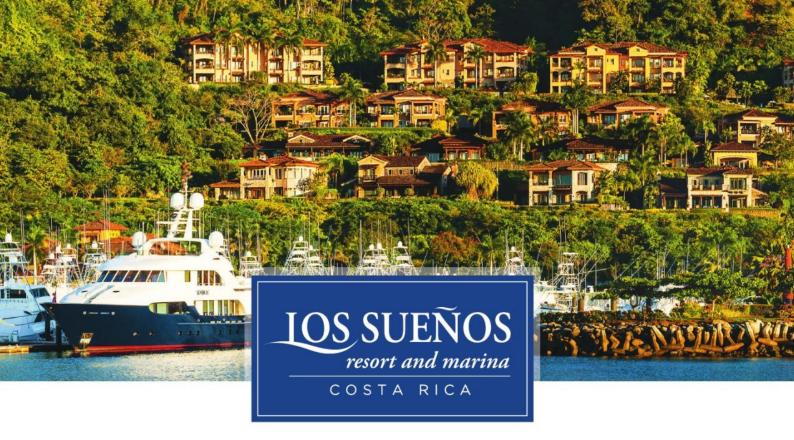
Back on the ship in Glacier Bay. As I walk the deck, the glacier calves a huge column of ice into Tarr Inlet, thundering as the ice falls. The kittiwakes take flight, calling. I see a small boy with his grandparents, and hear him say, "This is so cool. Can we visit other national parks after this?"

KIM HEACOX is the author of the Alaska memoirs
The Only Kayak and Rhythm of the Wild, and the
novel Jimmy Bluefeather, winner of the 2015 National
Outdoor Book Award for literary fiction. He lives in
Gustavus, Alaska.









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YELLOWSTONE NATIONAL PARK

By Eric Lucas

ellowstone was first, and in my mind, it's still the best-the one park whose incredible landscape, history and wildlife perfectly exemplify these remarkable preserves. They all protect both time and place, and are wonderful and worth visiting; but my favorite national park journey took place at Yellowstone. Here, one fine September day, my companion and I rented bikes to ride from Old Faithful Inn down the trail to Biscuit Basin. Along the way, we passed geysers named Beehive, Castle (my favorite), Comet, Daisy, Splendid and Jewel. Then we headed down a forest path from which not a sign of modern hubbub could be seen.

And, at the end of the bike path, we hiked up the hillside on the Mystic Falls Trail. It was a steep climb on a warm day, the walk uphill strewn with the songs of juncos and the peppery scent of lodgepole pine.

We stopped for lunch then at a viewpoint that embraces the entire valley. Known as Upper Geyser Basin, it is the greatest concentration of geysers and fumaroles in the world. From this magic viewpoint, you can see only montane forest and hydrothermal features—a hundred plumes of steam rising in the still air of autumn; a dozen streams of hot water spiking up from the ground at odd moments, like gnomes popping up in a game of hide and seek.

My personal history in America's national parks begins far east of







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Wyoming, in North Carolina. From the top of Clingmans Dome in Great Smoky Mountains National Park, a seemingly infinite succession of wooded ridgelines stretches off to the southwest, and the persistent haze that gave the park its name makes the most distant mountains look not only far, far away, but lost in time. Perhaps, I thought, I am looking back to the days of the dinosaurs.

Old Faithful Geyser is faithful indeed, erupting 4–5 times a day. West Thumb Geyser Basin (top right) holds many hot spring pools.

I was 10; we had driven down from Pennsylvania on an American odyssey. I returned to Great Smoky recently, and the view from Clingmans now is just the same. Despite the fact this is by far our most-visited

national park (II million people a year), from the 6,643-foot summit, the only obvious signs of human civilization are the faint, shining pencil lines of a few roads in the deep valleys below.

I've lived out West since I was 18, and my subsequent national park experiences have brought North America's most memorable sights—Yellowstone's geysers, the Grand Canyon's soaring depth, Death Valley's lowest point, Denali's magisterial bulk, the Olympic rainforest, Kīlauea's glowing lava—and they have reinforced this sensation of time travel. To Albert Einstein, time was an illusion. But in our national parks, it's an illusion rendered tangible.

Descend Bright Angel Trail at Grand Canyon and

you are literally walking down into the past; at the bottom you have traversed 2 billion geologic years. Climb into Mesa Verde's Cliff Palace and you are touring a 12th century apartment complex.

There is future to be seen, too. At Hawai'i Volcanoes, the lava is building island-to-be—it has added
500 acres to the Big Island since 1983. On Mount
Rainier, the shimmering glaciers that you see while
flying out of Seattle will yield water for spawning
salmon in the Puyallup River centuries from now.
Glacier Bay National Park, whose glaciers are rapidly
receding, reveals new land and water each summer.

On the bluff above Yellowstone's Upper Geyser Basin, the view now is almost exactly what Native Americans, who called this landscape "Burning Mountains," saw before Europeans ever came. It's what the explorers who convinced the United States to declare it a park in 1872 saw. And because the parks are dedicated to the human race for all time, and their National Park Service guardians shepherd them for that, it's what park visitors centuries hence will see.

There are many places to witness the past; other places are a window into the future. Very few places offer both, but for we humans who travel across the world in wonder, our national parks hold past, present and future. I believe they always will.

Associate Editor Eric Lucas has been to more than 60 national parks around the world.

GATES OF THE ARCTIC NATIONAL PARK AND PRESERVE

By Ken Marsh

ost striking were the mountains:
Stacked high through the ages by
tectonic forces, sculpted by Cambrian seas and Pleistocene ice, limestone crags shot up all around me, reaching through
a fog for the sun, moon and stars.

The date, August 1, 1989, marked my first steps

south, sharp peaks tumbled into Alaska's wild Interior, a forested, fabled province of fur trappers, gold fever, black bears and Athabascan hunters.

I absorbed it all; the colors, the coolness; the high, thin air. I was young then and the planet fresh and intensely beautiful and infinitely inviting. So I entered this wilderness, Gates of the Arctic National

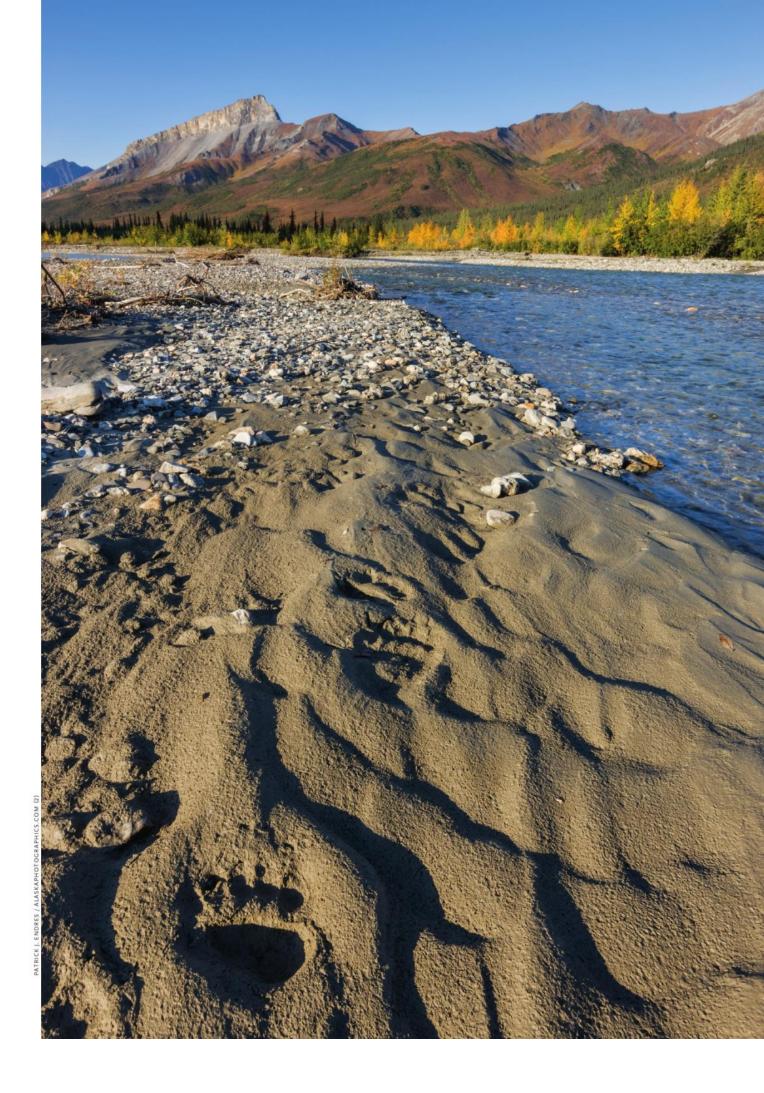


into the Brooks Range and the one time I might truly say I stood on top of the world. Dropped off by bush plane on a high saddle far north of the Arctic Circle, I spent that first evening straddling the Arctic Divide. To the north the mountains fell into a vast, treeless tundra that flowed beyond the horizon to the Arctic Ocean, home to pack ice, whales, white bears and parka-clad Iñupiat; over my shoulder to the

Park and Preserve, where a young man might lose himself among hills, streams and empty skies.

Next morning I shouldered my backpack, turned south toward the headwaters of the Koyukuk River, and vanished into a clean, new world.

Initially, I was drawn to the Gates by the writings of Robert Marshall, author of *Alaska Wilderness* and co-founder of The Wilderness Society. An explorer Gates of the Arctic is a vast wilderness with no roads, and innumerable river valleys (above, the Kongakut) traveled more by bears than people.





JOIN THE CELEBRATION

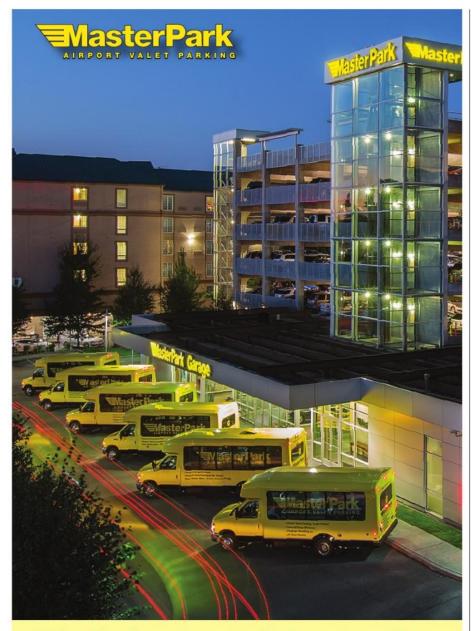
Find Your Park is an initiative to bring a wide array of Americans to the parks; findyourpark.com. Other groups include the National Park Foundation (nationalparks. org) and Washington's National Park Fund (wnpf.org), which supports Olympic, Rainier and North Cascades. Guided centennial trips include a John Hall's Alaska tour embracing Katmai, Denali, Wrangell-St. Elias and Gates of the Arctic (kissalaska. com); and Austin Adventures tours of Yellowstone, Teton and Glacier; austinadventures.com.

masquerading as a forester, Marshall first traveled here in 1929. He followed rivers and climbed mountains, gave them—and eventually the national park—Englishlanguage names, and shared his discoveries and insights in lyrical accounts.

Sixty years after Marshall, I picked my way down a precipitous gorge into the Koyukuk headwaters, then over tundra where caribou antlers dropped in previous winters lay bone-white scattered on the moss. Through a fine mist I watched seven Dall sheep feed on a mountainside; a sunbeam pierced the clouds and found them, lighting the tundra and framing the scene with a brilliant rainbow. Later, a black wolf sitting on its haunches, pink tongue lolling, watched me from a hill-side nearby.

At Bombardment Creek, my bush pilot landed on a gravel bar to drop off a raft that would allow me to ride the river to tiny Evansville. And after days of rain, wind and, finally, a stretch of intense subarctic sunshine, I passed between Boreal Mountain and Frigid Crags—the park's "Gates of the Arctic"—and emerged from this national park with a new peace and confidence still present in my best moments today.

Based in Anchorage, Ken Marsh is the author of Breakfast at Trout's Place.



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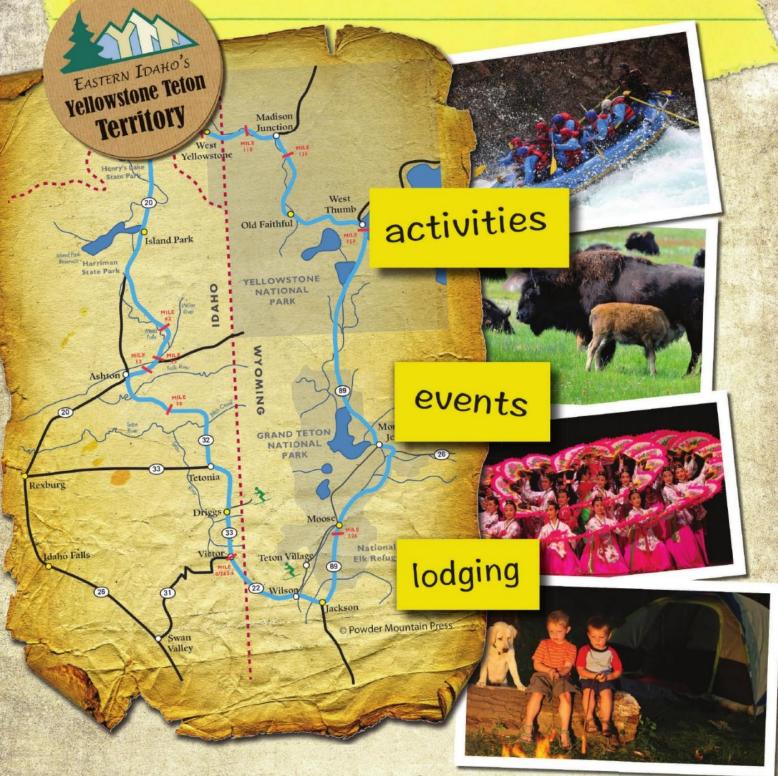
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YOSEMITE NATIONAL PARK

By Michael Shapiro

lose your eyes and you'll see what I mean," said my friend Walt. We had stopped a moment as we skied 10 miles from Badger Pass to Glacier Point in Yosemite National Park.

Following his instruction, I could hear the whooshing wind, clattering the spare branches of the pines, punctuated by occasional chirps of winter birds. Tiny shards of ice stung my cheeks. And I could smell that distinctive metallic scent of impending snowfall.

Thanks to Walt, I had activated my other senses and begun to "see" the park in greater dimension. Then I opened my eyes and described the view of Yosemite Valley to Walt, who is blind.



Handcrafted Furniture

From this spot we could see so many of the park's famous sights: the imposing mass of Half Dome; Yosemite Falls' crystalline waters; the tree-lined river at the valley bottom that the falls feed; the sturdy peaks of the Sierra in the background. This is the landscape that inspired John Muir and Theodore





Roosevelt to push for a system of national parks. It's the place that Ansel Adams used as a canvas for his pathbreaking photography. Its granite highlands, pristine wilderness, towering sequoias and historic lodges exemplify what makes our parks so valuable.

I volunteer for an organization, Environmental

Traveling Companions, that takes disabled people on outdoor adventures. We had a diverse group with a range of physical challenges that weekend, including a couple of women who were unable to use their legs. They propelled themselves with custom poles, and when fatigue set in they let others pull them

Half Dome is the most conspicuous sight in Yosemite Valley from the vantage of the trail to Glacier Point.



uphill on sleds (or slow them on downhills).

It's easy to get to Glacier Point in summer—all you have to do is drive. But in winter the road, deep in snow, is closed to motor vehicles. The park carves parallel tracks for cross-country skiers; some ski out and back in a day, 21 miles roundtrip.

The day I skied to Glacier Point with the disabled participants carried the tang of incoming weather. After hours of skiing and pulling others up hills, I was deeply tired, but rarely have I felt so alive. When the cabin appeared on the dusky horizon our group cheered with joy, knowing we'd have shelter, warmth and deep platters of lasagna.

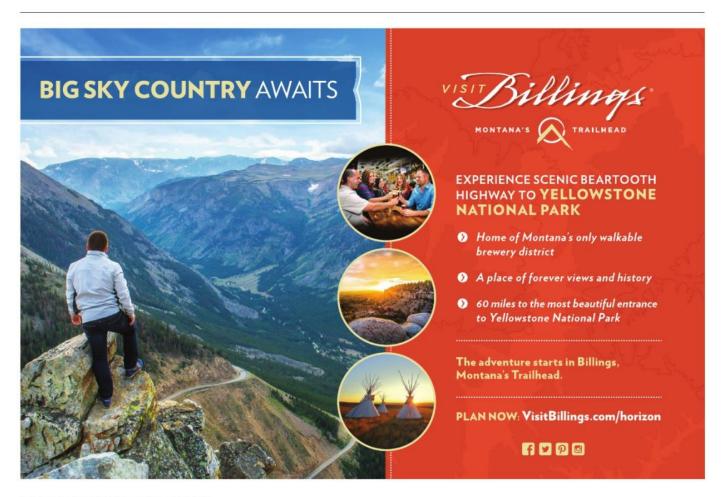
This wasn't my first trip to Yosemite. The summer after moving from New York to California, I came here with a junior high school group—I was in the park on Independence Day in 1976, when the U.S. celebrated its 200th birthday. I returned in high school for a program at Yosemite Institute.

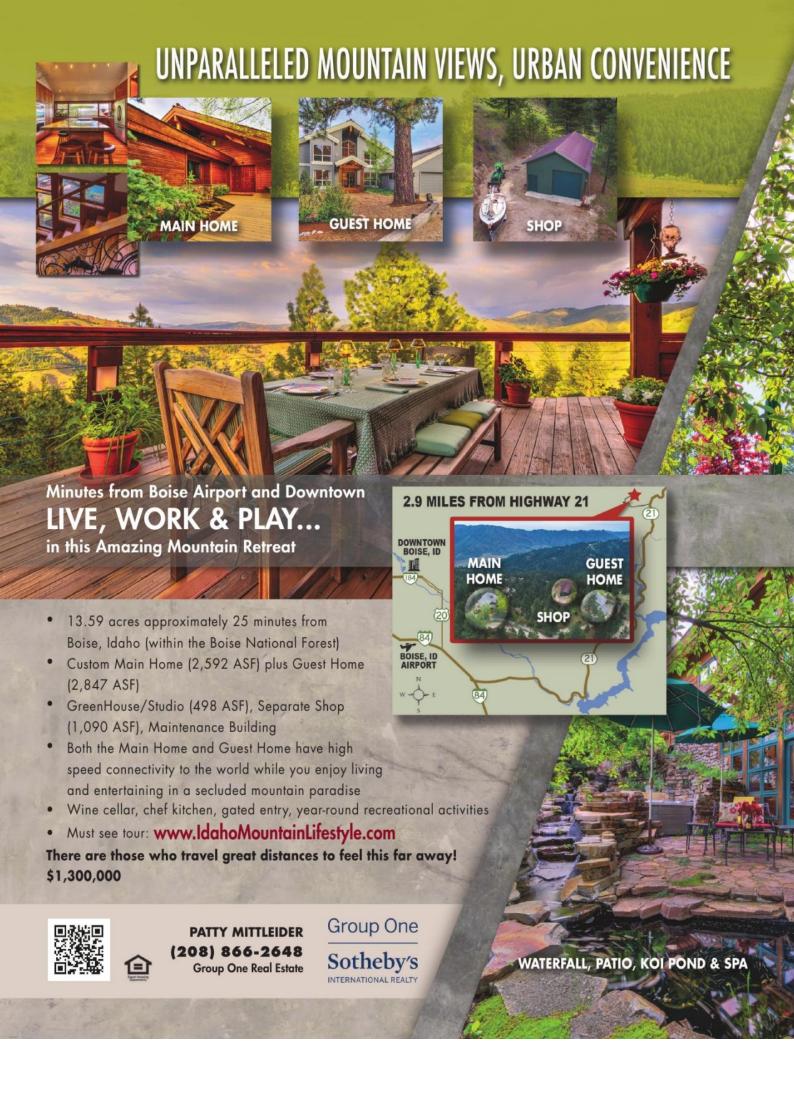
In Yosemite, among towering granite formations and skyscraping sequoias, I found majestic consolation for the challenges of adolescence. One summer day I sat by the Merced River and simply listened to its music, mesmerized and transported by the sound. At night my high school friends, the naturalists and I sang songs and told stories around a campfire, forming a community under the stars.

People often talk about getting away to the great outdoors, but for me going to wild places, especially Yosemite, has long felt like coming home. From the day I first saw Half Dome through a school bus window to my most recent trip there last summer, my reaction to Yosemite remains awe; my lasting feeling is gratitude.

After the ski trip, Walt thanked me for letting him "borrow my eyes." But it was I who overflowed with appreciation: for Walt who had enabled me to see the park anew; and for the visionaries who preserved these lands that can hold our souls and inspire us to take on challenges that at first seem insurmountable.

Michael Shapiro is author of A Sense of Place. He's based in Sonoma County, and has worked as a kayaking and rafting guide, as well as a bicycle tour leader.







CANYONLANDS NATIONAL PARK

By Christy Karras

few years ago, I invited a friend from the East Coast on a trip through the national parks of my home state. Land of the "Mighty Five" parks (Zion,

Bryce Canyon, Canyonlands, Arches and Capitol Reef), Utah is a wonderland of deep canyons, towering mesas, pine-clad mountains and multihued rock formations that form spires, vaults and bridges in the blue desert sky. It's easy to drive to these natural features, but getting out of the car and onto a trail enhances the experience immeasurably.

Wanting to show him another facet of the flattopped Island in the Sky mesa at Canyonlands National Park near Moab—and maybe test his mettle a bit—I suggested that we descend the steep switchbacks of the Gooseberry Canyon Trail.

We peered down and then cautiously began to tackle the switchbacks, sometimes just a few feet wide, that hugged the orange sandstone face. Though the trail leads downhill, it's hard work.

As we picked our way down the pebble-strewn path, he started to breathe hard despite the cool morning air. Finally, he stopped. "I don't know if I can do this," he said, leaning against the rock, sweat running down his neck. "We're really going all the way down, then right back up?" I nodded.

Just then two gray-haired women came chugging up the path, laughing and talking, and paused by us.

"Isn't this trail great?" one of them commented.

"I first did this hike on my 60th birthday, and I loved it so much I've come back every birthday since." She was out of shape back then, she said, but determined, and she finished it.

As the pair proceeded on uphill, I looked at my friend. "We're doing this," I said. "Yes, we are," he

agreed. And we did, finding our way down the switchbacks, through a gorgeous canyon, into a broad wash, and to the edge of another canyon with 200-foot cliffs and red rock spires. And then back up to the top, a 1,500-foot climb.

I remember two

The view of the Colorado River is sublime from the Gooseneck Trail in Canyonlands National Park; the park also holds many ancient pictographs.



things about that day. One is the thrill of descending that cliff face and climbing all the way back up. But what really stands out in my mind is those two women, cheerful and indomitable, who inspired us to keep going.

Many of my national park memories are like that. They remind me that the parks make it easy to connect with not only nature but people of all ages, backgrounds and nationalities. How often do we talk to others who are not just like us?

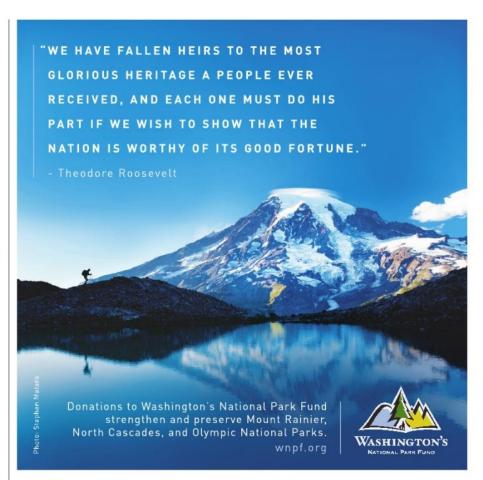
In the parks, I've made memories with family and friends. But the parks' magic goes beyond people I already know, beyond rangers patiently answering questions and reminding us to tote water and watch our footing.

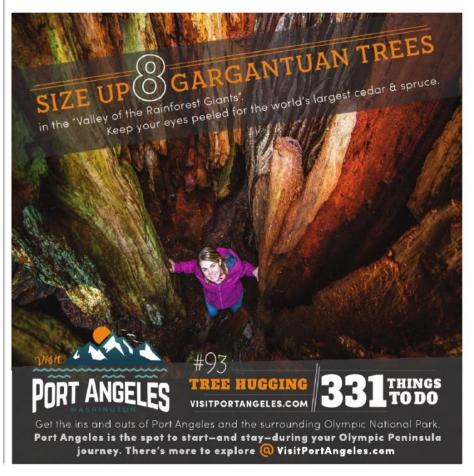
I've chatted with RV-ing retirees, cross-country-trekking college students, and foreign visitors from around the globe. Children who are not mine have told me about wondrous beetles they've seen on the trail. I had my first crush on an older boy when my family met his at a Yellowstone campground. Wildlife lovers lent their scopes so my husband and I could see wolves. I've watched families from Europe, India and Southeast Asia look out and marvel over vast, quiet deserts like nothing they have at home.

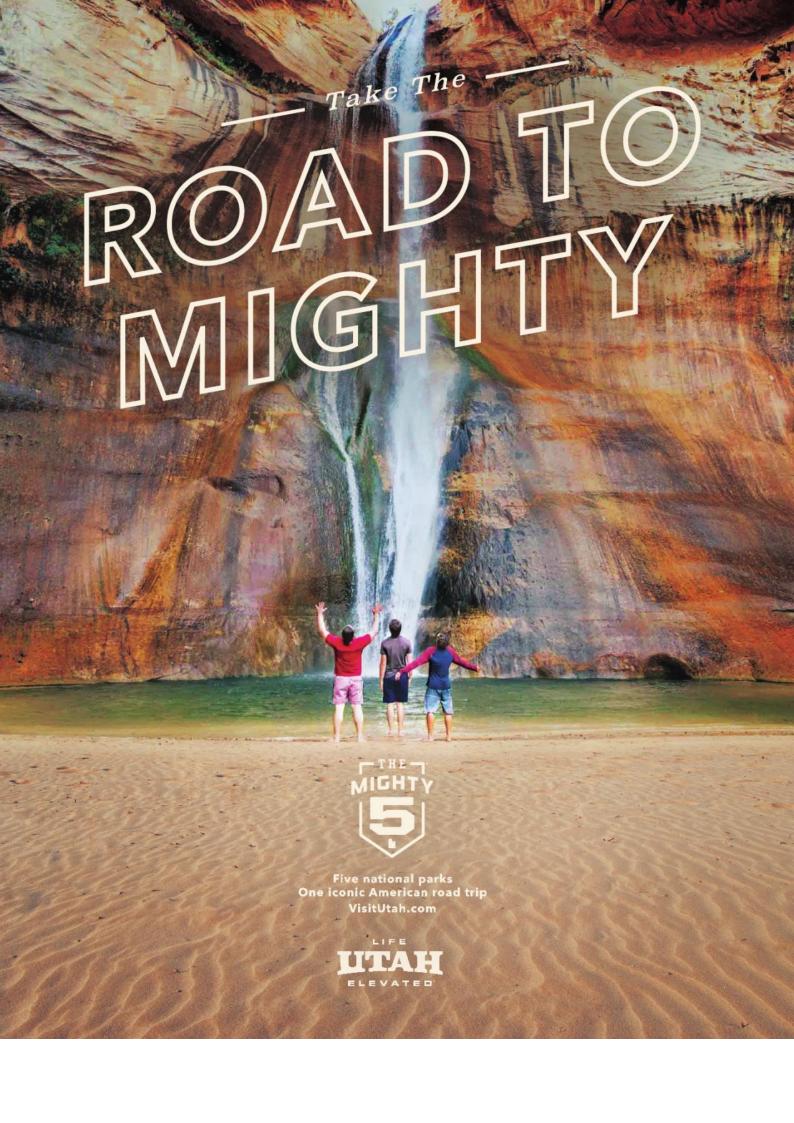
When we think of national parks, we think of Half Dome or Zion Canyon or the Everglades—the natural world the parks envelop and protect. But America's parks also provide the ultimate democratic travel experience. More than 300 million people visited national parks in 2015, and they were all kinds of people.

In national parks, we seek refuge from the impersonal distractions of everyday life. We commune with nature but also with each other, and it reminds us that every human being is part of the natural world. We are alike in our craving for beauty, adventure, and peace, and in that way, wherever we come from, we are all the same.

Christy Karras is the co-author of Scenic Driving: Utah. She's based in Seattle.













DISTANCE TO THE MIGHTY 5° AND OTHER NATIONAL PARKS

Arches 349 miles
Bryce Canyon 388 miles
Canyonlands 361 miles
Capitol Reef 337 miles
Yellowstone 267 miles
Zion 427 miles



BEAR LAKE

A HIDDEN GEM in the Rocky Mountains north of Salt Lake City is Bear Lake. At 20 miles long and 8 miles across, the lake's intense turquoise blue waters are an unforgettable sight.

EVERY VISIT to Bear Lake should include a raspberry shake. The area is famous for its locally grown raspberries, and more importantly for the delicious milkshakes made from these berries. Bear Lake is full of small town charm and enticing restaurants.

BEAR LAKE is the halfway point between Salt Lake City and Yellowstone National Park. When you are making the journey to Yellowstone through the Bear Lake Valley, two impressive scenic highways—Logan Canyon Scenic Byway and Oregon Trail/Bear Lake Scenic Byway lead the way.

Also, four endemic species inhabit Bear Lake not found anywhere else: Bonneville cisco, Bear Lake whitefish, Bonneville whitefish and Bear Lake sculpin.

Every visit to Bear Lake should include a raspberry shake.

YELLOWSTONE
NATIONAL PARK is one
of the most geologically
dynamic areas in the
world and Bear Lake
has its own unique
geological traits. What
better way to prepare
for Yellowstone than to
see the deeply colored
waters resulting from
limestone deposits
suspended in the water?

BEAR LAKE is best enjoyed with your toes in the sand. The Garden City Park boardwalk leads to one of the lake's white sandy beaches and its crystal clear waters, providing a perfect spot to stretch tired legs on a long road trip.

For more information visit www.bearlake.org.







DISTANCE TO THE MIGHTY 5° NATIONAL PARKS

Arches 160 miles
Bryce Canyon 128 miles
Canyonlands 167 miles
Capitol Reef 5 miles
Zion 170 miles



CAPITOL REEF COUNTRY

SOUTHERN UTAH has a diversity of landscape like no other area in the state—red rock formations and canyons, pristine meadows, alpine forests and lush green valleys. This makes Capitol Reef Country ideal for hiking, biking, horseback riding, ATV tours, hunting, fishing, wildlife viewing and peaceful picnicking. Winter-time visitors enjoy the snow-covered higher elevations with snowmobiling, cross-country skiing, snowshoeing and scenic splendor.

CAPITOL REEF
COUNTRY is a land of solitude and contrast

with unique desert landscapes where dinosaurs once roamed. Major attractions include Capitol Reef National Park, Canyonlands National Park, Boulder Mountain, Thousand the sleeping rainbow" because of its beautiful contrasts: multi-colored sandstone surrounded by verdant riverbanks and desert vegetation, all nestled beneath deep blue skies.

Capitol Reef Country is a land of solitude and contrast.

Lake Mountain, Factory Butte badlands and Highway 12, Utah's first All American Road.

CAPITOL REEF
NATIONAL PARK lies
in Utah's south-central
desert, strewn with
colorful sandstone cliffs,
impressive domes and
soaring monoliths. Early
inhabitants referred to
the area as the "land of

THE GATEWAY town of Torrey is just 8 miles west of Capitol Reef National Park's visitor center, on Highway 24. The town offers lodging and restaurants, with easy access to the scenic wonders inside the park.

For more information visit www.capitolreef.org.







DISTANCE TO THE MIGHTY 5° NATIONAL PARKS

Arches 283 miles
Bryce Canyon 79 miles
Canyonlands 295 miles
Capitol Reef 157 miles
Zion 19 miles



CEDAR CITY

CEDAR CITY is a surprising sanctuary of cool mountain air with world-class cultural attractions in close proximity to the extensive outdoor adventure of Utah's famous Mighty Five® National Parks. Cedar City is known as "Festival City U.S.A.," with a plethora of events year-round, from downtown festivals to touring bike races and even a sheep parade.

AN ENERGETIC

population spends summer days at the Tony Award-winning Utah Shakespeare Theater Festival, where one can experience live theater under the stars in the Tudor-style Engelstad
Theater and at the new
Southern Utah Museum
of Art. The rest of the
time is spent dashing off
to nearby national parks
Bryce Canyon and Zion,
Dixie National Forest or

infinite stars, with the expansive Milky Way unfurling above you.

ZION NATIONAL PARK'S KOLOB CANYON

is 19 miles south of Cedar City. Kolob offers dramatic red rock views

Cedar City is known as "Festival City U.S.A."

Cedar Breaks National Monument.

CEDAR BREAKS NATIONAL MONUMENT

located 29 miles east of Cedar City is an astonishing natural amphitheater at 10,500 feet and home to wizened bristlecone pines. Here you can fall asleep in the brisk night air under bright and and overlooks to fill your eyes with ample trailheads for exploration and discovery.

Bryce Canyon can be reached via three scenic byways: Markagaunt High Plateau, Cedar Breaks and Brian Head-Panquitch Lake.

For information visit www.visitcedarcity.com.







DISTANCE TO THE MIGHTY 5° NATIONAL PARKS

Arches 314 miles
Bryce Canyon 76 miles
Canyonlands 326 miles
Capitol Reef 185 miles
Zion 30 miles



KANAB

KANE COUNTY is truly the "Heart of the Parks."

KANAB is located in the middle of TEN of America's greatest scenic wonders making it the perfect base camp for exploring, hiking, photography, boating and backcountry adventures.

NATURAL WONDERS

abound within 90 minutes of Kanab including three amazing National Parks:

- Lake Powell/Glen Canyon National Recreation Area
- Bryce Canyon
 National Park
- Zion National Park
- Grand Canyon National Park North Rim
- Grand Staircase-

Escalante National Monument

- Cedar Breaks National Monument
- Vermilion Cliffs
 National Monument

LITTLE HOLLYWOOD

Many of Southern Utah's stunning landscapes were used as backdrops in the making of more than 200 Western films.

Natural wonders abound within 90 minutes of Kanab.

THE KANAB AREA

offers unsurpassed recreation opportunities. Visitors from around the world enjoy and hike Coral Pink Sand Dunes State Park, The "Wave", White Pockets, Paria Box Canyon, dozens of slot canyons, Buckskin Gulch, Coyote Buttes—to name just a few areas.

Over 25 new dinosaur species have been discovered in this area.

CEDAR MOUNTAIN

Beyond the red rocks and desert, the nearby Dixie and Kaibab National Forests provide a high-elevation refuge of aspen trees, lava fields and verdant meadows with campgrounds, lodges and trails for family fun.

For more information visit www.visitsouthernutah. com.







UTAH

DISTANCE TO THE MIGHTY 5° AND OTHER NATIONAL PARKS

Arches 310 miles

Bryce Canyon 349 miles Canyonlands 324 miles Capitol Reef 304 miles Grand Teton 187 miles Yellowstone 289 miles Zion 388 miles



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place and experience great theater and the great outdoors, all within a 10-minute drive.

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Tabernacle—a beautiful example of early Mormon architecture.

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of magnificent
natural beauty,
diverse recreational
opportunities and
fascinating history on the
way to the beautiful and

Each summer Logan becomes Utah's Heart of the Arts.

other favorites such as Summerfest Arts Faire, Cache Valley Cruise-In classic car show, Freedom Fire Independence Day Celebration, Baby Animal Days and the Fall Harvest Festival.

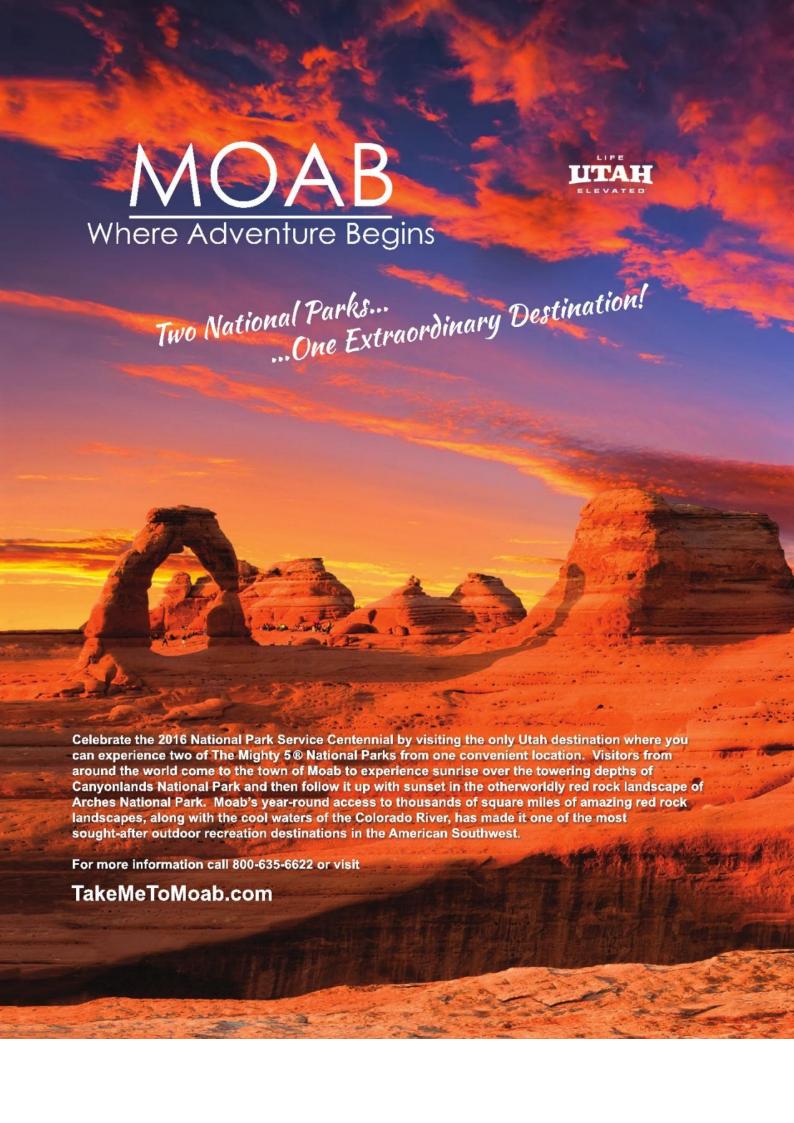
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Sally Jewell

The U.S. Secretary of the Interior blends NW business sense with a passion for the environment By Eric Lucas

From a brass-gilded 35th-floor conference room atop a luxury-hotel tower on the Las Vegas Strip, Sally Jewell's domain seems far away. The strip is all glitter and neon, traffic and superstructure. But some of the 500 million acres—about 781,000 square miles—that she oversees are not far.

In fact, they are conspicuously visible barely 10 miles from Las Vegas Boulevard, in the vivid vermilion cliffs of the Red Rock Canyon National Conservation Area, whose Spring Mountains foothills are supervised by the federal Bureau of Land Management, which in turn is part of the Department of the Interior for which Jewell is secretary. She's in Las Vegas to attend the winter meeting of the Western Governors' Association, whose attendees lead states that happen to hold the vast majority of the lands and agencies in Interior: the National Park Service, celebrating its centennial this year; the U.S. Fish & Wildlife Service, which operates more than 560 wildlife refuges; the BLM, the largest landowner in the United States; the Bureau of Indian Affairs; the Bureau of Reclamation; the Bureau of Ocean Energy Management; and the U.S. Geological Survey, to name the most prominent.









"My career simply reflects the complexity we all face as human beings, trying to live in harmony with the land beneath us and the creatures that inhabit it."

With more than 72,000 employees, Interior oversees 75 percent of lands owned by the federal government—about one-fifth of the United States, including much of the land bordering Las Vegas.

And while Jewell concedes she'd probably enjoy being 10 miles away, hiking in Red Rock Canyon, the chance to sit down with 19 key political leaders is invaluable, even though many sit on the opposite side of the political and philosophical fence from President Barack Obama's administration.

Secretary Jewell last fall traveled to New Mexico to meet with community leaders and welcome Valles Caldera National Preserve to NPS management. "The trick to this job is listening to all sides," Jewell says. "Get as much information as you can, then you can sleep at night."

Actually, boardrooms are quite familiar to one

of Seattle's most versatile community leaders. She's a former petroleum engineer in the oil-and-gas industry, having worked with Mobil in Oklahoma and Colorado: "Oil and gas are just natural resources like everything else," she says. Jewell then detoured into banking for two decades, at Rainier Bank, Security Pacific and finally Washington Mutual, along the way becoming a civic leader who exercised her passion for conservation with projects such as the Mountains to Sound Greenway, a stewardship program incorporating more than 900,000 acres of public land in a corridor stretching from Seattle

to Ellensburg, in Eastern Washington. In 1996 she was elected to the board of outdoor-equipment retailer REI, one of the largest (\$2 billion in annual revenues) and most visible consumer cooperatives in the United States. She joined the co-op's management team in 2000, and was tapped as CEO in 2005. Her business and conservation background led President Obama to appoint her to lead Interior three years ago, and in many ways her diverse background made her uniquely suited to the job.

"My career simply reflects the complexity we all face as human beings, trying to live in harmony with the land beneath us and the creatures that inhabit it," Jewell says, mildly disclaiming any special perspective just because she has worked in two disparate corners of the traditional business world, and the nonprofit sector, and now government. "I've been working for a sustainable civilization all my life, in one way or another," she says.

"But this position certainly gives me a megaphone," she continues. "It provides an opportunity to connect my work to future generations. And now that I have a grandson [in addition to two adult children], I think a lot about future generations."

Jewell's position is one of the lesser-known but most important in the president's cabinet, and its significance occasionally surfaces in the national consciousness, when something sparks attention at one of the many landscapes under Interior's purview.



Right now, the National Park Service centennial focuses attention on the agency that manages 59 of America's most treasured preserves, plus 351 other properties ranging from historic buildings to remote seashores. Jewell says the occasion "is all about

national parks belonging to all Americans," and she has spent a lot of time promoting efforts to expand the parks' appeal to kids and demographic groups that typically do not visit them (see page 42). But national parks are currently just a newsworthy



Interior Department

By the Numbers

NATIONAL PARK SERVICE

59 national parks
79 national
monuments
272 other units
22,000 employees
84 million acres
\$2.6 billion budget

BUREAU OF LAND MANAGEMENT

245 million acres 9,700 employees \$1.3 billion budget

U.S. FISH & WILDLIFE SERVICE

560+ wildlife refuges 150+ million acres 8,700+ employees \$1.5 billion budget

U.S. GEOLOGICAL SURVEY

430 offices 8,200 employees \$1.1 billion budget

BUREAU OF RECLAMATION

812 dams and reservoirs 53 hydroelectric power plants 5,350 employees

\$1.1 billion budget

BUREAU OF INDIAN AFFAIRS

566 recognized tribes 55 million acres 8,700 employees \$2.4 billion budget

fraction of what's inside an agency that is sometimes jestingly called "the department of everything else," because of all its disparate elements.

For example, if the administration decides to officially rename one of the most prominent mountains in the United States, Jewell is the one who does the job. That's exactly what happened last fall when President Obama visited Alaska to focus attention on Arctic and Native affairs and, while he was there, endorsed renaming the tallest mountain in North America: Denali. From 1896 to 2015, the monolith

was the namesake of 19th century President William McKinley, and the campaign to return the name to Denali was long and broadly supported. Since the Board on Geographic Names falls under Jewell's authority (it's part of the U.S. Geological Survey), she was the one who actually enacted the change, citing the mountain's far older Athabascan name, which has been semisacred to Alaska Natives (and highly preferred by Alaskans) for centuries. Jewell announced the order August 28, 2015.

"That was fun," she recalls of the process. "I







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didn't actually know I could do that."

More serious was the seizure of southeastern Oregon's Malheur National Wildlife Refuge earlier this year. Operated by Interior's Fish & Wildlife Service, Malheur is one of the most important migratory-bird stopovers in the West. The widely publicized occupation lasted several weeks, and Jewell recently took the opportunity to declare how unfortunate it is that a historic agreement that Interior put together last fall regarding sage grouse—including birds in the Malheur region—has received far less publicity.

"This was an epic collaboration of 11 states, the federal government, scientists, and interest groups ranging from ranchers to anglers to hunters to environmental activists," she recalls, proud of the way so many different groups came together to air their views about what's been called the "Sagebrush Sea." The issue was whether to declare sage grouse an endangered species, as several environmental groups wanted. Eventually, all involved agreed to leave the bird's status unchanged, but create a comprehensive habitat-conservation plan that spans virtually all the

interior West, including Oregon's Harney County, home of the Malheur wildlife refuge.

"We created a map that drives development to the areas least important to sage grouse." Jewell calls the conservation plan "an extraordinary accomplishment."

Well, almost everyone agreed: a small number of dissatisfied development interests have sued. Jewell smiles. "I'm used to that now. I left Seattle with thinner skin than I have today."

Though she's not the first female Secretary of the

Interior (Gale Norton served under President George W. Bush), Jewell has consciously used her office to advance recognition of and empowerment for minorities in many ways. She often travels to Native American communities to advance education for Indian youths, especially girls. She helped create new national monuments honoring Chicano farm labor leader Cesar Chavez and Civil War–era abolitionist Harriet Tubman. She would likely even argue that Western ranchers constitute an often-overlooked group at the national scale, and calmly referred to



them in her measured remarks about the Malheur

"Over the course of my career, I have traveled on multiple occasions to Eastern Oregon and have met with ranchers who make a living working these lands. As recently as last year, I was in Oregon to celebrate the collaborative relationship between ranchers and public-land managers [the sage grouse conservation plan], all of whom value these lands and are partnering to sustain working Western rangelands for future generations," Jewell says.

During her tenure at Interior, Jewell has overseen concerted campaigns to help the department's many agencies respond to climate change. She has highlighted a global campaign to stop poaching of endangered species, such as African rhinos, a mission that took her overseas for almost two weeks this past winter.

She also wears lightly, but proudly, another hat—female role model.

"As a woman, Sally makes me think we women can do anything, because it seems like she has done everything," Senator Maria Cantwell said of Jewell

JEWELL FACTS

- → Because Sally Jewell was born in England (her father emigrated to the United States to take a position at the University of Washington when she was 3), she is not in the line of succession for the presidency. Ordinarily, the Interior secretary would be eighth.
- → Among many other accomplishments, Jewell has summited the Vinson Massif, the highest point in Antarctica, at 16,046 feet. She

has also summited Mt. Rainier seven times.

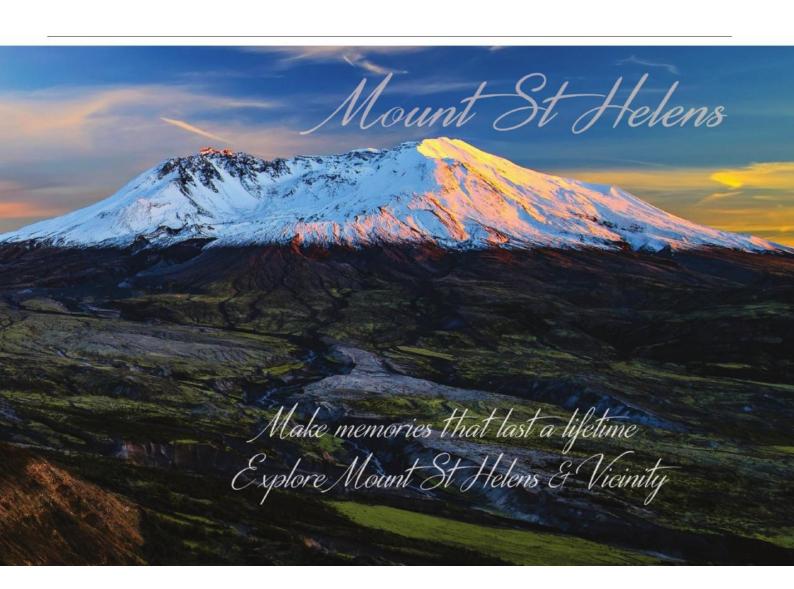
- → She graduated from Renton High School and holds a degree in mechanical engineering from the University of Washington.
- → Legendary Seattle civic leader Jim Ellis schooled her in long-term thinking when he enlisted her help in creating the Mountains to Sound Greenway, from Snoqualmie Pass in Washington's Cas-

cade Range to Puget Sound. "But, Jim, this is a 25-year project," she told him. "That's right," he said. "So let's get going."

→ In 2009, the
National Audubon
Society gave her its
Rachel Carson Award
for conservation leadership—an honor named
for one of Jewell's
heroines, the woman
who alerted the world to
the dangers of the
now-banned agricultural
pesticide DDT. —E.L.

when she introduced her at Cantwell's annual Women of Valor Awards lunch last fall in Seattle.

"If you walk around the District of Columbia, almost every park and pocket has a statue of a white









guy on a horse," Jewell told an appreciative audience of 500. "It's important that our parks and preserves reflect our real history," she said of the monuments honoring Tubman and Chavez. She credited as her heroes early environmental activist Rachel Carson and former Rainier Bank board member Marjorie Evans, who told Jewell that she had raised four children while pursuing a business career, and Jewell could accomplish the same. Then, Jewell personally congratulated each of the five women who'd won recognition from Cantwell, including Microsoft executive Joanne Harrell and Twisp Mayor Soo Ing-Moody.

In person, Jewell exhibits a low-key personality honed over years as a West Coast executive, introducing herself with a no-nonsense handshake as just "Sally," so you know there's no need for "Madam Secretary." She is thoughtfully articulate, measuring her remarks but not spinning them overmuch. She has a spare but athletic frame that evinces her outdoor lifestyle—she's a snowboarder, hiker, climber, sailor and kayaker.

"It's great to get some mud on your feet and mist in your face," she says of hiking Tiger Mountain, near the Seattlearea town of Issaquah, one of her favorite places. Her calm, sinewy presence and ruddy tan puts you in mind of the Western ranch women with whom she has spent many hours conversing over the past three years. Jewell herself is a lifelong Seattle-area resident, and has already plotted her return to Puget Sound and the home she shares with her husband, Warren, once her service in D.C. is over.

"I think I'll take a cross-country road trip. Take my time and refuel. And then. ..."

She grins. "Sixty is the new 30? I'm delighted to hear it," she replies to a jest.

"I'm not a politician. But this job is like studying for a final exam every night. I've learned a huge amount, and there is unfinished business."

Eric Lucas is an associate editor of Alaska Beyond Magazine.

FINANCIAL UPDATE

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Senior Vice President

(206) 254-7280

VETERANS GET SPECIAL SMALL-BUSINESS LOANS AND DISCOUNTS

A fter serving our country in the armed forces, many veterans want to transition from soldiers to entrepreneurs, often using skills acquired in the military to start a business, purchase an existing business or acquire a franchise. In fact, in a 2007 Census Bureau report*, veteranowned businesses comprised nine percent of businesses total nationwide. As more veterans transition from service to business, that number will grow.

Luckily for veterans who want to start, purchase, or expand their business, there are opportunities available exclusively for service members and their families. Funds can be used to start a business, buy an existing business, expand a business with equipment, make leasehold improvements, purchase inventory, and many other purposes. They can also be used to buy or construct a building for business use.

The Small Business Administration (SBA) offers special loans just for veterans and their families under the Veterans Advantage



Program. Two ways for veterans and their spouses to borrow money for their small business under the SBA Veterans Advantage Program are:

- 1. Loans \$150,000 and under
- Terms up to 10 years for equipment and up to 25 years for real estate
- Fees are waived by SBA (offer available until 9/30/2016)
- 2. Loans \$150,001 to \$5 million
- Terms up to 10 years for equipment and up to 25 years for

real estate

 Up-front fees for veteran borrowers reduced by 50 percent by SBA (offer available until 9/30/2016)

The SBA is waiving 50 percent of their guaranty fee for these larger loans to veterans. While many lenders can offer these discounted loans, HomeStreet Bank is waiving the other 50 percent of the guaranty fee to thank veterans for their service and provide them access to capital. This means that these types of loans come with no loan guaranty fees, which can save applicants anywhere from

\$3,375 to \$166,000 depending upon the amount of the loan.

For example, if a veteran were to get a \$200,000 loan with HomeStreet Bank, the loan would normally have \$4,500 in SBA guaranty fees from the SBA. Now, SBA waives half that, or \$2,250, and HomeStreet waives the other half, \$2,250. Net guaranty fee? Zero!

In order to qualify for these discounts, businesses must be at least 51-percent owned and controlled by an individual or individuals that are any of the following:

- Veterans (other than dishonorably discharged)
- · Service-disabled veterans
- Active-duty military service member participating in the military's Transition Assistance Program (TAP)
- Reservists and National Guard members
- Current spouse of any veteran, active-duty service member, or any Reservist or National Guard member
- Widowed spouse of a service member who died while in service or of a service-connected disability

*U.S. Census Bureau, Survey of Business Owners (SBO): Veteran-Owned Businesses: 2007

About the author: Scott Harvey is Senior Vice President of Specialized Markets at HomeStreet Bank with over 30 years of SBA lending experience. HomeStreet is a full-service community bank offering consumer, commercial, and mortgage services to customers throughout the Western U.S. Scott and his team serve the greater Puget Sound area.





here's treasure among the volcanic rocks. At least that's what my 5- and 7-yearold daughters tell me.

We're at the worldfamous Waikīkī Beach on Oʻahu, enjoying gentle waves behind an offshore reef that keeps things calm enough for even the smallest swimmers. Although my older daughter, Ella, knows the basics of how to swim, both girls are wearing float jackets as they bob about. My wife and I are talking about what to do next, when Wren, my youngest, hears about a possible afternoon trip to Diamond Head, and she starts dog-paddling in the direction of the tall volcanic outcropping about 2 miles southeast of us.

"Diamond Head!" she chants, her life vest keeping her head above water, arms churning like a sped-up sea turtle.

People swim and play on O'ahu's iconic Waikīkī Beach, while Diamond Head rises in the distance.

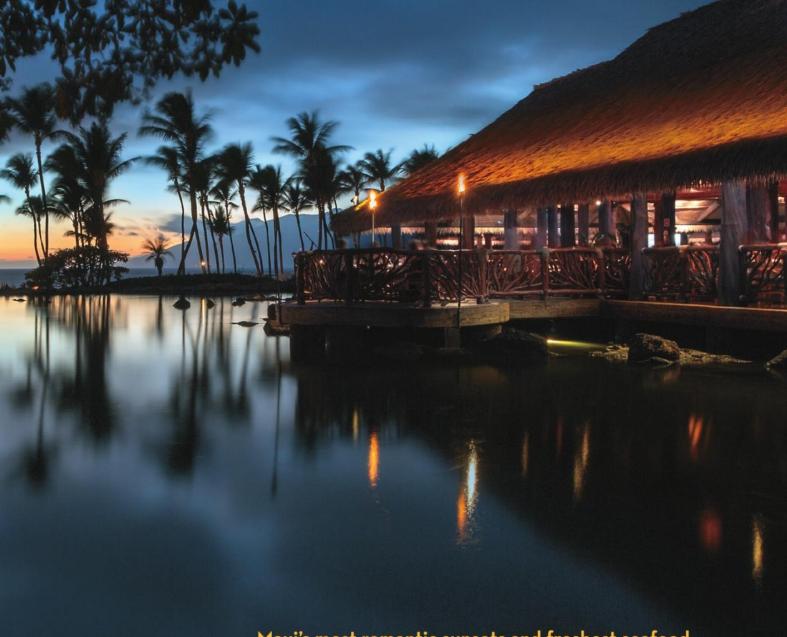




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Clockwise from top: Children play in the

at Aulani, A Disney

Resort & Spa. In the

town of Hale'iwa, on O'ahu's North Shore,

the author and his

youngest daughter sip

fresh coconut water and

also sample Matsumoto

Shave Ice, a longtime Hawai'i favorite.

fountains of Keiki Cove

I swim alongside and try to convince Wren that it would be easier to drive over and hike up. After a little more flailing, she grudgingly concedes, and we all head back to the beach to dry off and get ready.

A 15-minute-drive later, we pass through a tunnel in the wall of the extinct volcano, park near the trail-head inside the circular crater and begin our hike. The interior slope is steep, but paved, for much of the way. Mongooses scurry across our path as we walk up through low-angle, tree-filtered sunlight. And, naturally, the kids look for treasure.

"Don't be surprised if you step on something sharp; it's either diamonds or gold," says Ella.

"Where there is volcanic rock, there's treasure," Wren says again.

At the top of the crater, we find the true gem of this trip—a spectacular view of O'ahu's southern shore, where the clear water bathes the seabed in shades of green and ever-darkening blue. Honolulu can be seen to the west, the ridges of the Ko'olau Mountains rise to impressive heights inland, and the curving Maunalua Bay and Koko Head crater are visible along the shore to the east.

While I didn't expect to strike it rich on our trip up Diamond Head, my daughters had a point: There are treasures in these magical, tropical Hawaiian Islands that we're here to explore. From O'ahu to Maui, Kaua'i to Hawai'i Island, the archipelago is famous for its many activities, attractions and experiences that enchant visitors ranging from the young to the young at heart.

For family travel, Hawai'i is hard to beat.

O'AHU

At another point on our O'ahu trip, Ella and I find ourselves racing to reach a different volcano before the sun sets.

In this case, we are at Pu'u Kilo, the human-built rock outcropping at the center of Aulani, A Disney Resort & Spa, on the island's west side. We are hustling there before the water features built into this volcanic tower close for the day. Ella wants to test herself on the "Tubestone Curl," a waterslide with inner tubes that whooshes guests through twists and turns until they emerge with a high-speed splash in the pool at the bottom. Pu'u Kilo also features another slide, an enclosed chute called the "Volcanic Vertical."



We get to the top of the slide, and Ella hesitates. "How fast does it go?" she asks. "How long are you in the dark?"

I tell her not to worry and point her toward the front of the two-person inner tube. Soon we're off, rocketing down the slide and being jostled from side to side. Ella hangs on tight, and about a minute later we splash-land in the pool. She shouts happily and beams with pride at her accomplishment.

Aulani's water park is only one of the reasons the resort is so perfect and welcoming for families, which you realize quickly upon arrival. The entrance to Aulani sets the tone for your stay.

The stunning openair lobby is filled with works by local artists and offers views of the resort's centerpiece Waikolohe Valley, with

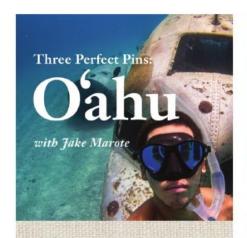
its lush greenery, water





features and hints of ocean beyond.

Disney has worked carefully with cultural consultants to ensure that the stories of the islands are told in an authentic manner, and the aesthetic is Hawai'i first, Disney second. Yet there are distinctive Disney touches. For instance, kids can find Mickey Mouse, Goofy and other costumed characters, in casual

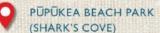


There's more to Hawai'i than you think. Jake Marote couldn't agree more. A photographer based out of O'ahu's legendary North Shore, Marote spends his time "working" in the ocean, adventuring, and most of all, having fun. Here are some of his favorite spots on O'ahu:



SANDY BEACH

"The sunrise is beautiful from Sandy's. I prefer to shoot it from the water, but don't enter if you're not an experienced water person. There can be strong currents and powerful shorebreak."



"In the summer, it's amazing for diving and underwater photography. There are numerous caves that you can dive through and tons of marine life to photograph."

'EHUKAI BEACH (BANZAI PIPELINE)

"In the winter months, there are big waves and during the summer, the beach and water can be very relaxing. Either way, bring an umbrella and a cooler and make a day of it!"

The Island of

Get inspired at #LetHawaliHappen



Hawaiian attire, as they walk the resort

We enjoy Aulani's Menehune Adventure, a tablet-assisted tour of the resort that tells a story and electronically activates hidden features such as lights embedded in the floor of the lobby. We relax in the winding Lazy River that guests both young and old float along slowly in inner tubes. There is also the Keiki Splash Zone for small kids and a

IN THE EVENINGS. WE ENJOY A VARIETY OF ACTIVITIES, INCLUDING THE STARLIT HUI THAT BLENDS TRADITIONAL AND MODERN HULA.

Menehune Bridge area with water fountains and devices that shower water down. In one enclosed area is the Rainbow Reef. which offers saltwater snorkeling.

My wife and I are able to take some time away from the kids by checking them into Aunty's Beach House, a supervised activities center for ages 3-12. The child care is included with your stay. With our kids safely having fun, we enjoy stand-up paddleboarding (SUP) that relaxes into lie-down paddleboarding on the completely calm Kohola Lagoon, a sandy-beached artificial embayment that allows for protected ocean fun.

In the evenings, we enjoy a variety of activities, including the Starlit Hui that blends traditional and modern hula, and includes dance lessons for the kids.

Outside the resort, we find many more adventures elsewhere on O'ahu.

Whale-watching and snorkeling excursions launch from the coast west of Ko Olina. During our visit, Ella and I take a trip on a catamaran operated by Hawaii Nautical. The crew motors us up the western coast of O'ahu from the sleepy town of Wai'anae north to Ka'ena Point,



where we find hundreds of Hawaiian spinner dolphins, some of which play in the electric-blue water of our bow wake. We watch them while sitting on netting at the front. A bit farther away we see humpback whales breach—and even see one whale's fluke (the surfacing of a tail).

The crew stops the catamaran briefly for us to snorkel—Ella's first time in the open ocean—and then we have lunch. We go under sail for part of the way back, cruising along with the light breeze.

On another day we all travel to Oʻahu's North Shore. The town of Haleʻiwa, where we stop for lunch, is home to a set of small stores, galleries, surf shops and food trucks—which are perhaps best known for garlic-and-butter shrimp.

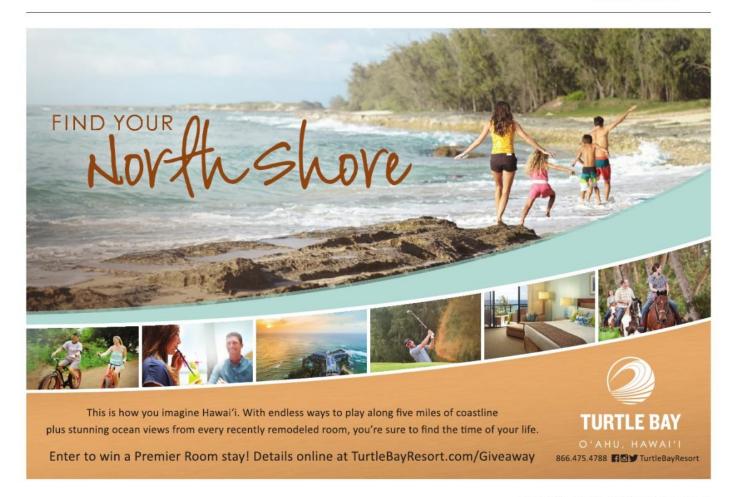
A key reason for our Hale'iwa visit is to sample the goods at Matsumoto Shave Ice (in a family store established in 1951), widely rumored to have the best of this delicacy on the island. We get to pick from 37 flavors, almost all crafted with homemade syrups. I try the *li hing mui* (a sweet-sour plum), pineapple



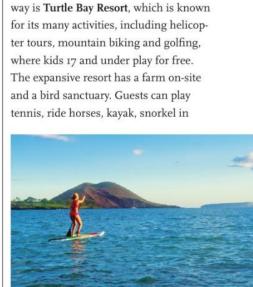
and liliko'i (a type of passionfruit).

Our January trip coincides with the peak of the North Shore surfing season, allowing us to watch

The Polynesian Cultural Center showcases the culture and music of the Pacific Islands.







surfers ride the famous break at Waimea

Bay, with waves reaching nearly 20 feet

Farther along the Kamehameha High-



various coves and learn to surf. The resort also offers Segway tours and hula lessons. Beyond Turtle Bay, the island and roadway curve south, passing through the town of Lā'ie—home of the Polynesian Cultural Center, best known for its interactive cultural activities and lively Pacific Islands music-and-dance performances. Other family stops south of here are Kualoa Ranch (site of many Jurassic Park scenes) and the Byodo-In Temple, a temple located at the foot of the Ko'olau Mountains.

After our trip to the North Shore, we travel to Honolulu and the buzzing Waikīkī Beach area, where we stay at the Hilton Hawaiian Village Waikīkī Beach Resort, a 22-acre, five-tower property built right on the iconic beachfront. The village also encompasses more than 90 shops.

This property caters to families, with its protected **Duke Kahanamoku Lagoon**, five different pools, as well as waterfalls and waterslides. The resort also hosts





Camp Penguin, a children's program for guests aged 5–12 that provides activities such as building volcanoes on the beach or visiting nearby cultural institutions such as the Honolulu Zoo, Waikiki Aquarium, Bishop Museum and Hawai'i Children's Discovery Center.

Other area family-friendly activities include **paddleboarding** or—for ages 12 and up—**surfing lessons**.

While at the Hilton, Ella and Wren take a **lei-making** class, and I join a tour of the area that discusses everything from native plants to architecture. At one shop our guide shows us jewelry with a *piko*, a swirling shape that symbolizes being centered and the connection of family and nature.

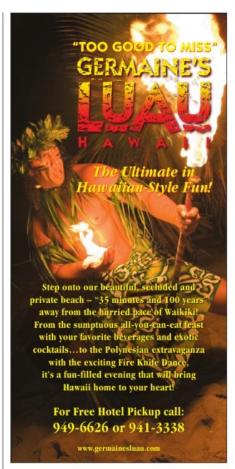
SOME OF OUR MOST ENJOYABLE TIMES ON MAUI WERE SPENT AT A SERIES OF CALM BEACHES IN KAMA'OLE BEACH PARK.

A pier in front of the Hilton is also the base for Atlantis Submarines in Waikīkī, which offers trips to a nearby sunken ship and man-made reef. About 14 miles northwest of the beach you'll find Pearl Harbor, which is home to museums and the USS Arizona Memorial, commemorating those who made the ultimate sacrifice during World War II.

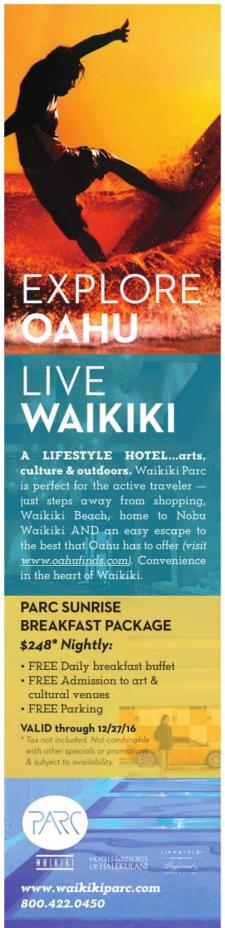
MAUI

My family's love of shave ice began on a trip to Maui in 2015—when our quest to find the best flavored-ice treats brought us to **Ululani's Hawaiian Shave Ice**, in Kīhei. This local institution had come recommended and had house-made syrups. The outdoor picnic tables had holes cut in them to fit our dessert bowls.

Some of our most enjoyable times on the island were spent at a series of calm beaches in **Kama'ole Beach Park**, near the



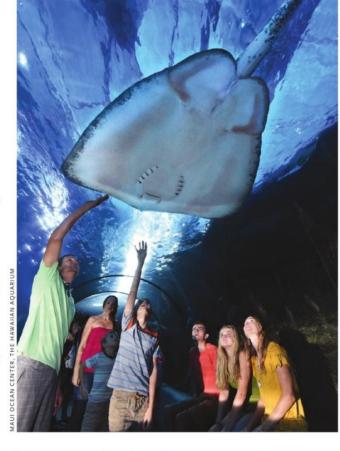




condominium where we stayed. The park's shores aren't favored by surfers—except one area's small break—but they were ideal for snorkeling and the girls' favorite activity: wave jumping. Kayak and SUP rentals are also available in the area. Green sea turtles (honu) were visible off the rocks near our residence, and one of these graceful creatures swam close to us at the beach (we respected the rules and never approached the turtles).

Another favorite spot was the Maui Ocean Center, northwest of Kīhei. The exceptional aquarium has indoor and outdoor exhibits affording close-up views of sea turtles and what seemed like thousands of brightly colored fish. The girls wondered if the whole cast of the film Finding Nemo was here. They also liked saying the name of Hawai'i's state fish: the humuhumunukunukuāpua'a, a reef triggerfish. Our favorite ocean center feature was the 54-foot-long clear acrylic tunnel that allowed sharks, rays and silvery jack fish to drift over, under and around us.

Near the aquarium you can join whale-watching



The Maui Ocean Center has a clear acrylic tunnel that allows visitors a close-up view of many sea creatures.





or snorkeling tours. Some excursions are run by the Pacific Whale Foundation, which has naturalist-led trips that benefit whale research. The expeditions take visitors to the crescent-shaped Molokini Crater or to other popular snorkel-dive sites off South Maui.

We opted for a different sort of boat adventure with Atlantis Submarines. A fast boat ferried us out of Lahaina Harbor, on Maui's western coast, to the site where the sleek, many-windowed sub was waiting. The kids laughed when the sub captain radioed that he had the "urge to submerge," and we began to dive. The guide on the boat pointed out parrot fish, butterfly fish, goatfish (which look like they have whiskers) and bluefin tuna as we watched from comfy seats in the bluish light at depths of up to 130 feet. We visited coral bank reefs and a sunken ship. On the boat ride back, we enjoyed views of the lush hills and valleys of West Maui.

Back in Lahaina, we bought souvenirs and visited historical sites in this former whaling town. We found shade under the giant banyan tree that fills



Maui's Kama'ole Beach Park has three different beaches that are ideal for playing in the waves and snorkeling.

most of the 2-acre Lāhainā Banyan Court Park.

On another day, we drove to the 'Iao Valley State Monument in the lush West Maui Forest Reserve. The river-cut 'Iao (pronounced EE-ow) Valley is the site of a defining 1790 battle in King Kamehameha I's conquest of the Islands.

We followed a short, partly paved path over











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bridges and up stone stairs to a viewpoint beneath craggy 'Iao Needle, where there were terraces with small botanical gardens and signage about local vegetation. For additional environmental education, families can visit the Hawai'i Nature Center, which offers child-focused envi-

UPCOUNTRY MAULIS WHERE YOU CAN FIND THE PANIOLO, OR HAWAIIAN COWBOY.

ronmental conservation programs, and Kepaniwai Park, which has multicultural heritage gardens and is located near the state monument.

Upcountry Maui, on the slopes of the volcano Haleakalā, is also full of family adventures. This is the land of small towns, plantations and ranches, where you will find paniolo, or Hawaiian cowboys. The town of Makawao is known for its annual rodeo held during the first week of July. Family-friendly attractions in this area (with kids 8 and up) include ziplining with Skyline Eco-Adventures and horseback riding at the Piiholo Ranch near Makawao. Explore the vast ranch or take part in the ranch's "Cowboy for a Day" program.





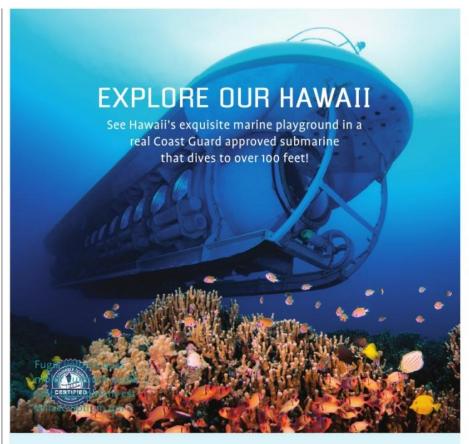
Waimea Canyon on Kaua'i is considered Hawai'i's Grand Canyon.

An excursion that is better suited for older kids is to drive up the winding road to Haleakalā National Park to see the sunrise at the 10,023-foot-high summit of the volcano. Make sure to bring warm clothing for the cold morning temperatures at the top. On my trip, I decided to travel to Haleakalā alone. I drove for several hours in the dark to reach the summit area, and then waited with a crowd of visitors for the sun to rise. Slowly, the light increased, illuminating a Mars-like landscape suddenly at our feet as low clouds streamed in over the Pacific. Finally, a crescendo of light emerged as the tropical sun broke over the horizon. After my early-morning trip, I was back with the family by brunch.

KAUA'I

If your family enjoys outdoor adventures, you can hardly go wrong with a visit to Kaua'i, which is known as The Garden Isle for good reason.

Kaua'i is home to excellent resort experiences, including those in the Princeville area on the North Shore and the Po'ipū area to the south, both known





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Families can rent kayaks or join guided tours that will take them up the slow-flowing Wailuā River on Kaua'i to see the lush countryside and nearby waterfalls.

for top-quality golf courses and myriad activities. The resort areas also offer guided adventures that showcase Kaua'i's natural wonders. Princeville Ranch, for instance, offers various outdoor activities, from hiking to ziplining. One excursion that includes a number of elements is the Jungle Valley Adventure, a 4.5-hour trip in which guests hike a moderate trail to the Kalihiwai Stream, and then kayak down the stream through a lush rain forest.

Next, they hike another moderate trail to the Uluhe Fern Ridge, where they ride two 400-foot ziplines down to a swimming hole.

A great place to start a family adventure in Kaua'i is at **Waimea Canyon**, a 14-mile-long gorge that is often called the "Grand Canyon of the Pacific." Families can enjoy stunning vistas from viewpoints along a canyon that is up to 3,500 feet deep, with reddish rock formations punctuated by lavishly green vegetation and tumbling waterfalls.

On the south end of the island, kids will like to watch the blasts of water at **Spouting Horn**, a lava tube that channels swells through a coastal blowhole. However, visitors want to stay a safe distance away from the rock formation. Nearby are two parts of the **National Tropical Botanical Garden**—McBryde Garden and Allerton Garden—with tours to learn about the exotic plants that give the island its name. When we visited, we imitated the kids in the film *Jurassic Park* and curled up in the folded roots of a dino-size banyan where a familiar scene was filmed.

In Po'ipū, families can enjoy relatively sheltered swimming and snorkeling under the watchful eyes





TOURING HAWAI'I VOLCANOES NATIONAL PARK IS ONE OF HAWAI'I ISLAND'S MOST POPULAR ACTIVITIES FOR VISITING FAMILIES.

of lifeguards at Poipu Beach Park.

Kaua'i's North Shore has plenty of iconic coastal areas, though families should keep in mind that beaches here tend to be more rugged and exposed to the elements than in Po'ipū. The broadly curved Hanalei Bay is more protected than some areas and has the benefits of lifeguards and proximity to the town of Hanalei-worth visiting for its galleries, and cultural and historical sites.

At the end of the road on the North Shore, you'll find Kē'ē Beach, which has a view that's launched a thousand postcards and hints at the dramatic Nāpali Coast just beyond. Only guided and experienced hikers should attempt the trail along the Nāpali



A Blue Hawaiian Eco-Star helicopter tour offers stunning views of Kaua'i's majestic Manawaiopuna Falls. Such helicopter tours allow visitors to see remote areas of the island.









Coast. Instead, adventurous families—particularly with older kids—can view the famous coastline on a boat trip led by an experienced outfitter such as **Kauai Sea Tours**, which offers both catamaran tours and rigid-hull rafting.

Or book a trip with **Blue Hawaiian Helicopters** (based in the airport town of Līhu'e) to get blockbuster views of this area from the air and possibly even recognize it from films.

Another classic area for guided or self-guided trips on the water is the **Wailuā River**, which empties into the ocean at Kaua'i's east coast.

> HAWAI'I ISLAND'S 'IMILOA ASTRONOMY CENTER OFFERS EXHIBITS EXPLORING HAWAIIAN CULTURE AND MODERN SCIENCE.

Families can rent kayaks or SUPs or join guided tours to venture up the slow-flowing river and visit sites such as the shady Fern Grotto, 'Ōpaeka'a Falls and Wailuā Falls. Near the mouth of the river is Lydgate Beach Park, a great place for young families, with two rock-enclosed beaches for sheltered snorkeling, with lifeguards. There is also a multiuse coast path for short walks or bike rides, and the impressive Kamalani Kai Bridge and Kamalani Playground with large wooden play structures and tile decorations by local children.

A popular stop for families is near the airport in Līhu'e, at the Kilohana Plantation Estate. The site of a former sugar plantation, this venue includes fine dining, shops, gardens and a restored Tudor mansion. Visitors can enjoy performances by Lū'au Kalamakū or get a taste of the sugar industry—once the historical backbone of Kaua'i's economy—as they ride the Kauai Plantation Railway and tour working farms and orchards.





HAWAI'I ISLAND

The largest Hawaiian island by land area—often referred to as the "Big Island"—has plenty of choices for travelers with little ones. The island's most famous features—its volcanoes—top the to-do lists of many families. Mauna Kea (13,796 feet) has a visitor center at the 9,200-foot level. Children under 16 are not allowed to go higher; adults with medical conditions should approach this trip with caution.

Hawai'i Volcanoes National Park, which, along with the National Park Service, is celebrating its centennial in 2016, has an active eruption, near Kīlauea volcano's summit. Check updated conditions before a visit. Recently, the glow and clouds of fumes at the summit have been visible at a distance (particularly in the evening) from the Jaggar Museum and at places on Crater Rim Drive. A drive on this road provides a good overview of the area. Families can choose to stretch their legs briefly along the way at stops such as Nāhuku (Thurston Lava Tube), where a long-ago lava flow created a cavelike feature.

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The lighted tube makes for a fascinating walk. Visitors with strollers can stop to hike the **Devastation**Trail, on Crater Rim Drive. A flat and paved halfmile path, the trail runs through the cinders of a 1959 eruption.

Families will find a wealth of activities in other parts of the island, including the **Kailua-Kona** area on the west coast, where many visitors stay. The Kona Boys outfitters, located in Kailua-Kona, offer everything from kayak and surfboard rentals to guided tours that combine kayaking, snorkeling and stand-up paddleboarding.

You can also learn about Hawai'i's past at the Historic Kailua Village. The area includes museum exhibits at Hulihe'e Palace, a former summer home for Hawaiian royalty built in 1838. Nearby is the Moku'aikaua Church built in 1820, as well as Ahu'ena Heiau, a preserved temple that was first

restored by Kamehameha the Great. The thatch-roofed heiau is now registered as a National Historic Landmark. Nearby is Kailua Pier, a great location to watch the sunset.

Other sites with great cultural significance and natural beauty can be found south of town on the Kona Coast. About 15 miles south of Kailua Village is the resplendent Kealakekua Bay, a protected marine area known for clear water and diverse marine life. At the north end of the bay is the Captain James Cook Monument, on the site where the early British explorer met his end. Families visiting this bay should check in

advance for restrictions about accessing the monument. They may need to arrange with an approved outfitter, such as the Kona Boys, for kayaking or other marine adventures. Also near Kona is the **Pu'uhonua o Hōnaunau National Historical Park**, the location of carefully maintained cultural sites, including the "place of refuge" where defeated warriors and people who broke *kapu* (sacred laws) once sought sanctuary.

Clockwise from top: Polynesian-style wooden carvings greet visitors to Pu'uhonua o Hōnaunau National Historical Park on the western shore of Hawai'i Island. Continuing volcanic activity at Hawai'i Volcanoes National Park creates breathtaking natural sights. Families can explore the cavelike features of Nāhuku, also known as the Thurston Lava Tube.





The park hosts cultural practitioners who demonstrate traditional weaving, carving and other skills. Families can wade in the gentle surf at a nearby beach, where sea turtles make regular appearances—just remind kids not to approach these protected creatures.

On the east side of the island, in Hilo, visit the 'Imiloa Astronomy Center for exhibits exploring both Hawaiian culture and modern science. The planetarium has ongoing shows, including the midday "Skies Above Hawai'i," an immersive audiovisual presentation about that particular date's night sky, with a 3-D tour of the cosmos. Coming back to earth, the museum places its piko, its center, at a display that honors Mauna Kea and the historical and spiritual significance of this peak that is said to connect Hawai'i's people with the universe.

I MAKE MY OWN PIKO on Waikīkī Beach on my family's last day in O'ahu—tracing the swirling belly button symbol in the sand and then proudly explaining to my wife and daughters the meaning behind it, which I'd learned about on the tour I took, while they were making lei.

I say that—at least as I understand it—the piko stands for the connections of family, to one another and to the earth. I say that I'd like to stay connected to this place, Hawai'i, especially through our memories, and that I'd like our family to come back soon.

Ella considers the symbol in the sand. I suspect for a moment she'll just ignore my pontificating. Instead, she starts tracing a heart around the symbol.

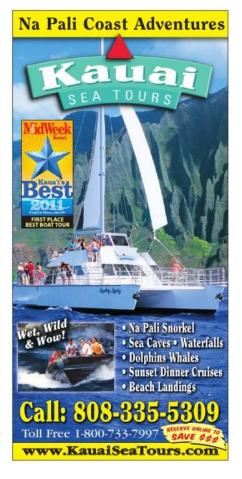
"That's good," she says. "And it looks better like this." ▲

Ben Raker is an associate editor at the magazine.

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Urban Nature

Anchorage visitors and residents treasure the city's cosmopolitan and outdoor delights

By Erin Kirkland

I always enjoy watching fellow passengers during my return flights to Anchorage, especially first-time visitors. One minute, on approach to the airport, they're ogling the glaciers, peaks and fjords of a remote Alaska wilderness, and the next, they're craning their necks for glimpses of a major metropolitan area that appears to materialize out of nowhere from the tideflats of Cook Inlet.

"Wow," incoming travelers say. "Where did this place come from?"

One answer to that—and a perfect illustration of its 21st century character—is provided by one of my family's favorite summer outdoor outings. If we're feeling really ambitious, we'll hike up the North Face ski run at Alyeska Resort in Girdwood to be rewarded at the 2,600-foot summit of this steep, switchbacked trail with views of seven glaciers, Turnagain Arm and Mount Alyeska. The free tram ride down provides









a sweet conclusion for all that climbing, topped off by an enormous cinnamon roll at Girdwood's Bake Shop.

The glaciers, of course, millennia ago created the flat coastal plain on which Anchorage lies beneath the Chugach Mountains. The Bake Shop's pastries (we believe they're as good as any on the continent) prove there is no amenity of modern life that we lack.

And the hard work of climbing practically straight up a mountain? It's just par for the course in Alaska's biggest city.

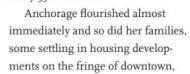
Erected as a tent city when the Alaska Railroad began construction near Ship Creek 101 years ago, Anchorage grew fast, especially after the events leading up to World War II. Anchorage's strategic location was ideal for the U.S. defense mobilization effort, and the city was propelled from a remote territorial dot on a map to a thriving community. Unique in structure as only an Alaska city could be, a growing Anchorage somehow managed to combine Quonset huts with downtown shopping centers, sled dogs with Fords, and the result even today is a tenor of individuality and optimism for the future.



Anchorage employs oil workers and military personnel, health-care workers and teachers, artists and Alaska Native executives. It is home for 300,000 residents like me who choose to live, work and raise our children within reach of the wilderness.

Hub City

Situated in the heart of Alaska's Southcentral region, and the largest West Coast city north of Vancouver, Anchorage is accessible by road, rail, air and water, perfectly poised as center point for the state's commerce and transportation. In fact, the city was built for this very reason back in 1915, when President Woodrow Wilson saw potential for coal transport to Ship Creek from the Matanuska-Susitna Valley 35 miles north.







Bake Shop treats, the Alaska Railroad, the Alyeska Hotel and the North Face Trail are all highlights found around

Girdwood.



A hiker pauses at Crow Pass to admire the view while traveling the Iditarod Trail in the Chugach Mountains. others creating mini-homesteads on the flanks of a nudging Chugach mountain front known to locals as "The Hillside." My own home is a split-level product of the 1970s Trans-Alaska Pipeline construction boom, but some of my friends live in downtown homes their grandparents built in the 1940s. The city's landscape shaped its growth north to south, paralleling the Chugach, the easterly mountains that in my family's case cemented our decision to move here from South Carolina. At our doorstep are 1,961 square miles of beautiful forest, alpine terrain, rushing streams and sparkling lakes. Cook

Inlet on the western side is more than just a silty ocean sound, it brings salmon to the heart of the city (Ship Creek) each summer. And the craggy mountains eastward are flush with trails, berries and wildlife.

An Active Lifestyle

Ask us to describe our city and fond terms flow like mountain streams. Julie Saupe, president and CEO of Visit Anchorage, believes that the duality of this urban and quasi-rural lifestyle is what's so appealing.

"Anchorage is really the perfect balance. You have all the perks of urban life: great transportation, fantastic restaurants, a cultural scene that surprises many first-time visitors, all ringed by glaciers, parkland,



Economic Strength

The fuel that drives the Anchorage economy is changing. Alaska's largest city enjoys a diverse array of business sectors whose continued growth is helping keep the economy strong along Cook Inlet.

"Health care, tourism, cargo shipping—all these are going to continue strong in 2016," says Bill Popp, president and CEO of the Anchorage Economic Development Corporation. "Low oil prices, for instance, are proving highly beneficial to cargo and tourism, two of our strongest sectors."

Other highlights include:

➤ Health care is expected to add 300 jobs, continuing a long stretch of growth—5,000 new jobs over the past decade. Anchorage is the undisputed medical care capital of Alaska (many residents of outlying areas in the state fly to the city for medical procedures) and the industry accounts for 19,000 local jobs.

>> More than 1.6 million travelers visited Alaska last year, and approximately 1 million came through Anchorage. AEDC expects the leisure and hospitality sector to add 200 jobs in 2016.

>> While transportation will add no net jobs in 2016, the city's prominence as a global shipping center continues to grow. "Eighty percent of the air cargo throughput going to North America from Asia comes through Anchorage airport," Popp points out. "We have the fifth-largest cargo airport on the planet."



≫ Anchorage continues to grow as a **convention destination**, with three major international gatherings coming to town in 2016—Ducks Unlimited (1,200 attendees), the Adventure Travel Trade Association (700) and the Go West Summit (550). More than 50 major meetings will bring 12,000 visitors to Anchorage. —*Eric Lucas*



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Anchorage by the Numbers

≫ 135: Miles of paved trails and walkways within the Municipality of Anchorage. The Anchorage Park Foundation provides comprehensive maps and descriptions of parks, green spaces, and trail systems within the borough at anchorageparkfoundation.org.

>> 1,500: Approximate number of moose living in Anchorage at any given time. Both residents and visitors see them often.

> 100: Number of different languages spoken by students enrolled in the Anchorage School District, whose student population is more than half minority groups. In the largest district in Alaska, Anchorage kids come to school with a wide range of languages spoken at home, including Hmong, Spanish, German, and dialects of many Alaska Native groups such as Athabascan and Iñupiat.

39 495,000: Amount of acreage inside Chugach State Park, the fourth-largest state park in the United States. The park is largely inside the borough limits and provides ample year-round recreation and backcountry experiences, from hiking to skiing.

30+: Number of standalone sushi restaurants in Anchorage. With the city's strategic placement along the northern edge of the Pacific Rim, and ready access to a wide array of fresh seafoods, sushi and Asian fusion dishes are popular options for diners.

39 4,000: Number of participants in the 2015 Mayor's Midnight Sun Marathon and related races. The marathon is a 26.2-mile combination of wilderness and urban running that often features glimpses of local wildlife. —*E.K.*



Anchorage

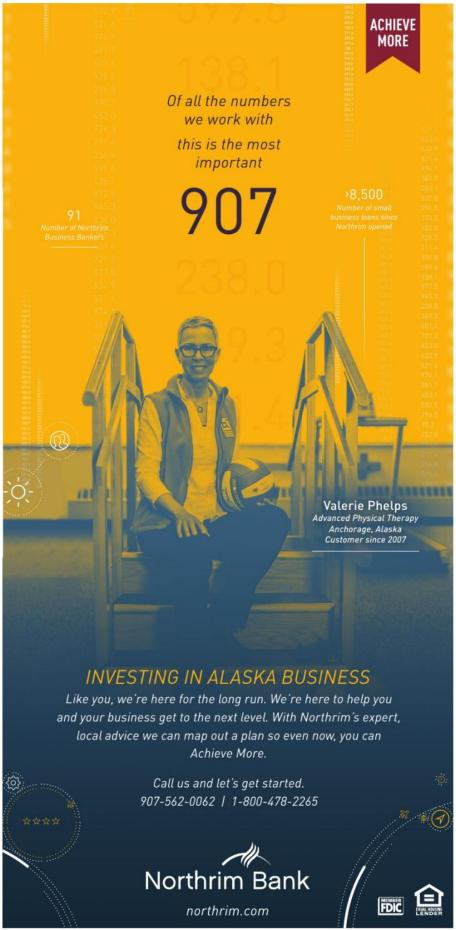


The Tony Knowles Coastal Trail runs
11 miles from downtown to Kincaid Park.

mountains, and Alaska wildlife. There's incredible access to nature. The mountains are right out the window, and I love to get up above the city on a hike in the Chugach mountains."

In my case, as mother to an II-year-old boy who thrives on constant motion, nature-themed weekends or after-school adventures are easily found. Usually an hour or two upon Anchorage's urban trails meets the need, no matter where in town we might be or which style of activity we're pursuing. The Tony Knowles Coastal Trail is a popular location for casual jogs or dog walks, and during the summer months my husband, son and I will often bike the full II miles from downtown to Kincaid Park, where we settle down along dusky sand dunes, picnic lunch in hand.

Summer's enduring daylight brings bonus hours of recreation, satisfying both my easygoing husband's desire for relaxation and my fast-growing tween's thirst for staying busy. Viewing Anchorage as an open doorway to pristine land both within the city limits and beyond it, we, like many residents, take great pride in our ability to access favorite pastimes mere steps from home or work. An excellent example is Ship Creek, just north of downtown, where afternoon tides are met by eager families of anglers,



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Anchorage's Coffee Craze

"Want to meet for coffee?" is one of the questions most likely to be asked when planning a get-together of Anchorage friends, family or colleagues. Boasting what many believe is a higher concentration of coffee shops and stands than anywhere else in the United States, Alaska's largest city is serious about its caffeine. Some intersections have drivethrough espresso stands at three of the four corners.

Locally roasted brands are popular; customers on their way to work or school crowd into favorite venues with names like Kaladi Brothers, SteamDot, or Dark Horse for a blast of warmth inside and out. Roasters from "outside" are here, too, such as Seattle-based Caffe D'arte and of course Starbucks.

To say Anchorage residents are serious about their coffee is an understatement, and it doesn't go unnoticed by major players in Alaska community life. Kaladi Brothers regularly partners with



Caffe D'arte.

area schools and community groups for fundraising efforts, billing their "Catalyst for Community" tagline as a way to bolster sales and customer support for a variety of causes. SteamDot welcomes Make-A-Wish Foundation "Wish Trees" into its stores during the holiday season. Most major outdoor events have the support of one coffee company or another in their mugs, providing more than just a caffeine kick-start to Monday morning.

Visit Anchorage provides a comprehensive listing of coffee shops within the municipality at anchorage.net. And simply driving around reveals not only the prevalence of java joints, but the Northland inventiveness applied to the names: Aftershock, Purple Moose, Perkup, Java the Hut, Loca-Mocha and Spilling the Beans. Up here, if it perks, it pours.

—Е.К.

Anchorage

some of them adults with office clothing underneath waders, casting lines for salmon before heading home for the day.

"Locals love to put in a full day at work or school and then come land a salmon, and visitors have time to attend their conferences or other activities before heading down the hill to fish," says Dustin Slinker, owner of The Bait Shack along the banks of Ship Creek.

The Bait Shack offers gear rentals for everyone: waders, rods and reels, including outfits for kids. Even if you're not fond of fishing, the mere sight of a bank flush with residents and visitors on a long, lazy Alaska evening is worth the stroll around Ship Creek, and even more so when an angler shouts, "Fish on!"

Family Values

Anchorage parents are quick to point out the advantage of childhoods spent in both a rural and urban atmosphere. Anchorage's diverse physical and cultural landscape provides daily chances to learn.

This culture of family-friendliness is ingrained into channels of everyday life, both indoors and out. The Anchorage Museum at Rasmuson Center prides itself on the hands-on Discovery Center, where kids can learn physics, earth science, and even explore the universe inside Thomas Planetarium. For youngsters who may not travel outside Alaska often, the museum offers a practical approach to global and cultural awareness too, with frequent free events that help us understand the global diversity of our home city.

Outdoors, the learning continues with a thriving cadre of kids, including my own, taking life in Alaska to a more adventurous level. Mountain bike clubs, trail running clubs, ski clubs and outdoor education day camps are full almost from the moment registration opens, and it's rare to find a hiking trail near popular Glen Alps in Chugach State Park devoid





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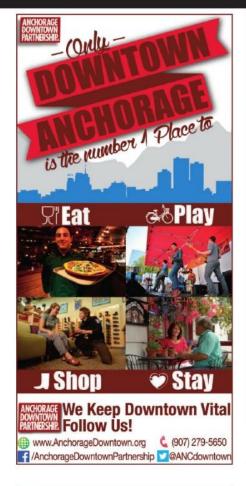
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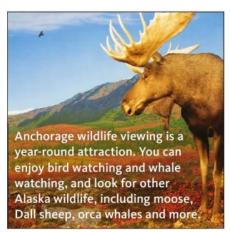
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Anchorage



Bubbles enthrall kids at Anchorage Museum's Discovery Center.

of pack-toting children on a sunny afternoon, any time of year. Adults who roamed the peaks of the park as kids now shepherd their own youngsters to places with names like Rabbit Lake or Flattop.

Local schools also place a heavy emphasis on outdoor play and teachable moments. With a distinctive Alaskathemed framework, educators and community members team up to teach the district's 48,500 kids the finer points of skiing, snowshoeing, and basics of safely navigating local playgrounds and trails where wildlife and people often meet. The latter is important; many a school bus or recess has been delayed due to moose languishing in the wrong place at the wrong time, and our own neighborhood playground is a known black bear hangout during the summer. I'm proud of my son's situational awareness and his understanding that not everyone in the United States has to worry about what to do if a bear is encountered while playing football at the park.

On the Town

Visitors are initially surprised at the level of sophistication way up here, but eventually nod their heads in the affirmative when I remind them Anchorage really is

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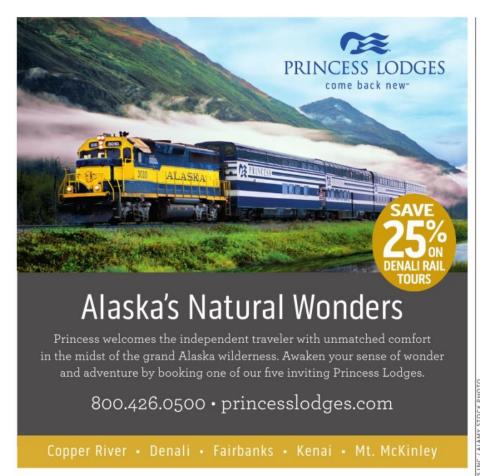


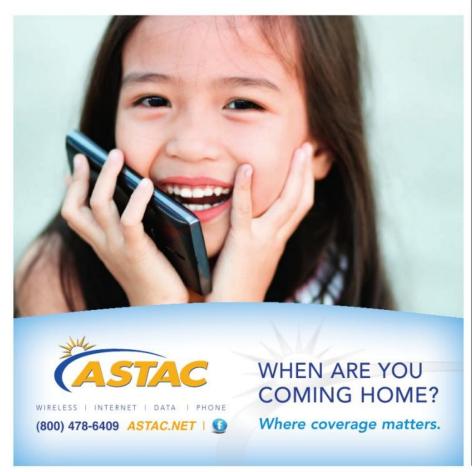
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a fairly urban place, with major retail outlets, entertainment, and a fast-growing niche market for Alaska-grown food and drink. No need to long for a gourmet, white-linen dinner and microbrew, followed by a concert featuring a headline music act. All are available right here.

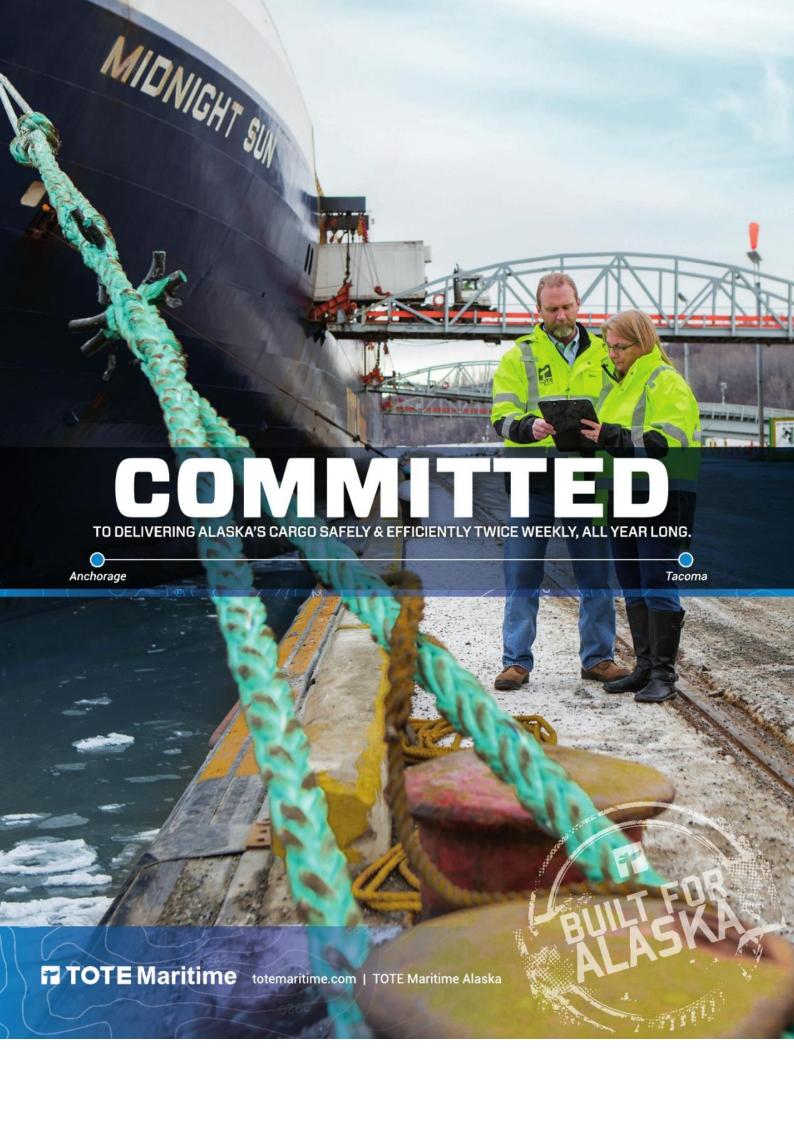
We like to treat ourselves often at Anchorage's popular restaurants. On our way back from outdoor adventuring, we refuel at one among Anchorage's growing list of brewpubs serving handcrafted food and ales. Midnight Sun Brewing Company usually tops our list, especially with a rotating menu of theme nights

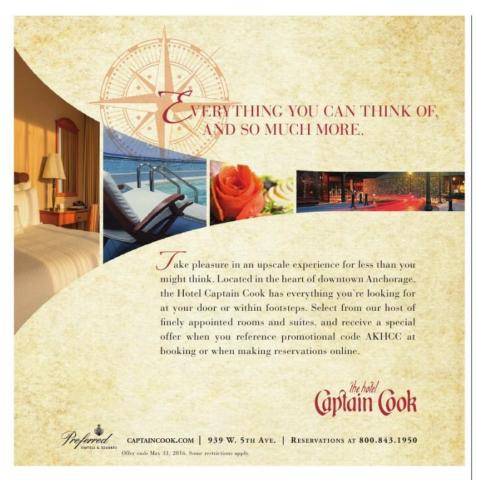


Flattop Mountain is a popular day-trip hike inside Chugach State Park.

(my favorite is Street Fare Monday), weekend brunch and free brewery tours every Thursday. My kid loves to dip his buttery French toast in berry jam during brunch, and I like that this brewpub pays attention to younger visitors with a menu of items he'll actually eat.

Many locals bring visitors to pizza standout Moose's Tooth or its sister restaurants, Bear Tooth Theatrepub and Grill, whose cuisine meshes well with beers from their own Broken Tooth Brewing Company. Bear Tooth is also a popular destination with parents, who flock to the theater side for meals and a movie in a cozy booth. Gourmet fine dining spots include longtime Alaska Regional Cuisine standout Marx Brothers Cafe; Southside Bistro, inventive contem-







porary food in a convivial atmosphere; Seven Glaciers, offering sensational food and views up high at Alyeska's tram summit landing; and Jack Sprat, down in Girdwood Village.

Getting Out

Our spontaneous trips outside the city proper are both easy and frequent, thanks to Alaska's two major highways. The Glenn Highway stretches north and east from downtown Anchorage and leads to the Eagle River suburb, where Eagle River Nature Center's ongoing programs help nurture my son's understanding of his local and global environments. Topics ranging from tracking animals to edible plants are presented in this forested northeast valley of the Chugach mountain range, and there's nothing quite as sublime as wandering the area's familyfriendly trail system, any time of year. Eagle River Nature Center is also a backdoor entrance to rugged Crow Pass and the Iditarod National Historic Trail, where backpackers trek a 25-mile rite of passage ending across the mountains in the town of Girdwood.

Like mothers everywhere, I often remind my eye-rolling 'tween of our good fortune, usually after we've climbed, paddled or cycled ourselves to exhaustion within an hour of our front stoop. "We get to live here," I say. "Let's not waste it." Pre-adolescent skepticism aside, I know he understands the idea.

It's that attitude of blessing that keeps our family, and many others like us, firmly entrenched in all that makes Anchorage, and Alaska, home.

Erin Kirkland wrote Alaska on the Go: Exploring the 49th State with Children.

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Lessons

Golf tips from playing with the pros

BY KEN VAN VECHTEN

y buddy Tony and I have managed to center cut the fairway with a perfect pair of drives at the TPC Stadium

Course at PGA West in La Quinta, California. Wedges in hand, we size up our approaches to the green, while three-time PGA Tour winner and all-time nice guy Aaron

Baddeley is over in the cabbage.



"He's talking with his caddie about how to get up and down for birdie from that ugly lie," says Tony. "And I'm over here in the middle of the fairway thinking, 'Oh, please, let me get a bogey."

Fast forward a few minutes, and it is Baddeley -1, Tony +1. Confidence is as confidence says. Such is the plight of us recreational golfers in this game of the mind.

I am reminded of that fact repeatedly during my round with this group of three other work-for-a-living guys who were able to tee it up with Baddeley during the CareerBuilder Challenge Eisenhower Bob Hope Legacy Pro-Am. The tournament is a chance to play the TPC Stadium Course with a touring professional and soak up







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a few tips. I've played in many proams, across a number of tours, with both men and women, and the takeaway from it all is that we average golfers can learn so very much from the game's best about how to think while playing, how to manage getting around a course and even how to hit a chip or aim a putt.

The following are a few of the lessons I've learned from playing with the pros.

They Miss ... Quite Often

The No. I takeaway from my experiences at pro-ams is that the PGA's marketing department is correct: "These guys are good." They also mess up. Golf broadcasts that

quickly cut from player to player mask how often each player misses shots, and it happens much more often than you might think.

Most of the time their blunders aren't as egregious or in the same multiples as those committed by us amateur golfers. However, rest

assured, the pros also go yard, go wet and even, dare I say, shank a shot or two.

Two-time PGA Tour winner **Kevin Streelman**, whom I first met quite a few years ago during the Barracuda Championship Coors Light Pro-Am in Reno, says he hits the shot he wants to hit only 20 percent to 30 percent of the time.

Of course, his "misses" are a whole lot different from my misses. Most of the time, the pros are talking about a shot that leaves them with a long putt or on the wrong side of the fairway. The stats don't show it, but the shot went awry.

"Golf is a game of misses," Streel-





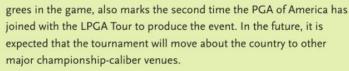
Two-time PGA
Tour winner Kevin
Streelman, shown
at top and above,
says golf is a game
of misses. Streelman estimates he
hits the shot he is
trying to make only
about 20 percent
to 30 percent of
the time.

Return Engagement

Sahalee Country Club to host the Women's PGA Championship

It's been a long time coming. Seventy years after legend-in-the-making **Patty Berg** won the first U.S. Women's Open at Spokane Country Club, women's major championship golf returns to Washington state with the KPMG Women's PGA Championship, to be played at Sahalee Country Club, near Seattle, June 9–12.

The tournament, which is renowned for having one of the longest pedi-



Sahalee may not be very well-known outside the Northwest, but its history is impressive. Sahalee was the site of the 1998 PGA Championship, which was won by Vijay Singh. It also hosted the 2002 World Golf Championship–NEC Invitational, and each year it has been the site of the Sahalee Players Championship, one of the nation's top amateur competitions.

"I played Sahalee a lot in college, including practice rounds and home events," says LPGA veteran and Golf Channel analyst Paige Mackenzie, who was a star for the University of Washington women's golf team until her graduation in 2006. "I knew then that the course would be just right for an LPGA event. It is challenging, it rewards great shots, and you have to be absolutely precise in ball striking, and the >>





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man explains. "Even during great rounds, you miss, but you miss in the right spot where you can save a nice par or even get a birdie. Managing your misses is critical to playing the game."

By my count, Baddeley missed three fairways at the Stadium Course and rinsed one on Alcatraz—the Stadium Course's famous par-3 17th—for a double bogey. He also chunked an approach shot.

But Badds finished well under par on his own ball, with one birdie coming from the deep stuff, as my pal had predicted.

Reality Check

I was facing a 240-yard second shot to the green on Stadium's par-5 eighth. I hit a 9-iron and sand wedge. On the green Baddeley asks what I was thinking, and I say in so many words: I do enough dumb stuff out here as it is, but I could hit my best approach and not reach, and then I'm facing an awkward short pitch. That's the best thing that could have happened. So, I lay up far enough back that I could use a full swing to reach the green.

I didn't always get this, but now I do. I'm far less bad with full swings using shorter clubs. Baddeley smiles and nods.

"I see it often, a recreational player trying the miracle shot," he told me later. "He looks at a shot, and says to himself, 'I remember back in 1995, when I hit this one 3-wood 240 ... or that one time I hit my pitching wedge 140 stiff,' and it just doesn't work out. Don't try something you can pull off one out of five times. Select a club that allows you to make a smooth, confident swing. If you play a left-to-right game, don't try to hit it right-to-left out on the course; do what you know you can do. If hitting a 3-wood isn't your game, lay up and then hit a 9-iron on the green. Be smart, play for par or bogey, not seven or eight."

Inbee Park.

LPGA star Inbee
Park, above, has
won the KPMG
Women's Championship the last
three years in a
row. However,
Golf Channel
analyst Paige
Mackenzie says
Morgan Pressel is
her pick to win the
championship at
Sahalee Country
Club, June 9–12.

>> subtleties of the greens are perfect for championship golf."

Unlike the treeless links-style layout at Chambers Bay Golf Club, which hosted the 2015 U.S. Open, Sahalee is considered a quintessential Pacific Northwest course, with the track carved out of a towering forest. Scotsman and Ryder Cup stalwart Colin Montgomerie is said to have once quipped that, if viewed from on high, Sahalee would look to be passable only in single file, with its sinuous and claustrophobic fair-

ways hemmed in by Douglas fir and cedar.

Expect the course to play in the 6,600-yard range, at a par 71, owing to the par-5 18th being set up as a monster uphill par 4. Sahalee, which boasts 27 holes of golf, will use a combination of holes from its three sets of nines to complete the championship track for this tournament.

The PGA of America is anticipating strong support for the event. From ticket sales and volunteer perspectives, the initial responses have been "unbelievable," says Sean Riley, the director of the event. "It all comes down to the outdoor mentality of the Pacific Northwest," Riley says. "What we have are people who want to be outside. They are golf nuts, one of the most avid core groups of golfers in the nation. It's not just golf, they're avid sports fans." This event will give attendees a chance to see the world's best up close and personal. A hallmark of the women's game is how accessible the players are on the LPGA Tour, and the KPMG Women's PGA Championship is no different.

In recent years, Inbee Park has dominated the event, winning the last three tournaments in a row. In 2015, the 26-year-old South Korean finished 19 under par at the Westchester Country Club in Rye, New York, to win by five strokes over compatriot Sei Young Kim. Other top players to watch at Sahalee include South Korean Ha Na Jang, New Zealand's Lydia Ko, and Americans Stacie Lewis and Lexi Thompson.

However, Golf Channel's Mackenzie says she thinks tour veteran Morgan Pressel will be the player to watch. "It's Morgan's time," Mackenzie says. "As soon as the venue was named, she was the first person

who came to my mind. She's incredibly accurate and plays so well in majors. I think Sahalee is tailor-made for her."

-K.V.V.





It's also important to go with your strengths. At the 2013 Players Championship, Streelman decided at the start of the week to putt from closely mown areas around the greens. At one point commentator Johnny Miller opined that Streelman would have a better chance holing out if he'd chip onto the green with a different club. Despite the criticism,

Streelman thought to himself, "No, I'm sticking with my original plan." He played to one of his strengths. It was a strategy that he was comfortable with doing, and it worked out well.

Emotional Rescue

One of the hallmarks of the best players in the sport is their ability to overlook, ignore and rationalize the



inevitable hiccups within a round. This is a skill all amateurs would do well to copy.

"The pros can push off bad breaks or bad shots on something else, and just ingrain the positive," Streelman says. "It was a spike mark, a wind gust, whatever, it wasn't the player. Certain golfers on tour can seem really negative toward the game or their caddie or the conditions, and it

doesn't come across very well sometimes. But that's a self-preservation mechanism so that they can step up the next time they're facing a tough downhill putt or a demanding drive and pull it off."

As golfers, we all know how easy it is to get down on ourselves; it's par for the course. Whatever our skill sets, we're perfectionists, we want to excel; we

want to be better than our aversion to practice allows. We may have had 15 or 16 great holes and only a couple of unmentionables in a recent round, but it's just human nature to focus on those bad holes. Streelman says we've got it all wrong. We need to focus on the positive. Forget the negative.

"Don't ruin the mental enjoyment of what should be a celebration," PGA professional
Aaron Baddeley, at
center, poses with
his CareerBuilder
Challenge Pro-Am
team of amateurs
on the 17th tee at
the TPC Stadium
Course at PGA
West. They are,
from left, Scott
White, Ken Van
Vechten, Richard
Harper and Tony
Kutch.





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Streelman advises. Whatever your handicap, play like the pros—focus on the good shots, and when a bad shot does interrupt your happy karma, blame it on the weather, the course or that chili dog at the turn ... just not you.

Four for Us

OK, it's a hard game; we're not very good at it; and the best way to cope is with a good cloak of deniability, apparently. What truly sets the best players apart from us are coordination, mental fortitude, course management, and the fact they can hit the ball 9 miles and find it.

But don't despair. There are simple steps that amateurs can take to improve their scores. Here are four ideas that will translate to more magic with that club in your hands.

Ratchet Up: Baddeley sounds like every pro I've played with when he advises me to grab more stick.

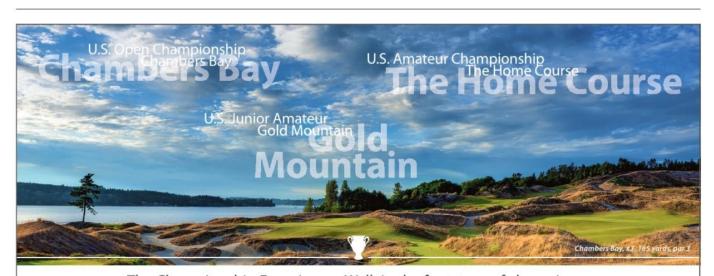
"We don't always hit it on the screws, and we overswing. Take more club and swing smoothly," he says. "This is something I will do when I play. Nine times out of 10, I will take more club and swing smoothly rather than swinging out of my shoes. A smooth swing promotes solid contact."

On the fourth hole at the TPC Stadium Course, Baddeley's caddie suggested I skip my usual 8-iron and pull out a 7. I piped it 15 feet behind the hole, and backspin brought it back to 3 feet from the cup.

Pick Your Spot: Don't always default to the driver. These pros hit a lot of fairway clubs, hybrids or irons on "driver" holes, and so should you. Streelman suggests finding the fat part of the fairway and figuring out what club gets you there. If that's a driver, OK. If it's not a driver, then use whatever is the right club. Get the ball in play with the club you hit



The PGA's Aaron Baddeley putts during the Career-Builder Challenge at La Quinta Country Club in January.



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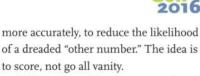


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Chip It Close: The short game doesn't get much love, but it is one of the easiest ways there is to cut strokes and clean up that scorecard.

The first rule in chipping around the green is simple: If you can, putt instead. The second rule in chipping around the green: If you can't use a putter, you might try chipping with your hybrid. Honestly. For shots a little farther away from the short grass, Streelman advises taking whatever club is necessary—be it a 6-iron or a lob wedge—to carry the ball to the putting surface, and then let it roll out from there.

Set up with 60 percent of your weight on the front or lead side, and keep it there through the shot. Swing the club back and then slightly turn through, with no leg drive.

Turn back and turn through while keeping a stable lower body. Let the loft of the club do the work; don't try to manipulate it. Easy. Most importantly, as Streelman reminds us: "Never attempt a shot you haven't practiced before. Keep practicing!"

Aim High: Show me a golfer, and I'll show you a person with a mess of putting tips rattling around in the gray matter. Hit delete; install this bit of Streelman software: Miss every breaking putt on the high side.

The idea, of course, is to get it in the hole, but if your orientation is to identify the break and aim the putt a little to the high side, more putts will start to fall, and the comebacks won't be as knee knocking. This method will help you get a better sense of the speed, not white-knuckling over what line to navigate.

This stuff must make sense, as the boys and I carried Badds to a low gross winning score of 63 at the CareerBuilder. Sorry, Streels, we only helped you to second at the Barracuda Championship. ■

Ken Van Vechten writes about golf from the Central California coast.





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Ironing Out the Differences

A look at some of today's top golf irons by KEN VAN VECHTEN

Clubs. We've been swinging

'em around for eons—first for pursuing dinner and keeping the riffraff out of the family cave and now for recreation, such as playing golf.

While it's questionable how much we may have advanced since our caveman days, there's no doubt that golf clubs continue to get a whole lot better. Drivers are sexy and get all the chatter, but irons haven't been left in the Stone Age, either. And seriously, if you had to fend off a saber-toothed cat, wouldn't you really prefer a good, stout 3-iron to a puffyheaded driver?

Today's highly advanced irons are indicative of a rapidly evolving dual trend that offers intricacy in design with versatility in use. Forget the debate concerning cast (where a molten metal is poured into a mold) versus forged (where a clubhead is hammered into shape) and blade versus cavity-back; the latest lines of top clubs are a combination of new technology and special materials that create a different kind of club. The following are examples of the latest breakthroughs in iron design.

Titleist's AP Irons

"The casting and forging processes continue to get more sophisticated, which puts more power into the hands of club designers," says Steve Pelisek, general manager of Titleist's golf clubs division. "It gives designers more flexibility to pursue physical properties in clubs they couldn't have reached even a generation ago. We incorporate new processes and materials to design and create better Titleiat products with better performance in basically every generation." Titleist's 2016 lineup boasts two particular types of irons that will end up in a lot of golf bags. The 716 AP2 can be called the flagship offering, a multimaterial "player" design that combines a cavity-forged head with high-density tungsten inserts fused The Titleist 716 AP1 into the heel and toe, pushing the and 716 AP2 Irons center of gravity lower-for better are designed to launch-and increasing the resisimprove accuracy tance to twisting, which improves and distance.

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distance and accuracy on off-center strikes. For those needing more help, the cast 716 AP1 has a full undercut (the cavity is extended in the sole of the clubhead) and a high-speed face, with tungsten added at the toe to help square the club at impact.

I had the chance to hit the new lineup prior to release, and two things jumped out from the previous iterations. Titleist is conscientious about the appearance of its clubs. The longer-hitting, more forgiving API is the result. It has little extraneous material visible in the back of the club and a stylish thin top line.

Though immensely popular on the PGA Tour, the similarly handsome AP2 is now more playable and forgiving for everyday players. While in the past I would've opted for the AP1, I can comfortably play the AP2.

Callaway Reaches the Apex

Several years ago Callaway purchased the iconic Ben Hogan brand, which included the Apex line of clubs. While Callaway later sold the Hogan brand, it kept Apex. For 2016, the Apex name adorns two forged, multimaterial irons that can be played by a large portion of the handicap spectrum. The Apex CF 16 features a hollow-forged body to which is affixed a thin, highly responsive stainless steel face with different specifications for the longer versus shorter irons. Thermoplastic urethane is used in the cavity for sound and feel enhancement. The fully forged Apex Pro 16 has tungsten (and more offset) in the long irons and has variable centers of gravity.

"We are at the leading edge of combining forged and nonforged materials with the Apex irons," says Scott Manwaring, research and development director of irons and Continued on page 130.



Wanna fly? Call the Boeing Company. That's what the Callaway Company did for an assist on the design of its new XR 16 Driver.

It takes a lot of math and wind tunnel testing and whatnot to pull this off, but the idea is simple: Make the driver move through the air more efficiently and you increase the speed of the club, and speed in golf means distance. Speed also can mean errant shots, so with the aerodynamic tweaks suggested by Boeing, Callaway was able to make the driver wider on profile, and that equates to higher MOI, or moment of inertia, which connotes stability and forgiveness.

Deep and straight is hard to resist. - K.V.V.





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Building a Better Golf Ball

Here are a few of today's best offerings

We all play golf with 14 clubs, but only one ball. Sure, we may buy balls by the gross and lose them by the ton, but there is an argument to be made that the golf ball just may

be the most important piece of equipment in your bag.

What's cool about today's golf balls is that it is hard to find a bad one. As Bridgestone Golf's Adam Rehberg

says, "The balls out in the market now are fantastic. What we say is, dial it in, get fit to the right ball that fits your game."

Not sure if the same old pill is still doing the trick? Go visit your pro shop or retailer, and pack out six or seven sleeves of different balls. You could play all tour-grade offerings or so-called value balls. However, I'd mix it up. If you think you don't have game for a top-line ball, think again. The modern golf ball may be the best do-all hybrid in the game.

With a variety of balls in hand, head over to the course and start putting and chipping, getting a sense for the feel of the balls and how they behave when hit with a wedge or putter. If your club doesn't have a dedicated short-game practice area, go play a couple of holes when the crowds are down, pitching from varying distances, out to about 100 yards; find a bunker; try some lobs. You're now seeing how the balls react across the majority of the shots made during a round. With such practice you likely can winnow your options down a bit. All balls are long these days, but spin rates vary, so when you start hitting shots off the teethe final tire kick—it will be pretty obvious which brands are best.

You also can get a general recommendation from your course professional, manufacturers' websites and at demo events, and those who make clubs and balls provide suggestions during club-fitting sessions.

Here are some new-for-2016 options of note:

Bridgestone: Four years of R&D brings new cores and covers to the company's top-tier series. The Tour B330RX and RXS are for players with sub-105 mph swing speeds—that's most of us—with cores

> designed to maximize distance at lower speeds. The Tour B330 and B330S are tuned to high-speed swingers, and as such, have relatively firmer compositions than the B330RX and RXS line of the balls. All get the patented SlipRes cover for more green-approach spin, lower driver

The evolving technology of golf balls, such as these at a Titleist plant, allows for greater distance and control.

spin and greater durability.

Callaway: As with all tour-level balls, Callaway's new Chrome Soft four-piece ball has been reformulated to maximize driver launch conditions—in the simplest terms, lower spin results in longer drives. However, the same ball offers increasing spin and control as the clubs get shorter. It is available in white, yellow and a wild color configuration that looks like a red-and-white soccer ball; good luck losing that one.

SuperHot 55 is an uber-soft recreational/value ball with good green-side control.

Titleist: The most popular golf ball in the game saw a recharge for its franchise Pro V1 and Pro V1x balls in 2015. The Titleist "performance line" also got a makeover for 2016, headed by the NXT line for aspirational players who are seeking performance at something below tour-model prices. In a nutshell, the NXT Tour picks up a bit of distance, and the NXT Tour S comes with a softer feel than previous iterations. The Velocity line of golf balls offers more distance, while the value-oriented DT TruSoft line of balls offers enhanced feel. —K.V.V.



The Bridgestone B330RXS line of golf balls includes the company's new core and cover, which provides greater distance for players with average swing speeds of 105 mph or less.



The new Chrome
Soft golf ball from
Callaway includes
the Dual SoftFast
Core for increased
ball speed with the

driver. However, the fourpiece construction is designed with lower compression for extremely soft feel, creating more spin and control for shorter clubs and around the green.



Titleist, the most popular name in golf balls, has upgraded its best-selling lines, including the Pro V1 and the Pro V1x, and the NXT brand of balls. The NXT Tour should offer more distance, while the NXT Tour S, shown above, has a softer feel and more control.

Continued from page 127.

hybrids and wedges for the Callaway Golf Company. "We evaluate each design, looking for the best materials and processes to create ball speed and forgiveness, which sometimes leads to interesting combinations."

For me, those interesting combinations include greater distance and control. The clubs produce a high, but penetrating, ball flight, and I can work them both directions. They are also silky smooth on the hands.

Bridgestone Hybrids

Known primarily as a better-player brand, Bridgestone Golf is going after the larger market with its new **JGR Hybrid Forged Irons**, which the company claims has the lowest center of gravity of any forging out there. It appears a true departure in that market segment, as it clearly is intended for game improvement,

with an immense sole and a low and deep center of gravity.

"Bridgestone is the leader in terms of multimaterial club design when it comes to rubber," says Josh Kinchen, Bridgestone Golf's club and accessories marketing manager.

Kinchen says the new design reduces vibration to improve feel. It also makes the club lighter and redistributes the weight, promoting more forgiveness.

While I haven't had the opportunity to play with the JGRs, I spent some time last year playing the J15

Dual Pocket Forged Irons. A forging with the proprietary "Turbo Rubber" layer down low in the cavity, the club is dampened—not dead—and forgiving on mishits, and close to perfect on direct strikes.

Continued on page 134.









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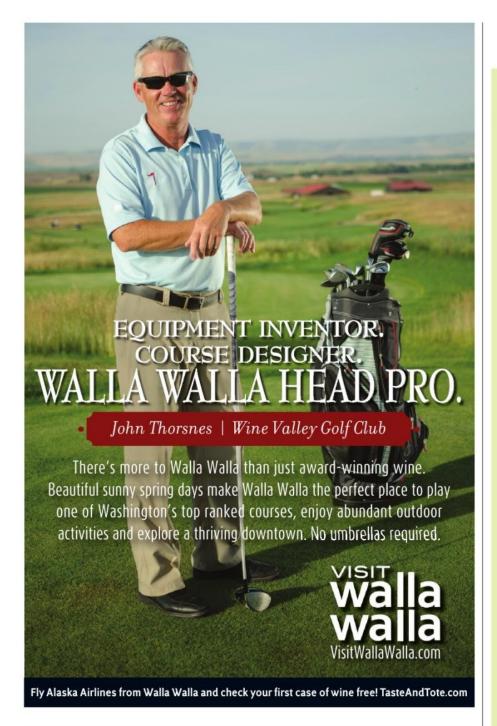


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Determining Distance

New devices offer excellent options for calculating yardage

Consult yardage book, thrice. Toss grass into the air, repeatedly. Gesture at every treetop, divining the wind. Settle on 157 yards. Pull club. Dig trench.

Yardage, it's important, chili dips notwithstanding. I recently spent time on my home course of La Purisima in Lompoc with enough gizmos to make Roy "Tin Cup" McAvoy proud: three laser rangefinders, two GPS watches and one iPhone app. With perfect yardages I can't help but score. A guy can dream, can't he?

For out-and-out accuracy, laser products appear to be the winners, and the units that account for course slope are really slick. La Purisima—play it next time you're in the Santa Barbara area visiting the Lompoc Wine Trail—isn't remotely flat, and the rangefinders, with slope function, instantly account for elevation changes.

For ease and speed, the GPS-onthe-wrist devices nail it. Walk up and look at your GPS watch to get front, center and back yardages to the green. That might mean a span of 117 to 132 to 145 yards. Despite the varying distances, it's easy to find the location of the flag with the watch.

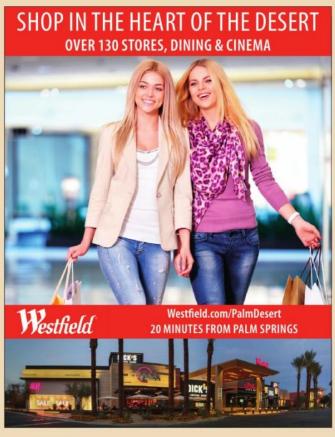
Where phone apps excel is at offering the golfer schematics for each hole—showing angles, contours and hazards. The results are far more detailed than those on schematic-equipped watches.

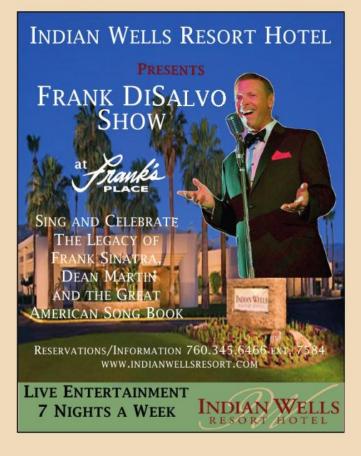
Whichever type you prefer, give it a go. Just make sure you don't have it set on meters. Not that I'd do any such thing. —*K.V.V.*

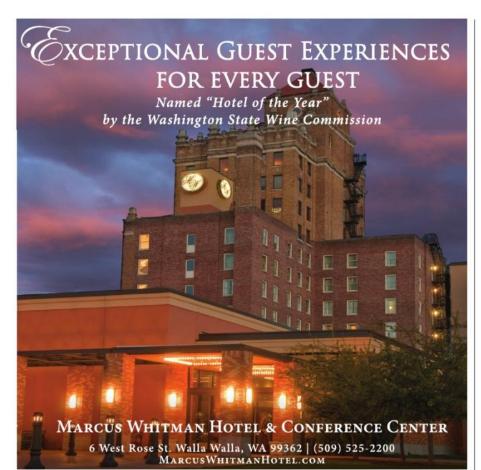
PALM DESERT • PALM SPRINGS • INDIAN WELLS out and about















Continued from page 130.

Keep in Mind ...

There are a few things to keep in mind if you are feeling the bug to replace those old irons. The first is playability-or maybe a better description is suitability. Through better metalcraft, weight distribution and the addition of different materials, a greater number of the new clubs on the market are versatile enough for both professionals and average golfers to use. In other words, forging isn't just a hero's club, and casting isn't relegated to C-flight players. For example, my favorite iron among Ping's recent models is the compact S Series Blade, a workable, forgiving, multimaterial so-called "player's club" that just happens to be cast.

The second matter is feel. Today, all clubs feel good. All the technology and new manufacturing techniques have helped narrow the gap between what we sense and what is real. Blindfold us and put clubs in our hands and sure, we'll have preferences. However, as often as not, we won't know the difference between a forged club and a cast club.

Most importantly, don't be seduced by the Sirens' call of distance, distance, DIS-TANCE. It doesn't matter if you find a 9-iron that carries 150 yards when last year you needed a 7-iron for the same result. Indeed, clubs are able to hit the ball farther today at yesterday's lofts; that's a function of all this technology, face flex and directional-stability stuffand modern golf balls. By the same token, that 6-iron could have the loft of a 4-iron circa 2010 or a 3-iron circa 1980. The moral is simple: Don't get all machismo when you hit your 9-iron 150 yards; all that means is that you need a lot more wedges below that club. You're not better; the clubs are better. You still need to have the right clubs to be properly spaced through the set.

No doubt, advancement is a good thing. Now, can someone, anyone, please do something about my handicap! ■

Ken Van Vechten writes about golf from the Central California coast.

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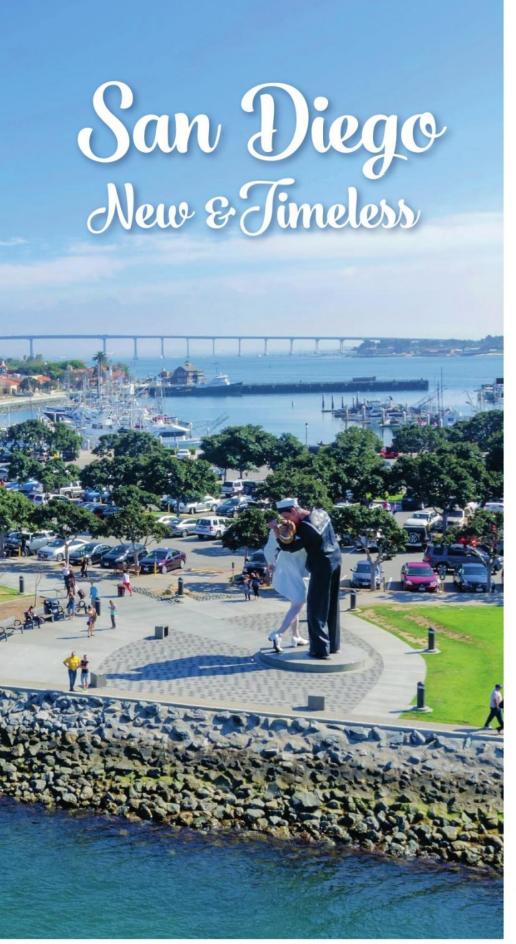
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Historical sites, outdoor wonders and updated attractions in a sunny SoCal city

By Jill K. Robinson

"They're cuuuute," squealed my 6-year-old daughter as she skipped around the panda viewing area at the San Diego Zoo, determined to get one of the black-and-white residents to notice her interpretive dance.

Until then, her only exposure to pandas had been from watching animated TV shows. But on that day, we had joined the zoo's Early Morning with Pandas program to get a glimpse of the three pandas enjoying breakfast—before most zoo visitors arrived.

While we watched, the youngest bear, 3-year-old Xiao Liwu (also known as "Mr. Wu"), descended a tree headfirst and landed ungracefully—though apparently painlessly—on his nose, before completing his awkward dismount with a roll. Shrieks of laughter pealed through the air, as the assembled group of kids identified Mr. Wu as a favorite.

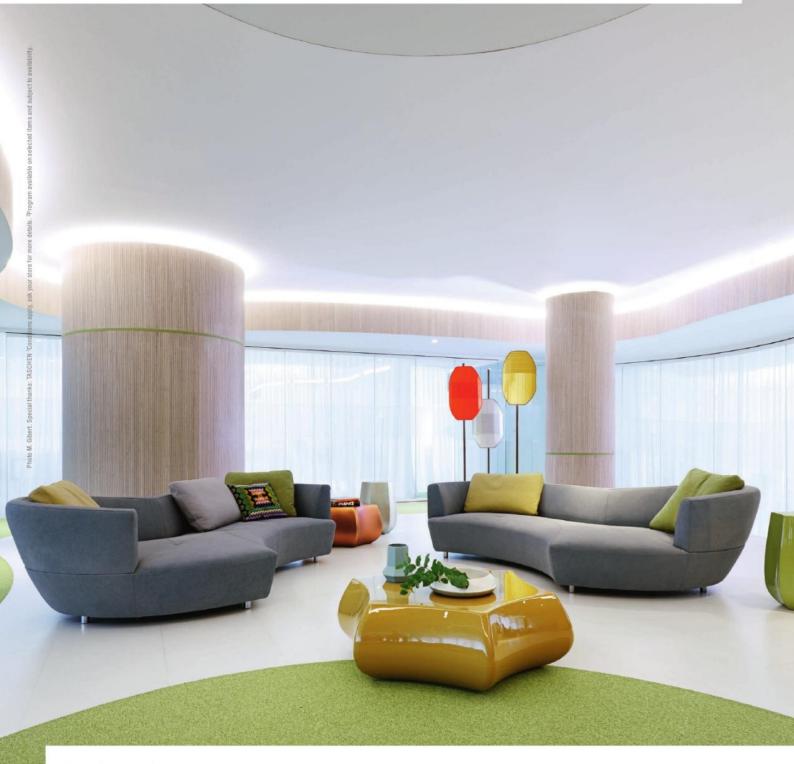
I was thankful to be able to show my daughter what the real animals are like, apart from animations and digital distractions. Aside from the children's chatter, the sounds of the zoo were absent any human noise. It was almost like a meditation.

This moment has lingered in my daughter's mind well after our zoo visit—it has even inspired her to request a panda costume for Halloween. To me it represents one of the magical experiences made possible by this world-class zoo—one of the most familiar and iconic attractions in San

Visitors to the Embarcadero Marina enjoy views of the bay and one of the *Unconditional Surrender* statues by Seward Johnson that memorializes the end of World War II.

French Art de Vivre





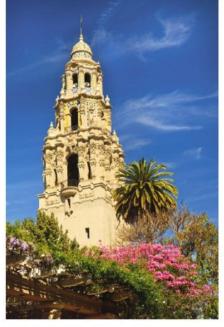
Digital. Sofas, design Gabriele Assmann and Alfred Kleene.

Carambole. Cocktail table, end table and pedestal table, design Sacha Lakic.

Flag. Floor lamp, design Servomuto.

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Diego, though far from the only one. On our most recent visit, as always, we had many experiences—at the zoo and elsewhere—that my daughter and I will surely remember for years to come.

San Diego, which is nearly as far south as Southern California gets before you cross into Baja California and Mexico, has diverse neighborhoods and is the second-largest city in California by population. The broader San Diego County is spread out over 4,200 square miles and features about 70 miles of majestic coastline, seemingly endless mountain trails and day-trip destinations that include the largest state park in California (Anza-Borrego Desert State Park, about 90 miles from downtown). The area provides residents and visitors ample opportunities to encounter animals, make culinary discoveries and enjoy cultural curiosities.

Animal, Natural, Cultural

The 100-acre San Diego Zoo, which is celebrating its 100th anniversary in 2016, is home to more than 3,500 animals, representing more than 650 species and subspecies—many of which are rare or endangered. From the 200's beginnings in 1916, when Dr. Harry Wegeforth started a 200 with animal exhibits from the 1915–1916 Panama-California Exposition, it has grown to become the largest zoological membership organization in the world. The parent organization

Classic San Diego experiences include climbing to a view from the California Tower at the Museum of Man (left), watching pandas and other animals at the San Diego Zoo (top), and enjoying culinary temptations such as a sampler board from Venissimo Cheese (above).

nization, San Diego Zoo Global, now includes the zoo and the San Diego Zoo Safari Park, another excellent local attraction located about 30 miles to the northeast of the main zoo.

In this anniversary year, visitors are enjoying special events at the zoo and a year full of special displays on the zoo's Centennial Plaza. There are also new film and multimedia experiences, nighttime activities and animal-themed exhibitions at five nearby institutions.

Through January 31, 2017, the San Diego History Center is hosting "The Lore Behind the Roar!"—an exhibition that presents the zoo's first 100 years with interactive elements, vintage photos, oral histories and videos. The Museum of Photographic Arts, San Diego Natural History Museum, The San Diego Museum of Art and the Timken Museum of Art have a range of exhibitions featuring animals in sculpture, photography and interactive education.

These museums are part of the world-famous Balboa Park—the nation's largest urban cultural park by acreage. Located on a plateau that overlooks downtown San Diego, Balboa Park is home to a total of 17 museums, as well as performing-arts venues, beautiful gardens and the zoo.

After our zoo outing, my daughter and I climbed the 198-foot-tall California Tower,





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in Balboa Park (125 steps; there is no elevator), to plan our remaining itinerary by sight. This elaborately ornamented concrete tower, which opened in 1915 with the Panama-California Exposition, was closed to the public for nearly 80 years before its reopening in January 2015.

From the eighth-floor viewing area, we had a 360-degree view of San Diego. Gliding over the canyon landscape to the north were the green cars of the zoo's **Skyfari**, and in between the chatter of other tower visitors, I heard occasional monkey screeches from the zoo. Beyond Balboa Park, downtown skyscrapers and the San Diego Bay glittered in the sun. On the far horizon, I saw the outlines of the **Cuyamaca Mountains**, **Laguna Mountains** and **Mount Soledad**. This view made everything seem within reach—as easy for me to access as it was for the red-tailed hawks soaring over the park's canyons.

Early San Diego

The California Tower is part of the San Diego Museum of Man, and we explored the exhibitions in the museum after our trip up the tower. A favorite, the "Kumeyaay" exhibition, is ongoing—it celebrates the Native American people of what are now Southern California and Northern Baja. Providing a glimpse at the lives of



Outdoor enthusiasts can enjoy a coastal hike at Cabrillo National Monument (above left), water sports at La Jolla Shores (above) or a day-trip excursion to Anza-Borrego Desert State Park (below left).

the past residents of the area, the exhibition examines traditional Kumeyaay customs, medicines, ceremonies, pottery work, basket making and explorations of astronomy.

Travel south along the Point Loma peninsula, and you'll trace the next step in San Diego's history. Juan Rodríguez Cabrillo, the leader of the first European expedition to explore what is now the West Coast of the United States, entered San Diego Bay in September 1542. Historians believe that he landed at Ballast Point, a tiny bit of land extending into the bay from Point Loma.

The Cabrillo National Monument, near the tip of Point Loma, is an ideal place for tide pooling, as well as whale-watching in winter months. When I walked along the 2.5-mile Bayside Trail in the springtime, I spied wildflowers among the coastal sage scrub. I enjoyed views of the Pacific to the west and of San Diego's harbor to the east.

Liberty Reinvented

San Diego embraces its storied past while also being passionate about the future. One of the best examples of this can be found at **Liberty Station**, the redeveloped area on the site of the area's former Naval Training Center.

As the U.S. Navy's first foothold in Southern California, the training center was commissioned in 1923; it tripled in size during World War II. The region's

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San Diego

military presence boomed during this time, and the San Diego area was home to the Naval Training Center, the 11th Naval District Headquarters, Miramar Naval Air Station, the Marine Corps Recruit Depot and Camp Pendleton.

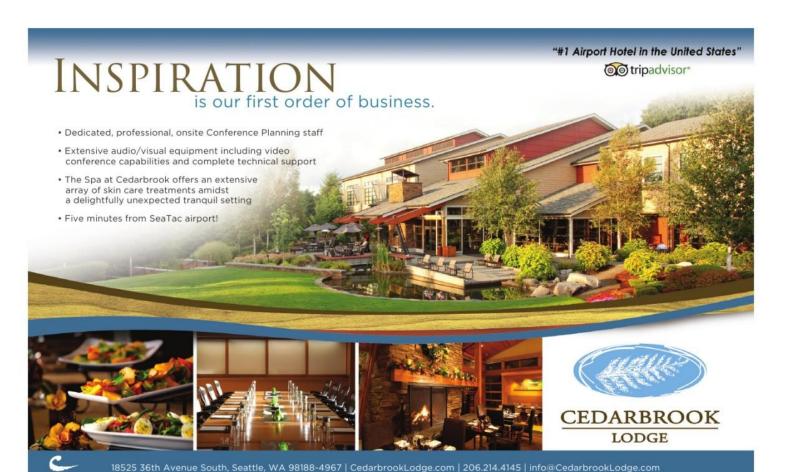
After the Naval Training Center closed in 1997, the grounds were gradually transitioned to Liberty Station. With its restaurants, shops and entertainment spaces, the center feels like a town square, where visitors wander through spacious plazas, have picnics on the grass and enjoy the community.

On a visit to **Stone Brewing World Bistro & Gardens** in Liberty Station, I sat at an outdoor table and soaked up the sun's rays as I sampled one of the beers made on-site in the brewhouse (other beers are made at other facilities). The bar features 40 taps and more than 100 types of craft beer, giving brew fans plenty of options. Stone is one of San Diego's 115-plus craft breweries—it's a great place for a brew enthusiast to start exploring the best in the city.



The iconic Coronado Bay Bridge is closed briefly to vehicles for the Navy's Bay Bridge Run/Walk, a military-benefit event that will celebrate its 30th year on May 15.

The new Liberty Public Market—with diverse tenants offering prepared foods, beer, wine, specialty cocktails, produce, fresh fish, desserts, pastries and pastas—occupies a 22,000-square-foot space, a portion of which was once used as the mess hall for the former Naval Training Center. The list of delicious options will tempt even the choosiest of





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foodies. It includes baked delicacies from Paraná Empanadas Argentinas, Hawaiian-style poke from FishBone Kitchen, French baguettes from Le Parfait Paris, comfort-food grilled-cheese sandwiches from Venissimo Cheese and

When You Go

LODGING

Horton Grand Hotel: 311 Island Ave., San Diego; 619-544-1886; hortongrand.com. This antique-filled hotel is a comfortable retreat in San Diego's Gaslamp Quarter.

Hotel del Coronado: 1500 Orange Ave., Coronado; 619-435-6611; hoteldel.com. This Victorian-era luxury beachside resort on Coronado Island is just a 10-minute drive from downtown.

Hotel Solamar: 435 Sixth Ave., San Diego; 619-819-9500; hotelsolamar. com. The newly renovated hotel's guestrooms blend contemporary Spanish style with Southern California coastal design.

Hotel Z: 521 Sixth Ave., San Diego; 619-330-6401; hotelzsandiego.com. This welcoming boutique hotel in the heart of the Gaslamp Quarter features cozy, contemporary rooms and easy access to many of San Diego's top restaurants and attractions.

DINING

Campfire: 2725 State St., Carlsbad; campfireprovisions.com. Scheduled to open in June, Campfire's menu will feature rustic food prepared with live-fire cooking methods.

Craft & Commerce: 675 W. Beech St., San Diego; craft-commerce.com. Reopening in May in the Little Italy neighborhood, this remodeled restaurant will feature new chef JoJo Ruiz; it will add False Idol, a tiki bar, in June.

Galaxy Taco: 2259 Avenida de la Playa, La Jolla Shores; 858-228-5655; galaxytaco.com. Dine "Cali-Baja style" at this locals' favorite restaurant, which includes tacos, grilled meats and sashimi on its menu. —J.K.R.



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San Diego

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Getting Outdoors

After I visited Stone Brewing, I didn't have to wander far to get out on the water. Right on the Liberty Station waterfront, The SUP Connection has stand-uppaddleboard and kayak rentals, lessons and even SUP Pups tours designed for paddlers who want their canine co-pilot to come along.

One of the reasons stand-up paddleboarding is the world's fastest-growing water sport is its versatility. From lake to river to ocean, for hard-core surfers or

Attractions and Activities

Cabrillo National Monument:

1800 Cabrillo Memorial Dr., San Diego; 619-557-5450; nps.gov/cabr.

Legoland California Resort:

1 Legoland Dr., Carlsbad; 760-918-5346; california.legoland.com; has a new Ninjago World opening in May.

Liberty Station: 2640 Historic Decatur Road, San Diego; libertystation.com.

Los Peñasquitos Canyon Preserve:

multiple park entrances, San Diego; 858-538-8066; sandiego.gov/ park-and-recreation/parks/osp/ lospenasquitos.

San Diego Bike & Kayak Tours: locations in La Jolla and Coronado; 858-454-1010; bikeandkayaktours.com.

San Diego Museum of Man:

1350 El Prado, San Diego; 619-239-2001; museumofman.org.

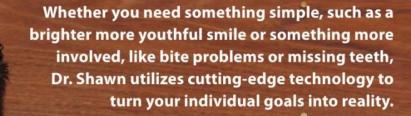
San Diego Zoo: 2920 Zoo Dr., San Diego; 619-231-1515; sandiegozoo.org.

The SUP Connection: 2592 Laning Road, San Diego; 619-365-4225; sandiegosuprentals.com.

Torrey Pines State Natural Reserve:

Located between the communities of Del Mar and La Jolla; 858-755-2063; parks.ca.gov/?page_id=657. —J.K.R.

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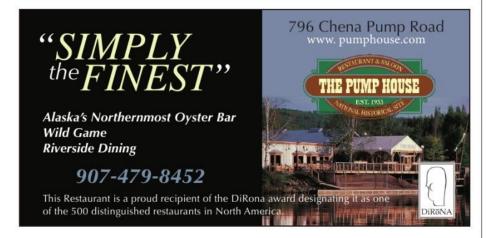




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leisure paddlers, the sport allows everyone to have a good time—even night
owls. San Diego Bike & Kayak Tours has
evening SUP adventures with boards
with glowing LED lights. Paddlers enjoy
the lights of the San Diego skyline from
the launch site at Coronado and paddle
under the gracefully arched Coronado
Bridge on a warm night.

Land lovers also enjoy getting outdoors in San Diego. At Torrey Pines
State Natural Reserve, hikers and walkers can get a glimpse of the nation's
rarest pine tree, *Pinus torreyana*, which
is said to grow only here and at one
other place worldwide. At Torrey Pines
SNR, gnarled trees cling to striated sandstone cliffs, yet the trees stand tall in
sheltered canyons away from the ocean
winds. Trails throughout the reserve
offer views of wildflowers, cacti, coastal
sage scrub, sculptured sandstone,
marshland, beach and the Pacific Ocean.

While the ocean is prominent in San Diego's front yard, the area's beauty stretches inland, as well. Los Peñasquitos Canyon Preserve encompasses 4,000 acres of both Peñasquitos and Lopez canyons, and two separate trailheads—on the western and eastern ends—grant access to a small waterfall in the center. The Rancho de Los Peñasquitos was the first Mexican land grant in California, issued to Captain Francisco María Ruiz, and parts of the adobe he built here are still standing—just a short distance from the Ted Williams Freeway and Interstate 15.

In ever-evolving San Diego, as the city grows and adds to its history, the new always leaves room for the old.

Jill K. Robinson writes about travel, adventure, food and drink from her base in the San Francisco Bay Area.

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HOTELS

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San Diego Itinerary

By Archana Ram

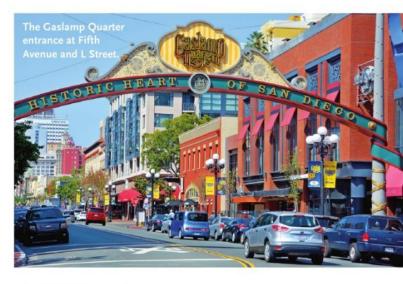
New and Classic Neighborhoods

San Diego is renowned for having neighborhoods with their own distinctive sights, sounds and flavors. Little Italy blends urban energy with quintessential SoCal views. The main thoroughfares of India Street and Kettner Boulevard are lined with some of the city's hottest dining spots, including Juniper & Ivy and Bracero, as well as hip boutiques and the popular Saturday farmers market. • Old Town is where San Diego began, as a small settlement, in 1769. Today, visitors explore the preserved historic buildings, as well as restaurants and shops. • City history and modern cultural offerings are well represented in the Gaslamp Quarter, with its shops, galleries, museums and nightlife hot spots. • Craft brews rule in the hipster, pedestrian-friendly enclave of North Park, home to numerous bars, pubs and breweries. • Explore emerging art in Barrio Logan, anchored by the impressive outdoor murals at Chicano Park. Then pay a visit to La Bodega Gallery for art shows and the Chicano Art Gallery for gifts and decor by local artists.



A Wealth of Beaches

Swimming, sunbathing and all kinds of water sports are cherished activities at beaches within San Diego's city limits, especially north of downtown. It frequently feels like a party at **Pacific Beach**, where 20-somethings and others are often found playing volleyball or swimming. The adjacent boardwalk area draws fun seekers of all ages thanks to grassy nooks, bike paths and nearby food establishments ranging from sleek restaurants to low-key coffee stands. • At the family-friendly **La Jolla Shores** (12 miles north of downtown), the gentle waves are ideal for children and newbie surfers. • La Jolla's **Windansea Beach** has generally smaller crowds and offers beautiful sands and a well-known surf break.



Dining Developments

Feast on San Diego's emerging Baja-Cali cuisine at **Bracero Cocina de Raíz** (619-756-7864; bracerococina.com), a 2016 James Beard Award semifinalist for Best New Restaurant, where Tijuana-born chef Javier Plascencia offers an upscale yet traditional take on Mexican cuisine, including shrimp-and-bone-marrow *sopes* and beef-cheek tacos. • At **Madison** (619-269-6566; madisononpark.com), dine on Mediterranean fare and sip craft cocktails in a stunning space with vaulted ceilings and geometric designs. • A coastal Italian menu—think wood-fired pizzas and fresh seafood—is served with an ocean view at **Catania** (858-551-5105; cataniasd.com). The restaurant's *aperitivo* event, held daily, offers discounts on food and drink as the sun goes down.

Sports and Recreation

With the wealth of warm, sunny weather in San Diego, there are ample opportunities to get out and play sports—or to watch them. Golfers can enjoy teeing off at Torrey Pines Golf Course, perched on the cliffs of La Jolla, or at one of the many other fine golf courses in the San Diego area. • San Diegans love their baseball, and a trip to downtown Petco Park to catch a San Diego Padres game is a wonderful experience. • In fall, football fans will welcome the start of a new San Diego Chargers season at Qualcomm Stadium, in the Mission Valley area.

Archana Ram is a San Diego-based food and travel writer.

On Deck in San Diego

- ▶ Art Alive, April 29—May 1; floral arrangements of more than 100 permanent-collection works; San Diego Museum of Art; 619-232-7931; sdmart.org.
- ▶ "Brush and Ink: Chinese Paintings from The San Diego
 Museum of Art Selected by Pan Gongkai," April 29—Sept. 4;
 traditional Chinese brush techniques from the 15th century through
 today; San Diego Museum of Art; 619-232-7931; sdmart.org.
- ▶ Mission Federal ArtWalk, April 30—May 1; more than 350 local, national and international emerging and established artists; live music; street food; and more; Little Italy; artwalksandiego.org/missionfederal.

Water Warks

IN THE SAN FRANCISCO BAY AREA

suburb of Pleasanton, California, homeowners back their trucks up against a long line of spigots for an unusual type of tailgate party. Each vehicle's owner fills a large container to take home "recycled" (filtered and treated) water that is provided free of cost by the local utility for people to use on home landscaping in place of precious drinking water.

In Seattle, customers of local utilities sign up for the RainWise program that reimburses costs for installing cisterns (to catch and control water running off a roof) or rain gardens (which soak up rains and filter runoff seeping back into watersheds).

In Las Vegas, residents earn rebates for converting lawns to low-water landscapes and visit desert demonstration gardens to get inspirations about plantings suited to the local environment.

Although the issues surrounding water use and supply vary greatly by location and climate zone, people across the American West are finding creative approaches to reducing water consumption, taking better care of the water they use, and—often—saving money in the process.

COMMUNITIES IN WESTERN STATES OFFER INNOVATIVE CONSERVATION PROGRAMS

BY LORA SHINN

The need for solutions is great. Drought has been all over the headlines in recent years—especially in Western states—and the long-term situation may worsen, particularly if climate-change trends continue.

"Many communities across the country face similar challenges in ensuring an adequate and safe supply of drinking water to their residents," says Veronica Blette, head of the Environmental Protection Agency's WaterSense program. "But in the West, the impacts of some of these challenges are more acute."

"Droughts could last longer and be more severe," she says, due to higher temperatures. Less snow and snowmelt runoff may leave water sources unable to meet summer demand.

Enter water conservation.



TOP (2), IOYCE CHANG, DUBLIN SAN RAMON SERVICES DISTRICT; MIDDLE (LEFT), © LLARA SWIMMER, (RICHT), COURTESY: EUGENE WATER & ELECTE BOARD : BOTTOM, COURTESY: SOUTHERN NEVADA WATER AUTHORITY









Clockwise from top left:

Northern California's Dublin Ranch Golf Course stays green with recycled water.

The Residential Recycled Water Fill Station in Pleasanton, California, provides water for free to homeowners.

Residents of Eugene, Oregon, monitor their watering with free gauges placed in gardens and on lawns.

Las Vegas uses demonstration gardens to inspire homeowners considering climate-appropriate plantings.

Seattle homes and developments use catchment systems such as cisterns.







Visiting the Portland, Oregon / Vancouver, Washington area this summer? Be sure to check out upcoming concerts at the Sunlight Supply Amphitheater at www.SunlightSupplyAmphitheater.com - tickets also available through Ticketmaster.



Top: A plant sale in Las Vegas offers options and advice for low-water planting. Right: Las Vegas residents have earned rebates for replacing their lawns with water-efficient landscaping.



"Water conservation is essentially any beneficial reduction of water loss, waste or use," says Bill Christiansen, program manager for the nonprofit Alliance for Water Efficiency.

Conservation can include using efficient toilets or turning on the tap less often, and it might also involve reusing graywater (the relatively clean water normally sent down the drain from baths, sinks, washing machines and kitchen appliances). Cuttingedge cities are finding new ways to harvest and reuse graywater, along with rainwater and stormwater, Christiansen says.

Above left: Seattle neighborhoods utilize catchment systems, such as this roadside swale, for controlling and filtering runoff. Above right: A Seattle Public Utilities diagram shows options for rainwater catchment. Innovative water-conservation approaches integrate behavioral science, technology and data analysis, along with meteorological knowledge and old-fashioned common sense regarding weather and landscape. In the end, many users save water and money. As a result, many communities are supplying larger populations using the same amount of water they supplied 10 to 20 years ago, according to the EPA's Blette. Here's how.

Las Vegas: Water-Smart Landscapes

It may surprise some people that Las Vegas is a national pacesetter for water conservation. After all, this is a city with a 460-foot-tall dancing fountain and a lavish, fun-loving, indulgent attitude. Yet even that famous fountain—which does consume water due to evaporation—draws nondrinkable water from a private well and recycles it with pumps to avoid depleting the heavily used Colorado River. The desert city also runs one of the largest water-efficient landscaping programs in the country.

Before the year 2000, 60 percent of the city's water was supporting landscaping, including grassy street medians, storefront lawns and unused yards.

"Among homeowners, there can be a perception that there's a horrible drought, but it's not them—

it's the golf course, the resort or other people. The perception is that one individual homeowner doesn't

have an impact or obligation,"
says Southern Nevada Water
Authority (SNWA) Conservation Manager Doug
Bennett. In reality, notes
Bennett, resorts and golf
courses account for only 15
percent of water use. And
about two-thirds of the water
consumed in the Las Vegas area is
used in residential settings.

In recent years, the flow volume of the Colorado River—which provides more than 90 percent of Southern Nevada's water supply—has dwindled, due primarily to drought. Faced with growing water demand and limited supply, community leaders knew it was time to act.

So, starting in 2000, the Water Smart Landscapes (WSL) rebate program asked residents and

Water Works

commercial occupants to swap grass for water-efficient landscaping. In return, customers could earn a rebate—which is now up to \$2 per square foot for the first 5,000 square feet converted and \$1 per square foot beyond the first 5,000 square feet, with a maximum of \$300,000 per property per fiscal year. To get ideas, residents, landscapers and business owners could visit demonstration gardens or the 180-acre Springs Preserve, which is rich with water-efficient landscaping and free advice from staff. Meanwhile, city programs allowed parks to continue receiving enough water so that the community would still have some grassy areas available.

It's an aggressive plan, and it's working. More than 177 million square feet of lawn has been converted to water-efficient landscaping since 2000. That's enough lawn to make an 18-inch-wide sod roll that unfurls 90 percent of the way around the earth, Bennett says. And the conversion has saved nearly 100 billion gallons of water.

Through the success of Southern Nevada's waterconservation efforts, community-wide water use has The average household spends as much as \$500 per year on its water and sewer bill, and can save about \$170 per year by installing water-efficient fixtures and appliances.

Source: epa.gov/watersense/about_us/facts.html.

decreased by 30 percent since 2002, despite an increase of nearly a half-million people, Bennett points out. This suggests that conservation is hardly a gamble in Vegas.

Santa Cruz: Water School

Santa Cruz, California, is isolated from major water reservoirs and is entirely dependent upon local rainfall. During recent droughts, the Santa Cruz Water Department asked customers to stay within water-use allotments, and 95 percent did so.

The other 5 percent? They either paid hefty fines or went to water school, which is much like a remedial traffic school.

"We're human. Stuff happens," says Toby Goddard, administrative services manager with the Santa Cruz Water Department. Perhaps someone came home from a vacation and found a toilet running, he notes. Or maybe someone tried to tweak an irrigation system, and it backfired.

"The vast majority of customers who exceeded water-use allotments are well-intended and socially



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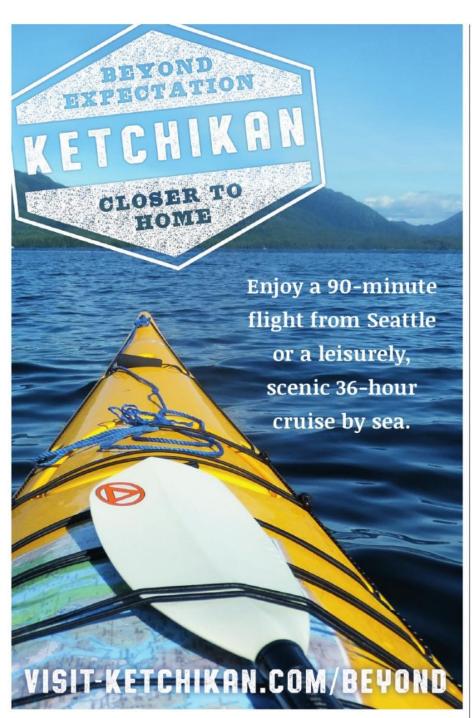
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Water Works

minded, but something happened," Goddard says.

More than 700 people completed water school in 2014, and 600 in 2015. "When they came in, you could tell they didn't want to be there," Goddard says. "But by the time they left, they were genuinely interested." Over the course of two hours, they learned how to read a meter, how to conserve daily and how to log their daily use. Then, they earned a one-time fee waiver.

Santa Cruz's collective conservation success became a point of civic pride, notes Goddard.

"The community worked hard to meet our conservation goal and rightfully felt proud of the success they achieved," he says.

San Antonio: Plumbers to People

More than 15 years ago, the San Antonio Water System (SAWS) Conservation Department in Texas launched Plumbers to People (PTP), a massively successful program offering plumbing assistance to impoverished residents. Today, the program is still running, but with an additional data-smart twist.

Twenty percent of San Antonio's population lives in poverty, as defined by federal criteria. Low-income residents are more likely to live in older homes with high-flow fixtures and leaking pipes. Such issues can lead to water waste and higher water bills—or the water might be shut off by homeowners who don't have the means to pay a plumber to fix problems or to pay increasing utility bills.

SAWS' analysis of residents failing to redeem free-toilet vouchers revealed that some people couldn't afford a plumber's services. The department offered free installation services, but SAWS continued to find that many low-income homes had unrepaired leaks going unaddressed. A 2012 analysis pointed out that more than 14 percent of indoor water waste was due to preventable leaks.



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Water Works

To find those leaks proactively, SAWS tried a new approach, says Karen Guz, the program's conservation director. SAWS compared data from other San Antonio poverty-assistance programs to their own information on various households' water usage. In this way, SAWS targeted households that would be most likely to benefit from the program: those that were below the poverty level and consuming more water than would be expected.

"When we could see that a household of only one person was using 5,000 gallons a month, it was pretty clear something was wrong," Guz says.

SAWS sent letters offering free plumbing assistance, which garnered an enthusiastic response. It was apparent that some individuals did not know they could get help.

PTP does two great things—it saves water and saves money—for everyone involved. "The goal was finding the right program for the right customer," Guz says.

California Communities: Water-Waste Reporting

Say you're doing your part to conserve water—using less when you can, turning on sprinklers in the early morning or the evening. But then you find a miniature fountain spraying from a broken pipe next door, or you discover a leak in a publicly owned pipe while on your morning walk. Is there an app for reporting this situation?

There is. California American Water—a subsidiary of the American Water Works
Company that serves certain areas in communities such as Sacramento, Monterey,
Los Angeles and San Diego—offers a
water-waste reporting app for iPhones and
Androids. You can find the app by searching
for "CA American Water."

"It allows anyone, resident or customer, to report where they see excessive water use or a leak, and take a snapshot of it," says Patrick Pilz, manager of field operations at California American Water.

Circle a leak or inappropriate water usage on your photo within the app, and the photo is automatically geotagged with the street

COMPUTER SOLUTIONS

Several developers have created mobile and online software that allows residential water users to receive personalized, interactive reports from their water suppliers. For example, WaterSmart Software products—mobile apps and Web-based programs used by 50 utility partners in nine states—offer a



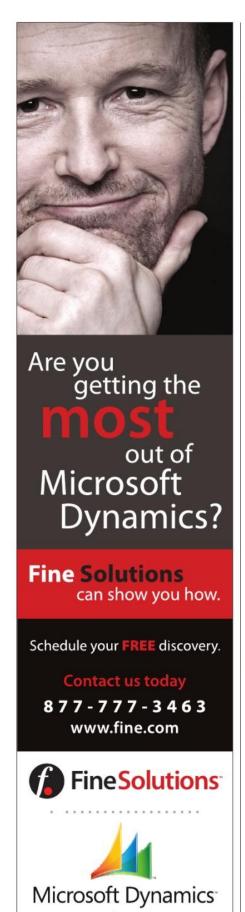
WaterSmart Software programs in use.

"WaterScore" and recommendations for improvements based on household occupants and yard size. Water-saving actions depend on the recipient—an apartment dweller won't be asked to change landscaping to native plants, for example. WaterSmart estimates that the program has helped three million users save more than 3.5 billion gallons across the 50 utilities since 2011. Other conservation tech includes Dropcountr, which makes notifications from participating utilities to customers about abnormal usage, patterns of use over time and possible rebates. It allows customers to monitor their use in short time increments. MeterHero, a paid-subscription app, helps users track energy and water savings, and can accommodate communities of friends, classmates or co-workers, adding a social element to water savings. -L.S.

address. After the information is uploaded to California American Water, staff can visit the location and determine the issue. With limited staff, water companies appreciate crowdsourced information such as this from concerned citizens. Sometimes community members find problems that haven't even been noticed by the responsible parties.

As for the water offender? "We prefer education over enforcement," Pilz says. The first complaint generates a friendly courtesy letter, which may be followed up with a phone call or field-staff visit.

"A customer has three chances to correct a problem before we issue a fine," Pilz says. "In most cases, customers were unaware. Once they're aware, they do the right thing."



Water Works

Pleasanton, CA: Recycled Wastewater Fill Stations

Wastewater isn't just sent down the drain in Pleasanton, California, about 40 miles east of San Francisco. Instead, sewage is filtered through sand and treated with ultraviolet light. Then, this treated, recycled water is made available for reuse. As a result, locals can keep lawns, gardens and trees green even during a drought.

"It's the perfect water for irrigation. In this area's arid climate, the need for recycled water is critical," says Dan Gallagher, operations manager for Dublin San Ramon Services District, the water utility that operates the program for Pleasanton and nearby communities. Since opening the Residential Recycled Water Fill Station in Pleasanton, he notes, the district has signed up 3,612 people to haul away recycled water to irrigate their landscapes.

In 2015, the program's distinctive purple pipes have also delivered 950 million gallons of recycled water to large-scale irrigation customers, such as parks and schools.

Gallagher notes that, as customers have become comfortable with using recycled water for landscaping, the district can now explore recycling water to be potable (drinkable), as has been done elsewhere.

"Technically it's doable," he says, optimistic about future possibilities.

Seattle: RainWise

In recent years, Seattle-area utilities began offering the RainWise program, with rebates of up to 100 percent to homeowners adding rain gardens and cisterns.

Rain gardens are shallow depressions of spongy soil that provide homes to waterloving Pacific Northwest plants, which absorb and clean stormwater that would otherwise flood sewer systems.

"The big idea is, 'How do we make our city function like a forest, from a rain perspective?'" says Pam Emerson, a green infrastructure planner with the City of Seattle's Office of Sustainability and Environment. "We don't want to replace our city with a forest, but by mimicking natural



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Check for drips! — L.S.

systems in our built environment, we prevent pollution and make our city an even better place to live."

Stormwater cisterns can now be spotted at the corner of many Seattle homes; cisterns are large cylindrical containers that catch rainfall, and then slowly release water to a yard or to a sewer line.

The program's average rebate is around \$4,000, which may cover all costs for eligible homeowners who install a cistern or rain garden with a trained RainWise contractor. By the end of 2015, more than 870 projects around Seattle were managing 13 million gallons per year. As a result, the city grows more forestlike every day.

Eugene: Green Grass Gauge

Are you watering too much? Not enough? In Oregon, the Eugene-Springfield Regional Water Conservation partnership offers the Green Grass Gauge to help users find out. In the past decade, more than 90,000 gauges have been given away.

To use the gauge, users check the week's recommended watering amount (available in a variety of places, including on water-utility websites or via a weekly email), place the gauge in the landscape where it will receive an average amount of water from a sprinkler, and turn on the sprinkler. Users then turn off the sprinkler when the gauge amount matches the week's water recommendation, or the portion of it they plan to use that day (if they are spreading the weekly amount over multiple days). For example, if the district

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Tucson: Conserve2Enhance

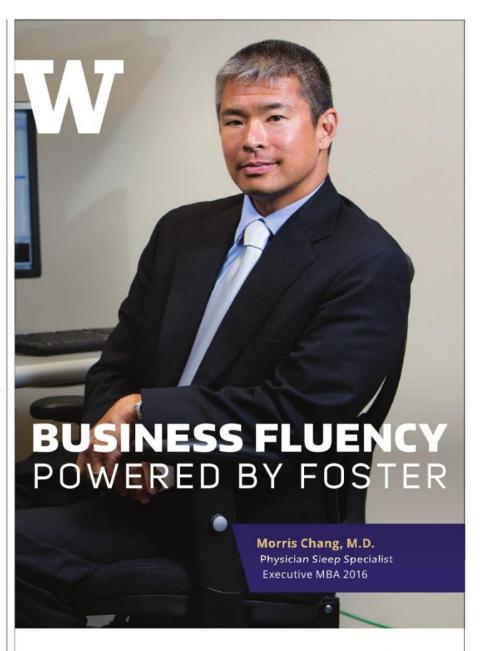
Thanks to the Conserve2Enhance (C2E) program in Tucson, Arizona, sending donations based on water savings is as easy as checking a box on a water bill. Tucson residents have donated more than \$89,000 of savings since 2011. And they have saved more than 8 million gallons of water. The program funds projects that enhance community water resources and habitats—including wetland restorations, rainwater harvesting efforts and urban waterway improvements.

"The basic idea of C2E is that participants implement conservation measures in their home or business and keep track of their water use with the free online tool, C2E Water Use Dashboard," says Ashley Hullinger, research coordinator at the University of Arizona Water Resources Research Center, which developed the program.

"Conserving water equates to monetary savings, which participants are able to put toward environmental projects in their communities. Other C2E programs exist throughout Arizona, with possibilities for [adding more in] communities throughout the Southwest," she says.

"This is a way of not just conserving water to be put toward more urban growth," says Hullinger. "Instead, funds can enhance the community and environment. It puts conservation in a different light."

Lora Shinn is a Seattle-based freelance writer. She grew up drinking water from a spring on the Columbia River Gorge.



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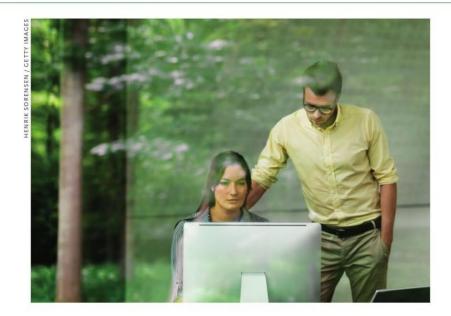
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Values Investing

By M. Sharon Baker

Although investing based on personal values has been around for decades, sustainable, socially responsible, or socially conscious investing—by whatever name you want to call it—is taking off. • One dollar out of every \$6 managed professionally in the United States today is invested using a strategy that considers environmental, social or corporate governance factors, according to the biyearly report issued

by US SIF: The Forum for Sustainable and Responsible Investment. Some \$6.6 trillion in assets was invested using Socially Responsible Investing, or SRI, in 2014, a 76 percent jump in two years, the group reported. And Meg Voorhes, head of research for the forum, says that once she finishes this year's survey of money managers, she expects to find that this growth continued to climb. US SIF, is a U.S. membership association for professionals engaged in SRI and impact investing.

SRI is still a small part of the overall market, growing from about 12 percent of the money under professional management to 18 percent in 2014, the latest numbers available, Voorhes says.

"It's hard to predict but I am expecting to see further growth, although not at the

same fast pace as 2014, and a deepening of SRI," later this year, she says.

In the last two to five years, SRI "has really grown as a topic of conversation with our clients," says Gino Perrina, chief investment officer at Laird Norton Wealth Management in Seattle. "More and more individuals want their portfolios to reflect their own personal views, and therefore investment managers are increasingly offering that as an option."

SRI has taken hold of our collective consciousness and is growing as rapidly as the healthy-eating and healthier-living movements. Today, consumers and investors are more aware of environmental, workplace and human rights issues. They are also still very aware of the 2007–2008 recession that disrupted many portfolios

and retirement funds, and have not forgotten the mismanagement of money in risky investment products.

In response, more and more investors are questioning the makeup and sustainable track records of the companies, mutual funds and bonds in their portfolios. The investment community has responded by offering more investment vehicles and adopting SRI practices or focusing entirely on the segment. Once the province of institutions such as pension-fund providers, foundations and college endowments, SRI is becoming much easier and more affordable for individuals who want to follow their values, cultures and ideals when it comes to investing their money.

Acknowledging the trend, Harvard Business Review's annual ranking of executives began taking into account a company's environmental, social and governance performance (known as ESG) for HBR's 2015 Executive of the Year award, making 20 percent of a CEO's ranking based on his or her ESG performance.

Earlier this year, Morningstar announced that it was creating The Morningstar Sustainability Rating, which helps investors gauge how well the companies held in a fund are managing the ESG issues most relevant to their industries.

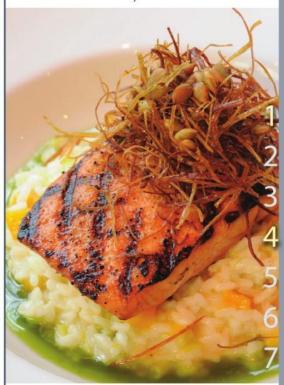
Bellingham-based Saturna Capital recently launched what could be the world's first global SRI bond fund, in which at least 60 percent of its assets are in international bonds of issuers that demonstrate sustainable characteristics, says Patrick Drum, the fund's portfolio manager. And newly formed i(x) investments, based in Santa Monica, California, soon will announce its first "impact investment," an eye-popping multimillion dollar investment in a renewable energy firm, and the first impact-focused investment by a permanently capitalized operating company.

Less Bad Evolves into More Good

For many years, some investors, many of them faith-based, avoided investing in Where Seattle Goes For Seafood



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stocks, or companies, dealing in alcohol, tobacco or gambling. This philosophy marked the first wave of socially responsible investing. Following the outcry over environmental catastrophies in the late 1980s, the notion of investor activism took hold. Now the premise of faith- and activism-based investing has evolved into investment strategies that proactively support companies that are doing good and making positive societal changes.

SRI rewards companies for good citizenship assessed using a fund's or company's ESG performance, which takes into account their environmental impact, and the way they treat employees, customers and suppliers, as well as policies that align the interests of management and shareholders, says Drum.

Investing in Good Doesn't Mean Sacrificing Returns

In the past, the prevailing sentiment when discussing socially responsible investing was that you probably had to give up hope of generating top returns when investing based on your values or in companies behaving appropriately or in those trying to improve our society. But that view has changed.

"We begin with the notion that you shouldn't have to give up risk-adjusted returns to implement a portfolio that reflects your views in a particular area," says Laird Norton's Perrina.

Reports are showing that many SRI and ESG investment funds are competitive with their indexes or with other funds in the same asset class, and the results of traditional investment managers from a performance standpoint, says US SIF's Voorhes, citing more than nine substantial studies and reviews included on the association's website.

"Ten years ago, I would have said you might sacrifice returns or, at a minimum, diversification, because if you weed out certain industries from the Russell 1000, let's say, and you are left with only 200 companies, you are less diversified or are



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taking on a lot more risk," says Ken Hart, chief executive of Cornerstone Advisors Inc. in Bellevue, Washington. But now, he says, those using ESG screening are building portfolios based on great companies from the ground up, and not simply by weeding out or excluding bad actors.

Are Millennials Leading the Trend?

Some industry watchers say millennials are driving the increase in SRI. For example, 87 percent of millennials say they want businesses to focus more on people, products and purpose, and not only on profits, according to Deloitte Touche Tohmatsu Limited's fifth-annual Millennial Survey. And wealth-management managers say many of their new, younger clients are asking about socially responsible investing.

But not all agree that millennials alone are driving the change. "What we see pretty much runs the gamut," says Kieran Osborne, senior portfolio manager at Mission Wealth, a wealth-management firm headquartered in Santa Barbara.

Previously, SRI was the realm of institutional investors with their own research teams, Osborne says. But new tools, along with the work of other research companies, allow firms such as Osborne's to use sophisticated screening techniques, as well.

Additionally, companies that offered SRI vehicles previously might charge hefty fees upward of 1.5 percent. Today, however, Osborne says investors can put their money into ETFs and low-cost mutual fund options that are much more affordable.

"There was a lack of low-cost providers and a lack of breadth of products," says Peter Fisher, chief executive and founder of Human Investing, a Portland, Oregon, wealth-management and retirement-plan consulting firm, citing one of the major reasons SRI failed to take off until recently.

There's been a long-held belief that SRI is only for billionaires or only the super affluent can afford to invest this way, says Cornerstone's Hart.

More SRI Mutual Funds, ESG Screens

Investment firms are taking note of consumer interest in socially responsible investing and are rushing to add services and investment vehicles to accommodate the new investment philosophies. More than 480 registered investment companies—including mutual funds, variable annuity funds, exchange-traded funds (ETFs) and closed-end funds—now account for \$1.94 trillion in ESG assets. This segment of the investment market has more than tripled since 2012.

The number of mutual funds using ESG screens or SRI in one form or another had ballooned to more than 415 by 2014, according to the US SIF report. Yet, it's important to note that Morningstar reports that funds with explicit sustainable or responsible investment mandates make up only about 2 percent of the fund universe.

One of the difficulties of providing these services is how to offer products that closely match an individual's view and definition of sustainable or socially responsible, since many differ on what is most important to them, Hart says.

"The big question becomes, how can we operationalize services and build portfolios when everyone is so unique," he says. "We serve 500 families, and we really can't build 500 ESG portfolios from scratch. That's the challenge of the industry: How do we put this into practice and give all our clients our best investment thinking every day?"

Impact Investing

While SRI and using ESG screens are becoming mainstream, a small few like i(x) investments are pioneering the next wave, which is called impact investing.

Trevor Neilson, a Seattleite formerly with the Bill & Melinda Gates Foundation, co-founded i(x), a permanently capitalized operating company, with



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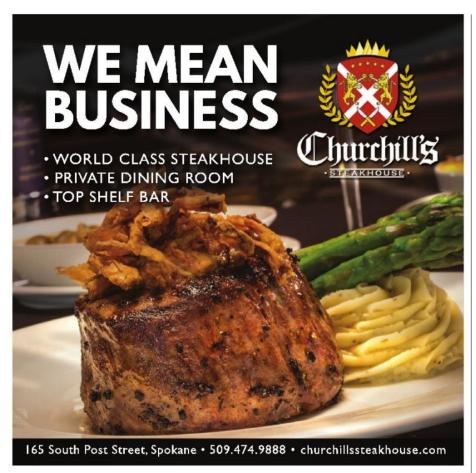
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Howard Warren Buffett. They are raising large amounts of money from institutional investors, money that they plan to invest in a number of areas.

"We want to tackle the world's biggest problems using the world of finance," says Neilson, chief executive officer. "It's just not enough to only be 'less bad,' but it is essential to be 'actively good.'"

I(x) is basically a holding company that owns independently operated companies and holds ownership stakes in others. "Our investment strategy is to focus on areas of human need," Neilson says. "We'll begin with a focus on renewable energy, and very soon we'll be making an announcement of an investment of hundreds of millions of dollars."

The firm will follow that investment with others in commercial real estate, water and education, as well as creating a women's-empowerment platform, he says. "Our goal is to have 12 platforms set up in the next 18 months, and eventually create a place where investors can invest and know that all of their (money) has a social impact.

"I believe impact investing is the future of investing, and a trend many will follow," Neilson says.

Osborne of Mission Wealth notes: "SRI is no longer a niche. It's become more mainstream, and an aspect that all investors should take into account."

M. Sharon Baker is a Seattle-area writer.

Puzzle on page 206.

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Marvelous food, museums and shopping distinguish Taipei

By Ilima Loomis

It's a crowded Friday night at Pin Xian, and for our first night in Taipei, we've decided to try this casual "quick fry" restaurant, one of the most popular in the city, just a few blocks from our hotel in the upscale Da'An district. ■ Filling our bowls from a rice cooker the size of a small bathtub, we point out our order on the restaurant's picture menu. Within minutes, the first dish comes out, still sizzling: deep-fried oysters with black pepper, heaped atop fried bunches of Thai basil. As I pop a barely cooled oyster into my mouth and bite down with a

satisfying release of hot oil and juices, I know we've come to the right place. A parade of plates later, the bill arrives. We combine our Taiwanese dollars on the table and push back our stools with a nod of thanks. As we step out into the warm September night, my friend does the math: Our entire meal—including the oysters; deep-fried softshell crab; chilled, gingery

duck breast; savory roasted pork; noodles; garlicky stir-fried greens; and a whole steamed fish; plus the four one-liter bottles of cold Taiwan Beer we had-came to less than \$50 USD, for the four of us.

With roots in Chinese culture, language and cuisine, Taipei has the economical prices and easygoing, tropical vibe of Southeast Asia, while its efficient transportation system and overall orderliness reflect the 50 years it spent under Japanese rule. It's Shanghai without the chaos. It's a more relaxed Tokyo. Put together everything you love about Asia's greatest cities, take away what you don't, and that's Taipei.

But Taipei—and Taiwan in general is still largely undiscovered by travelers. "It's far less visited than other Asian cities," says David Borer, an American expat who spent more than a year traveling across Asia before deciding to settle in Taipei, where he now teaches business English to residents of the city. "You don't see many Western foreigners."

Not many Western leisure travelers, that is; the island's \$523 billion economy is strong and, led by semiconductor

manufacturing, is the fifth-largest in Asia. That makes Taipei a business travel destination. Taiwan is also noted for entrepreneurship, represented by the infinity of food stalls and small shops that we see everywhere.

The city's business prowess reached a pinnacle, literally, in 2004 when the 101-story Taipei 101 became the world's tallest building at 1,671 feet. It's since been supplanted by Dubai's Burj Khalifa, but Taipei 101 remains a stalwart expression of the island's thriving economy. Its outdoor observation deck, at the 91st level (1,285 feet), is second highest on

South China Sea



Set on a hillside overlooking the city, the National Palace Museum holds a vast collection of Chinese art and antiquities.

Earth, and provides 360-degree views of the metro area and the green hills and more distant mountains sur-

rounding it.

Taipei

TAIWAN

Its distinctive shape melds modern styling with that of another iconic aspect of Taipei, the city's myriad temples. Taiwan holds more than 5,000 such over all, Buddhist, Taoist and Confucian. They include gaily decorated altars, screens, statuary and

other artifacts; visitors can simply admire the splendor, or acquire some paper "spirit money" (joss paper) to burn in special furnaces just outside the temples. Joss paper may even include gold foil, or in more modern versions, representations of credit cards—perfectly reflecting the Taiwanese business bustle.

Located at the northern tip of the island of Taiwan, Taipei is nestled in a low-lying basin, surrounded by the foothills of a volcanic mountain range, and bordered by the Xindian and Tamsui rivers to the south and



What's to Eat

Hot, soft and savory, the oyster omelet is a Taipei street food staple that was once voted Taiwan's favorite snack. Tapioca or potato starch is added to the egg pancake, giving it a slightly chewier, glutinous texture. Add a generous helping of tender oysters and top with spring onions and a spicy ketchupbased sauce, and you have the makings of a satisfying late-night bite.

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west. The official capital of Taiwan province under Chinese rule, Taipei was taken over by Japan when the island became a Japanese colony at the end of the Sino-Japanese War in 1895. The island was regained by China at the end of World War II, then in turn taken over by the Nationalist Chinese forces of Chiang Kai-shek in 1949, with Taipei remaining the capital of the newly independent island. Today the city proper is home to around 2.6 million people, the metro area almost 7 million.

"It's relatively clean, pretty quiet, very safe—and it's affordable," Borer says. Taipei's low cost makes it a popular destination for Japanese tourists, who, in addition to picking up knickknacks and tchotchkes for relative pennies in the city's many street The Taiwanese tea ceremony is a multifaceted appreciation of the island's fine teas. The appeal of colorful stalls and a wide variety of culinary treats draws throngs each evening to the city's many night markets.

markets, can be found enjoying upscale malls in search of designer clothing at a fraction of Tokyo prices.

Drawn by the idea of such internationally popular shopping, we venture out of our hotel on Saturday and head next door to the Taipei Metro mall. We browse through several outlets for name-brand designer clothes (mostly too small for our tall Western bodies) before finding our-





WHEN YOU GO

Taipei has a **subtropical climate**, so summers tend to be hot and uncomfortably humid, while winters can get chilly. For a comfortable time exploring this very walkable city, spring or fall are best. For visitor information go to travel.taipei/en.

Stay

We loved our time at the five-star Shangri-La's Far Eastern Plaza Hotel, which has luxurious accommodations and breathtaking views of the city and Taipei 101 skyscraper at fairly reasonable prices for such a deluxe property; shangri-la.com/taipei.

For a midrange option, the Landis Taipei Hotel offers elegant rooms in a classic Art Deco building just a 5-minute walk from the local transit station; taipei.landishotelsresorts.com.

Eat

To sample Taipei's famous street food without making the trek to Keelung, check out **Shilin Night**

Market, the largest in Taipei, for fried chicken skewers, grilled sausages, and the famous oyster omelet. Bring plenty of local currency.

For authentic dim sum cuisine (above right) in a more relaxed setting than a traditional dim sum restaurant, try **Shi Li An** for steamed buns, savory meat dumplings and spicy sour soup.

For a fancy night out with a spectacular view, **Yen Chinese Restaurant** offers sublime Cantonese "new Chinese cuisine" on the 31st floor of the chic W Hotel; wtaipei.com/yen.



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Taipei

selves in a traditional tea shop.

Taiwan's mild climate and cool mountain hillsides make it ideal for growing tea, and connoisseurs consider Taiwanese teas among the finest in the world; almost 20 percent of world production of Oolong is here.

As we sit down at the low counter for a tasting, the shopkeeper smiles and begins warming the pot, decanter and cups, filling them with hot water as she measures the tea and holds it out for us to smell. After adding the leaves to the pot and giving them a quick rinse with hot water, she fills the pot again and covers it, pouring more hot water over the top to keep it warm. A subtle, earthy perfume fills the air.

Less formal and solemn than the ritualized tea service of Japan, Taiwan's tea ceremony is nevertheless a precise affair. After a minute of brewing, our hostess carefully empties the teapot into a small decanter, which she uses to fill our dainty cups. Like a multicourse meal that progresses from light salads to heavy roasts, we begin with a delicate green tea. I admire the color and fragrance, then take a few sips, savoring its comforting, grassy notes.

After sampling a variety of black teas and some of Taiwan's famous smoky Oolongs, we watch our hostess measure out a serving of blackened gravel that looks suspiciously like the pumice stones in my grandma's potted plants. Holding it out for us to inspect, she explains it's an aged *pu-erh* tea that has undergone a lengthy process of fermenting and drying to develop a rich, complex flavor.

After brewing the tea and reheating our cups, she decants and pours. We sniff politely, then sip. The warm liquid has a rich, dark, smoky flavor more reminiscent of a fine Scotch than the watery stuff that passes for tea at home. We exchange glances with each other—Are you tasting what I'm tasting?—then take another sip, and savor it for a moment in silent contemplation. Finally,



Ornate, vividly colored decoration typifies Taipei's many temples, whether Buddhist (left, Longshan Temple) or Taoist (below, Bao An Gong Temple).



my companion asks the age of the tea.

Our hostess struggles to say the number in English, and we don't understand. "Sixteen?" I ask helpfully. Smiling, she shakes her head, then writes something down on a slip of paper and passes it across the counter: 1968.

Taiwan's teas may rightly be world famous, but Taipei itself is first and foremost a food city. While there are plenty of fine dining options and restaurants representing every variety of international cuisine, locals favor food that's hot, fast, casual and fresh. Beyond the unpretentious quick-fry restaurants like Pin Xian, and cook-it-yourself hot pot dining, where customers simmer their own meats and vegetables tableside, street food reigns.

"There's food everywhere," Borer says.

"It's definitely a world-class food scene."

Bats zigzag crazily through the twilight as we meet Borer at our hotel and pile into a taxi. He's taking us to Keelung Miaokou Night Market, one of the most famous outdoor dining bazaars. Located in the neighboring port of Keelung, about 35 minutes by bus from downtown Taipei, Keelung Night Market is especially known for its seafood.

Winding our way shoulder to shoulder among fellow diners under the warm, golden light of Chinese lanterns, we snack on spicy "one bite" sausages and wasabiflavored takoyaki (Japanese-style octopus balls), and stop to share an egg and oyster omelet, a specialty of the region. Ducking into a side-street restaurant, we sit down for a dinner of steamed garlic crab; smooth, savory sea urchin; brothy fish soup; and stir-fried vegetables, all accompanied by more Taiwan Beer.

ON OUR LAST MORNING we wake late and make a light breakfast of pastries at a nearby 7-Eleven. (The convenience stores, packed with favorite Taiwanese snacks and drinks, are ubiquitous, with more than 5,000 locations in a country not much larger than the state of Maryland.) Then we head uphill out of the city's center to visit the National Palace Museum.

One visit provides barely enough time to scratch the surface of this collection of nearly 700,000 ancient and imperial Chinese artifacts and works of art, so after making a quick pass through an exhibit of vases and ceramics, we immerse ourselves in the museum's collection of "precious crafts," delicate curios and treasures that

display not only the Imperial mainland aristocracy's taste for elegance and finery but the astonishing skill of imperial China's master craftsmen. From dainty teapots inlaid with enamel butterflies, to ornately jeweled ladies' hairpins, to an intricately carved tiny olive pit, depicting fishermen resting in the shade of a pine tree, we marvel at the items' seemingly impossible delicacy, and imagine what it was like to be the sort of person who not only commissioned such objects of finery, but actually wore such a thing in her hair.

On our way to the airport, we stop for a quick dim sum lunch at Shi Li An. The petite buns look as soft as clouds in the bamboo steamer basket, but as I lift one in my chopsticks it sags heavily. I bite down, and my mouth fills with a silky pork broth. It's the perfect last meal, I reflect. Unassuming, tidy, and full of flavor, this is Taipei in a single bite.

Writer Ilima Loomis is based in Hawai'i.



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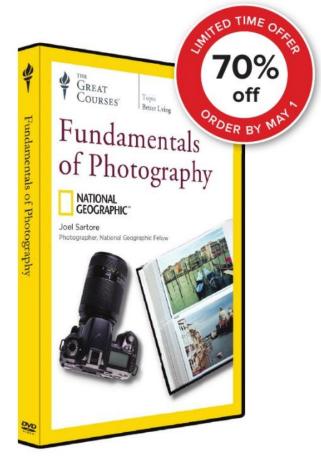
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A New M for BMW

By Bengt Halvorson

Nearly every strong, respected automotive brand has at least one important model that was a real turning point—a vehicle that forever changed how we see that brand. ■ For BMW, that car was, without question, a model called the 2002, introduced in the early 1970s, and its successor, the 3-Series, a model that went on to become not just a status symbol for a generation of baby boomers, but a

template for a generation of rival sport sedans and sporty coupes.

The original BMW 2002 was simple and unpretentious, built mostly from components already in use in BMW's sedans. Yet it brought a completely different, Germanengineering approach to the driving experience that really won over American drivers. Its capable handling, a firm yet compliant suspension, and a strong, efficient powertrain introduced a formula that, in the mind of some BMW fans, was perfected in 1980s and '90s M3 models.

But by the 2000s, enthusiasts griped that some of the brand's core models had become more muddled in their design and driving attributes—and that some of those specially tuned go-fast "M cars," such as the M3 and M5, were becoming victims of overengineering in an era of multimode electronics. The recent-generation M5, for instance, offered a mind-boggling 279 different combinations of settings for the engine, transmission, suspension and stability systems. Meanwhile, the 5,300-pound, 567-horsepower X5 M is fast by the stopwatch or by top speeds, but not exactly a communicative driver's car.

At long last, BMW is looking fondly back to the model 2002 with the creation of a new M car, the M2, a homecoming of sorts that gets back in touch with the lighter, leaner, simpler approach to creating a driver's car. The M2 sheds that dizzying array of performance settings and more remote driving experience. Instead, it's aimed at getting the most enjoyment out of weekend track days and afternoon

jaunts up mountain roads.

The profile and size are just right for this performance model, built on the underpinnings of BMW's compact 2-Series coupe, but with a stocker stance, flared wheel arches, and a racier, broadened-andsharpened look to the front-end air dam.

What's under the hood of the new M2 is nothing groundbreaking, yet it's all gear that's been proved in some of those more expensive, more complex BMW machines. There's a version of BMW's familiar 3.0-liter in-line turbocharged six-cylinder engine—albeit one that's been pretty heavily modified, both for more power and for reliable performance in harsh racetrack conditions and high-speed driving.

To address those needs, this engine gets a redesigned oil system and modified sump to make sure oil gets to all the essential parts of the engine even in high-G cornering. There's also an extra radiator for the engine, and some versions have an extra oil cooler for the transmission oil; and it inherits some heavy-duty pieces from the M3 and M4, which use a similar engine.

In the M2, the 3.0-liter makes 365 horsepower, while it produces its peak 343 pound-feet at as low as 1,400 rpm. There's even a turbo overboost function that can crank that number up to 369 pound-feet for brief bursts of power.

The M2 I drove recently on California's Mazda Raceway Laguna Seca was paired to the special (optional) M Double Clutch Transmission (M DCT), a unit that employs two small manual gearboxes, working together with computer-controlled clutches to shift in fractions of a second.

The transmission is faster than you could shift a manual gearbox yet has less mechanical loss than a conventional automatic. As such, the M2 is fastest with the M DCT; it can reach 60 mph in just 4.2 seconds with the M DCT, while the manual officially takes 4.4 seconds.

Out on the track, the point was proved, as the M₂ shifted incredibly quickly yet in a way that didn't disturb the car's compo-



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Puzzle on page 204. Difficulty: Easy

4	1	9	8	2	7	5	6	3
2	5	7	3	6	4	1	8	9
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Difficulty: Medium

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AUTOS

sure—another essential for high-speed track use.

If you prefer the standard six-speed manual gearbox, it includes an electronic rev-matching system that should help the driver in high-performance situations and be less disruptive to passengers the rest of the time.

Whichever way you go, the engine sounds great while getting a workout, though the crackles and pops from the exhaust may be just a little too boy-racer for most buyers. While BMW's lost some of the sonorous qualities of its straight-six engines since they've been turbocharged, this version actually supplements what's coming from the engine bay into the cabin with a soundtrack playing through the entertainment-system speakers. Yes, it's cheating, but it's convincing.

That said, the M2 goes down the road—or the track—beautifully, with the kind of honest directness, precision and control found in few other new cars, even those costing several times as much. BMW has nailed the feel and the weighting of the electric power steering system, which is confidence-inspiring yet not too busy.

Suspension components are made of aluminum, which saves on the amount of weight that moves up and down with the wheels, while the front-end structure underneath gets a stiffening plate to help with handling precision. And the wheels meet the road through special 19-inch, Z-rated Michelin Pilot Super Sport performance tires that are wider in back than in front to help with handling balance.

Stopping-power is something you especially put to the test out on the track, as it's used not only for hauling speed down for the next corner but also by the M2's electronic systems to help nudge you into the proper line as you're cornering and scrambling for traction. Here, the brakes are big gray cast iron vented discs; at a 15-inch diameter for the front and 14.5 inches in back, they mean business. And out on Laguna Seca, they



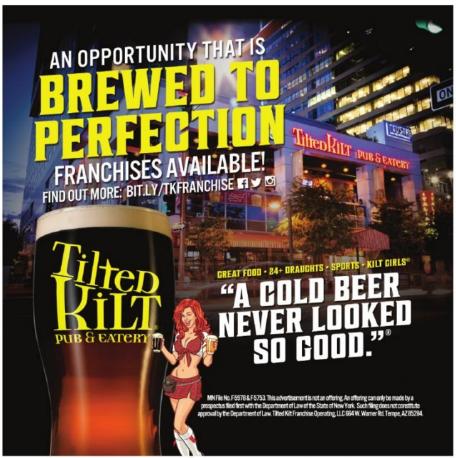
performed without fail, showing no sign of fade or pulsation after going out for several series of laps.

You'll find only two performance modes: Sport and Sport Plus. Those modes control the behavior of the engine, transmission and stability control. There's also an M Dynamic Mode that allows some controlled sliding, even drifting.

On the track, we were invited to use Sport Plus mode, and after finding the proper racing lines through Laguna Seca's challenging turns—like the infamous Corkscrew—I edged my speed up progressively, finding an impressive amount of stability and grip out of corners even when I thought I was being overexuberant. The M2 has an added level of stability and confidence out of corners thanks in part to its Active M Differential, which manages power left-to-right through the rear wheels.

BACK ON THE EVERYDAY ROADS of the Monterey Peninsula, the M2 felt inspiring yet not completely in its element. This is most definitely not a car that aims to please all of the time and in all types of driving. While other BMW M cars offer sophisticated adaptive suspension systems, the M2's simple, performance-oriented suspension tune leaves lots of room open for road imperfections to jostle you on choppy surfaces. And from inside, you'll notice a near-constant thrum of the tires over the road, especially when the surface is coarse.

BMW might be known as a luxury brand, but the interior of the M2 tends more toward minimalism. You get some









Dr. Namdarian is a member of the Frontier Institute (formerly California Center for Advanced Dental Studies) where he now serves as clinical instructor to Dentists attending their cosmetic courses. Dr. Namdarian achieved post-graduate certification from UCLA Dental School and is a member of numerous professional organizations including The Fresno Madera Dental Society, as well as:









Dr. Namdarian is also designated as an Elite Provider of Invisalign* invisible braces, successfully treating more than 300 patients and continues to stay abreast of new developments in Invisalign* technology.

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AUTOS

very nice, supportive sport seats in front that will hold you in place in tight corners, yet also give you the back support needed for a longer drive, but the M2 doesn't show off with fancy trim surfaces. Nonetheless, its feature list includes all sorts of modern conveniences, ranging from a navigation system, adaptive cruise control and heated seats to a suite of active-safety systems, such as a pedestrian-warning system with automatic braking. This isn't like most BMW models, with their seemingly unlimited array of options; only a few added comfort and convenience items, such as a heated steering wheel, are available.

Pricewise, the M2 makes a lot of sense. At \$52,695 (or \$2,900 extra with the M DCT transmission), it weighs in as a true driver's car—one that has just enough comfort for most commutes, yet a car that you can take right to the track on the weekends. The car feels genuinely back in touch with BMW's roots. While it won't be a mass-market sales success, it represents an exciting option for those who've already driven a Mazda MX-5 Miata, Subaru BRZ or similar car for track time and are looking for a step up—or for those who have more expensive cars and want a weekend track toy.

And even if you don't plan to head out for track time, the M2 stands as a pretty rewarding driver's car on public roads provided you're OK with a few sacrifices.

Hopefully, the M2 is not a one-off exception for BMW, but a signal that the automaker is returning to form. Here's a back-to-basics car in all the right ways—one that connects BMW's wondrous past with some of the modern technology the company developed for its other modern M cars.

Like all the best performance cars, the M2 is not for everyone, day in and day out, but it's bound to remind you how much fun driving can be.

Bengt Halvorson is an independent automotive journalist writing from Portland.

Flyer guide

Your overview of the Alaska experience.

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ALASKAN

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Burnt R; 1:40



Trumbo R; 2:04



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Descendants G; 1:52

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Joy PG-13; 2:04



In the Heart of the Sea PG-13; 2:02



Point Break PG-13; 1:54



Star Wars: The Force Awakens PG-13; 2:16

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Where we fly

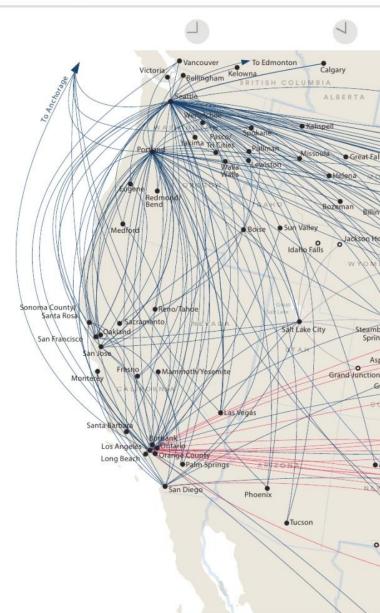
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San Jose-San Diego	June 8, 2016
San Jose-Orange County	June 8, 2016
Anchorage-Spokane*	June 11, 2016
*Seasonal service thr	ough August 27, 2016



LEGEND

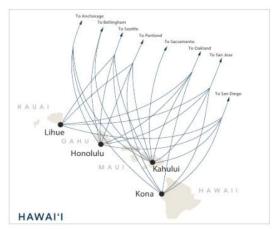
_ Alaska

Partner Codeshare Routes

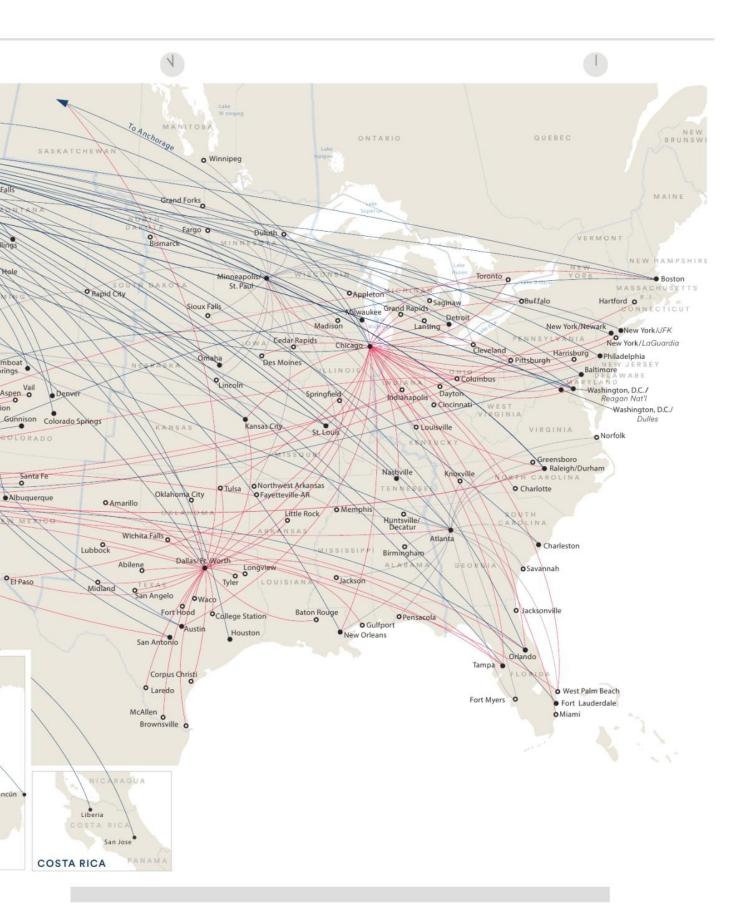
- American Airlines
- Delta Air Lines

Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.







Where we fly



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† Dutch Harbor– Anchorage service operated by PenAir.

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B737-800

Seats: 16 First class / 147 Main cabin

B737-700

Seats: 12 First class/ 112 Main cabin

B737-400

Seats: 12 First class/ 132 Main cabin

B737-400C

Seats: 72 Main cabin

B737-400F

All cargo

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Embraer 175 Operated by SkyWest Airlines Seats: 12 First class/ 64 Main cabin

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- El editorial mensual del director ejecutivo quese encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

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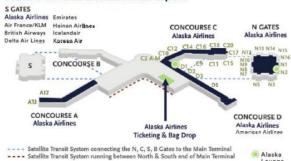
Airport terminal maps

A quick guide to help you make easier connections.

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TERMINALA



SAN

San Diego International Airport

Customs and immigration

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building. Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional.

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?
All travelers

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"

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros

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"

TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas inmediatamente al entrar al edificio de la Terminal Internacional.



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?
All travelers

Helpful tips

- One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use

FMM

Who must complete this form?
All travelers except citizens of Mexico

FEM FOR MEXICAN NATIONALS

Who must complete this form?
Citizens of Mexico

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and Puerto Vallarta, **Jalisco**GRO Ixtapa and Zihuatanejo.

Guerrero

BCS Loreto, La Paz, Los Cabos,
and San Jose,
Baia California Sur

COL Manzanillo, Colima

SIN Mazatlán, **Sinaloa** D.F. Mexico City,

Distrito Federal

NAY Nuevo Vallarta, Bucerias
and north, Nayarit

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6—No es necesario declarar sus medicamentos de uso personal

FMM

¿Quién debe completar esta forma? Todos los viajeros, excepto los ciudadanos de México

FEM PARA MEXICANOS

¿Quién debe completar esta forma? Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- Complete una forma por persona.
 No olvide firmarla.
- · Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usara como identificación.





FMM



EEM

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rules and
regulations to
assure your safety
and comfort.

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- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

 Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

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• Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.

DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used.
 Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players,
 Inflight Entertainment Tablets, etc.

PETS

 Pets must remain in carrier for entire flight.
 Carrier must be stowed for taxi, takeoff and landing.

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant.
 No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

OTHER PROHIBITED ITEMS

 Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal airpurifying devices.

USING YOUR DEVICES

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

Allowed on the ground and in the air

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

Not allowed during flight

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



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HYDRO AT THE HEART OF THE NORTHWEST'S BOUNTY



The Northwest produces a dazzling array of crops—from wheat to beef cattle, from wine grapes to salmon—under the nation's cleanest skies. Increasingly, the region is attracting food-conscious travelers who want to explore the farms, vineyards and ranches where Northwest cuisine begins.

Yet few visitors recognize the true source of this agricultural bounty, flowing in the background: **The Columbia and Snake River System**, which provides crucial irrigation and so many other benefits to the farmers, families and businesses of the Northwest. The landscape would look much different, and far less bountiful, without the irrigation and carbon-free renewable energy provided by Northwest rivers and dams.

The Columbia River—and its largest tributary, the Snake—have shaped the Northwest for millennia. From its headwaters in the Canadian Rockies, the Columbia flows south into Washington State, draining an area the size of France. From Wyoming, the Snake travels more than 1,000 miles to southern Washington, where it joins the Columbia and continues west to the Pacific Ocean.

Yet the rivers on their own weren't enough to make the land hospitable.

New settlers arriving in the mid-1800s needed help to transform arid and semi-arid land into productive farms that could support families and bring economic stability. They needed irrigated water, and irrigation required dams. In 1902, Congress passed the **Reclamation Act**, which committed the federal government to construct and maintain dams, reservoirs and canals to irrigate land in 16 Western states, including **Washington**, **Idaho**, **Oregon and Montana**. It was the vision of Congress and President Theodore Roosevelt to see "the desert bloom"—and to provide electricity to heat and light the Northwest's most rural communities.



Dam operations have changed dramatically, to help speed young salmon to the ocean and make their journey through the dams safer.

In the 1930s, construction began on the largest of the dams, the massive **Grand Coulee** in northern Washington—which at 550 feet tall and nearly a mile wide has been called the "Eighth Wonder of the World." Today it remains one of the world's largest man-made structures.

Water pumped from Grand Coulee began reaching Columbia Basin lands in 1948 and today irrigates about 670,000 acres. In all, federal agencies have built 31 major dams on the Columbia and its tributaries. Water stored behind many of these dams provides vital irrigation for farmers throughout the Northwest, who raise a wide assortment of crops: wheat, barley, potatoes, corn, peas, lentils, alfalfa, mint, apples, cherries, wine grapes and more.

The dams are also the Northwest's single biggest energy source—far bigger than coal, gas, wind or solar.

> Hydropower from dams generates nearly 60 percent of the region's electricity without any carbon emissions, giving us cleaner skies and a carbon footprint half that of other parts of the country.

And because the water stored behind dams can be released at a moment's notice, hydropower is always available to back up intermittent energy sources that are not as constant, like wind and solar.

Beyond irrigation and low-cost renewable energy, the dams on the Columbia and Snake rivers include a world-class series of locks. The locks create an inland "river highway" for the barging of goods and products, which connects Northwest farmers to the world. Dams also provide flood control that protects towns and cities, and reservoirs for boating, fishing and other recreational pursuits.

This bounty, however, has come with costs. Most federal dams were built with fish ladders that allow the Northwest's iconic salmon to pass. But the construction of Grand Coulee and other large dams blocked river passage for some. Dam operations also can harm salmon, as well as the Native American



Northwest dams produce no CO2 and river barging keeps 700,000 trucks off the road each year.



tribes and others who revere and rely on the fish. And yet, the region has made tremendous progress at better protecting the salmon, while also protecting the hydropower system that **provides 90 percent of our renewable energy.**

Today, the Northwest is home to the nation's largest salmon restoration program, with nearly \$16 billion spent so far to mitigate for the dams' impacts on salmon and wildlife. Over the past decade, salmon have made it back to their native Northwest rivers in the **highest numbers** seen since before the dams were built, thanks to these restoration efforts and good ocean conditions.

At Northwest RiverPartners, we welcome all visitors who, like the salmon, keep coming back. We hope you enjoy our region's bounty and beauty—and the rivers and dams that make it possible. For the multiple benefits of the Snake and Columbia River Systems, visit CleanHydro.com.



Terry Flores is executive director of Northwest RiverPartners, an alliance of river users that includes farmers, port managers, businesses and utilities that rely on the economic and environmental benefits of the Columbia and Snake rivers.

nwrp.org

Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions are on page 186.**

Difficulty: Easy

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

Difficulty: Medium

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

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23

27

49

55

65

70

87

92

120

125

129

28

33

40

71

103 104

A			

- Durango dwellings
- 6 Nessie's habitat
- Wedding ring
- Pasta sauce
- 19 Cry of defeat
- 20 Water in a rio
- 21 Jai_
- 22 Mountain nymph
- Sheepish drink servers? 23
- 25 Singer McEntire
- 26 Backward: pref.
- Italian family 27
- 28 Summer drink
- Kitten thief? 32 Least polite
- 35 Soak flax
- Follower: suff.
- 37 Fuss
- 40 By means of
- Weather forecast
- 43 Beat a hasty retreat
- Poet Teasdale 45
- 49 Reflect
- 51 Facts
- 52 Triumphs over
- 54 Labor group: abbr.
- 55 Intellect
- Merinos' trucks? 56
- 58 Pere's sister
- 60 Allow to be borrowed
- Train units 61
- 63 Attempt
- 64 Seasoned
- Hospital test: abbr.
- 66 Ohio lake
- 67 Burn remedy
- Dutch flower 70 Actor Erwin
- Forgetful cow's yield? 71
- Chinese dynasty
- 77 Uses the VCR
- Rock covering 79
- 80 Crew
- 81 French atoll
- 82 Calm
- 84 Model T contemporary
- Qualified 86 87 Cruise ship
- 88 Sty stories?
- **Emulated Bond**
- 92 Association: abbr. 93
- _ Gay 95 Gold paint
- 96 Tick off
- 97 Laborer
- Mimic
- 100 Comic Murray
- 101 Soupy's missile
- 102 Author Buntline
- 103 CIA predecessor
- 105 Sea eagle
- 106 Stage whispers 109 Hog and centipede's
- offspring?
- 115 Anger
- Chaplin prop
- 120 Battery terminal

- 121 Assistant
- 122 Emerald City reptile?
- 125 Pasture passage
- 127
- 128 Walking
- 131

DOWN

- 1 Ice unit
- 3
- 4
- 5
- Way to success 6
- Curved moldings
- 9 Fastener
- 10 Large keg
- 12 Collars

- 126 Don luan's mother
- Help a felon
- 129 Mosaic artist
- 130 History
- Watch the birdie
- ___ firma

- 2 Duck genus
- Beat it!

- Mongrel
- Perceptive 11
- Change Observe
- 47
 - 48

13 Anthropologist Fossey

72

121

126

130

- Adam's son 16
- 18
- Bloodhound's trail
- 30 Mr. Heep
- 31 It ___ Me Babe
- 34 Melts
- 37
- 42 Downed dinner
- Put faith (in)
- 46
- Classify
- Amazed
- 50
- 51 John or Bo

- 14 Harbors
- 17 Vetch

- 24
- 33 Second Grimm word
- Meanders
- 39
- 44 Initials on some hulls

- Martin Van 53 Hogan's Heroes locale

100

- 15 Builds

- Consumer advocate

- Supervise
- Primate's dance?
- 43
- Frog's relative?
- Disencumber

- 57 Bohr's bits
- 59 Ring legend

122 123

127

131

25

- 61 Had a bawl
- Troubles 62
- 64 Taking to court
- Dominion
- Walking 67 Spanish article 68
- 69 Russian despot Greek letter 72
- Discharge 73
- 75 Claim
- 76 Required 78 Maven
- Drip, like ketchup 82
- Italian money, once 84 Irritate

85

- Ms. Abzug Spring month: abbr.
- 88 Explode 89 Maturing
- 90 Role for Mae Dirk, of yore

94 Cape Canaveral acronym

96 Pillow fill

116

124

132

- 98 Noggin
- 100 Draft
- 101 Blackbeard, e.g. 104 Snob's look
- 105 Church official
- Small and large 107 108 Scottish treat
- 109 Woody fiber 110 Con
- 111 Spring 112 Brad
- Flintstone pet 113
- 114 Smack At a distance 117
- 118 Cafe
- 119 Poet Pound 123 Kwa language 124 Seurat trademark

Solution on page 174 **PennyPress** Puzzles © 2016 Penny Press, Inc

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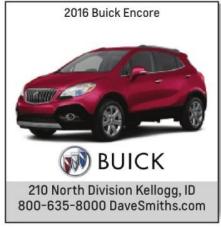




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