

Alaska BEYOND»

JUNE 2019



LEGENDARY SERVICE

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SEE P. 56



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**PROPERTY
FEATURES**

**PROPERTY
INFORMATION**

INTERIOR:

- Bar
- Breakfast Nook
- Ceil Vaulted
- Ceiling Fan
- Closet Organizer
- Dining Area
- Dining-Living L-Shaped
- Eating Space
- Flrs/Tile
- Flrs/W-W Carpet
- Flrs/Wood
- French Doors

EXTERIOR:

- Balcony/Deck
- Gazebo
- Greenhouse
- Guest -Accommodations
- Moorage
- Water Feature
- Patio
- Porch
- Private Prop
- Storage Shed
- Workshop

Year Built:

2008

Lot Size:

120 Acres

Area:

Desolation Sound

Main House:

3660 Sq.Ft.
3 Bedroom, 4 Bathroom.

Guest House:

3,287 Sq.Ft.

**Caretakers
Lodge:**

1421 Sq.Ft.

**Workshop/
Staff Lodge:**

2948 Sq.Ft.

Greenhouse:

212 Sq.Ft.

Art Studio:

288 Sq.Ft.

Garage:

644 Sq.Ft.

Boathouse:

1006 Sq.Ft.

Parking:

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Carport, Double, Driveway, Garage
Single, Garage Double, Garage Triple, RV

Moorage:

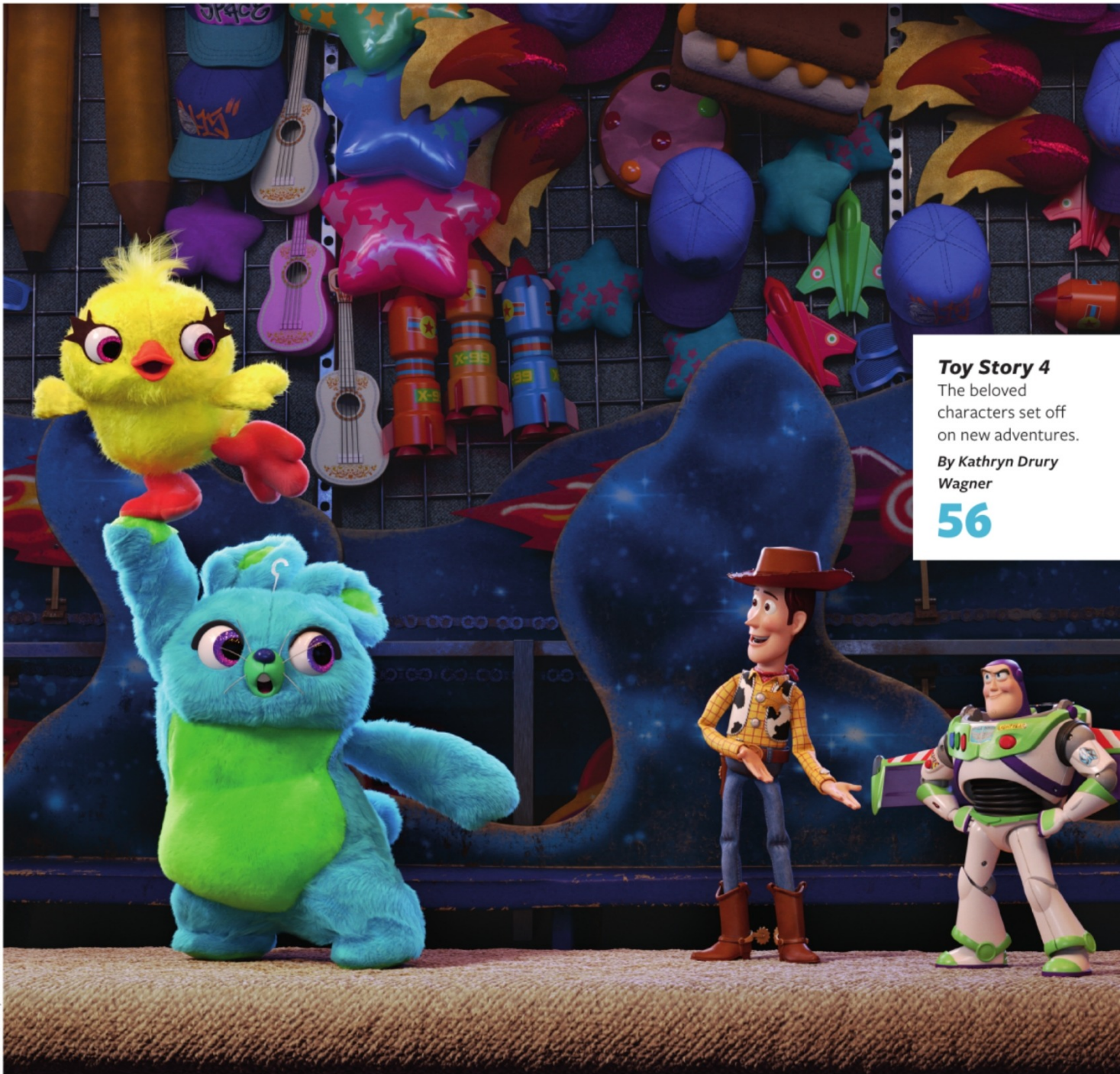
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INSIDE»



Toy Story 4

The beloved characters set off on new adventures.

By Kathryn Drury Wagner

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JUNE 2019

150 Grand Boulevard

Discover art, food and architecture along Madrid's acclaimed Paseo del Prado.

By Jeff Koehler

182 Here & Now: Alaska

A family fish-harvesting tradition helped inspire the Salmon Sisters apparel and seafood company.

By Emma Laukitis



Palm Haven - Florida

Meet Vacasa, the one-stop shop for all your vacation rental needs.

Demand for alternative lodging is at an all time high, with one in three travelers choosing vacation rentals over traditional hotels. This consumer trend has set the once-sleepy vacation rental industry on a trajectory to be worth \$194 billion by 2021. Shaping the future of this rapidly changing industry is Vacasa, a next-gen hospitality company that's emerging as a leader for all things vacation rental.

Local Teams, Global Network

Caring for over 13,000 properties around the world, Vacasa is North America's largest manager of vacation properties. The company utilizes sophisticated marketing techniques to maximize bookings while their pricing algorithm adjusts rates in real time so that homeowners never leave money on the table. The company's technology is complemented by personal service from exceptional local hospitality professionals who care for guests and vacation homeowners in every Vacasa market.

End-To-End Management

Vacasa's local teams handle permitting, tax registration and other details, with comprehensive property management services covering everything from bookings and home care to 24/7 guest service.

"I've owned vacation rental property in Ft. Lauderdale for years. I've rented and managed on my own and I've hired companies to lease and manage the properties for me. Either way, I've experienced problems and have felt helpless when the littlest thing occurred," said Price Carter, owner of Palm Haven in Wilton Manors, Florida.

"Since I hired Vacasa, they are always one step ahead of the smallest problem. From repairing a leaky toilet to servicing a noisy A/C unit, they inspect everything on a weekly basis. Now I feel on top of issues before they become a disruption for guests."

In addition to their impressive local teams, Vacasa has a central office staffed with professionals specializing in everything from interior design, marketing, data analytics and operations.

Connecting Buyers and Sellers

In 2018, Vacasa launched Vacasa Real Estate to connect vacation home buyers and sellers with local agents. With access to rental performance data, a steady stream of buyer leads, and the largest inventory of vacation homes in the country, Vacasa is uniquely positioned to streamline the process of buying and selling investment properties—and to simplify the experience of renting them out.

Online booking technology has made vacation rentals an increasingly popular alternative to hotels. With guest demand growing rapidly, Vacasa's one-stop shop model enables more people than ever to effortlessly enjoy the rewards of owning a vacation home.

See how Vacasa can help with all your vacation rental needs: vacasa.com/beyond or 888.403.8755.





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Captain Mike Baumgartner is one of Alaska Airlines' recently recognized Customer Service Legends.
Photo by Susan Ewbank

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“My Best 10 gives you that intrinsic motivation, and it also teaches you the confidence to just be yourself.”



Photos: Ariene Chambers



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10 WEEKS TO YOUR BEST YOU!

After completing the My Best 10 program two years ago, I felt as if I'd jump-started my body's engine with a complete overhaul and new fuel. The program came at a point in my life where I was ready for a restart. My mother had passed away, my kids were growing and leaving home, and I felt I could finally focus on my own needs.

CREATING SUSTAINABLE SUCCESS

I was determined that the program fit into my life, rather than changing my life to accommodate the program. I wanted a program that I could realistically follow after the 10 weeks were over, not just get results and then slide backwards. And that was a huge part of my success. I was able to take what I learned during the program and apply it in a way that's sustainable for me.

TIME FOR ME

As a woman, when you've got a family at home, you're always thinking about the house and the family – what's for dinner, is the laundry done, is there petrol in the car – the list just goes on. I'd start my session with PRO Personal Trainer Maurice Agol and I would just go, not thinking about anything else but only what he put in front of me. My session flew by and I'd be exhausted. Personal training is the one thing I continued after the program was over. I recommend hiring a trainer as a way of giving something back to yourself. Maurice is just brilliant. Best trainer I've ever had.

Everything in health is a tradeoff, but with My Best 10, I never felt restricted or deprived of anything. It was all very educational. My PRO Registered Dietitian Lynne Williams showed me how to still enjoy food and wine by making smarter choices and being good to myself. If you really embrace the My Best 10 program, you'll get back what you give.

I think every woman, at least once in her lifetime, should do something that's just for herself, whether it's painting a picture, going on a holiday, or taking a day off when she doesn't do anything else. It can be something small, but it has to be something that you just do for yourself. My Best 10 taught me the value of that.

STAYING MOTIVATED

What keeps me motivated is the thought that I want to manage how I age. I want to grow old, but I don't want to be old. When I did My Best 10, I had high cholesterol, high blood pressure, and high blood sugar levels. I had always been slim but then, all of a sudden, I was overweight. I know that some of these changes were a result of going through menopause. However, I didn't want that to be an excuse as to why these conditions remained. I want to stay healthy as I get older, and enjoy being active with my grandkids one day.

Whereas some people need extrinsic recognition and accountability, I gained the intrinsic motivation to want to be healthy while going through the program. I learned how to put myself first. My Best 10 helped me reduce stress, make better nutritional choices, and gain new skills at dealing with life. This year, I'm going back to school and starting a new career path at the age of 52. I'm looking forward to a new phase in my life. And I'm looking forward to maintaining my health, if not getting better.

That's what MB10 does for you. It gives you that intrinsic motivation, and it also teaches you the confidence to just be yourself. It meets you where you are – and then takes you to the next level.



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WELCOME»



INGRID BARRENTINE



Brad Tilden,
Chief Executive
Officer

A PILOT'S PILOT

» In the early 1980s, a 23-year-old pilot named Mike Baumgartner started calling on Alaska Airlines. He knew he wanted to fly for a living, and he was becoming increasingly more convinced that Alaska Airlines was where he wanted to plant his stake. He grew up in Bellevue, Washington, had gotten his pilot training as a teenager, and had already spent a lot of time in The Great Land, flying fish from Dry Bay, Alaska, to Yakutat in DC-3s.

So, Mike bought a new suit, shaved and walked into the Alaska Airlines corporate office, located near Sea-Tac Airport. He introduced himself to the nice lady at the front desk (Jan May, a legend in her own right). He didn't have quite enough experience at the time, but he kept at it. Every time he earned a new rating, he put the suit on again and dropped off another resume. He and Jan came to know each other, and she looked out for him. Finally, the day for an interview came, and she ushered

him through the door and, wishing him luck, said, "It's up to you, kid."

As Mike recalls, he was really nervous, and essentially failed the interview. Only after the hiring manager stood up to dismiss him did Mike relax and start telling his interviewer who this young pilot really was. They ended up talking for another hour and a half, and Mike got the job. That was February 6, 1984.

Why all this background? On April 30, Mike and 14 other employees were inducted into Alaska's Hall of Fame, a group we call our "Customer Service Legends." To be as direct as possible, most of us believe that the only reason Alaska is still here and still prospering today is because of the extraordinary service that our people provide. For so many of our folks, life—and work—is all about connecting with other people and lifting them up. It's so simple to say, but such a powerful human experience.

» WELCOME

I have so many stories I'd like to tell you about Mike. He is a pilot's pilot. He flies a lot. He loves aviation. He loves you, our customers. And he loves his fellow employees. He's one of very few people I know who, when he's getting ready to hang up the phone, will say—"Hey, Brad, you know I love you." This is how Mike lives his life. He says, "Alaska has been my family for 35 years, and I do love these people." As I write this, I'm honestly humbled that we have a guy like this working here.

Mike has flown a ton over his career, but has also made his voice and his leadership count to help us move our culture forward. He's facilitated employee workshops; he's volunteered at Aviation Days and countless other activities; and he's been an ambassador for our airline with investors in New York City and beyond. His smile—you can see it on the cover of this issue—says it all.

Alaska is fortunate to have so many people who, just by their sheer strength and determination, have

lifted the company to greater and greater heights.

With our Legend award, we recognize the best of the best. In addition to Mike, there are great people who work in all divisions of the company and in locations ranging from Anchorage to San Diego. Fewer than one-quarter of 1% of our employees are recognized with this honor. They truly are the best of the best.

I sat down with Mike on the day of our Legends celebration and asked him how he felt as he nears the twilight of his career; he'll reach the mandatory pilot retirement age of 65 in just three and a half years. He said, "I love this place. Alaska is our airline to take care of. I tell new people I fly with, 'This is your airline. This is all of ours to take care of.'"

Thank you, Mike. You've taken good care of us. And thank you to your fellow 2019 Legends for giving this place your all. The sky's the limit with people like you.

Also, thanks to you, our guests, for flying with us today, and thank you for reading about Mike and our other extraordinary Legends. ✈

■ Look for our column "People Behind the Spirit" each month to learn more about our Legends of Customer Service.

■ Busque nuestra columna "People Behind the Spirit" (Personas detrás del espíritu), cada mes dedicada a nuestras Leyendas de Servicio al Cliente.

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

PILOTO DE PILOTOS

» **A comienzos de la década de los 80s,** un piloto de 23 años llamado Mike Baumgartner comenzó a visitar Alaska Airlines. Sabía que quería volar para ganarse la vida, y cada vez se convencía más de que Alaska era el lugar donde quería establecerse. Creció en Bellevue, Washington, había realizado su entrenamiento de piloto cuando era un adolescente, y había pasado mucho tiempo en el estado de Alaska transportando pescado de Dry Bay a Yakutat en un DC-3.

Así que, se compró un traje nuevo, se afeitó y fue hasta las oficinas corporativas de Alaska Airlines (en International Blvd., cerca de Sea-Tac, actualmente ubicadas en el mismo lugar). Se presentó con la encantadora dama de la recepción (Jan May, una leyenda por derecho propio). No tenía sufici-

ente experiencia en ese momento, pero persistió. Cada vez que obtenía una nueva calificación, se vestía con su traje y traía un nuevo currículum. Él y Jan entablaron una bella amistad y ella estuvo pendiente de él. Finalmente, llegó el día de la entrevista. Ella lo acompañó hasta la puerta, le deseó buena suerte, y le dijo, "Depende de ti, muchacho".

Según recuerda Mike, estaba muy nervioso y básicamente no tuvo un buen desempeño en la entrevista. Cuando el ejecutivo de contratación se levantó para despedirlo, Mike se relajó y comenzó a contarle quién era él realmente. Se quedaron hablando más de hora y media, y al final, el joven Mike consiguió el trabajo. Eso fue el 6 de febrero de 1984.

¿A qué se debe esta introducción?

El 30 de abril, Mike y otros 14 empleados ingresaron al salón de la fama de Alaska, se trata de un grupo al que llamamos nuestras "Leyendas de servicio al cliente". Para ser más concisos, la mayoría de nosotros cree que la única razón por la cual Alaska sigue en pie y continua prosperando, es gracias al extraordinario servicio que brinda nuestro personal. Para muchos de nuestros compañeros, la vida y el trabajo están basados en tratar de conectarse con otras personas y elevarlas. Muy fácil de decir, pero una experiencia humana muy poderosa.

Tengo tantas historias que me gustaría contarles sobre Mike... Él es un piloto de pilotos. Vuela mucho. Ama la aviación y a ustedes, nuestros clientes, y también a sus compañeros de trabajo. Es una de las pocas

personas que conozco que, cuando se prepara para colgar el teléfono, dice, “Brad, ¿sabes que te quiero, no?” Así es como Mike vive su vida. Él dice, “Alaska ha sido mi familia durante 35 años y amo a estas personas”. A medida que escribo estas líneas, me siento sinceramente honrado de tener a un hombre como él trabajando aquí.

Mike ha volado una enormidad a lo largo de su carrera, pero también ha hecho su aporte a través de sus opiniones y liderazgo para ayudarnos a hacer avanzar nuestra cultura. Ha dirigido talleres para empleados, ha sido voluntario en Aviation Days, ha participado en innumerables actividades y ha sido un embajador de Alaska ante los inversionistas en la ciudad de Nueva York, y mucho más. Su sonrisa (que pueden ver en la portada) lo dice todo.

Alaska es afortunada de tener tantas personas que, con mera fortaleza y determinación, continúan llevando a la empresa cada vez más alto. Con nuestro premio Legend, brindamos reconocimiento a los mejores. Además de Mike, hay excelentes personas que trabajan en todas las divisiones de nuestra empresa y en diferentes ciudades, desde Anchorage hasta San Diego. Menos de ¼ del 1% de nuestros empleados reciben este honor. Son lo mejor de lo mejor.

Me senté con Mike el día de nuestra celebración de los premios Legends y le pregunté cómo se sentía al acercarse a la última etapa de su carrera (él llegará a la edad de jubilación obligatoria para pilotos, de 65 años, en solo tres años y medio). Él me dijo “Amo este lugar. Alaska es nuestra aerolínea y debemos cuidarla”.

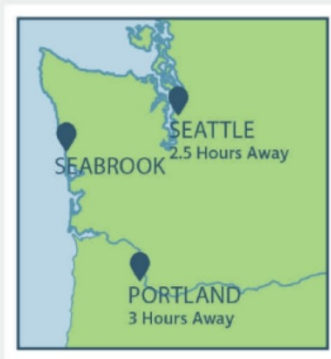
Gracias, Mike. Nos has cuidado muy bien. Y gracias a todos los receptores de Legends 2019 por brindar lo mejor de sí mismos a este lugar. Con personas como ustedes, el cielo es el límite.

Gracias por volar con nosotros hoy y gracias por leer sobre Mike y todas nuestras extraordinarias Leyendas. ✈



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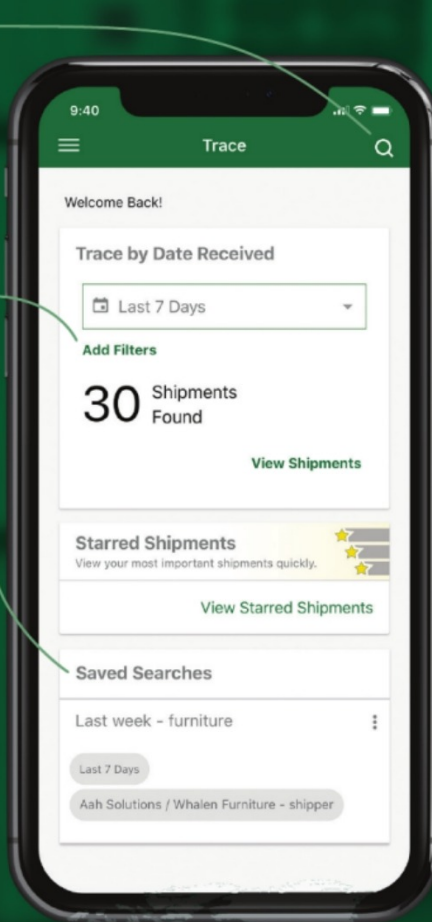
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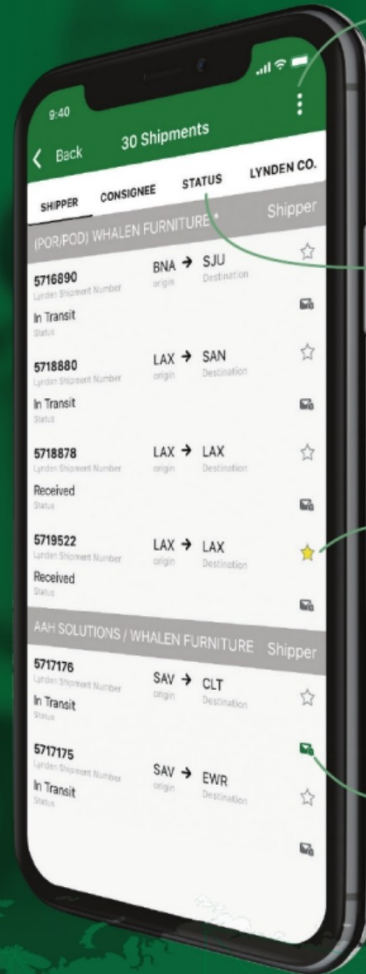
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IN THE KNOW»

WHAT'S NEW: CONNECTING TO ISRAEL

» The **Alaska Global Partners** program has expanded again—this time to Israel. In May, Alaska and EL AL Israel Airlines announced a partnership that provides opportunities for seamless travel between North America and Israel, as well as other destinations.

Guests on Alaska and EL AL are now able to book trips involving both airlines' flights, via codeshare connections. A codeshare is an agreement between airlines to sell space on each other's flights, thus streamlining travel.

Starting July 1, Alaska Mileage Plan members will also be able to earn miles on EL AL flights. Redeeming Mileage Plan miles for EL AL flights will be possible in the future. Additionally, EL AL Matmid members will be able to earn and redeem miles on Alaska flights, at a later date.

The companies celebrated in May at San Francisco International Airport (SFO), after the launch of EL AL's nonstop service between Tel Aviv, Israel (TLV), and SFO. Alaska guests can now connect nonstop to Tel Aviv via Los Angeles (LAX), Newark (EWR) and SFO.



Alaska's international connectivity out of SFO is stronger than ever; as of this month, the Alaska Global Partners program will offer more than 80 flights per week out of San Francisco.

EL AL, Israel's national carrier, was established in 1948. It offers more nonstop flights to and from Israel than any other airline. In addition to EL AL's current nonstop flights between North America and Tel Aviv, the airline is expected to launch weekly flights from Las Vegas this month, and other U.S. cities in the future.

"Alaska Airlines and EL AL will now offer more opportunities than ever before for travelers to fly nonstop between the West Coast and Tel Aviv," says Brad Tilden, Alaska Airlines' CEO.

"Through our partnership, both EL AL and Alaska Airlines offer frequent-flyer benefits to our guests while sharing the genuine, caring service that is at the heart of both airlines."

Alaska's partnership with Israel's national airline is particularly momentous given the 70th anniversary of Operation Magic Carpet (also known as Operation On Wings of Eagles). This was a 1949–1950 humanitarian mission in which Alaska transported 49,000 Yemenite Jews to the new state of Israel after the Holocaust.

Alaska Mileage Plan members earn and use miles flying to more than 900 destinations worldwide served by Alaska Airlines and Alaska Global Partners. Learn more at alaskaair.com.

ALASKA TAKES PRIDE IN PRIDE

» When the **Seattle Pride Parade** makes its way from downtown to Seattle Center on June 30, Alaska employees will help lead the march and its associated celebration as representatives of the event's 2019 official airline.

"Being a presenting sponsor for Seattle Pride is a testament to Alaska's support for diversity and inclusion efforts," says Jeremy Naz, a Senior HR Systems Analyst at Alaska Airlines and a leader of GLOBE, an Alaska employee resource group for LGBTQ+ employees and allies.

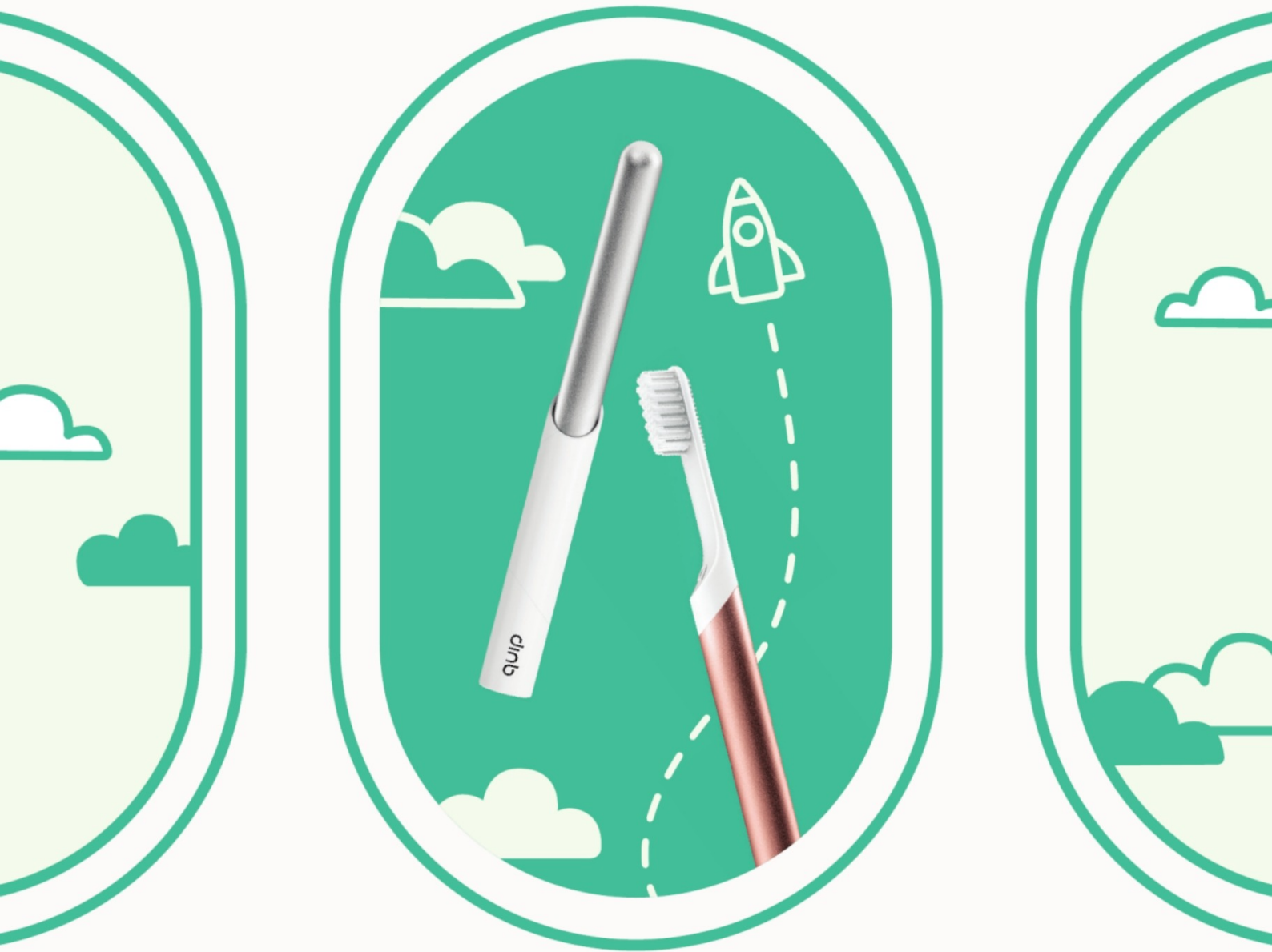
Employees at the event will continue a tradition of annual involvement, led by GLOBE, which has in past years seen hundreds of Alaska workers turn out to show support. As Seattle's hometown airline, Alaska is especially excited to be a 2019 presenting sponsor of Seattle Pride.

"Pride is when we come together and celebrate, and acknowledge together that much work remains," says Shaunta Hyde, Managing Director of Community Relations. "We're with the LGBTQ+ community every step of the way." Learn more at seattlepride.org.



Alaska employees during the 2018 Seattle Pride Parade.

Alaska Airlines proudly supports: Portland Pride Waterfront Festival and Parade, June 15–16 • Anchorage PrideFest, June 29 • San Francisco Pride, June 29–30 • Seattle Pride Parade, June 30 • San Diego Pride, July 12–14 • Honolulu Pride, Oct. 19 • Greater Palm Springs Pride, Nov. 1–3



Brush better without the baggage

The perks of sky-high travel tell us that more is more, like extra legroom, snacks, and sips. But when it comes to oral care, a “little” goes a long way.

The quip electric toothbrush starter set (from \$25) makes it simple with a slim design that travels light and lasts 3 months on a single charge. To keep you jetsetting in style, there’s a nifty cover that sticks to mirrors at home and hotels, and slides over your bristles to stow away in your carry-on.

quip also features timed sonic vibrations with 30-second pulses to guide a first-class clean, and it’s one of the first electric brushes accepted by the American Dental Association. Subscribe to get your first refill free,* and we’ll automatically refresh your old brush head and battery for \$5, and optional toothpaste (\$5 more) every 3 months with free shipping, and zero delays. Now buckle up, and give your bite the oral health upgrade it deserves.

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PRECIOUS CARGO

Ramp Service Agent Ron Wallin is a Legend of Customer Service

» On exactly the 46th anniversary of Ronald (Ron) Wallin's hiring at Alaska Airlines, he officially became a Legend of Customer Service, the airline's highest employee honor. Wallin was among 15 award recipients at the April 30 ceremony in Seattle that celebrated the 2019 Legends class.

According to the co-workers who know him best, however, this Ramp Service Agent who works in the Air Cargo Warehouse in Seattle achieved legendary status long ago—for his dependability, watchful commitment to safety on the job and willingness to lend a hand.

"I started working with Ron in 1977 in Ketchikan, and I've known him for 55-plus years," says Larry Tinney, a Lead Ramp Service Agent who still works with Wallin, now in Seattle. "Ron has always been a positive and helpful person who works well above any standards."

Born and raised in Ketchikan, Wallin hired on with the airline as a ramp agent in his hometown. He and his wife moved to Seattle in 1985, after their children finished high school.

Wallin, who has had different roles on the ramps in his career, now works as an early-morning runner for priority packages shipped via Alaska's GoldStreak service. He ensures that packages are assigned to the correct flights and then rushes them from the warehouse to planes, ensuring there is time to load them.

Over the years, Wallin has handled a variety of intriguing incoming and outgoing cargo, including medical shipments—even transplant organs—that must be kept cold. He has also enjoyed participating in the airline's annual rush shipment of the first Copper River salmon to Seattle. It reminds him of his Alaska roots.

Whatever cargo Wallin is in charge of, customers can be sure it is handled with care.

"It's all about service," he says. "When I want something delivered to me, I want it to arrive as soon as it can, safely. I want the same for our customers." —Ben Raker



Ron Wallin.

QUESTIONS & ANSWERS

What's the best thing about your job?

It has always been the people I work with. I also like doing something physical. I go to work, and I get a workout. I enjoy that.

grandkids. They are in Kansas City now, but they have moved around a bit. Visiting them has been a great way to see different parts of the country.

What advice do you have for new hires?

You just have to execute on your job. That is what we always try to do.

What do you pack on trips?

We take very little. We like going to warm places, so we bring gear for warm weather.

Where do you like to travel?

Pretty much all my wife and I do now is try to spend as much time as we can with our

What should people know about you?

I'm an early riser. I work from 4 A.M. to 2 P.M., and I love the morning shift.

KUDOS FROM RON'S CO-WORKERS

"Ron is a Legend in my book because he leads by example. He comes to work every single day, does his job, does it really well, is always in a good mood and never calls in sick." —Scott H., Air Freight Cargo Operations, Seattle

"If you need help, Ron steps in and helps out. And he always has a good story to give you a laugh. Also, Ron always shares his cookies!" —Kim B., Supervisor, Cargo Operations, Seattle

"Ron knows how important it is to our customers that they receive their cargo in a timely manner. He goes above and beyond to ensure that their shipments are on the flights, as expected." —Mary Q., General Manager, Cargo, Seattle

"Ron always shows up for work with a smile on his face. He genuinely cares about the things that we ship. I love coming to work every day and working with him." —Helene R., Lead Customer Service Agent—Air Freight Cargo Operations, Seattle

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CREATING SMILES

Flight Attendant Anne Strand is a Horizon Air Pathfinder

» The husband and wife had driven 2.5 hours in a blizzard to Bozeman, Montana, to catch a flight to Seattle, where the wife would be able to receive a long-awaited kidney transplant. They would have to rush from the airport to the hospital to make their surgery time. They couldn't even stop at baggage claim.

When Seattle-based flight attendant Anne Strand learned their situation, she not only proposed priority deplaning, she also offered to have her own husband, who happened to be on the same flight, deliver the baggage to the hospital on his way home. The couple thanked her with tears in their eyes. Anne and her husband visited the woman in the hospital after the surgery—she was doing well—and Anne continues to keep in touch with her.

"When I can help someone, it is totally awesome," says Strand, who has been with Horizon since 2008. "Every morning, I say, 'Whose life do I get to make a difference in today?' I love being a flight attendant, and putting a smile on people's faces and making their day better."

She strives to brighten her co-workers' days, too, through positive interactions. And she has played a key role in the implementation over the past 2.5 years of two Horizon-wide programs—Local Forums and Station Advocates—that enhance communication between frontline employees and Horizon leaders. "It's really great that the company supports me in being an advocate for these programs," says Strand, who has a bachelor's degree in business, as well as a teaching certificate.

She was a longtime high-level manager for a top retailer before transitioning to education. While teaching geography to seventh-graders, she realized she would really like to see the places being discussed, prompting her to apply for a Horizon flight attendant job. "I love interacting with people," she says. "As guests walk off the airplane, I want them to be saying, 'That was a fabulous experience.'" —M. Dill



Anne Strand.

QUESTIONS & ANSWERS

What does your job entail?

There is a lot of wonderful variety. Every flight, I get a whole new batch of guests, and each one is a person, a human being, not a number. There are so many aspects to taking great care of all our guests, from helping parents, nervous flyers, unaccompanied minors and those with medical issues, to ensuring safety. I have the same values as the company: Own safety, do the right thing, be kindhearted, deliver performance, be remarkable. When I think of being remarkable, I want to leave a lasting impression that is positive and upbeat and encouraging. I have great fun doing it.

What is most important to you?

My faith and family. My husband and I have two married daughters and five grandkids.

What do you like to do outside of work?

I have loved doing volunteer work to help abused and neglected children, and to assist families at Children's Hospital in Seattle. I also enjoy traveling. I've been to Guatemala, to many U.S. states, to Mexico, Austria, Switzerland. We also love the outdoors. We've done a three-week trip to Alaska. And Puerto Vallarta is my absolute favorite. We're taking all our kids and grandkids there next year.

PRAISE FOR ANNE

"When Anne became a flight attendant for us over a decade ago, she quickly established a reputation for the genuine and caring service she shows guests day in and day out. Anne's dedication to Horizon is also epitomized by the initiative she's taken to serve her colleagues. In addition to her regular duties as a flight attendant, she has been crucial to the success of our new Local Forums that proactively tackle

important issues at each location. She has worked collaboratively with senior leadership, station leadership and frontline employees. It's the type of innovative and collaborative effort Horizon values as we continue to focus on our people. Anne has been central to the program's strategy, structure, timeline and quality expectations." —Diana S., Horizon Vice President of Customer Service, Seattle

» HORIZON AIR EMPLOYEES such as Anne Strand are the reason for our service excellence. Join us in creating an airline people love. Visit horizonair.jobs.

▶ FEATURED DESTINATION

Take in the splendor of Oregon by traveling the scenic routes of the magnificent McKenzie River area. Whether you choose the McKenzie Pass/Santiam Pass National Scenic Byway, West Cascades Scenic Byway, Aufderheide Memorial Drive or the newly created McKenzie History Highway, you'll discover jaw-dropping beauty at every turn.

GO MCKENZIE RIVER

3 reasons to stay and play in Oregon

1 Water Wonders

Begin your journey at aptly named Clear Lake in the Cascade Mountains, where the picturesque McKenzie River begins. Enjoy a picnic at this deep blue lake or rent a rowboat to see the 3,000-year-old underwater forest preserved by the chilly water. Roaring and crashing down the road is the fully accessible Sahalie Falls, where the river plunges 100 feet over a basalt cliff. At nearby Belknap Hot Springs, take a dip in a mineral-rich pool fed by natural springs, then stroll through their massive gardens with relaxing Zen-like water features and lush foliage.

2 Approachable Adventures

Fly-fishing for trout and spring Chinook from an iconic McKenzie drift boat is an unmatched experience. Local river guides make the adventure easy for everyone. As a federally designated Wild and Scenic River, the McKenzie is full of wildlife—deer, bald eagles and osprey all thrive here. Hike or mountain bike the McKenzie River Trail in sections or cover all 26 miles. For a quick trek, take the forested 3-mile Waterfalls Loop Trail to see both Sahalie and Koosah waterfalls.

3 Local Flavor & Lodging

Lodging options offer comfortable, authentic Northwest flair—think riverfront cabins and forest lodges. Wind down with a local craft beer or wine and a farm-fresh meal at a South Willamette Valley Food Trail eatery. Keep exploring for experiences at family-friendly farms, such as Herrick Farms, Organic Redneck Growers or McKenzie River Lavender farm, which is in full bloom mid-June through July.

Plan your getaway at EugeneCascadesCoast.org/Go-McKenzie-River



HEALTHY AND DELICIOUS

By Chef Joshua Rappaport

» **Consider the humble egg.** It's possible there has never been a cooking ingredient so convenient and versatile. Eggs lend texture to our meatballs, moisture to our cakes, shine to our pastries and loft to our soufflés. They take center stage on breakfast plates, stake claim to savory brunch quiches and strata, find ways into sandwiches and salads, and occupy lunchboxes in their simple, hard-boiled form. Over the years, Americans have alternately been advised to limit egg consumption (over concerns about dietary cholesterol), and to embrace eggs (when health risks were shown not to increase with moderate egg intake). What's more clear is that eggs are packed with protein, and also contain vitamins and minerals. The egg is a widely available, affordable source of nutrients that is easy to include in many dishes.

Starting in mid-June, we're celebrating the egg onboard in First Class in a frittata (shown above) with roasted tomatoes, feta cheese and spinach. Frittatas are traditionally made with a mix of eggs and heavy cream, which is tasty, but not so healthy. In our version, we have replaced the cream with thick, tangy, low-fat Greek yogurt that increases the protein while reducing the fat. The yogurt also creates a uniquely silky texture in the finished product and adds another layer of complexity to the flavor. Paired with a simple salad, this frittata is suitable for breakfast, lunch or even a light supper, perhaps with a glass of wine. This flexibility is appropriate, given its central ingredient—the incredibly adaptable egg. ✕



GREEK YOGURT FRITTATA WITH SPINACH AND FETA

Serves about 6-8.



- 1 tablespoon olive oil
- ½ pound fresh spinach leaves (washed, destemmed)
- 10 large eggs
- ¾ cup plain Greek yogurt (low-fat or fat-free)
- Salt and pepper to taste
- Olive oil cooking spray
- 4 ounces feta cheese, crumbled
- 3 ounces roasted or sun-dried tomatoes, diced

Preheat oven to 325 F. • Heat oil in a sauté pan over medium heat and add spinach. Sauté spinach briefly until wilted, then remove from heat and allow to cool. Squeeze spinach well to remove excess liquid, then set it aside. • Crack eggs into a mixing bowl and beat thoroughly. Add yogurt and mix to combine, then season lightly with salt and pepper. • Spray the inside of a 10-inch cake pan well with cooking oil. Distribute feta, tomatoes and cooled spinach evenly across the bottom, then add the egg mixture. Bake at 325 F until the eggs are completely set and the top is lightly browned (about 25 minutes). Allow to cool for 10-15 minutes, then cut the frittata into wedges. • Serve alone or with sausage and a simple salad of frisée or other greens.



Joshua Rappaport, based in Seattle, is Executive Chef, Menu Design, for LSG Sky Chefs. He partners with Alaska on bold inflight menu options such as the Greek Yogurt Frittata available starting this month in First Class, on select flights (with accompaniments varying on different routes).



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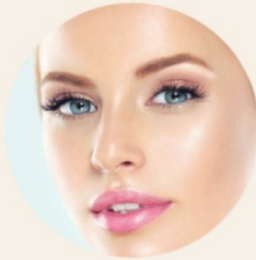
INTELLIGENT INJECTABLES

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



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TALES TO TELL

» In the mid 1970s, Armistead Maupin captivated *San Francisco Chronicle* readers with his editorial series “Tales of the City.” Maupin is a storyteller whose work in newspapers, novels and public television, depicting a city and its LGBTQ+ community as central players in the struggle for gay rights, has influenced generations.

The documentary *The Untold Tales of Armistead Maupin* is one of the featured films on Alaska Beyond Entertainment this month in recognition of Pride Month, thanks to Frameline Distribution.

Maupin was raised in a North Carolina family with deep Southern conservative roots. He volunteered for the Navy, and went to work for a television station managed by Jesse Helms, who would go on to serve in the U.S. Senate. “Armistead’s personal transformation from closeted Southern conservative to openhearted, gay, San Francisco liberal was pretty epic,” says documentary filmmaker Jennifer Kroot. “It’s amazing to hear him describe this change.”

Kroot calls the film an emotional journey. “Armistead is a very honest and direct human, and his stories of volunteering for the Vietnam War, his relationship with Rock Hudson, living through the early years of the AIDS crisis, and making the best of the changes in San Francisco are profoundly moving, and often funny, too,” she says.

The Untold Tales of Armistead Maupin opened the Frameline: San Francisco International LGBTQ+ Film



» Above: Armistead Maupin (right) records a segment of his biography with director Jennifer Kroot, at center.

Below: Kevin Durant (right) and Quinn Cook on location in San Francisco for *Fly By*.

Festival in 2017. Frameline is the longest-running (43 years) and most widely recognized LGBTQ+ film event in the world. This year, June 20–30, Frameline43 expects to draw more than 60,000 attendees. It opens with *Vita & Virginia*, which examines the love affair between novelists Virginia Woolf and Vita Sackville-West.

Other films showing on Alaska Beyond’s Frameline Channel this month include *Happy Birthday, Marsha!*, about iconic transgender activist Marsha Johnson, instrumental in the 1969 Stonewall Riots; and *Moroni for President*, about a young, gay, Mormon Native American running for president of the Navajo Nation.

Find the Frameline Channel at AlaskaWiFi.com. ✂



FLY BY WITH DURANT

» It’s kind of a Dream Team partnership. For a new video-content series called *Fly By*, Alaska Airlines teamed up with Kevin Durant’s company Thirty Five Ventures and LeBron James’ com-

pany Uninterrupted to showcase three flight destinations through the eyes of NBA basketball stars.

Los Angeles Lakers standout Kyle Kuzma, a teammate of James’, gives us an inside look at LA. We experience the heart and soul of San Francisco with Kevin Durant, Alaska’s Adviser to the CEO, exploring Chinatown and the Tenderloin neighborhood with Durant’s Golden State Warriors teammate Quinn Cook. And we experience New York with D’Angelo Russell (previously a teammate of James’ on the Lakers).

“For us, the *Fly By* content series is an exciting extension of our partnerships with Kevin Durant, Thirty Five Ventures and now Uninterrupted,” says Natalie Bowman, Alaska’s Managing Director of Marketing and Advertising. “Even if you’ve been to San Francisco, New York or Los Angeles, we hope *Fly By* motivates you to explore more of the coast-to-coast destinations Alaska serves.”

Fly By videos are now available on Alaska Beyond Entertainment at AlaskaWiFi.com. ✂

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HELPING STUDENTS EXCEL

By Lora Shinn

» The Ketchikan Kings and their fans at the Alaska Airlines Center in Anchorage began to celebrate as overtime ticked away. The team from Southeast Alaska—the last seed in the eight-team tournament—overcame a 15-point deficit to beat Anchorage’s Dimond High School, 57–53, and win the 2019 State 4A High School Basketball Championship.

The Kings, who had won the title for the first time in 45 years, and many fans in the stands, were in Anchorage in part thanks to Alaska Airlines, which supports the Alaska School Activities Association (ASAA).

The nonprofit coordinates the high school basketball championship tournament and more than 40 other state championship events. More than 14,000 Alaska high school students participate in at least one of the organization’s activities, ranging from drama to football, and from music to hockey.

Many students sign up for multiple activities. Billy Strickland, ASAA’s Executive Director, remembers one student whose team had just won the state volleyball championship. He spotted her a few days later playing violin at the association’s All-State Music Festival.

Alaska Airlines also offers discounts on travel for some athletic teams in the state of Alaska that have to fly to other cities for their games and for season-ending tournaments. The state of Alaska’s immense size and many rural communities create unique challenges for schools. Unlike in most states, where teams travel by bus to competitions or events, Alaska students often must fly. The Barrow High School basketball team, for instance, located in the state’s northernmost community, flew more than 700 miles to attend the Doc Larson Roundball Classic tournament in the city of Wasilla, outside of Anchorage.

For the state’s students involved in many after-school programs, plane travel is as nor-



» The Ketchikan Kings’ Marcus Lee, above, drives against Dimond High School during the 4A High School Basketball Championship game in March. Ketchikan’s cheer squad, right, celebrates the team’s victory.



mal as hopping in a car, says Randy Hanson, an assistant coach for Anchorage’s Avalanche Wrestling Association. Hanson grew up in the Southwest Alaska town of Bethel, where he competed in several sports, winning three state wrestling titles. Earlier this year, he was named to the ASAA Alaska High School Hall of Fame. Hanson says that he flew so much during his high school years, 2006–2010, that he earned more than 20,000 miles, making him eligible for Alaska Airlines MVP status.

“Alaska Airlines has helped schools travel in a cost-effective way,” ASAA Director Strickland says. Besides helping the schools, the airline also gives the association credits that are used in various ways, such as bringing in musical conductors from other states to work with students and helping to pay for the travel costs of tournament officials. Strickland says the credits allow ASAA to use more of its budget for school programs.

“We do consider ourselves the school bus for kids in the state,” says Scott Habberstad,

the airline’s Director of Sales and Community Marketing for Alaska.

Strickland says ASAA activities are important because they help students learn skills and be more successful in their lives after high school. Hanson says the trips also bring the schools and students closer together. He remembers how small rural communities would welcome visiting teams with open arms.

In addition to Ketchikan’s 4A basketball success, the school’s cheer squad won the Cheer State Championship earlier the same week. The students received a pleasant surprise on the flight back to Ketchikan. The Alaska Airlines pilot, Kenny Cobille, introduced himself to the passengers as an alum of Ketchikan High School and a former basketball player at the school. “It was a great game. They won the tournament and were flown home by a former member of their high school,” Strickland says.

It was a winning moment for everyone involved. ✕

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beginning. In "Our Senses: Creating Your Reality," through Aug. 4, visitors to the Denver Museum of Nature & Science can play with color, patterns, sounds, scents and textures to discover that there's so much more to the famous five human senses than many people realize.

Through immersive exhibits and presentations, visitors can explore how these often-unrecognized aspects of our senses

affect our perception of time, temperature, acceleration, balance and breath—and how no two people experience reality in the same way.

For instance, see how your brain deals with conflicting senses in a room where your feet feel the floor as flat but your eyes see walls and a floor that appear to curve and ripple. Visit dmns.org/senses for more information. —*Gabriel Moseley*



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

PING MA, Owner of RollingPing Custom Cakes. MS, Columbia Univ. Interests: travel, wine, jogging

BREAKING UP WITH ONLINE DATING

Technology has made dating more complicated and impersonal.

HIRING A MATCHMAKER MIGHT BE THE SMARTEST INVESTMENT YOU COULD MAKE IN YOUR PERSONAL LIFE.

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

Dating life before joining It's Just Lunch?

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

Why join It's Just Lunch?

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

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

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

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

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

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

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

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

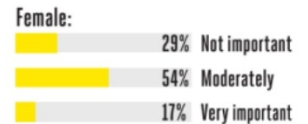
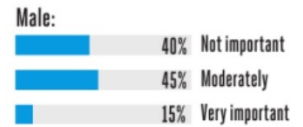
P: Invest in your own happiness, it is always worth it.

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

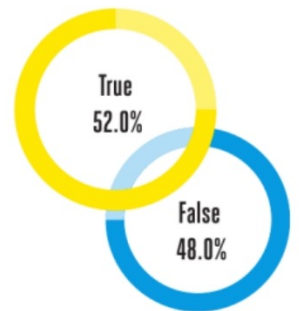


THE POLITICS OF DATING

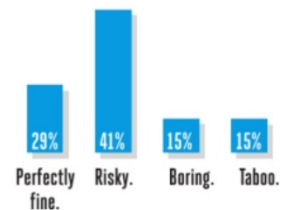
How important is a person's political party affiliation when deciding to go on a date with him/ her?



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

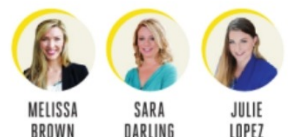


Talking politics on the first date is:



Source: IJL Survey

It's Just Lunch Matchmakers:



MELISSA BROWN

SARA DARLING

JULIE LOPEZ



IT'S JUST LUNCH
DATING FOR BUSY PROFESSIONALS

THE SECOND HOME SERPENTINE PAVILION

» The asphalt seeps at the La Brea Tar Pits are some of the only consistently active urban Ice Age excavation sites in the world. Paleontologists have uncovered 3 million specimens from the tar, including dire wolves, saber-toothed cats, giant sloths and mastodons—right in the heart of Los Angeles.

Now the La Brea Tar Pits & Museum offers another feature worth discovering: *The Second Home Serpentine Pavilion*, June 28–Nov. 24. The 866-square-foot facility is an immersive, chrysalislike structure covered in translucent, multicolored fabric, which allows visitors to experience architecture through shape, shadow, light, transparency, texture and color—and it's quite the photo op, too.



THE FEED
THE MIX

The pavilion, designed by the Madrid-based SelgasCano firm, was originally installed in London's Hyde Park in 2015. Now, through a collaboration between Second Home (a London-based workspace company) and the Natural History Museums of Los Angeles County, the pavilion is reopening in LA.

In its second home, the pavilion is offering the public a free, flexible, multipurpose social space in which to enjoy public programs, film screenings and events focusing on art, design, science and nature. A full schedule of events is expected this summer. For more, visit pavilion.secondhome.io. —Gabriel Moseley

WORLD-RENOWNED DANCE IN SEATTLE

» During the Inter|National Series at the Seattle International Dance Festival, groups from around the world, such as Sumeet Nagdev Dance Arts from Mumbai, perform alongside U.S. dance troupes, such as Robert Moses' Kin, shown at right. These collaborations and the innovations they inspire are the kinds of experiences artistic director Cyrus Khambatta (Khambatta Dance Company) hoped to foster when he created the festival in 2006.

The Inter|National Series is just one aspect of the festival, June 7–22, which features more than 40 groups of contemporary dancers representing six countries and an array of styles. Venues include the Broadway Performance Hall, Erickson Theatre and South Lake Union Saturday Market.

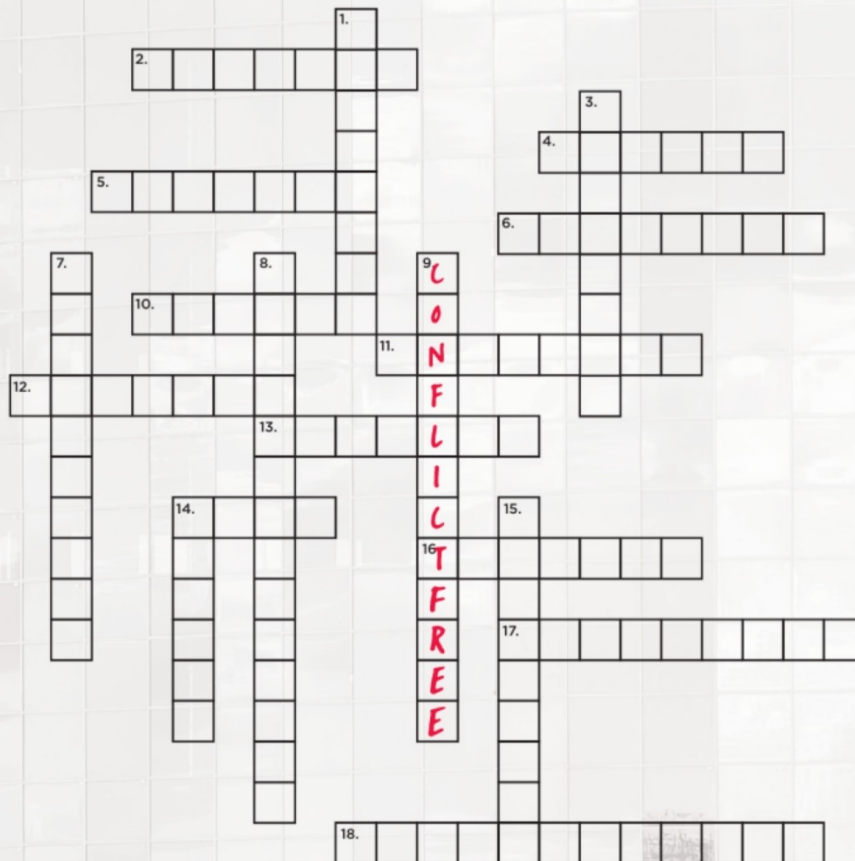
The festival starts June 7 with Shuffle, an event presenting performances by randomly matched dance and musical artists, who fuse together two art forms after rehearsing for just one week. The Art on the Fly outdoor event, June 8, is a new participatory performance that may inspire Instagrammable moments at the SLU Saturday Market. And the Spotlight on Seattle Series showcases some of Seattle's best contemporary ballet artists, as well as some of the city's newest contemporary dance works.

For more information, visit seattleidf.org. —Jessica Lin



FROM TOP: INTERIOR IMAGE OF THE SECOND HOME SERPENTINE PAVILION BY SELGASCANO. PHOTO BY IWAN BAAN, COURTESY OF SECOND HOME; R.J. MUNA

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DOWN:

1. attentive; persistent
3. corporation; profession; trade
7. valued ideals
[Helpful hint: We have ten of them!]
8. tenants only, _____
9. only have one fiduciary, the tenant
14. to grow; prosper; flourish
15. incomparable

ACROSS:

2. energetic; principled leadership
4. act of acquiring buildings/office space
5. act of renting buildings/office space
6. constructing
10. integrity-based; always does the right thing
11. fair; impartial; our client's best interests are our best interests
12. specialized; custom
13. outcomes; consequences
14. tribe; squad
16. companies that lease/occupy an office/building
17. genuine; real
18. earning accolades
[Helpful hint: Hughes Marino was voted #1 Best Workplace in the nation by Fortune.]

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IN CONCERT WITH NATURE

» **With musical performances** by groups ranging from the San Francisco Symphony and the San Francisco Ballet to singer/songwriter Mitski and Cuban musical group Los Van Van, the 82nd Stern Grove Festival offers an eclectic lineup that continues the tradition of making live music accessible to all.

The series of free concerts takes place Sundays at 2 P.M., June 16–Aug. 18, at Sigmund Stern Recreation Grove’s amphitheater in San Francisco. Musical styles include classical, jazz, folk, rock, hip-hop, funk and blues.

On June 30, Galactic is performing jam-based music inspired by the vibrant funk, R&B and jazz traditions of the group’s hometown of New Orleans. On

July 7, the San Francisco Symphony will perform a selection of classical favorites, including Tchaikovsky’s *Marche Slave*, Opus 31. And on Aug. 11, Pink Martini, with vocalist China Forbes, will perform a cocktail of jazz, swing and cabaret.

The festival reflects the vision of philanthropist Rosalie M. Stern, who purchased the now 33-acre parkland in 1931 as a gift to San Francisco in honor of her late husband, Sigmund. As part of the purchase, Stern wanted to offer the public opportunities to see a wide range of perform-



ing artists. Today, festivalgoers come by the thousands to enjoy music in a scenic natural setting in the Sunset District. For more, visit sterngrove.org. —*Jessica Lin*



FLOAT YOUR BOAT

» **Jim Craig’s love of building** cardboard boats began by accident. In 2002, he and his wife were walking around Lake Ellyn, about 30 miles west of Chicago, when they came across a crowd cheering for some of the strangest boats the couple had ever seen. At first, Craig could barely believe a cardboard boat could float, let alone race a 200-yard course. But that’s exactly what he was witnessing. He knew immediately that he’d have to build one himself for the next Lake Ellyn Cardboard Regatta.

Drawing about 50 entrants and 3,000 spectators, the 26th-annual Lake Ellyn Cardboard Regatta, June 29, is one of many such regattas happening across the country (see more examples at right). In these events, participants build creative vessels out of sheets of cardboard or milk cartons and paddle them on bodies of water to compete for prizes in categories such as speed, creativity, team spirit and most spectacular sinking.

Craig’s first boat was, in his own words, “very plain Jane”—two rowers, nothing fancy. It didn’t sink, but it wasn’t fast. Since that first attempt, he has built boats with designs evoking a Swiss Army knife, a Mini Cooper, an F-15 fighter jet, and his favorite: a Harley-Davidson (21 feet long, 5 feet wide, 9 feet tall) made out of 300 sheets of 4-foot-by-8-foot cardboard and 15 gallons of carpenter’s glue. Craig now shares his skills in free boatbuilding seminars.

For more information, visit gepark.org/events/lake-ellyn-cardboard-regatta. —*Gabriel Moseley*

CARDBOARD CALENDAR

- The Royal Rosarians Milk Carton Boat Race, June 23, Portland, Oregon; rosefestival.org/event/milk-carton-boat-race.
- The Lucerne Seafair Milk Carton Derby, July 13, Seattle; seafair.com/events/2019/seafair-milk-carton-derby.
- Northglenn Pirate Fest’s Cardboard Regatta, Sept. 21, the Denver area; thepiratefest.com/cardboard-boat-regatta.
- Cardboard Boat Race, mid-October, the Fort Lauderdale, Florida, area; hollywoodfl.org/815/Cardboard-Boat-Race. —*G.M.*



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SHAKESPEARE TO LOVE IN KC

» Shakespeare famously wrote sonnets about love, but can he find love himself? Audiences at the Heart of America Shakespeare Festival, June 11–July 7 at Southmoreland Park in Kansas City, Missouri, can find out during the theatrical version of the 1999 Oscar-winning film, *Shakespeare in Love*.

On stage, the portrayal of the Bard delights a contemporary audience as the character navigates his love life. The production explores Shakespeare's real-life love affair

that is said to have inspired the play *Romeo and Juliet*.

The festival, in its 27th year, invites attendees to set a blanket down on a grassy hill and enjoy snacks such as snow cones and kettle corn from food vendors. Performances start at 8 P.M., and gates open at 6 P.M. The festival is dark on Mondays, except July 1. There is no July 4 show.

Pre-performance activities include a parody version of the main show, presented by the local Team Shakespeare group, as well as “Show Talk” lectures by Shakespeare scholars.

For more information, visit kcshakes.org. —*Suzi Kang*



GET READY TO RIDE

» With 5,200 feet of vertical gain and more than 30 miles of terrain to cover, the Meyers Triple Crown is the Tahoe Mountain Bike Festival's signature ride. But attendees need not complete such a challenging course to enjoy the festival, June 22–23 in Meyers, California, at the southern end of Lake Tahoe. The event includes rides and festivities that appeal to many levels of bikers. For instance, the Saturday Intermediate Ride climbs about 1,000 feet over 7 miles.

During demos from companies such as Norco Bicycles, Pivot Cycles and Specialized, cyclists can sign up for a morning or afternoon test-ride session to enjoy world-class mountain bikes on the Corral Trail, with a shuttle taking them directly to the trailhead. The festival also includes musical performances, plus a beer garden hosted by South Lake Brewing Company.

For more, visit tahoembfestival.com. —*Jessica Lin*



DISCOVER DA VINCI

» More than 400 years before the first airplane lifted into the sky, Leonardo da Vinci (1452–1519) was designing flying machines. In his notebooks, he sketched beautiful, complex inventions for human flight—gliders, parachutes and an ornithopter (a batlike human-powered machine with 33-foot flapping wings). But he also designed a few other things. In his 7,000 pages of notes (written in mirror script), he designed scuba gear, ball bearings, an armored tank, a crane,

a clock, a submarine, a horseless carriage, a robotic knight, a modern city, and a hybrid between water skis and snowshoes that was designed to let the wearer walk on water.

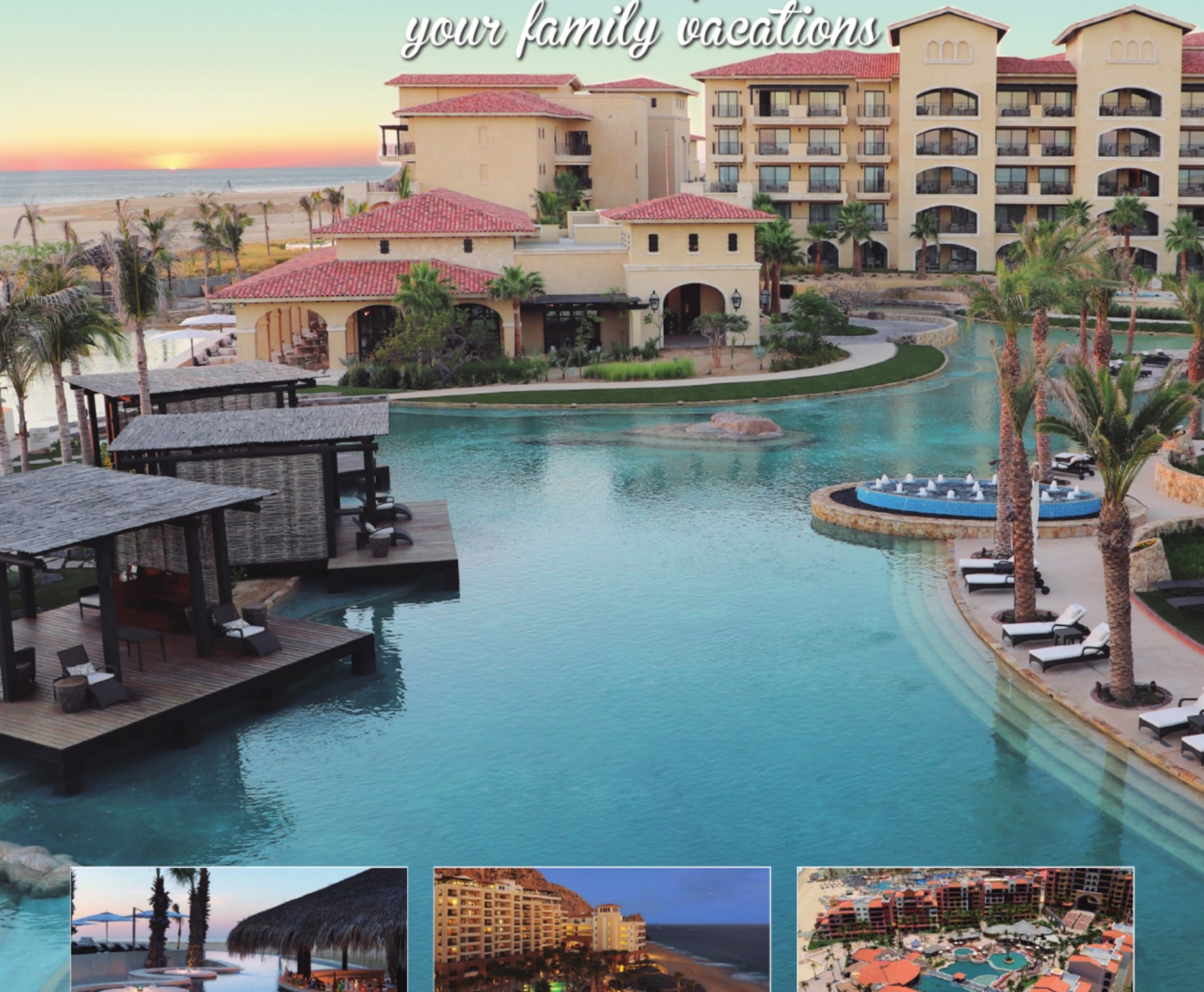
Da Vinci's genius is explored in “Da Vinci The Exhibition,” through Sept. 2 at the Carnegie Science Center in Pittsburgh. Featuring 60 life-size reproductions of some of his inventions, and dozens of displays, the exhibit details his work in subjects ranging from art to anatomy to engineering. For more, visit carnegiesciencecenter.org. —*Gabriel Moseley*



CLOCKWISE FROM LEFT: DEAN DAVISON; BEN FISH / TAHOE AREA MOUNTAIN BIKING ASSOCIATION; MARY MERVIS



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CULINARY CHANGE AGENT

By Jacob Uitti

» For Los Angeles-based chef Roy Choi, who is often credited with spearheading the modern high-quality food truck movement, and who has dedicated his life to feeding people of all walks of life, real societal change happens with each basket of produce sold and each plate of food served. Choi's TV show, *Broken Bread*, which launched in May, aims to prove this point.

In the show, Choi—who was born in South Korea and grew up in the Los Angeles area—highlights restaurants and organizations that are implementing social progress through increased access to healthy food and kitchen careers.

"This show is about solutions," says Choi. "It's not a political show. It's a show that says there are problems, and you can either choose to believe that or not. But there are people who believe there's work to be done. And they're not throwing their hands up and saying things are hopeless."

Growing up, Choi worked at various businesses belonging to his parents, including a Korean restaurant. His teenage life was marred by vices, such as drugs and gambling, before his love of cooking offered him a second chance. He trained at the Culinary Institute of America in New York and later worked in prominent kitchens, rising to fame in the early 2000s with his groundbreaking Korean taco truck, Kogi (now an LA institution, with multiple trucks and restaurants). Choi documented his past, as well as his love of deliciously humble foods, in the best-selling book *L.A. Son* (2013). In 2016, he was one of *Time* magazine's 100 Most Influential People, with his profile written by the late chef Anthony Bourdain.

Choi says the *Broken Bread* TV series is a culmination of his life's work that blends many ingredients from his background and showcases opportunities for people who may otherwise not have options for a bright future. Each episode chronicles businesses that work to help people with fresh culinary ideas. The pilot details two LA businesses—Homeboy Bakery and the pizza company Dough Girl—that staff their kitchens with workers who have histories of imprisonment, gang involvement and drug use. Choi notes that hiring these workers creates important opportunities for rehabilitation. And, as documented in the show, this approach helps to save lives.

In another episode, Choi speaks with Olympia Auset, founder of the LA-based company Süprmarkt, a low-cost grocery that provides affordable organic produce in areas



that lack healthy food sources. "Seeing how driven she is with organic produce and feeding her community with no real resources—other than herself and friends—inspired me," says Choi. "Just to see her starting one basket at a time—in this day and age, those things are still powerful. For me, it was one taco at a time."

Change happens slowly, Choi says, but there are things people can do to help promote a better world through food, such as eating less carbon-intensive meat and creating less food waste. These efforts help ease greenhouse gas output, the chef notes. And being conscious about one's own dining choices, says Choi, can help push companies to offer healthier food options.

While *Broken Bread* includes a sobering walk through various societal issues, Choi says that the program is also about another important thing: Love.

"Truly loving and caring for people goes a long way," says the chef. He recognizes the pressures people are under to be self-reliant and advocates for kindness and generosity. "That's what I strive for as a chef: to feed everyone who comes into my world," he says.

New episodes of *Broken Bread* are airing weekly through June 19 on PBS channel KCET in Southern California. They will continue to be available online at brokenbread.tv, via the KCET app and on the Tastemade TV channel accessed via many major streaming services. The show is co-produced by KCET and Tastemade, a global media company. Visit brokenbread.tv to learn more about the organizations Choi spotlights—with articles, resource guides and recipes. ✕

» In a new TV show, celebrated LA chef Roy Choi spotlights restaurants and organizations making a positive difference through activities in the food industry.

TOURING SPACE CITY

Houston offers a mix of culture, cuisine and history

By Sandra Cook

» Known for its dazzling skyline,

Houston is the largest city in Texas and offers a mosaic of diverse districts and destinations.

A great place to start a tour of this expansive city of about 2.4 million people is at the Market Square Park, the center of the city's Historic District. The park has been refurbished in the past decade to include green spaces, fountains, art installations and restaurants. Market Square is also full of activity, including free summer movie screenings, performances and live music.

Nearby is the Downtown Aquarium and Underwater Adventure, a 6-acre entertainment complex that includes games, amusement rides, restaurants and an aquarium with more than 300 species of exotic sea creatures from around the world. The aquarium offers many activities, including the opportunity to feed live stingrays in the "Stingray Reef" exhibit.

Three of Houston's sports facilities also are



» *The skyline of Houston, above, as seen from Buffalo Bayou Park. The Buffalo Bayou, below, is one of the many waterways that are located in and near the city of Houston.*

in the city center. Minute Maid Park is the home of Major League Baseball's Houston Astros, the NBA's Houston Rockets run the court at Toyota Center and BBVA Compass Stadium is the home pitch for the Houston Dynamo of the MLS and the Houston Dash of the NWSL. Southwest of Houston is NRG

Stadium, where the NFL's Houston Texans play.

There are at least 10 waterways that flow in and around the Houston metropolitan area. One of the best ways to explore some of these waterways is to visit the 160-acre Buffalo Bayou Park, on the western edge of downtown. The park offers a variety of boat tours, focusing on everything from the city's history to its bat colonies. The park has trails, and bridges that offer postcard views of the park and the city. You can also see an array of public art, including Jaume Plensa's sculptures titled *Tolerance*.

From the downtown core, ride the city's MetroRail light-rail system south along Main Street to the impressive Museum District. There are 19 attractions here to explore, including the renowned Museum of Fine Arts, Houston, with more than 65,000 works from across the globe, covering 6,000 years of art history. Exhibits include "Vincent van Gogh: His Life in Art," on display through June 27.

Other notable attractions in the district include The Menil Collection, with its vast trove of 20th century art that includes works by Matisse, Picasso and Warhol. At the district's southern end is Hermann Park, home to the Houston Zoo and the Houston Museum of Natural Science, which features the current exhibit "Moon," in which artist Luke Jerram has created a large and perfect replica of the moon to celebrate the lunar landing in 1969.





» THE FEED WHEN IN HOUSTON



Houston earned the nickname Space City by being a center of the nation's space program. A must-see destination is Space Center Houston, located 25 miles southeast of downtown. The center features more than 400 artifacts from the NASA space program. You can also explore the Starship Gallery, and see the Apollo 17 Command Module, a full-size Skylab training module, actual moon rocks and more. In Independence Plaza, step inside the shuttle replica *Independence*, mounted on top of a NASA 905 shuttle carrier aircraft.

While you're in the area, travel about 7 miles east to visit the Kemah Boardwalk, a waterfront amusement park. About 30 miles southeast of the space center is the resort area of Galveston Island, known for its beaches, attractions and Pleasure Pier amusement park.

Another top draw is the San Jacinto Battle-

ground State Historic Site, located about 20 miles east of Houston. This is the place where in 1836, forces led by Sam Houston secured Texas independence by defeating the Mexican army. The Texas troops are reported to have famously shouted, "Remember the Alamo! Remember Goliad!" in recognition of two Texas army defeats. Tour the battleground, and visit the San Jacinto Museum of History in the base of the San Jacinto monument. The museum chronicles nearly 400 years of Texas history. Then take the elevator to the top of the 489-foot monument to marvel at the views of the area, including the Port of Houston.

If you are hungry, be sure to try one of Houston's many acclaimed barbecue restaurants. A few favorites include The Pit Room, known for juicy pork ribs; Pinkerton's Texas Pit Barbecue, founded by barbecue celebrity

Grant Pinkerton; and Pizzitola's Bar-B-Cue, which has been smoking meats since 1935.

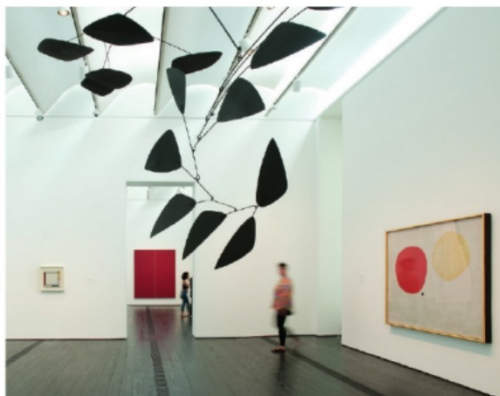
For a splurge, reserve a table at BCN Taste & Tradition. Borrowing the airport code for Barcelona, BCN delivers exquisite Spanish cuisine in a stunningly beautiful 1920s Spanish Mediterranean-style house.

For a taste of Houston nightlife, stop by Goodnight Charlie's and enjoy a drink while listening to live music, performed Thursday through Saturday nights. For cocktail hour, visit Anvil Bar & Refuge, Better Luck Tomorrow or Julep. ✂

Sandra Cook writes from Houston.

Alaska Airlines (alaskaair.com) offers daily direct service between Seattle (SEA) and Houston (IAH).

» *Clockwise from top right: Visitors tour a space shuttle replica at Space Center Houston. Pinkerton's Texas Pit Barbecue is known for its delicious smoked meats. The Menil Collection features works by a variety of artists, including Calder.*





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DOWN BY THE BAY

By Kristen Haney

» Much like the author for which it was named, the Jack London District in Oakland evokes a sense of California's rugged past, along with a pioneering spirit. Once at the heart of Oakland's port, the area is now the center of the city's mixed-use waterfront, where you might feel a "call of the wild" and explore the Oakland Estuary in a kayak (from *California Canoe & Kayak*). Or you might try the culinary Spicy Challenge (at Farmhouse Kitchen Thai Cuisine) or enjoy *Dancing Under the Stars* (at the square, Friday evenings in summer).

On weekends, you can embark on a sightseeing/history cruise of San Francisco Bay aboard the USS *Potomac*, which was once Franklin Delano Roosevelt's presidential yacht. And, more than a century after Jack London logged time as a Bay-based sailor, and penned his novel, *The Sea-Wolf* (1904), Seawolf Public House celebrates his legacy with craft brews and a convivial vibe on the bottom floor of an 1882 Victorian. For an even more direct link to the author, head to the Jack London Cabin, which was reconstructed in 1965 with logs from the author's gold rush-era home in Alaska. Or, slip into Heinolds' First & Last Chance Saloon, where London dashed off notes for novels. Heinolds' has operated since 1884 in a structure made with remnants of a stern-wheel paddle steamer.

A trio of recently opened restaurants has helped cement the district as a dining destination. Dyafa brings modern Arabic food to the waterfront, with spice-infused wraps (including one named after Golden State Warriors basketball star Stephen Curry) and cocktails inspired by Middle Eastern desserts. At Farmhouse Kitchen Thai Cuisine, you'll find inventive takes on Thai dishes. Belcampo Meat Co. serves free-range meats from the company's Northern California farm.

The Jack London District also boasts two beverage-based ambles: the Urban Wine Trail—which includes tasting rooms with water views—and the new Jack London Brewing District, which features four breweries within a walkable area.



In warm weather, Jack London Square is the district's gathering spot, with a Sunday farmers market, a 100-plus-vendor

Second Saturday market and summer movies Thursdays at the waterfront. The paved, waterside San Francisco Bay Trail, and pedestrian-only sections of Water Street, are pleasant strolls.

The district is poised to transform more, with the recent announcement of plans for a 42,000-square-foot market hall. And baseball's Oakland Athletics are making plans in the area for the team's future coliseum, with a proposal that includes a gondola connecting the site to rapid transit.

Today's Jack London District may not resemble the wharf area of London's years, but I like to think the author would still approve. With lively street events, an appealing food-and-drink scene and reinvention underway, this waterfront district possesses a unique flavor. ✂

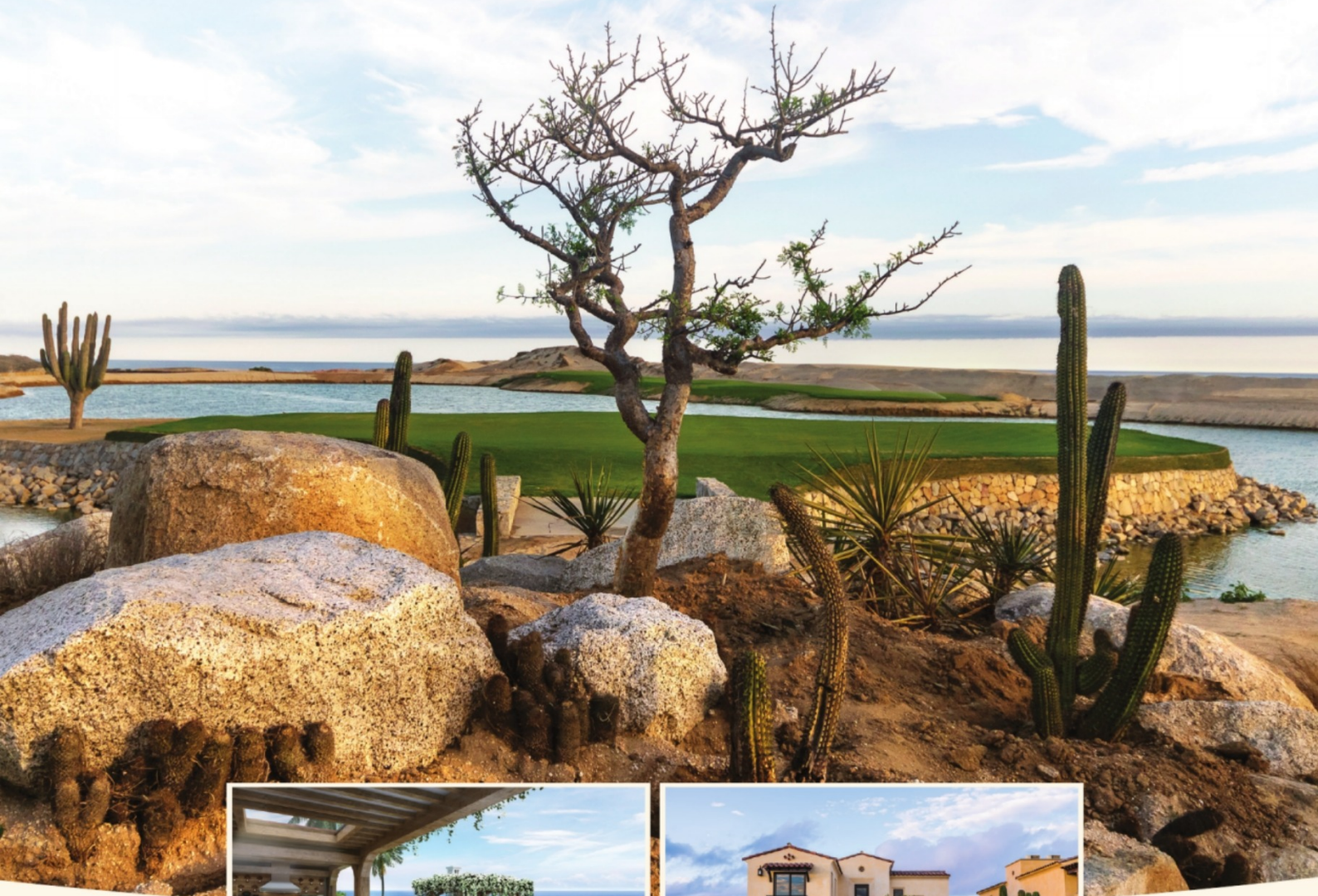
» Clockwise from top: The Jack London District features wide promenades, a bayside location, and restaurants such as Dyafa.

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AN EAST BAY REDWOODS RAMBLE

By Kristen Haney

» **One of my favorite surprises** for friends and family members visiting from out of town is a trip to Redwood Regional Park. Hidden in plain sight in hills just east of Oakland's city limits, the park gives visitors the sense of stepping back in time—or onto the set of a *Jurassic Park* movie. A visit to the area rarely fails to elicit cries of, "I can't believe this is here!" or, "Who knew redwoods were so close to Oakland?"

The park's namesake trees provide a thick canopy that filters sunlight and dampens sound so that a hush falls over fern-lined trails. This quiet is disrupted only slightly where a burbling creek parallels the path. In the morning, fingers of fog often curl out from verdant undergrowth.

While many Bay Area hikes spotlight dry hills and sunshine, Redwood Regional Park boasts a coolly shady ecosystem. This lesser-known redwood grove has trees of looming height without so many crowds. Redwood Regional's second- and third-growth redwood forests represent renewal after clear-cutting in the late 1800s removed old-growth trees. But trust me—there are still plenty of stately evergreens to go around.

The 1,830-acre park has an abundance of trails that provide a terrific sense of 150-plus-foot coastal redwoods. I recommend a route along a paved path through lush vegetation beside Redwood Creek, a spawning ground for local trout, with options to extend the hike uphill or to loop back on slightly more rugged and strenuous trails. Taking this approach provides choices for hikers of varying fitness levels.

The adventure begins at the Canyon Meadow Staging Area, about 11 miles northeast of downtown Oakland, accessed via

» **Redwood Regional Park offers gorgeous, shaded hikes among giant redwoods in the hills just east of Oakland.**

a drive that winds up and into the hills. Start your hike on the well-marked—and paved—Stream Trail, and you'll be rewarded with a quiet wander through the redwoods. Hike here in winter, and you'll find

giant clusters of ladybugs congregating for warmth before they disperse in spring (guided hikes to see them are available). In summer, the trail provides a cool creekside amble.

You may be able to follow the entire Stream Trail with a challenging but short incline to Skyline Gate Staging Area and back to Canyon Meadow Staging Area for a 6-mile roundtrip hike. Or just turn back whenever you wish. Seasonal closures can prevent access to the Stream Trail's west end. Check the park website (ebparks.org/parks/redwood) in advance.

I prefer making a loop by turning left (south) onto the Chown Trail at the end of the Stream Trail's paved portion. Then take another left to head east on the narrow French Trail, which climbs up into the trees for more than a mile. Turn left onto the Orchard Trail, then left again onto the Bridle Trail, which takes you to—and over—Redwood Creek. Head back to the start via the Stream Trail.

I recommend following your hike with an exploration of astronomy exhibits at Chabot Space & Science Center, within the park's boundaries, a scenic 5-mile drive from Canyon Meadow Staging Area. What better way to cap off a hike spent gazing at treetops than to turn your attention to the stars? ✨

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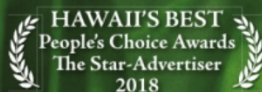
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DIGGING THESE CLAMS

By Naomi Tomky

» While it might not get as much attention as other shellfish, the razor clam is, perhaps, Washington’s star clam. It tastes amazing; it pops up all along the state’s saltwater coast; and it’s easy for anyone to dig for (at locations and times approved by the Washington Department of Fish and Wildlife). It is fatter and more flavorful than the slim East Coast razor clam, and it provides a taste of the region, adding to its appeal for local chefs.

Austin Navarre, chef of The Mouse Trap in Olympia—a cheese shop that offers innovative multicourse meals—remembers driving from southeastern Washington’s Tri-Cities out to the coast as a child to harvest razor clams. “We’d rent a cabin on the beach and dig, then sauté them in butter and garlic,” he says. When Navarre began working as a chef, he realized

how many more ways he could prepare the clams. For brunches, he poaches them in butter and uses them in eggs Benedict; at dinner, he serves them in ceviche. “They’re not as sweet as geoduck,” he notes (alluding to another popular Pacific clam), but the hints of seaweed in Pacific razor clams’ flavor remind him of the ocean.

Razor clams’ distinctive profile is why Pat Donahue, executive chef of Anthony’s Restaurants, serves razor clams at the group’s casual Seattle spot, Chinook’s at Salmon Bay. “They have a really true clam flavor,” he says, so he tries to keep things simple and let the essence of the Northwest come through by breading them with a mix of corn flour and cracker crumbs and quickly pan- or deep-frying them.

Chef Eric Donnelly of Seattle’s RockCreek Seafood & Spirits uses razor clams in place of sole and other flatfish in dishes such as piccata with a classic lemon-caper sauce, or under a *forestiere* sauce of local morels, topped with grilled ramps.

» Pacific razor clams, left, are a West Coast specialty. Seattle chef Eric Donnelly serves razor clam piccata at RockCreek Seafood & Spirits, right.

“I appreciate the razor clam for its body fat,” he explains. The fat gives the clams nice flavor and texture, and opens them up to a multitude of dishes. But Donnelly had noticed that preparations of razor clams used only the body, leaving the chewier siphon behind. So he ground the siphon and designed a light Bolognese sauce around the meat (with white wine instead of red, and using heavy cream and egg yolks) and served it over noodles.

Razor clams also are almost always prepared and eaten close to where they’re harvested, which makes the shellfish a true regional delicacy—one whose fans just can’t seem to keep clam about. ✈

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MARITIME PAIRINGS

By Danielle Centoni

» “Drinking white wine in the summer is the way to go,” says Anne Hubatch, owner and winemaker of Helioterra Wines in Portland, Oregon. “White wines offer that thirst-quenching, juicy, refreshing acidity. You can’t go wrong.” When you match the Northwest’s trendsetting whites with the abundance of shellfish harvested along the West Coast each summer, the result is delicious maritime-inspired pairings.

“There’s the old adage ‘Things that grow together go together,’ and it’s true,” says Hubatch, whose tasting room opens in Portland this month. “We’ve got amazing shellfish in the Pacific Northwest, and I love to make wines that pair well with that bounty.”

That’s what inspired Hubatch to work with Melon de Bourgogne, the varietal from France’s Loire Valley used to make Muscadet, one of the world’s most famously shellfish-friendly wines. Hubatch is one of a handful of winemakers on the West Coast using the grape to craft wines that seem tailor-made for oysters on the half shell.

“Melon has a ton of great texture and minerality,” she says. “It’s a perfect pairing for shellfish and has oysters written all over it.”

Another option? Sémillon, says Craig Leuthold, owner of Maryhill Winery in Goldendale, Washington. “It’s the perfect oyster wine because the brininess of the oysters pairs so well with Sémillon’s richness in the midpalate, and the wine has some nice, sharp acidity.”

Acidity, he says, is a requirement for a good seafood wine. “That’s why Sauvignon Blanc is such a classic seafood pairing. But our job as winery owners is to get people to think outside of their normal everyday choice in wine.”

So he’s spreading the word, and planting 7 more acres of a grape destined to be a new go-to pairing for crab cakes and other seafood: “Albariño is going to be the next big seafood



wine,” he says. “It’s rich, complex and full-bodied, with crisp acidity on the finish. You need something beyond a simple white to go with the richness of Dungeness crab.”

Thomas Houseman, winemaker at Anne Amie Vineyards in Carlton, Oregon, agrees that bright, complex whites go deliciously with shellfish. “We make a Pinot Noir Blanc called Prismé that’s a bigger, richer white with more dimension. It’s beautiful with Dungeness crab or sautéed scallops,” he says. Houseman, a pescatarian, says he drinks white wine more often than red. For fried razor clams or creamy chowder, he goes for Pinot Blanc. “It has great acidity, with a mouth-filling midpalate. And the warmer it gets outside, those lightly chilled whites just taste even better.”

WHITE WINES TO TRY

■ **Anne Amie Vineyards 2015 Estate Prismé Pinot Noir Blanc**, Chehalem Mountains AVA, Oregon. Made with Pinot Noir. Richly textured, with notes of yellow plum and crème brûlée (\$45).

■ **Helioterra Wines 2016 Melon de Bourgogne**, Willamette Valley AVA, Oregon. Zippy and dry, with aromas of lemon curd, shortbread and honey (\$20).

■ **Maryhill Winery 2018 Proprietor’s Reserve Albariño**, Columbia Valley AVA, Washington. Hints of pineapple, strawberry and melon, with complex acidity (\$25). —D.C.

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ADVENTURE- READY OUTFITS

By Jessica Lin

» The official start of summer is in June, which is one of the best times to go hiking and enjoy other outdoor activities. Whether you are taking a leisurely walk on the ocean shore or trekking along a trail at your favorite national park, consider these items designed for style and functionality.



Filson's Green River Water Shorts are made with a quick-drying blend of cotton and nylon, and have a comfortable elastic waistband. The shorts are great for excursions on land or in and around water (\$75; filson.com).



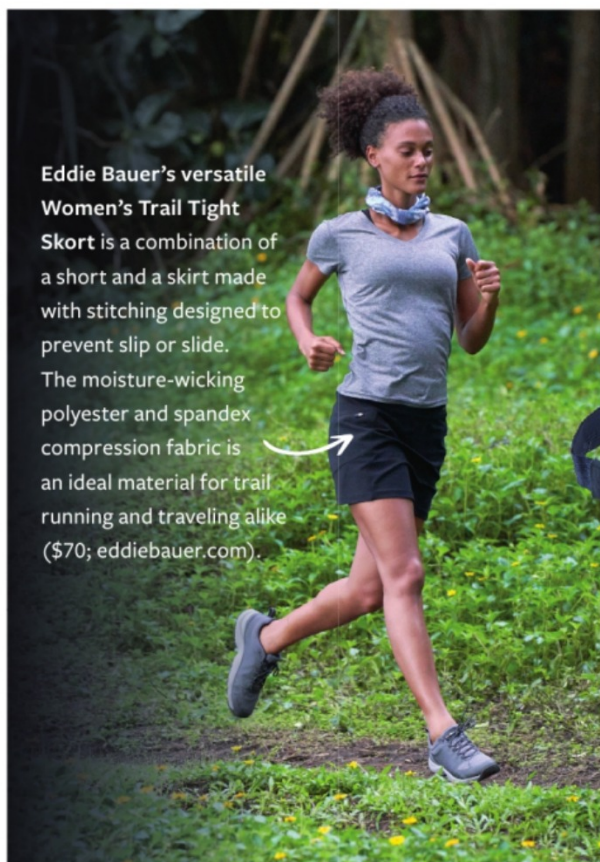
Made with a built-in sweat-wicking headband, Columbia Sportswear's Trail Shaker Booney hat is designed to pull moisture from the face and head while providing sun protection, making it a nice accessory for a variety of summer activities (\$35; columbia.com).



The Patagonia Lightweight Travel Mini Hip Pack 1L is a handy pack that fits into its own pouch when not in use, and expands to carry small travel essentials. The lightweight pack can be worn on the hips or over the shoulder (\$29; patagonia.com).



Add a pop of color to your look with the playful Women's Z/Cloud X by Chaco. The footbed is designed for arch support and comfort, while the rubber outsole provides grip on a variety of terrains (\$110; chacos.com).



Eddie Bauer's versatile Women's Trail Tight Skort is a combination of a short and a skirt made with stitching designed to prevent slip or slide. The moisture-wicking polyester and spandex compression fabric is an ideal material for trail running and traveling alike (\$70; eddiebauer.com).

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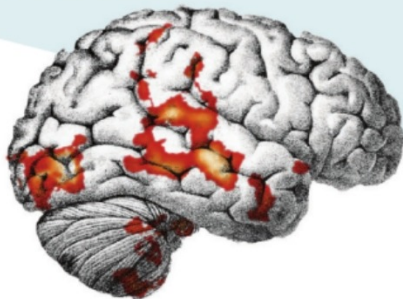
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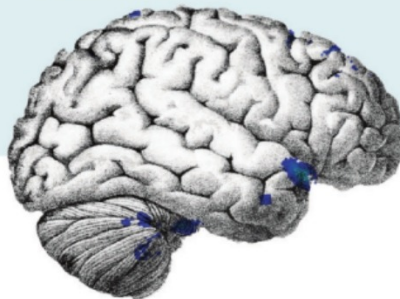


fMRI: A BRAIN STUDY OF ALCOHOL CRAVINGS

PRE-TREATMENT



POST-TREATMENT



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

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

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GAME ON

High-performance equipment fit for travel

By Tiffany Lillie

» **Gamers ask a lot of their gear.** Their devices need to keep up with gaming's rigorous demands for speed, durability and performance. High standards make sense in nongaming contexts, as well. Having reliable, versatile and portable equipment on hand means having useful tools for work and play—either at home or while traveling. The following items can help gamers and non-gamers go from home to airport to hotel room, staying entertained and equipped with high-quality gear along the way.

■ **SteelSeries Arctis 3 Bluetooth:**

This headset syncs wirelessly and also connects to devices with a standard headphone jack—even allowing two audio inputs at once. Arctis 3 is designed to deliver low-distortion sound for games, films, music and other applications. Its noise-canceling microphone is also well-suited to voice-over-internet calls (\$99.99; steelseries.com).



■ **Razer Mamba Wireless Mouse:**

A laptop trackpad might not cut it for extended sessions with precise clicking—whether for Fortnite or Photoshop. This ergonomic device has seven programmable buttons, up to 50 hours of battery life and a sensor designed for gaming-grade responsiveness (\$99.99; includes a cable for wired use; razer.com).



■ **JBL Flip 4:**

This portable speaker can be connected via Bluetooth to one or two devices simultaneously, and it delivers powerful sound. Waterproof, with an echo-canceling speakerphone function and up to 12 hours of rechargeable battery life, the Flip 4 makes an excellent travel companion (\$99.95; jbl.com).



■ **Oculus Go:** This travel-friendly virtual reality headset (along with its handheld controller) lets users immerse themselves in thrilling—or meditative—environments, view films and TV shows, engage in exciting gameplay or run educational apps. Set up Oculus Go with a smartphone, and then access games and other experiences via Wi-Fi. Certain apps also let you download content to the headset to enjoy offline (\$199 for 32GB model; \$249 for 64GB; \$35 travel case also available; oculus.com).



■ **Nintendo Switch:**

Why not take a whole gaming and viewing system with you? Nintendo Switch includes a 4-inch-by-9.4-inch wireless touch screen and Joy-Con controllers that snap easily on and off for solo or multiplayer adventures. It also has a dock for use with a large monitor when you get home (\$299.99; nintendo.com).

MORE FOR WORK & PLAY

■ **Anker PowerCore+ 26800 PD:**

Weighing 1.2 pounds and charging in 4.5 hours, this road-warrior battery pack can revive several smartphones or fully charge a laptop, with juice left over (\$129.99; anker.com).

■ **Native Union Belt Cable Universal:**

Instead of carrying three different cords, pack this 6.5-foot-long cable with Apple Lightning, USB-C and Micro-USB connectors (\$39.99; nativeunion.com).

■ **Razer Hammerhead BT:**

These Bluetooth earbuds boast high-fidelity sound, up to eight hours of battery life, an included travel case and a neckband magnet that clips to clothing (\$99.99; razer.com).

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OFF-ROAD WARRIOR

The Jeep Gladiator combines the classic Wrangler with a pickup

By Bengt Halvorson

» Around its iconic Wrangler, Jeep offers an entire base camp of products that appeal to people who truly live and breathe the outdoor lifestyle—or at least intend to on the weekends. Given that reputation, it's surprising that the brand hasn't sold a pickup truck in 27 years. Enter the Gladiator, an off-road-capable truck that pairs the newest Wrangler's toughness and off-road capability with the usefulness of a midsize pickup. The Gladiator starts at \$35,040, including a \$1,495 destination fee, and comes in Sport, Sport S, Overland and Rubicon versions. Here are some details that could make the Gladiator love at first sight for those who like the great outdoors:



■ Wrangler twin

The Gladiator is mostly identical to the Wrangler from the middle forward. From the middle back, the Gladiator is a purpose-built pickup—albeit one that has the same combination of flat surfaces, chiseled corners, exposed hardware and rugged features as the Wrangler.

Jeep designed the Gladiator to have a back seat that's just as functional as the one in the Wrangler, as well as a 5-foot cargo bed.

■ Open-top truck

The open-top potential that's built into the Wrangler carries over to the Gladiator in several respects, making it one of the automotive market's rare convertible pickups.

You can choose between a soft-top or a Freedom Top (hardtop) with removable panels that are available in black or themes that match your vehicle's exterior color. The windshield folds forward, and the side doors can be removed—perfect if you're heading to the beach.

■ Under the hood

The 3.6-liter Pentastar V-6 is exactly what's offered in the Wrangler. The engine makes 285 horsepower and 260 lb-ft. of torque, and you can choose between a six-speed manual or an eight-speed automatic transmission. Towing ability rates up to 7,650 pounds.

The Gladiator also handles well—credit its rear suspension, which has more in common with the new Ram 1500 than with the Wrangler.

■ Off-road features

Every Gladiator has a 4WD system with high and low ranges, heavy-duty Dana 44 axles, and skid plates and tow hooks. Some versions can traverse up to 30 inches of water, and the top Rubicon comes with remote-locking front and rear differentials, 33-inch all-terrain tires, an electronic sway-bar disconnect, a lower crawl ratio (more torque at slower speeds) and rock rails. An Off-Road Plus mode coordinates accelerator inputs and stability control for slippery situations.

■ Cargo capacity

The Gladiator offers a payload capability of up to 1,600 pounds. The cargo bed of the Gladiator is steel, and all versions include cargo lights.

Bedliner protection is available, as is a 115-volt AC outlet and an adjustable tie-down system for cargo.

A three-position tailgate allows a standard sheet of plywood to fit, resting on top of flat wheel wells. ✕

THE TOYS ARE BACK

With the beloved gang setting off on new adventures in *Toy Story 4*, the film franchise has become a cultural force shaping generations of film lovers

By Kathryn Drury Wagner



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Here's the thing with the *Toy Story* films. Everyone who has seen them—and we're including kids as well as adults here—has some beloved memory attached to them. If you saw the original *Toy Story* in 1995, you may remember being dazzled by the technology. This was, after all, the first fully computer-animated feature film. Or maybe you were a kid in 1999,

when *Toy Story 2* came out, and you fondly recall sharing popcorn with Mom in the theater, waiting for the lights to go down.

In our family, that pull-string cowboy Woody was the first movie star my daughter ever encountered. She was a little over 2 years old, and *Toy Story 3* was being projected outdoors, where my husband took her to a huge

Lee Fisher

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NOTES: Deep experience, familiar with all Alaska ports. Goes the extra mile to get the job done. A hard core road and fat bike racer that can be found on two wheels more often than two feet. Rides for fun and local charities, logging more than 3,500 miles last year.



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Above: Bo Peep introduces Woody to Giggle McDimples, a miniature plastic doll who's Bo's confidant, supporter and adviser—and spends a lot of her time perched on Bo's shoulder.

Below: Buzz Lightyear finds himself among a host of carnival prizes—including Ducky and Bunny, who've been waiting a long time to be won. They aren't exactly welcoming to the Space Ranger.

lawn and plopped her on a picnic blanket. Having never actually seen a movie before, Zoë was unaware of protocol—and proceeded to provide color commentary for the action scenes, at full voice. “Ooh, why that guy going up there? He’s gonna fall down!” Thankfully, she was pretty cute, and our neighbors were amused by her enthusiasm. The whole experience formed a precious memory for my husband.

With Disney•Pixar’s release of *Toy Story 4* on June 21, a whole new generation of parents will pass the love of story, of character, of filmmaking, on to their children, and with it, all the feelings that the films capture so well—bittersweet observations on childhood and the inevitable passage of time. The amazing thing is, these movies seem to hit close to home for everyone, in ways that can both enthrall children and cause grown men to weep.

MAKING HISTORY

To understand the *Toy Story* phenomenon is to know the filmmakers. *Toy Story 4* is led by a team that is both passionate about animation and long-steeped in the franchise’s history. Director Josh Cooley joined Pixar as an intern back in 2003; producer Mark Nielsen came aboard in 1996; and producer Jonas Rivera was Pixar’s very first production intern, in 1994. (In 2006, Pixar was acquired by The Walt Disney Company.)

“I’ve now spent half my life with these characters,” says Rivera, sitting down with Cooley and Nielsen for an interview. Rivera notes that when he’s next to someone working on *Toy Story 4*, and they are showing him a picture of when they were a kid in Buzz Lightyear pajamas or a Jessie Halloween costume, there’s an

added weight, an importance, to these stories and characters. “It’s a responsibility because of our career paths. To meet people who are now coming to work with as much love and passion for the films as the three of us have, it’s overwhelming.”

Cooley, Nielsen and Rivera are all fathers now. “We’ve worked together so long, we have literally grown up together,” Cooley notes. “This is the first feature I’m directing, and the *Toy Story* characters mean so much. That was one of the hardest parts, making sure we had the story right.”

Sometimes, they admit, the creative process of filmmaking can suspiciously resemble parenthood. “In the same way that your kids can melt down in the middle of the mall, the movie can do that, like lie down and have a temper tantrum,” Cooley jokes, noting, “These films take anywhere from four to seven years from inception to finish. You really get to know them.



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Right: Bonnie's beloved new craft-project-turned-toy, Forky, declares himself trash and not a toy, so Woody takes it upon himself to show Forky why he should embrace being a toy.



Below: Woody finds himself in *Second Chance Antiques*, home to an adorable, talking pull-string doll from the 1950s and her crew of voiceless ventriloquist dummies.

You feel like you're raising a child, and then you release it out into the world and it becomes someone else's.

"When we come out of a great movie, my kids are so excited and talking about it and wanting to see it again," Cooley says. "I hope people come out of *Toy Story 4* with that same feeling, of wanting to spend more time with the characters."

CONTINUED EVOLUTION

Just as jeans have changed since 1995—baggy and strangely high-waisted!—animation technology also has evolved quite a bit. For example, as the media site *Buzz-Feed* reported, the new film "starts off with a massive rain and thunder scene, which was just not possible 24 years ago—at the time, they didn't have the technology to make the rain interact with or touch anything else in the scene."

But other things, mainly the heart and soul of the characters, remain the same. Rivera tells of one of the team's daily animation meetings, when "Josh is in there directing frame by frame." One of the animators, who

had been with Pixar since the original, walked in and saw Woody on screen. "He looks at me and goes, 'Wow, Woody,'" Rivera recalls. "Just seeing Woody on the screen has an impact. I was like, 'I know what you mean.' It's like seeing an old friend. Even looking at one shot. Our hope is that maybe the audience will feel that throughout the film."

Toy Story 4 reunites many of the original voice actors, including Tom Hanks (Woody), Tim Allen (Buzz Lightyear), Annie Potts (Bo Peep), Joan Cusack (Jessie) and John Ratzenberger (Hamm), to name a few. Oscar-winning composer Randy Newman has worked on all of the *Toy Story* films and also returns.

"We're so happy to have him back writing new



original songs and the score for this," Nielsen says. "I can't imagine doing a film without Randy."

The team did have to say goodbye to Don Rickles, who passed away in 2017, but not his character, Mr. Potato Head. Clips of his voice from past decades were used to create a Mr. Potato Head voice for this film.

But there are new personalities, too, including Tony Hale (*Arrested Development*, *Veep*) as main character Forky. Keegan-Michael Key and Jordan Peele join in as Ducky and Bunny, a duo of carnival plush animals. Christina Hendricks gets to play the first female villain in the franchise, voicing a creepy vintage doll named Gabby Gabby, while Keanu Reeves plays the mustachioed motorcycle daredevil toy Duke Caboom.

Reach for the sky!

As Woody and the gang embark on their adventures this summer, Alaska Airlines will be along for the ride. One of the airline's Boeing 737-800s will soon feature the characters from Pixar's *Toy Story 4*, set to hit theaters on June 21. Exactly which characters will be featured on the aircraft has been kept a secret.

Alaska has a long history of specially themed liveries featuring Disney, and the airline's *Toy Story 4*-themed plane is scheduled to be unveiled this month, says Nicole Dougan, Brand Marketing Campaign Manager. "We're thrilled to be launching our next film partnership with Pixar. We've seen building excitement after *Incredibles 2* and *Captain Marvel* that has resulted in national recognition. We're hoping this next partnership takes us to ... well ... infinity and beyond, all while putting smiles on our guests' faces."

DEAR
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You may hear stories or see photographs, but when you look at Alaska, we hope you wonder if anyone has ever been here before. Knowing who we are is what we leave behind, we created the Denali Zero Landfill Project to reduce the waste generated at Denali National Park and Preserve. And we have. In partnership with the Denali Education Center and Doyon/Aramark Joint Venture, and with support from Subaru of America, the National Parks Conservation Association and the Denali community, the park has increased waste diversion by 50%. We love you, Future. Enjoy the scenery.

Visit www.Denali.org/zerolandfill for more information about our progress.



Woody and Bonnie turn to a 1970s toy called Duke Caboom for help. Based on Canada's greatest stuntman, Duke comes with a powerful stunt-cycle, and he's always prepared to show off his stunt poses with confidence and swagger.

The plot of the film involves Bonnie—last seen in *Toy Story 3* as a 4-year-old—now entering kindergarten. Forky is a plastic spork that she's turned into a cherished plaything, though Forky doesn't think of himself that way. "I was made for soup, salad, maybe chili, and then the trash," he tells Woody. There's an ensuing existential crisis, a family road trip and a jaunt to an antique store ... well, you'll just have to see.

Is Forky some sort of eco-reference, a clarion call to Reduce, Reuse and Recycle? It might be natural to project that onto the character in this day and age, but Cooley says Forky is not approached from a real-world point of view. "There's no social message; it's about what was the best way to tell Woody's story. Seeing how he's been through so much in the past three films, it's, 'What would he be thinking? And how does that affect him?'" Woody is trying to explain to Forky why he exists as a toy, and what that means, and then in turn has to consider what that means to himself, as well. The life of a toy, after all, means you're always in danger of being disposed of, or lost, or forgotten in favor of something newer and shinier.

"Woody is always afraid of being replaced, of not

being displayed on the bed or not being the favorite toy," Rivera explains. "[As a character], Forky is a way of amplifying that anxiety."

HIDING EASTER EGGS

Disney•Pixar movies are famous for having Easter eggs—hidden jokes and references to other films—tucked into their scenes. Easter eggs are put into the scenes by the art department, or by the director and the producers, or sometimes by the set department. In *Toy Story 4*, there are thousands of them, Cooley says. "There will be four or five Easter eggs in one shot." The producers have a 10-page document with little arrows pointing out all of the Easter eggs.

Keep your eyes peeled, especially in the scenes set in the antique store. "It's a major set piece," Nielsen says. "It gave us an opportunity to dig into our digital backlog, using material from our short films and our features. We pulled a lot of things that could appropriately be in an antique store."

As Rivera explains it, "Part of it is, we just need stuff to populate the world. We'll grab a background from *Up*, and people think we are so clever. We were just saving time or money."

The filmmakers also had a blast coming up with which toys to reference in the films. "I remember seeing the Etch A Sketch and Mr. Potato Head in the first *Toy Story*," Cooley says, noting how those playthings resonated with his own childhood experience. "Using the setting of the antique store in this film, we have toys from so many eras, which I found exciting," he

Journey to Galaxy's Edge

Also new from Disney: Four decades after Earth was introduced to Luke Skywalker, Han Solo, the Force and the Dark Side, the theme park introduces its most ambitious adventure ever, *Star Wars: Galaxy's Edge*.

Phase one of the project, opened at Disneyland Park in California on May 31, transports visitors to the far-flung planet of Batuu, with the unique and intriguing sights, sounds, smells and tastes you'd expect from galaxies far, far away. While there are foods

and beverages to sample, and otherworldly markets to explore, the highlight for most is the opportunity to take the controls of the most famous ship in the galaxy, aboard "*Millennium Falcon: Smugglers Run*."

Phase two opens later in the year: "*Star Wars: Rise of the Resistance*," which Disney claims to be "the most immersive and advanced attraction ever imagined." Park visitors are dropped into a battle where the action unfolds around them as they choose to help out a smuggler, join the Resistance or

pledge loyalty to the First Order using the Play Disney Parks mobile app.

Star Wars: Galaxy's Edge opens in Walt Disney World Resort in Florida on August 29.



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says. “We even have some metal toys from the ’20s.”

The story artists pitched ideas from their childhoods, too, which means there are even some 1990s toys to be spotted.

“*Toy Story* doesn’t just talk about the innocence of childhood and the feeling of what it’s like to play with toys,” Cooley observes. “It’s also about parenting. The toys are basically parents. We never say that, but the audience picks up on it. Remembering your own childhood hits you in that emotional way.”

Rivera thinks back to how his parents took him out of school on the first day *The Empire Strikes Back* played in his hometown. “I remember it vividly. My mom says she remembers looking over at me in the theater, and it was the happiest she’d ever seen me. It still might be.

“We love movies. We grew up with the old Disney movies and the *Star Wars* movies. There’s nothing I love more than being a father and going to the movies with my kid. I hope that we get to pay that forward, and that there are people in the audience who tell that story someday, of seeing it for the first time. We made this movie with love.”

Will the fourth installment of *Toy Story* be as big a hit as its predecessors? Consider this comment from one fan on the *Toy Story 4* Facebook page: “As a lifelong fan of these movies, they better do it justice! But can’t help be excited to see it!”

Considering the page has 30,872,823 followers, it’s a safe bet there’s an audience eager to see the story continue. But what about a *Toy Story 5* or *6*? As director Cooley says, “Every ending is a new beginning.” ✖

Kathryn Drury Wagner contributes frequently to this magazine.



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*Symphony and Eagle
lakes—one a deep
blue, the other
turquoise—share a
valley in Chugach
State Park.*



The picturesque South Fork Valley Trail near Anchorage leads to stunning alpine lakes

By Melissa DeVaughn

The dogs ran ahead, their ears flopping, tongues lolling and noses busy as they took in the fresh scents on the trail. My friend Colleen and I hiked behind, slowed by our packs, but just as eager to be out in the sunshine and clear skies.

We were on an overnight camping trip on the South Fork Valley Trail in Alaska's Eagle River Valley, about 20 miles east of Anchorage. The area encompasses Eagle and Symphony lakes, as well as the more hidden Hanging Valley Lake, our destination for the evening. On our hike, we took in expansive views, showcasing Cantata Peak jutting into the sky and alpine meadows dotted with summer lupine and fireweed.

I have been to this hiking destination in Chugach State Park dozens of times. Sometimes I make it an approximately 10-mile out-and-back for the

exercise. Other times, I stop to pick blueberries on a south-facing hillside. Often, it's where I take visitors to give them one of my favorite looks at Alaska.

About 5 miles on the main trail would get us to Eagle and Symphony lakes, which sit side by side. The first time I hiked to Eagle Lake, the turquoise waters left me speechless. Just a few yards farther, the smaller Symphony Lake was different but just as breathtaking: glass-clear, deep blue and full of rich vegetation that attracts a healthy population of trout and grayling, and draws fly-fishers in the summer.

But on this particular day, Colleen and I sought the serenity of Hanging Valley Lake, which is reached by a spur trail that veers to the left from the main South Fork Valley Trail, about 2 miles in. This path, totaling about 3 miles—making our entire one-way hike approximately 5 miles—is much less used than the main trail and therefore even more desirable for those seeking solitude.

We traversed an undulating path that climbed for short spurts and then leveled off along a lower ledge. Small kettle ponds, mostly clear and shallow,

greeted us as we continued toward the lake.

At the base of a slope leading up to Hanging Valley Lake, which sits at about 3,400 feet, we found a sunny spot level enough to pitch our tents. After setting up camp, we donned an extra layer of clothing and made the short, though somewhat steep, climb to the lake. Colleen carried a stuff sack full of cheese and apples, and a Swiss Army knife for slicing. I carried a bottle of wine and two plastic camp cups that would serve as glasses.

We picked our way through the rocks until the lake came into view. The dark water was still and reflected a nearby mountain ridge. We listened to the shrill whistle of arctic ground squirrels and scanned the hillsides for wildlife such as moose and mountain goats. We took seats on the ground along the shore, the dogs content to lie down beside us—although their noses and ears remained on high alert. And there we lingered, sipping wine next to the lake and listening to loon calls as the sun lowered on the horizon.

Melissa DeVaughn is a freelance writer based in Eagle River, Alaska.



Fly-fishers are drawn to the Gulkana River, where anglers cast in search of grayling and rainbow trout, such as the trout about to be released by the author, at far right.



Mount Marathon.

Walks in the wild

Want to experience wild Alaska but stay in close proximity to urban areas? Here are a few more favorites around the state:

Angel Rocks Trail: These rock outcroppings off Chena Hot Springs Road are about 50 miles northeast of Fairbanks and accessed via an approximately 3.5-mile loop trail.

Mount Marathon: At about 3 miles roundtrip, this Kenai Peninsula hike is short but steep. Every July 4, Seward's population balloons as thousands gather to race to the top of the 3,000-plus-foot summit and back.

Mount Roberts: This Juneau favorite attracts cruise ship passengers who take the Mount Roberts Tramway about 1,800 feet up the roughly 3,800-foot

mountain. Others hike the roughly 5-mile out-and-back trail to the top of the tram or the 9-mile roundtrip to the summit.

Pioneer Ridge–Austin Helmers Trail: This hike, about 40 miles northeast of Anchorage, is steep and narrow. It climbs to a ridge at about 5,300 feet that offers views of the Knik River Valley and the Matanuska River Valley.

Winner Creek Trail: In Girdwood, the roughly 6-mile out-and-back trail from Alyeska Resort travels through lush forest to the Winner Creek Gorge, where a hand tram can be taken across the water. —M.D.



On the great Gulkana, scenic journeys are as simple as stepping into a raft, canoe or kayak

By Ken Marsh

We'd rafted downriver from Paxson Lake, our five-day float trip barely begun, when the splashes of feeding grayling drove us in for a hasty landing. Five men and a boy climbed out of our two-boat flotilla and briefly, as we rummaged for fishing gear among dry bags and waterproof totes, the world sang only to the tune of the river.

I had my rod together in minutes, fitted it with a light reel, line and a dry fly the size and color of the mosquitoes buzzing above the water. Then, framed by spruce forests and rolling hills, the river sliding black and smooth out front, I began a series of false casts, my focus narrowing

into what the late author Norman Maclean famously described as "a four-count rhythm and the hope that a fish will rise."

My fly dropped onto an eddy, and I watched it spin idly atop a tiny whirlpool before it vanished in a splash. I yanked my rod back, felt the line tighten, and reeled in a grayling—the first of many fish caught and released that day. Just that quickly, my connection to the river was complete.

That recent float was my latest in a lifetime of excursions on Alaska's Gulkana River. A National Wild and Scenic River, the Gulkana is quietly renowned for its accessibility and wildness. Connected to the world by the state's road system, the river is easily reached from several points, even as its remote wanderings keep it starkly detached from the 21st century.

Fed by streams north of the Denali Highway, the Gulkana's main stem flows south. It enters and exits 10-mile-long



Paxson Lake, roughly halfway between Fairbanks and Valdez, off the Richardson Highway. From the lake, the river continues on, joining with its West Fork and the West Fork's South Branch to alternately meander and dash through more than 180 miles of perfect wilderness. En route to its terminus at the Copper River—a broad, brown, glacial giant—the Gulkana drains a primal basin larger than the state of Delaware.

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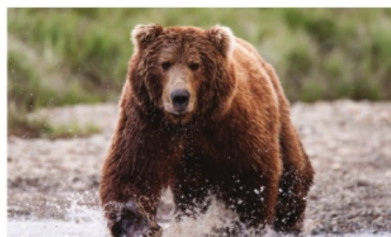
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Anglers are lured by grayling and by salmon—chinook and sockeye—and rainbow trout. Indeed, plentiful grayling and trout to 8 pounds were behind my recent main-stem float. But fishing is only one reason to board a raft, kayak or canoe and float the Gulkana.

I've floated the river's main stem, forks and branches many times over the years simply to camp and explore the far-out, lonesome Copper Basin country through which it runs. Thirty years ago, my first time on the Gulkana, I accompanied a Bureau of Land Management survey team on a 10-day canoe trip down the South Branch of the West Fork. The crew was to assess the South Branch's potential for preservation under National Wild and Scenic status, by paddling 150 miles downriver from a headwaters lake to the Gulkana's main stem.

Interestingly, that starting-point lake was uncharted (it remains unnamed); it didn't appear on maps at the time, an

omission that underscored the depth of wilderness we would traverse. During our days on the river, we surveyed bird species and nesting sites; catalogued floral variety and distribution; recorded the presence of fish and wildlife; and logged evidence of historical use by the region's first people, the Ahtna Athabascans. In the sandbars we found the signatures of wild creatures—mink, moose, otter, grizzly. And once, rounding a bend, we encountered a lone gray wolf.

That first journey was an expedition of the Lewis-and-Clark kind, a once-in-a-lifetime voyage of exploration and discovery that set the tone for every float since. Of course, discovery is a relative term. And in Alaska, where roads are few and "remote" takes on distinctive meaning, it's heartening to know that your next grand adventure can begin by simply choosing a river and boarding a raft, kayak or canoe.

Ken Marsh is based in Anchorage.

A raft of rivers to explore

The Gulkana is one of 12,000 Alaska rivers, including these:

- **Chulitna River:** Located off the Parks Highway, the Chulitna is a glacial river. On clear days, set out in Denali State Park and enjoy breathtaking views of 20,310-foot Denali (in the nearby Denali National Park & Preserve).
- **Maclaren River:** For scenic daylong or overnight canoe or kayak floats, visit the Maclaren River Lodge, located northeast of Anchorage at mile 42 on the Denali Highway.
- **Upper Kenai River:** Famous for its distinctive emerald-green waters, superb fishing, wildlife and mountain scenery, the Upper Kenai River out of Cooper Landing is a less-than 2-hour drive south of Anchorage, via the Seward Highway and Sterling Highway. —K.M.

Snorkeling offers a unique perspective of Tongass Narrows

By Eric Lucas

I'm on a morning adventure in a small cove along Tongass Narrows, south of Ketchikan—and, yes, I do mean *in* the cove. I'm bobbing about in Southeast Alaska, snorkeling, and I'm awestruck by this new perspective on the North Pacific's nearshore underwater life.

Just below me, tangerine and ivory nudibranchs wave their surreal cauliflower heads in the ever-shifting current. Shimmering silver herring, needlefish and sculpins dash about in eelgrass beds and look ever so much like oblong songbirds shifting through a meadow. Crystal ball-like moon jellies float by, asteroids in this aqueous universe. Vermilion rock crabs duck under rocks amid a field of sea urchins. Lion's mane jellyfish pulse along



Snorkelers search for colorful sea creatures in the waters near Ketchikan.



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Sea stars in Tongass Narrows.

Douglas Island’s Sandy Beach: Southwest of downtown Juneau is a golden-sand strand, where you can have a bracing dip in sight of snowcapped summits—the average temperature in the Gastineau Channel in June is just below 50 degrees.

Jewel Lake: About 30,000 people each summer enjoy the nearly 28-acre lake in Anchorage. Jewel Lake Park features a sandy beach, volleyball lot, covered shelter, playground, fishing dock and picnic areas.

Tanana Lakes Recreation Area: Warm freshwater shallows—which can climb above 70 degrees in summer—along amber-sand beaches make for good swimming in Fairbanks. The air temperature can get into the 80s. —*E.L.*

like alien entities in the seas of Neptune.

I pause above a convocation of sea cucumbers atop a slab of rock. The 18-inch-long cucumbers are the biggest I’ve ever seen, and in the emerald magnifying glass of the sea, they seem to measure a full yard. If I hang in the current 3 feet above for a few minutes, I can actually detect them inching across the stone.

I’ve seen all these creatures before—as I glanced beneath the keel while kayaking in a quiet bay, for instance, with the evanescent colors of undersea life glinting in aquamarine water. But witnessing Alaska’s underwater world from within it is revelatory in several ways. First and foremost, simply that it’s possible: I know that hard-core scuba divers, bundled in dry suits, head to Inside Passage waters and descend to the depths to spy octopus, lingcod, rockfish and other exotic deni-

Seeing Green in Glacier Bay National Park & Preserve

In addition to snorkeling in Tongass Narrows, hiking in Glacier Bay National Park & Preserve is a great way to experience Southeast Alaska. Here’s one writer’s take:

Just a few steps, and we’ve entered a lush cathedral of towering trees, their high branches entangling each other, shielding much of the afternoon’s sunlight. On the mile-long Forest Loop Trail, accessed from Glacier Bay Lodge near Gustavus, west of Juneau, my wife and I feel surprising springs in our steps as our feet press down on the spongy forest floor—an endless welcome mat of thick moss atop tree roots blanketed in soft soil.

Most everyone knows about tropical rainforests, which conjure thoughts of monkeys swinging through thick humidity. More rare are temperate rainforests, such as those found in the 3.3 million-acre Glacier Bay National Park, as well as the nearly 17 million-acre Tongass National

Forest, covering most of Southeast Alaska.

In these forests, a combination of warm ocean currents and cool land mass can result in more than 200 inches of rain a year. In Southeast Alaska, that environment gives rise to one of the planet’s densest conglomerations of life, including trees, undergrowth and animals.

As the rainforest’s green curtain closes behind us, all evidence of civilization drops away. The tangle of vegetation brings an ethereal silence, as if we’re in a room lined with sound-absorbing tapestries.

As we walk, the forest opens up, revealing a small pond, with two observation platforms along the edge. We sit on a bench on one of the platforms and settle in for a parade of Barrow’s goldeneye

ducks, their comically large black heads marked with the bright yellow orbs that give the ducks their name. From somewhere in the trees comes the soft low “whoop” of a sooty grouse.

We continue along the trail, the forest floor rolling alongside us like carpet. And all around us are prominent Sitka spruce and hemlock. They’ve lived for more than two centuries, and they are capable of living for at least two centuries more.

—*Bill Newcott*



Hikers travel on the Forest Loop Trail.

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zens. But even though I've been snorkeling all my life, I did not know Alaska travelers could equip themselves with snorkel and mask to slip into that same world.

There is one big difference from a tropical snorkel adventure: When you head out with guides such as Snorkel Alaska, you stuff yourself into a head-to-toe neoprene wetsuit that keeps you warm in the roughly 55-degree water. Once I get the hang of swimming in the suit, it quickly becomes apparent that this world is far more colorful, diverse and populated than it seems from the climes above water.

There are dozens—hundreds—of marine creatures in every direction, and the muted pastels one sees from the surface are in vivid colors. Viridian, claret, apricot, platinum and pearl. There is no coral reef here, but the color coral appears in anemones, rockfish and nudibranchs. Southeast Alaska's silver sky is reflected in the flash of herring schools and in the tips of anemone tentacles. The green of alders matches that of eelgrass.

I've heard marine biologists point out that the oxygen-rich waters of the North Pacific actually hold more biomass than equatorial seas. That's a statistic they measure in tons of life per cubic mile of ocean. I think of that fact while I'm paddling about in Tongass Narrows on a summer morn, sightseeing in another universe that lies just a few inches from ours. ✈

Eric Lucas travels to Alaska often from San Juan Island in Washington. For more information on visiting Alaska, go to travelalaska.com.

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CREATIVE ECONOMY

FROM TECHNOLOGY AND TOURISM TO ACTIVEWEAR AND FOOD, THE CITY OF ROSES IS A HUB FOR NEW IDEAS, COOL STARTUPS AND ARTISANAL CRAFTS

BY GAIL O'HARA



When Northern Ireland native Emma Mcilroy moved to Portland 11 years ago to work for an apparel company, she had no idea what kind of future was in store for her. However, in 2013, Mcilroy decided to strike out on her own and join the many local entrepreneurs who have helped the City of Roses become one of the nation's top locations for new small businesses.

A self-described “brand marketing wizard,” Mcilroy founded Wildfang with another local apparel executive six years ago, and the company is now the 11th-largest footwear-and-apparel company in Portland, based on number of employees in the area. That is no small feat, considering that Portland includes powerhouse outdoor and athleticwear companies such as Adidas, Columbia, Keen, Nike, Pendleton and Under Armour.

Mcilroy's secret to success was to create a gender-bending clothing line that fills an unmet need.

“I wanted to create something I felt was missing in women's fashion,” says Mcilroy, who is the CEO of the company. “At Wildfang, we raid men's closets and steal their style but make it for a woman's body. How come only guys get a great suit, great graphic T-shirts and great button-downs? Why doesn't anyone make great overalls for women? We don't believe in those gender rules in fashion.”

Mcilroy's bright idea has helped Wildfang find success. The company was ranked 10th on *Portland Business Journal's* 2018–2019 list of Most Admired Companies across all industries, and Mcilroy was named a Woman of Influence.

The success has allowed Mcilroy to give back to the community by, in part, supporting women's causes. The company donated about \$400,000 in 2018 to many charities, including a variety of nonprofits that focus on empowering women—with an emphasis on women of color—and on helping female students reach their potential.

“Portland's our home, it's our baby,” Mcilroy says. “The community here supports us, and we wouldn't be here without it. When we built our first tiny little store on the East Side, we had 12 local craftspeople come in and help us build it for about \$10,000. People believed in the vision, and they wanted this thing to exist.”

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Emma McIlroy found success with her gender-bending fashion style, far right.



A THRIVING ECONOMY

The Portland area has developed a reputation as a place where entrepreneurial businesses such as Wildfang are encouraged and also supported. That ethos has helped the local business community thrive.

A strong economy and the area's outdoorsy reputation (it is one of the nation's centers for cycling, hiking and running, and is located close to the Oregon Coast and the peaks of the Cascade Range) has contributed to Portland's national reputation as a top place to live and work. The Greater Portland area, known as the Portland-Vancouver-Hillsboro Statistical Area, has a population of about 2.5 million and was ranked third on the 2018 *Forbes* magazine list of The Best Places for Business and Careers. Portland also has been ranked on other lists as one of the nation's healthiest cities, and this year, *U.S. News and World Report* ranked the city the eighth best place in the nation to live, a listing that included various criteria such as quality of life, job market and cost of living.

While recent economic indicators, including housing prices, show Portland's economy may be leveling off, the calming trend comes after a number of years when the region was often

ranked near the top in the nation for job growth and population increases. Those positive economic factors have helped draw a number of leading companies, including technology firms, to the City of Roses.

"The tech industry in the metro area continues to thrive, especially in the city center," says Rick Turoczy, co-founder and general manager of PIE (Portland Incubator Experiment), which helps startups find success.

In the city, local companies such as Cloudability, Jama and Puppet have been joined by regional offices of name-brand companies such as Airbnb, Amazon Web Services, eBay and Google.

One local technology company benefiting from the recent growth is Vacasa, a vacation-rental-management company providing services for more than 13,000 rental properties in the U.S. and beyond. Vacasa, which has more than 400 employees in Portland, was founded in 2009 after CEO Eric Breon found it difficult to manage his family's cabin on the Washington coast. He thought there should be a company that could handle the rental process for property owners.



Rick Turoczy, co-founder of Portland Incubator Experiment, says Portland's technology scene is thriving.

Breon says Portland is an ideal home for Vacasa due to the region's healthy lifestyle, the supply of knowledgeable workers, and the lower costs of running a business when compared to other technology centers around the country. In 2017, the company raised more than \$103 million. This year, it acquired Sterling Resorts, a Florida vacation-rental-management company, and recently launched an interior design program to help owners decorate their rental properties and earn more revenue.

Breon says that Portland's reputation as a great place to live and its cluster of colleges and universities are attracting well-educated people with technical skills from larger, more expensive cities, which is creating a robust talent pool. "There's so much to love about Portland," says Breon. "It's a very livable city, it has a great public transportation system, and it has one of the best food scenes in the world. Mount Hood and the Oregon Coast are just short drives away, making it easy to get outside and enjoy the beauty of the state. Plus, it's less expensive to grow a business here, which makes it attractive for tech startups."

Another key indicator of Portland's economic prosperity is growth in the tourism sector. Visitor spending was up about 4% in 2018, to about \$5.3 billion annually. Tourism contributed 36,360 jobs to the local economy in 2018, which is up about 3% from 2017. The growing number of visitors is resulting in a boom in the local hotel industry. Travel Portland

estimates that since 2000, the number of hotel rooms in the city center has almost doubled, from 5,379 to nearly 10,000.

The boom in visitors has also been felt at Portland International Airport (PDX), which has experienced a 37% growth in the number of domestic passengers and 94% growth in international passengers traveling through the airport between 2012 and 2018.



A FOODIE FAVORITE

Portland's renowned culinary scene is also a major draw for visitors. Last year, WalletHub named Portland the No. 1 Food City in America, thanks to a host of chefs such as Peter Cho, owner of Han Oak restaurant; Gabrielle Quiñónez Denton, co-owner of Ox restaurant; Vitaly Paley, owner of a number of restaurants, including Paley's Place; Andy

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Ricker, owner of the Pok Pok restaurant chain; and Gabriel Rucker, best known for his Le Pigeon restaurant. In 2019, more than a dozen local chefs were named James Beard Award semifinalists in various cooking categories. Such recognition has helped establish Portland as a must-visit city for food lovers.

“There is a competitive spirit in the Portland food community, but at the core it’s one of mutual love and respect,” says Tommy Habetz, chef and co-owner of

Bunk Sandwiches and Pizza Jerk, which was named 2016 Pizzeria of the Year by *Bon Appétit* magazine. Habetz says he loves having access to incredible local produce and a community of smart eaters, although he acknowledges that having so many dining options makes it more competitive than ever.

Portland has proved to be a great launching pad for food startups. One example is ice cream sandwich producer Ruby Jewel, which was founded in 2004 by sisters Lisa Herlinger and Becky Burnett, who began by selling the handcrafted ice cream sandwiches at Portland farmers markets. Last month, the company opened its fourth shop, and it also sells the tasty sandwiches at West Coast grocery stores.

Ruby Jewel is among a growing number of Portland food chains,

Lisa Herlinger, above, co-founded the ice cream sandwich company Ruby Jewel in 2004. The company has four shops and an ice cream truck.

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including Bamboo Sushi, Blue Star Donuts, Eb & Bean frozen yogurt shops, Pok Pok restaurants, Salt & Straw Ice Cream, Stumptown Coffee and the famously quirky Voodoo Doughnut.

In addition, the City of Roses has long been known as one of the nation's leading beer cities, as well as being part of the region's excellent wine scene and burgeoning cider and distillery sectors. You can sample nearly 30 different hard ciders at the Portland Cider House, drop by PDX Urban Wineries to taste vintages from a variety of different wineries, and visit New Deal Distillery to taste its award-winning small-batch spirits.

However, beer is still king here. Portland has more than 70 breweries in the city itself (including favorites such as Widmer Brothers, Ecliptic and Cascade) and more than 100 in the greater metropolitan area. There are a variety of beer festivals throughout the year to enjoy. You also can join a beer tour or follow an ale trail map, available online, to discover many unique craft beers.

Jeff Alworth, a Portland beer expert and author of books, including *The Beer Bible*, describes the local beer economy as strong and healthy, but acknowledges it's reaching a saturation point as the market matures. "The growth is not as strong as in the past, but [the Portland area] still sold more beer in 2018 than 2017, and way more cider," he says.

GREATER PORTLAND

Growth throughout the region has helped the surrounding communities, including Vancouver, Washington, and Hillsboro, Oregon, expand and develop.

Vancouver, located about 10 miles north of downtown Portland, on the north side of the Columbia River, has a population of about 175,000, and is expected to see increasing job growth in the coming years. That is due to its

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proximity to Portland, as well as its quality of life, good schools and easy access to urban and outdoor areas.

The city's manufacturing sector received a major boost in February when Vigor Industrial, an Oregon-based ship-builder and manufacturer, announced plans to build a new military landing craft in Vancouver. Up to 400 skilled laborers are expected to be employed on the nearly \$1 billion project.

John McDonagh, president and CEO of the Greater Vancouver Chamber of Commerce, says nearly all sectors of the local economy are growing.

Hillsboro, a city of about 100,000, located west of Portland, is home to divisions of Epson, Intel, Salesforce.com and Kaiser Permanente, to name a few. The center of the region's "Silicon Forest," the city is home to a large number of STEM (science, technology, engineering and mathematics) jobs. To the east of Hillsboro is Beaverton, the home of Nike and divisions of other athleticwear companies and a variety of technology and manufacturing firms.

These clusters of companies have helped develop talent such as Wildfang's Mcilroy and given entrepreneurs the knowledge to launch their own firms. Mcilroy sings the praises of the Portland area's business value system and how it has helped develop a caring community.

"Portland cares about how much of a positive impact you make on your community and how you get the collaborative group win rather than the individual win," Mcilroy says. "They care about the outcome and doing world-class work and the way in which that is achieved. That is what makes this place really special." ✂

Gail O'Hara writes from Portland.

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FROM LEFT: BLAINE HARRINGTON III / ALAMY STOCK PHOTO; SPACE NEEDLE LLC PHOTO

The Seattle Center Monorail connects riders from Seattle Center sites such as the Museum of Pop Culture (MoPOP) to downtown Seattle. Right, the views at the Space Needle are better than ever thanks to new features such as more glass on the observation deck.

Experience Washington

From the Space Needle and Cascade Range peaks to lively Bellevue and the Columbia River Gorge, the Evergreen State offers an abundance of amazing places to visit. Read on for cultural, food and drink, iconic, outdoor and urban attractions in and around Seattle, Bellevue, Bellingham, Vancouver and Eastern Washington.

The Greater Seattle Region

BY KRISTIANNE HUNTSBERGER

Turning above the sweeping arched roof of the Glasshouse at Chihuly Garden and Glass, I feel like I'm floating in a clear-bottom boat. I'm actually 500 feet above the ground, inside the **Space Needle's** saucerlike crown, standing on The Loupe. It's billed as the world's first rotating glass floor, and on a sunny afternoon, the changing perspective as I spin slowly around the Space Needle's central tower is especially captivating.

Beneath me, the white arches of the Pacific Science Center, which, like the Space Needle, was built for the 1962 World's Fair at Seattle Center, cast fractal shadows on the science center's reflecting pool. Gliding smoothly toward a full revolution, I watch small figures below scamper across the labyrinth of climbing towers, slides and swings in Artists at Play. The playground sits between the colorful reflective waves of the Frank Gehry-designed Museum of Pop Culture (MoPOP) and

the Seattle Center Armory Food and Event Hall. When I at last look up from the scene beneath my feet, I notice two grade-school girls stretched out on their tummies, giddy as they drift slowly above the world.

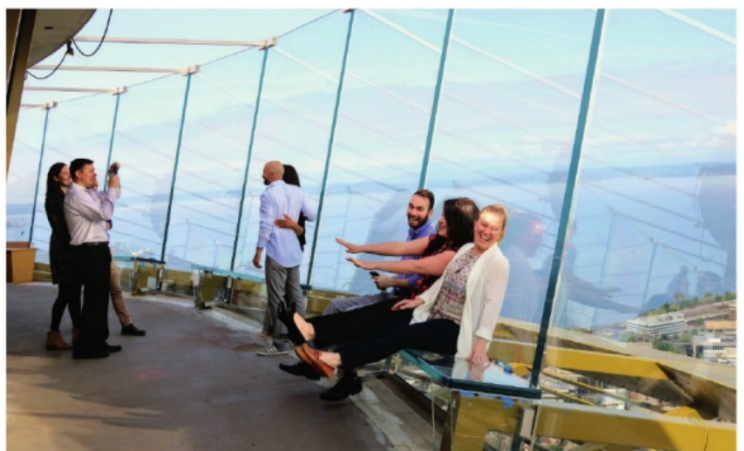
The Loupe is one of the exciting features at the recently renovated 605-foot Space Needle, which received a "spacelift" completed in 2018. After I

climb a new spiral staircase, which looks down into the tower's stem, I take in another new feature: the improved views. The addition of floor-to-ceiling glass around the interior of the observation level, as well as glass barriers replacing the wire that formerly ringed the Needle's exterior deck, has created 360-degree vistas that include the glimmering skyscrapers of downtown Seattle and nearby mountain ranges.

On the eastern horizon, the Cascade Range is still crested with winter snow, and to the west, the Olympic Mountains stand tall beyond Puget Sound.

The renovation is meant to elevate the visitor experience, and my visit includes offerings such as a photo snapped by a mounted camera that's able to capture Mount Rainier and much more of the Seattle skyline than I could in a selfie, as well as a virtual reality bungee jump.

After strolling around the outer ring of the observation level, I go inside to enjoy a Washington state vintage at Atmos Wine Bar, where I pull up a seat and drink in the view.



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Left, Pike Place Market has been a popular attraction since 1907. Below, the sun sets behind Mukilteo Light Station.

More Iconic Options

From the Space Needle, a short ride on the 1962 Seattle Center Monorail to Westlake Center provides easy access to **Pike Place Market** in downtown. The market, which opened in 1907 and received an expansion in 2017, bustles with fruit and vegetable vendors, fishmongers, florists and artisans.

My usual route through the market begins at the corner of First Avenue and Pike Street, where the 46-year-old Left Bank Books sells small press titles and unique bookseller recommendations.

A level below is Lamplight Books, where my treasure hunt through the pre-owned selection is regularly rewarded with an old edition of a favorite novel, or a graphic novel I'd searched for everywhere.

The showroom store for Seattle's Chin Music Press is just steps away in the Main Arcade, two flights below the *Rachel the Piggy Bank* bronze sculpture. The showroom features Chin Music's own catalog of titles, from folktale collections, pie-recipe poems and nostalgic essays mapping Seattle's recent past, to selections from other local presses and authors.

The market's recent expansion

created space for more artisans selling crafts, jewelry, cards and gifts in an all-weather pavilion. There are also more food and beverage options, adding to the array of choices, from creperies and cafes to chowder houses and classic restaurants. The expansion offers 30,000 square feet of open public space and 12,000 square feet of local shops and restaurants.

A new addition is Old Stove Brewing Co., which has a large selection of creative beers brewed on-site. Try one of the classic northwest IPAs, with bright citrus and pine notes, or one of the rotating sours. The tasty Boysenberry Sour was on tap when I went.

Next door at indi chocolate, cacao is transformed into scrumptious chocolate before your eyes in a glass-walled factory. The rich, dark chocolate bars and buttery truffles are melt-in-the-mouth delicious. The shop also sells s'mores and chocolate-infusion kits, chocolate-blended tea and cocoa butter lotions.

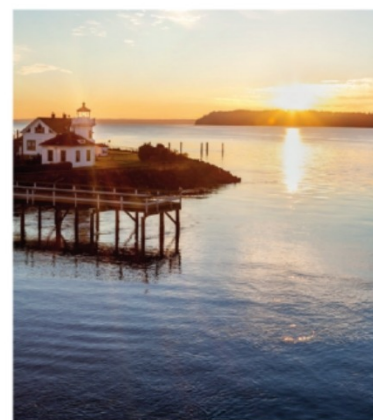
The market's new open-air plaza, with a bounty of public tables, invites alfresco eating with views of the Seattle Aquarium, The Seattle Great Wheel—standing 175 feet—and Puget Sound.

Get out on the water yourself on a **Washington State Ferries** boat. Routes crisscross the Puget Sound region. I recommend purchasing walk-on tickets from downtown Seattle to Bainbridge Island and finding a spot at the ship's rail. At the ferry's stern, watch the city recede in picturesque panorama, from the pyramid-topped 1914 Smith Tower in Pioneer Square to the Space Needle. On a bright day, you might spot Mount Rainier to the southeast, like a snowy stage backdrop.

In the Everett area, north of Seattle, take a short crossing between Mukilteo and Whidbey Island for a scenic less-than-50-mile drive north to Deception Pass State Park.

Cultural

Past and present meet at the 1906 King Street Station in Seattle, which has undergone a decade-long refurbishment. Most recently, the Seattle Office of Arts & Culture relocated to the long-unused third floor, where part of





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the loft was repurposed as a gallery space, **Arts at King Street Station**. The inaugural exhibition, “yəhaw,” through Aug. 4, honors the Indigenous Coast Salish people and showcases Native artists from across the region. The exhibit includes more than 200 creators who work in diverse media. For instance, a detailed corset adorned with zippers, buttons and beaded shapes by Kathryn Miller (Spokane Tribe) is displayed across the room from a circular interactive space full of seats and sound by Timothy White Eagle (White Mountain Apache).

To learn about the region’s natural and cultural history, visit the **Washington State History Museum** in downtown Tacoma. Covering topics that range from original inhabitants to contemporary immigrant experiences, the interactive displays spotlight regional cultures and industries, such as logging, shipbuilding and computer technology. On view through the end of June is “Horizon,” a collection of regional landscapes, dating between 1870 and 1966, cleverly hung in a continuous line to create a horizon that circles the gallery hall.

Located in the heart of the **Tacoma Museum District**, the history museum is near the Tacoma Art Museum, which features more than 5,000 works emphasizing the art of the Northwest and

broader western region, and the Museum of Glass, which offers exhibits, live glassblowing by artists and make-your-own glass art experiences.

In Olympia, take a free guided or self-guided tour of public art and monuments around the **Washington State Capitol**, with sites such as the 1928 Legislative Building.

I also recommend visiting the Old Capitol Building, situated downtown in Sylvester Park, less than a mile north of the current capitol. The 1892 edifice resembles a castle more than the county courthouse it was originally designated to be.

The building served as the capitol for more than two decades, just after the

Above, Deception Pass State Park features nearly 15 miles of scenic saltwater coastline, much of it on the northern end of Whidbey Island. Below, the Washington State History Museum is in the heart of the Tacoma Museum District.

turn of the 20th century, and it still houses the Office of Superintendent of Public Instruction.

Food & Drink

Summertime sunshine is a great excuse to explore **microbreweries**, and in **Ballard’s industrial district**, you won’t have to go far to sample some of the



Washington

best. There are several breweries within a mile of each other. Populuxe Brewing boasts a giant beer garden, where families can spread out and play a few games of cornhole. There is a regular schedule of food carts and a full arcade just off the tasting room.

Established in 1990, Maritime Pacific Brewing Company is one of the earlier microbreweries in Seattle and pours beers, wines and ciders at a full-service restaurant, the Jolly Roger Taproom.

A few blocks west, Peddler Brewing Company is open Wednesday through Sunday. This dog- and kid-friendly spot hosts unique events such as the Pun Slam and Astronomy on Tap, which combines fun science presentations with games and prizes.



For an elegant dinner in the Ballard area, **Ray's Boathouse** offers a dining room overlooking Puget Sound. Menu items include Applewood Grilled Wild Alaskan King Salmon, and Pan Seared Scallops served with bucatini pasta and ragu featuring king oyster mushrooms.

Other options for fresh, seasonal

Dishes inspired by the flavors of Italy are served by chef Renee Erickson at Willmott's Ghost inside The Spheres, above. Sunlight glistens on Edmonds' scenic waterfront, right.



seafood are **Renee Erickson's restaurants**. Erickson, a Seattle native who won the 2016 James Beard Award for Best Chef: Northwest, has establishments in locations including Ballard, Capitol Hill and downtown.

In Capitol Hill, Bar Melusine presents simple and elegant seafood inspired by dishes found on the French Atlantic coast. The oyster selections are always delectable. If it's too early for dinner, try coffee and a handmade doughnut filled with cream, curd or jam at nearby General Porpoise. Selections vary daily, and while lemon curd has long been my favorite, I'll admit a recent pear-jam doughnut did steal the spotlight.

Inside The Spheres in South Lake Union, Willmott's Ghost serves dishes

such as Roman-style pizzas and salads with fresh seasonal ingredients.

Outdoors

Summer is golden in the Puget Sound area, and locals take advantage, frequenting parks and hiking trails. It's also the best time to get out on the water. In Seattle, **The Center for Wooden Boats** offers classes and rentals all year, as well as free Lake Union boat trips every Sunday.

Volunteer skippers and crew make it possible for the center to provide first-come, first-served rides aboard spritsail boats, steamboats, electric boats, schooners, ketches, yawls and yachts. A 25-year tradition, Sunday Public Sail is popular, so arrive early.



If you are a certified scuba diver, you can get beneath the surface at **Edmonds Underwater Park**, north of Seattle. The marine reserve is accessible for all levels of divers, and a portion



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of the 27 acres of tidelands and bottomlands have been developed with diving trails. Trace a route that includes sunken vessels that now serve as underwater habitat. It's possible to spot many fish species, including lingcod and eelpouts.

On shore in Edmonds, **Brackett's Landing North** is an above-water park on a scenic stretch of beach only a short walk from the city's quaint downtown. It's a great spot for picnicking and family outings, and you can watch the ships pull in and out at the adjacent Washington State Ferries terminal. If you're in the mood for fish and chips and other tasty seafood dishes on the waterfront, visit **Anthony's HomePort**.

The Port of Everett's Waterfront Place Central was improved last year, coinciding with the port's 100th anniversary. You can enjoy an outdoor excursion on the mile-long Pigeon Creek Trail & Beach or 6-mile waterfront trail system, which welcome joggers, bikers and dog walkers. On Thursdays, June 20–Aug. 29, visitors can attend Music at the Marina, with outdoor performances, local food trucks and a beer garden.

On Sundays through Oct. 6, the Everett Farmers Market sets up at the 2-acre Boxcar Park, which is also a great spot to fly a kite in the notable winds that have kiteboarders flocking to the popular Jetty Island, just off the Everett waterfront and accessible by shuttle ferry from July 5 through Labor Day. ✂

Kristianne Huntsberger writes from Seattle. For more information on the Greater Seattle region, see websites such as experienceolympia.com, seattlesouthside.com, traveltacoma.com, visitedmonds.com, visiteverett.com, visitseattle.org and experiencewa.com.

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Bellevue

BY JULIE ARNAN

Stepping into Ascend Prime Steak & Sushi is like entering a glowing jewel box. The gold-colored tiles on the walls of the grilling area glitter as amber flames dance in a large firepit with wood such as white oak and apricot. An onyx backdrop shimmers in elegant patterns behind a nearby sushi counter. Metal hoods gleam above two circular fire features that flicker invitingly in the lounge. Ruby-red cocktails glisten at various tables.

But another treasure lies outside. The restaurant—located 31 stories above street level at Lincoln Square South in **The Bellevue Collection** shopping/dining/entertainment destination—features floor-to-ceiling windows. My friend (also named Julie) and I take a moment to absorb the extraordinary views. Lake Washington and Seattle sparkle to the west, and beyond Seattle we can see the Olympic Mountains. Mount Rainier lies to the southeast. Some of Bellevue's shiny office and residential towers are to the north.

At 5:30 p.m., Ascend—celebrating its first anniversary this month—is already abuzz with the happy post-work chatter

of its well-dressed guests. We opt for a curved gray sofa, angled southwest to catch the sunset from the lounge. Julie orders a Rombutan—a bright-pink vodka-based concoction with lychee and St. Germain elderflower liqueur foam—and I ask for something gin-based and refreshing, leaving the specifics up to the bartender. The cocktails arrive in dramatic, extra-long-stemmed martini glasses. The bartender has chosen the 1921 for me. It's a gin-based cocktail with lemon juice, blood-orange juice and rose syrup, garnished with a rose petal, and it bubbles like a cauldron of refreshment due to a cube of dry ice nestled at the bottom of the glass.

FROM LEFT: SUZI PRATT / ASCEND; CINEMARK; JIM GARNER / TRUFUSION



With a *ding!*, the Julie-Julie duo toasts the start of an enjoyable evening as our Japanese wagyu appetizer arrives. The beef is very lightly seared, and so tender it melts almost like butter in my mouth. We also share one of the inventive Bento boxes, opting for the “land” version featuring three items: wagyu beef rolls topped with a foie gras torchon and truffle-soy beurre blanc; wagyu beef lettuce wraps with mustard-chile glaze and blistered shishito peppers; and a mini cup of decadently rich, slightly sweet onion soup.

“Team Julie” is in high spirits after our happy hour at Ascend, as we next descend to **Cinemark Reserve**, located on the third floor of Lincoln Square South. This luxe theater, for guests 21 and older, provides seatside food-and-beverage service and is a cushy place to watch top films such as *Captain Marvel*. From the luxurious comfort of our plush oversize recliners, we press a

Clockwise from left: Attractions at The Bellevue Collection include the great view from Ascend Prime Steak & Sushi; a workout at TruFusion, whose investors include Russell Wilson; and dinner and a movie at Cinemark Reserve.



button, and our server appears. A few minutes later, our street-style salmon tacos arrive, filled with grilled salmon over cilantro-lime slaw, topped with a chipotle-mayo drizzle. The tacos are delicious and filling, and after the last bite, we’re glad to recline our seats for the action-packed flick.

Ascend and Cinemark Reserve are just two of The Bellevue Collection’s 80-plus places to enjoy a bite to eat, complementing the 200-plus retail shops, from a growing collection of menswear retailers, such as **Indochino**, expected to open this month, to a recently expanded **lululemon** technical-activewear store for men and women. The light, bright, nearly 6,000-square-foot lululemon store now even has a section called The Joinery, offering complimentary alterations on lululemon items purchased from the store.

Fitness is a growing sector at The Bellevue Collection, with companies ranging from **SoulCycle**, known for its high-intensity indoor-cycling workouts, to **TruFusion**, which opened a gym here in March. The gym provides heated and unheated classes such as yoga, Pilates, barre and bootcamp-style

workouts. Bellevue’s TruFusion is endorsed by celebrity-athlete investors, including Seattle Seahawks quarterback Russell Wilson.

The Bellevue area, part of the “Eastside”—so named because it is on the east side of Lake Washington—has many additional attractions that appeal to residents and visitors. Below are a few examples.

More Food & Drink

In historical **Old Bellevue**—now a section of downtown anchored by Main Street and known for boutique businesses with Seattle-area owners—it’s easy to satisfy a sweet tooth at Fran’s Chocolates, while Peony Modern Kitchen is my go-to restaurant for artfully crafted Chinese dishes.

Old Bellevue is also home to retail shops ranging from La Ree Boutique, offering a wide selection of upscale women’s clothing, to glassybaby, with its lovely handblown-glass votive candleholders. I recently spent an hour perusing the rainbow of gleaming choices before selecting a gorgeous red-and-violet “horoscope” candleholder for a friend’s birthday.



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Great ethnic cuisine dots the greater Bellevue area, including a high concentration of Asian and Indian restaurants and multicultural shops in the **Crossroads neighborhood**, east of downtown. One of our family's favorites is Little Sheep Mongolian Hot Pot, where we order a variety of meats and vegetables to cook in broth spiced to perfection.

Wine lovers appreciate that Bellevue is only about 10 miles southwest of **Woodinville Wine Country**, which boasts more than 100 wineries and tasting rooms. Tour companies such as Barrel Wine Tours create customized tasting itineraries and can pick up guests in Bellevue and other locations in the Puget Sound area.

At **Bellevue Brewing Company**, about 3 miles northeast of downtown, the taproom seats 300 people, and

Above: The School installation at the Bellevue Arts Museum showcases salmon sculptures suspended from the ceiling. Below: The new Meydenbauer Bay Park is located along Lake Washington.



minors are welcome until 8 P.M. We like to take the kids to catch an afternoon sports game on the big screen over lunch, with soft drinks for the youngsters and a crisp 425 Pale Ale—named for a local area code, and featuring citrus, fruit and pine notes—for my husband and me.

Cultural

The **Bellevue Arts Museum**, downtown, features exhibitions of art, craft and design works, in a 20,000-square-foot space. *School*, an installation spearheaded by Puget Sound-area artist Joseph Rossano, is on view

through August 11. It showcases several hundred life-size mirrored salmon, sculpted by glassmakers from around the world, and suspended from the ceiling.

Meydenbauer Center Theatre, downtown, is known for productions ranging from concerts to the classic *Nutcracker* ballet. The Japan Fair, at Meydenbauer Center, June 29–30 this year, highlights Japanese food, music, dance and culture.

Outdoors

The new **Meydenbauer Bay Park**, just west of downtown, is a 7-acre lakeside gem that opened in March. The park includes a curved 430-foot pedestrian pier over Lake Washington; attractions such as viewing terraces and a children's playground; and summer kayak, canoe, pedal boat and standup-paddleboard rentals available from REI, as well as SUP classes.

Our family also likes to rent kayaks at **Enatai Beach Park**, about 3 miles south of downtown. After about a half mile of paddling, we transition from Lake Washington into the lazy calm of the **Mercer Slough Nature Park Water Trail**—about 2 miles (each way) of vegetation-lined waterway that winds through sites where herons, ospreys and





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even bald eagles might be spotted. REI is providing summer kayak, canoe, SUP and pedal boat rentals at Enatai Beach, along with watercraft classes and tours.

Another great nature-based attraction is the **Bellevue Botanical Garden**, east of downtown. We have visited many times to enjoy the wooded trails, manicured gardens, flowering trees and Japanese water features. One year, we brought a photographer and had family photos taken on the 150-foot-long suspension bridge that stretches over a deep ravine.

For longer treks, we walk the **SR 520 Trail**, which runs from the Eastside to the Montlake area of Seattle, with a designated pedestrian/bike lane on the State Route 520 Floating Bridge across Lake Washington.

In Bellevue, trail access points include Bridge View Park, just east of the 520 Bridge deck. At the park, we pause to take in the panorama of waterfront homes, seabirds, boat traffic on the lake and vehicle traffic on the bridge before connecting with the paved SR 520 Trail.

From the bridge deck, we can see majestic Mount Rainier to the southeast and magnificent Mount Baker to the northeast, weather permitting. The din of traffic on the bridge can make it challenging to converse with a walking partner, but the sights are worth the noise. And it's always a thrill to see bald eagles that nest on the west end of the bridge near the University of Washington, and which might be spotted year-round in East Montlake Park. ✈

Writer Julie Arnan lives on the Eastside. For more information on Bellevue, go to visitbellevuewashington.com.

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The lookout atop Stewart Mountain offers grand views of Lake Whatcom and beyond.

Bellingham and Whatcom County

BY KATHRYN TRUE

As I step onto the Chanterelle Trail

in Lake Whatcom Park, I find it hard to believe I am little more than 10 miles outside the city center of Bellingham. A Pacific wren launches a welcoming trill as we enter a bountiful kingdom of moss-draped bigleaf maples and stout Douglas firs. Decomposing “nurse stumps” feed nutrients to the octopus-like roots of younger trees and huckleberry bushes. After recent rain, the air has the promising scent of new growth.

My sister and I have set out early on a Sunday morning to explore this route, which opened in 2017 as the first trail in

an expanding network that will eventually total 95 miles. The lyrically titled Chanterelle Trail is named for the mushroom that can sometimes be found here in fall (though park visitors should remember never to eat mushrooms without expert identification).

Gray skies portend that we’ll be wearing raincoats by the time we reach the trail’s destination lookout area atop Stewart Mountain, 2.4 miles up the trail. But as we hike, the capricious clouds separate, and intermittent shafts of sunlight illuminate magnificent assemblages of sword fern and Oregon grape.

The switchbacks come one after the other, but the 1,000-foot elevation gain is tempered by discoveries of forest-floor wonders, such as unexpected flowers, and lichens with a profusion of patterns and textures. The trail is shared with mountain bikers going uphill. Bikes must take a road down. Yet on our visit, we only encounter a few other hikers.

At the top, we emerge from the trees and step onto rocks lining the gravel lookout area. We let our eyes soak up views of the shimmering expanse of Lake Whatcom below us. A lone sailboat crossing the lake looks like a toy from our vantage point, and fog to the east is dissipating to reveal the snowy foothills of the Cascade Range. A line of clouds marches west over Bellingham Bay toward the San Juan Islands and a blue horizon. After taking a few photos to commemorate the summit, we head back down the trail.

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Left: Kayakers paddle in Bellingham Bay, near the salvaged-material art installation Waypoint. Below: Tessellation 4 is one of the works in “Modern Quilts: Designs of the New Century,” showing at the Whatcom Museum.

On the descent, I reflect on how easy it is to access remarkable forests and vistas from Bellingham—one of the reasons so many lovers of the outdoors call Whatcom County home. I look forward to exploring more—within town, as well as just outside.

More Outdoors

It would take more than a lifetime to exhaust the area’s opportunities for nature adventures. Whatcom County has 755,000 acres of public land and seemingly endless waterways—and you can reach myriad trailheads just minutes from Bellingham.

Chuckanut Mountain Park, just south of the city, offers miles of hiking, mountain-biking and horseback trails. People of varying abilities find hikes among thick conifer forests, hidden waterfalls, massive boulders and emerald lakes. The 5-mile roundtrip **Pine and Cedar Lakes Trail** is an uphill huff (gaining 1,400 feet) that rewards hikers with peekaboo views of Mount Baker and the Salish Sea, plus access to side trails and two lakes that are popular for fishing, swimming and camping.

The 2.6-mile trail encircling **Lake Padden**, in southeast Bellingham,

provides a waterside setting without the elevation gain—and the lake is a shady respite on a hot day.

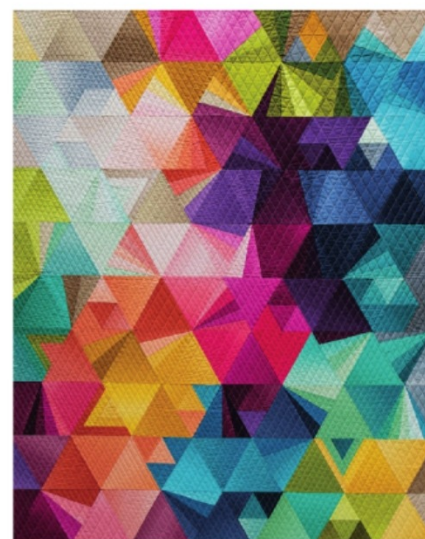
To get out on Bellingham Bay, rent a kayak, paddleboard or rowboat from the **Community Boating Center** (open June through mid-September; sailboats available with a skills test) in the city’s Fairhaven District. Paddling about 2 miles north along the shore, you’ll arrive at a beach at **Waypoint Park**, marked by the giant spherical sculpture *Waypoint*. The metal orb used in the installation was salvaged from the industrial mill that used to occupy the area’s waterfront. At night, lights are aimed to reflect off the piece’s thousands of tiny reflective glass beads. The park is the first segment of a 33-acre project to reconnect the city’s downtown core with its reclaimed waterfront—providing the first public access to this shoreline in 100 years.

Cultural

Just up the hill from Waypoint Park is **Sylvia Center for the Arts**—a community arts collaboration that transformed a historical building in the heart of the city’s Cultural Arts District. The center’s performance spaces (a main stage and

smaller theater) are busy year-round with shows ranging from original plays to jazz to comedy. The center produces free summer open-air productions in nearby **Maritime Heritage Park**.

If you want to explore one of the islands glimpsed from shore, take the small car-and-passenger ferry to **Lummi Island** (a 5-minute trip). Once there, drive to the **Sculpture Woods**, a plot of land around the studio of artist Ann Morris that was gifted by Morris and her family to Western Washington University. Overlooking Rosario Strait and open to the public on each month’s first Saturday, the nearly 15-acre woods feature 16 life-size bronze figures by the artist. Also on-island: Try **The Beach Store Cafe** for its Reuben on Avenue Rye. Or, if you’re planning well ahead, reserve a table at the **Willows Inn**,



which has won international acclaim for Chef Blaine Wetzel's locally sourced and inspired cuisine.

For another tranquil sculpture park, try **Big Rock Garden** near Lake Whatcom. Nestled among rhododendrons, the garden's 37 permanent works (by local and international artists) have seemingly sprung to life from the surrounding trees.

Step into Bellingham's maritime history aboard the shining brass-and-teak **Schooner Zodiac**. Built in 1924, it offers day sails and other cruises spring through fall. Lucky passengers may see whales, otters, seals and eagles.

Food & Drink

Summer is an ideal time for sipping on the **Bellingham Cider Company** deck,



TAYLOR HODGES

which overlooks the city's waterfront. The cider here is carefully crafted in small batches with Washington state apples. Purists may swear by the "Dry" variety, while a cider flight offers a rotating selection of intriguing flavors such as prickly pear cactus and lemon sage. And try the Buttermilk-Brined Chicken and a Brown-Sugar Waffle,

paired with the IPA-meets-cider Gateway Hazy Hopped.

Go-to brunch spot **Camber Coffee** is heralded for its single-origin roasts and was sought out to create a Willows Inn signature blend (available to take home) that hints at macadamia, apple and pine. The shop has Instagram-worthy menu items that feature local produce.



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with locals on the patio out back. And **Chuckanut Brewery & Kitchen** is a local standby that won gold at the 2018 World Beer Cup for *kölsch* and pilsner entries.

Black Sheep, “a tequila bar with tacos,” serves inventive housecrafted tortillas topped with various ingredients, and well-balanced house margaritas.

If you’re looking for an iconic local smorgasbord, plan ahead for **Bellingham SeaFeast**, September 21–22. This waterfront seafood festival at Zuanich Point Park and Squalicum Harbor celebrates the city’s maritime heritage and culture, as well as the culinary bounty of the Pacific Northwest.

Urban

Every worthy adventure is enriched by a good book, and you’ll find great reading material at **Village Books and Paper Dreams**. This beloved independent bookstore/gift shop offers new and used books, with plenty of comfy nooks in which to peruse them. Enjoy a sipping chocolate (with housemade marshmallow) from **Evolve Chocolate + Cafe** on the bookstore’s mezzanine. These businesses are among the highlights of the **Fairhaven Historic District**, which also

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houses art galleries, restaurants and pubs in picturesque 19th century buildings.

Between Fairhaven and downtown, **Western Washington University** has a lovely setting enjoyed by students and visitors alike. The school's **Outdoor Sculpture Collection** includes nearly 40 works by various artists, arrayed publicly around campus. The university is flanked to the east by **Sehome Hill Arboretum**, a 180-acre wooded park with about 6 miles of trails. Climb the stairs of the park's 80-foot-tall observation tower (accessed less than a quarter-mile from a parking lot or via a somewhat longer hike from campus) to catch a classic sunset view over the city and Bellingham Bay.

In the heart of the downtown Cultural Arts District, **Whatcom Museum** spotlights art and Northwest history, with exhibits in two buildings—the lovingly restored Old City Hall (which includes an iconic clock tower) and the Lightcatcher building down the street. Current exhibitions include “Modern Quilts: Designs of the New Century” (June 1–August 25), featuring 63 innovative quilts, with associated hands-on activities and programs to learn about quilting history.

Kids and adults get excited by the hair-raising MegaZapper Electrical Show at **Spark Museum of Electrical Invention**. Spark offers an impressive history of all things electricity- and radio-related, and displays artifacts from inventors such as Thomas Edison and Nikola Tesla. Hands-on exhibits include a static electricity lab and a space in which to play eerie songs on the theremin—considered the world's first electronic musical instrument. ✈

Kathryn True is a lifelong Northwesterner who loves exploring Bellingham. Learn more about the area at bellingham.org.

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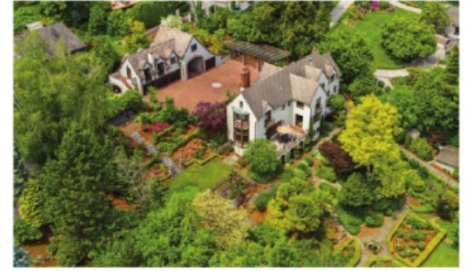
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The Vancouver Area

BY ELIZABETH R. ROSE

turns swinging at a piñata hung from a tree branch.

I walk back to the trail, which ends in a pedestrian tunnel lined with basalt etched with designs inspired by Columbia Basin petroglyphs and installed when the tunnel was built in 2009. Then I backtrack to my car, parked at the Pendleton Woolen Mills and Mill



mighty Columbia River.

My mind drifts to 1806, when Chinookan villagers readying their canoes for a day of salmon fishing came upon Captain William Clark and members of the Lewis and Clark Expedition with their roughly hewn dugout log canoes. The explorers set up camp on this quiet, shady beach for six days while they secured provisions for the return trip

I sit down in the shade and wiggle my toes in the cool sand at **Cottonwood Beach** off the Washougal Dike Trail, about 15 miles east of Vancouver, Washington. Waves from a passing river barge lap at the shoreline. Gleeful children run to fixed canoe replicas and climb in, as if to paddle out onto the

to St. Louis, Missouri, beginning with travel through the Columbia River Gorge.

Two golden retrievers noisily splashing in the water after a stick bring my mind back to the present. The children leave the canoes and gather at a picnic table to enjoy birthday cake and take



Store. A group waits on the porch for one of Pendleton's free tours. But I'm off to follow the river west and explore more area history in Vancouver.

In Vancouver's Columbia Way neighborhood, I park and follow the 5-mile **Columbia River Waterfront Renaissance Trail** past signs that point to the Old Apple Tree Park, where one of the oldest apple trees in the Northwest, planted in 1826, still grows.

At the southern entrance to the Johnpaul Jones-designed **Land Bridge**, two crossed cedar canoe paddles overhead, with a cast-glass sculpture of a Chinookan woman's face glistening in the sunshine mounted on each of them, welcome me to the 40-foot-wide, earth-covered pedestrian bridge. Confederated Tribes of the Warm Springs artist Lillian Pitt is known for her masks and sculptures resembling faces, some of which are inspired by petroglyphs found in the Columbia River Gorge. The bridge is part of the six-site Columbia River Confluence Project that honors the river's role as a historical tribal crossroads as well as a place where European and Native peoples came into contact and began

trading. The views of the river and snowcapped Mount Hood are stunning as I stroll the bridge, looking at native plants, the sculptures with engravings of traditional Plateau-style basket designs, and plaques with stories about local history.

On the other side of the bridge, I have a view related to yet another time in Vancouver's history, when the Hudson's Bay Company arrived to establish one of the first European trading posts in the Pacific Northwest, in 1825. **Fort Vancouver**, the reconstruction of which you can visit today, is part of the Fort Vancouver National Historic Site. The reconstructed fort is filled with living-history activities, including various days when costumed docents share stories of life in the early 1800s, and Lantern Tour evenings, when families can explore the fort in the dark by the light of lanterns. This afternoon, I walk amid a fort garden planted with heirloom flowers and vegetables, taking in the scent of herbs in the sunshine, before heading for the 2.3-mile Discovery Historic Loop Trail that winds through the 210-acre fort complex.

The fort also hosts historical re-



Clockwise from top left: The Ulysses S. Grant House, built in 1850; a wooden paddle sculpture at an entrance to Vancouver's Land Bridge; a lookout point on the Land Bridge; apple trees bloom in front of a stockade at the Fort Vancouver National Historic Site; canoe replicas at Cottonwood Beach, where the Lewis and Clark Expedition camped.

enactments, as well as Vancouver's huge Fourth of July celebration. More than 25,000 people gather to picnic on the grass in an old-fashioned celebration culminating in a spectacular display of pyrotechnics.

My wanderings quickly take me to a beautiful green lawn dotted with large oaks and bigleaf maples and a row of 21 stunning Georgian and Victorian homes. The 21-acre **Officers Row** consists of carefully restored 19th century homes once used by U.S. Army officers who were stationed at Fort Vancouver. The oldest of the homes, the 1850 Ulysses S. Grant House, now hosts a restaurant where you can sit on the grand veranda overlooking the grassy parade ground and sip a cocktail. Although President Grant never lived in the Grant House, he was the quartermaster at Columbia Barracks (the name





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Ash Tree Farms, left, produces an array of mushrooms and sells them at the Downtown Farmers Market, which is adjacent to beautiful Esther Short Park, below.

for Vancouver Barracks at the time) from 1852 to 1853, years before he served as a general in the Civil War.

Food & Drink

Vancouver is known as a city where chefs, farmers, winemakers and brewers join together to provide a strong locally based food scene. Entrepreneurial spirit and locavore pride result in an exciting place to grab a brew, taste wine or enjoy a leisurely meal.

Vancouver's **Downtown Farmers Market** is known far and wide as a location for regional produce, colorful cut flowers, folk music, handmade jewelry, and delicious food made by creative chefs, such as the ones at Herb 'n Roots, who create artfully prepared international breakfast and lunch.

On a typical day, you can buy mushrooms grown by Ash Tree Farms, whose farmers also drop off fresh oyster mushrooms at nearby **Elements Restaurant**, where classically trained chef Miguel Sosa bases his menu on what's available from Ash Tree and other small local farms. Sosa's salads, easily termed "a fiesta on a plate," are fresh, bright and seasonal.

Next on the mushroom farmers'

rounds are the owners of **Little Conejo Tacos & Mezcal**. After grinding Mexican corn in the basement of the restaurant for the daily handmade tortillas, the company roasts meats and selects fresh produce for their chalkboard list of ingredients for tacos and salsas. The delicious fare can be paired with Little Conejo's selection of more than 100 Mexican mezcals, or Mexican beer or wine.

You can also sample craft beers at some of the more than two dozen breweries and taprooms, which have Pacific Northwest names such as **Thirsty Sasquatch** and **Loowit** (the Sahaptin language name for nearby Mount St. Helens). You're bound to find a favorite among the tasting flights, and it's easy to get from brew to brew, whether walking or taking a pedal tour on the 14-seat Couve Cycle.

For wine lovers, local winery **Burnt Bridge Cellars** and the Vancouver Waterfront's new **Maryhill Winery Tasting Room** are among the great places to sip, share small bites and, on some evenings, enjoy live music.

Cultural

Vancouver's downtown **Arts District** has numerous galleries and other arts venues. The historical **Kiggins Theatre** hosts musical groups, such as The Juleps, an Andrews Sisters-style singing trio, in its Art Deco Marquee Lounge.

During the **First Friday Art Walk**, once a month year-round, restaurants and galleries welcome people with food, drinks and entertainment.

Also once a month on varying dates, **Night Market Vancouver**



Washington

brings together 85-plus local makers, entertainers and food vendors at Terminal 1 on the waterfront. The lineup changes month to month: There may be salsa-dancing lessons one time and folk music the next. (Upcoming Night Market dates include June 7 and July 12-13.)

Outdoors

Visitors to Vancouver can enjoy activities in its lakes, rivers, forests and wetlands. Whether it's kayaking on **Vancouver Lake**, photographing the migration of sandhill cranes (typically from May to August) in the fields along **Lower River Road**, or running and biking urban trails such as the **Burnt Bridge Creek Trail**—which meanders 8 miles through suburban Vancouver and forests with Douglas fir trees—getting out in nature is part of a visit to this riverside city.

Two national wildlife refuges help protect the natural beauty, plant and animal life: **Steigerwald Lake National Wildlife Refuge**, east of downtown Vancouver, and **Ridgefield National Wildlife Refuge**, to the north.

Steigerwald Lake National Wildlife Refuge, once a dairy farm, has art installations along the trails and places to see turtles and avian life.

At Ridgefield National Wildlife Refuge, you can spot nesting eagles and visit the Cathlapotle Plankhouse, an education center that highlights the Chinookan people of the Lower Columbia River who harvested the camas fields and *wapato* (arrowroot) patches and fished the river in the area of the refuge. ✈

Elizabeth R. Rose writes from Vancouver. To learn more about the Vancouver area, see visitvancouverusa.com.

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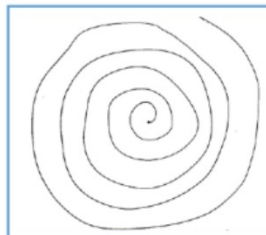
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yeah,
that Vancouver



Eastern Washington

BY ADRIANA JANOVICH

My husband, John, and I are dazzled by the surroundings as we approach the **Cliff House Estate** at Spokane's **Arbor Crest Wine Cellars**. Even though I've been to this spectacular winery many times before, it is always special to step through the arch at the gatekeeper's house and see the terraced gardens, beautiful cliff-top gazebo and breathtaking views.

We stroll through the parklike grounds, enjoying sweeping views of the forested canyon and river valley below and savoring the winery's fine vintages. Spokane singer-songwriter Nick Grow is performing, and the Cliff House, perched atop basalt bluffs about 15 minutes from downtown

Spokane, looks picturesque.

Arbor Crest Wine Cellars is one of Spokane's most scenic locations, popular for picnics, portraits, weddings, wine-tasting, and summer outdoor concerts. It's one of the places that make Eastern Washington so special. From wine-tasting to fine dining, cycling, boating and hiking, this expansive region—which extends east of the Cascade Range to the state's border with Idaho—has so much to see and explore.

Spokane

The growth of Eastern Washington's wine industry in the past 40 years has been amazing. Today, there are nearly

1,000 wineries in the state, and most are in Eastern Washington.

In Spokane, I tell friends to begin exploring the local wine scene in the city's **Cork District**, which features two dozen tasting rooms, including **Barrister Winery**, known for its red wine selection, and **Maryhill Winery**, with dozens of varietals and blends. Beer is big in the Spokane area, as well, with the **Inland Northwest Ale Trail** boasting nearly 50 breweries in and around the Spokane area. A good place to begin the trail is at **Black Label Brewing Company** in downtown Spokane.

You should also plan on eating well. This region's culinary scene includes many renowned chefs, such as Spokane's James Beard Award semifinalists Anna Vogel of **Italia Trattoria**; Jeremy Hansen of **Smoke & Mirrors Saloon** and **Hogwash Whiskey Den**, among others; and Adam Hegsted, who owns various restaurants, including the



Clockwise from top left: Arbor Crest Wine Cellars' Cliff House offers a breathtaking vista of the Spokane area. Riverfront Park's SkyRide runs above the Spokane River. Huntington Park boasts great views of the Lower Spokane Falls. The Jordan Schnitzer Museum of Art WSU featured Andy Warhol's Chairman Mao during a recent exhibit.

the place to visit. The site of the 1974 World's Fair features a skating ribbon, which is used for roller-skating in the summer and ice-skating in winter. There is also the park's beautiful **Loeff Carousel**, built in 1909, and the **SkyRide**, where gondolas glide over the Spokane River, offering a bird's-eye view of the Lower Spokane Falls.

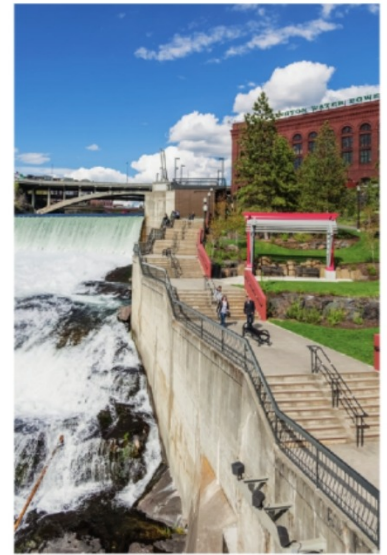
Spokane has many wilderness areas near the city. We like to hike at **Mount Spokane State Park**, home to **Mt. Spokane Ski & Snowboard Park**. In summer, the area attracts cyclists, bird-watchers and hikers.

Spokane also offers a variety of historical and cultural attractions, including the childhood home of one of its most famous residents, singer and actor **Bing Crosby**. The crooner grew up in Spokane and attended local Gonzaga University, which now owns his former residence, where you can see Crosby memorabilia, such as gold and platinum records, news clippings and awards.

The Art Deco-styled **Martin Woldson Theater at The Fox** is the place to go for entertainment. The Fox will host the **Indigo Girls** on June 18. Learn about the area's early inhabitants at

popular **Wandering Table**. For great dining with a quintessential Spokane view, visit **Anthony's at Spokane Falls**, right in the heart of the city. Another Eastern Washington gem is **Churchill's Steakhouse**, which is known for elegant dining and exceptional steaks.

When it comes to outdoor fun, Spokane's 100-acre **Riverfront Park** is



Spokane's **Northwest Museum of Arts and Culture**, which hosts visiting art and history exhibits, and has an extensive collection of works that includes Native American artifacts.

The **Northern Quest Resort & Casino**, located about 10 miles west of Spokane, is home to many attractions. You can choose from numerous dining options, concerts by performers such as **Snoop Dogg**, **Toby Keith** and **ZZ Top**, a world-class spa, shopping and activities for children.

Pullman

To the south of Spokane is **Pullman**, best known as the home of Washington State University (WSU).

A top university attraction is the **Jordan Schnitzer Museum of Art WSU**, housing six galleries that exhibit works by preeminent artists, including Lichtenstein and Warhol. You'll also enjoy stopping by the **WSU Creamery** to try the local ice cream and Cougar Gold cheese.

One of the city's best breweries is **Paradise Creek Brewery**, which serves a variety of craft beers on tap, including Huckleberry Pucker and Postal Porter.



FACING PAGE: HAMILTON STUDIOS, SPOKANE; THIS PAGE CLOCKWISE FROM TOP LEFT: AARON THEISEN / VISITSPOKANE.COM; KEVIN G. SMITH / DESIGN PICS / GETTY IMAGES; ANDY WARHOL, CHAIRMAN MAO (1976), JORDAN SCHNITZER MUSEUM OF ART WSU

Reservations are recommended at Pullman's **Black Cypress**, where pork souvlakia is a must-order appetizer. A fun food event is Pullman's **National Lentil Festival**, August 16–17 this year. About a quarter of the nation's lentil crop is grown in the area around Pullman, and each August, the town celebrates the edible legume with concerts, food and activities.

Walla Walla

Earning *Sunset Magazine's* travel award for the Best Wine Town in 2018, the Southeast Washington community is home to at least 120 wineries.

Walk through downtown to explore dozens of tasting rooms, including the **Bledsoe Family Winery** and **Mark Ryan Winery**. The sculpture garden at



ALANNA HALE

Restaurant, known for having an extensive Washington wine selection. Nearby, six-time James Beard Award semifinalist Chris Ainsworth creates Mediterranean-inspired dishes at

Foundry Vineyards—part winery, part art gallery—offers a unique setting. Walla Walla has also developed a reputation for fine dining. Some top restaurants include **Whitehouse-Crawford Restaurant**, which focuses on fresh, seasonal ingredients. A block away, inside the Marcus Whitman Hotel & Conference Center is **The Marc**

Saffron Mediterranean Kitchen.

Whitman College, a leading liberal arts colleges in the heart of the town, has a beautifully landscaped campus, with a variety of public art on display. Explore **Fort Walla Walla Museum** to learn about the area's history, from the Lewis and Clark Expedition to the area becoming an agricultural center.



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Tri-Cities

Kennewick, Pasco and Richland, better known as the Tri-Cities, is another area where wine flourishes, with dozens of wineries in and around the three cities.

Standout wineries that also have excellent restaurants include **J. Bookwalter Winery**, **Barnard Griffin Winery** and **Tagaris Winery**. **The Kitchen at Barnard Griffin Winery** and the **Taverna Tagaris** have received high marks, while *Food & Wine* magazine in 2017 named J. Bookwalter's **Fiction Restaurant** one of the best winery restaurants in the country.

In summer, the Columbia River is a focal point of activity. The **Tri-City Water Follies** (July 26–28, this year) attract about 70,000 people to watch hydroplane races at Columbia Park. The



J. Bookwalter's Fiction Restaurant is known for dishes such as dry-aged ribeye steak, served with garlic-roasted fingerling potatoes and local asparagus.

river is also popular for boating and water-skiing, and riverfront parks are great for family outings and picnics.

Near the river in Richland is **The Reach Museum**, which tells the history

of the area, from the ice age floods to the development of the nearby Hanford Reservation during World War II.

Yakima

The Yakima Valley is home to more than 100 wineries, and one favorite is **Gilbert Cellars**, with a tasting room in Yakima's downtown. This summer, stop by Gilbert Cellars Winery, at Hackett Ranch, outside of town, for the **Music in the Vines** summer concert series, which runs through August 23.

The Yakima area also produces about 75% of all U.S. hops, a crucial beer ingredient. One place to enjoy a local craft beer is **Bale Breaker Brewing Company**, with a taproom located adjacent to hop field 41. Beer lovers will want to attend the **Fresh Hop Ale**



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Washington

Festival, October 5 this year, which celebrates harvest and fresh-hop beers. For dinner, visit the **Birchfield Manor Inn and Restaurant**, tucked inside a 1910 farmhouse, which boasts some of the valley's best dining. **Los Hernández Tamales**, in nearby Union Gap, won a James Beard 2018 America's Classics Award.

A float through the scenic **Yakima River Canyon**, located north of Yakima, is a perfect way to spend a summer day. The area is popular for camping, fishing, boating and horseback riding. You can



Yakima Greenway.

YAKIMA VALLEY TOURISM

also walk or cycle along the **Yakima Greenway**, a 20-mile trail that runs next to the Yakima River.

This summer, **Capitol Theatre** offers various concerts and performances, including **Lyle Lovett and His Large Band**, June 26. Learn about Supreme Court Justice William O. Douglas at the **Yakima Valley Museum**. Douglas grew up in Yakima and later served on the highest court for a record 36 years.

Wenatchee and beyond

The city of Wenatchee and the resort area of Lake Chelan are becoming major wine areas of their own. When in Wenatchee, drop by **Chateau Faire Le Pont Winery** for full-bodied Cabernet Sauvignons and enjoy dinner at the winery's Chateau Grill. The city's **Pybus Public**

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Market has various gift shops, restaurants and food booths, as well as fresh produce, meats and local cheeses.

To experience the outdoors in the area, visit the Bavarian-themed resort town of **Leavenworth**, located in the foothills of the Cascade Range, 30 miles northwest of Wenatchee. The town is surrounded by summer attractions, ranging from hiking and mountain climbing to river rafting along the **Icicle** and **Wenatchee** rivers. The **Columbia River** in the Wenatchee area is another spot for boating and other water activities.

To the north of Wenatchee is **Lake Chelan**, which boasts more than 30 wineries on or near the lake's shores, with **Chelan Ridge Winery** being a standout. The lake is one of the state's top vacation spots for boating, kayaking, water-skiing and backcountry camping. ✈

Adriana Janovich writes from Spokane.

For information on Eastern Washington, visit lakechelan.com, leavenworth.org, pullmanchamber.com, visitspokane.com, visittri-cities.com, wallawalla.org, visitwenatchee.org, visityakima.com and experiencewa.com. Alaska Airlines Mileage Plan members can check their first case of appropriately packaged wine free on Alaska flights from Pullman, Spokane, the Tri-Cities (Pasco), Walla Walla, Wenatchee and Yakima. For more information, see alaskaair.com/wine.



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Savor memorable beverages in Sonoma and Napa counties | BY CAREY SWEET

About seven years ago, Kunde Family Winery patriarch Jeff Kunde experienced an epiphany as he strolled through his Sonoma Valley vineyards in Kenwood. Why, he wondered, did he have visitors crowd at an indoor bar to sample his wines? “I suddenly decided I needed to kick guests out of my tasting room,” he says. “They should be outside, in the sun, exploring the beautiful place where the grapes are actually grown.”

And that is how I and two of my friends have come to be relaxing with Jeff and one of his sons, Jordan Kunde, on a 1,400-foot-elevation tasting deck, sipping luscious wines and soaking up views of the 1,850-acre Kunde Family Winery estate in the Sonoma Valley American Viticultural Area. As part of the winery’s two-hour Mountain Top Tasting experience, Jordan has brought us to the pinnacle of this grand estate, whose Kunde-family ownership dates to German emigrant Louis Kunde’s 1904 purchase of this land, which was first planted with vines in 1879. Most of the outdoor tours are led by Jordan, although Jeff sometimes comes up the mountain to say hello, as he has done today.

We can see dusky peaks west, north and east, while to the

south, parts of San Pablo Bay, a tidal estuary, are visible. Below us lie verdant vineyards, the winery’s own Island Lake, and a row of 125-year-old magnolia trees flanking the Kunde driveway. With so much beauty in view, I’m not surprised when Jeff tells us that the estate was the backdrop for some scenes in the 1980s TV drama *Falcon Crest*, and that some famous actors have held their weddings here.

Clockwise from top left: Russian River Brewing Company crafts delicious beers that can be enjoyed at Windsor and Santa Rosa locations. Kunde Family Winery uses sustainable practices in its vineyards. Wine enthusiasts enjoy a visit to Gustafson Family Vineyards.



Mel Sanchiotti, *Third generation*
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As Jordan pours wine samples, he explains that the selections change by season, but generally include tastes of seven to eight wines throughout the tour, which also features a visit to the winery's caves. Signature wines include the Red Dirt Red blend and the Reserve Century Vines Zinfandel. The 2016 Red Dirt Red combines Zinfandel, Barbera and Syrah, resulting in notes of plum, cherry, caramel and nutmeg, while the robust 2016 Reserve Century Vines Zinfandel thrills me with its ancestry. The grapes are harvested from vines originally planted in 1882. The lovely Zinfandel is rich and concentrated, with vibrant layers of chocolate-covered cherry and baking spices.

The heirloom vines offer only about 1½ tons of premium fruit per acre, compared to a robust younger vineyard's 5 to 6 tons, but "it's worth it," Jordan says, "not only for the beautiful, flavorful fruit, but for how the historical vineyard speaks to the Kunde family heritage."

The Kunde family, now in their fifth generation of stewardship over the estate, has always been committed to sustainable farming. For instance, although all Kunde wines are crafted exclusively with grapes grown on the family's own estate, the Kundes have planted only 700 acres with the fruit, conserving the rest of the land for natural vegetation and wildlife. The vineyard areas are thoughtfully planned, with each hill retaining an unplanted top area for animal habitat, and with vine rows planted with soil-nourishing cover crops. The winery and the vineyard were among the first in the state of California to be certified as sustainable by the California Sustainable Winegrowing Alliance.

Kunde is one of the many wineries in Sonoma County and Napa County that are acclaimed for the care with which they approach viticulture and winemaking. The region is also becoming known for artisanal breweries and distilleries that passionately and meticulously produce quality beverages. Here are a few examples of additional notable sites to visit on touring-and-tasting excursions.

Wineries

Gustafson Family Vineyards

Some of Sonoma County's most attractive wineries are part of the Wine Road, an association of nearly 200 wineries in the Alexander, Dry Creek and Russian River valleys. One such winery is Gustafson, which has a stylish tasting room in downtown Healdsburg that serves wines crafted on Gustafson's secluded estate to the north in the Dry Creek Valley.

As I arrive at the estate, I'm greeted by winery dogs Rampage, Reyla and Leo.

Owned since 2002 by Dan Gustafson, his daughter, Kristen Khanna, and his son, Jeff Gustafson, the 247-acre property embraces nature, with only 20 acres planted with vines. They are beloved vines, to be sure, in eight varieties, to produce 10 different estate wines.

Balance is key for the environment, explains Estate Manager and Assistant Winemaker Steve Spinella, so wildflower fields have been retained to feed hummingbirds, and at the end of vine rows, his team leaves full buckets of water for coyotes and foxes to lap.

I'm here for the Tour, Tasting and Lunch Experience, which includes a tour of the five-tank fermentation area, a short hike through vines to learn about grape growth cycles, and an explanation of how the plants are positioned to soak up warmth or be sheltered from the sun, depending on what each kind of grape needs.

Spinella pours a splash of 2018 Estate Syrah Rosé—only 244 cases were created of this lively beauty blossoming with ripe strawberry, rose petal and dragon fruit flavors. He provides samples of four more varieties during our approximately half-hour hike to a hilltop for views of Lake Sonoma and Mount Saint Helena. The pours include an Estate Heritage Tree





Taste.

2016 Dry Creek Valley Zinfandel



Maker.

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The Tom Eddy Winery cave. Below: Tom Eddy.



Zinfandel that we taste next to the majestic 350-year-old madrone tree that inspired the name. The Zinfandel leads with the bold, luscious, fruit-forward flavor the Dry Creek area is known for, followed by cinnamon, dark chocolate and coffee. It's exquisite.

Lunch is catered by the iconic Dry Creek General Store on the valley floor, and I enjoy tomato, mozzarella and basil pesto on housemade focaccia, with a side of kale Caesar salad and a housemade chocolate chip cookie.

Tom Eddy Winery

Owner-winemaker Tom Eddy starts tours on his 22 acres in Napa Valley's Calistoga area by discussing how his volcanic-rock-based soil nurtures superb grapes for his Cabernet Sauvignon: Vines have to struggle to survive in the rocky terroir, and thus produce smaller grapes bursting with supremely concentrated color and flavors. The views here are outstanding, as well.

We take a quick drive up to a ridge, where Eddy points out Atlas Peak and Diamond Mountain, plus tree species such as fir, madrone, bay laurel, valley oak, and a sequoia that he nurtured from seed.

Eddy also worked closely with an engineer to create a 4,000-square-foot cave on his steep mountain property in 2013, and we enter the cave to sample four wines set out on a barrel. The flagship Kerry's Vineyard 2014 Estate Cabernet Sauvignon is particularly rich, with flavors such as black cherry, chocolate, espresso bean and vanilla bean harmonizing on my palate. I learn that the vineyard is named for Tom's wife, Kerry Eddy, whose foot-tall ceramic sculptures of the human form are on display in the cave.

We move outside to a patio to enjoy a delicious spread of olive oil, salami, cheeses, fruit, seasonal produce from the estate's own garden, and Kerry's warm, buttery homemade bread.

Bouchaine Vineyards

I'm completely startled when the female Harris's hawk lands on my leather-gloved arm. A second ago, it was resting on its falconer's arm, about 30 feet away. Then, as I summoned it with my own raised arm and a bit of raw quail meat, *whoosh*, it arrived with a gust of wings and a feather-light landing. I'm so thrilled to be this close to the hawk, I'm nearly breathless.

Gerret and Tatiana Copeland, owners of Bouchaine Vineyards, a 100-acre winery located in the Carneros area of Napa Valley, introduced the exhilarating Falconry Experience, provided by Northern California's West Coast Falconry, to demonstrate how trained falcons and hawks can sustainably manage grape-stealing-bird invasions in the vineyards.

Raptors are released during the final months of the growing/harvesting season, August through November, to intimidate and chase pest birds from the vineyards; the well-fed predators do not harm any of the rogue birds. The Falconry Experience



is offered, by advance reservation, July 7, September 1, October 13 and November 10 this year. Additionally, groups of up to 25 guests can schedule custom dates for private falconry experiences.

After several rounds of bird handling on a grassy hill overlooking San Pablo Bay, San Francisco

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and Mount Tamalpais, I stroll back to the tasting room to sample five wines at a private table in the garden. Bouchaine's rose-pink 2018 Vin Gris of Pinot Noir sings with white nectarine, cantaloupe and strawberry, while the lively 2016 Estate Pommard Pinot Noir impresses me with flavors such as mocha and five spice.

Breweries

Russian River Brewing Company

The first time I see the new RRB facility, I can hardly believe I'm in the largely rural Sonoma County town of Windsor. In addition to administrative offices and production areas, the new 85,000-square-foot complex includes a brewery; a 195-seat restaurant; a beer-tasting salon; a 1-acre, pet-friendly beer garden; two bars; and a

gift shop. Completed in October, the \$50 million complex includes amenities such as a fireplace and enormous communal sycamore tables. Yet the impressive brewery is still family-owned, by Vinnie and Natalie Cilurzo, who launched their business in downtown Santa Rosa in 2004 and continue to operate the smaller Santa Rosa brewpub in addition to the new facility.

I start my visit with a self-guided tour that features a fascinating look, through tall glass windows on the third floor, at the beer-crafting process, from ingredients to fermentation to bottling.

Back at the restaurant, I order a hearty pastrami-Gruyère Reuben sandwich and RRB's hallmark Pliny the Elder IPA to take to the beer garden. The Pliny is a crisp, clean, slightly bitter beer, with an appealing floral, citrus and pine aroma.

DISTILLERIES / CIDERY

Griffo Distillery: The award-winning Petaluma distillery is known for its creativity.

Napa Valley Distillery: Tastings are led by experts in "booze yoga"—from proper breathing to swirling—to appreciate the varying nuances.

Horse & Plow: A cidery as well as a winery, the Sebastopol business crafts ciders that celebrate more than 30 apple varieties—including the heirloom



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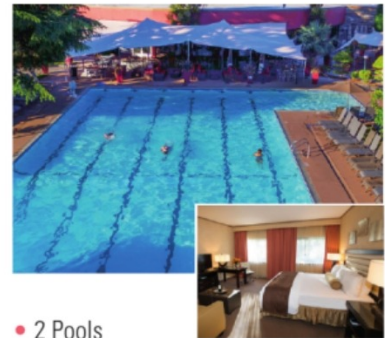
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Bear Republic Brewing Company

Two years ago, the Norgrove family, longtime owners of a popular brewpub in Healdsburg, as well as a brewing facility in Cloverdale, opened an additional Sonoma County operation on the shore of Roberts Lake in Rohnert Park, where an 11,000-square-foot, warehouse-style space combines a brewery, several bars, a restaurant, a beer garden and an outdoor play space for kids.

Locals and visitors alike are drawn to the new site for the lake view, the craft beer served via nearly two dozen taps, and the extensive food menu ranging from salads, burgers and pizza to Hungarian goulash. Many Bear beers, such as the popular Racer 5 IPA, are big and hoppy, though I'm equally happy with the crisp, balanced and refreshing Double Aught Pilsner. ✕

Carey Sweet lives in Sonoma County.

Alaska Airlines (alaskaair.com) provides regular service to Santa Rosa (STS), gateway to Sonoma County/Napa County wine country. Alaska Airlines Mileage Plan members can check a case of wine free from Santa Rosa to U.S. destinations; for details, see alaskaair.com/wine.



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NEW YORK STATE OF MIND

The Big Apple offers excitement, drama and world-famous attractions

By Janene Mascarella

» Recently, I saw my hometown of New York City and the Statue of Liberty National Monument in a unique way, and it gave me chills of excitement—no easy task for this nearly lifelong resident of the five boroughs. With the backdrop of a crimson sunset on a warm spring evening, I admired Lady Liberty from an entirely different vantage point—a sailboat.

In an effort to untangle from stress, social media and the general doldrums, I had signed up our family for something we had never done before—a Manhattan by Sail sunset sightseeing tour of the New York Harbor. Sure, we've seen it all before and ridden on our share of ferries. However, we had never sailed in the harbor.

I double-checked our reservation confirmation email on the walk to the ship,

uncertain if the two-hour nautical journey would conjure much interest from my “screen-agers.”

As we approached the dock on the south end of Battery Park, my 13-year-old daughter looked up in awe at the two-masted *Clipper City*, which measures 158 feet long. “Wow, is that really our boat?” she asked. So far, so good, I thought.

The ship was impressive and reminded me of a simpler time, when the wind determined the speed, and adventure was your compass. The *Clipper City*, built in the 1980s, is reported to be New York City's largest sailboat. It is a replica of an 1850s lumber hauler, with one of its two masts rising 120 feet in the air. My kids helped raise the sails and then explored the open deck.

The setting sun, salty air, calming sounds of the harbor and casual conversations on the boat combined to make us feel relaxed and content. It was smooth sailing as I sipped a cocktail and the kids drank sodas and nibbled on snacks.

Then, before we knew it, we were sailing near the star of the show—the

» Clockwise from above: The Empire State Building is an impressive presence in Midtown Manhattan. The lights of Times Square are dazzling. Central Park offers a serene green space. Sightseeing tours of New York Harbor with Manhattan by Sail promise breathtaking views of the Statue of Liberty National Monument.

NEAR & FAR»



Statue of Liberty National Monument. The ship's arrival near Liberty Island was timed perfectly with the setting sun, giving us a remarkable view. I fumbled for my phone in my handbag to take some pictures, though the image was already set in my memory.

Admiring the statue and the shimmering lights of the city as a warm breeze fluttered the sails, I realized this was one of the first times in quite a while that I'd felt the magnificence of Lady Liberty, a beacon of freedom in the harbor.

By the light of the moon, we sailed back to Manhattan. Its twinkling skyline

put on a show, and I saw the city—my city—in a new light. Observing New York from the bow of the *Clipper City* renewed my appreciation for The Big Apple. My kids offered up their own three-word review: "That was epic."

Bright Lights, Big City

The Statue of Liberty is only one of the many artistic, cultural and entertainment attractions you'll find in this city of more than 8.6 million people.

There is so much to see and do here that visitors may want to buy one of the New York sightseeing passes that offer

discounts on top attractions, as well as ways to speed through long lines. The New York CityPass, for instance, covers admission to six of the city's top attractions, including the Empire State Building, the National September 11 Memorial & Museum, ferry access to the Statue of Liberty and Ellis Island, and various museums. Some passes also get you discounts on unique tours, including food tours, Wall Street walks, and art- and music-themed guided tours.

If you're covering a lot of ground, the city's subway system is the best way to go. With an official MTA subway app and a swipe of your MetroCard, you'll be able to go just about anywhere in the city.

However, my favorite way to introduce a visitor to the city is a walk through part of Manhattan, where you can see many of the city's most famous locations. I advise friends that if they have time, it's also good to venture out and explore the city's other four boroughs (The Bronx, Brooklyn, Queens and Staten Island) to get a true feel for the city.

A great place to start a Manhattan tour is at iconic Central Park. This 843-acre green space is an all-seasons stunner. However, it is particularly magical in summertime, when the park is colorful and in full bloom. Stroll along its paths





HUDSON YARDS TAKES CENTER STAGE

One of the city's most popular new neighborhoods is Hudson Yards, on Manhattan's West Side. The former rail yard is the site of a \$25 billion development that covers 28 acres and will include more than a dozen skyscrapers, high-rise apartment complexes, various hotels, more than 20 restaurants, a major shopping mall, and 14 acres of gardens, plazas and playgrounds.

However, it is the area's creative architecture and public art that deliver the wow factor, including the art installation *Vessel*. The 150-foot-tall funnel-shaped art work is structured as a honeycomb of 154 intricately connected flights of stairs that you can climb.

Near *Vessel* is The Shed, an arts center, with galleries, theaters and more. The building's telescoping outer shell can be extended, much like a retractable roof, doubling the footprint of the building. —J.M.

and you'll likely come across something exciting to see or do. The Public Theater's Free Shakespeare in the Park offers productions through September 8. You also can rent a rowboat at the Loeb Boathouse and paddle about Central Park Lake, or relax in a romantic Venetian-style gondola while a professional does the paddling.

Take a walk on the wild side and visit the Central Park Zoo, where you'll find sea lions, a grizzly bear exhibit and the always-entertaining penguin exhibit.

The park's Tavern on the Green should be on everyone's brunch list. The cozy, yet elegant, landmark restaurant serves seasonal American fare and offers a spe-

cial ambiance that has been enchanting visitors since it opened in 1934.

There are also world-famous museums in or near the park, and their admission costs are covered by the CityPass charge. They include The Solomon R. Guggenheim Museum—a monument to modernism and contemporary art. The museum features works by Gauguin and Picasso, and works by abstract painters such as Kandinsky.

A short distance to the southeast is The Metropolitan Museum of Art. "The Met" is the largest art museum in the United States, with more than 2 million works in three different New York locations that showcase 5,000 years of world

art. The Central Park museum is the main facility and is home to masterpieces ranging from ancient Egyptian and Greek sculptures to works by Rembrandt, Vermeer and van Gogh. The museum's fourth-floor restaurant, The Dining Room, is a hidden gem, offering great views of the park and city. Across from The Met, on the park's western edge, is the American Museum of Natural History. My family's favorite museum—thanks to the film *Night at the Museum*—has an amazing variety of exhibits, such as a dinosaur collection that includes one of the few specimens of an actual *Tyrannosaurus rex* fossil on public display. You may also want to visit the spectacular Hayden Planetarium Space Theater.

A few blocks south of the park is Carnegie Hall, which first opened in 1891 and has hosted musical acts ranging from Tchaikovsky to Benny Goodman to The Beatles. Nearby is the Museum of Modern Art (MoMA), where you can see van Gogh's original *The Starry Night*, and works by Chagall, Dalí and Pollock. MoMA will close June 15 for renovation and is scheduled to reopen October 22.

Continue south to reach Rockefeller Center, known for its sculptures and Art Deco architectural style. Take a guided tour of the building, and then go to the center's Top of the Rock Observation Deck on the 70th floor for views of the city, including the Empire State Building.

Located in the heart of Midtown Manhattan is the vaunted Theater District. The area is also known as "The Great White Way," because in the 1880s,

» **Hudson Yards' art installation, *Vessel*, above left, is composed of 154 sets of connected staircases. One of New York's most iconic sites is *The Statue of Liberty*, above right. *The Starry Night*, right, by Vincent van Gogh, is among the many masterpieces on display at The Museum of Modern Art.**



DID YOU KNOW?

Most of The Statue of Liberty was delivered from France to New York City in 1885 in 350 separate pieces. Lady Liberty's arm actually arrived earlier, in 1876, and was put on display to raise money for the assembling of the statue.

Broadway became one of the first streets in the nation with electric lighting. Illuminated marquee signs soon followed to advertise plays and local entertainment.

Today, Times Square glows with an overwhelming array of towering digital billboards and flashing electronic advertising. The busy marquee signs for the numerous plays in the area add to the neighborhood's excitement.

Top musicals include *Hamilton*, which is still a hot ticket, as well as *Beetlejuice*, *Come From Away*, *Dear Evan Hansen*, *Hadestown* and *Tootsie*.

If you want to see Broadway's best, be sure to secure your tickets months, if not a year, in advance. Your best bet for last-minute tickets is to line up at one of the three TKTS

booths, where you may secure discounted same-day tickets for plays and musicals.

Other top entertainment options include a trip to Madison Square Garden, home of the NBA's New York Knicks and the NHL's New York Rangers. You can also take the subway to The Bronx to see the New York Yankees or go over to Queens to catch the New York Mets.



AT A GLANCE

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

... **Foodie:** Chef Éric Ripert's three-Michelin-starred Le Bernardin restaurant is revered for its seafood.

... **Romantic:** A Venetian gondola ride in Central Park will have you humming *That's Amore*.

... **History buff:** Delmonico's, which opened in 1837, was reportedly the nation's first formal restaurant. Patrons have included Charles Dickens, John F. Kennedy, Abraham Lincoln and Napoleon III.

... **Family:** Visit Coney Island, with its beaches, boardwalk, amusement games and rides. Located in Brooklyn, Coney Island has been a summer tradition for generations.

... **Lover of pop culture:** Tour NBC Studios at Rockefeller Center, top, and see behind the scenes of shows such as *Saturday Night Live*, *The Tonight Show Starring Jimmy Fallon*, *The Late Show with Seth Meyers* and more.



which was featured in the film *When Harry Met Sally*.

Quintessential cocktail:

Order a martini at the luxury Knickerbocker Hotel, where, some believe, the drink was first invented by a bartender named Martini de Arma di Taggia in 1911.

Best dessert: Ditch the diet and order the signature warm butter cake at Mastro's Steakhouse in Manhattan.

What's in a name?

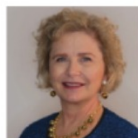
The area was originally named New Amsterdam by Dutch settlers. When the English seized the colony in 1664, they renamed their prize New York, to honor the Duke of York, who later became King James II. —J.M.



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About two blocks southeast of Madison Square Garden is the Empire State Building, probably the most famous skyscraper in the world. Take a ride to the Main Deck on the 86th floor, which offers the city's highest open-air observatory, and one of the classic views of New York. There is also a smaller observation area on the 102nd floor, allowing visitors to see as far as 80 miles in all directions.

In southwest Manhattan, the Whitney Museum of American Art will be holding its "Biennial 2019" exhibit of modern art through September 22. Museum curators have spent the past year searching for the most important and relevant works to help chart the latest developments in American art.

Near the southern tip of Manhattan is where you'll find the National September 11 Memorial & Museum, located on the 16-acre site where the World Trade Center's twin towers stood. It's a poignant experience—a place of respect, remembrance and quiet reflection.

Across the street to the north of the memorial is One World Trade Center, the tallest building in the Western Hemisphere. The One World Observatory on the top levels of the center allows you to view the grandeur of New York City from a place that speaks to the city's remarkable resilience. ✈

*Janene Mascarella writes from
New York City.*

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ICONIC MADRID

Exploring centuries of art and food along the Paseo del Prado

By Jeff Koehler

» A full day of art and architecture requires a solid breakfast, which in Madrid means sandwiches of crusty bread layered with thin slices of *jamón Ibérico*—nutty and aromatic dry-cured ham, deep red and ribboned with nearly translucent fat—and glasses of fresh-squeezed orange juice. We were sitting among orderly, verdant terraces beside the 18th century Villanueva Pavilion, originally designed to be a greenhouse. La Cátedra cafe and bookstore, located inside the grand pavilion, was the first of a dozen stops along the Paseo del Prado.

The Paseo del Prado is one of Madrid's oldest streets and one of its grandest boulevards. An icon, point of reference and cultural treasure, it runs a mere three-quarters of a mile, from Atocha Train Station to Plaza de Cibeles, yet it contains some of the country's most important and powerful institutions, two of its most lionized hotels (and watering holes) and one of the finest concentra-



tions of art in the world. I have lived in Barcelona for 20 years, and sometimes when I visit Madrid I spend almost all of my trip exploring this street. Which is precisely what happened when one of my teenage daughters and I visited recently.

The Paseo del Prado began as something quite different from the dense cele-

bration of art and architecture that it has become. In medieval times, the *prado* (meadow) was a swampy field outside the city walls, and people crossed it to reach a chapel devoted to the Virgin of Atocha. By the 17th century, as the city grew, the meadow had become a popular place to stroll.

When Charles III was crowned king in 1759, the monarch instigated various development projects in Madrid. One was converting Paseo del Prado into a grand avenue dedicated to the natural sciences.

A key component was the Real Jardín Botánico, or Royal Botanical Garden, on the *paseo's* southern end. Originally built in 1755 near the banks of the Manzanares River, the garden was moved to the Paseo del Prado by Charles III and reopened in 1781. It was used to cultivate exotic species from around the globe, and provided supplies to the nearby hospital and medical school during a time when medicine was largely plant-based. We started our day here, wandering in the hushed morning among 1,500 trees and 90,000 plants and flowers. After our breakfast on the pavilion terrace in the heart of the *jardín*, we were ready for a full morning of more exploration.

Beside the garden is Museo Nacional del Prado. Initially built to house a vast natural history museum, it was the jewel in Charles III's original plan. The museum's focus shifted in 1819 when it became home to the Spanish royal art collection. Today it's one of the world's greatest art museums, with an extensive collection of masterpieces by artists such as El Greco, Diego Velázquez, Francisco Goya, Titian, Caravaggio and Rembrandt.

About 1,300 of the collection's 20,000 paintings, drawings, prints and sculptures





» Facing page: Enjoy appetizers at La Cátedra cafe, top, located in the Royal Botanical Garden, bottom. This page: The Museo Nacional del Prado, above, displays about 1,300 works of art from its 20,000-piece collection. The Neptune Fountain, right, is a popular gathering place for Atlético de Madrid soccer fans.

are on display, so our visit through these hallowed halls needed to be focused, especially as it was just one stop on our day's art-heavy itinerary. We headed first to Velázquez's enigmatic magnum opus *Las Meninas*, as well as his stunning court portraits of assorted *infantas* and princes, and *The Triumph of Bacchus*.

Next we moved to the rooms of Goya, viewing from across a crowded hall the glowing white shirt of the defiant man before a firing squad in *The 3rd of May 1808 in Madrid*. Hanging nearby is Goya's *The Clothed Maja* and its once scandalous companion *The Naked Maja*, an image of Venus (widely believed to be the Duchess of Alba) lying on a green-velvet divan.

After glimpsing the surreal 15th and 16th century worlds of Hieronymus Bosch, and the Elder and Younger Brueghels, we finished with Goya's *Black Paintings*, the series of 14 haunting paintings Goya painted directly on the walls of his small villa toward the end of his life and after he had gone deaf.

Back outside, we rejoined the flow of people walking under the canopy of trees along the Paseo del Prado. During the 19th century, this was the city's great promenade, where people of all classes came to see and be seen while strolling in



the evening. Despite now being a busy divided street with four lanes of traffic on each side, it retains a genteel, unhurried elegance.

Halfway up its length is the white-marble Neptune Fountain. Trident raised, Neptune stands on a snail-shaped chariot drawn by seahorses. Fans of Atlético de Madrid, the city's second-most-famous *fútbol* club, gather around the fountain to



celebrate after important victories.

Along the east side of the paseo is the Plaza de la Lealtad with the *Monument to Fallen Heroes*, an obelisk honoring Spain's fallen soldiers. On one side of this square sits the Hotel Ritz Madrid, a grand belle époque hotel that was, with its London and Paris companions, one of the originals opened under César Ritz. Completed in 1910, it was one of Spain's first luxury hotels. While it faces Spain's stock market (visitors can watch the action in a first-floor gallery of the stunning 19th century gilded hall), royals and politicians were often more frequently seen in the Ritz's plush lobby. Until 1980, the Ritz acted as a state residence for official dignitaries. (It is expected to reopen in 2020 after a \$120 million refurbishment.)

A few blocks farther is the Cibeles Palace, an extravagant blend of Baroque and Art Nouveau, which was built in 1918 and is often likened to a wedding cake. This is the northern end of the Paseo del Prado, marked by the Cibeles Fountain—Cybele, a nature goddess, rides a chariot drawn by two lions—in the center of a busy roundabout. Cibeles is also a symbol of Madrid for Spaniards, and the fountain is a place where fans of the city's great fútbol team Real Madrid flock to celebrate their victories.

The road continues north as Paseo de la Castellana, which together with the

» View Pop Art and more at the Museo Nacional Thyssen-Bornemisza, above. Foie gras served between slices of spiced bread, right, is one of the artfully crafted dishes at *Estado Puro*. Cibeles Fountain, below, is an iconic landmark and a place where supporters of Real Madrid celebrate after victories.

Paseo del Prado forms the main north-south backbone of the city. Rather than continuing north, my daughter and I crossed over to the colossal headquarters of the Banco de España, which occupies an entire block, and headed back down the other side of Paseo del Prado.

Our next stop was the Museo Nacional Thyssen-Bornemisza, home to what many regard as one of the greatest private collections of art in the world. Opened in 1992 and housed in the mid-18th century Villahermosa Palace, the museum provides a history of Western art from 13th century Italian "Primitives" to Andy Warhol paintings and other Pop Art.

Narrowing our focus, we skipped six and a half centuries of art to begin with Paul Cézanne, Vincent van Gogh and Pierre-Auguste Renoir. We finished with Edward Hopper's devastating study in loneliness, *Hotel Room*.

By the time we left the museum at 2:30, Madrid's lunch hour was underway. Within minutes we were sitting under a curved



FROM LEFT: ROSAIREBETANCOURT 14 / ALAMY STOCK PHOTO; SHUTTERSTOCK.COM; COURTESY ESTADO PURO; LUCAS VALLECILLOS / ALAMY STOCK PHOTO

ceiling lined with items ranging from filigreed, ivory-colored *peinetas* (folkloric combs) to mantilla shawls, at Estado Puro. The restaurant is run by local culinary master Paco Roncero—a veteran of Ferran Adrià’s legendary, now-closed elBulli and also a chef at the nearby La Terraza del Casino, which earned two Michelin stars. Estado Puro updates



Madrid’s most popular culinary concept, tapas, while tackling some of its iconic dishes in original ways. We ordered a combination of the highly traditional and reinterpretations done with verve. The classic Spanish egg tortilla was executed to perfection. And rather than chunks of fried potatoes in a spicy sauce, the *patatas bravas* were halves of skin-on potatoes neatly arranged on the plate; a

scoop had been removed from the top of each potato, and the hole was filled with an elegant dollop of sauce. Even more original, the foie gras came standing upright between crispy slivers of spiced bread and drizzled with a local sweet wine reduction, like a decadent savory ice cream sandwich. It was warm outside, so rather than ordering a glass of one of Spain’s excellent red wines from Rioja or Ribera del Duero, I chose a draft beer from Mahou, a brewery founded in Madrid in 1890.

Next door is one of my favorite Madrid spots, the Westin Palace Hotel. Since the Palace opened in 1912 as one of the largest hotels in Europe, with 800 rooms, its bar—immortalized in the final pages of Hemingway’s *The Sun Also Rises*—has been a gathering spot for stockbrokers and bankers, and also politicians, as the country’s parliament building literally faces the hotel’s entrance. Instead of



AT A GLANCE

Popular attractions:

- Plaza Mayor, the grand square built in 1617, in the heart of old Madrid.
- Gran Vía, a great early-20th century boulevard lined with shops, restaurants, cinemas and theaters.
- Real Madrid’s 81,000-seat Santiago Bernabéu Stadium.

Lesser-known attractions:

- El Capricho (literally “The Whim”) Park, built by the Duchess of Osuna in the 1780s.
- Cafe Central, one of the world’s best jazz bars.
- Sorolla Museum, dedicated to the artist Joaquín Sorolla.

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

... **Foodie:** Mercado de San Miguel, a produce market founded in 1916, has been converted into a thriving food market with restaurants, bars and stalls.

... **Family:** The National Museum of Natural Sciences, with plenty of interactive, hands-on displays for kids.

... **Lover of literature:** The narrow streets of the Barrio de las Letras (the Literary

Quarter), once frequented by Cervantes, Quevedo, Calderón and Lope de Vega.

... **History buff:** The Royal Palace of Madrid, official residence of generations of the Spanish royal family (though now used only for state ceremonies).

Distinctive dish:

Chocolate con churros at Chocolatería San Ginés (above), a Madrid institution since 1894. Open 24 hours.

Classic drink: Sangria might be synonymous with Spain, but a *caña* (small glass of draft beer) on a cafe or bar terrace is more typical.

Key history moments to know:

- 1561: King Philip II relocated his royal court to the small town of Madrid.

- 16th and 17th centuries: Spain’s Golden Age, with Madrid at the heart of its glory.

- 1975: Dictator Francisco Franco died, Spain transitioned to a constitutional monarchy, and Juan Carlos I was proclaimed king. —J.K.



» Visitors can dine under an elegant stained-glass cupola at the Westin Palace Hotel's La Rotonda restaurant.

sipping “coldly beaded” martinis in the leathery bar like Hemingway’s characters, we headed for a table under the hotel’s great stained-glass Art Nouveau dome for a *cortado* (espresso “cut” with milk, for me) and *sopa de fresas* (a “soup” of strawberries, for my daughter).

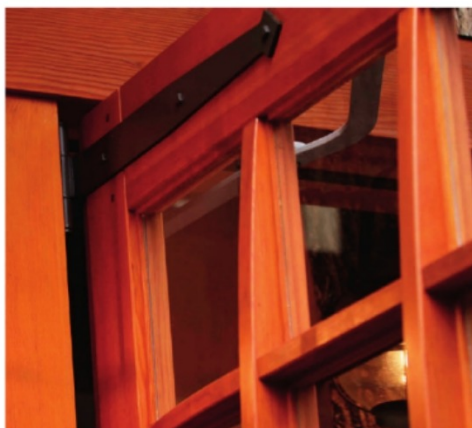
Fully revived, we continued down the Paseo del Prado, stopping next at the decade-old CaixaForum. To create the structure, the innovative Swiss architectural firm Herzog & de Meuron

lifted up the original turn-of-the-century brick power station, placed it on a shiny, angular pedestal, and extended the roofline with perforated weathering steel

walls that allow in natural light. An 80-foot-tall vertical garden climbs up the adjacent building, offering a delightful contrast to CaixaForum’s brick and steel and providing a nod to the botanical garden across the Paseo del Prado. (It is also a popular spot for Instagram selfies.)

We strolled along the final section of the paseo to the Museo Nacional Centro de Arte Reina Sofía, featuring 20th century art. Founded in the 16th century as the city’s first general hospital and developed over the centuries, the vast complex closed in the mid-1960s. Refurbished, it reopened as a museum. In 2005, French architect Jean Nouvel gave the museum a daring extension that wrapped the facade in glossy red and stretched a winged red roof overhead. While the museum holds a staggering 22,400 works by some of the art world’s finest names, the museum’s

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strength is pieces by Spanish artists, including a wide selection of art by Pablo Picasso, Salvador Dalí, Joan Miró, Juan Gris and Julio González.

The museum stays open until 9 P.M., and we took our time working toward the highlight, *Guernica*, Picasso’s 11.5-foot-by-25.5-foot black, gray and white 1937 painting that depicts the horrors of war and the bombing of the Basque town of the same name during the Spanish Civil War.

Before leaving the museum, we stopped by La Central, one of Madrid’s finest bookshops. When we emerged (laden with a half-dozen new books), evening was arriving.

While the Paseo del Prado has become known for its culture, nature is never far away. It’s visible in trees lining the boulevard, in the botanical garden and in the 350-acre Retiro Park just a couple of blocks off the Prado. But it is also found in one of the unlikeliest of places: Atocha Train Station, Spain’s largest train station, which sits in front of the Reina Sofía Museum at the south end of the boulevard.

Like so many things along the Paseo del Prado, the station has been imaginatively reenvisioned, but still incorpo-

» *The brick-and-steel CaixaForum cultural center includes an 80-foot-tall vertical garden.*

rates the spirit of Charles III’s original plans. In 1992, an innovative refurbishment moved the tracks from under the great arched roof and replaced them with a tropical garden. The transformation turned the always-busy station into a destination, an oasis and a landmark.

As we sat down on one of the wooden benches among the hundreds of different species of plants from around the globe, we had a pressing issue to discuss: where to have dinner. Because if there’s one thing a day exploring Madrid will build, it’s an appetite for more. ✂

Jeff Koehler is an award-winning Barcelona-based author of books such as Spain: Recipes and Traditions and Where the Wild Coffee Grows.

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A customer enjoys poke at Umeke's Fish Market Bar & Grill, on Hawai'i Island. The restaurant has clever takes on the raw-fish dish, such as Poke Balls (facing page).





DISHING UP ALOHA

Modern takes on favorite Hawai'i plates

BY MARTHA CHENG

Umekes Fish Market Bar & Grill in Kona, on Hawai'i Island, puts a delicious new coating on the concept of a *poke* bowl.

Instead of serving marinated raw fish (*poke*) on rice, in the familiar presentation of Hawai'i's popular seafood salad, Umekes coats balls of *poke* with panko and deep-fries them. The dish arrives with two aioli drizzles: one garlic-infused and the other spicy. When you bite into one of these flavor bundles, the crispy crust gives way to tender, delicious fish. The result is a unique treat that infuses a familiar dish with a modern twist.

Ever since there have been dishes in the world known as “classics,” there have been chefs eager to fuse creativity with tradition. This holds true in Hawai'i. The distinctive offerings of the Islands include foods with Native Hawaiian roots—such as *poke*, *lau-lau* (pork wrapped in taro leaves and steamed) and *poi* (the corm, or fleshy part of a taro plant, processed to create a puddinglike texture).

Hawai'i cuisine also encompasses food born out of a melding of various cultures—including Japanese, Chinese, Korean and Portuguese—that originally became influential in the

Islands with the influx of laborers to work on plantations in the 1800s and 1900s. Hawai'i classics with multi-ethnic origins of this sort include *loco moco* (steamed rice, hamburger, fried egg and gravy), *saimin* (a type of noodle soup) and the widespread adoption of shave ice and doughnut-like *malasadas*.

Regardless of their roots, the classic, original dishes have proliferated throughout the Hawaiian Islands. And they are featured in new riffs that mix familiar and novel elements and that blend innovation with comfort-food dependability.

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Poke

The Poke Balls dish isn't the only form of poke at Umekes. The restaurant also has Poke Bombs—basically sweet tofu pouches stuffed with rice and topped with poke in the *inari* style—as well as more-conventional poke bowls boasting high-quality local ingredients.

And Umekes isn't the only restaurant adapting the Islands' raw-fish staple. Tin Roof in Kahului, Maui, takes one of the most popular varieties of poke—a spicy *'ahi* (tuna) preparation—and adds elements inspired by Japanese cuisine, such as *furikake* (a seaweed seasoning blend) and *unagi* sauce (a glaze commonly applied to eel sushi—*unagi* is a Japanese word for a freshwater eel).

Sheldon Simeon, chef/owner at Tin Roof (and a fan-favorite contestant from multiple seasons of the hit TV show *Top Chef*), also throws other ingredients into the poke. One of these is *kaki mochi* (aka *arare*)—these soy-seasoned rice crackers are so popular in Hawai'i, they are sold at

movie theaters to toss into popcorn. In Simeon's spicy tuna poke bowl, the *kaki mochi* are “like crunchy umami blasts every time you bite into one,” he says. “When we opened up Tin Roof, our vision was to take classic Hawai'i dishes and make the best, most flavorful representation of those dishes we could dream up.”

Laulau

When Malia Smith and Kevin Vaccarello decided to open 'Ai Love Nalo, a plant-based restaurant in O'ahu's Waimānalo area, where the popular restaurants included McDonald's and a few establishments focused on gravy-heavy plate lunches, friends told them they would fail.

“It was a leap of faith, for sure,” Smith says. “But we felt it was imperative.” Their neighborhood had few health-food options, and its community had concerns about high incidences of obesity and diabetes. “We wanted to make sure plant-based Hawaiian food was available, as we're in a Native Hawaiian community,” Smith says.

So she and Vaccarello tackled traditional Hawaiian foods such as pork laulau, which normally features leaves packed with meat. They reinterpreted the dish and named it Oh Wow Laulau. Their updated version features *'ulu* (breadfruit), *kalo* (aka taro) and *'uala* (sweet potato) swaddled in *kalo* leaves, and then steamed and drenched in coconut



A spicy *'ahi* (tuna) poke bowl at Tin Roof, top left, is a variation by Chef Sheldon Simeon, top right. 'Ai Love Nalo's laulau, left, with sides, is a plant-based take on a meat-dish classic.



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opah (moonfish) cheek, wrapped and steamed in taro leaf and later served with a *tosazu gelée* (a jelly made with ‘ahi dashi vinegar and other ingredients), as well as a sauce that includes salted *yuzu* peel, asparagus and taro. The taro leaf cleverly takes the place normally occupied by seaweed in *onigiri*-style sushi. While the leaf is typically discarded in pork laulau, it is delightfully edible in this version.

Poi

Poi—that starchy staple of Native Hawaiian cuisine, made of mashed taro corm—has faced its share of criticism for flavors that can seem subtle or bland, especially to the uninitiated. Yet this acquired-taste food is acquiring new converts, in part thanks to updated takes such as the poi bowl at Fresh Bite Kauai, in Hanalei, on Kauai’s northern coast.

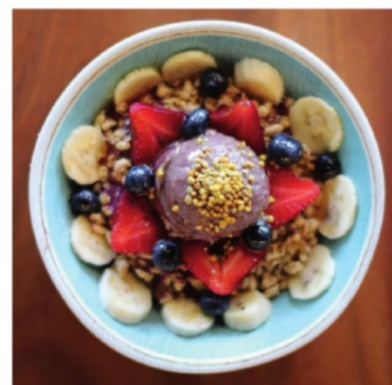
“Our poi bowl came about when our neighbor gave me 5 pounds of freshly pounded poi,” says owner Sara Carsia. The poi had been made near the restaurant, from taro grown locally in the Waipā agricultural area.

milk. The result is richly and deeply satisfying.

Another take on laulau—less easily accessible, but also original—is offered at the Sushi Sho restaurant at The Ritz-Carlton Residences, Waikiki Beach. Master sushi chef Keiji Nakazawa generally presents this jewel of a laulau midway through a 30-piece *omakase* (chef’s choice) sushi progression. The Sushi Sho laulau consists of a bite of salmon along with

“I was overwhelmed with so much fresh poi, and I began to experiment,” Carsia remembers. The poi’s texture and tang reminded her of yogurt, and she mixed in coconut milk to thin it out and add creaminess. Then she topped it with homemade granola, along with fresh papaya and banana from her garden. “I began serving it to our friends, and everyone loved it,” she says. “No one had tried anything like it, and they were surprised they hadn’t thought of it before. Locals love the dish because it is a twist on an acai bowl [the smoothie/fruit bowl popularized in Hawai‘i], and it has the touch of a Hawaiian comfort food from the poi. Travelers love the dish because it is a different way to try poi, with familiar sweet flavors.”

There is no acai in Fresh Bite Kauai’s poi bowl, but at da Cove Health Bar & Cafe—with locations in Honolulu and Kapolei, O‘ahu—acai and a variation on poi are served together. Acai berries are generally sourced from Brazil or other Central and South American countries, yet acai-bowl stands and cafes are wide-



Sushi Sho in Waikiki reinvents laulau as onigiri-style sushi, top. Fresh Bite Kauai’s poi bowl has poi and fruit, left. Above, da Cove Health Bar & Cafe, puts acai and poi-like pa’i’ai in da Hawaiian.



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spread throughout the Hawaiian Islands. One of the original purveyors of the acai bowl in Hawai'i, da Cove amps up the dish in its offering, da Hawaiian. The acai bowl's usual toppings of granola and fresh fruit are augmented by adding a scoop of *pa'i'ai* (pounded taro that has not yet been thinned with water, as it would be to complete the process of making poi) to result in a delightful blend of traditional and trending Hawai'i-food flavors.

Loco moco

"For a simple dish, I thought about how to make sure all of the components [in a loco moco] could shine on their own," says Lee Anne Wong, chef and owner of Koko Head Cafe in the Honolulu neighborhood of Kaimuki. Her Koko Moco is still recognizable as loco moco in that it's a hamburger patty on rice topped with an egg and gravy. What sets her creation apart are the details and techniques—time-honored and modern—that go into its making. Wong lightly browns rice by pressing it into a cast-iron skillet with garlic oil.



"Getting a golden crust on the bottom of the rice is key, and it's one of the things that makes our loco moco unique," she says. The hamburger patty consists of 100% grass-fed Hawai'i Island beef. The gravy is made with liquid created by soaking dried shiitake mushrooms—this gives

the sauce a boost of umami. On top, Wong places the egg, and—with a particularly creative final flourish—tempura-fried kimchi that adds extra texture and a bit of spice.

Over in Kapa'a, Kaua'i, the ocean-front farm-to-table restaurant Oasis on the Beach includes a rarely used Hawai'i ingredient in its loco moco—meat from bison raised in Hanalei. Yes, a limited number of bison do roam on ranchland in northern Kaua'i. Complemented by a cognac-soy sauce, this distinctive ingredient adds a touch of the highbrow to a dish that's more frequently seen in a clamshell container.

Of course, those humbler versions of the dish can be satisfying, as well.



The Koko Moco, above, from O'ahu's Koko Head Cafe, is carefully crafted and served in a skillet. Oasis on the Beach, on Kaua'i, includes locally raised bison meat in its loco moco, left.

DISHING UP ALOHA



Saimin

“Saimin is Hawai‘i’s cheeseburger,” says Peter Merriman, chef/owner of Merriman’s Hawaii Restaurants, with locations on O‘ahu, Maui, Kaua‘i and Hawai‘i Island. He’s referring to the widespread availability of this classic of the Islands: a noodle soup, with wheat-flour noodles similar to ramen served in a light, seafood-based broth similar to Japanese dashi. “Saimin is ubiquitous, and the folks living here never get tired of eating it,” he says.

The Merriman’s restaurant at Kapalua Resort, on Maui, features a brunch saimin dish called The Cure. While saimin tends to be spare with toppings, Merriman adds *kālua* pork to the bowl in this version, and he finishes the broth with a spicy ginger-sesame paste to give it an added dimension.

At Star Noodle in Lahaina, also on Maui, the noodles predictably take center stage. In this case, the “new

The Merriman’s restaurant on Maui offers an elegant saimin, above. The Ube-Bae shave ice, right, features purple sweet potato (ube) flavor. It’s among the fresh ingredient combinations offered at Wailua Shave Ice, below.

twist” is a return to old ways—the noodles for saimin are made in-house. The accompaniments are fairly traditional, too: a slice of *kamaboko* (fish cake), Spam, egg and green onion. It could be considered a case of “what’s old is new again.”

Shave ice

“We love shave ice and how it is such a big part of growing up here in Hawai‘i,” says Josh Tamaoka, co-owner of Wailua Shave Ice, based on Kaua‘i. He and his business partner Brandon Baptiste, both born and

raised on the island, launched their company in 2015 with the idea of taking a fresh approach to shave ice—a dessert of ice rendered fine as snow and drenched in syrup.

The original tradition of shave ice in the Islands is thought to be based on Japanese *kakigōri*, a dessert of sweetened, shaved ice that appears to



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Laulau:

Broke da Mouth Grindz in Kona, on Hawai'i Island, makes a textbook-perfect laulau with butterfish, pork and beef, wrapped in taro and *ti* leaves and steamed until greens give way to a fork.

Poi:

Taste fresh-milled poi, so fresh it's almost sweet, at Hanalei Poi in Hanalei, on Kaua'i.

Loco moco:

Try this dish where it is said to have been first made popular in Hawai'i: at Cafe 100 in Hilo, on Hawai'i Island.

Saimin:

Palace Saimin in Honolulu, on O'ahu, is decidedly old-school about saimin.

Zippy's restaurants—on O'ahu,

Maui and Hawai'i Island—serve a popular go-to saimin.

Shave ice:

Choose from more than 40 syrups at Ululani's Hawaiian Shave Ice, with multiple locations on Maui, and a shop in Kona, on Hawai'i Island. Ululani's prides itself on syrups made with pure cane sugar, and the use of other carefully selected natural and local ingredients.

Another classic: Matsumoto Shave Ice, in Hale'iwa, on the

North Shore of O'ahu, which started in a family store in 1951. Many of the shop's syrups are homemade, and it also offers a selection made without artificial flavors or dyes.

Malasadas:

At Tex Drive In, on Hawai'i Island, watch the square malasadas being prepared in front of you. Leonard's Bakery, started on O'ahu in 1952 by a Portuguese immigrant, serves famous malasadas.

—M.C.

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DISHING UP ALOHA

The Fresh Shave offers mustache-themed shave ices, including The Chevron, right, which includes coconut milk, lime juice and chia seeds, among other fresh, all-natural ingredients.

date back centuries in Japan. Many Japanese immigrants came to Hawai'i in the 1900s to work in sugar and pineapple plantations, and some of these workers eventually opened small shops that sold shaved-ice treats. The dessert evolved within the multicultural plantations, and also took on flavors and variations that were distinctive to Hawai'i.

For their take, Tamaoka and Baptiste seek out creative flavors and ingredient combinations, and eschew the artificial dyes, colors and high-

fructose corn syrups used in some shave ice syrups. Instead they favor fresh fruit, juice and natural ingredients. Yet they still seek to create the vibrant colors and flavors traditionally associated with the frozen treat. Take for example the Ube-Bae—which features a foam made with brightly colored *ube* (purple sweet potato) atop coconut-syrup-doused shave ice and ube ice cream.

In addition to the original location on the Garden Island, Wailua Shave Ice shops are now also found in Portland and San Diego.

Kaua'i is becoming known for some of the state's coolest modern shave ice spots. In addition to Wailua Shave Ice, there is The Fresh Shave, with two locations on the island. With concoctions named after mus-

A photograph of four people (two men and two women) on a boat, toasting with drinks. They are smiling and looking at each other. The background shows a city skyline across the water at sunset. The text 'Step into Summer!' is written in a red, cursive font across the top of the image.

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DISHING UP ALOHA



Pipeline Bakeshop & Creamery invented Malafrozada, an ice cream flavored with malasadas that also includes bits of the doughnutlike treat.

tache styles, The Fresh Shave also uses all-natural ingredients, seeking out organic and local farm-fresh produce, and avoiding high-fructose corn syrup and artificial coloring. Examples from their mustachioed menu include The Lip Luggage, which infuses the shave ice with a combination of chai tea and cream, and The Chevron, a shave ice doused in coconut-milk-infused lime juice that is then topped with chia seeds. With such fresh and colorful combinations possible, the future for Hawaiian shave ice is bright.

Malasadas

When Gayla Young launched Pipeline Bakeshop & Creamery on O‘ahu in 2016, she set out to make Hawai‘i’s best version of a malasada—a fried-dough creation brought to the Islands by Portuguese laborers—as well as to

create cool variations on the beloved sweet treat.

“Malasadas are probably one of the most popular items in Hawai‘i as a dessert, and nationwide, everyone loves ice cream,” Young says. And yet, as far as she knows, nobody had done a malasada ice cream. So she invented Malafrozada. Young makes this malasada ice cream by steeping milk and cream with malasadas, and then churning the ice cream base with more malasada chunks. When served, the ice cream is dusted with raw sugar, providing a crunchy contrast. There’s no such thing as too much malasada at Pipeline: You can even get the Malamode—Malafrozada ice cream wrapped in a malasada.

Donut Dynamite in Wailuku, Maui, took a different approach to their malasada innovation. This shop is known for its inventive doughnut flavors and offers malasadas with

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A collage of four images: a fire performance with dancers holding flaming hoops, a family in a canoe on a lagoon, a man splashing water, and a pig roast. The text 'ALL THIS in ONE PLACE' is overlaid in large white letters. A circular logo in the bottom left corner reads 'HUKI A CANOE CELEBRATION'. A circular award seal in the bottom right corner reads 'TRIP ADVISOR Travelers' Choice TOP 10 US Experiences 2018'.

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DISHING UP ALOHA



Malasadas from Donut Dynamite on Maui come with fillings ranging from chocolate mousse to tropical fruit.

fillings. Favorites include a chocolate malasada loaded with chocolate mousse and tossed in cocoa sugar, and a malasada filled with *liliko'i* (passionfruit) cream.

For chefs reinventing treasured Hawai'i classics, it always requires a delicate balance between invention and tradition to make a dish that thrills in unexpected ways. The idea is to innovate while not deviating so far from a beloved dish that one of the most important evocations of food—nostalgia—is lost entirely. When chefs hit a sweet spot with modernized classics, the popularity of their dishes proves how well they've hit the mark. ✕

Martha Cheng, who has written widely about Hawai'i foods, is a writer and editor based in Honolulu.

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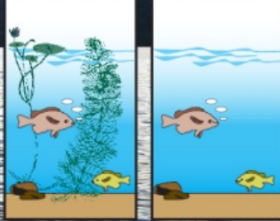
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HERE & NOW »



» A ferry ride between Seattle and Bainbridge Island offers marvelous views. Kayaking and visiting wineries such as Eagle Harbor Wine Co. are popular island activities. *Firefly Lane* features the island.

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SEATTLE

IDYLIC BAINBRIDGE ISLAND

A wonderful step back in time

By Kristin Hannah

» **I am an island girl.** This will come as no surprise to anyone who has read my novels. I love islands of all kinds, whether big and busy, quiet and peaceful, or uninhabited and remote. It doesn't matter to me, as long as I can hear waves when I step outside. As someone who still writes longhand in this technological age, I feel an island is the perfect getaway. It allows me to compose books in a lounge chair, outside, listening to the sea. What could be better?

Bainbridge Island has long been one of my favorite places in the world. A small island not far from the bustle of downtown Seattle, it manages to be something magical: a step back in time, to a quieter, slower way of life. My husband and I first saw Bainbridge by water, in our small pleasure boat, and then couldn't wait to explore on foot and on our bicycles. Eventually, we even decided to raise our son there.

About a decade ago, when I began my novel *Firefly Lane*,

about two girlfriends who come of age in Seattle during the 1970s and '80s, I knew immediately that Bainbridge Island would play a part in the story. It gave me a chance to share *my* Bainbridge Island with readers, to give them a glimpse of what life was like back when we lived on a ranch in the center of the island, surrounded by giant cedar trees that grew straight as knitting needles into the blue skies above.

There are so many ways to discover and enjoy this community. The 35-minute ferry ride from downtown Seattle can still take my breath away, even after all these years. First, there is the view from the ferry, looking back at Seattle. It's especially marvelous on a clear, moonlit night, when the city transforms into a glittering tiara of multi-colored lights set against a black sky. In the daytime, I might see bald eagles soaring alongside the boat.

Some of my best memories of the island include strolling from shop to shop with my young son, buying a treat to share, or a book at the locally owned Eagle Harbor Book Co. store. I also still remember the first time we saw the island by bicycle. We joined another family, and off we went—a group of adults and kids in brightly colored shirts



SOME BAINBRIDGE ISLAND FAVORITES

■ **Agate Restaurant** (agate-restaurant.com): I love a casual night out with family or friends, and Agate Restaurant, within a 5-minute walk of the ferry, is a favorite stop. I recommend the French 75 cocktail and a plate of clam linguini when it's on the menu.

■ **Bainbridge Island Historical Museum** (bainbridgehistory.org): The museum, about a 10-minute walk from the ferry terminal, immerses visitors in the rich, diverse cultural background of the island. Learn about Native people, British explorers, American settlers and immigrants from around the world who left their mark on this island's life and history, as well as the part the island played in World War II.

■ **Bainbridge Island Museum of Art** (biartmuseum.org): Admission is free at this museum, about a 5-minute stroll from the ferry terminal. The museum showcases contemporary arts and crafts of the Puget Sound region. A solo exhibition by Northwest artist Joe Max Emminger, known for his acrylic-on-paper paintings featuring people and/or animals, will be on view June 29–Sept. 29. The museum also offers a drop-in Mindfulness Meditation on Thursdays, 8:30–9:30 A.M., and a drop-in Art in Action hands-on art-making program on Fridays, 11 A.M.–2 P.M.

■ **Bicycle Rentals:** Classic Cycle (classiccycleus.com/home), about a 5-minute walk from the ferry terminal, rents bikes year-round, although the shop is closed on Mondays. The shop also has a great bike museum, with bikes dating from 1885 to the present. Bike Barn Rentals (bikebarnrentals.com), next to the ferry terminal, is open Tuesdays–Sundays, June through at least the end of September.

■ **Bloedel Reserve** (bloedelreserve.org): The reserve's 150 acres of woodlands and gardens, about 7 miles north of the ferry terminal, have been internationally recognized for their beauty. This is a serene place to stroll paths past cedars, firs and ferns; admire blossoming flowers; look for colorful butterflies; consider the artistry of the Japanese Garden, which includes a Wishing Bench; see sky and trees mirrored in the Reflection Pool, and view waterfowl in the Mid Pond (shown top right). Special events at the reserve, which is open Tuesday–Sunday, include the "Inspired by Bloedel" printmaking show by West Sound Printmakers, through June 30.

■ **First Friday Art Walk** (bainbridgedowntown.org): Galleries showcase local and regional art, while wineries, restaurants and other businesses may offer specials during the art walk, which takes place from 6 to 8 P.M. on the first Friday of each month, year-round, in downtown Bainbridge near the ferry terminal. The Bainbridge Island Downtown Association also has a printed/online walking guide to downtown. A printed version is available at the Bainbridge Island Chamber visitor center at the ferry terminal, as well.



■ **Mora Iced Creamery** (moraicecream.com): Family-owned Mora has an ice cream shop near boutique stores



downtown. The company focuses on fresh ingredients in its ice creams and sorbets, with more than three dozen flavors available most days, such as raspberry sorbet (shown above). Customer favorites include Gianduja, Marron Glacé and Dulce de Leche, which also are popular in Buenos Aires, where the founders are from. ("Mora" is Spanish and Italian for "blackberry.") Seasonal flavors include lavender during the summer. And eight chocolate choices are available every day.

■ **Paddlesports Rentals:** Exotic Aquatics Scuba & Kayaking (exoticaquaticsscuba.com): The outfitter rents kayaks and diving gear year-round, and paddleboards during the summer. It also offers guided kayaking and scuba tours year-round.

■ **Parks** (biparks.org): The Bainbridge Island Metro Park & Recreation District has more than 40 parks and recreation areas to explore. Summer camping at Fay Bainbridge Park is ideal for a destination visit or as a stop along the way to Olympic National Park and its Hoh Rain Forest.

■ **Restaurant Marché** (restaurantmarchebainbridge.com): Located about a 10-minute walk from the ferry terminal, Restaurant Marché (shown below) is owned by



celebrated chef Greg Atkinson and his wife, Betsy. They hosted a wonderful French-themed dinner for the launch of my novel *The Nightingale*. Our friends still talk about it.

■ **Wineries** (bainbridgewineries.com): Bainbridge Island has a thriving winemaking community, with seven wineries that have tasting rooms and offer tours by request or appointment. —K.H.

and helmets—picnic lunches in our backpacks. We discovered beautiful, quiet routes that led us off the beaten path and to stunning vistas of Seattle from the shore.

Bainbridge Island boasts more than 35 miles of mixed-use trails and more than 1,500 acres of parkland to explore. I especially love bicycling the trails around Fort Ward Park—which also has nearly a mile of saltwater shoreline and an offshore scuba-diving park—or walking along the duck pond at Battle Point Park, whose amenities include sports fields, sports courts, a disc-golf course and other play areas. I always hear children laughing in the park as they climb and slide on a play structure that evokes a castle.

One of my favorite activities on the island has been horseback riding through the 240-acre Grand Forest. We rode there every chance we got—guiding our mounts through the twisting, turning trails, amid towering firs and cedars, hearing nothing but the sweetness of birdsong and the clapping of hooves. There were days when we never saw another human on the paths. The lovely trails in the Grand Forest park are also open to pedestrians and bicyclists.

While I don't know of anyone offering guided trail rides through the forest, Bainbridge Island has a strong equestrian culture, with Countryman Stables offering lessons, by reservation, to riders of all abilities. Whitethorn Farm also offers lessons, by reservation, for beginning to advanced riders (students must already be able to bridle and saddle a horse).

At another beloved site, the Gazzam Lake Nature Preserve, trails wind past evergreens, such as red cedar trees and salal shrubs, and on to the lake, where yellow water lilies bloom like miniature suns during the summer. And Fay Bainbridge Park, with a gorgeous stretch of sandy beach, is perfect for picnicking or beachcombing. We celebrated several of our son's early birthdays there.

Nowadays, I like to bring girlfriends to the island. We always look forward to checking out local artwork and custom jewelry, eating lunch at a table overlooking the Eagle Harbor Marina, and ending the day with wine tasting at one of the island's seven wineries.

I especially enjoy Bainbridge Island on the Fourth of July, when I'm treated to a wonderful scene from small-town America. Participants marching in the Grand Old 4th parade range from tiny pink ballerinas to Little League baseball players and mounted 4-H members. Afterward, live music entertains spectators and parade participants alike.

What I love most about Bainbridge, and all islands, of course, is being on the water. On sunny days, I often set out in a kayak or on a paddleboard. The peace and quiet on the water is rejuvenating. Fortunately, Bainbridge Island wel-

comes visitors to share in these adventures. Kayaks and paddleboards can be rented within walking distance of the ferry terminal. Even on a day trip, you can find yourself out with the locals, gliding through the blue water, listening to the distant thrum of the ferry or the keening cries of gulls.

Bainbridge Island also prides itself on a wide variety of restaurants and pubs. There are few things I enjoy more than an evening spent at a small table, with friends drawn close, as we taste some of the area's specialties—Dungeness crab, dipped in melted butter; oysters brought in fresh from nearby waters; and a great glass of wine crafted by local winemakers.

Writing this has reminded me why I love Bainbridge Island so much. I guess it is time to set another book there. ✕

Kristin Hannah is the best-selling author of The Nightingale, which is in active development at TriStar Pictures. Her latest best-seller, The Great Alone, is also in active development at TriStar. Firefly Lane is being adapted into a Netflix series.



GO TO: Hoh Rain Forest

» **One of the best** remaining examples of temperate rain forest in the country is located in Olympic National Park. The lush Hoh Rain Forest, about 160 driving miles northwest of Bainbridge Island, receives 140 to 170 inches of precipitation each year. A visitor center, open seasonally, provides information on this beautiful area, where trails take hikers past giant conifers, as well as maples, mosses and ferns. Hikers might also spot elk or deer. For more information, visit nps.gov/olymp.



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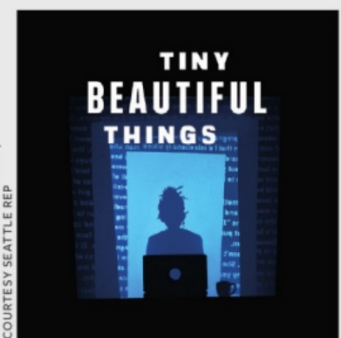
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» HERE & NOW SEATTLE

CALENDAR

■ **Capehart Forest**, a 27-acre **Discovery Park** site restored to its natural condition with the removal of old housing infrastructure and the planting of native groundcover, shrubs and trees, is now open to the public. The forest, which includes two trails, is a lauded enhancement to the 534-acre park, whose Magnolia Bluff location overlooks Puget Sound (seattle.gov/parks).

■ **Tiny Beautiful Things**, a play based on the book of the same title by Cheryl Strayed (best-selling



ARTWORK BY SHANNON LOYS / COURTESY SEATTLE REP

author of *Wild*), and adapted for the stage by Nia Vardalos (known for *My Big Fat Greek Wedding*), is being performed through June 23 at **Seattle Repertory Theatre**. The play is based on Strayed’s time as an online advice columnist (seattlerep.org).

■ Musicians such as Billie Eilish, Herbie Hancock, and The National are performing during the **Marymoor Park Concerts** series, June 1–Sept. 8 at King County’s Marymoor Park in Redmond, east of Seattle (marymoorconcerts.com).

■ An exhibit featuring paintings of landscapes along the famed Chilkoot Trail from Alaska to Canada is on display June 6–Sept. 20



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OLYMPIC VIEWS / Bainbridge Island, WA

Custom built, no-bank waterfront home enjoys sweeping views of the Olympics and Rich Passage. Impressive and tasteful finishes throughout. MLS #1421890. \$4,128,000. WRE/BI, Inc.

Ty Evans & Natalie Evans / 206-795-0202



MANZANITA / Bainbridge Island, WA

Fabulous postmodern-style home by John Brenneis placed at the water's edge to capture views of Puget Sound and the Olympic Mountains. MLS #1447267. \$4,248,000. WRE/BI, Inc.

Ty Evans / 206-795-0202



MODERN TUSCAN / Normandy Park, WA

Huge Puget Sound, Vashon Island, Olympics, and marina views. Veranda, fountains and gardens. Distinct, quality details throughout. MLS #1428909. \$3,500,000. WRE/West Campus, Inc.

Corinne Lombardo / 253-640-0680



WATERFRONT RETREAT / Sequim, WA

Private 115-acre community with indoor pool, tennis courts 3 docks and miles of beachfront, 4000+ SF waterfront dream home. MLS #1396647. \$1,947,500. WRE/MI.

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YOUR GETAWAY... HOME / Vashon, WA

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PRIVATE ESTATE / Seabeck, WA

4 bed, 4 bath log home on nearly 17 acres. Lush views of gardens and evergreens. Saltwater pool, 6-stall barn, fenced pastures, and riding arena. MLS #1443924. \$1,250,000. WRE/ West Sound, Inc.

Julie Bray-Larsen / 206-300-7001



MEDITERRANEAN / Kirkland, WA

Old world architecture blended with contemporary luxury finishes and lake views creates a truly exquisite residence. MLS #1442203. \$2,000,000. WRE/NE, Inc.

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ICONIC WATERFRONT / Mercer Island, WA

Dramatic Seward Park, Seattle Skyline and Olympic views. Privacy on 178' shoreline with yacht dock. MLS #1361962. \$10,500,000. WRE/MI. ModernLakesideLiving.com. Larry Williams / 425-445-9870.



EXPANSIVE VIEWS / West Seattle, WA

Mediterranean Masterpiece perched high above the street. Crafted with precision, designed with intent, yearning to entertain, this home is one of a kind. MLS #1403107. \$2,195,000. WRE/Wall Street, Inc. Kathrin Faulkner / 206-300-5511



PRIME WATERFRONT / Mercer Island, WA

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» HERE & NOW SEATTLE

at the **Klondike Gold Rush National Historical Park, Seattle Unit**. Located in downtown Seattle, the historical park has many exhibits, films and activities related to the late-1890s gold rush, including Seattle's key role as a supply hub and transportation port for miners (nps.gov/klse/index.htm).

■ View the engines of 100 vehicles, vintage to modern, during **Hoods Up for Father's Day**, June 11-25 at **LeMay—America's Car Museum** in Tacoma. And on June 20, July 11 and Aug. 22, visitors can enjoy rides in various vehicles from the museum's collection (americascarmuseum.org).

■ Top beach-volleyball players from across the country are competing in the **AVP (Association of Volleyball Professionals) Seattle Open**, June 21-23 at **Lake Sammamish State Park** in Issaquah, east of Seattle. Teams are expected to include 2017 AVP Seattle Open champions Billy Allen and Stafford Slick (avp.com).

■ **Bright Star**, a Tony-nominated musical about love and redemption, by famous actor/comedian Steve Martin and singer/songwriter Edie Brickell, will be on stage July 10-Aug. 17 at **Taproot Theatre Company** (taproottheatre.org).

■ More than 200 beers—representing brewers from countries ranging from Japan and Poland to Germany and Scotland, as well as brewers from the Northwest—will be featured during the **Seattle International Beerfest**, July 12-14 at **Seattle Center** (seattlebeerfest.com). Alaska Airlines is a sponsor of Seattle Center. ✈



WHERE WE FOUND FISH

The tradition of harvesting salmon in Alaska

By Emma Laukitis

» Our family's fish camp was called **Stonewall Place**, a homestead at the westernmost tip of the Alaska Peninsula, where we spent our summers catching Alaska salmon. My sister, Claire, and I had a remote and wild upbringing there, tied closely to the ocean and the passing seasons. We lived at Stonewall Place year-round until our family began traveling to Homer so that Claire and I could attend elementary school in the winters. Still, we returned every summer for the salmon's annual migration.

Days at Stonewall Place were spent between tide pools and tundra, collecting driftwood logs for our smokehouse fire and picking wild blueberries along ravines. The air was sweet with the smell of salmon smoking in the sea breeze as we harvested mussels and clams at low tide. In the mornings we raced to the chicken coop for fresh eggs. In the afternoons

we raked kelp from the beach into the garden for fertilizer. And in the evenings we bathed away the woodsmoke and fish scales in our steaming sauna on the beach.

Stonewall Place was the last home on the mainland. The nearest village, False Pass, was on Unimak Island, a 20-minute boat ride away. Our property had a main house built on the hill, and a variety of other buildings along the shore. We had a greenhouse, a woodshed and a wood-fired hot tub. We had a fish-cleaning table, a guesthouse and a "power house" containing a water wheel central to our hydropower system. Our electricity came from the streams running through the ravines and hillsides.

Many Alaskans share the tradition of returning to a fish camp, where families—sometimes three generations or more—work together to harvest wild salmon. Equipment and crew sizes



» *At their fish camp, Stonewall Place (shown above), sisters Claire Neaton (far left) and Emma Laukitis (left) help their mother (below) with tasks such as kayaking out to remove salmon from nets.*

vary depending on the scale of the operation, but whether it's a commercial fish camp or just one to feed the family, the days will be long with little rest.

That's because salmon swim in sleepless schools, and for a few intense months, fishermen work tirelessly to harvest them. Our fish camp was for subsistence, meaning it was only

Mom, Claire and me catching salmon. Dad was a commercial fisherman, so he ran a gillnet boat throughout the summer, returning to Stonewall Place only on his few days off.

Claire and I helped Mom set her net along the beach and keep it clear of kelp. Each day, we kayaked out to pick up the heavy, gleaming salmon that we'd caught in the net. Once ashore, we carried the fish down the beach to prepare it to go into the smokehouse or straight into the freezer.

Smoking fish consumed a lot of our time. We cut each salmon into fillets and then into long strips. We brined the fish in buckets with sea salt, coated the strips in brown sugar, then tied them with fishing twine so we could carry the fish in armfuls up the steep stepladder to the smokehouse, where we hung the strips over the rafters. The ocean air dried the salmon, and the barrel stove below flavored the fish with rich smoke produced by cottonwood logs that we found washed in with the tide. Depending on the weather, the salmon strips hung in the smokehouse between seven and 10 days.

We took turns stoking the smokehouse fire until the salmon strips were caramelized with





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» HERE & NOW
ALASKA



Claire Neaton (left) and Emma Laukitis prepare salmon fillets.

SASHWA BURROUS

To this day, when the light fades in winter, friends gather around our table and tell stories of the fishing season—the wildest weather, the best day on the water, the biggest catch. At our table, we share the salmon that we caught over the summer and experience all the benefits it brings us: from healthy bodies to a strong community with which to share the tradition of fishing and a seasonal lifestyle. A freezer full of fish, as well as good health and good company—what more could you need? ✈

Experiences at Stonewall Place are part of what inspired Emma Laukitis and her sister, Claire Neaton, to found Salmon Sisters, an Alaska-based apparel and seafood company that strives to tell the story behind wild Alaska seafood. The company has permanent shops in Seward and Homer, as well as a pop-up shop in Juneau this summer. For more information, visit aksalmonsisters.com.

the amber of brown sugar and fish oil. Then we brought the strips to the kitchen and cut them into pieces to pack in freezer bags, or else we used our whistling pressure cooker to preserve the salmon in jars. Once one batch was fin-

ished, we began another, filling the smokehouse again and again, until, with our freezers full, the last of early September's silver salmon swam past our beach. Some fish we gave away; some we traded for halibut, berries or caribou.

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PAST MEETS PRESENT IN SACRAMENTO

By Christine Delsol

» A young woman named “Martha,” wearing a blue hoop-skirted dress and a straw hat, leads our mostly jeans-and-sweatshirt-clad group along the east bank of the Sacramento River, where adventurers left their ships and rushed inland to find gold in 1849.

We are walking where the American River originally met the Sacramento—where these waterways repeatedly inundated the town founded by Swiss immigrant John Sutter in 1839 (and incorporated as the city of Sacramento in 1850). After the flood of 1861–1862 left Sacramento underwater for months, the young city considered the options of building a bigger levee, diverting the rivers’ confluence or raising buildings above the high-water mark.

“The people of Sacramento were very determined not to live through another flood, so they did all three,” Martha says.

Martha, dressed as a seamstress, is one of the historically inspired characters portrayed by actor-guides during the Sacramento History Museum’s Underground Tours in the Old Sacramento Waterfront district. The tours provide glimpses of California gold rush life, and stories

about the huge feat of jacking city buildings up off their foundations to raise them an average of about 9 feet—a roughly 10-year undertaking.

Covering about a half-mile on foot in a little over an hour, the entertaining and informative tours wind through above-ground streets and venture into subterranean spaces created when the old city was raised.

The tours are among the terrific visitor attractions in Sacramento, a city that treasures its history while also continuing to reinvent itself. Ambitious modernization projects include downtown neighborhoods being transformed by energetic arts, culinary and cultural scenes—while also paying tribute to the past.

In April, the mayor’s office announced proposals for funding to enhance the Old Sacramento Waterfront district with improved river access, park areas and more. Today, visitors are drawn to the 28-acre Old Sacramento State Historic Park. In addition to the Sacramento Underground, the park has several buildings on the National Register of Historic Places. For example, the preserved and reconstructed 1853 B.F. Hastings Building once



housed the California Supreme Court and the western terminus of the Pony Express. Shops, museums and river-view restaurants occupy other historical structures.

One of the park’s gems is the California State Railroad Museum, which is among the city’s most popular attractions. Sacramento was the western end of America’s first transcontinental railroad, and the museum is honoring the railroad’s 150th anniversary this year. You can “pilot” a high-speed train in a simulator, climb aboard restored locomotives and cars, and ride a 6-mile rail line along the river (weekends April through September).



Here is a sampler of additional attractions that highlight the historical and modern city.

- **The Bank:** An imposing downtown bank building dating to 1912 has become a delightfully grand three-level food hall. Each floor has a bar; don't miss the wall of 68 self-serve beer taps downstairs in the former vault.
- **California Museum:** Interactive multimedia exhibits bring the state's history and culture to life in the museum's Unity Center, which highlights leaders in the state's civil rights history. Another exhibit features the original California Constitution. The museum also houses the California Hall of Fame. Recent inductees include actor/environmentalist Robert Redford and singer-musician Joan Baez.

- **California State Capitol Museum and Park:** The state's grand capitol doubles as a museum, with art and antiques on the first floor, and free docent-led tours access historical offices and legislative chambers. The surrounding 40-acre Capitol Park includes the World Peace Rose Garden, with plants from numerous countries.
- **Crocker Art Museum:** Known for its California art, drawings by European masters, ceramics and Asian art, this museum's 18,000-plus-item collection ranges from gold rush-era landscapes to works by contemporary artists. The venue's two structures reflect historical and modern architecture: the original 1872 Italianate Victorian mansion and the sleek Teel Family Pavilion added in 2010.

» **Clockwise from far left:** Exhibits at the California State Railroad Museum; the Sacramento riverfront and skyline; the main entrance to Golden 1 Center; the interior of The Bank, showing the reinvented building's main-floor food hall and an upper-floor bar.

- **Downtown Commons (DOCO):** The centerpiece of this six-block downtown development is Golden 1 Center, home of the NBA's Sacramento Kings. This groundbreaking solar-powered arena, which opened in 2016, also hosts a variety of shows. Five massive glass doors fold up to create an opening five stories tall that spans the entire entrance area so that the arena can flow seamlessly into an outdoor community plaza surrounded by restaurants, boutiques, bars, a nine-screen cinema and a 250-room hotel. Stadium tours are available.
- **Farm Fresh:** Sacramento promotes itself as America's "Farm-to-Fork Capital." It grew its agricultural industry out of John Sutter's early empire. Today, thousands of area farms remain an economic mainstay. Many restaurants source locally. Learn more with Local Roots Food Tours, or visit the Sacramento Farmers Market, held on Sundays year-round.
- **Historic R Street Corridor:** This historical warehouse area has been blossoming over the



CLOCKWISE FROM FAR LEFT: SHUTTERSTOCK.COM; VISIT SACRAMENTO (2); EDDIE RODRIGUEZ (2); MERO PICTURES)

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» HERE & NOW CALIFORNIA

past decade with inventive murals, shops and design businesses. The Warehouse Artist Lofts, an apartment community for artists, has two galleries and is housed in a century-old building above a public market. The corridor is expanding eastward with the new Ice Blocks project, which is steadily replacing an old ice-plant site with a mix of new shops, restaurants, offices and residences.

- **Local architecture:** Downtown is filled with impressive buildings in Beaux Arts, Renaissance Italianate, Greek and other styles. The Sacramento Heritage Inc. app offers information on sites, as well as downloadable maps for self-guided downtown architectural walks.

- **Midtown:** Historically a quiet district of wide streets, trees and pretty Victorians, Midtown has seen a recent influx of restaurants, boutiques, galleries and more. This happening neighborhood is best explored on foot; start at K and 20th streets and walk in any direction.

- **Outdoor recreation:** With many flat, shady streets, and new bike lanes inaugurated in 2018—in downtown, Midtown and other neighborhoods—Sacramento is big on biking. The new lanes feature buffers from cars, and more are under discussion. And a top ride remains the paved, 32-mile multiuse Jedediah Smith Memorial Trail that passes through the American River Parkway. If you'd rather paddle than pedal, multiple companies will take you rafting on the American River's North Fork whitewater, or on the South Fork's calmer waters.

- **The Sofia (Sofia Tsakopoulos Center for the Arts):** This two-theater performing-arts complex houses the venerable B Street Theatre. The company hosts plays, music and dance performances, family theater, and other diverse programming from local and visiting artists and organizations. ✈

Writer Christine Delsol is based in Northern California.

Flyer guide

Your overview of the Alaska experience.

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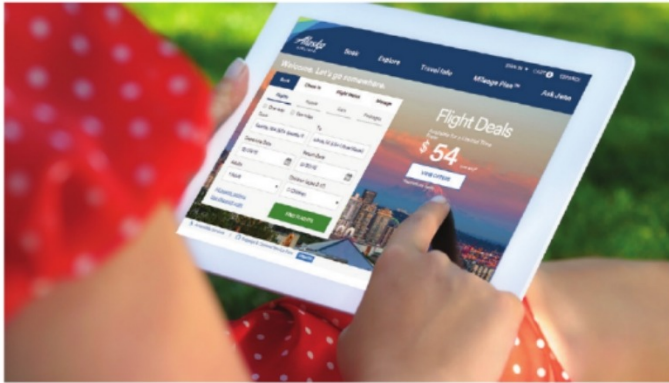


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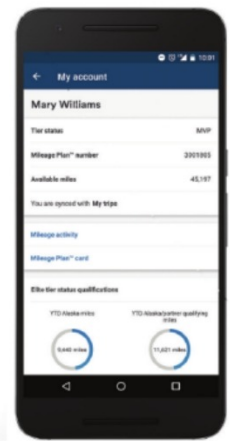
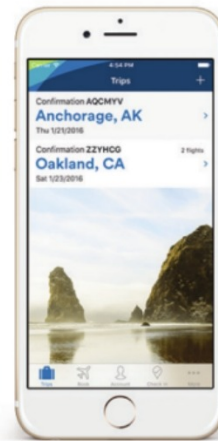
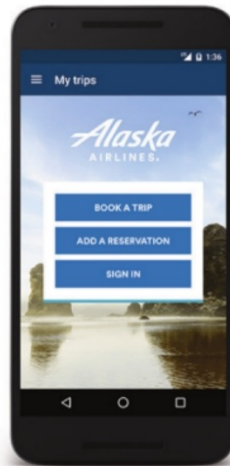


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You'll find Boeing's new Space Bins, offering 48% more stowage space, on our 737-900ER aircraft.

B737-900/900ER

Range: up to 2,720 miles
Seats: 178

B737-800

Range: 2,920 miles
Seats: 159

B737-700

Range: 2,985 miles
Seats: 124

B737-700F (freighter)

Range: 2,985 miles
Capacity: 9-10 cargo containers

Airbus fleet.



Airbus A319

Range: 2,986 miles
Seats: 119

Airbus A320

Range: 2,855 miles
Seats: 146-149

Airbus A321neo

Range: 3,072 miles
Seats: 185

Regional fleet.



Bombardier Q400

Range: 1,114 miles
Seats: 76
Operated by Horizon Air



Embraer E175

Range: 2,150 miles
Seats: 76
Operated by Horizon Air and SkyWest Airlines

Tell us how we're doing.

Visit alaskalistsens.com.

Free to access in flight.

Our bag guarantee.

Delivered in 20 mins or less.

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

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

Movies, TV, Wi-Fi and more.

Alaska has the most movies in the sky.*

Kick back with over 700 free movies and TV shows.

Most flights offer Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV—as well as new discoveries, including new musicians from Seattle’s independent record label Sub Pop.

Visit AlaskaWiFi.com to start watching.

Download the app:

You'll need the Gogo Entertainment app to watch movies. Get the app now at loadplayer.com.

Does not apply to aircraft with seatback screens.

HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



Captain Marvel



Aquaman



Green Book



How to Train Your Dragon: The Hidden World



Gloria Bell

ALL YOUR FAVORITES, AND THEN SOME:

- The Kid Who Would Be King
- The Upside
- The Lego Movie 2: The Second Part
- Head Full of Honey
- The Mule
- The Hate U Give
- Glass
- RBG
- The Most Dangerous Year
- Sadie
- Inventing Tomorrow
- Lest We Forget
- My Man Godfrey
- Mary Poppins Returns
- Creed II
- Widows
- A Star is Born
- The Favourite
- Ralph Breaks the Internet: Wreck-It Ralph 2
- First Man
- Mary Queen of Scots
- Bohemian Rhapsody
- Can You Ever Forgive Me
- Beautiful Boy
- Wildlife
- Bad Times at the El Royale
- The Predator
- The Old Man and the Gun
- Smallfoot
- The Darkest Minds
- The Meg
- Crazy Rich Asians
- Game Night
- Deadpool 2
- Wonder Woman
- Batman and Harley Quinn



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

NEW

CHECK OUT OUR NEW TRAVEL PROGRAM, WHERE WE FLY.

Our new travel show lets you explore the best of our destinations. Each episode highlights a different city and features little-known facts, along with essential information about attractions, restaurants and accommodations.

Where We Fly is produced in cooperation with In-Flight Media Associates.

Start watching today at AlaskaWiFi.com or via the seatback screen (on select flights).

Like our tunes?

THIS MONTH'S BOARDING MUSIC PLAYLIST:

Artist	Song
Teleman	<i>Between the Rain</i>
machineheart	<i>Do You Love</i>
Steven A. Clark	<i>Feel This Way</i>
Steady Holiday	<i>Love and Pressure</i>
Big Wild	<i>Maker</i>
CHVRCHES	<i>Graffiti</i>
Wild Nothing	<i>Letting Go</i>
Mt. Joy	<i>Jenny Jenkins</i>
Tender	<i>Closer Still</i>
The Lumineers	<i>Ho Hey</i>
Molly Burch	<i>Wild</i>
E.B. The Younger	<i>Used To Be</i>

Forgot your earbuds?

We've got a stylish pair of reusable earbuds available for just \$3. They're yours to keep and use for future flights, at the gym or wherever you enjoy your music and podcasts.

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



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

You're now cleared for text-off.

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

- Free texting is for text-based messages only. Photos and video are not supported.
- Both you and your recipient must have one of the compatible apps.
- Free texting is available only on flights with Gogo or Viasat Inflight Internet.

Inflight, go to AlaskaWiFi.com to get started.



Go online.

Inflight internet is available on all of our Airbus, Boeing and Embraer aircraft.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

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

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

Rent one of our premium entertainment tablets.

On many of our longer flights, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games and music. Tablets are free in First Class, and available to rent for \$10.*



NEW MOVIES ON THE TABLET:



Aquaman



Captain Marvel



Fighting with My Family**



The Lego Movie 2: The Second Part



How to Train Your Dragon: The Hidden World

* Flights that offer our tablet include all flights to/from Hawai'i, and flights to/from Boston, Baltimore, Fort Lauderdale, New York, Orlando, Philadelphia, Tampa and Washington, D.C. Tablets are not offered on aircraft with seatback screens.

** Available on tablets only.

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.

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



Earn double miles flying nonstop coast to coast.

With Alaska Airlines' Mileage Plan™, you always earn every mile you fly. And now through the end of 2019, you'll rack up twice the miles whenever you jet nonstop between select California and East Coast destinations.

Register today through the link below to start earning miles on the double.

Visit AlaskaAir.com/coast2coast to register for this promotion and for a list of participating cities.

Here's how it works:

1. Register your Mileage Plan number at the website shown below before your first qualifying flight.
2. From April 1 through December 31, 2019, fly nonstop on Alaska Airlines between select California and East Coast destinations.
3. Presto! Double miles are credited to your Mileage Plan account.

See the world and earn miles doing it.

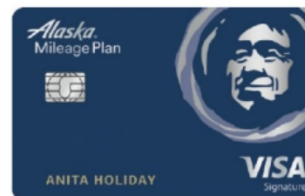
Earn or redeem miles on every Alaska flight and on flights to more than 900 destinations worldwide with our airline partners.



Get more than just miles.

Get a **42,000 bonus mile offer** when you apply through an employee, Alaska's Famous Companion Fare™ offer, a free checked bag, and more.

- **Earn 3x miles** on eligible Alaska Airlines purchases and 1 mile for every dollar spent on all other purchases.
- **Get 50% off** day passes at the Alaska Lounge and **20% back** on all Alaska Airlines inflight purchases when you pay with your new card.



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

Apply now with an employee before wheels down, or at AlaskaOffer.com

The benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about rates, fees, other costs and benefits of this credit card, or to apply, see an Alaska employee or visit AlaskaOffer.com and refer to disclosures accompanying the application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. ©2019 Bank of America Corporation

Big adventures using your miles.

Book one-way award travel within the continental United States and Canada starting at just 5,000 miles.*

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

* Plus taxes and fees from \$5.60 each way. Award availability and pricing may vary.

NEW Need a Place to Stay?

You can now use Mileage Plan miles to stay at more than 400,000 hotels worldwide with alaskaair.com/hotels.

Visit alaskaair.com to explore all the ways to use miles.

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

Mileage Plan gives you the world

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

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



Explore more with Mileage Plan.



Stockholm, Sweden
Finnair



Auckland, New Zealand
Qantas



LEGEND

- International partner hubs
- Select partner destinations



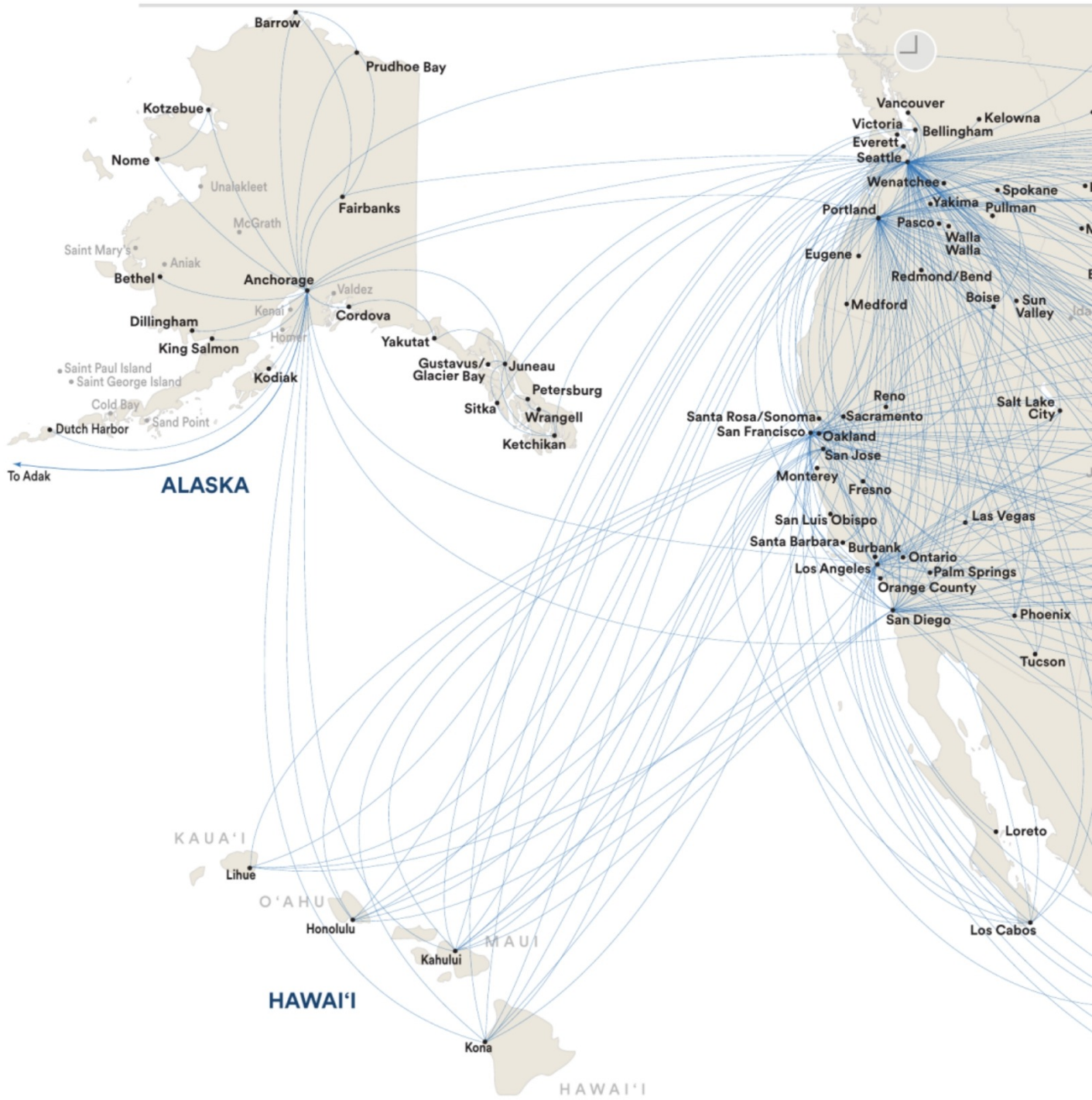
Seoul, South Korea
Korean Air



Venice, Italy
Condor

Where we fly

115+ destinations and counting.



- LEGEND**
- Destinations
 - Partner destinations
 - Alaska Airlines routes



Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

Airport-terminal maps

SEA Seattle/Tacoma International Airport

Tip:

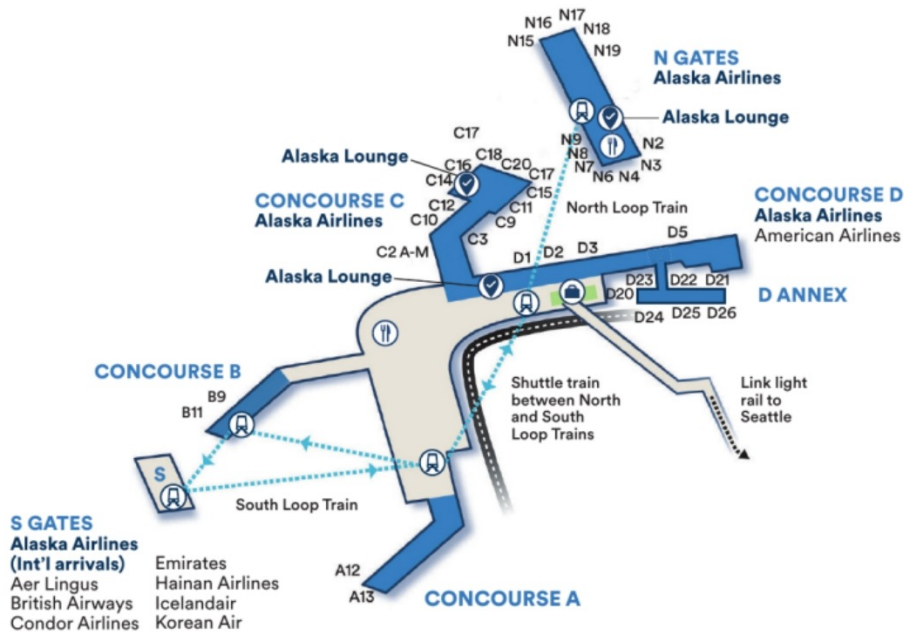
Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.

Tip:

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

Tip:

Our new Alaska Lounge is open in the C Concourse.



PDX Portland International Airport



Tip:

Heads up: We fly out of more than one terminal at SFO, please check your boarding pass to ensure you arrive at the correct gate.

Tip:

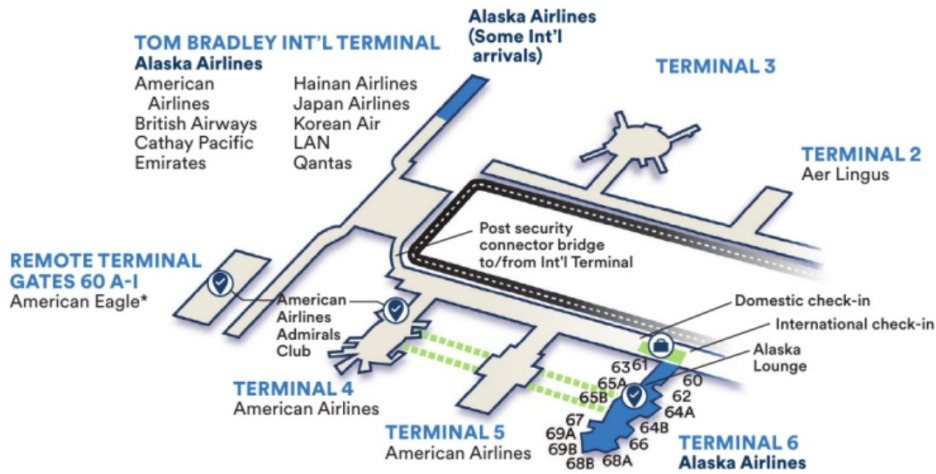
Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.

SFO San Francisco International Airport

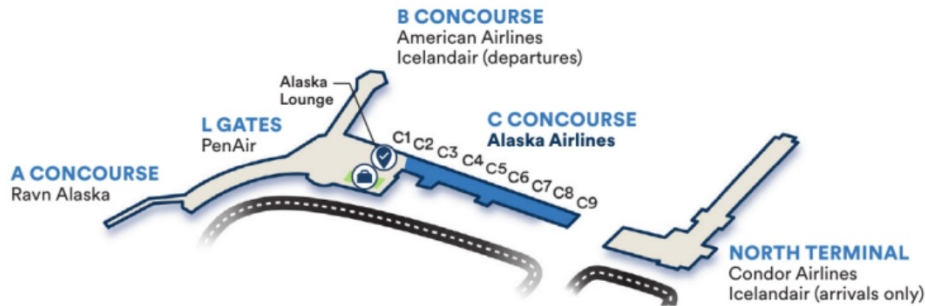


- Legend: Lounge Alaska Airlines check-in Public transportation
 Dining Options Airport transportation Underground walkway

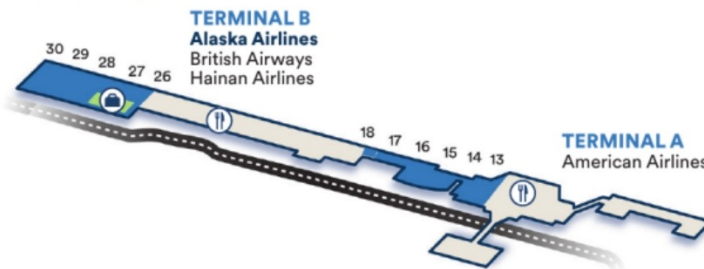
LAX Los Angeles International Airport



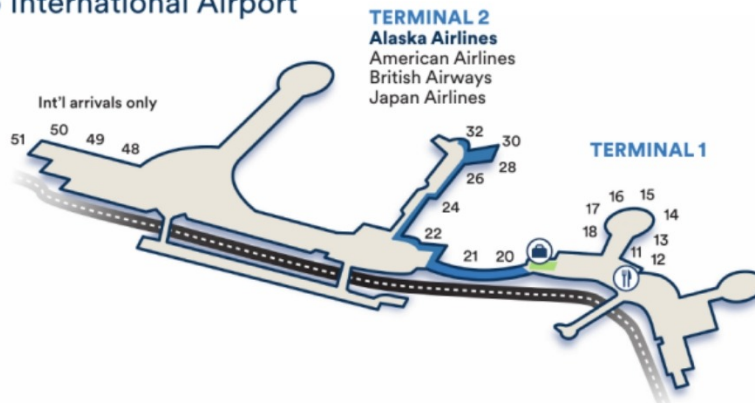
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



NEW

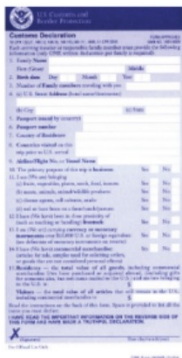
Alaska Airlines has moved all SAN operations to Terminal 2 East. Alaska now occupies Gates 20, 21, 22, 24, 26 and 28, with Gates 30 and 32 available as alternates.

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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



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

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

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

Your safety and comfort

SEATS

- Seat belts must be fastened whenever the “FASTEN SEAT BELT” sign is on. Keep your seat belt fastened at all other times when seated, in case of rough air.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Seat-belt extenders are not allowed in exit rows. They can tangle and obstruct access to exit doors.

CARRY-ONS

- All carry-on bags must be placed under a seat or in an overhead bin for takeoff and landing.
- Prior to takeoff and landing, service items provided by our inflight team must be picked up.

LAVATORY

- Guests are requested to use the lavatory in their assigned cabin.

PETS

- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

CREW AND GUEST SAFETY

- Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a guest’s behavior.
- We respect the privacy and well-being of our guests and employees. We do not tolerate inappropriate verbal, digital or physical conduct of any kind, including sexual harassment, invasive photography, and assault. Please report unwelcome behavior to an employee immediately. Any crime committed onboard is considered a federal offense.

USING YOUR DEVICES

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

Allowed on the ground and in the air

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

TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle-safety conditions, and the restraint must be certified for use in motor vehicles and aircraft with an FAA-approval sticker.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Guests are expected to drink responsibly and behave in a safe and respectful manner at all times.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

DEVICES

- During taxi, takeoff and landing, larger electronic devices, such as laptops, must be stowed.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell, FaceTime, Skype) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, handheld games, etc.

OTHER PROHIBITED ITEMS

- We prohibit the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air-purifying devices.

Not allowed during flight

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

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

CONTACT US

Customer care:
800.654.5669
(Mileage Plan,
Customer Care)

Toll-free
reservations:
Within the U.S.
and Canada:
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(800.252.7522)
(TTY 800.682.2221)
alaskaair.com

En Español:
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Alaska Airlines
Vacations:
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Dutch Bros is the country's largest privately held drive-thru coffee company. With a menu ranging from classic, quality coffee drinks to our signature Blue Rebel Energy Drink and fun, flavorful frosts, we have something for everyone.

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GO TO DUTCHBROS.COM
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NEAR YOU



WHEREVER LIFE TAKES YOU, WE'LL TAKE CARE OF YOU.
DUTCH BROS COFFEE. GUARANTEED TO SATISFY.

SINCE 1992 GUARANTEED TO SATISFY SINCE 1992



LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

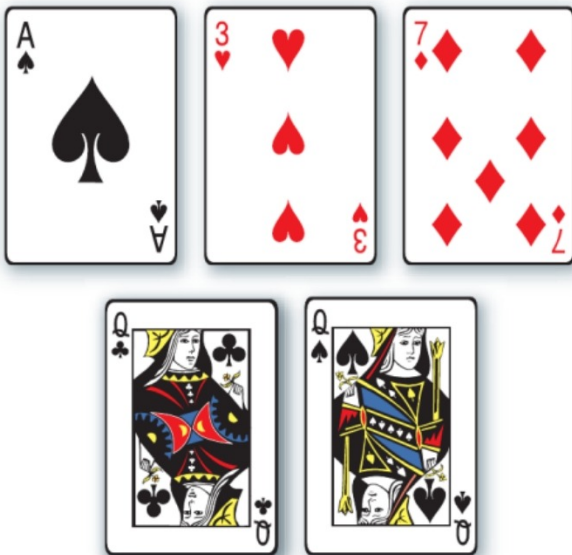
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	

DEFINITIONS

- | | | |
|-----------------------|--------------------------|-----------------------------|
| 1. Locale of Paris | 9. Young chap | 18. Greenish blue |
| 2. Hoisting device | 10. Space Needle city | 19. Vitamin kin |
| 3. At hand | 11. Most modern | 20. Camp Pendleton resident |
| 4. Port | 12. No longer fresh | 21. One who seeks ore |
| 5. Loathe | 13. New | 22. Thwart |
| 6. Wild hog | 14. Mediterranean island | 23. Articles |
| 7. Epic poem by Homer | 15. Forest growth | 24. Highway hauler |
| 8. Tuning knob | 17. Wood-shaping machine | |

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- The queens are not adjacent.
- Neither the top card nor the bottom one is black.
- The ace is somewhere above the club and somewhere below the diamond.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram EATS. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1 CULT	2 WAIT	3 EATS	4 TUBA	5 ACME	6 WHAT
7 WINE	8 HUNT	9 WHIM	10 DECK	11 PURR	12 DIET
13 COAL	14 DROP	15 NUTS	16 NEWT	17 OOZE	18 DOSE
19 RIPE	20 CUFF	21 PLUS	22 NEWS	23 LIST	24 FEET
25 VANE	26 KNEE	27 BODY	28 INTO	29 ALOE	30 FALL
31 FIVE	32 FAST	33 HARE	34 TACO	35 CREW	36 FOIL

SOLUTIONS ON PAGE 213.

Protect Your Eyes from Blue Light

Too much blue light from digital screens, artificial light, and the sun can be harmful to your vision. Protect your eyes with virtually clear Blokz™ lenses. Add Blokz to any of our stylish frames for \$16.95.



Sun Safe



Screen Safe



ZENNI®.COM

Home of
\$6.95
Prescription
Glasses.



Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 213.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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www.honormansion.com

LAND'S END RESORT
www.lands-end-resort.com

MARCUS WHITMAN HOTEL &
CONFERENCE CENTER
www.marcuswhitmanhotel.com

THE MARSHALL SUITES
www.marshallsuites.com

PRINCESS LODGES
www.princesslodges.com

SOLMAR HOTELS & RESORTS
www.solmar.com

TOP OF THE WORLD HOTEL
www.tundratoursinc.com

VACASA
www.vacasa.com/beyond

VILLA DEL PALMAR LORETO
www.villadelpalmarloreto.com

CASINOS

ANGEL OF THE WINDS
CASINO RESORT
www.angelofthewinds.com

ILANI CASINO RESORT
www.ilaniresort.com

MUCKLESHOOT CASINO
www.muckleshootcasino.com

NORTHERN QUEST RESORT &
CASINO
www.northernquest.com

RESTAURANTS

ANTHONY'S RESTAURANTS
www.anthonys.com

CHURCHILL'S STEAKHOUSE
www.churchillssteakhouse.com

THE CRAB POT SEATTLE
www.thecrabpotseattle.com

LAVELLE'S BISTRO
www.lavellesbistro.com

LOWELL'S RESTAURANT
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CROSSWORD ON PAGE 206.



SUDOKU ON PAGE 210.

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

DIFFICULTY: MEDIUM

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



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BRAIN BOOSTER PUZZLES ON PAGE 208.

LADDERGRAM

F	1. FRANCE	2. CRANE	3. NEAR	C
R	4. HARBOR	5. ABHOR	6. BOAR	H
I	7. ILIAD	8. DIAL	9. LAD	I
E	10. SEATTLE	11. LATEST	12. STALE	T
N	13. RECENT	14. CRETE	15. TREE	C
D	16. HALTED	17. LATHE	18. TEAL	H
L	19. MINERAL	20. MARINE	21. MINER	A
Y	22. STYMIE	23. ITEMS	24. SEMI	T

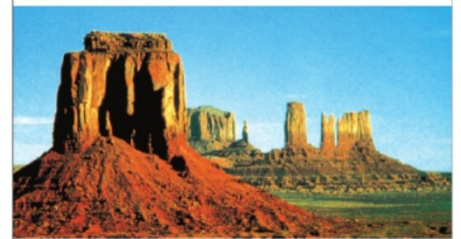
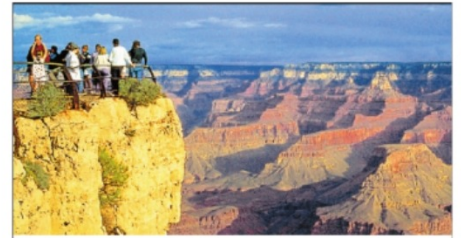
CARD SENSE

By clue 2, the top and bottom cards are the three of hearts and the seven of diamonds, in some order. Since the bottom card isn't the seven of diamonds (clue 3), it is the three of hearts. By elimination, the top card is the seven of diamonds. By clue 1, the queen of spades and the queen of clubs are second and fourth from the top, in some order, so the ace of spades is third. The queen of clubs is fourth from the top (clue 3). By elimination, the queen of spades is second from the top. In summary, from top to bottom: seven of diamonds, queen of spades, ace of spades, queen of clubs, three of hearts.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 3. east; 4. abut; 5. came; 6. thaw; 12. tied; 18. does; 24. fete; 23. slit; 22. sewn; 16. went; 15. stun; 14. prod; 13. cola; 19. pier; 25. nave; 26. keen; 32. fats; 33. hear; 34. coat.

		3	4	5	6
					12
13	14	15	16		18
19			22	23	24
25	26				
	32	33	34		



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