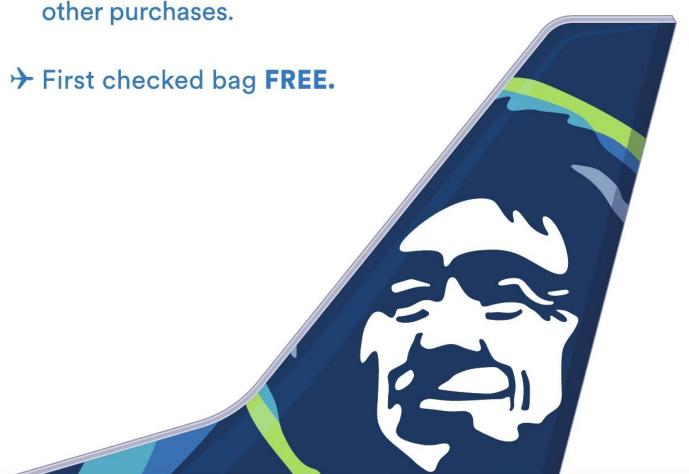




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My Best 10 provided me with a structured program that I could follow. My goals were to lose 15-20 pounds, reset my eating habits, and have better tone all over my body. The program was just what I had expected and more.

I especially liked the weekly meeting with my Registered Dietitian and the regular workouts with my Personal Trainer.

I'm happiest about the inches I lost and the overall improvement in my body composition. My strength has improved significantly, as well as my stamina. The biggest surprise was realizing that I actually like to work out! I always feel that it's my Zen place, regardless of how hard my personal trainer makes me exercise.

What's the secret of my success? Here are a few lessons I learned.

I made sure I had a good support system. The support I received from my husband was a great contributor to my success, in addition to keeping with the plan – from the regular training sessions to being diligent with my eating habits. In spite of being busy, I continued to exercise on the days I didn't work out with my personal trainer and kept healthy snacks at work so I wouldn't be tempted when I was hungry.

I practiced self-compassion. I learned how to be patient and not beat myself up if there was no weight loss for a week. I simply hit the reset button and realized that I could give myself a longer goal than just the program timeframe.

I learned how to incorporate my life into the program, rather than the program into my life. Having this mindset, along with talking it through with my dietitian and personal trainer, helped me make good choices while out to dinner or traveling to ensure that, after the program, the weight didn't come back. My Best 10 truly became a lifestyle.

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INSIDE_»



FEBRUARY 2019

110 Near & Far: Hangzhou Beauty and history combine with modernity in southeast China.

By Sophie Friedman

131 Here & Now: California

San Francisco's Presidio celebrates 25 years as a beloved park.

By Renee Brincks







102 Captivating Columbus Flights to the arts-rich city start March 7.



90 Island Romance From beaches to botanical gardens in Hawai'i.

WELCOME

11 A message from CEO Brad Tilden.

IN THE KNOW

- 15 What's New The latest from Alaska Airlines.
- 17 People Behind the Spirit
 Flight Attendant
 Steve Poynter and
 FAA Liaison Manager
 Deb Weaver.

21 On the Menu

A splash of citrus brightens winter.

23 Community

Alaska supports the Opportunities for All initiative, which provides internships to help lowincome Bay Area students succeed.

THE FEED

- 25 The Mix
- 35 In Focus
- 36 When in Nashville
- 39 Out & About Kelowna, B.C.
- 43 Plates & Pours
- 47 Finds
- 49 In Play
- 51 Wheels



45 Pours Way of the Dragon cocktail.

FEATURES

64 A Winter Train Journey in Alaska

See quintessential sights, such as the aurora borealis, in the Great Land.

78 Intermountain NW

- The Spokane area's culture of creativity.
- Spokane-region recreation, ranging from Riverfront Park to ski slopes and cultural attractions.

PIAWAH

90 Island Romance

Exquisite experiences and locales for weddings, honeymoons and getaways.

NEAR & FAR

102 Touring Columbus

Arts and entertainment in Ohio's capital city.

110 Splendid City

Picturesque historical treasures in Hangzhou.

HERE & NOW

118 Seattle

126 Portland

131 California

FLYER GUIDE

133 Alaska Airlines Flyer Guide

Travel tips, Mileage Plan, air safety, flight information, route maps and more.

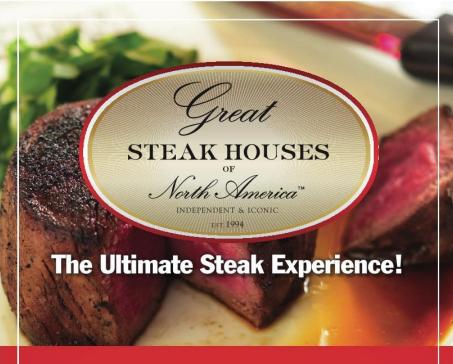
148 Games

156 #iFlyAlaska

ON THE COVER

Professional freeride skier Elyse Saugstad.

Photo by Ingrid Barrentine.



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WELCOME[®]

POSTCARDS FROM THE CEO

The Great Land is beautiful, even in January. The low temps create a beautiful frost on the trees, and there is something really wonderful and peaceful about the mornings here, when the sun doesn't rise until after 10 A.M. I was in Anchorage for a week in early January on the suggestion of one of our employees, who challenged me to job shadow—walking in our frontline employees' shoes. It sounded like a good idea to me.



My week started with my flight from Seattle to Anchorage. The Seattle-based flight crew—Shannon Novito, Angela Bolton, Kris McCloskey and Kimberly Sagmoen—were awesome. I had a great time visiting with them, interacting with our

guests onboard, and serving a beverage or two. I sat on the flight deck for the last 40 minutes of the flight and was impressed by the expert airmanship of Captain John Lien and First Officer Levi Breidenbach, who navigated us into Anchorage amid a low blanket of fog.

I spent the next several hours in the Anchorage airport, at the ticket counter, learning from Kiana Baluyut, a designated trainer customer service agent. Kiana was extremely patient with me, even when she had to explain the same entries and transactions



many times. She taught me how to check in, scan and tag bags, and how to deal with special service requests. It was wonderful getting to meet so many of our guests while at the ticket counter.

■ The next day, I was off to Dutch Harbor on PenAir, one of our commuter partners. We provide scheduled service to 20 cities in Alaska, the majority of which have fewer than 10,000 people. In many cases, we provide jet service several times a day. This is something

that truly makes us unique as an airline.



■ When I got back to Anchorage, I headed over to the ramp operations center. This important team schedules airport operations, such as baggage and cargo connections, and manages the departure-coordination process. Niki McDade is a fantastic departure coordinator. Here, we're working Flight 155 to Nome and Kotzebue.

- I spent the bulk of Wednesday in our Anchorage cargo operation, an experience I can describe only as humbling. There was an amazing sense of teamwork among our folks there, and a clear focus on our customers who live in the state's small villages. Here I am with my coach for the day, Jacob Scanlan.
- I came back later that night to begin the night shift with our maintenance and engineering team, and with our stores team, who provide all the aircraft parts. It is amazing to see maintenance technicians start their shift. There isn't a lot of talking, but hangar doors start



opening; bells are going off; tugs are getting hooked up to airplanes. It's great teamwork and a finely tuned operation. I was able to observe as Sig Sigurdson, Tom Genziano and Marc Sheldon conducted a borescope inspection on one of our aircraft engines.

■ Thursday, I joined our Anchorage ramp team. Below, I'm sending off Flight 80 with Jose Inga, Bill Trivett, Mike Freeman, Josephine Calderra, Eric Henry and Todd Seitz. On the right, that's Josephine and me in the aircraft belly, loading bags. I want to thank Eric, my ramp coach, and the entire ramp service team, who were very kind and welcoming, and who tolerated all of my questions and mistakes.





>> WELCOME





■ I then flew out to Red Dog Mine in the Arctic to see our flight operation. It was a clear day and Alaska's natural beauty really came through. The picture above is of Runway 3 at Red Dog, on our approach.

For my last day, I worked in the terminal and in baggage services.

Above, right, here I am with Mary Graham, serving as control agent for Flight 96. And then I had a great flight home with an awesome crew.

This trip was the first of many for the coming year for our leaders at Alaska Airlines and Horizon Air. In a program called "Leader Immersion," each of our managers, from managing directors on up, will spend a week in the operation. Kind of like on *Undercover Boss*, but without the disguise, as one of our employees noted.

I find myself smiling from ear to ear as I write this note recounting my visit. My job-shadow week has left me with a deep sense of gratitude.

Alaska and Horizon have the best employees in the industry, and it was uplifting to spend time with them. Like many of our employees, I came into the airline business because I love aviation; I love Alaska Airlines; and I love being around our people and you, our guests. This was the perfect way to start a new year.

Thank you for reading this, and thank you for flying with the fantastic men and women of Alaska Airlines. —*Brad Tilden*

>> WELCOME

POSTALES DEL DIRECTOR EJECUTIVO

b) El estado de Alaska es hermoso, incluso en enero. Las bajas temperaturas crean una hermosa escarcha en los árboles, y hay algo realmente maravilloso y tranquilo en las mañanas aquí (cuando está oscuro hasta alrededor de las 10:00 A.M.). Estuve en Anchorage durante una semana a principios de enero por sugerencia de uno de nuestros empleados, quien me desafió a observar el trabajo en forma directa por un día y ponerme en el lugar de nuestros empleados de atención al cliente. Me pareció una buena idea.

Mi semana comenzó con el vuelo desde Seattle hasta Anchorage. La tripulación de vuelo con base en Seattle (Shannon Novito, Angela Bolton, Kris McCloskey y Kimberly Sagmoen) fueron increíbles. Me divertí mucho durante mi visita con ellos, interactuar con nuestros pasajeros a bordo, y servir una o dos bebidas. Me senté en la cabina de mando durante los últimos 40 minutos del vuelo, y me impresionó la destreza aeronáutica del capitán John Lien y del copiloto Levi Breidenbach que nos llevaron a Anchorage en medio de una cortina de niebla.

Pasé las siguientes horas en el aeropuerto de Anchorage aprendiendo de Kiana Baluyut, una de nuestras instructoras de servicio al cliente. Kiana fue extremadamente paciente conmigo, incluso cuando tuvo que explicarme las mismas instrucciones y transacciones varias veces. Ella me enseñó cómo documentar, escanear y etiquetar maletas, además de atender las solicitudes de servicios especiales. Fue maravilloso conocer a muchos de nuestros pasajeros en el mostrador.

El día siguiente salí para Dutch Harbor en PenAir, nuestro socio de viajes. Alaska brinda un servicio programado a 20 ciudades en el estado de Alaska, la mayoría de las cuales tiene poblaciones de menos de 10.000 habitantes. Y en muchos casos, brindamos servicio de jets varias veces al día. Esto es algo que realmente nos hace únicos como aerolínea.

Cuando regresé a Anchorage, me dirigí al centro de operaciones de rampa. Este importante equipo programa las operaciones del aeropuerto, como las conexiones de carga y equipaje y gestiona el proceso de coordinación de salidas. Niki McDade es una coordinadora de salidas fantástica quien me ayudó a trabajar en el vuelo 155 a Nome y Kotzebue.

Pasé la mayor parte del miércoles en nuestra operación de carga en Anchorage, una experiencia que solo puedo describir como una humilde lección. Experimente una increíble sensación de trabajo en equipo entre nuestra gente ahí y además me dio una visión clara de las necesidades de nuestros clientes que viven en pequeñas aldeas en el estado de Alaska. Jacob Scanlan fue mi instructor por el día.

Esa noche, me regrese para comenzar el turno vespertino con nuestro equipo de mantenimiento de aeronave e ingeniería y con nuestro equipo de bodega (quienes proveen todas las partes de la aeronave). Es realmente increíble ver a los técnicos de mantenimiento cuando comienzan su turno. No se habla mucho, solo comienzan a abrirse las puertas del hangar, se activan las alarmas y se enganchan los remolcadores a los aviones. Es un gran trabajo en equipo y una operación bien optimizada. Pude observar a Sig Sigurdson, Tom Genziano y Marc Sheldon mientras realizaban una inspección de baroscopio en uno de los motores de uno de nuestros aviones.

El jueves, me uní a nuestro equipo de rampas en Anchorage, despachando el vuelo 80 con José Inga, Bill Trivett, Mike Freeman, Josephine Calderra, Eric Henry y Todd Seitz. Josephine y yo juntos cargamos maletas en el interior del avión. Quiero agradecerle a Eric, mi instructor de rampa por ese día, y a todo el equipo de agentes del servicio de rampa de Anchorage por ser tan amables conmigo y por tolerar todas mis preguntas y errores.

Luego volé a Red Dog Mine, para ver nuestra operación en esa parte del Ártico. Era un día despejado, y la belleza natural de Alaska realmente se hizo sentir.

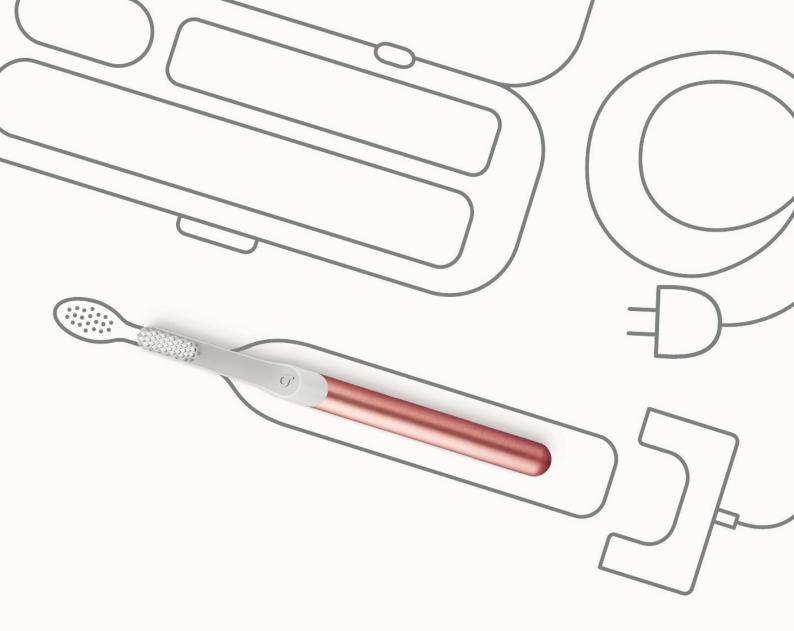
En mi último día, trabajé en la terminal y en el departamento de equipaje. Trabajé con Mary Graham como agente de control en el vuelo 96, y luego tuve un gran vuelo a casa con una tripulación increíble.

Este viaje fue el primero de muchos para nuestros líderes de Alaska Airlines y Horizon Air durante el próximo año. Nuestros directores generales pasarán una semana trabajando directamente en la operación, en lo que se conoce como "Inmersión de líderes." Una especie de jefe encubierto, semejante al programa de television *Undercover Boss*, pero sin el disfraz, como señaló uno de nuestros empleados.

Mientras escribo esta nota narrando mi visita, me veo sonriendo de oreja a oreja. Tengo un profundo sentido de gratitud. Alaska y Horizon tienen los mejores empleados de la industria, y fue gratificante pasar más tiempo con ellos. Como muchos de nuestros empleados, entré al negocio de las aerolíneas porque me encanta la aviación, me encanta Alaska Airlines y me encanta estar cerca de ustedes, nuestros pasajeros. Esta fue la manera perfecta de comenzar un nuevo año.

Gracias por leer mi nota y gracias por volar con los fantásticos hombres y mujeres de Alaska. —*Brad Tilden*





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IN THE KNOW,

WHAT'S NEW: THE MOST MOVIES

)) More than 700 titles. That's the total number of free films. TV shows and shortform videos that will be available this month on most flights to stream to your device via the Alaska Beyond Entertainment system.

Included in this collection will be more than 360 films-a movie library that Alaska is boosting significantly this month. With the expansion, Alaska will offer more free films on nearly every flight than any other domestic airline (with some variation on different planes).

Guests will be able to enjoy recent releases such as the Golden Globe-winning rock 'n' roll biopic Bohemian Rhapsody, which premieres on Alaska flights later this month. Guests will also be able to view older favorites: All five Jurassic Park movies, all eight Harry Potter films, the Pitch Perfect trilogy and the first five titles in the Rocky series are onboard or coming soon.

Download the Gogo Entertainment app to watch free movies and shows. Once inflight, go to AlaskaWiFi.com to get started.



Curious which films are watched most on Alaska flights? Find out last year's most popular inflight movies at blog.alaskaair.com.

ALASKA NAMED ONE OF THE WORLD'S SAFEST AIRLINES

)) In January, Alaska was ranked among the top 20 safest airlines in the world for 2019 by AirlineRatings.com, an Australian website that reviews aviation safety and inflight products.



"Receiving recognition for our safety culture from such a respected organization is a true testament to our work practices," says Max Tidwell, Alaska's Vice President of Safety and Security. "Safety is our top priority and is firmly ingrained in our culture, as we are personally committed to the safety of our guests and one another."

Top airlines were selected from a pool of 405 carriers, based on a sevenstar rating system. AirlineRatings.com takes into account factors for safety that include government audits, audits from aviation's governing bodies, fleet age, incident records and airlines' safety initiatives.

Visit AirlineRatings.com to learn more. - Dianne McGinness





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PEOPLE BEHIND THE SPIRIT

A HELPING HAND

Flight Attendant Steve Poynter is a Legend of Customer Service

>> Steve Poynter didn't fly until he was 16

and went on a ski vacation to Montana. And yet, as a young teenager growing up in the Seattle area, he used to hang out with friends at Seattle-Tacoma International Airport, like other teens hang out at a mall.

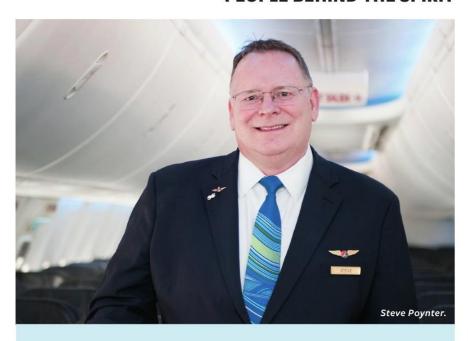
"I always had a love of planes," says Poynter, now a 33-year Alaska flight attendant, based in Seattle. "We used to go up to the counters and look at the boards to see where people flew. And I'd dream about places to go."

Fate may have helped steer him toward his career. After graduating from the University of Washington with an anthropology degree, Poynter won a contest that awarded him a trip with stops in any three U.S. cities. He chose Honolulu, New York and Miami. When he got back to Seattle, he knew he wanted to work at an airline. He quickly found a job as a flight attendant and has been one ever since.

In addition to his love of air travel, Poynter has a deep devotion to the people who travel with him. These include guests, who regularly praise his exemplary service, as well as fellow flight attendants. Poynter serves colleagues through a role with the Association of Flight Attendants, and through his work on Alaska's Preferential Bidding System that determines the best-possible schedules available to flight attendants. Poynter helped take the PBS from a paper-based format to a computerized one, and he is known for tirelessly answering questions and offering expertise about the system. He likes that this can help colleagues achieve better work-life balance.

Recently, Poynter needed to rebalance his own life after he received a cancer diagnosis. He resolved not to let the disease slow him down. He's still dreaming of places to go (Egypt, Turkey, China) and finding new ways to help others, such as promoting prostate screening for men over 50.

"I live life the best I can," he says. "I try to help others do the same." —Ben Raker



QUESTIONS & ANSWERS

What do you strive for in your service? My goal is to treat everybody professionally and like they are guests in my home.

How much do you like your job? I never dreamed that, after 33 years, I could still say I love my work. And I do.

What advice do you have about the job? Have patience. Travel can be hard, but I like that once people get on a plane, they can relax—and that I can help with that.

How do you measure success at work?

For me, it's really important that people just have an enjoyable flight.

What are your travel tips?

I do research. When I travel, I have a plan. I like to find the best any place has to offer. Also, I always have a change of clothes.

What trips have been your favorites?

Machu Picchu, Peru, was really amazing. The island of Bali was incredibly beautiful.

KUDOS FROM STEVE'S CO-WORKERS

"The focus Steve puts on people is evident in everything he does. He's there for coworkers 24/7, takes great care of guests and is the recipient of kudos from many." —Tom R., Inflight Supervisor, Seattle

"He's everything a flight attendant should be-kind, thoughtful, trustworthy, positive, and a person who always puts others first." —Shirley P., Flight Attendant, Seattle

"Steve's calm and patience never waver. He is a constant source of reassurance

and has a remarkable capacity to think outside the box to help find solutions." -Laura M., Flight Attendant, Portland

"Steve has an incredible ability to speak on many platforms and promote dialogue to change and improve." —Robbi B., Director, Inflight Service Center, Seattle

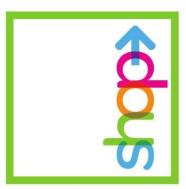
"He's genuine, he's authentic, he's a man of integrity, and he always gives 110 percent. And he seems to do it effortlessly." —Jennifer M., Flight Attendant, Seattle



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PEOPLE BEHIND THE SPIRIT

TOP QUALITY

FAA Liaison Manager Deb Weaver is a Horizon Air Pathfinder

>> Deb Weaver believes in the value of thankyou. "I liked to get out onto the hangar floor every day to see how things were going and to recognize people for being there, and for doing a good job," says Weaver, who retired last month as FAA Liaison Manager for Horizon Air's Maintenance & Engineering Division. She was the key contact for 12 FAA inspectors and Horizon leadership as she ensured that 400 people in four departments-Maintenance Operations, Engineering, Airworthiness and Materials met FAA and Horizon safety requirements.

"We have an outstanding team of highly skilled individuals in the M&E Division who genuinely care about what they are doing," she says. "Everybody takes a lot of pride in the work they do, and a simple thank-you can go a long way and make somebody's whole day."

In recognition of the quality of her own work, Weaver received an award last year from the FAA office in Portland, Oregon, where she was based. The liaison position requires skills ranging from outstanding communication to rigorous monitoring, from handling extensive paperwork to an ability to coach and inspire others.

She is known for having a solutions-focused approach; being positive, open and honest; and providing a listening ear. "I've always had an open-door policy," she says. "People sometimes came to my office who just needed to talkabout something personal or about work. People trust me and know that I truly care. They would say, 'Is the counselor in?'"

Weaver worked in maintenance administration and recordkeeping for two small airlines in Cleveland before moving to Portland in 1982. She started at Horizon in 1983 as a records clerk and went on to manage the Aircraft Records department before becoming the FAA Liaison Manager. "It has been great to be with a company for so many years that has given me opportunities and challenges, and that I have loved working for," she says. -M. Dill



QUESTIONS & ANSWERS

What is a meaningful accomplishment?

It's all about the people to me. When I walked into the maintenance hangar on any given shift and the technicians waved and called my name clear across the hangar to say hi, that never got old, even after all those years.

What's been interesting about your job?

All the different and wonderful people I have interacted with over the years. Also, realizing the role "human factors" play, not only in work, but in everybody's life. My husband is a retired Horizon mechanic, and when something happens at home, we'll start doing "the five whys" process to get to the bottom of why it happened and

how to prevent it next time. Or because I'm so aware of human factors, I'll say, "You're really fatigued—I don't think you want to make that decision right now."

What is most important to you in life?

My faith and my family. I live by some words in Joshua 1:9 that my mom would always say to me: "Be strong and courageous." And my husband and relatives are so important to me. Also, the people you work with every day are really your family, too, and we need to treat each other that way.

What activities do you enjoy?

I like to walk marathons. I've done eight. My goal is to complete 10.

PRAISE FOR DEB

"Throughout Deb's astounding 35-plus years at Horizon, she has been known for her professionalism, accuracy, timeliness and ability to get things done while showing genuine care for those she works with. FAA Liaison is a big role, and one that requires the highest level of ownership mentality and integrity. One of the things

Deb has stressed is to do the right thing and own your work, no matter what.

Her caring extends to community service, as well, such as regularly taking her two Labrador retrievers to donate blood at an emergency veterinary clinic." -George K., Horizon Vice President of Maintenance & Engineering, Seattle



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







FUNKO HEADQUARTERS STORE SERVES UP THE MAGIC OF STORYTELLING AND POP CULTURE

If you've ever dreamed of prowling the streets of Gotham with the Dark Knight, riding a tauntaun on the frozen planet Hoth or chilling with the Hulk on the streets of the Big Apple, Funko's headquarters store in Everett provides you the opportunity to visit these worlds and more. For 30 years, Funko has been delighting pop culture enthusiasts with collectibles depicting their favorite cartoon, television, movie and video game characters.

The Funko store is a mere 30-minute drive from downtown Seattle and 15 minutes north of Alaska Airlines' new Paine Field connection. However, it is worlds away from anything you've experienced before. Stomp through Tokyo with a 14-foot Godzilla, feel the magic of Diagon Alley and visit a Disney princess, or three, at their castle. Journey with us to a galaxy far, far away in a land filled with happily ever afters. And if you happen to return home with your favorite characters in your luggage... we promise we won't tell.



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A SPLASH OF CITRUS

By Chef Joshua Rappaport

>>> Few things brighten up winter like the sweet yet tangy flavors of fresh citrus. Most of us associate oranges with sunshine and warm days, but smaller oranges, such as clementines and mandarins, are actually at their peak in midwinter and lend a welcome splash of color.

For the following dish—currently available in First Class on select Alaska Airlines flights-sliced clementines are paired with the distinctive licorice notes of fennel and Pernod, which serve as the foundation of a marinade for chicken breasts. The chicken is roasted on top of aromatic ingredients that caramelize for deliciously sweet and earthy flavors. And the robust winter flavor of sauteed Swiss chard as an accompaniment, along with fragrant saffron rice, complements the sweet, sunny taste of the oranges in a wonderful winter meal.





CHICKEN WITH CLEMENTINES

- 2 fennel bulbs (trimmed of roots, stalks)
- 6 clementines (or mandarin oranges; 1 pound)
- 1/3 cup Pernod (or dry white Vermouth)
- 1/4 cup extra-virgin olive oil
- 3 tablespoons orange juice

- 3 tablespoons fresh lemon juice
- 2 tablespoons grain mustard
- 3 tablespoons brown sugar
- 2 teaspoons fresh thyme leaves
- 2 teaspoons fennel seeds
- Kosher salt and ground pepper
- 8 chicken breasts, boneless, with skin on

Cut fennel bulbs in half lengthwise. Remove the tough cores from the bottoms, then slice the rest lengthwise into roughly 1/4-inch strips. Slice clementines crosswise, 1/8-inch thick. In a large nonreactive bowl, make marinade of Pernod, oil, orange juice, lemon juice, mustard, sugar, thyme, fennel strips and seeds, and clementines. Season with salt and pepper. Add chicken breasts and toss gently to coat well with marinade. Cover and refrigerate overnight. • The next day, preheat oven to 375 F. Remove chicken breasts from marinade and set aside. Spread marinade in an even layer in a shallow baking dish that accommodates the chicken without crowding. Lay breasts skin side up on top of marinade and roast until skin is lightly browned and breasts reach an internal temperature of 165 F. Remove from oven and transfer chicken to a platter. Separate clementines from the rest of the marinade. Garnish each breast with a slice. Mix caramelized fennel slices well with pan juices, and spoon this over the chicken before serving.

SAFFRON RICE

- 2 tablespoons olive oil
- 1 small diced yellow onion
- 1 pinch saffron threads
- 2 cups basmati rice
- 3 cups water
- 1/4 teaspoon kosher salt

Heat the olive oil in a heavybottomed pot over medium flame. Add onion and saffron, and saute until translucent. Do not allow to brown. Add the rice, and stir to coat well with oil and onions. Add water and salt, bring to a simmer. Reduce heat and cover tightly. Cook until the rice has absorbed all liquid. Remove from heat and let sit, covered, for 5 to 10 minutes before serving.

SAUTEED SWISS CHARD

- 2 bunches red Swiss chard
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 tablespoons chopped shallots
- 3 chopped garlic cloves
- Kosher salt and pepper

Wash the chard well. Separate stems from leaves. Slice stems into 1/4-inch pieces. Cut leaves into strips about 1 inch wide. Heat oil and butter in a heavy-bottomed pan over medium flame. Add shallots and garlic. Saute until aromatic. Add stems and saute until tender, then add leaves and season with salt and pepper. Cook, stirring frequently, until leaves are tender. Serve immediately. *

Joshua Rappaport, based in Seattle, is Executive Chef, Menu Design, for LSG Sky Chefs. He partners with Alaska on bold inflight menu options.



20,20 LifeStyles

HEATHER LOST 150 POUNDS

"ANY IMPROVEMENT, BIG OR SMALL, IS WORTH CELEBRATING..."

I don't ever remember a time when I didn't struggle with my weight. Beginning at the age of four, I went on and off all kinds of diet plans. In my senior year of high school, I started getting migraines, which became progressively frequent until I felt debilitated. I was in so much pain that my biggest joy was eating whatever junk food I wanted. This sent my weight soaring to 335 pounds.

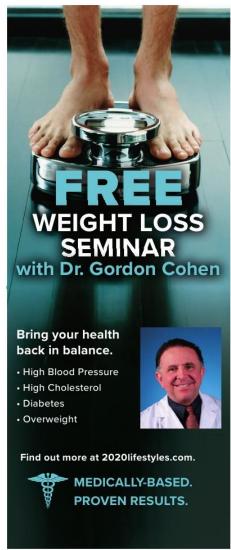
When I moved to the Seattle area, my doctor recommended 20/20 LifeStyles. All the diets I'd done over the years only addressed what I ate. 20/20 LifeStyles was the first program to attack my weight and health from all angles. The comprehensive scope of the program included a PRO Registered Dietitian, Personal Trainer, Counselor, and Physician who worked together. While I'd tried these pieces individually before, the integration of all these experts working together was life-changing.

Another feature unique to 20/20 LifeStyles was the compassion and kindness I experienced from everyone from the very start. When all you hear your whole life is, "You need to lose weight," it's easy to blame yourself. Instead, the 20/20 staff tried to absolve me and focused on the physiological processes that had led to the weight gain.

I learned so much about myself and my relationship with food throughout the 20/20 LifeStyles program, particularly through counseling. I'd always believed that I overate just because food tastes good. Over time, I realized that I was using food as a coping mechanism or as an act of rebellion against perceived restrictions. By the end of the program, I had a good sense of what my triggers are and had learned strategies to help manage my temptations to overeat.

It's freaking amazing that I've lost over 150 pounds from my heaviest weight! I feel like I'm in uncharted territories. I don't ever remember being smaller, even as a kid! It's surreal and wonderful!

I think what surprised me most is that I really could do it. I didn't think I'd ever be below 200 pounds, but I am. The weight loss has slowed tremendously, but I'm still chipping away at it. It hasn't been quick, easy, consistent, or without its setbacks, but it has been an incredible journey and I'm grateful to have had this opportunity. Losing 150 pounds was once a preposterous dream goal, but I did it. Who knows what else is in store for me?



OPPORTUNITIES TO SUCCEED

A new program gives low-income Bay Area students paid internships

By Jacob Uitti

>> San Francisco Mayor London Breed knows the importance of community support at the right time.

A native of the Bay Area, Breed grew up in the Western Addition housing project in San Francisco. However, an internship with the nonprofit Family School when she was a teenager helped change her life.

Breed, who was elected mayor in June 2018, is partnering with Alaska Airlines and other businesses to give that same opportunity to thousands of low-income young people in the San Francisco area.

The mayor's new initiative, Opportunities for All, will place San Francisco-area young people from diverse low-income families in paid summer internships that the mayor says will expose the students to new professional opportunities and help them develop longterm networking relationships, just as her internship did years ago.

"Our economy needs to work for everyone in our city," Breed says. "Too many of our young people are being left behind because they do not have the skills, the education and the exposure at an early age to career opportunities that can transform their lives.

"My own internship experiences in high school were essential to my success, and I want every kid in San Francisco to have that same opportunity."

Last year, Alaska Airlines approached the mayor about partnering with her office on community-outreach programs, and the city's Opportunities for All initiative turned out to be a perfect fit.

The airline supports programs that focus on youth education and promote diversity and inclusion, which are pillars of the mayor's new program. As a result, Alaska—the program's



first and largest donor-pledged \$150,000 for each of the next two years to help support the internship initiative.

"We are really fortunate that Alaska Airlines was looking to partner with us," says Sheryl Davis, executive director at San Francisco's Human Rights Commission. "Together, we want to help young people be able to find the best opportunities and the paths forward for their success."

Davis explains that the program, which has already raised about \$1 million of its \$2 million goal, is scheduled to fund at least 1,000 new internships for students in its first year. The program will pay teens the city's minimum wage of \$15 per hour for 20 hours of work per week in various professional settings, including at government agencies and nonprofits that otherwise couldn't afford to pay interns.

>>> San Francisco Mayor London Breed attends the launch event for the Opportunities for All summer internship program, which will offer paid internships for young people in the Bay Area to help them develop business and networking skills.

"Alaska Airlines is honored to be the first corporate partner of Mayor Breed's signature Opportunities for All program," says Annabel Chang, Alaska Airlines' vice president for the Bay Area. "At Alaska, we recognize that internships are a critical first step to developing important professional skills that will be used throughout a student's career. We want to ensure that all youth, regardless of financial

Jacob Uitti writes from Seattle.

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THE FEED,

70 YEARS OF HAUTE COUTURE

>>> Some artists use clay,

some paint. Christian Dior (1905–1957) used fabric to create his art—world-renowned garments, such as the one pictured, that finally put stiff shoulder pads and dowdy World War II hues in the rearview mirror.

A more than 70-year chronological retrospective of the French designer's work, and that of his successors, is on display in "Dior: From Paris to the World," at the Denver Art Museum through March 3. The exhibit includes accessories, photos, original sketches, runway videos and other archival material. Many garments have never been seen outside of Europe.

In 1947, Dior rocked the world with clothing featuring lowered hemlines and original designs that challenged the boundary between art and fashion. Dior's work spread to Asia, Africa and the Americas, and when Hollywood royalty such as Rita Hayworth, Marilyn Monroe and Elizabeth Taylor wore his dresses, he became a worldwide sensation.

Dior's rich legacy survives in the work of other designers, such as John Galliano and Maria Grazia Chiuri, who have followed his vision of clean, graceful lines. Their works are also highlighted in the exhibit. Visit denverartmuseum.org for more. —Nancy Burkhalter



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THEATRE WEEK SET TO OPEN

>>> Chicago's stage theater

scene attracts more than 5 million audience members each year to more than 250 companies. Chicago Theatre Week, Feb. 7-17, celebrates that live theater scene with more than 100 performances at discounted prices.

Productions include Friends! The Musical Parody (shown at right), which pokes fun at the sitcom, Feb. 12-March 3 at the Broadway Playhouse. X-Marks the Spot, at the Chicago Children's Theatre through Feb. 24,

encourages the audience to experience the show with multiple senses via touchable and scented props. Drury Lane Theatre is showing the popular musical Mamma Mia!, Feb. 7-Apr. 14, featuring the music of Swedish pop/dance group ABBA.

Chicago Theatre Week kicks off the city's 2019 Year of Chicago Theatre, offering events such as summer pop-up theater performances at Millennium Park. Visit chicagotheatreweek.com for more information. - Cassie Kang



'DRAGONS, UNICORNS & MERMAIDS'

Design and build your own dragon, explore a Protoceratops

water—features sculptures and displays of mythical creatures, along with corresponding contextual information about how these creatures came to be created. Multimedia displays and interactive technology enhance the exhibit.

Other features include a hands-on installation in which visitors can rearrange model bones of a mammoth. For more



INSTANT ART

>>> The opportunity to view photos almost instantaneously after they were taken was made possible by the 1947 Polaroid Land camera. "Polaroids" became a hit with people attracted to the speed and privacy the technology offered. Just snap and wait a minute, avoiding the film developer who took days to return all those expensive prints.

That instant, private feedback is part of what Seattle-based collector Robert E. Jackson explores in "Polaroids: Personal, Private, Painterly," at the Bellevue Arts Museum through March 24. The exhibit looks at the personal photograph as a pre-digital sort of social media experience and examines the artistry of Polaroids—especially pictures that have been altered during

or after development, such as the anonymous photo pictured at right.

Jackson says context and the photographer's intent are not essential to appreciating the photos. More interesting, he says, "is the aesthetic 'punch' I get visually when I look at the image."

For more information, visit bellevuearts.org/exhibitions.

-Nancy Burkhalter















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MONET'S SECOND ACT

>> The latter portion of artist Claude Monet's career was marked by dark times. He lost his second wife, Alice, and son Jean, he was diagnosed with cataracts, and World War I was playing out near his studio in France. Through all of this, Monet (1840-1926) emerged with new energy and direction for his paintings.

About 60 paintings Monet created between 1913 and 1926 are being exhibited in "Monet: The Late Years," appearing at the de Young Museum in San Francisco, Feb. 16-May 27, and at the Kimbell Art Museum in Fort Worth, Texas, June 16-Sept. 15.

Monet traveled widely as a young man, but during these later years, he created art from what he saw outside his studio, about 45 miles northwest of Paris, at Giverny. Scenes included a Japanese footbridge, rose-entwined trellises and a lily pond, with its reflective surface and seemingly endless supply of irises, daylilies and other flora at the water's edge.



Pieces include The Artist's House Seen from the Rose Garden (1922-1924), pictured above.

During this time period in Giverny, Monet worked on his Grandes Décorations project, a panoramic mural cycle. Reminiscent of this project,

"The Late Years" exhibition concludes with large-scale mural compositions, some of which measure as much as 20 feet wide.

For more information, visit deyoung.famsf.org/late-monet and kimbellart.org. - Nancy Burkhalter

CELEBRATING JAPAN

>>> What began with a small group of students at Arizona State University who wanted to get others interested in Japanese culture is now a major festival celebrating its 35th year in

Arizona Matsuri, Feb. 23-24, is expecting at least 60,000 attendees, who can enjoy a program that includes exhibits, a parade, traditional dance and music performances,

martial-arts demonstrations and a kimono fashion show.

Food options include okonomiyaki, a popular Japanese savory pancake whose name means "to your liking," and takoyaki, which are fried balls of octopus and other ingredients.

This year's theme is "old and new," so along with much that is traditional, cosplayers reflect Japan's modern side. Visit azmatsuri.org for more information. —Tiffany Lillie





Desert Solstice - AZ

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 Portland, Oregon-based Vacasa, a next-gen hospitality company that's emerging as a leader for all things vacation rental.

Local Teams, Global Network

Caring for over 11,000 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.

"Vacasa's user-friendly homeowner portal makes it easy to check on my vacation rental and receive helpful updates," says Diane Galati, owner of Desert Solstice in Scottsdale, Arizona. "I can view maintenance history and even place a hold on my property for myself and my family – whenever we want to visit. When tax season hits, I can simply log into the portal and download all the necessary forms and data I need to submit my taxes. Vacasa truly makes it easier than ever to be a vacation rental homeowner."

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. 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 888.567.0431.





CHEERS TO BEERS

>> Omaha Beer Week

features more than 200 events at 39 locations, Feb. 15-24. The eighth-annual celebration of craft beer is meant to connect beer enthusiasts with each other and enable them to discover something new-be that a new

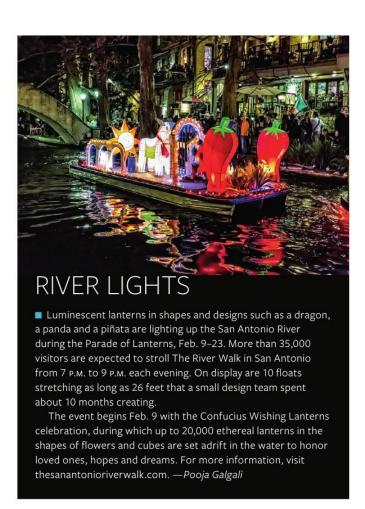
neighborhood, a new beer or a new friend.

Restaurants, breweries and bars are providing a plethora of different experiences, from dinners with beer pairings for each course to an annual race at the

Crescent Moon ale house that requires model vehicles to be made out of an empty beer can.

One popular event is "Leave No Stone Untapped" during which Stone Brewing is temporarily replacing all of a bar's taps with 28 of its own. For more information, visit omahabeerweek.com.

-Tiffany Lillie





COMIC CON, **ISLAND STYLE**

)) Actresses Evangeline Lilly (The Hobbit and Lost), Amy Jo Johnson (Power Rangers) and Tara Strong (The Powerpuff Girls), all known for their roles in television and film as strong female characters, are just a few of the many celebrity guests in this year's lineup for Amazing! Comic Con Aloha, Feb. 22-24, in Honolulu. The creators of the comic book that inspired the Avengers: Infinity War movie are also attending, along with Hawai'i local Mog Park, an artist for the popular TV series Game of Thrones.

This family-run event was started by two brothers, Jimmy and Bill Jay, who used to attend Comic-Con International: San Diego as children in the 1980s. Back then, they would be given \$20 for the whole day and would have to make it stretch as long as possible. Holding these childhood memories dear, the Jays strive to keep their event family-friendly, and kids under 12 get in free.

Special features include a videogame arena, with a selection of games to play, and a cosplay costume contest. For more information, visit amazingcomicconaloha.com. —Tiffany Lillie

WORD SEARCH THEME: THE HUGHES MARINO EXPERIENCE

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NONSTOP SHAKESPEARE

On a cross-country bus trip, Fairbanks resident Bruce Rogers was inspired to read the entire works of William Shakespeare and felt this was the best way to truly understand the Bard. Thus, the idea for Bardathon was born.

The event, in its 20th year, is about getting people together to read and act out all of Shakespeare's plays and poems in a nonstop marathon spanning Feb. 8 to 17 at the Raven Landing Community Center in Fairbanks.

Since its start in 1999, Bardathon has grown to welcome more than 500 on-site attendees—at all hours of the day—with many more tuning in via a livestream. In-person participants take turns reading and are encouraged to make use of the provided costumes and props or to bring their own.

A Shakespeare-themed puzzle is available, and a potluck helps keep readers energized during even the longest of soliloquies.

Visit fairbanksshakespeare.org for more. —Tiffany Lillie

)) THE FEED THE MIX

HOMING IN ON MODERNISM

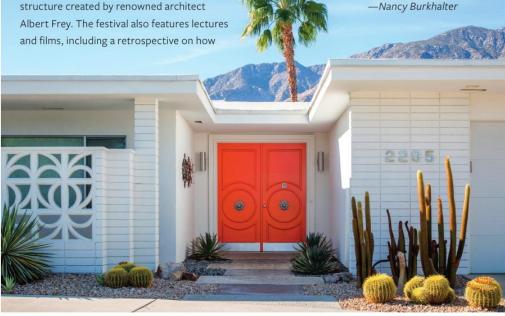
Modernism Week, Feb. 14–24, features more than 350 attractions celebrating Midcentury creations in architecture, art, fashion, culture and design that have helped make Palm Springs, California, so unique.

Visitors can attend a modern-design expo, with 40 vendors displaying state-of-the-art technology, or take a guided tour of the area's Modernist homes, such as the one below. One highlight is the 1950s Cree home, a preserved structure created by renowned architect Albert Frey. The festival also features lectures and films, including a retrospective on how

architects with foresight turned the sleepy desert town of Palm Springs into a destination for the rich and famous. Performances include "Hollywood Revisited"-musical theater highlighting the golden age of cinema-and synchronized-swimming shows.

Modernism Week aims to help preserve Modernist architecture throughout the state

> of California. For more, visit modernismweek.com. -Nancy Burkhalter





THE RACE IS ON

>> The NASCAR season gets into gear on Feb. 17 with the 61st running of the Daytona 500, less than 60 miles northeast of Orlando, Florida. This year's favorites include Brad Keselowski and Kyle Busch, both of whom had 2018 seasons that included three wins in a row. Martin Truex Jr. is also a contender after finishing last season with four first-place finishes.

Prior to the race, fans can meet racing legends during the University of Northwestern Ohio (UNOH) Fanzone event. Drivers and other celebrities field questions leading up to the start of the race on the famed 2.5-mile tri-oval track.

Daytona International Speedway was completed in 1959 by Bill France Sr., who also founded the National Association for Stock Car Auto Racing in 1948. For more, visit daytonainternationalspeedway.com.

-Nancy Burkhalter

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IAN MCALLISTER

THE GREAT BEAR FILMMAKER

By Kathryn True

)) Ian McAllister was born to be a storyteller for Western Canada's ancient forests and their wildlife residents. He grew up hiking

moss-draped trails with his tent-toting parents in the farthest reaches of Vancouver Island. As a teenager, he traveled with his shipping worker father to advocate for old-growth forests.

So it may have been written in the stars— Ursa Major, perhaps—that McAllister would devote his life to the Great Bear Rainforest on British Columbia's remote Pacific Coast, home

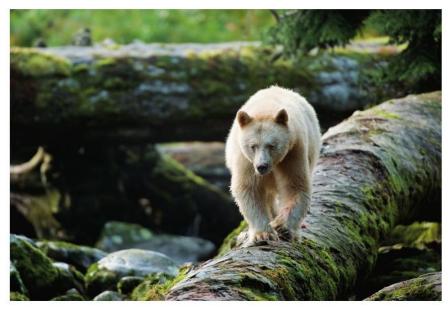
to the spirit bear—a nearly all-white variant of black bear. The world's population of spirit bears is thought to number less than 200, mostly living in this remote coastal area.

McAllister is raising his own children on Denny Island, within the rainforest, in Heiltsuk First Nation Territory near where he docked during a one-week research trip 30 years ago and never

really left. He and his wife, Karen, have woven tales of this extraordinary wilderness through award-winning books, photographs and documentary films. They have also created Pacific Wild, a conservation organization founded to be a voice for wildlife and natural habitats.

McAllister's latest tribute to his home is the epic *Great Bear Rainforest*. Narrated by Ryan Reynolds, this film opens February 15 at select IMAX and Giant Screen theaters, with openings at additional theaters worldwide—from Seattle to Singapore—happening later this year.

"This is a truly wild film and probably as close as you can get to being here without a rigorous trip," says McAllister, who ventured into the field with his film crew for months on end, not knowing what each day would bring.





>>> A spirit bear crosses a log in Canada's Great Bear Rainforest, above. These rare bears are among the subjects that captivate conservation photographer/filmmaker lan McAllister, left.

Almost as daunting as the arduous filming conditions was editing the movie down to 42 action-packed minutes.

The film reveals the interlinked lives of land and sea—including animals and First Nations people who have lived here for millennia.

"It gives me hope to see young leaders combine traditional ecological knowledge and modern tools to design a new future for this coast," McAllister says. The film explores how next-generation scientists meld time-tested fishing practices with current fisheries science and use fur collected from "scratching trees" to monitor the diet and stress levels of grizzlies.

"This place still exists—we're not trying to rebuild it or restore what's been lost," he says. "The working parts are all there, and that's exciting. It's within our tenure here on planet Earth to ensure the Great Bear Rainforest continues to function as it has for thousands of years. The film is one voice for protecting this place and allowing the cultures that depend on it to be its rightful stewards."

Visit greatbearrainforestfilm.com and pacificwild.org to learn more. **⊀**

"We'd be filming wolves feeding on salmon one day and humpback whales bubble-net feeding the next," he says, referring to a cooperative method these whales use to corral schools of small fish within a ring of bubbles. "We were there to document the natural cycles of the coast, and that's unpredictable and part of what makes this film so special."

New technology—including lighter, quieter cameras—made it possible for McAllister to record wildlife behaviors never documented in this region before. Based with his team on a small boat, he made trips to walk alongside wolves, fish beside bears, and swim along in a drysuit as roughly 10,000 surf scoters darted by in search of food—collecting thousands of hours of footage over a span of three years.

MAKING THE MOST OF MUSIC CITY

By Solana Salado

)) Music reaches every nook and cranny of Nashville. It plays from speakers on street corners, streams from limousines chauffeuring bachelorettes to their next event, bounces off the walls of The 5 Spot club during Motown Monday dance parties and emanates out of Thursday salsa nights at Plaza Mariachi, a Latin American and Mexican retail center south of downtown.

Music is as much a part of the fabric of Tennessee's capital as the rhinestones are part of Dolly Parton's jacket.

And one of the best aspects of this city is that much of the music is free. I've spent many memorable nights at the free Live on the Green summer concert series, which has hosted artists such as Sheryl Crow, Ben Folds and Spoon. Even Earth Day each April warrants a music festival; I recall watching folk trio The Wood Brothers at Centennial Park, as I sat on the grass with a cold local beer in hand.

A good place to start your musical journey is on Broadway Avenue. There's live music seven days a week at venues on the famed "Honky Tonk Highway." Many of the bars have no cover, but bring cash to tip the band. I recommend stopping by Robert's Western World to see locals dressed in vintage Western wear dancing the two-step on the well-worn floors while bar patrons look on between bites of the bar's famous fried bologna sandwiches.

well-worn floors while bar patrons look on between bites of the bar's famous fried bologna sandwiches. You should also try the new crop of rooftop bars that have sprung up recently—a few are even attached to some of country music's biggest names. For instance, Luke Bryan's 32 Bridge, which is a huge facility in downtown Nashville, with six floors, eight bars and four stages, has the Crash My Party Rooftop

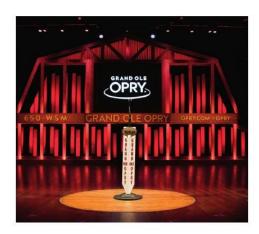
Roofton Delta Country Rooftop

Roofton Delta Country Roofton Roofton

)) THE FEED

WHEN IN NASHVILLE

>>> Clockwise from opposite page: Nashville's Broadway Avenue is lined with music venues. The Grand Ole Opry showcases top country talent. What Lifts You is one of the city's most popular murals. The NHL's Nashville Predators are among the league's best teams. Prince's Hot Chicken is known for its spicy treats.



Other top attractions include the Grand Ole Opry in northeast Nashville and the Ryman Auditorium in downtown. Legendary singers share the bill with new stars every Friday and Saturday night at the Grand Ole Opry, which helped create national interest in country music.

And everyone from Earl Scruggs to Johnny Cash to Emmylou Harris has graced the stage at The Ryman Auditorium, which is known as "The Mother Church of Country Music." If you are visiting in early June, buy a ticket to CMA

> Fest, June 6-9, where today's top country artists perform to benefit music education.

The city is also known for its diverse art scene and for the murals that adorn the walls of some downtown buildings. One of the most popular is the What Lifts You mural of two giant wings drawn in white paint, which is located at 302 11th Avenue South. The murals Nashville Looks Good on You and I Believe in Nashville are in the nearby 12 South neighborhood.





The Frist Art Museum welcomes "Van Gogh, Monet, Degas and Their Times: The Mellon Collection of French Art" exhibit, February 2-May 5.

Sports fans will enjoy cheering on the NHL's Nashville Predators at Bridgestone Arena. One of the league's top teams, the Predators are expected to be in the Stanley Cup hunt this season.

Hungry? Try a Five Daughters Bakery Cronut, a hybrid of a croissant and a doughnut, or stop by Prince's Hot Chicken for some of the best spicy chicken found in the city.

Make sure to browse the shelves of the Ernest Tubb Record Shop for souvenirs. Founded more than 70 years ago by the country music pioneer, the shop specializes in hard-to-find country, bluegrass and gospel albums.

A gift from the shop would be the perfect reminder of a trip to Music City. *

Solana Salado writes and dances the two-step in Nashville.

Alaska Airlines (alaskaair.com) offers service to Nashville (BNA) from Seattle (SEA) and San Francisco (SFO).



DATING. UNPLUGGED!

CLICK, TAP, SWIPE, REPEAT. IT'S ALL SO... IMPERSONAL. ONLINE DATING WAS SUPPOSED TO MAKE FINDING SOMEONE EASIER, SO WHY DOES IT FEEL LIKE SUCH A CHORE?

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

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

Life before It's Just Lunch?

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

It's Just Lunch Matchmakers:

What was working with a matchmaker like?

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

Best part of the IJL experience?

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

What makes you two a great match?

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

Advice for singles considering IJL?

R: Dating is a real challenge in our fast paced, always connected, and frequently impersonal world. Having a real person on your side, helping to find the right partner is a huge plus.

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3/4

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"Finding a match takes a lot of work – but let it be my job. Then you can go have the fun." -Melissa Brown



)) THE FEED **OUT & ABOUT KELOWNA**



KELOWNA CULTURE

By Lisa Kadane

>> The British Columbia city of Kelowna,

my hometown, is known for its mild winter temperatures (relative to other parts of Canada), enviably scenic location on the east side of Okanagan Lake, and access to outdoor recreation and nearby wine country. Take in the town's urban attractions with a walk in and near the Cultural District, an area that encompasses museums, an art gallery, craft breweries and, in winter, an outdoor skating rink.

I like to start a downtown amble at the Okanagan Heritage Museum, which spotlights the area's rich biodiversity and cultural and geological history. From here I head south to Bernard Avenue and walk west along Kelowna's main shopping and dining street. I might peruse made-in-Canada clothing at BlackFish Apparel, or browse titles at the indie bookstore Mosaic Books, or stop by Mad Mango Cafe for a steaming bowl of Southeast Asian laksa soup.

At the west end of Bernard, the tall white Spirit of Sail sculpture beckons visitors to the eastern shore of Okanagan Lake and a view of the rolling mountains across the water. Starting near the sculpture, a walking route of less than a mile extends north to Waterfront Park.

The lakeside path wraps around the downtown marina, where sailboats bob. At Stuart Park, an ice rink entices skaters (through late



Kelowna's downtown attractions include a lakeside skating rink that is open in winter, top left; the public art sculpture Bear. above; and Kelowna Art Gallery, left.

February). A nearby terrace holds the iconic sculpture Bear, a large latticed-steel bruin on a boat-shaped base. The sculpture is a nod to the importance of watercraft in our lakeside city, as well as to the city's name—Kelowna is an Anglicization of the Syilx/Okanagan First Nation word for "female grizzly bear."

Beyond the marina, the lakeside path angles northwest and becomes a boardwalk near the tiny Waterfront Park boat lock. The walkway curves with the shoreline around to a beach at Tugboat Bay. Heading inland, Harmony Bridge crosses a lagoon and leads back toward Water Street. Walk south to visit the Kelowna Art Gallery, then continue east on Cawston Avenue to the Laurel Packinghouse, a fruit-packing plant built in 1917 that houses the Okanagan Wine and Orchard Museum.

At this point, thirst usually directs me north on Ellis Street to the BNA Brewing Co. & Eatery for a hearty saison and a snack of mushrooms on toast. Or I push on to the Sandhill Wines tasting room on Richter Street and salute a



KELOWNA WINE 101

- There are more than 40 wineries in and around the city, including the downtown Sandhill Wines winery/tasting room.
- Kelowna wineries are known for white varietals, from Chardonnay to Riesling.
- Try Icewine at St. Hubertus & Oak Bay Estate Winery or at Summerhill Pyramid Winery. The distinctive dessert-wine style is made by pressing grapes that froze on vines (such as those above). -L.K.

Fly Alaska Airlines (alaskaair.com) to Kelowna (YLW) from Seattle (SEA).



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BIG WHITE SKI EXCURSION

By Lisa Kadane

of Kelowna into the Okanagan Highlands, an elevated plateau located between the Okanagan Valley to the west and the jagged peaks of the Monashee Mountains to the east. The landscape transitions from grassy ranchlands into a wintry realm of conical, snow-encrusted spruce trees as you steadily gain elevation until you're close to a mile high at the base of Big White Ski Resort.

This popular British Columbia ski area has a compact village center flanked by hotels, condos and chalets that are connected by ski-in/ski-out trails and a network of chairlifts. The mountain is often shrouded in low-lying clouds that settle a white eider blanket over the resort's 2,765 acres of open bowls, shaded glades and rolling fall-line trails with names such as Powder Bowl, Powder Gulch and Snowy. More than 70 percent of the 119 runs are marked beginner or intermediate, making the ski area a good choice for families.

Get your bearings by skiing with a Snow Host on a free morning tour that tackles some of the best runs. If you'd rather explore on your own, start with a warmup on Serwa's, a beginner cruiser that sweeps down the resort's front face and passes intermediate and

advanced options you might veer onto once the quad muscles are firing.

If it's snowing, head to the east side of the mountain and do laps using the Black Forest Express lift. Gentle glades punctuated by perfectly spaced evergreen trees separate the cut runs here and provide welcome visual contrast, not to mention a cache of powder stashes.

When the sun breaks through, ride the Alpine T-Bar to see the "snow ghosts" that haunt the mountain's upper reaches. These trees covered by ice accretions (called rime) have been twisted into whimsical shapes by the wind. They make an easygoing obstacle course as you slalom down Sun Run, an otherwise open green route. Families can seek out the Ogopogo Adventure Trail, a rollicking tree run where kids ski through the "mouth" of a car-

>>> Big White Ski Resort, near Kelowna, is known for runs past "snow ghosts," top, as well as for terrific family skiing.

toon likeness of Okanagan Lake's mythical serpent, Ogopogo. Advanced skiers enjoy more-challenging terrain, such as the black runs that surround the Cliff Chair.

After a day of cruising groomers or jumpturning down the steeps in Parachute Bowl, warm up with a bowl of lamb-cheek stew paired with a glass of B.C. red wine at The Woods, right in the heart of the village. Or reward the kids with an order of Tabletop S'mores at the Globe Cafe and Tapas Bar. It doesn't get cozier than roasting marshmallows at your own tabletop fire pit while fluffy flakes swirl in the snow-globe scene just outside. **

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HEARTY HOT POT

By Naomi Tomky

>> Hot pot seems to cure everything, explained my friend who introduced me to the dish. Since that moment, almost two decades ago, I have employed the meal of boiling broth to ward off dozens of colds, doldrums and minor ailments, including on one fateful night in Beijing. OK, the medication helped. But the fever didn't break until I was inside the steamed-up windows of an unmarked storefront, huddled over the brazier holding live coals to heat my individual pot of broth, dipping lamb and cabbage into the steaming soup with chopsticks until I couldn't eat any more, and washing it down with the remaining bowl of broth.

On that trip, I explored similar tiny no-name shops and high-end hot pot palaces such as HaiDiLao Hot Pot, where diners can order noodles pulled by dancing servers at the table.

A communal hot pot comprises simmering

broth and plates of meat, seafood, vegetables, noodles and tofu. Diners drop the food in the broth, which cooks it quickly. Then they retrieve the food with chopsticks and dip it into sauce before eating it. Every family has its own variation, as do many regions, explains Clarissa Wei, a senior reporter for Goldthread, a digitalmedia site about Chinese food.

In Beijing or Inner Mongolia, it's all about meat broth, says Wei, while Sichuan is known for its spicy and tongue-numbing version infused with hot peppers and local peppercorns. In Taiwan, the current trend is individual pots. Wei leans toward the more medicinal broths-steeped with beneficial herbs, roots and fruits-and places that serve the highestquality meats. But the heart of hot pot is the variety. "You can choose whatever you want, but it's still communal," Wei says.

For Chinese American families such as

Wei's, hot pot is often a holiday meal. It's a fast way to put on a comforting celebration. So perhaps you could say it can cure loneliness, as well. *

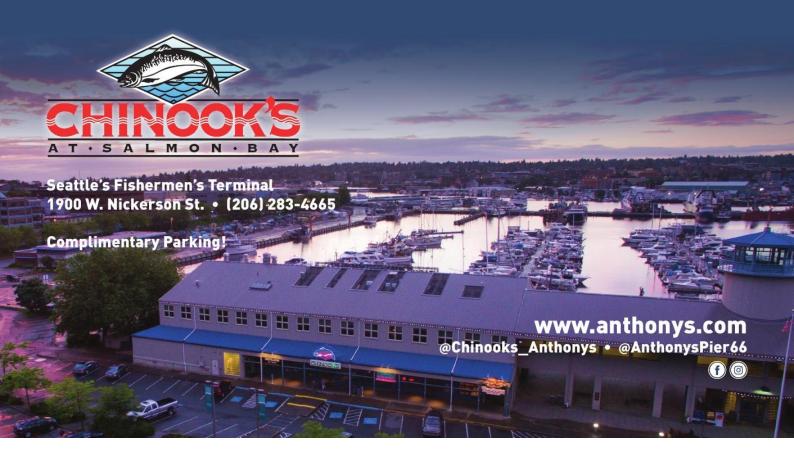
WHERE TO FIND HOT POT:

- Boiling Point: Taiwanese-style individual pots; locations include five in the Seattle area; Vancouver, B.C.; and throughout California.
- Little Sheep Mongolian Hot Pot: Inner Mongolian-style hot pot; locations include two in the Seattle area, and throughout the United States and Canada.
- HaiDiLao Hot Pot: Originally opened in the Sichuan province; locations include Arcadia, outside of Los Angeles, CA; and a new restaurant in Vancouver, B.C. -N.T.



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ARK WEATHERFORD

BAIJIU FOR BEGINNERS

By Brad Japhe

>>> It's the most-consumed liquor on the planet, and yet many American drinkers remain unaware of its existence. Traditionally distilled from rice or sorghum, baijiu (pronounced: BYE-joe) has been crafted in China for thousands of years.

"The production process is a unique one with a lot of history behind it," says Jesse Cyr, general manager at Seattle's Fog Room. The time-consuming method involves creating a special fermentation starter called a *qu* and, after distillation, aging the spirit in large terra-cotta jars for up to several years. There are also stylistic differences within the category, which influence a wide range of flavor profiles.

"It's very interesting to me that baijiu is broken down into subdivisions strictly based on aroma," Cyr says. While we define our bourbons as small batch or single barrel, baijiu is classified in groups such as sauce aroma and rice aroma, he explains. Sauce aroma baijiu has an umami flavor that is similar to soy sauce, for instance, while rice aroma baijiu is milder and more floral, with a clean finish.

These lighter, more approachable characteristics are what American mixologists are trying to accentuate as they introduce the liquor to a growing audience.

"After tasting a few different types of baijiu over the last couple of years, I've noticed a common Granny Smith apple note that's been present in some of them," says Brett Esler, bar manager at Whisler's in Austin, Texas. "That can be really fun to play with in terms of cocktails."

But that doesn't mean baijiu is an easy ingredient to work with, Esler says. In fact, its stubborn refusal to play well with common mixers has no doubt stifled its popularity behind the bar. Esler landed on his own formula for success: "I prefer to highlight the profile of the baijiu as opposed to covering it up," he says. His cocktail Way of the Dragon (recipe below) uses ginger and gentian liqueurs to bring out the fruity and floral elements in Byejoe Red baijiu.

If you'd like to try baijiu, start with a moderately proofed variant,



suggests Shawn Chen, beverage director at RedFarm in New York's West Village. HKB (Hong-Kong Baijiu) from the Sichuan province is a good example. "It's for people who have been wanting to try baijiu but were scared by all the myths out there about it," he says, alluding to stereotypes about the drink's harsh burn. "This particular bottle demystifies the category by demonstrating multiple layers of fruity and floral fragrances, with a lower proof."

He also recommends enjoying baijiu as a communal enterprise—as has long been the case in his native land. "Growing up in China, we would enjoy baijiu on all social occasions," he recalls. "Hanging out with friends, having a banquet party or a business dinner ... baijiu was always there." And now, slowly but surely, it is available in North America, too, at a bar near you. \blacktriangleleft

WAY OF THE DRAGON

By Brett Esler, Whisler's in Austin, Texas

Cocktail Recipe:

- 1.5 ounces Byejoe Red baijiu
- 1 ounce Domaine de Canton ginger liqueur
- 1 barspoon Suze Saveur d'Autrefois gentian liqueur
- Garnish: Lemon peel rosette
- Glass: Cocktail / martini



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)) THE FEED **FINDS**

OFFICE ON THE GO

Products that help you work while traveling

By James Egaran

Dusy travelers often need to stay efficient on the move—whether in flight, at a convention or in a hotel room—without the full conveniences of a dedicated sit-down office. This is where portable technologies come in. The following innovations can improve productivity and help people take care of business wherever they might be. Note: For the latest information about traveling with the lithium-ion batteries in some of these devices, visit alaskaair.com/content/travel-info/baggage.



■ Mophie Powerstation AC: Stay in charge with this external battery that has USB-A and USB-C connections for fast-charging a smartphone and tablet simultaneously, plus a 100-watt AC outlet for refueling laptops or other large devices. It has enough oomph to add up to 15 hours of laptop charge or 100 hours on a smartphone (\$199.95; mophie.com).



■ Piqs TT Virtual Touch Portable Projector: Pack this slim, lightweight device to add serious flash to presentations (or film viewings). Functions include rapid autofocus, wireless content streaming, battery power and an ability to run apps directly with a built-in Android operating system. It comes with cables (but also has Bluetooth and Wi-Fi connectivity) and a "virtual touch" remote that makes interacting with a projection similar to using a touch screen (\$549; piqs.com).



Doxie Go SE: Free yourself from cumbersome paperwork with this portable scanner. The Doxie Go SE allows you to scan pages and store electronic files on an internal SD card, or upload scans to a USBcable-connected device. Download associated free software to import, organize and share scans easily (\$199; getdoxie.com).



Nexus Wireless Silent Mouse: When we're hard at work, the clicking noise from a computer mouse can be distracting to others. Sync this five-button device to your computer on a late-night flight or during a meeting to become, well, as quiet as a mouse (\$34.95; USB-wired version also available at \$29.95; silentpc.com).



Logitech Keys-To-Go: This ultraslim keyboard can pair via Bluetooth with most smartphones and tablets, and makes typing much easier than it is with fingers on a small screen. Keys-To-Go is spill-resistant and comes with a holder attachment to prop up your connected device (\$69.99; logitech.com/en-us).

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■ MyCharge UnPlugged 10K: This phone-size power pack can wirelessly charge one Qi-enabled device plus two more via USB ports (\$69.99; mycharge.com).

Nomad Battery Cable: Made for travel, this nearly 5-foot reinforced Lightningformat cable charges a device first, then stores additional charge in an in-line battery (\$49.95; hellonomad.com).

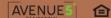
■ Thule Gauntlet 3.0 laptop sleeves: On business trips, a laptop holds crucial files. Protect yours with one of these rigid-exterior/paddedinterior sleeves (\$49.95 for 13" or 15" MacBook Pro sizes; thule.com).





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A COMPETITION FOR THE AGES

Duke and North Carolina enjoy the ultimate college basketball rivalry

By Jane Porter

The latest chapter in the storied rivalry between Duke University and the University of North Carolina at Chapel Hill will be written this month and in early March as the two college basketball powerhouses compete for regional bragging rights and better positions in postseason tournaments.

Located only about 10 miles apart—with the Duke Blue Devils playing at the Cameron Indoor Stadium in Durham and the North Carolina Tar Heels playing at the Dean Smith Center in Chapel Hill—the teams will tangle on February 20, when they meet in Durham, and again on March 9, when they square off in Chapel Hill. It's pride for the winner, disappointment for the loser.

The rivalry between the two men's programs has been intense for decades, especially since the 1980s, when Hall of Fame coach Dean Smith led the Tar Heels and a young Mike Krzyzewski helmed the Blue Devils.

In the new millennium, the seemingly ageless Krzyzewski continues to lead Duke, while Roy Williams has coached North Carolina since 2003. Each program has produced a long list of all-star players, and Krzyzewski, Smith and Williams are considered among the sport's greatest coaches.

Beyond the schools' geographic proximity, the rivalry is fueled

by both teams being among the best basketball programs in NCAA history. The Tar Heels have won seven men's college basketball championships, the first coming in 1924, and the other six in the NCAA Division 1 Men's National Basketball Tournament, which began in 1939. The team has played in 11 national title games and 20 Final Fours.

Duke has won five NCAA basketball tournament championships and has appeared in 11 national title games and 16 Final Fours. In the games they've played against each other, North Carolina has beaten Duke 137 times, while Duke has triumphed 111 times.

One place these two teams have yet to meet is in a national title game. It could happen. However, Krzyzewski, whose Blue Devils were ranked No. 1 in the nation in mid-January, dreads the idea. "I wouldn't want to see that," Krzyzewski said in the book Blue Blood II: Duke-Carolina, The Latest on the Never-Ending and Greatest Rivalry in College Hoops by Art Chansky. "I worry about the intensity of the rivalry."

Williams, whose Tar Heels were ranked 13th in the nation in mid-January, is more upbeat about the proposition in Chansky's book. "It would mean we made the Final Four," Williams responds, "and had a chance to win the national championship."





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ELECTRONIC UPGRADE

The e-tron is innovative while also keeping Audi's essence

By Bengt Halvorson

The all-electric 2019 Audi e-tron SUV could be mistaken for one of Audi's gasoline vehicles—quattro badge (all-wheel drive) and all. Until you get up close and realize there's a charge port instead of a fuel filler, and there's no tailpipe whatsoever. Electric vehicles don't always have to be game changers. Sometimes it's best for a manufacturer to embrace what's working in its lineup, while still offering something fresh.

That's the case with the e-tron. It's got ruggedness, off-road ability and towing capability comparable to Audi's gasoline SUVs. And yet it's also packed with innovation, including groundbreaking power and braking systems and a battery pack that charges faster than other electric vehicles on the market. The e-tron, starting at \$74,800, is available across the country by order only, and is scheduled to arrive in the U.S. this spring. Read on to see how the e-tron is delightfully innovative, without unnecessarily reinventing the wheel.







Brake through technology

Regenerative braking means the motors become generators when you're decelerating. The e-tron's braking system also integrates an electrohydraulic system that maximizes the amount of energy gained through the motors, before traditional friction brakes step in. The quick-reacting system can reach full braking pressure in just 150 milliseconds, letting you stop quickly.

A big Boost

■ The e-tron is just as perky, if not more so, than its gasoline counterparts.

By placing the shifter in "S" mode and flooring the accelerator, drivers can activate eight seconds of Boost Mode, which cranks up the two electric motors' power by an added 10 percent, to 402 horsepower, and torque by an added 13 percent, to 490 pound-foot.

Charge ahead

A 150-kW DC fast-charging system allows the e-tron to gain an 80 percent charge (more than 160 miles of range) in its big 95-kWh battery pack in just 30 minutes. Using a Level 2 (240V) charger, which is common at workplaces or shopping centers—you can even install one at home—a full charge takes nine to 12 hours. Amazon Alexa–enabled smart chargers are also available.

Control center

■ The e-tron has a version of Audi's most futuristic interface inside, featuring a bright, widescreen, reconfigurable gauge display and two high-resolution color touch screens with tabletlike menus in the middle of the dash.

The model is the first Audi with car-based Amazon Alexa functionality, allowing you to listen to your music, make purchases and access home devices. **

13786 Saustad

How the pro skier conquers cliffs— and a competitive freeski industry

By Bill Fink

Wind-driven pellets of snow

sting my face, and clouds of powder whoosh across the run below me as skiers and snowboarders disappear in the alpine fog between thin lines of pine trees. "Isn't this great?" shouts a peppy voice underneath the helmet perched atop a blue parka beside me on the chairlift. "First big snow of the season—can't wait to get at it!" I nod reluctantly, shielding my face with my glove.

I'm a little nervous to be joining Elyse Saugstad,
Alaska-born world-champion freeskier, for a morning on the slopes at Squaw Valley in California's Lake
Tahoe region. She became famous by winning the
Freeride World Tour in 2008, which is to say she skied
steeper runs, jumped off bigger cliffs, and did it all with
more speed and style than any woman on the planet.

In my half day with Saugstad, I learn about the passion and training it takes to become one of the world's best skiers, how she developed the attitude to tackle slopes that mortals



would quiver just looking at, and how she's achieving her professional goals in a male-dominated industry.

A quick "Elyse Saugstad" video search before I met her revealed a vertigo-inducing collection of clips of her skiing off 30-foot cliffs, down 40-foot rock faces into tight icy chutes, and carving high-speed descents of 1,000 feet or more with just a few turns—somehow, amazingly, staying in perfect control. On the lift, I tighten the buckle on my helmet and mentally prepare for Saugstad to lead me into some extreme skiing.

Fortunately, it's late November, and this early in the ski season, Squaw has just a few intermediate slopes open. But Saugstad eyes the cliffs above us with barely disguised hunger. "Snow looks good up there; they may start opening it soon," she says with a smile.

Saugstad followed her 2008 Freeride world championship by starring in ski movies that took her around the world to carve up the most challenging mountain terrain. Her 2018 role in Matchstick Productions' All In recently earned her the Best Female Performance trophy in Powder magazine's annual Powder Awards.

"I think that the best female pro skiers are better than 99 percent of the men who ski in the world. But it's funny because there are a lot of men who will watch pro females ski in the movies and just assume that they can ski what women can ski," she says. "Sure, guys have a few advantages in body makeup and overall strength, but it takes more than that to do what we do. It takes skill."

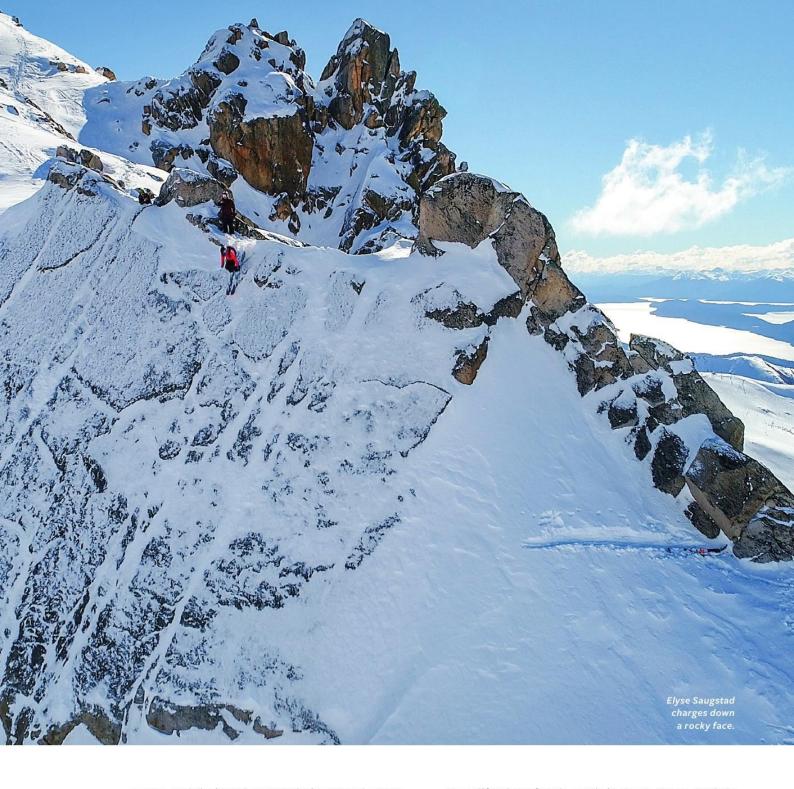
Count Saugstad's husband, Cody Townsend, a fellow award-winning pro freeskier, among those who are in awe of Saugstad's abilities. "I can only get shown up by my wife so much," Townsend says with mock exasperation in All In. "I can't handle it all the time." In the film, he recounts his first date with Saugstad: "I met Elyse at a trade show in Vegas, and she calls me, and she wants to go skiing. I was a little reserved. I'd had a couple bad experiences with ski dates. … We go up [Squaw], and now it's time for me to show off a little bit. I'm Cody Townsend! I go up to this cliff, send this 30-footer," he says. "I make a turn out, and I look up, and she's in the middle of the air off the same cliff I just hucked! She skis up to me and says, 'That was fun.' It was pretty much instant love at that point."

"Yeah, those Squaw cliffs," Saugstad reminisces happily through the icy wind, gazing upward from the lift. "Squaw has a fun freeride community—it's a great mountain culture. There are all these rocks and cliffs and chutes, people hucking off of everything."

Luckily, I'm joining Saugstad on her first ski day of the



"It's great to be an inspiration to kids, young girls, to exemplify what a female can do in sports. I even get dads thanking me, saying it helps to have visible female role models for their daughters to look up to in skiing."



season, and she just plans to "take it easy and get my legs under me." We hop off the lift, and she peels into her first ski run in months, promptly disappearing down the mountain before I can finish three turns. She cuts through the heavy early-season snow like it's butterskiing so effortlessly, she could be on a conveyor belt.

At the base, a mom with a 10-year-old girl points out Saugstad. "Honey, that's the lady we watched in the ski video last night!" The kid grins at Saugstad with shy awe.

Saugstad seems just as happy to make the connection. "It's great to be an inspiration to kids, young girls, to

exemplify what a female can do in sports. I even get dads thanking me, saying it helps to have visible female role models for their daughters to look up to in skiing."

A few years ago, Saugstad started tagging photos on Instagram with the hashtag #skilikeagirl. "I'm trying to help change the norm of what it means to ski like a girl, and that it is equally as impressive and not a knock to say one skis like a girl," she says.

I ask Saugstad, who is 40, if it's hard to keep up with the younger skiers just coming up. "No, experience beats everything in big-mountain skiing. Yeah, I can't do some



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of the stuff that girls who came up with gymnastics training can, but I think I more than make it up with my experience and skills. I think at age 40 I'm a better skier than ever. It just takes me a little longer to recover from bumps and bruises," she adds, laughing.

In All In, 28-year-old fellow pro freeskier Angel Collinson says, "Elyse Saugstad's skiing style: Pure Beast Mode," referencing NFL running back Marshawn Lynch. "She sends massive airs and stomps them, and she's tiny. She charges harder than anybody out there."

Underneath Saugstad's soft down jacket are hard muscles carved from her exhaustive workouts, with arms resembling the steel cables that support chairlifts. She easily leaves me behind on our second ski run, performing some sort of frozen jiujitsu on the uneven snowpack to allow her-even skiing at half speed for my benefit-to blast to the bottom of the slope in seconds.

"So, um, how do you do that, Elyse?"

"Start with the basics. You can't just watch a video and huck yourself off a cliff. You need to really develop a good

set of basic skills first, and go big second. Join a class or a team at your local ski resort—and there's so much more now than when I was a kid. Back then it was just racing. Now you have freestyle teams, moguls, the halfpipe. There's really something for everyone."

Learning to ski as a tot in Alaska, Saugstad joined the ski team at her home mountain of Alyeska Resort in Girdwood. By age 16, she was ranked among the top U.S. girls in downhill and super-G racing. As she comments in All In, "Growing up [in Alaska] was really special, because the second you step out your door, you're completely immersed in the mountains and the outdoors in general, and you can completely get lost." In the movie, she tells of when she lost track of time skiing some powder runs for fun and accidentally missed her start time for a race.

By college, Saugstad was burned out from the grind of ski racing. "I just wanted to take a break and be a student for a while and didn't even ski at all."

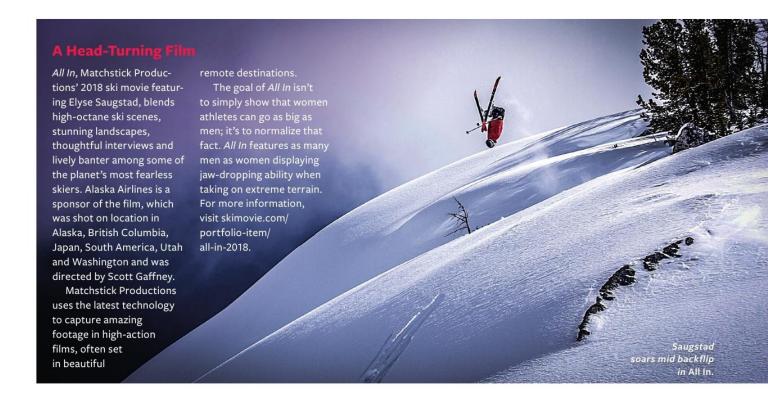
After two years at The University of New Mexico in Albuquerque, she got that skiing urge again and trans-

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ferred to the University of Nevada, Reno, partially to be close to the ski resorts at Lake Tahoe. That was when Saugstad "rediscovered the passion for skiing" she had lost on the race circuit, and she spent the majority of her ski time on sidecountry and backcountry runs.

While Saugstad studied for the LSAT to enter law school, she worked at a restaurant by night so she could ski every day. Midwinter in 2006, she tagged along with Townsend, her then-boyfriend, at an event he had to attend for one of his own ski sponsors in Utah. (Townsend was already a professional skier.)

While ripping down a hill just for fun, Saugstad was "discovered" by a ski company's head of marketing. Soon after, she received her first product sponsorship deal. That paid for entry into a few competitions, which



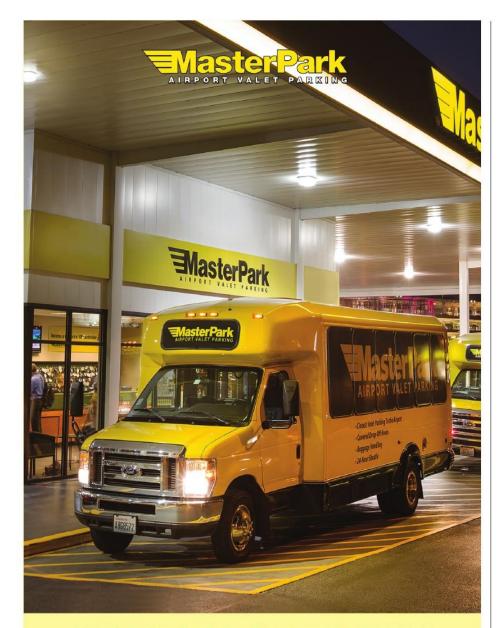
brought her a few more sponsorships. Before she knew it, she had become a full-time professional skier, and those LSAT prep books were left to gather snowflakes.

After achieving her goal of winning the Freeride World Tour in 2008, Saugstad began to focus on a career in ski movies. She was a finalist in Teton Gravity Research's prestigious Co-Lab video competition in 2012, the only woman among the 40 contestants submitting selfproduced videos. Her top-five finish helped put her on the map in the ski-movie world.

Despite enjoying what many would consider to be a dream job of getting paid to travel the world to ski, Saugstad has found it frustrating to see some sponsors offering "way more" money to her husband and other men for the same work. "Despite all the female skiers out there, the industry is such an old boys' club, especially in Europe, where the headquarters are for most of the ski companies," she says. "But things are changing. Look at All In—there are an equal amount of women to men in the film, which breaks the old mold of just having a token female in a ski movie."

Saugstad finds her fellow female skiers supportive. "I don't see women as competitors in these films—more like peers helping to build the sport, create more opportunities for all of us," she says. "Well, maybe out on the slopes we try to one-up each other, but it's all in good fun. And it inspires me to see these other women doing great things on the mountain."

Saugstad also spends as much time as she can on the



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- Overall Champion, Freeride World Tour, 2008
- Selected in top five, Powder magazine's Powder Poll, 2012, 2013, 2015, 2016, 2018
- Best Female Performance, Powder's Powder Awards, 2013, 2018
- Included in Top 50 Female Athletes in Action Sports, ESPN, 2014
- Best Female Freeride Segment, IF3 International Freesports Films Festival, 2014, 2018
- Female Skier of the Year, Freeskier magazine, 2018

slopes with her husband-she and Townsend are a true power couple in the ski scene, often filming together as they did in All In.

Saugstad says that while some couples probably couldn't work together, she and Townsend thrive on the opportunity.

"I trust no one more in the mountains than Cody. He's really smart when it comes to snow and avalanche safety, and he brings out the best in me when it comes to performing," she says. "Every once in a while, he'll egg me on to push my limits, but it's a good thing because he knows what I'm capable of and would not coax me into something that is unrealistic."

Because Saugstad and Townsend both work in the demanding world of professional freeskiing, they share a special connection, she says.

"It's fun and challenging having a pro-skier husband. We totally understand each other's situation and realize why we have to spend extended time apart, but it still can be hard with all the travel and industry obligations," she says.

At times, those obligations can seem relentless. It's not all powder days and blue skies for pro skiers,

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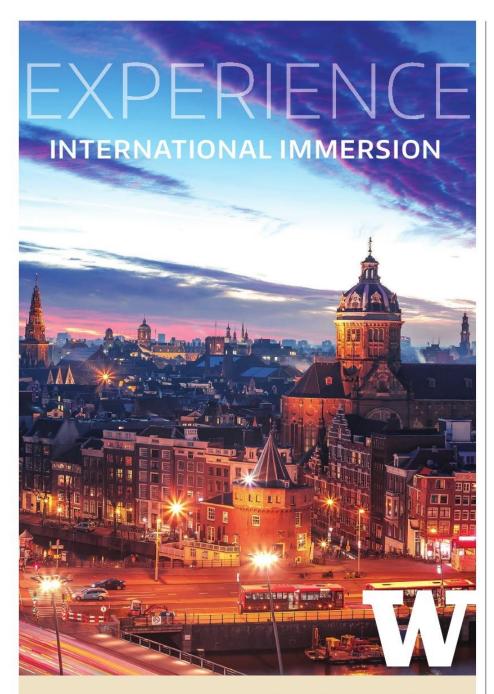
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Saugstad says as we start another lap on Squaw's Gold Coast Express lift. "People don't realize all the effort that goes on behind the scenes to put together the movies, to land the sponsorships, to market yourself," she says. "All the phone calls, the planning, the promoting, the grind of travel, the hassle when weather won't cooperate. And that's just the business side of things-I still have to find the time to train."

Never short of energy or ambition, Saugstad also does speaking engagements and is involved with the High Fives Foundation, which supports outdoor action sports athletes who have experienced life-altering injuries. And, in part because she survived a 2012 backcountry avalanche in Washington state that killed three, she co-founded and instructs Skiers Advocating and Fostering Education for Avalanche and Snow Safety (SAFE AS) Clinics. These clinics, taught by professional female athletes, are put on specifically for women and promote avalanche safety, preparedness and awareness.

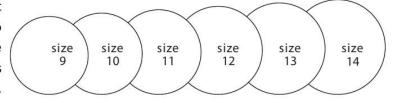
Around noon, Saugstad and I head inside to grab a snack at the Wildflour Baking Company. She points to a display case featuring ski photos and jerseys, and says being memorialized here is honestly one of her greatest achievements. Inside the case is Saugstad's championship jersey from the Freeride competition at Squaw that was part of her 2008 championship season, as well as a photo of her airborne, launching off a cliff. The photo is marked with Saugstad's tagline: "Elyse—Ski like a girl!" ⊀

Bill Fink writes from the San Francisco Bay Area and regularly skis around Lake Tahoe.



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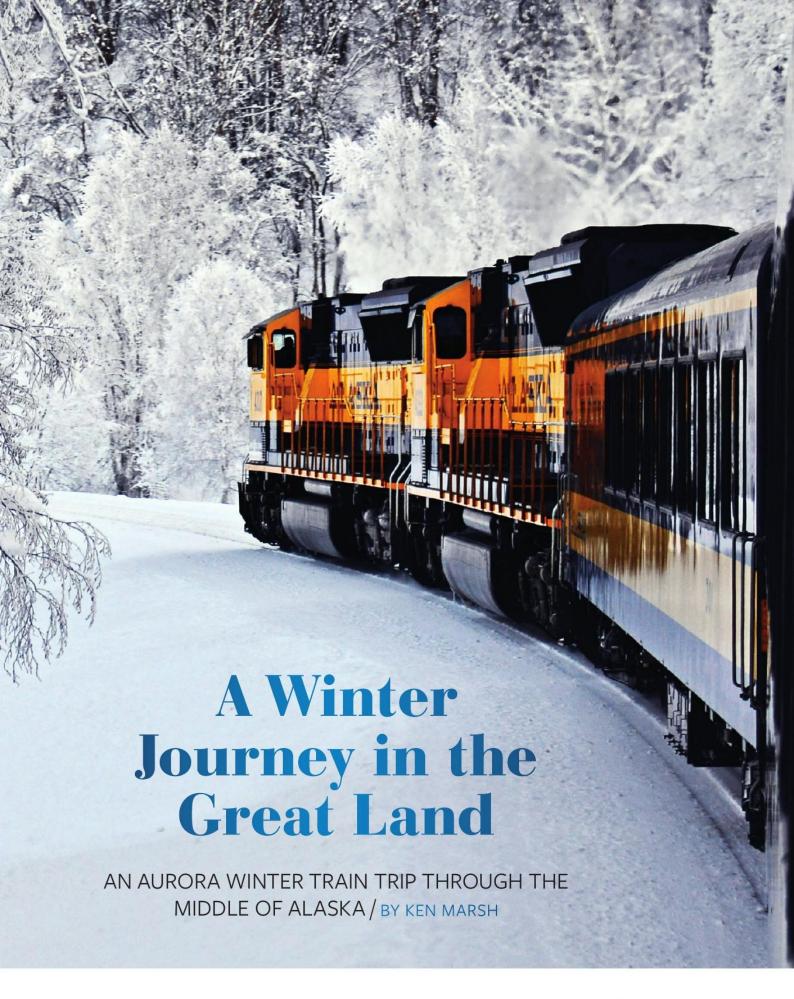
half-hour away and the temperature outside a brisk 7 degrees F when the Aurora Winter Train pulls out of the Fairbanks depot. The passenger coach my wife, Polly, and I are in this Sunday morning sways gently as the train gathers speed, and we are excited with the start of this latest adventure. Bound for Anchorage, about 350 miles and 12 hours south, we'll be passing through the state's fabled gold country, over wild rivers, along snow-covered hills, and near Denali, the highest mountain in North America.

Think of it as a cruise, if you will, but on steel wheels, a voyage through a season and land described in Jack London novels and Robert Service poems. More than anything, the train ride is a way to absorb firsthand the natural beauty of Alaska in winter and experience the romance of the Great Land. The big, broad, exotic and frozen country is on full display immediately outside our coach windows. Aboard the Aurora Winter Train, destination and journey are one and the same.

The train rumbles on, and the lights of Fairbanks are soon devoured by an immense wilderness that crouches immediately outside Alaska's largest Interior city. It is four days before Thanksgiving, and we are enjoying the train journey with a group of fellow travelers.

Clackety-clack, clackety-clack-clack ... the Aurora glides over the tracks. Through the darkness, its horn wails. The sound seems distant, dreamlike, and, before I realize it,





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I'm traveling in my mind, going back more than 50 years to a small one-story house, green with white trim, on West 58th Avenue in Anchorage.

There, as a boy on winter nights, with gold-and-purple auroras dancing in the skies overhead, I would lie tucked in bed as the Alaska Railroad trains thundered across Arctic Boulevard not a block away, their lonesome horns calling out as they passed by. Something in that sound warms me still, all these decades later.

On today's journey, the morning's first moose appears at daybreak, a good, hard snowball's throw from the tracks. Less than an hour outside of Fairbanks, the animal, looking massive and leggy, its black dewlap dangling beardlike beneath its chin, feeds in a frozen tamarack swamp. The moose seems unfazed by the blue-and-gold engine charging past, jingling and rumbling, a procession of



Moose and foxes, such as those shown here, are some of the wildlife regularly seen from the Aurora Winter Train.

passenger coaches and freight cars in tow.

The Aurora is no newcomer to the tracks between Fairbanks and Anchorage. The passenger service made its inaugural run over this line with a steam locomotive in 1947. Today's train, powered by a diesel

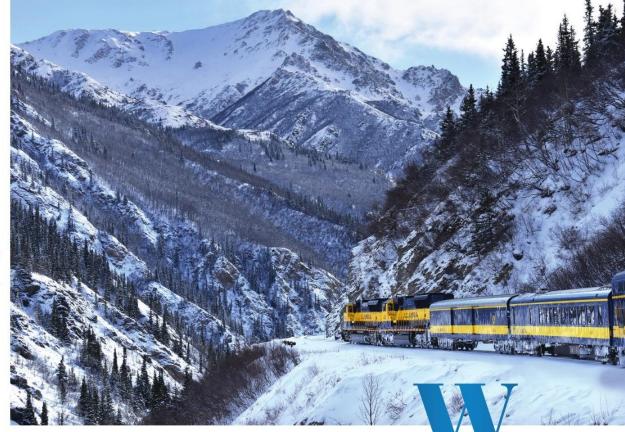




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The Alaska Railroad's Aurora Winter Train passes by breathtaking countryside that includes deep canyons, dense forests and snow-covered mountains.

engine, operates on a schedule that includes weekends from mid-September to mid-May, with select midweek service in the months of December, January, February and March.

Our train includes four passenger coaches-with each capable of seating 78 people-and two dining cars. The seats are soft and legroom lavish; the windows are large, allowing for big-picture views of the passing country. I'm lulled by the rhythmic rocking of our coach as I watch

for wildlife. More moose appear as we travel south, each a perfectly minted Alaska icon framed by similarly iconic landscapes that include spruces loaded with a half-foot of fresh, sparkling snow.

A crewman announces breakfast will be served shortly in the diner. I glance at Polly, and she smiles. We'll stand up in a moment and head that way, watch from our dining table window over scrambled eggs and bacon as the forests and streams flow by.

through a weekend tour that began Friday evening with a 45-minute Alaska Airlines flight from Anchorage to Fairbanks. Polly and I picked up a rental car and drove less than 5 minutes to Pike's Waterfront Lodge along the Chena River. Famous for pampering guests with complimentary ice cream and cookies, Pike's would be home base for two quiet, comfortable nights.

e are halfway

Meanwhile, the Alaska Railroad has several varied winter packages in addition

ALASKA RAILROAD EXPANDS WINTER TRAVEL ADVENTURES

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The Borealis trip offers an eight-night excursion exploring the state's Interior. The journey begins in Fairbanks and treats guests to a twonight stay at the Borealis

Basecamp, which offers rare opportunities to watch the aurora borealis from inside a comfortable geodesic dome with a large fiberglass window.

Passengers then travel



south on the Aurora Winter Train toward the town of Talkeetna to tour the area and visit an Iditarod champion sled dog kennel. The rail journey continues with a visit to the state's largest city, Anchorage.

Another train adventure, The Aurora, is a new weeklong winter package that delivers views of snow-covered mountain vistas while traveling north from Anchorage and stopping in Talkeetna

for two nights. After departing from the train, passengers can enjoy a guided sled dog tour and visit an Iditarod champion sled dog kennel. The journey continues north to Fairbanks. Along the way, passengers see picturesque views of the countryside.

For details about the Alaska Railroad and the winter packages, or to book an experience, visit alaskarailroad.com or call 800-544-0552. — K.M.

to its Aurora Winter Train, all geared for breathtaking journeys, including those that travel as far north of the Arctic Circle as the aptly named Dalton Highway outpost of Coldfoot.

On Saturday, we traveled 120 miles south to Denali National Park, which encompasses 6 million acres of raw Alaska Range wilderness. The valleys and lower elevations, forested in spruce, birch and willow, are overseen by tumbling processions of sky-scraping peaks—including the crown jewel itself, Denali, North America's tallest mountain at 20,310 feet.

The two-hour drive on the George
Parks Highway included aspen-stand
views and spruce forests frozen in silence.
Hills flocked with hoarfrost could be seen
on both sides of the highway, rolling like
ocean swells into untamed horizons. Far
ahead, but closing as we drove on, stood

the sawtooth crags of the Alaska Range.

The road bisecting the park closes during the winter months, but those mountains and wild expanses get started right outside Denali's gates. A National Park Service ranger showed us around the park visitor center (known as the Murie Science and Learning Center). It is a rustic wooden-frame structure nestled in a forest overseen by tall mountains. We see exhibits that include fossilized dinosaur tracks found in the park, and we learn about area wildlife and year-round outdoor activities. A fireplace forms the centerpiece of a lounge area featuring log-framed chairs and tables topped with park-related reading material.

At the information counter, an iPad live-streamed Denali Park's mushing kennel. Rangers here patrol the park's winter hinterlands the old-fashioned way,

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• Travelers seeking winter fun in the shadow of North America's tallest peak can attend Denali National Park's 19th-annual Winterfest celebration, which is scheduled for February 22–24.

Winterfest highlights include ice-carving demonstrations, a snow-block sculpting competition, dogsled rides, ranger-led snowshoe walks, guided ski tours and more.

Reach Winterfest via the George Parks Highway from Fairbanks or Anchorage, or via the Alaska Railroad. Meals, lodging and other services are available year-round in nearby communities. For information on the Winterfest 2019 festival, go to Denali National Park's webpage at nps.gov/dena/planyourvisit/winterfest.htm.—*K.M.*



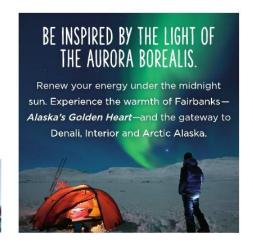




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via dog team. On display: husky puppies at play, gleefully rolling, wrestling and yipping.

Polly and I were determined to enjoy some time outdoors, and have a wintertime peek at Alaska's most popular summertime national park destination. The ranger handed us a map of a series of nearby trails open to hiking, mountain biking, skiing and snowshoeing. She pointed to a wall hung with dozens of snowshoes available for loan.

Turned out snowshoes weren't needed on our hike up to the Mount Healy overlook, though. Not this time. Unusually light early-season snowpack made our 4.3-mile oneway hike and 1,666-foot elevation gain a true walk in the park. The panoramic views of the surrounding Alaska Range, however, were no less exquisite.

After the hike, we headed back to Fairbanks, which was founded in 1901 as a trading post for area gold miners and remains to this day the Interior's trade and travel hub. Fairbanks sits 140 miles south of the Arctic Circle in the "auroral oval," a circumpolar belt that offers some of the finest viewing of aurora borealis activity in the world.

Area tours, bed-and-breakfasts and lodges specialize in aurora viewing, according to Amy Geiger, director of communications for Explore Fairbanks. Over an incredible Alaska seafood dinner at the Pump House restaurant on Saturday night, Geiger talked about being able to watch the northern lights from the comfort of a heated "aurorium" cabin, or yurt; from the runners of a dogsled; from a snowcat on the open tundra; or from the air on a flight north of the Arctic Circle, Fairbanks-based tour operators offer such bucket-list opportunities and many others.

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fast Sunday morning, the train slows as we pass over the Mears Memorial Bridge, which spans a frozen Tanana River, at the town of Nenana. I see a fox appear on the ice, trotting without a care.

Nenana is the first of several stops en route to Anchorage. Others will include Denali National Park, the dizzyingly high Hurricane Bridge, Talkeetna and Wasilla.

Originally an Athabascan village, Nenana is situated at the confluence of the Nenana and Tanana rivers. In the past, the town was a railroad construction camp, and today it is a center for summer barge operations. Travelers leave the train to see the town's rustic train station and log cabins, but only for a short time. A full day still lies ahead, a day of travel to Denali National Park, over bridges spanning sheer drop-offs, and through deep, scenic canyons. We also will visit a wooded area called Honolulu, reportedly named by an unlucky miner in the area who dreamed of Hawai'i to take his mind off his troubles.

As we travel along, I'm reminded of a long-ago line by Montana author William Kittredge. He wrote of an aging cowboy who says, "Kid, she's a new world every morning."

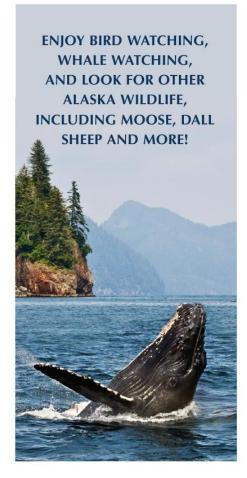
Ken Marsh writes from Anchorage.

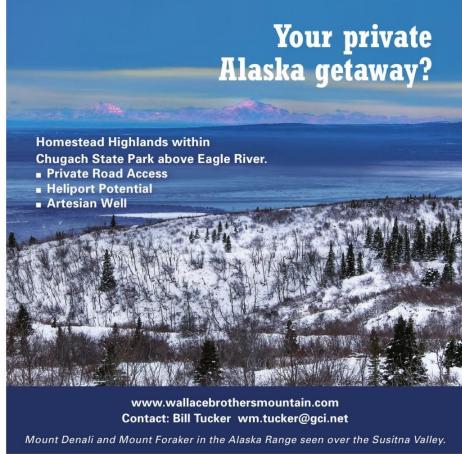
Alaska Airlines (alaskaair.com) provides scheduled service to 20 Alaska cities, including Anchorage (ANC) and Fairbanks (FAI).

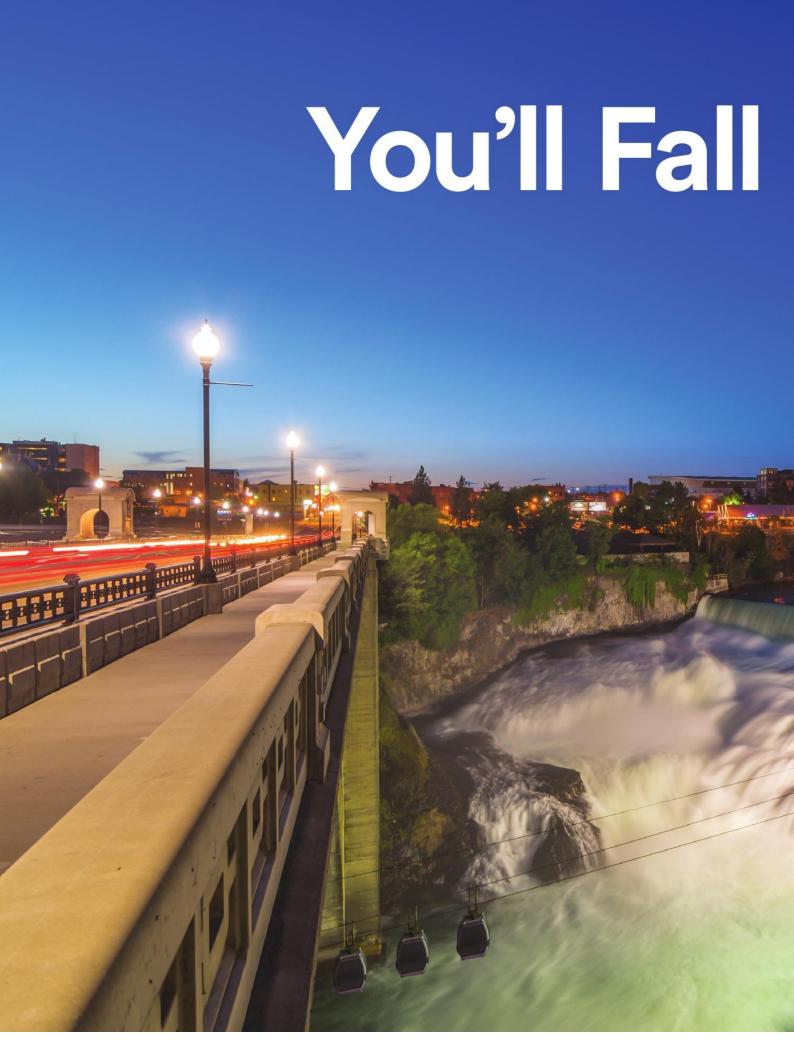












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CULTURE OF CREATIVITY

Residents and visitors enjoy innovative options in the Spokane area

By Adriana Janovich

Caffe Affogato's chalkboard menu

presents some tough choices. Should I order the Miel latte with honey and cinnamon or the Generra mocha with fresh organic orange peel, or get the sugar-rimmed Dolce Fine, meant to be consumed in one long sip to highlight its three layers and temperatures (with chilled vanilla syrup on the bottom, hot espresso in the middle and cool heavy whipping cream on top)?

In the end, I select the lightly sweetened and gently spiced Miel, sipping it at a high-top counter that has power outlets running its length for people who want to catch up on work or correspondence. I take turns looking out the picture windows and gazing at a nearby wall where shelves display mini-robotlike sculptures, created by local artists. The robots' bodies are made of items such as vintage cameras and ham-radio microphones.

The wall also has a "Pay It Forward Board," allowing customers to buy a gift card and write on the envelope the name of a specific person, or something more general, such as, "To someone who recently lost their dog," and hang the envelope, with the card inside, on the board.

A table in front of the wall sports notebooks in which customers are encouraged to leave uplifting notes or sketches. A decorative box on the same table contains additional customer-created handwritten messages and



cards—kind of a treasure chest for anyone who opens the lid.

I walk over to peek inside and am delighted by a note that says, "Have faith in love, and trust your inner self," and another note that says, "Today is a new day with endless possibilities."

Caffe Affogato is located in a corner of the Saranac Commons "food and retail accelerator," housed in a single-story 1923 red-brick building in downtown Spokane. The Commons is designed to be a combination market-place, gathering site, live-music venue and study/work spot, with six entre-preneurial companies offering varied products—from coffee to beer, from terrariums to dream catchers—in their sections of the 7,000-square-foot open space.

The thriving Commons, which opened in 2015, is an example of the Spokane area's creative nature. This is a region where innovative ideas and

approaches are warmly embraced, with residents and visitors benefiting from the creativity evident in everything from culinary endeavors to boutique shops and arts offerings.

"Greater Spokane is a collaborative community and fosters an incredibly creative environment," says Kate Hudson, public relations manager for Visit Spokane. "Maybe it's due to the mix of energetic city life and natural beauty, and the fact that we have five universities—Spokane inspires inventive enterprises."

As a resident of the Spokane area, I get to enjoy many of these popular enterprises, including Saranac Commons, the Windfall store, Spark Central and Park Lodge.

Saranac Commons

Art is among the many attractions at the Commons, which has rotating exhibits of works by local artists, plus a crowning





Caffe Affogato, above and top right, and Parrish & Grove, far right, are among the entrepreneurial businesses in the Saranac Commons. Right: Chef Philip Stanton focuses on fresh and seasonal dishes at Park Lodge.

permanent installation titled Away—comprising 441 blue, brown, green and clear vintage glass bottles—that hangs from the ceiling in a common area. Once part of the collection of a local resident, the late Brian Martin, the sculpture catches the sun from a row of skylights that brighten the day for customers relaxing in nearby seating.

Other customers browse the boutique Modern Tipi shop, which specializes in handmade goods from Native American artists in the West, while another shop, Parrish & Grove, helps guests build their own bouquets and terrariums, and also offers workshops in flower arranging and houseplant care. Customers can bring their own container or buy one at the shop, which features a terrarium–compilation station complete with plants, sands and decorative stones.

In a back corner of the Commons, the Black Label Brewing Company makes craft beers—ranging from Espresso Stout to Ree's Red Irish red ale—in small batches, often using locally malted organic and/or Eastern Washington Palouse grains. The beer is made onsite—there's a production area behind the bar. Friends Steve Wells and Dan Dvorak opened the nanobrewery four years ago. "We feel lucky to be here in the Commons," Dvorak says. "All the companies here get to share customers, and it's great. We each have our own little footprint, and it gives customers a lot of different options."

The brewery hosts game nights on

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Thursdays, and books live music for Commons patrons to enjoy most Friday and Saturday nights. Space for the musical acts is cleared by rearranging tables in a common seating area that holds a mix of high-top and low-top tables.

When customers get hungry, Wells and Dvorak recommend Biscuit Wizard, which specializes in gourmet burgers and biscuit sandwiches, and is owned by their longtime local-chef friend and James Beard Award-semifinalist Jeremy Hansen. Biscuit Wizard offers walk-up counter service from its spot in the middle of the Commons. Hansen also owns another Commons tenant, the Common Crumb artisanal bakery, whose menu includes baguettes, country loaves, tarts, éclairs, pies and chocolates.

"One of the main things we like about being in this Commons space is having food available," Wells says. "Food is not something we wanted to take on. Having somebody that does good food, with high-quality ingredients, in our same building is huge."

Windfall

I'm drawn to numerous appealing items-from soft slippers to plaid flannel shirts and camping gear—as I peruse the expansive new Windfall store at Northern Quest Resort & Casino, which is owned and operated by the local Kalispel Tribe of Indians. The well-curated collection includes national and western U.S. items. I linger at the jewelry counter, admiring a wide array of necklaces, bracelets, rings and earrings before finally deciding on a lovely pair of gray-leather teardrop earrings crafted by Native Sky, a Native American-owned jewelry brand.

Windfall's inventory also includes Spokane-area creations such as Booey's Gourmet line of sauces. Casey "Pappa" Booey spent years perfecting his original hot sauce to find the right balance of heat and flavor, and in 2013 he officially

launched his company, which is still a one-man show. His products include Original Pepper Sauce, Sweet Jamaican Jerk Sauce, SmokeHouse BBQ Sauce and Sweet Chile Lime Cilantro.

Other locally made products available at Windfall include Dandles Candles' hand-poured soy-wax candles, created by former local broadcast anchor Dana Haynes; Spiceology's creative spice blends, such as Raspberry Chipotle, Espresso Chile and Honey Habanero; Sands Trail Farms' pickled vegetables; and Anchor Point Farms' honey.

Handmade soaps and lotions from Native American-owned Sailor Girl Soap & Supplies, based in the North Idaho town of Plummer, feature allnatural ingredients, while Spokanebased GSI Outdoors makes green or blue enamelware mugs decorated with Windfall graphics. But perhaps some of the most unique and special options at Windfall are the custom handmade leather moccasins by Kalispel tribal elder Wilma Cullooyah.

Windfall is part of a significant expansion of Northern Quest, which also offers many dining, gaming and entertainment options (including a new cinema with dinner-and-a-movie seats), as well as lodgings, an arcade, onsite child care and a world-class spa.

Spark Central

LaRae Wiley gently taps a handheld drum while singing a hauntingly beautiful song in the Salish language. During an event at Spark Central—a nonprofit dedicated to breaking down barriers to creativity and opportunitylocated in Spokane's Kendall Yards neighborhood, she and her husband, Christopher Parkin, co-founders of the Salish School of Spokane, are sharing the story of how they started working to save the Salish language.

Wiley is a member of the Confederated Tribes of the Colville Reservation.

Also Creative in Spokane

• The Bartlett (thebartlettspokane.com): This downtown music venue, which opened in 2013, hosts top acts and shows "for all ages" unless otherwise specified. Husband-and-wife owners Caleb and Karli Ingersoll are also working to open a 21-and-over music venue called Lucky You Lounge in nearby Browne's Addition.

Get Lit! (getlitfestival.org): A nonprofit literary organization based at Eastern Washington University, Get

Lit! hosts a weeklong literary festival in Spokane (April 22-28 this year). One of the festival's most popular events is Pie & Whiskey, a lively reading of short works. Spokane writers Sam Ligon and Kate Lebo founded the event, and Lebo and her friends bake pies for it. Attendees get to try a slice, along with a shot of whiskey from Spokane's Dry Fly Distilling.

- The Magic Lantern Theatre (magiclanternonmain.com) and Garland Theater (garlandtheater.com): The Magic Lantern, downtown, shows first-run, independent and arthouse films, while the Garland Theater, in the Garland District, north of downtown, spotlights many second-run films. The Magic Lantern serves "bottomless" popcorn in stainless steel bowls in an intimate setting. The much larger Garland Theater has a great little bar called Bon Bon that serves craft cocktails and hosts a popular trivia night on Mondays.
- Northwest Passages Book Club (spokesman. com/northwest-passages): In late 2017, The Spokesman-Review daily newspaper launched the book club and began hosting local, regional and national best-selling authors and newsmakers. On Feb. 12, best-selling author Pam Houston talks about her latest book, Deep Creek, and on March 13, Spokane writer Sharma Shields will join renowned Seattle librarian and NPR commentator Nancy Pearl in conversation about Shields' newest book, The Cassandra.
- Terrain Events (terrainspokane.com): The nonprofit organization Terrain hosts an annual art event by the same name, showcasing the works of more than 200 artists, bands, performance-arts groups and more in early October. The nonprofit also hosts an annual outdoor market in early summer, in which local makers sell handcrafted goods such as jewelry, home decor and works of art, and a December Winter Brrrzaar. -A.J.



Both she and her husband (who values Native culture although not Native American himself) are fluent Salish speakers. Their presentation was part of Spark Central's "Taproot Speaker Series: Inspiring Stories of Self, Creatively Told by Local Artists & Leaders."

The nonprofit, which is just across from downtown and on a bluff along the north side of the Spokane River, provides programming for adults and children, with many events offered on a free drop-in basis.

Residents and visitors alike are invited to enjoy events such as drawing, reading, writing and science sessions, and toddler play sessions.

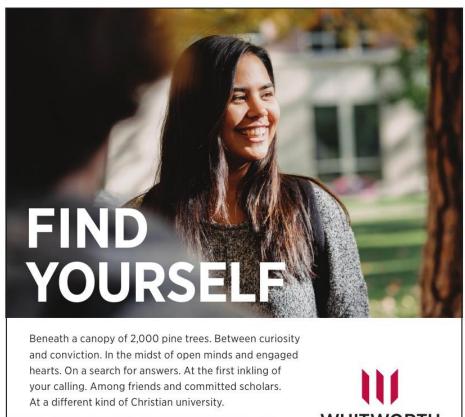
On various evenings, Spark Central also offers events that may require reservations, such as poetry readings and writer salons featuring top national



Side Trips

• Grand Coulee Dam Area, WA: Learn about the 550-foot-tall dam, the largest hydropower producer in the United States, and, in summer, watch its colorful laser light show. Also in this region, about 85 miles northwest of Spokane, enjoy year-round fishing, as well as seasonal attractions such as the Colville Tribal Museum, hiking trails, golf courses, watersports, and cycling along the Columbia River.

- Pullman, WA: A small-town, friendly environment typifies this area about 75 miles south of Spokane. The numerous activities include photographing the breathtaking scenery of the Palouse (left); cycling excellent mountain-bike trails and paved paths; playing golf at Washington State University's Palouse Ridge Golf Club; and visiting museums such as the Appaloosa Museum & Heritage Center in the nearby town of Moscow, Idaho.
- Rossland, B.C.: Enjoy pristine skiing on Red Mountain Resort's 4,200 acres, with groomed wide runs and around 300 inches of annual snowfall, about 125 miles north of Spokane. The new luxury Josie Hotel offers a slopeside ski-in/ski-out experience, as well as amenities such as fine dining, and a spa expected to open this year. Area winter activities also include Nordic skiing, snowshoeing and fat biking. Alaska Airlines guests who fly to Spokane can receive a free adult lift ticket at Red Mountain Resort by showing their boarding pass and ID; see alaskaair.com/ski for details.



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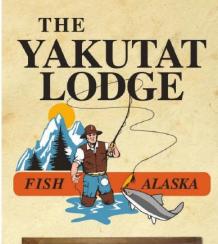
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authors. Spokane writer Jess Walter, creator of books such as the best-selling Beautiful Ruins, helped develop the nonprofit and occasionally serves as moderator for the author events.

Another popular program hosted at Spark Central is the Eastern Washington University Visiting Writers Series, showcasing nationally acclaimed authors such as poet Connie Voisine (Feb. 8), memoir/ short-story/poetry writer Ira Sukrungruang (Feb. 22), and novel/short-fiction/ poetry writer Suzanne Matson (March 1).

Dining

Spokane has long been known for acclaimed restaurants such as the elegant Churchill's Steakhouse and Anthony's at Spokane Falls, both located downtown. To create the most flavorful prime steaks, Churchill's proprietor Bill Alles combines modern technology with Old World techniques passed down from his grandfather, who was a master butcher from Germany. The restaurant also serves dishes such as Alaskan king crab legs and free-range chicken, with an extensive list of fine wines from vineyards ranging from the Northwest to Europe. Every night of the week, a piano player provides live musical accompaniment to the gourmet meals.

Anthony's is known for its fresh Northwest seafood and produce, and its spectacular view of Spokane Falls, near Riverfront Park. The menu changes daily based on the freshest premium fish and shellfish available, and might range from Pacific ahi to Dungeness crabcakes to wild Alaska king salmon. Dishes also include selections such as Washington beef, and the wine list showcases Washington vintners.

These two top restaurants have been among those that have helped to elevate Spokane's food scene over the years. A recent additional feather in the area's culinary cap is Park Lodge in Kendall Yards. Meal choices at Park Lodge always include a three-course tasting menu and occasionally a six-course tasting menu, each with a wine-pairing option. "The tasting menu allows me to sculpt an entire meal," says chef/owner Philip Stanton, who has cooked for fine-dining restaurants in locales ranging from Paris to San Francisco. He describes his fare as locally inspired American food, prepared with classic French techniques, and with Mediterranean, Asian and Middle Eastern influences.

The menu changes seasonally. "When you are completely seasonal, you're forced to use things more creatively," Stanton says. "I try to craft local and seasonal ingredients into a working menu that has a variety of textures and flavors and preparation techniques. I frame it all as comfort food."

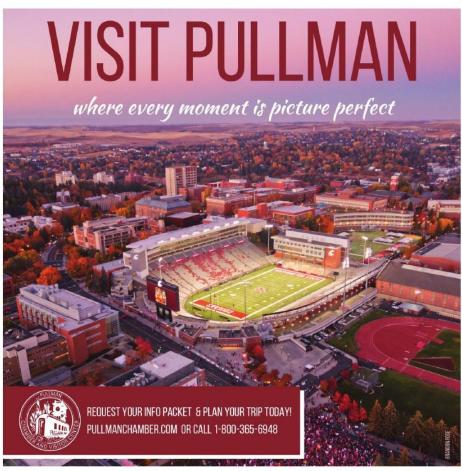
Don't get him wrong, though: This is not your grandma's comfort food. This is the fine-dining version of Stanton's favorites. His butternut squash soup, for example, features a fruit compote and Calvados–Chantilly cream. And at the heart of his operation is an applewood-fired grill, which he uses to impart additional flavor to his entrees.

"Creativity means utilizing techniques and knowledge in new ways," he says. "I like to sit down and rethink things I've done and why they have worked, then reapply them to new circumstances and build my food from my foundation of cooking that was learned from others."

From restaurants to marketplaces, creativity takes many forms in the Spokane area, leading to welcome variety for those of us who live here and for everyone fortunate enough to visit.

Adriana Janovich writes for The Spokesman–Review in Spokane. For more about Spokane, see visitspokane.com. Alaska Airlines serves Spokane (GEG) from destinations including Boise (BOI), Portland (PDX), Seattle (SEA) and San Diego (SAN).







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MORE SPOKANE-REGION RECREATION

By Adriana Janovich



Grandparents, grandkids and riders of virtually every age in between happily sit astride colorfully painted animals—ranging from horses to a tiger as they go up and down on the 1909 Looff Carrousel. Outer-circle riders eagerly await their approach to an enclosed platform near the carousel, where an operator feeds a dispensing arm with gold-painted plastic rings that slide, one at a time, to the end of the dispenser. As each rider goes by, he or she reaches out with a hand to grab the ring, and half a turn later strives to toss it into a bucket. Grabbing a ring is a carousel tradition dating to the late 19th and early 20th centuries, when brass rings were used, but nowadays, the chance to grab a ring is typically available only on vintage carousels.

The Looff Carrousel—with more than 1,000 glass jewels decorating the animals circling to the sound of a 300-plus-pipe band organ—is one of the top attractions at Spokane's 100-acre Riverfront Park (riverfrontparknow.

com), the site of the 1974 World's Fair. The park also boasts the SkyRide, whose gondola cars give riders spectacular views of the Spokane River and waterfalls, and the Skate Ribbon, a seasonal, 16-foot-wide,

650-foot-long, winding ice-skating experience that opened in 2017 as part of a \$64 million redevelopment of the park. Full redevelopment completion is expected in 2020.

Following are more examples of the many excellent attractions and activities in the Intermountain Northwest:

- Bing Crosby Theater (bingcrosby-theater.com): The downtown Spokane theater is named in honor of the legendary American crooner, who grew up in Spokane. Look for Masters of Hawaiian Music performing on Feb. 21, and Jethro Tull's Martin Barre and the Martin Barre Band on Feb. 22. At Gonzaga University in Spokane, you can visit Crosby's childhood home, a 1911 Craftsman-style house that showcases 200-plus items of memorabilia, including gold records, trophies and awards.
- Centennial Trail (spokanecounty. org/1386/Centennial-Trail): The paved Spokane River Centennial Trail stretches nearly 40 miles, and runs past or through sites such as Riverside State



Park, downtown Spokane and the campus of Gonzaga University.

- The Cork District (visitspokane. com/cork-district): The "Cork District" designation includes about two dozen wineries and tasting rooms, many of which are within walking distance of each other downtown. Numerous wineries throughout The Cork District, such as Maryhill Winery's Spokane Tasting Room in the Kendall Yards neighborhood north of downtown, will waive tasting fees for travelers who show their Alaska Airlines boarding pass for Spokane within 48 hours of arrival. See The Cork District website above for details. Also see Wine Flies Free information at alaskaair.com/wine.
- Huntington Park (myavista.com/ storymap/spokaneriver/index.html#): Avista Corporation developed this park, one of many along the Spokane River, to provide an awe-inspiring close-up view of the river, including its Lower Falls, as the water flows through downtown Spokane.
- Indian Canyon Golf Course (my.spokanecity.org/golf/courses/ indian-canyon): One of four courses owned by the City of Spokane, the undulating Indian Canyon Course, designed in 1930 by H. Chandler Egan, has long been considered one of the country's best public layouts.
- Inland Northwest Ale Trail

Left: The
1909 Looff
Carrousel is
a colorful
attraction at
Riverfront
Park. Top: The
Spokane River
Centennial
Trail is a
pleasant
and popular
pathway.



(inlandnwaletrail.com): Sample craft beers at your choice of 46 breweries.

- Kalispel Golf and Country Club (kalispelgolf.com): The Kalispel Tribe of Indians now owns the club, which was founded in 1898, and allows public play at designated times on the venerated course, where water hazards impact seven holes. Visitors can also dine at the 1898 Public House restaurant.
- Martin Woldson Theater at The Fox (foxtheaterspokane.org): The superbly restored Art Deco theater is home to the Spokane Symphony (spokanesymphony.org).
- Mount Spokane State Park (parks.state.wa.us/549/Mount-Spokane): The park, about 30 miles northeast of Spokane, stretches nearly 13,000 acres in the Selkirk Mountains, and receives about 300 inches of snow-

fall each year. Winter activities include skiing, snowshoeing and tubing. Mt. Spokane Ski & Snowboard Park (mtspokane.com) is in the state park.

- Northwest Museum of Arts and Culture (northwestmuseum.org): Located in downtown Spokane, the museum hosts exhibits such as "Into the Arctic," Feb. 16–May 12, which features paintings and films from the Canadian North.
- Schweitzer Mountain Resort (schweitzer.com): The beautiful resort, near the North Idaho town of Sandpoint, overlooks Lake Pend Oreille, and sees an average snowfall of 300 inches per year. Skiers and boarders enjoy 2,900 acres of skiable terrain, including two massive ski bowls and 92 trails.
- Silver Mountain Resort (silvermt. com): Two peaks, 1,600 acres, 2,200



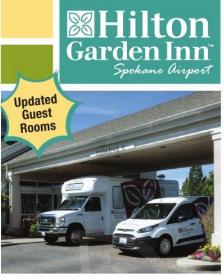
vertical feet, and one of the longest gondola rides—3.1 miles—in North America have made the North Idaho resort a popular destination.

• Tubbs Hill (tubbshill.org): The hill is actually a pine-covered peninsula that juts into Lake Coeur d'Alene near The Coeur d'Alene Resort. Tubbs has a 2.2-mile loop trail, appropriate for hikers of all skill levels, that offers spectacular views of the lake.

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Schweitzer Mountain Resort, near Sandpoint, Idaho, offers spectacular scenery.







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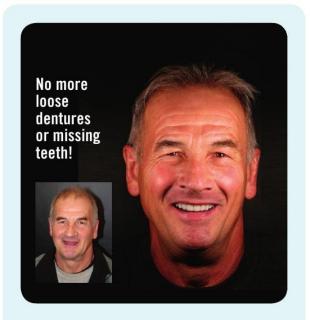






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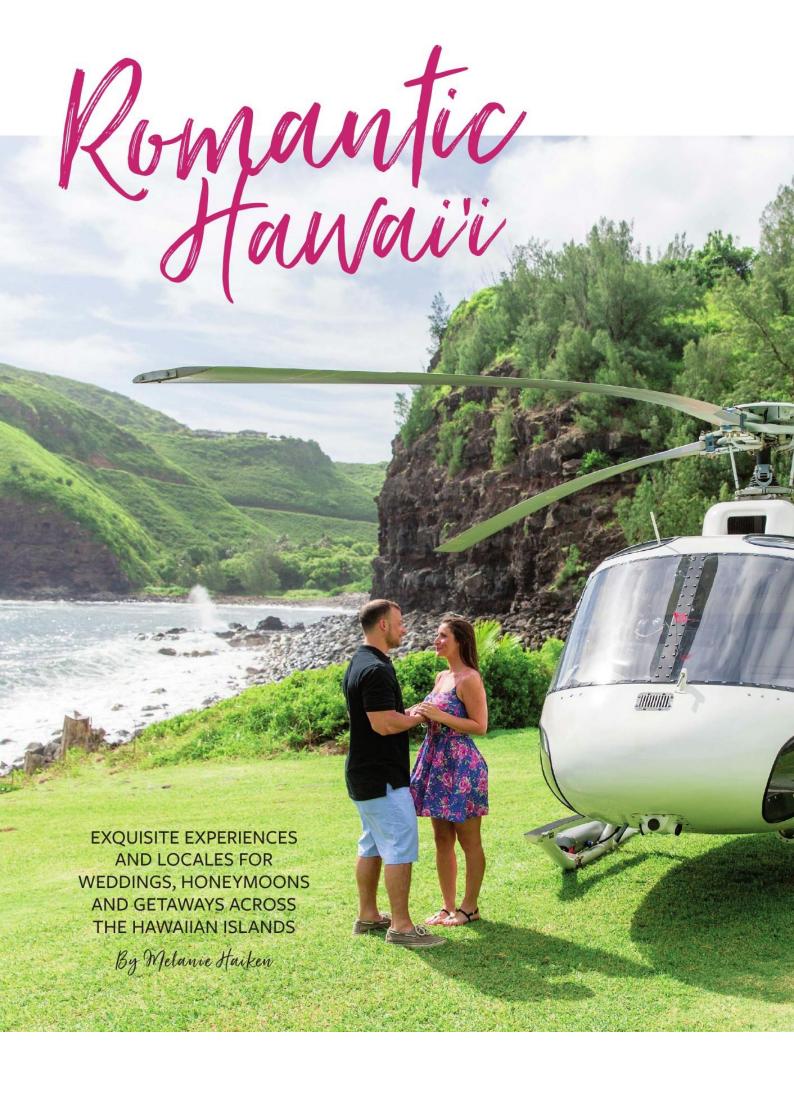
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Jessica Goldstein's boyfriend, Bryan Shapow, booked the couple a helicopter tour over West Maui during a vacation in May 2017, she had no idea that he had a secret plan in the works. But when they landed on a secluded bluff—where a photographer was already in place, disguised as another traveler—he got down on one knee and proposed. "I was speechless for every word but yes," says Goldstein.

Afterward, Shapow told her that it had taken two months to plan the surprise, which also featured a North Shore photo session, and that he'd been so worried she would see the ring, he'd sat with it uncomfortably in his back pocket during the entire helicopter tour.

"He had to keep the proposal a secret from not only me, but also from his mother until shortly before our trip, because he was afraid she would spill the beans," says Goldstein. The fact that Shapow—a captain in the U.S. Army who was a lieutenant at the time—was preparing to deploy to Afghanistan didn't make the planning any easier. Shapow left for a tour of duty in October 2017, and the lovers were married in November 2018.

A surprise helicopter-aided proposal is a great example of how well the Islands are suited to romantic milestones. Hawai'i is hugely popular



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MAUI, HAWAI'I WWW.KBHMAUI.COM 1-800-262-8450 (F) (©) (®) for destination weddings, with more than 95,000 people taking trips to be married in the Islands in 2018 (according to the Hawaiʻi Tourism Authority). Another 500,000-plus traveled there for 2018 honeymoons. And who knows how many romantic getaways and proposals took place. From lavish 500-person resort weddings to quiet sunset ceremonies, there's something for pretty much everyone, with gorgeous settings and exotic experiences being big draws.

"Destination weddings in Hawai'i are multiday affairs, with couples arranging unique and memorable group outings, such as helicopter tours, treetop ziplining, sunset cruises, farm and food tours, canoe paddling, snorkeling, hiking and golfing," says Jay Talwar, chief marketing officer for Hawai'i Tourism, United States. "Couples looking to give back and leave a lasting mark can also plant a legacy koa tree to commemorate their special day."

One of the reasons so many couples choose to get

married in Hawai'i is the wealth of possibilities for personalizing their experiences. "Each of the main Hawaiian islands has its own distinctive character and energy—from Kaua'i's verdant forests to the calm, clear waters off Hawai'i Island's Kona Coast—and each offers a wide array of romantic experiences and picturesque locations for couplesto-be and honeymooners yearround," says Talwar.

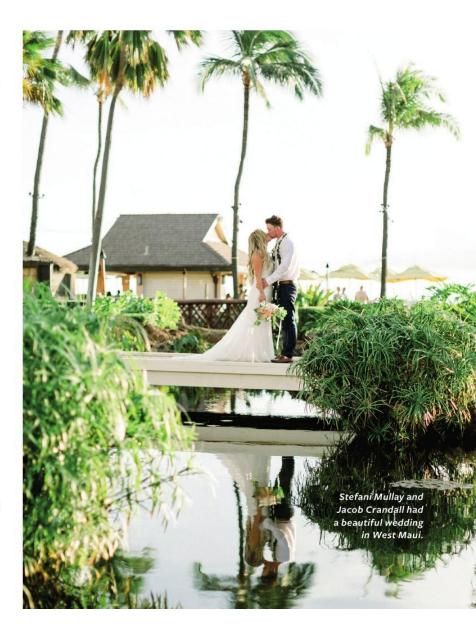
Here is an island-by-island guide to some of the most exciting attractions and picturesque settings for memorable moments.

MAUI

Just 16 years old when they met at a party, Stefani Mullay and Jacob Crandall were married eight years later, last September. The ceremony took place in West Maui, just before sunset, under an arbor of blush roses. The reception was spectacular, under a canopy made entirely of twinkling lights.

"We visited Maui in August 2017 and immediately fell in love with everything about the island," Stefani says. "We just knew this was where our wedding was meant to be." Many couples who get married on Maui have this experience of the island truly speaking to them, says Taryn Stark Wyant, owner of Maui-based Platinum Weddings & Events. "Maui is the perfect combination of vacation and isolation. It's very laid-back and mellow, with gorgeous beaches and this incredibly beautiful island life, but there is also so much to do here."

Indeed, Maui's possibilities for romance seem endless. Imagine, for example, a rehearsal dinner held on a catamaran during a sunset sail, with guests watching whales spout while they toast the bride and groom. Other popular activities include private guided horseback tours and watching the sunrise from the top of Haleakalā volcano. For the thrill of exploring something new together, there's a half-day boat tour of lava arches and grottoes along the southern side of the island. This also includes the chance to snorkel at the sunken offshore crater of Molokini.





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Adventurous couples drive Manis "Road to Hana" for stunning views of the ocean and many of Mani's most amazing waterfalls.

For Jake and Mary Pardini of Fort Bragg, California, a special meal proved to be a highlight of their recent Maui honeymoon. The couple sat at a private table in West Maui, with doors open to the sea. "You could see the waves and hear the ocean," says Mary. "Afterward, we walked through a natural canopy to a small snorkeling spot."

Food lovers can also venture to Maui's Upcountry for a farm-to-table experience, such as sampling award-winning cheeses at Surfing Goat Dairy.

Adventurous couples drive the "Road to Hana" (check ahead for rental car availability for this area, or arrange a guided tour) for stunning views of the ocean and many amazing waterfalls, including Upper Waikani Falls (also known as Three Bears) and 400-foot Waimoku Falls.

O'AHU

The Waialua Sugar Mill on the North Shore of O'ahu is not your typical wedding venue, but that's where Timoteo and Suzanne Burge married in December. They were returning to a place of significance. Timoteo's great-grandmother and great-uncle came to the Waialua plantation from the Philippines as sakadas, or farm laborers, in 1922. Also, Timoteo's grandmother was born in the area in 1923.

"This was an opportunity for us to honor my ancestors' hard work and all they sacrificed for," says Timoteo. "We had the most beautiful sunset wedding, officiated by my beloved uncle, sandwiched between the Wai'anae Mountains and the bagasse bin [that stored the sugarcane mill's byproduct]. It was truly like the ancestors were watching over us."

To their knowledge, no one had ever held a wedding at the Waialua Sugar Mill before, which made the logistics a bit complicated. Founded in 1865, the mill business was abandoned in 1996. The mill structure itself still has an industrial feel, and it houses an eclectic mix of artisanal businesses as well as a weekly Saturday farmers market. The presence of local vendors turned out to be a plus when Timoteo and Suzanne decided to send guests home with gifts of locally made soap, chocolate and coffee.

The Burges aren't alone in seeking an unusual wedding venue, says Lindsay Castro, sales manager for the O'ahubased event-production company Current Affairs. Couples plan weddings at local landmarks and on catamarans.

"The trend continues to be *stαγing unique*," Castro says.

When most people think of Oʻahu, they imagine Waikīkī's palm tree-lined strand of smooth white sand, or the North Shore, with its crashing waves and big-surf competitions. But there are dramatic beach and cliff settings in many parts of Oʻahu, as well as some of Hawaiʻi's best snorkeling at Hanauma Bay, Kahe Point, Shark's Cove and Turtle Bay. And a must for movie buffs is Kualoa Ranch Private Nature Reserve, where parts of the *Jurassic Park* movies were filmed.

One lovely seaside option is Makapu'u Beach on the island's east side, where Alison McQuade and Maxwell Mcintire of San Francisco tied the knot in December in a sunset ceremony attended by just a few friends. The couple chose the secluded cove framed by steep cliffs for its dramatic setting and views.

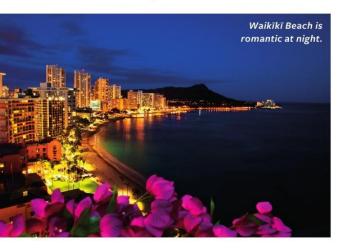
Another reason the couple chose O'ahu was the food scene, says McQuade, who runs McQuade's Celtic Chutneys in San Francisco. "We chose O'ahu over other locations after reading the food blog Cooking with Amy and following all her dining suggestions."

One of O'ahu's biggest attractions is its food and nightlife scene, from the classic glamour of Waikīkī to the energy of Honolulu's Chinatown, where buzzy new bistros, wine bars and nightspots open seemingly every month.

KAUA'I

When Mackenzie and Joseph Scanga decided to get married, they assumed they'd have a big wedding like the one

One of O'ahu's biggest attractions is its food and nightlife scene.





at which they had met in Kansas City. But as the couple, who had recently relocated to California, began to compile a guest list, they began to feel overwhelmed.

After some discussion, the couple recognized that they wanted a wedding that included those closest to them, but in a context where they could spend quality time together.

"We realized that if people were going to spend money to fly somewhere, what we really wanted to give everyone was a reason to take a vacation and treat themselves to something, too," Mackenzie says.

They wanted a place where there was plenty for guests to do, but in an intimate setting with a relaxed vibe where no one felt rushed.

Their solution was Kauaʻi, considered by many to be the most laid-back of the Islands. Looking for the perfect backdrop for a sunset wedding, the Scangas chose the Beach House Restaurant in Poʻipū on Kauaʻi's South Shore. They were married last June on a lawn overlooking the Pacific, with just over 30 guests in attendance.

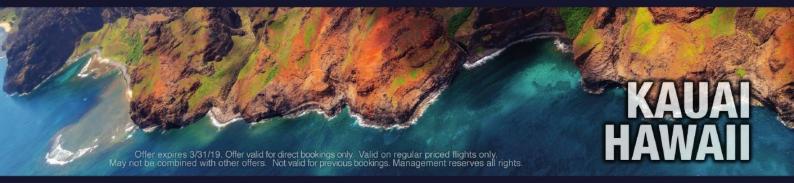
While the South Shore is known for its sunnier weather and broad sandy beaches, Kaua'i's tropical North Shore is rich with romance, too. One of the best ways to see the Nāpali Coast is from the sea on a boat trip, during which you may be escorted by pods of leaping spinner dolphins. Boat tours hug the cliffs and also often dip into sea caves.

To witness the raw majesty of the island's volcanic topography, take a helicopter trip over 3,600-foot-deep

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Waimea Canyon (reportedly dubbed the "Grand Canyon of the Pacific" by Mark Twain) and count the misty waterfalls tumbling down its sheer red-rock walls.

When it comes to sunset settings, Kauaʻi can lay claim to some of the most unusual and dramatic. At Hanalei Bay, the sun's rays silhouette pyramid-shaped Makana Mountain, while from Kalalau Lookout, accessed by driving up Waimea Canyon and through Kōkeʻe State Park, the

sun's late rays appear to glow off the steep canyon walls outlining the Kalalau Valley and Nāpali coastline below.

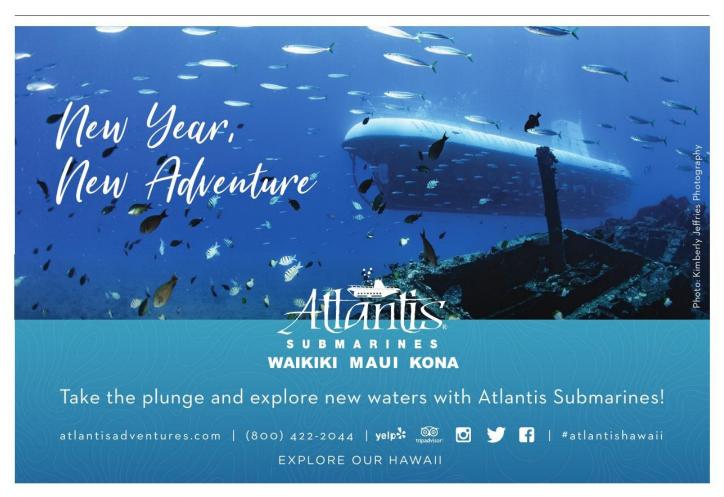
Kaua'i is sometimes called the "Garden Island," and few things feel as timelessly romantic as strolling the winding paths of a historical garden. Kaua'i has several to choose from, run by the National Tropical Botanical Garden organization.

These include Allerton Garden and McBryde Garden, a pair of elegantly

landscaped sites on the south side of the island, and the wonderland that is Limahuli Garden & Preserve near Hanalei, on the island's north side.

HAWAI'I ISLAND

Kelsey Jandrey and Scott Siettmann of Milwaukee chose the Island of Hawai'i for their honeymoon for many reasons, one of which was that Scott had always wanted to



see a volcano. Following their wedding last September, the couple spent three days each on Hawai'i Island and O'ahu, with a highlight being a visit to Hawai'i Volcanoes National Park on Hawai'i Island. "The park had just reopened," says Jandrey. "It was really cool."

Hawai'i Island's volcanoes are legendary. Guided land tours explore the lava tubes, lava flows and caverns of the massive, approximately 13,680-foot-tall Mauna Loa, and you can see the full expanse of this volcano's activity via a helicopter tour. The eruption at Kīlauea—Mauna Loa's active flank-in spring 2018 rearranged the local landscape and left some roads covered in a layer of black rock.

The dormant volcano Mauna Kea, at 13,796 feet, is Hawai'i's tallest. Located on state forest land, the visitor center on the volcano is about a 65-mile drive northeast of Kona. Visitors to this and Hawai'i's other peaks should check ahead for up-to-date information about temperature, weather and altitude warnings.

Sea life is also a big Hawai'i Island draw. For example, a trip highlight for Kelsey and Scott was holding tiny, delicate seahorses at the Ocean Rider Seahorse Farm.

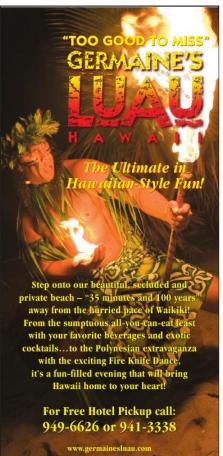


Nature lovers are drawn by the island's immense landscape variation, from Kona's volcanic terrain, to the lush jungles and towering waterfalls of Hilo, to the high, often snowcapped peaks. Natural touches can also be seen in the locally grown flowers that are often incorporated into wedding decor and lei adornments. And in some locations, sea turtles surface near beachside weddings (though people should follow rules and not approach the turtles).











Punalu'u Beach is a favorite for its black sands and sea turtles, while Waialea, with its superb sunsets and light sands punctuated by craggy black rocks, has made many locals' lists of best places to get married on Hawai'i Island.

The Kohala Coast offers some of the Islands' best whale-spotting potential (Maui is also famous for this). Perhaps just as wondrous are the island's manta rays, measuring close to 20 feet across, gliding along the sea bottom. Enjoy swimming with these majestic creatures on a nighttime snorkeling adventure guided by a licensed and responsible outfitter.

Another thing that sets Hawai'i Island apart is its stargazing. The island is home to renowned astronomy observatories, and its location allows views of numerous stars, planets and constellations.

Weddings and other celebrations on Hawai'i Island often have a stargazing component for guests, with couples hiring astronomers to set up telescopes on a beach. For many visitors, surveying the cosmos above Pacific shores provides a fitting finale to a romantic Hawai'i day.

Whichever island you choose and whatever event you are celebrating, the varied experiences available in Hawai'i make the state an outstanding choice for romantics looking to create their perfect moments.

Melanie Haiken specializes in food and travel writing.

Alaska Airlines offers daily service to Kauaʻi, Oʻahu, Maui and Hawaiʻi Island (Kona). For flight reservations, visit alaskaair.com. Book a complete Alaska Airlines vacation package to Hawaiʻi at alaskaair.com/vacations.



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TOURING COLUMBUS

Ohio's capital is a center for the arts

By Dayton Fandray

>>> On a blustery evening, my wife, Sally, and I bundle up and walk north on High Street, a focal point of the Columbus, Ohio, nightlife scene.

We stroll along the busy street, which marks the eastern border of Ohio State University and is lined with shops, taverns and art galleries. Our destination is OSU's Wexner Center for the Arts, or "the Wex" as it is known here in Columbus.

As we arrive, Sally and I stop to admire the building itself, with its striking white metal scaffolding around its entrance. However, its most dramatic features are sections of brick facade that are an homage to the castlelike armory building that previously stood on the site. There are two brick turrets, and one is split in two, with the new structure of metal and glass seemingly breaking through. The result is the building becoming its own visual art piece.

The architecture points to the future while honoring the past, a fitting visual reminder of the Wex's mandate to "champion and present the entire spectrum of creative practice across the fields of visual art, performance, film, video, architecture, and design."

Tonight we are going to attend a screening of a fascinating documentary that chronicles a small slice of history about the American Southwest. The Wexner is known for such

innovative programming. This month, Netta Yerushalmy presents a discussion and performance of modern dance, February 7–8; there is a lecture by leading author David Shields on February 18; and the showing of films and documentaries from around the world. I'm looking forward to the film noir classic *Detour* being screened February 23.

After the documentary, we decide it is a good night to be part of the crowd, so Sally and I walk south on High Street, making our way to an area known as the Short North Arts District and one of our favorite area shops—Jeni's Splendid Ice Creams. The gourmet ice cream parlor prides itself on using the best natural ingredients possible and no preservatives.

The friend who introduced me to the shop once bought a pint of Jeni's

NEAR&FAR_»





Wildberry Lavender ice cream, packed it in dry ice, and drove it all the way to Massachusetts to show his sweetheart that his love was true. And, I'm happy to report, their relationship is still going strong.

The line at Jeni's is long, full of students and other couples like us. However, when Jeni's ice cream is being scooped, everyone is in a good mood and the time flies by before we are enjoying the creamy treats.

On another evening out, Sally and I catch one of the city's most popular bands, Angela Perley and the Howlin' Moons, at one of the city's best venues for enjoying local musical acts: Natalie's Coal-Fired Pizza and Live Music, which is just up the road from Columbus, in the suburb of Worthington. We enjoy gourmet pizza for dinner, and a pint or two of the restaurant's always rotating selection of locally brewed craft beers.

>>> The Columbus Museum of Art, opposite page, has a renowned collection of American and European artworks. Jeni's Splendid Ice Creams, left above, is a local favorite. The Wexner Center for the Arts, above, is a top venue for the performing arts and, below, a gathering place for the local art community.

Even though I've visited Columbus for most of my life, I'm often surprised by how much fun this city of nearly 900,000 has become. When I was young, Columbus was best known for being the site of the state capital, the Ohio State Fair, Ohio State University, and where the Scioto and Olentangy rivers meet.

However, as the economy has expanded with its focus on the service sector—insurance, fashion and state government—and being home to one of the nation's largest research universities, the city has thrived and become a major American center for innovation, culture and the arts.



A city of vitality

A trip to the Short North Arts District is the best way to get a sense of the city's vitality.

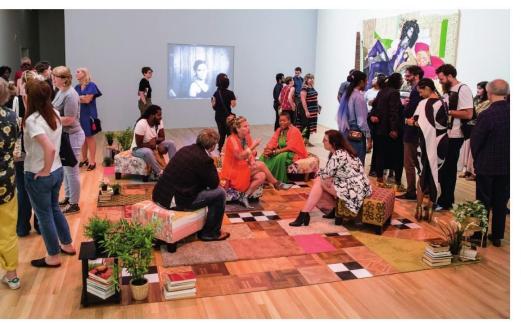


photo... pop!

"Keep your eyes and ears open" is just one of my rules in Alaska. That and "always protect your camera." She jutted her head—shaking loose barnacles or trying to communicate? I didn't know, but I got the shot. And not even a splash.

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DID YOU KNOW?

Ohio's official state rock song is *Hang On Sloopy.* The song was popularized by the Ohio recording artists The McCoys in 1965.

The district, including sites around High Street, is a showcase for some of the city's best cultural activities. For instance, Goodale Park, located about a mile and a half south of the university, is the location of the Pizzuti Collection of the Columbus Museum of Art, a gallery and educational institution that features contemporary art from the private collection of philanthropists Ron and Ann Pizzuti.

Last year, the Pizzutis gifted the gallery building and 40 works of art to the Columbus Museum of Art (CMA). The agreement gives the CMA access to the couple's world-renowned private collection of contemporary art. Currently, the Pizzuti Collection is presenting "When Attitudes Become Chairs," running through March. The exhibit explores how artists and designers are expanding the possibilities of furniture, with a focus on new and exciting designs for chairs.

The main CMA building, located about 2 miles southeast of Goodale Park, near the heart of downtown Columbus, showcases American and European art from the late 19th and early 20th centuries, including works by Cézanne, Hopper, Monet, Renoir and Sargent. CMA also houses large collections of works by Columbus artists Aminah Brenda Lynn Robinson, Elijah Pierce and George Bellows.

A few blocks south of the museum, you will find The Topiary Park, a fanciful



>> NEAR & FAR COLUMBUS



AT A GLANCE

Hidden Gems:

Columbus neighborhoods:

Stroll the streets of Grandview and stop for a pint and a sandwich at The Knotty Pine on Third Avenue. Visit the up-and-coming Franklinton area, with its thriving brewpubs and taprooms. Or drive east on Main Street and enjoy a craft pizza at the recently opened Harvest Pizzeria in Bexley, across from the idyllic campus of Capital University.

Field of Corn (with Osage Oranges) sculpture: Located in Frantz Park in Dublin, a northern Columbus suburb, the sculpture was created by Ohio artist Malcolm Cochran and contains 109 concrete ears of corn, each measuring 6 feet 3 inches tall.

Gateway Film Center:

Located on High Street, across from the Ohio State University campus, the Gateway presents a "maverick mix" of documentaries, art movies and classic films. You even can see the occasional current hit movie.

Area Attractions:

Columbus Ale Trail: Tour some of the city's more than 40 craft breweries. Pick up an Ale Trail guide at any participating brewery, get it stamped at four locations, and receive a free pint glass at the Columbus convention center and the visitor center.

Columbus Zoo and

Aquarium: Home to director emeritus and TV personality Jack Hanna, the highly acclaimed zoo is divided into six geographic regions from around the world and has more than 10,000 animals. The facility also runs an adjacent 18-hole golf course.

Franklin Park Conservatory and Botanical Gardens: The site offers 13 acres of gardens, exhibits and art collections. Be sure to see the 25th-annual "Blooms and Butterflies" exhibit, held March 9–Sept. 15, in the Pacific Island Water Garden, where you can walk among butterflies and a variety of blooming plants. —D.F.



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three-dimensional re-creation of Georges Seurat's famous Post-Impressionist painting A Sunday Afternoon on the Island of La Grande Jatte. Viewing the exquisitely sculpted shrubbery on the easternmost side of the park, you can get a sense of the scene as Seurat himself might have seen it.

To the west of the CMA and The Topiary Park, along the banks of the Scioto River, are two popular destinations: the Center of Science and Industry (COSI) and the National Veterans Memorial and Museum (NVMM).

COSI is a favorite for children across the state. It has a planetarium, a giantscreen theater and rotating exhibits that touch on many aspects of science and technology.

Best of all, the facility has the Dinosaur Gallery, which features exhibits that are co-curated with the American Museum of Natural History. At the gallery, you can see real dinosaur fossils, full-size casts of dinosaurs and a moving mechanized model of a Tyrannosaurus rex.

A block north of COSI is the National Veterans Memorial and Museum, a reverent tribute to the men and women who have served in the nation's armed forces.

Through pictures and the stories of the veterans, the NVMM focuses on narratives rather than hardware.

American veterans recall their experiences—from induction to service, to the challenges they faced when returning to



the home front after serving.

Ohio native, astronaut and U.S. senator John Glenn led the effort to create the NVMM, and he was instrumental in the selection of Columbus as the site for this solemn and important monument that everyone should see and experience.

For a different historical focus, explore the German Village and Brewery District in south Columbus. Built by German settlers in the mid-19th century, this part of the city has narrow streets and tightly packed houses and shops.

It feels like a slice of old Europe right here in the third most populous state capital in the country.

I have friends who say that the best

way to get a sense of the neighborhood's old-world charm is to sit in Schiller Park on a spring or summer day while enjoying a sandwich or specialty salad from the nearby Brown Bag Delicatessen. In winter, Schmidt's Sausage Haus und Restaurant and the Hofbräuhaus Columbus are good indoor alternatives. Whatever the weather, German Village is a destination that Columbus residents and visitors speak about with enduring affection.

Enjoying the parklands

One of the top ways to enjoy the sites of Columbus is by traveling the Scioto Mile in the city's downtown.

The Scioto Mile is part of the much

>>> The National Veterans Memorial and Museum, above, tells the stories of veterans through pictures and narratives. The Center of Science and Industry features the Dinosaur Gallery. Columbus' German Village offers a taste of old-world Europe.







larger Scioto Greenway Trail, which is a multiuse trail that runs along both sides of the Scioto River in downtown Columbus. The Scioto Mile links 175 acres of municipal parks and green spaces through a series of boulevards, bikeways and pedestrian paths along the Scioto River.

The path runs through Bicentennial Park, where you'll see the Scioto Fountain, a 15,000-square-foot waterworks, with jets that shoot water 75 feet into the air.

Angela Perley, of the aforementioned band Howlin' Moons, lives near the Scioto Mile in the Grandview neighborhood. She spends a lot of time on the road, but when she comes home, the "Mile" is one of her favorite destinations in the city.

"It's absolutely beautiful," she says.
"In the summer I ride my bike from
Grandview to downtown on the bike trail.

Usually, there is some kind of festival or musical event going on around COSI or Bicentennial Park. It's a super vibrant area! Also, it connects to downtown's Audubon Metro Park, which is located along the Scioto River and has a lot of outdoor activities such as bird-watching, climbing walls, kayaking and paddleboarding."

"Absolutely beautiful" is also how I'd describe Columbus. Spend just a bit of time in this thoroughly modern city on the banks of the Scioto and Olentangy rivers and you'll realize that this part of Ohio will always surprise and delight.

Dayton Fandray writes from Lima, Ohio.

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SPLENDID CITY

Modern Hangzhou features picturesque historical treasures

By Sophie Friedman

>>> West Lake (Xi Hu) is the heart of Hangzhou. The lake, a UNESCO World Heritage site, covers 2.5 square miles, and the shoreline is 9 miles around. It's classically enchanting: dotted with pagodas, islands, walking paths lined in weeping willows.

When I first visited Hangzhou nearly 10 years ago, I took a ride on the lake in one of the many wooden boats that ply it, and I've since begun every Hangzhou trip at West Lake, either strolling or cycling its perimeter. No matter the season, I'm struck by its beauty; looking at it is like seeing a Chinese landscape painting come to life.

This time I've come to Hangzhou for a one-night getaway. The city of more than 6 million is no small town—indeed, tech giant Alibaba Group is head-quartered here, and Hangzhou is where China's first bike-share system began—but for a Shanghai resident like me, it's a laid-back escape.

After dropping my bag at the hotel Sofitel Hangzhou West Lake, I take a spin on one of Hangzhou's public bikes and explore the paths along the water, crisscrossing the lake on the Su and Bai causeways before heading to lunch.

Hangzhou is the capital of Zhejiang, a province on the southeast coast of China. The country celebrates what it calls its "eight great cuisines"— highly regarded culinary traditions, developed in eight of the country's 23 provinces. Zhejiang cuisine is one of the eight, so you know you'll be eating well in Hangzhou. Skewing light and fresh, Zhejiang fare features lots of vegetables, including bamboo shoots, and freshwater crustaceans and fish, flavored with soy sauce, rice wine and vinegar. In Hangzhou, another common ingredient is *longjing* (dragon well) green tea, grown on local plantations.

My go-to simple and cheerful restaurant is The Grandma's (Wai Po Jia). The restaurant started in Hangzhou and is now a chain. My branch of choice is on Hubin Lu, right by West Lake and the Jixian pavilion. Homestyle Zhejiang fare is on the menu here: dongpo pork (pork belly that is panfried and then slow-braised); longjing chicken







>> NEAR & FAR **HANGZHOU**



>>> Clockwise from top left: One of Hangzhou's major attractions, West Lake has beautiful causeways and pagodas. Local green tea leaves are harvested and widely used in beverages as well as foods. Aboard wooden boats, visitors can see West Lake's weeping willows and other greenery. Lingyin Temple, founded in the fourth century, houses many sculptures of Buddha.





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Zhejiang cuisine includes mouthwatering dongpo pork, above. Hangzhou boasts attractive modern architecture, below.

(chicken roasted with longjing tea leaves); fish head steamed with soy sauce and topped with red chiles; and lightly cooked vegetables such as cauliflower and Chinese cabbage. The place is very popular, and the lines here are long.

After a lunch of fish head and vegetables, finished off with round, flat green tea cakes filled with white bean paste and topped with sesame seeds, I head to Lingyin Temple (Temple of the Soul's Retreat). The No. 7 bus runs straight from The Grandma's to the temple entrance, curving around West Lake. The ride is about an hour, and I pass the time looking at the lake on one side and trees on the other, and reading Paul French's murder mystery Midnight in Peking-not exactly on theme but a gripping 1930s China story.

Walking around modern Hangzhou and its skyscrapers with glass facades, metro system and increasingly cashless businesses, it seems unfathomable that parts of Buddhist Lingyin Temple have been standing since A.D. 328, when it was founded by an Indian monk whose Chinese name was Huili. Within the temple complex are several halls and shrines where visitors can burn incense as an





AT A GLANCE

Top attractions:

- Tea villages, such as Yangmeiling, are places to sip longjing green tea and eat nong jia cai, a country-style meal with fresh vegetables, prepared by local farmers.
- Tianducheng Resort is a mini-Paris with a 1:3 scale replica of the Eiffel Tower and a fountain from the Jardin du Luxembourg.
- Moganshan, a mountain about 35 miles north of Hangzhou, is a true nature retreat, with lodges and activities such as hiking, cycling and tea-picking.

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

- ... Family: Hefang Jie is a replica of a Song Dynasty-era street. Its stalls sell traditional crafts, plus some 21st century toys.
- ... Romantic: All of West Lake, but Broken Bridge, in particular, because it's here that the two characters in local folklore's Legend of the White Snake fall in love.
- ... Lover of art: Zhejiang Art Museum is a work of art itself, with interlaced slat roofs of glass and steel, and

within are 14 galleries of contemporary pieces.

... History buff: The China National Silk Museum and Southern Song Dynasty Guan Kiln Museum cover Hangzhou's best-known products.

What to take home:

Longjing green tea.

Distinctive dish:

Longjing xiaren, local shrimp sauteed with tea leaves and served with soy sauce. Find it at Zhi Wei Guan.

Local expressions:

• "Ni chifanle ma?"—literally "Have you eaten?" but used as "Are you well?"

Famous local residents:

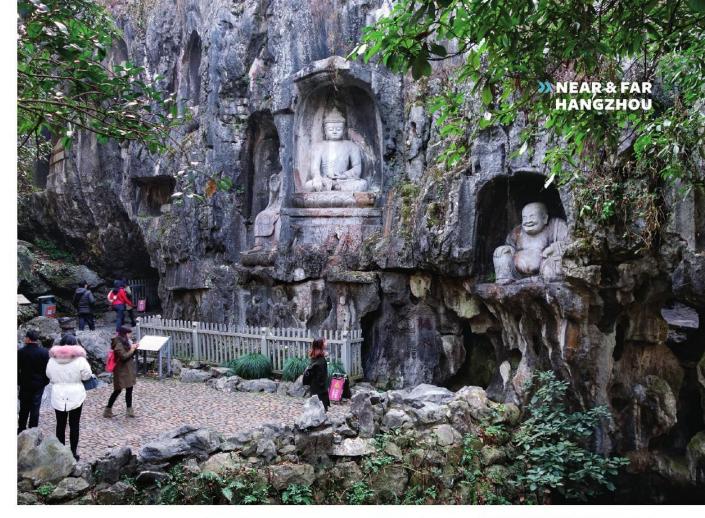
- Jack Ma, founder of Alibaba Group. • Wu Xiaoxuan, sport shooter and the first Chinese female athlete to win an Olympic gold medal.
- Zhao Bing, last emperor of the Song Dynasty.

Sports teams to cheer for:

Basketball team Zhejiang Guangsha Lions and soccer team Zhejiang Greentown F.C. — S.F.







offering to Buddha. Representations of Buddha are everywhere on the temple grounds, of course, including in the grottoes, in which there are numerous Buddha carvings (rock reliefs) dating from the 10th to 14th centuries.

On a prior recommendation from Jessica Zhou, a tour guide with Bespoke Travel Company, I take a roughly 3.5-mile, clearly marked path called Shi Li Lang Dang, which runs through brilliantly green tea fields, passing small pagodas. Chanting from three small Buddhist temples on Tianzhu Hill drifts across to me. It's a weekday, and at the top of the path it's just me and a few other visitors looking out at West Lake. I get to chatting with a mother-daughter duo. It turns out they're also from Shanghai, and we live just a few blocks apart. We take a few photos, and then I walk to boutique resort Amanfayun for dinner.

Amanfayun is a former village, and its houses—some more than 100 years old before renovation—are now 46 rooms, suites and villas. A cobblestone path that

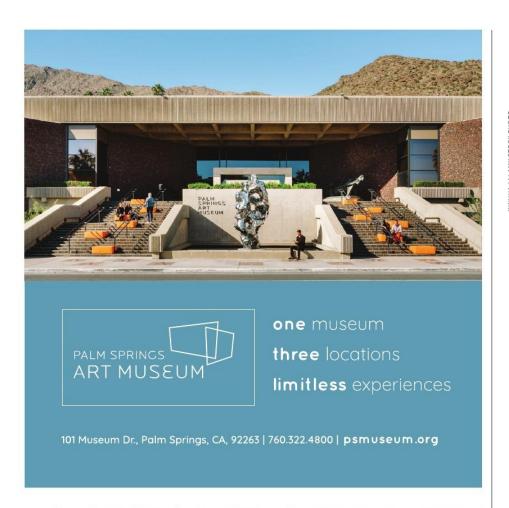


>>> Stone relief carvings of Buddha can be found on the grounds of Lingyin Temple, top. Amanfayun offers seasonal steamed dishes at its Steam House restaurant, above, and features tree-lined stone pathways, right.

was once the village's main road runs through the resort. The hotel is right by Lingyin Temple, so it's not uncommon for people to pop over to Amanfayun for a bite or a cup of longjing in the prettiest of environments: a lovely teahouse next to a pond, surrounded by bamboo and trees.



I have dinner at the resort's Steam House, sitting in the courtyard on a hand-some carved wood chair. It's pin-drop quiet out here, a silence almost completely foreign to me. I enjoy steamed vegetable dumplings, lightly stir-fried gai lan (Chinese broccoli) with soy sauce and vinegar,







and a plate of plump river shrimp nicely sauteed with green tea leaves.

After dinner, I follow the recommendation of a beverage aficionado friend and visit Apothecary, two and a half blocks from my hotel. Most tables are occupied by trendy young Hangzhounese sipping (and snapping photos of) pretty cocktails in cut-glass tumblers or Champagne coupes, their drinks topped with sprigs of herbs, dried cranberries and, in one pink potable, a feather.

The next day, I fuel up with Sofitel's buffet, which offers a mix of Chinese and Western breakfast options, including congee (savory rice porridge), baozi (steamed filled buns) and youtiao (savory fried dough sticks), as well as omelets, muesli, fruit and pastries.

After breakfast, I visit the China National Silk Museum, which covers how silk is made and how it has affected the Chinese and world economies over thousands of years. On display in glass cases are gorgeous silk clothing and accessories, such as a *qipao* (a traditional dress with a Mandarin collar and frog

» NEAR & FAR HANGZHOU



closures) and a fringed umbrella, its eight panels embroidered with dailylife scenes.

Hangzhou has inspired creatives and important individuals, from Marco Polo, who declared Hangzhou "without doubt the finest and most splendid city in the world," to the thousands of artists influenced by West Lake, to Jack Ma, founder of Alibaba Group.

Sophie Friedman is a travel writer based in Shanghai.

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REMARKABLE REDMOND

From microbrews and Marymoor Park to technology and trails

By Steve Wiebe

>>> It's tradition: I periodically get together with friends and colleagues on a Friday night to toast our successes with beer at one of Redmond's several breweries.

My favorite taproom is the Raven's Nest at Black Raven Brewing Co., whose Northwest ambiance evokes a ski lodge and whose Trickster, with its light citrus flavor, is my preferred IPA on tap. Celebrating its 10th anniversary this year, Black Raven was founded by head brewer Beaux Bowman, who enjoys combining Old World styles with Northwest flavors, and experimenting with uncommon approaches and ingredients. Black Raven highlights its brewers' creativity at 4 p.m. on the first Wednesday of each month, when it taps a special cask at the Raven's Nest bar.

Additional popular Redmond breweries include Mac & Jack's and Postdoc. Mac & Jack's, founded in 1993, produces brews



ranging from African Amber to Serengeti Wheat. At Postdoc, founded in 2014, brews range from the crisp, light, biscuit-and-malt-flavored Hydrogen Blonde to the tart L.A.B. Partner with Blackcurrant. And in August, another brewery, Big Block—based in the nearby city of Sammamish—expanded by opening a Redmond taproom and brewery within a quarter mile of Black Raven. Big Block beers include options such as Raspberry Blonde and Cherry Sour.

Craft-brew aficionados like the low-key casual vibe at the four Redmond establishments, which are all near parks or trails. Many of the beer enthusiasts are likely tech profes-

installation—created with decommissioned train signals by artist John Fleming—is located along the Redmond Central Connector trail, part of the city's appealing network of trails.

Above: Redmond is also home to several breweries, including Black Raven Brewing Co.

HERE&NOW.

sionals who have launched startups in Redmond or who work for companies with headquarters or offices in the area, such as Microsoft, Nintendo of America, Sonata Software, Honeywell International and SpaceX.

When I was growing up in a neighboring Eastside city in the 1970s, Redmond seemed like an out-of-the-way country town/Seattle suburb, full of horses and farms, and a few stoplights. The community-named for Ireland-born homesteader Luke McRedmond, who began farming here in the late 1800sstarted to change with the arrival of technology companies such as Microsoft, which in 1986 opened its Redmond campus on land that was once a chicken ranch. The campus is currently undergoing modernization work that includes renovation of many existing buildings and construction of 17 new buildings, with completion expected by 2025.

Redmond is now a lively urban city attracting international and diverse residents. My wife and I chose Redmond for our home in 1995

because of its quality of life, including quality schools. We knew it would be a great place to raise a family.

Redmond also has a warm place in my heart because of its ties to my favorite old-school arcade videogame, Nintendo's early-1980s Donkey Kong. I was dubbed "King of Kong" for becoming, in 2006, the first player to score more than a million points in the game.

As a math teacher at Redmond High School, I see many of my students who have game-development aspirations deciding to stay in this area after high school so that they can attend the DigiPen Institute of Technology, located just 3 miles north of Nintendo. DigiPen, founded in 1988, with a significant focus on game designers, artists and engineers, reports that it was the first college in the world to offer a bachelor's degree in videogame technology and development.

(At the website games.digipen.edu, you can play free games developed by DigiPen students.)

Our school classrooms have experienced growth that mirrors the growth in Redmond, and my math students represent countries from around the world. What unites us is a love of learning, community and school spirit-Go, Stangs! I have the privilege of coaching the Redmond High Boys Golf Team, which was

the 2017 3A state champion.

Golf is a popular sport in general in the Redmond area, and I grew up playing rounds with my friends at a local public course, although it was subsequently redeveloped in 1997 to become the Redmond Town Center shopping destination, with outdoor storefronts, restaurants, entertainment, and office space. During college, my summer job was working on the grounds crew at the private Sahalee Country Club, which at the time had a Red-



A FEW REDMOND **FAVORITES**

- Microsoft Visitor Center (microsoft. com/en-us/visitorcenter/default): Explore on your own or book a guided tour to discover more about artificial intelligence, try your gaming skills, use a LinkedIn photo booth, and learn about Microsoft's history "from garage startup to global leader."
- Midori Bakery (midoribakery.com): The bakery makes delectable desserts and French pastries ranging from croissants
- Molly Moon's Homemade Ice Cream (mollymoon.com): The shop—located in downtown Redmond's historical core, where several buildings date to the late 1800s and early 1900s—often has lines down the block on a summer night. Unique Northwest flavors include Honey Lavender and Union Coffee.
- Redmond's Bar and Grill (redmondsgrill. com): Another historical-core business, this is a place where everybody knows your name ... and order. Tip: Get the nachos

during happy hour, before hometown Redmond High sports games.

Redmond Bike Park (redmond.gov/ parksrecreation/parks/redmondbikepark):

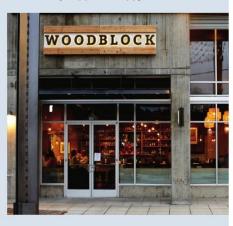


BMX and mountain-bike riders can use three dirt-jump trails, a pump track and a skills loop.

- Rooms for Adventure: At Conundroom Quest (conundroom.us), experience adventures with themes such as art heist and time travel. At Flee Escape Games (fleeescape.com), five themed rooms range from Ancient Egypt to Magic
- Victor's Celtic Coffee (victorscelticcoffee.com): One of Redmond's many coffee-

houses, Victor's opened in 1989 in the downtown historical core and has an artistic vibe; options such as a secretrecipe espresso; and a sense of humor, noting that "all unattended children will go home with 4 shots of espresso and a free puppy."

■ Woodblock (woodblockredmond.com): Serves creative rustic fare, craft brews, classic drinks and whiskey flights, and offers a very happenin' happy hour. —S.W.











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>> HERE & NOW **SEATTLE** mond address but is now part of the city of Sammamish. The club, which has hosted major PGA tournaments, is the home course for our Lake Washington School District rival, Eastlake High. We hold our Redmond High golf-team tryouts at Redmond's public Willows Run Golf Complex, which hosted the 2018 Special Olympics USA Games. Willows Run's two scenic 18hole courses have woods and water features, yet give even less-experienced but up-andcoming golfers an opportunity to perform well. Our team's home course is the private Bear Creek Country Club, which is in the Redmond area even though it has a Woodinville address. Several of our players belong to the club.

Another popular activity in Redmond is visiting the downtown Saturday Market, May to October, at Redmond Town Center. The Redmond High School Band, for which my son has played the drums, performs on opening day the first Saturday in May. The market typically has at least 80 vendors, with options ranging from produce to pottery. Our family is particularly fond of La Crespella's artisanal crepes.

After enjoying crepes and purchasing floral bouquets grown by local farmers in the Sammamish Valley, we often stroll a short distance to access the approximately 11-mile paved Sammamish River Trail, which we follow south for less than a mile to 640-acre Marymoor Park. Attractions there include a 40-acre off-leash dog park that is beloved by our four-legged family member, Coco, a black-andtan dachshund.

The park also has sports fields, an air field for radio-controlled model aircraft, picnic sites, bird-watching along the shore of Lake Sammamish, and summer concerts and movies that our family likes to attend. In addition, when Cirque du Soleil comes to the Seattle area, it sets up its grand chapiteau (big top) performance tent in Marymoor Park.

The park also boasts a velodrome, a 400-meter oval bicycle-racing track that hosts regular events, including a summer Friday-nights racing series that attracts world-class riders and thrills spectators. And adult and youth track-cycling classes are available from the Marymoor Velodrome Association. Riders with Seattle-area connections who've learned and honed cycling skills at the velodrome include Olympic silver medalist Jennie Reed.

Redmond also has a network of trails and bike lanes for recreational cycling, and has been recognized as a bike-friendly community by the League of American Bicyclists.

The Sammamish River Trail—which runs from Marymoor Park north to Bothell, where it connects with the approximately 20-mile Burke-Gilman Trail to Seattle—is busy on weekdays with commuters and on weekends with bicyclists, skateboarders, joggers and people enjoying a stroll along the river, where they might see great blue herons, deer, turtles and beavers. Traveling the entire river trail provides views of the lovely Sammamish Valley and, in clear weather, the Cascade Foothills and Mount Rainier.

Maybe someday one of my former math students will use skills she or he developed at DigiPen to create a videogame that combines the scenery of pedaling the trail with the speed and energy of cycling the velodrome ... in an "E" for Everyone experience that allows people across the globe to get a sense of the remarkable community where I work and live. ₹

Steve Wiebe has appeared in several movies, and he voiced his cartoon character for the 2007-2008 TV series Code Monkeys.

Marymoor Park, one of Redmond's top attractions, hosts events such as summer movies and concerts in the park, as well as offering sport fields, trails and a velodrome cycling track.



FARM PARK

When our kids were young, the swings in the playground and the turkey in the big red barn were top draws at the City of Redmond's 68-acre Farrel-McWhirter Farm Park. The turkey is no longer there, but visitors can get acquainted with goats, bunnies, pigs, chickens, ducks, sheep, a mini-horse and a cow in the barn or barnyard. The park's horseback riding school accepts kids and adults of all skill levels, and the park also has trails, an orienteering course and picnic shelters. —S.W.



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TASTE WASHINGTON

By Michele Andrus Dill

Described as the nation's largest single-region wine-and-food festival, Taste Washington returns for its 22nd year, March 28–31, with more than 235 wineries and 65 Seattle-area restaurants offering sips and food samples.

The festival will kick off March 28 with the Red & White Party, showcasing premier winemakers and top-rated wines, at the waterfront Aqua by El Gaucho restaurant.

On March 29, Northwest ingredients and Washington wines will star in lunches at Puget Sound-area farms during On the Farm events. During The New Vintage party that night at The Sanctuary event space, attendees will get to taste wine and small bites while mingling with prominent regional winemakers and chefs, including Seattle's Edouardo Jordan. His JuneBaby restaurant was the winner of the 2018 James Beard Award for Best New Restaurant. Jordan also received the 2018 James Beard Best Chef: Northwest honor for the cuisine at his Salare restaurant. In December, he opened the new Lucinda Grain Bar.

Seminars on March 30 and 31 at the Four Seasons Hotel Seattle will have themes ranging from "Extreme Viticulture" to "Grenache: Washington's Answer to Pinot Noir." During Sunday Brunch, March 31 at acclaimed Seattle chef Tom Douglas' Palace Ballroom, Douglas and guest chef Ana Sortun from Boston will provide an East Coast–West Coast meal, with cocktails. The brunch celebrates the Seattle Mariners' home-opener series, March 28–31, against the World Series–winning Boston Red Sox.

Taste Washington will culminate with Grand Tastings—extravaganzas of wine and food—the afternoons of March 30 and 31 at the CenturyLink Field Event Center, where Seattle chefs also will give demonstration-stage presentations. Alaska Airlines Mileage Plan is a premier sponsor of Taste Washington. For more information, see tastewashington.org.

≺



>>> Above and right: Taste Washington attendees enjoy wine and food at last year's Red & White Party.





GO TO:Spirit of the West Cowboy Gathering

This celebration of cowboy culture, including music, poetry and art, takes place in Ellensburg, about 100 miles southeast of Seattle, Feb. 15–17. The festival features top national and local entertainers, such as Western Music Association Hall of Fame inductee Dave Stamey, as well as a cowboy dance; workshops and demonstrations; roping instruction; and rodeo fun at the Kids

Corral. In addition, around 40 vendors showcase works that can range from leather pieces to handmade boots (ellensburgcowboygathering.com).

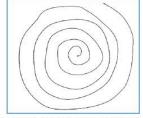
You might also enjoy a summer visit to Ellensburg to take your own horseback trail ride; hike, birdwatch or bike; or see the acclaimed Ellensburg Rodeo over Labor Day weekend (myellensburg.com).

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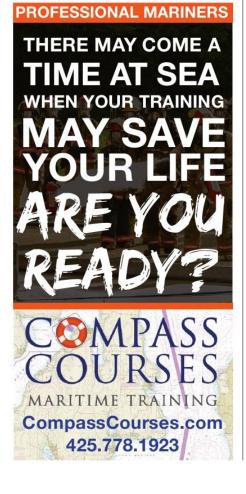


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>> HERE & NOW SEATTLE

CALENDAR



Explore landscapes ranging from a crocodile's water world to a grove of boab trees in the IMAX film *Australia's Great Wild North*, through March 14 at Pacific Science Center on the Seattle Center campus. Alaska Airlines is a sponsor of Seattle Center (pacificsciencecenter.org).

"Bold As Love: Jimi Hendrix at Home," on display through May 5 at the Northwest African American Museum, features family photos, the musician's artwork and music, and multimedia displays as the exhibit tells the story of how Hendrix's upbringing shaped his life and career (naamnw.org).

Winter programs at the Olympic Sculpture Park include "Kids' Saturday," Feb. 9, with activities and a story time, and "Art Encounter," Feb. 22, combining performance and installation (seattleartmuseum.org).

Italian pianist Filippo Gorini, first-place winner in a prestigious international Beethoven competition in 2015, is making his Seattle debut Feb. 15 at the Meany Center for the Performing Arts on the University of Washington campus. The center regularly hosts international performers (meanycenter.org).

Dancers from across the country are performing during the "Chop Shop: Bodies of Work" contemporary-dance festival, Feb. 16–17 in Bellevue, east of Seattle. The festival also includes dance classes and lectures/demonstrations geared to people of varying ages and dance skills (chopshopdance.org).

The Xtreme International Ice Racing series comes to Everett, north of Seattle, on Feb. 16, with Puget Sound-area competitors riding motorbikes customized for oval ice tracks (xiir.org).

More than 80 performers, representing 10 cities across North America, are onstage during the Seattle Festival of Improv Theater, at two Seattle venues, Feb. 20-24 (seattleimprov.com).

More than 80 films by and about Asian Americans are being showcased during the Seattle Asian American Film Festival, at the Broadway Performance Hall and the Northwest Film Forum, Feb. 21-24 (seattleaaff.org).

Cycle scenic Bainbridge Island, west of Seattle, during the 33-mile Chilly Hilly ride, Feb. 24. The ride climbs a total of 2,191 feet, with a midpoint stop for food treats, hydration drinks and bike mechanical services (cascade.org/chillyhilly).

The 2018-19 season at Village Theatre in Issaguah, east of Seattle, includes the 2015 Tony Award winner for best play, The Curious Incident of the Dog in the Night-Time, March 14-April 21. Also



being staged are two Tony Award bestactor honorees: the 1966 musical I Do! I Do!, through Feb. 24, and the 2010 musical Million Dollar Quartet (about Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins), May 9-June 23 (villagetheatre.org).

The 10th-annual Nordic Lights Film Festival, spotlighting the richness and diversity of Nordic cultures through screenings of more than a dozen films, will take place March 1-3 at the Nordic Museum (nordicmuseum.org).



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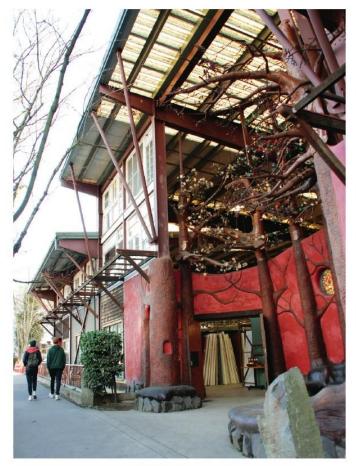
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Clockwise from far left: The Re-Building Center offers a variety of reusable household materials. Matt's BBQ is one of the neighborhood's excellent food carts. Paxton Gate has a wide range of gifts.

LIFE ON MISSISSIPPI AVENUE

This Portland neighborhood is full of discoveries

By Alex Pulaski

>>> Portland's North Mississippi Avenue is one of those neighborhoods that make the City of Roses such an interesting place to live.

Quirky, eclectic and fun, this area in the northeast section of the city manages to offer a unique blend of appealing restaurants and bars, an array of food carts and brewpubs, and fun shops all within just a half-dozen city blocks. From local handcrafted goods to herbal remedies, as well as salts and chocolates from around the world, the neighborhood's shops glow with personality.

That is certainly true at the Portland outlet for Paxton Gate, a purveyor of exotic and strange items that speak to a fascination with the natural world. The original shop was started in San Francisco in 1992, with Andy and Susan

Brown opening the Portland shop in 2010. Paxton Gate offers a collection of oddities that include taxidermy animals, a variety of preserved insects and unique gifts such as a prehistoric walrus skull.

I end up buying a pair of agatized ammonite fossils. They basically resemble a fossilized snail shell that has been cut in half lengthwise and polished to a high sheen. A shop clerk ventures that the pair are at least 150 million years old.

A few blocks south of Paxton Gate is Sunlan Lighting. If you are looking for a little more excitement in your home illumination, Sunlan has you covered.

Owner Kay Newell started Sunlan in 1989 in her home. She opened up a showroom two years later, making it the neighborhood's oldest business under continuous ownership.

>> HERE & NOW PORTLAND

Today, light bulbs in unusual colors, shapes and sizes clamor for attention in her storefront windows. Newell stocks everything from night-lights to a filament that lights up in the shape of the American flag.

Those interested in remodeling their home or just looking for inspiration should drop by the ReBuilding Center, a non-profit that opened in 1997 and now recycles hundreds of tons of building materials each year.

The center is a budget do-it-yourselfer's paradise, where you can find a wide array of donated household items, from bathroom sinks and tubs to appliances and cabinets, for a fraction of retail prices. It also offers classes in safely and creatively working with used materials. You get a deal, and the items stay out of the waste stream.

Other area shops include The Meadow, a gourmet salt and chocolate lover's dream, where you can buy exotic chocolates from around the world and a variety of international salts, including a Himalayan salt block that comes from a 600 million-year-old salt deposit under the Punjabi landscape in northern India.

Also, there is the neighborhood's Herb Shoppe, which sells herbal remedies from plants native to the Northwest.

Even on a weekday evening, the street is busy with visitors. Some are enjoying the music from Mississippi Studios, a musician-owned nightspot. The former home of a Baptist church, the building now is a small and intimate venue that hosts many of the region's top bands and comedians.

One of the area's best bars is Sidecar 11, famous for its wall of whiskeys. There also are craft breweries, including the acclaimed Ecliptic Brewing.

John Harris, the original brewmaster at nationally renowned Deschutes Brewery, founded Ecliptic in 2013. Harris, who has a passion for astronomy, named the brewery after the imaginary line in the sky that marks the annual path of the sun. He also likes to use astronomic terms to name his beers, including the Orbiter IPA, the Starburst IPA and the Orange Giant Barleywine Ale, to name a few.

The neighborhood is home to various restaurants, including Mee Sen Thai Eatery, with its excellent spicy dishes. The street is also known for its food carts. I marvel at the marbled briskets smoked at Matt's BBQ, a cart ringed by stacks of white oak logs. Nick Sherbo, the cart's manager, says the briskets spend as long as 16 hours in the smoker.

"We do everything by feel," Sherbo says.

Mississippi Avenue is an original. Few Portland neighborhoods combine the mix of intriguing shops, intimate bars and fun eateries you'll find in these few blocks.

⊀

Alex Pulaski writes from Portland.

FESTIVALS ON TAP

Oregon brewers and distillers warm up the season

By Susan G. Hauser



>>> You may well ask, "What is a zwickel?"

Then again, you may not really care, once you get swept up into Zwickelmania, the annual brewery open house that is celebrated in various Oregon locations in mid-February.

This year is the 11th annual event, and since 2017 it has been divided between Portland (always on the Saturday of Presidents Day weekend) and the rest of the state (on the following Saturday, February 23 this year).

For the record, *zwickel* is a German word for the tap (or spout) used to sample beer from a cask or fermenting tank. At Zwickelmania, you may encounter many a zwickel, since one of the event's features is free tank and barrel samples, straight from the zwickel.

Founded by the Oregon Brewers Guild (oregoncraftbeer.org), the event has grown along with the state's beer industry. In 2009, the first year of Zwickelmania, only 36 Oregon breweries opened their doors to beer lovers, offering tours, tastings and meet-the-brewer events. This year, more than 100 breweries are taking part from across the state.

The original idea was to give beer its proper due with a winter event after the Oregon wine industry focused on the Memorial Day and Thanksgiving Day weekends for annual open houses and barrel tastings. Happily, wine and beer are now on even ground, so there's no reason to get your zwickel in a twist.

Also on February 23, beer SNOBs (Supporters of Native Oregon Beer, as an enthusiastic group of local beer drinker call themselves) are happily sharing the stage with yet another segment of the state's adult beverage industry for the fifth-annual Brewstillery Festival.

The event, which is held at Portland's StormBreaker Brewing, on Beech Street, in northeast Portland,



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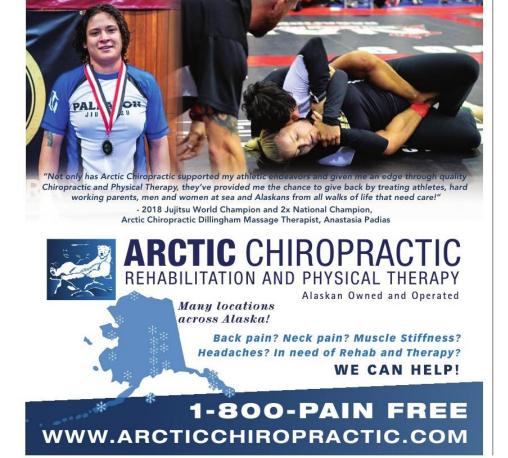
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combines craft distillers and craft brewers who offer samples of their wares, sometimes even pouring the drinks together.

Each of 25 Oregon craft beers is paired with an Oregon craft spirit from a local distillery.

A tasting team offers recommendations for pairings of the beers and spirits, but creativity is encouraged. One ticket buys you a 4-ounce glass of the beer or a quarter-ounce sip of spirits.

Whether you chase the spirit (generally whiskey, gin or vodka) with beer, or the other way around, is up to you. Festivalgoers can even combine the two for a spur-of-the-moment boilermaker.

The resulting concoctions can be very memorable, such as the peanut butter stout from Redmond's Wild Ride Brewing that I combined with the marionberry-infused vodka from Portland's Wild Roots distillery a few festivals ago. PB&J never tasted so good.

The popular Brewstillery Festival grew out of Whiskey Wednesday, a regular event at StormBreaker Brewing, where most of the beers on tap are paired with a craft whiskey. The idea caught on, and the event continues to grow.

This year, Beech Street, adjacent to Mississippi Avenue, will be closed to traffic during the event, from noon to 8 p.m., to accommodate the crowds enjoying Brewstillery, which includes live music all day long.

A \$25 ticket gets you a souvenir beer glass and 10 tickets; a \$45 VIP ticket gets you both a souvenir beer glass and a whiskey glass, 15 tickets, and early admission to hobnob with the brewers and distillers.

The event is a great way to learn about many of the region's finest spirits and craft beers and also expand your thinking about how such drinks can be enjoyed together.

★

Susan G. Hauser writes from Portland.

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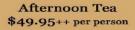
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SAN FRANCISCO'S PRESIDIO TODAY

Grand views and engaging experiences define this area celebrating 25 years as a park

By Renee Brincks

Three miles into a hike on a crisp San Francisco morning, I pause at a crescent-shaped stone terrace overlooking eucalyptus trees and serpentine grasslands. Stairs and gravel paths to my right wind down to El Polín Spring, where native Ohlone communities once gathered and where early-1800s settlers later built adobe homes. Straight ahead, in the distance, sailboats sweep across San Francisco Bay, and a passenger ferry chugs toward Alcatraz Island.

After taking in the view here at the Inspiration Point Overlook, I turn and cross Arguello Boulevard, heading toward a steeplelike cluster of upright Monterey cypress trunks that stretches nearly 100 feet into the sky. This striking work— Spire, by the British nature artist Andy Goldsworthy—anchors the southern edge of San Francisco's extraordinary military post turned park, the Presidio.

Starting in 1776, this rugged northern section of the city was a military post for more than 200 years under Mexican, Spanish and American flags. When the

U.S. Army left in 1994, the roughly 1,500-acre Presidio became part of the Golden Gate National Recreation Area, within the national park system. Today, the Presidio's dramatic urban park space features 24 miles of hiking trails, 25 miles of cycling paths and 10 scenic viewpoints overlooking the Pacific Ocean, San Francisco Bay and the Golden Gate Bridge. And it's all a short drive or a free trip on a PresidiGo shuttle from downtown.

Having explored the Presidio for 10 years, I'm still fascinated by its varied habitats, historical highlights and recreational riches. More than 320 species of birds thrive in the park, and about 60-plus bee species, 30 types of butterflies and 14 native plant communities. The Franciscan manzanita, a native shrub thought, for 70 years, to have been extinct in the wild, was discovered in the Presidio in 2009.

Federal agencies, along with volunteers, continue to restore creeks and watersheds modified during the Presidio's military days. These groups are also



>>> The Pacific
Overlook, above, is
one of several places
in the Presidio with
excellent views. Andy
Goldsworthy's Spire,
right, is a unique
piece of natural
artwork.

>> HERE & NOW CALIFORNIA



>>> The planned Presidio Tunnel Tops, shown above in a rendering, will include new trails and green space. Modern Mexican dishes at the restaurant Arguello include the tempting Carnitas Tacos, right. reintroducing native animals ranging from western pond turtles to chorus frogs to threespine stickleback fish.

Whether you're strolling the Crissy Field waterfront or tackling the sand-strewn stairs that rise from Baker Beach, the Presidio promises spectacular views. Just

off Lincoln Boulevard, near several hiking trails that weave along the park's perimeter at its western edge, the Pacific Overlook offers panoramas that stretch from the windswept Lands End area to the Golden Gate Bridge. This vantage point is one of my favorite spots in San Francisco.

Nature isn't the Presidio's only draw. The San Francisco National Cemetery commemorates the fallen on a scenic slope above San Francisco Bay. Galleries at the Presidio Officers' Club, in the central Main Post area of the park, showcase the Presidio's military, archaeological and cultural history. At the northeast end of the Main Parade Ground lawn, the Presidio Visitor Center is packed with maps and interactive exhibits that introduce attractions and activities. Nearby, the Inn at the Presidio and the new Lodge at the Presidio occupy former barracks and offer comfortable options for overnighting in the national park.

Several restaurants in the Presidio welcome guests.

Presidio Social Club dishes up seasonal comfort food in another repurposed military structure, while Sessions at the Presidio spotlights craft beers.

Two-time James Beard Award winner Traci Des Jardins oversees three establishments within the park. At The Commissary, she has turned a former mess hall into a fine-dining destination, with Spanish-inspired California fare.



Her restaurant Arguello, in the Presidio Officers' Club building, features modern Mexican fare and housemade tortillas. Her quick-serve cafe Transit offers quality casual foods that include sandwiches, wood-fired pizzas and to-go snacks.

Starting April 7 and running

through mid-October, approximately 25 mobile food vendors will return to the park each week (with a rotating lineup) for the seventh season of the Presidio Picnic. This popular event, held on Sundays on the Main Parade Ground lawn, features fried chicken, falafel, noodle bowls and other treats, all prepared by local culinary entrepreneurs.

Within the next few years, 14 newly landscaped acres will link the park's central hub and the city's northern waterfront for the first time in more than 80 years. When the roadway formerly known as Doyle Drive was built as a New Deal project in 1936, it cut across the Presidio between San Francisco's Marina neighborhood and the Golden Gate Bridge. That roadway, which was rerouted through tunnels and renamed the Presidio Parkway between 2009 and 2015, will next be topped with playgrounds, walking paths, picnic spots, gardens and green space designed by the team behind New York City's High Line. This Presidio Tunnel Tops project is expected to open in 2021.

Park administrators will unveil final design plans for the project this summer. It's the latest chapter for this dynamic, under-the-radar urban playground that is the Presidio, and I can't wait to explore it.

≺

Renee Brincks writes from San Francisco.

Flyer guide

Your overview of the Alaska experience.

TABLE OF CONTENTS

134 Everything Alaska

alaskaair.com Our 5-star mobile app

Alaska Lounge Alaska's fleet

136 Alaska Beyond Entertainment

Movies and TV on your own device Go online

Rent a preloaded tablet

138 Mileage Plan

Welcome to a world of rewards

140 Global Partners

Travel the world with our airline partners

142 Where we fly

115+ destinations and counting

144 U.S. airport terminal maps

146 Customs and immigration

147 Your safety and comfort

Contact us



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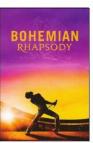
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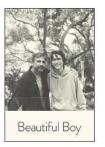
Bohemian Rhapsody



Can You Ever Forgive Me?



Boy Erased



Beautiful Boy



Wildlife

ALL YOUR FAVORITES, AND THEN SOME:

- Star Wars: The Force Awakens
- Rogue One: A Star
 Wars Story
- Up
- Cinderella (2015)
- Monsters, Inc.
- Ant-Mar
- Avengers: Age of Ultron
- Captain America: The First Avenger
- Captain America: The Winter Soldier

- · Guardians of the Galaxy
- Iron Man
- Iron Man 2
- The Jungle Book (2016)
- The Proposal
- · Tho
- Thor: The Dark World
- Toy Story 2
- Toy Story 3
- Wreck-It Ralph
- Lady and the Tramp
- 10 Things I Hate About You
- Fried Green Tomatoes

- Aquamarine
- Birdman
- Date Night
- The Descendants
- Edward Scissorhands
- Fantastic Mr. Fox
- The Grand Budapest Hotel
- Gulliver's Travels
- 27 Dresses
- Music and Lyrics
- Just Friends
- Jupiter Ascending
- Tammy









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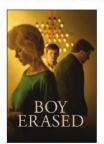
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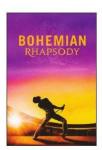
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Can You Ever Forgive Me?



The Nutcracker and the Four Realms*

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^{*} Available on the tablet only.

^{**} Flights that offer our tablet include all flights to/from Hawai'i, and flights to/from Boston, Baltimore, Washington, D.C., New York, Philadelphia, Fort Lauderdale, Orlando and Tampa. Tablets are not offered on aircraft with seatback screens.

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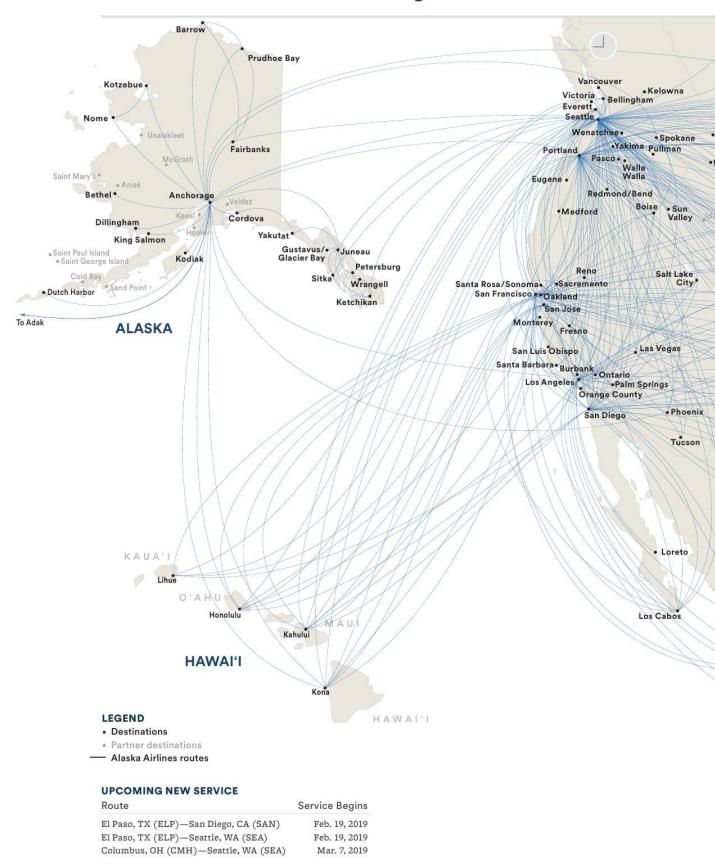


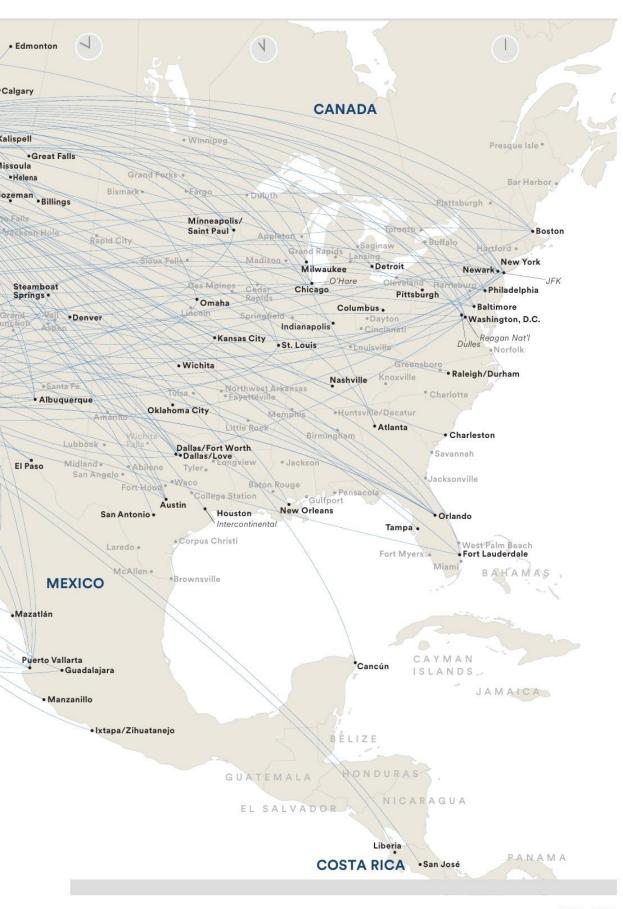


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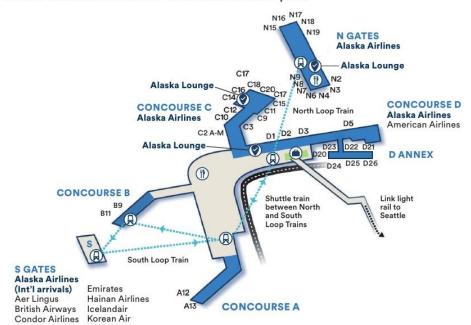
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① Tip:

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1 Tip:

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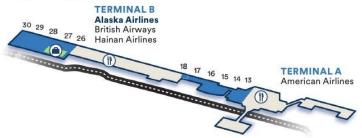
LAX Los Angeles International Airport



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TO THE UNITED STATES

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- 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."

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- Línea 9—Use "AS" para Alaska Airlines.
- Firme en la "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.
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- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

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- Todos los viajeros deben completar un formulario de Inmigración; una por persona
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- 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.

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- 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. The Federal
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have set these
rules and
regulations to
assure your safety
and comfort.

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We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

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- 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)

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

IT HAPPENS EVERY YEAR

23

27

31

49

52

57

76

80

83

88

98 99

104

110

114

19

45

32 33

58

53 54 55

37

62

68

77

>> GAMES **CROSSWORD**

15 16

22

40 41 42

26

30

72 73 74

36

39

ACROSS

- 1 Carpenter's device
- 4 Slipped
- 12 Unleash: abbr.
- 18 Specialized aircraft
- 21 Victorian, e.g.
- 22 Large tub
- 23 Famous horse race
- 27 Mr. Allan Poe
- ____ en point
- Colors 31
- 32 Force
- 37 Changed
- 39 Dweebs
- 43 New Orleans carnival
- Reduce to cinders
- 48 Nimble
- 49 Punish with a fine
- 50 Cycling race
- 52 Maui patio
- 53 Courtesy
- 56 Beowulf's foe

- Partiality 59
- Assayers' concern
- 63 Cease
- Tuber 68
- Practiced boxing 69
- 72 Saintly light
- 76 Huge appetite
- into words
- Hosiery thread
- 80 Independence Day
- Candies, e.g. 83
- 84 Tug
- 85 Government's fee
- 88 Minister to
- Surgeons, briefly
- 90 Thick shake
- Break

- Taken 101

- 106 Motion picture celebration
- Wyeth's field 110
- 111
- 112 Lagoon
- 113 Levels out
- 114 Coll. degrees

- 8 City haze
- 15 Print measures
- 20 Pentateuch

- 25 Greenness
- Has debtors
- 29 Study of plants, for short
- 30

- 35 Pious
- 38 Italian bye
- 47

- 57 Those people
- Brush feature 58
- 61 Scrubs a launch
- 65 Experiment site
- Cognomens turned

- 82 Household

- 91 Interject
- 94 Imperfection
- 98 Group: abbr.
- 102 Faxed
- 103 Mr. Agnew
- 104 Visibly tired

- __ whiz!

115 My ____ True Love

100

- 116 Water vessel
- 117 Church word
- 118 Ebony cuckoo
- DOWN
 - 1 Consulted
 - Overgrown
 - 3 Hope or Ted
 - 4 Garble
 - 5 Resin
 - Squid defense 6 7 L.A. Law actress
 - Simmered 9 Edible mushroom
 - 10 Spheres
 - 11 The ____ Nineties
 - 12 All over again
 - 13 Poetry muse
 - 14 Mai ____ 15 Symmetrical
 - 16 Actor Dillon
 - 17 Eye issue 19 Family/educator gps.

- 24 Fools

- 29 Goatee, e.g.
- 32 Elevator car
- 33 Bruin legend
- 34 Ms. Farrow
- 35 Personal journal
- 38 Flume
- 40 Sonata finale
- 42 Stone pillar
- 43 Milk flavoring
- 46 Stage work
- 47 Wind up
- 48 Apprehensive 50 Cable TV channel
- 51 Shields of protection
- 54 Catcher's glove

102

112

116

- 26 Old soldier

- 36 Disrobe
- 37 Veni, vidi, ___
- 41 Kitchen gadget
- 44 Far East nursemaid
- 45 Lacoste of tennis

- 53 Gulch

- 55 Hook shape 58 Kiosks
- 59 Earthen wall
- 62 Billy Budd composer 63 Thirsty
- 64 Herb

10 11

38

35

20

50

70

90

24

28

78

81

84

89

97

111

115

12 13 14

21

25

51

56

82

108

103

59

63

65 Certain punches 66 Love

113

117

- Sportswear manufacturer 67
- 69 Urges 70 Eleventh president
- 71 Whichever
- 73 Dismounted Ms. Albright
- 75 Gemstone
- 77 Great desire Kick out 78
- 79 Moniker 81 Inlet
- Dandies 82 85 Incensed
- 86 Rebellious Turner
- 87 Computer's brain: abbr. 89 Subdue

90 Discoverer

118

97

- 92 Mouselike mammal
- 93 Fling
- 94 Bridge
- 95 Around 96 Cover Girl star
- 97 Lou Grant role
- 98 Moby Dick chaser 99 TV's Gilbert
- 100 Some NCOs 102 Dory
- 103 Water bird 105 Previously
- 106 ____ Ventura 107 Grad. degree 108 Sweet potato

109 Bar potable **SOLUTION ON PAGE 154.**

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LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	

DEFINITIONS

Unaccompa	

2. Humorous Jay

3. Dollar bill

4. Capital of Texas

5. Unwanted spot

6. State of agitation

7. Highway bypass

8. ___ space, astronaut's domain

9. Fairly flew

10. Alpine sport

11. Male monarchs

12. ___ or swim

13. Sentence segment

14. Quick-witted

15. Practice boxing

16. Caesar's language

17. Plane's rear section

18. Fighter Muhammad

19. Prom date

20. Hold in reserve

21. Divide (laundry)

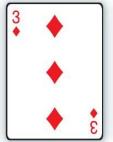
22. Author Hemingway

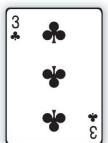
23. Firm; strict

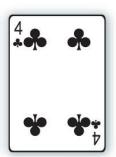
24. Transmitted (email)

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?











- 1. The spade is adjacent to both threes.
- 2. The king is adjacent to both clubs.
- 3. The four is somewhere above the seven.

ANAGRAM MAZE

The diagram contains 36 words, 21 of which are anagrams of other everyday words. Start at the top arrow and anagram INCH. While solving, move up, down, right or left to the only adjacent word that can be an grammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1	2	3	4	5	6
INCH	KIWI	ROOF	BODY	BAND	GLEE
7	8	9	10	11	12
GAPE	FANG	HERE	DIAL	RING	WAKE
13	14	15	16	17	18
DUES	LAVA	MEAN	MAID	LESS	ANTE
19	20	21	22	23	24
APES	BALD	RULE	LOLL	LONE	VETO
25	26	27	28	29	30 FURY
RUBY	FILM	DIVA	TELL	STAR	
31	32	33	34	35	36
STAB	ORBS	MEET	FORK	FLEA	MILE

SOLUTIONS ON PAGE 155.







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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. Solutions on page 154.

DIFFICULTY: EASY

DI	FFIC	IIITV.	BACD	THERM

						8	7	1
4			9		5	9		
		9	7	2	1		6	
	9			5	7			2
6		4		1		5		8
5			3	6			1	
	6		5	3	9	2		
		2	1					6
8	3	5						

	4				3	1		
		5	2					3
1				9		8	0	5
		1	7		5		3	
8		*			18		8	6
	5		9		8	7		
4		3		5				2
7					9	6		8)
		9	8				4	

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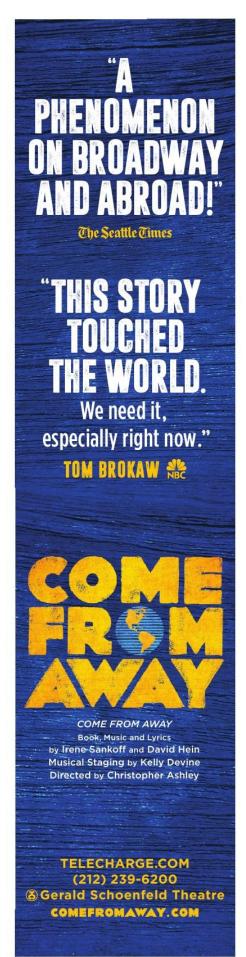
WEST COAST WINE COUNTRY

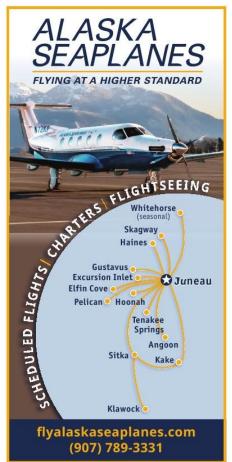




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CROSSWORD ON PAGE 148.

Α	W	L		S	L	1	D		S	М	0	G		D	E	Т		E	М	S
S	E	Α	Р	L	Α	N	Ε		Т	0	R	Α		E	R	Α		٧	Α	Т
K	E	N	Т	U	C	K	Y	D	E	R	В	Y		N	Α	1	٧	E	Т	Υ
E	D	G	Α	R				0	W	Ε	S		В	0	Т		Е	N	Т	E
D	Υ	E	S		C	0	М	P	Ε	L		D	E	٧	0	U	Т			
				٧	Α	R	1	E	D		C	1	Α	0		N	Ε	R	D	S
М	Α	R	D	Τ	G	R	Α	S		C	Н	Α	R		Α	D	R	0	1	Т
Α	М	E	R	C	Ε				Т	0	U	R	D	Ε	F	R	Α	N	U	E
L	Α	Ν	Α	1		Α	М	Ε	N	1	Т	Υ		G	R	Ε	Ν	D	E	L
Т	Н	E	М		В	R	1	S	Т	L	Ε		В	1	Α	S		0	R	Ε
			Α	В	0	R	Т	S				D	E	S	1	S	T			
L	Α	В		R	0	0	Т		S	P	Α	R	R	E	D		Н	Α	L	0
E	D	Α	C	1	Т	Y		E	P	0	N	Y	M	S		N	Υ	L	0	N
F	0	U	R	T	Н	0	F	1	U	L	Υ				F	Α	М	1	L	Υ
T	R	E	Α	Т	S		J	Ε	R	K		1	Ν	C	0	М	Ε	Т	Α	Х
S	Ε	R	٧	Ε		D	0	C	S		F	R	Α	P	P	Е				
			1	N	S	E	R	Т		Н	1	Α	Т	U	S		S	C	Α	R
Α	S	S	Ν		Н	Α	D		S	Ε	N	T				S	P	1	R	0
Н	Α	G	G	Α	R	D		A	C	Α	D	Ε	M	Υ	Α	w	Α	R	D	S
Α	R	Т		G	E	E		C	0	٧	E		В	Α	L	Α	Ν	C	E	S
В	Α	S		0	W	N		Ε	W	E	R		Α	М	Ε	N		Α	N	1

SUDOKU ON PAGE 153.

DIFFICULTY: EASY

2	5	6	4	9	3	8	7	1
4	1	7	6	8	5	9	2	3
3	8	9	7	2	1	4	6	5
1	9	3	8	5	7	6	4	2
6	7	4	9	1	2	5	3	8
5	2	8	3	6	4	7	1	9
7	6	1	5	3	9	2	8	4
9	4	2	1	7	8	3	5	6
8	3	5	2	4	6	1	9	7

DIFFICULTY: MEDIUM

2	4	6	5	8	3	1	7	9
9	8	5	2	7	1	4	6	3
1	3	7	6	9	4	8	2	5
6	9	1	7	4	5	2	3	8
8	7	4	3	1	2	5	9	6
3	5	2	9	6	8	7	1	4
4	6	3	1	5	7	9	8	2
7	2	8	4	3	9	6	5	1
5	1	9	8	2	6	3	4	7

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BRAIN BOOSTER PUZZLES ON PAGE 150.

LADDERGRAM

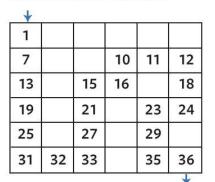
Α	1. ALONE	2. LENO	3. ONE	L
U	4. AUSTIN	5. STAIN	6. SNIT	А
D	7. DETOUR	8. OUTER	9. TORE	U
Î	10. SKIING	11. KINGS	12. SINK	G
E	13. PHRASE	14. SHARP	15. SPAR	Н
N	16. LATIN	17. TAIL	18. ALI	Т
С	19.ESCORT	20. STORE	21. SORT	Е
E	22. ERNEST	23. STERN	24. SENT	R

CARD SENSE

By clue 1, the seven of spades is immediately between the three of diamonds and the three of clubs, in some order. The king of hearts is immediately between the three of clubs and the four of clubs, in some order (clue 2). Since the four is above the seven (clue 3), the four of clubs is on top, the king of hearts is second, the seven of spades is fourth, and the three of diamonds is fifth. In summary, from top to bottom: four of clubs, king of hearts, three of clubs, seven of spades, and three of diamonds.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is 1. chin; 7. page; 13. sued; 19. peas; 25. bury; 31. bats; 32. robs; 33. teem; 27. avid; 21. lure; 15. mane; 16. amid; 10. laid; 11. grin; 12. weak; 18. neat; 24. vote; 23. noel; 29. rats; 35. leaf; 36. lime.





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#IFLYALASKA



"Wish I were a little bit closer on this wave, but it was still so unreal to see it up close in the channel," says Instagram user Austin Moore (@austinmoor), who took this photo at the Banzai Pipeline, on O'ahu's North Shore. "Yesterday was epic.

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