

Pacific Northwest Chapter of the American Society of Indexers and
Indexing and Abstracting Society of Canada/Société canadienne pour l'analyse de documents
present their first joint conference

Building Bridges: Connecting with Readers, Clients, and Colleagues

May 4 and 5, 2001

South Campus Center, University of Washington, Seattle, Washington, USA



Dear Fellow Indexer,

Pacific Northwest Chapter of the American Society of Indexers and Indexing and Abstracting Society of Canada/Société canadienne pour l'analyse de documents are proud to present their first joint two-day conference.

At this conference, you can expect to strengthen your indexing skills, gain inspiration and ideas, find new directions to pursue, acquire professional contacts, and make new friends. The conference presents something for every indexer, regardless of their experience level. Learn about how to create (or improve) your presence on the Internet. See the different indexing softwares in a side-by-side comparison, and learn about the basic and advanced features of each. Discover how much your indexes are helping the readers through a unique usability panel. Participate in a hands-on workshop focused on handling difficult indexing situations. Peer reviews will help you with actual indexing issues. Networking and social opportunities will be available: dinner-socials on Friday and Saturday evenings.

Seattle, the Emerald City, is a thriving city composed of small, unique neighborhoods. Take a walk through one of the city's many parks. Enjoy shopping at the University Village. Take in the local sights from a sidewalk table at a local coffee shop. Visit some truly fun and funky bookstores.

Everyone interested in indexing is welcome at our two-day conference. If you've wondered about this field or you're a long-time professional, we're sure that you'll find this conference informative and fun. So, make plans now to join us May 4 and 5 in Seattle, Washington. We'll see you there.

Sincerely,

Coordinating Committee

Judy Dunlop

Barbara Kempf

Martha Osgood

Sherry Smith

Questions: Contact Martha Osgood at index@teleport.com

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Seattle, Washington

FRIDAY, MAY 4

11:30 a.m. -12:45 p.m. **Registration, lunch, networking**

1 p.m. -2:45 p.m. **Software comparisons**

Are you trying to decide which index software is best for you? Do you want to learn more about the software you have? If so, this talk is for you. Representatives from Cindex, Macrex, and SkyIndex will discuss their software and explain how to get the most out of the advanced features. The presenters will also do a comparison of the entry processes on identical indexes on their softwares.

3 p.m. - 4:45 p.m. **Web sites for indexers**

Presenter: Mike Hilp. Mike has worked in the computer field for more than 15 years. He teaches computer classes for all ages, offers online instruction, and builds education-oriented web sites. During this workshop, he'll build a web site, critique several web sites, and discuss marketing issues for web sites.

5:30 p.m. **Informal dinner** (location to be announced, cost not included in registration)

SATURDAY, MAY 5

7:15 a.m. - 8:45 a.m. **Peer review breakfast**

This activity will occur in small, friendly groups of 2-4. In your group, you'll have an opportunity to share your index, receive feedback on your product, and do the same for someone else. Every effort will be made to match experience levels so that everyone benefits. Success requires that everyone bring an index to share. If you're new to indexing, create a sample index or bring one that you admire. If you are an in-house indexer, bring part or all of a completed project that you can share. Bring four copies.

8:45 a.m. -9:00 a.m. **Break/socializing**

9:00 a.m. - 9:45 a.m. **Volunteer recognition; annual business meeting**

9:45 a.m. -11:45 a.m. **How do you know your index works?**

Panel discussion. It is not enough for another indexer to say if an index is good. The real judges are people who use the index every day and in the heat of the moment. "Does the index work?" will be asked of a legal index and answered by a panel of index users. Panel members will include a public librarian, a publisher's representative, an attorney, a law student, a legal indexer and a lay person with legal questions. Colleen Dunham will lead the discussion as these people use a real index to find answers to real questions.

Questions: Contact Martha Osgood at index@teleport.com

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SATURDAY, MAY 5 (continued)

11:45 a.m. - 12:45 p.m. **Lunch**

1:00 p.m. - 5:00 p.m. **Intermediate indexing**

Workshop Presenter: Kari Kells. During this workshop, we'll look at various solutions to difficult indexing issues presented in "A Surgeon's Life" a chapter in *Anthropologist on Mars* and will discuss the pros and cons of each. To provide multiple solutions to compare, participants are asked to index this chapter and mail their indexes to Kari before the workshop. Don't let the idea of a pre-workshop exercise fool you: your index will not be edited, graded, or otherwise marked up. It will only be used to prepare handouts. Anonymity will be maintained! Please see the attached sheet that includes the details of the exercise.

6:00 p.m. **Informal dinner** (location to be announced, cost not included in registration)

SUNDAY, MAY 6

8:30 a.m. **Officer meeting and breakfast**

Everyone is welcome; the location will be announced at the meeting.

REGISTRATION FORM

Building Bridges: Connecting with Readers, Clients, and Colleagues

May 4 and 5, 2001

Seattle, Washington, USA

I plan on attending the conference.

Early registration **through April 4.**

Full conference for ASI members and IASC/SCAD members: \$100 US or \$150 CDN

Full conference for University of Washington students: \$40 US

Full conference for others: \$125 US or \$187.50 CDN

Saturday only for ASI members, IASC/SCAD members: \$80 US or \$120 CDN

Saturday only for University of Washington students: \$35 US

Saturday only for others: \$105 US or \$157.50 CDN

Regular registration **April 5 through April 21**

Add \$20 US or \$30 CDN to the prices above for registration

PNW/ASI thanks ASI-UW for their assistance with the spring chapter meeting at the University of Washington.

CANCELLATION POLICY

- 75% refund for cancellations before April 21
- No refunds after April 21 unless approved by the officers.

REGISTRATION INFORMATION

Name:

Address:

City/State or Province/Country:

E-mail (optional: will be used for late-breaking conference announcements):

Name as you want it to appear on your name badge:

FOOD (Vegetarian meals will be available.)

Lunch on Friday

Yes, I'll be eating lunch during this time

No need to order lunch for me, I won't be eating/I'll be bringing my own

Peer Review Breakfast on Saturday

Yes, I'll be eating breakfast during this time

Lunch on Saturday

Yes, I'll be eating lunch during this time

No need to order lunch for me, I won't be eating/I'll be bringing my own

Please send your registration form and fee to

Martha Osgood, PNW/ASI Secretary/Treasurer

2845 University Street

Eugene, Oregon 97403-1669

Questions: Contact Martha Osgood at index@teleport.com

LODGING OPTIONS

Building Bridges: Connecting with Readers, Clients, and Colleagues

May 4 and 5, 2001
Seattle, Washington, USA

UNIVERSITY INN

A block of rooms has been reserved at the University Inn, 4140 Roosevelt Way NE, Seattle, WA 98105.
Phone (206)632-5055, Fax (206)547-4937.

Indexing Room Rates (US Dollars) Available Until April 4, 2001

Thanks to Barbara Kempf and our coordination team, we have a special group rate at the University Inn. There are two choices. The standard at \$85/night has one or two queen beds (depending on what's available when the reservation is made) and includes continental breakfast and free parking. It has the standard bathroom. The junior suite is \$95/night and has 2 queen beds, an extra sink outside the bathroom, a mini-refrigerator, and iron. It also includes continental breakfast and free parking. They recommend the suite for two friends sharing the room. It's more room, amenities, and easier sharing the bathroom with the extra sink.

To get these rates and guarantee your reservation, you must do two things: mention "PNW/ASI" when you make your reservations and *make your reservations by April 4th.*

Regular Room Rates (US Dollars)

Standard Room: \$92 to \$109

Deluxe Room: \$99 to \$124

Suite: \$109 to \$134

Reservations

For reservations, call 1-800-733-3855 or e-mail UnivINN@aol.com. For additional information, see <http://www.universityinnseattle.com/>

Directions

The University Inn is easily accessible from Interstate 5. At exit 169, turn east on NE 45th Street. Turn right on Roosevelt Way NE. The Inn is 3 blocks south on your left on the corner of NE 42nd St.

INDEXER INNS

Indexer Inns were created two years ago to help out-of-town indexers reduce travel costs and to network with other PNW indexers. Local folks with a spare bed or couch offer to host an out-of-town indexer who needs a place to stay. If you are interested in being a host or in staying at an Indexer Inn, contact Kristin Manke, feldman@3-cities.com or 509-372-6011.

Questions: Contact Martha Osgood at index@teleport.com

Your Guide to Seattle

*compiled by Cheryl Landes
PNW/ASI Marketing Committee Coordinator*

Welcome to Seattle, The Emerald City! We hope you enjoy your stay during the conference and that this guide will be helpful to make the most of your visit to our beautiful corner of the Pacific Northwest.

This guide focuses on attractions and restaurants in the University District, where the conference and base hotel are located, and downtown Seattle.

Attractions

University District

Sample the life of a college student while exploring quaint shops, bargains, and inexpensive eateries in this area surrounding the University of Washington. The major highlights are listed below. For more information about places to eat, see the "Restaurants" section later in this guide.

Burke Museum (University of Washington campus, 17th Avenue N.E. and N.E. 45th)—This small museum displays Northwest Coast artifacts, fossils, gems, minerals, and dinosaurs. The adjoining café is an excellent spot to enjoy gourmet coffee, pastries, and desserts. The museum doesn't charge admission to eat there, unless you want to see the exhibits. Hours are 10 a.m.-5 p.m. Monday-Wednesday and Friday-Sunday, 10 a.m.-8 p.m. Thursday. Admission is \$5.50. For more information, call (206) 543-5590.

Henry Art Gallery (University of Washington campus, 4100 N.E. 15th Avenue)—The oldest public art museum in the state, Henry Art Gallery features changing exhibits of historical and contemporary art. Hours are 11 a.m.-5 p.m. Tuesday-Wednesday and Friday-Saturday, 11 a.m.-8 p.m. Thursday. Admission is \$5. For more information, call (206) 543-2280.

Museum of History and Industry (2700-24th Avenue E.)—This museum focusing on Seattle's history south of the University of Washington is worth a visit, especially on a rainy day. Stroll through an 1880s street scene with wooden storefronts, and view displays of memorabilia from the 1962 World's Fair and the former Seattle Rainiers baseball team. Hours are 10 a.m.-5 p.m. daily, and admission is \$5.50. For more information, call (206) 324-1125.

University Village (2673 N.E. University Village)—This upscale open-air mall is a shopper's delight, even if you're just window shopping. You'll find everything from kitchen accessories to office supplies. Here's just a small sampling of the shops here: Banana Republic, Barnes and Noble, Molbak's, Pottery Barn, Restoration Hardware, and Williams-Sonoma. For more information, call (206) 523-0622.

Varsity Theatre (4329 University Way, N.E.)—This movie house across the street from the University Book Store offers a changing assortment of first-run movies, as well as independent and classic films. Admission is \$7.50. For movie times and more information, call (206) 632-3131.

Washington Park Arboretum (2300 Arboretum Drive, E.)—Nicknamed "the Arboretum," this 200-acre park is considered one of the most beautiful floral, tree, and shrub collections in the Northwest. Spring is a beautiful time to wander along the trails, where the blossoms from rhododendrons, azaleas, magnolias, heather, mountain laurel, and dogwood grace the landscape. You'll also find the Japanese Garden, 3.5 acres of miniature forests, mountains, bridges crossing trickling streams, tranquil ponds, ferns, mosses, flowering shrubs, a tea house, and an azumaya (resting place). Demonstrations of the Chado, an ancient tea ceremony, are scheduled monthly. Hours are from 8 a.m.-sunset daily. For more information about the Arboretum, call (206) 543-8800; call (206) 684-4725 for details about the Japanese Garden.

Downtown Seattle

Few downtown areas compare with Seattle in diversity. Many residents describe life here with the old cliché, "having the best of both worlds." To me, it seems like downtown has a split personality, because although it is a bustling mix of offices and retail establishments, it hasn't lost touch with its natural side. One minute you're enjoying the glamour of browsing well-known retail giants, such as FAO Schwartz, Eddie Bauer, Niketown, and Nordstrom along Fourth, Fifth, and Sixth Avenues. The next, you're walking along the Waterfront, exploring mom-and-pop shops in wooden buildings weathered by the salt air of Elliott Bay and

filled with Northwest antiques and crafts. As you walk from pier to pier, the panorama of the bay and the Olympic Mountains captures you.

Not only is Seattle a rich mix of modern metropolitan architecture and outdoor beauty, it is also rich in history. Buildings dating back to 1889—the year Washington became a state—are still standing in the Pioneer Square district. Many are now filled with gift shops and art galleries that attract thousands of tourists and local shoppers annually.

The city offers dozens of sightseeing opportunities. Here are the highlights.

Seattle Center—Enjoy a 360-degree view of downtown, Lake Union, Mount Rainier, and the Olympic Peninsula from the Space Needle observation platform or in the rotating **Space Needle Restaurant**. The restaurant makes one complete rotation every hour. Space Needle hours are from 8 a.m. to midnight daily, and admission to the observation deck is \$9. There's no extra charge for the observation deck if you have restaurant reservations, which, by the way, are strongly recommended. Call (206) 443-2111 for more information or to make reservations.

The **Pacific Science Center**, also at the Seattle Center, has a variety of hands-on displays demonstrating various scientific principles, including what it feels like to be in an earthquake. The **IMAX Theater** has a daily laser light show and runs films covering a wide range of scientific topics. Hours are from 10 a.m.-5 p.m. Monday-Friday, 10 a.m.-6 p.m. weekends and holidays. Admission to the center is \$7.50 for adults; there is an additional charge to see shows at the theater. For more information, call (206) 443-2001.

The **Experience Music Project** is the center's newest attraction built by Microsoft co-founder Paul Allen to share his love of music. Highlights include Allen's collection of Jimi Hendrix memorabilia, one of Elvis Presley's black leather jackets, and other artifacts from the early days of rock 'n roll. You can also learn to play an instrument, mix music, or simply jam with other people in the Sound Lab. Hours are 10 a.m.-6 p.m. Sunday-Thursday, 10 a.m.-11 p.m. Friday and Saturday. Admission is \$19.95. For more information, call (206) 770-2700.

Pike Place Market (First Avenue and Pike Street)—The best way to describe this shopping center is that it's like a daily Saturday Market, only much bigger. Browse outdoor booths and indoor shops for fresh fruits and vegetables, fresh seafood, and Northwest crafts. Specialties include handmade wind-up toys, clothing, pottery, paper crafts, and jewelry. Buy professional photographs of Seattle tourist spots, with or without frames. My favorite shop here is **Read All About It** (93 Pike), which sells newspapers and magazines from practically everywhere in the world. For more information about the market, call the administrative office at (206) 682-7453. (See also the restaurant reviews on downtown for food options here.)

Seattle Art Museum (100 University Street)—Enjoy fine architecture and a variety of art exhibits, ranging from Northwest Indian sculpture to modern art, at this museum one block south of Pike Place Market. (See restaurant reviews for more information about the café.) Special exhibit schedules vary; a recent exhibit was a display of Leonardo da Vinci's manuscripts. Hours are 10 a.m. to 5 p.m. Tuesday, Wednesday, and Friday through Sunday, 10 a.m. to 9 p.m. on Thursday. The museum is closed on Monday. Admission is \$7. For current exhibit schedules and general information, call the 24-hour recording at (206) 654-3100.

Columbia Seafirst Center (701 Fifth Avenue)—Enjoy the panorama of Elliott Bay, downtown Seattle, the Olympic Peninsula, and Mount Rainier from the tallest building west of the Mississippi River. The viewpoint is on the 72nd floor of this 73-story brick black glass skyscraper affectionately names the “Darth Vader Building” by us locals. Hours are 8:30 a.m. to 4:30 p.m. Monday through Friday, and admission is \$5. For more information, call (206) 386-5151.

Smith Tower (506 Second Avenue)—Here you can get a bird's-eye view of Pioneer Square, Elliott Bay, and the Olympic Mountains from the city's oldest skyscraper, built in the 1920s. Admission is \$4. For hours and other information, call (206) 682-9393.

Pioneer Square—In addition to the quaint shops and art galleries, find out more about the history of Seattle at two tourist sites. At the **Klondike Gold Rush National Historical Park** (117 South Main, across from Occidental Park), learn how the discovery of gold in Dawson City, Yukon affected Seattle's economy at the turn of the century. In this indoor park, see dramatic pictures of stampedes carrying supplies on the Chilkoot Trail in Alaska, lucky prospectors holding pans filled with gold, and a floor-to-ceiling photograph of the *SS Portland*, which broke the news of the gold rush when it arrived in Seattle with a ton of gold and some 60 miners from Dawson City in July 1897. You'll also see a display of the ton of food, clothing, and equipment the Northwest Canadian Mounted Police required each person to carry into the Yukon because supplies ran short there during the long, cold winters. Other displays include goods sold in Seattle and old newspaper articles about the gold rush. Watch four, 25-minute slide shows about the history of the gold rush, Seattle's role during the gold rush, hiking today's Chilkoot Trail, and Pierre Berton's recollections of his life in Dawson City in the park's vaudeville-style theater. (Berton is best known for his historical books about the gold rush.) Hours are 9 a.m. to 5 p.m. daily, and admission is free. For more information, call (206) 553-7220.

The **Underground Tour** takes you into five square blocks of deserted buildings dating from the late 1880s. At that time, the streets were at ground level. Backed-up sewage and muddy, often impassable, streets were constant problems, because most of the Pioneer Square district was at or below sea level. From 1891 to 1905, the streets were elevated to the second story—from eight to 35 feet—on wood, brick, or stone trestles. Soon the ground-level businesses were abandoned and covered at the second story. The tour starts at Doc Maynard’s Public House, where guides provide a lively 20-minute history of early Seattle and its founders. From there, you go underground to visit three old businesses: the Scandinavian American Bank, where you’ll walk through the former safe; the Mechanics Store, a mercantile; and the Bijou Theater. The tour ends at a small museum in the basement of the Howard Building filled with photographs, drawings, and newspaper clippings of Seattle’s early history. Tours are offered daily, but schedules change monthly. Admission is \$6.50. For more information, call (206) 682-4646.

Waterfront (Alaskan Way)—In addition to browsing antique and gift shops, check out the **Seattle Aquarium** (Pier 59) and watch a 30- to 35-minute movie at the **Omnidome** next door. The Aquarium has thousands of species of fishes and other marine life, including some very playful otters in one of the outdoor exhibits. The Omnidome shows a number of nature films, ranging from a documentary on whales to exploring the Grand Canyon, along with its ongoing feature, “The Eruption of Mount St. Helens.” This film takes viewers on an airplane ride into the dome of the crater when it was erupting in 1980. Aquarium hours are 10 a.m. to 5 p.m. daily and admission is \$8. For more information, call (206) 386-4320. Omnidome movie times vary; call (206) 622-1868 for times and admission prices. If you’re watching shows at the Omnidome, you must arrive on time; there are no late seatings.

My favorite shop along the Waterfront is **Ye Old Curiosity Shop** (Pier 54), an interesting mix of souvenirs and offbeat displays. The strangest exhibit is a shrunken head. For hours, call (206) 682-5844.

Argosy offers one-hour narrated harbor tours departing from Pier 55. Enjoy views of downtown Seattle, Puget Sound, and the Olympic Mountains as the boat circles Elliott Bay. Tours are scheduled several times daily and vary throughout the year. Tickets can be purchased at the ticket booth at Pier 55. For schedules and fares, call (206) 632-1445.

Bookstores: University District and Downtown

Barnes and Noble—There are two locations: 600 Pine Street in downtown, (206) 264-0156, and in the University Village, (206) 517-4107.

Border’s (1501 Fourth Avenue, downtown), (206) 622-4599—I recommend this store for its variety of consumer software books. You’ll find lots of useful guides on how to use all of the popular software products currently on the market. Trade books on other topics are sold here as well.

Brentano’s (Westlake Center, downtown), (206) 467-9626—This is a national bookstore chain featuring a wide variety of title for all ages and a magazine section with the most popular national titles. Major local magazines are also sold here.

Bulldog News (4208 University Way, N.E., University District), (206) 632-6397—A great place to find newspapers and magazines from around the world. You can also pick up a latte or espresso here as well.

Elliott Bay Book Company (First Avenue and South Main, Pioneer Square), (206) 624-6600—This is the largest bookstore you’ll find downtown. It has hundreds of titles ranging from antiques to Northwest travel. A coffee/pastry break in the café downstairs welcomes shoppers who want to take a break from browsing the hundreds of titles available here.

Read All About It (93 Pike, downtown), (206) 624-0140 (see information about Pike Place Market earlier in this section)

University Book Store (1225 Fourth Avenue, downtown), (206) 545-9230— This is one of three bookstores operated by the University of Washington (the others are in the University District and in Bellevue). The downtown store is an excellent place to find a variety of textbooks, especially in the high-tech field. The one in the University District (4326 University Way, N.E.) has a wide variety of consumer books, textbooks, magazines, Husky mementos, gifts, and art supplies.

For more information about other sightseeing activities in the Seattle area, stop by the information booth on the second floor of Westlake Center, or call the Greater Seattle Chamber of Commerce at (206) 389-7200.

Restaurants

Like most newcomers when I moved to Seattle nine years ago, I assumed that salmon dominated the culinary scene. Soon I discovered that although many restaurants serve seafood, the dining scene actually represented an eclectic mix of tastes ranging from Asian to vegetarian.

University District

If you're looking for tasty, inexpensive food and lots of it, you're in paradise here. The University District, particularly along University Way (also known simply as "The Ave"), has an assortment of eateries representing almost every major ethnic group on the globe. The places listed in this section are those I've tried and can recommend or have received high marks by local restaurant reviewers. None have a dress code.

Allegro Espresso Bar (4124 University Way, N.E.)—If you're looking for a quiet place to go to read a book you picked up at the University Bookstore or Bulldog News, grab a cup of gourmet java and a pastry and relax at this popular study hangout.

Two of my other favorite coffee hangouts in the district are the **Muffin Break Café** (4131 University Way, N.E.) and **Espresso Roma** (4201 University Way, N.E.). Espresso Roma is a better choice for people watching than reading a book, because the music plays loud in the background there.

Araya's Vegetarian Palace (4732 University Way, N.E.)—Vegetarians will have a wide variety of selections. A popular all-vegan buffet is served here Monday-Saturday from 11:30 a.m.-3 p.m. Those who prefer having meat with their meal can satisfy their cravings at the adjoining Bangkok Café.

Another popular vegetarian spot is the **Silence Heart-Nest Restaurant** (5247 University Way, N.E.).

Atlantic Street Pizza (5253 University Way, N.E.)—If you're craving deep-dish Chicago-style pizza, this is the place to go. Make sure you're hungry, because even a piece of this classic pie is a meal in itself.

Other popular pizza houses in this area are **Delfino's Chicago Style Pizzeria** (University Village) and **Pizzeria Pagliacci** (4529 University Way, N.E.).

Cedars Restaurant on Brooklyn (4759 Brooklyn Avenue, N.E.)—When the natives go to a restaurant featuring cuisine from their home country, you know it's going to be good. That's the case with Cedars, which serves Indian, Middle Eastern, and Mediterranean dishes near the north end of the University District. I recommend the Tandoori Delight, a combination of pakoras (deep-fried dumplings), samosas (pastries filled with meat and vegetables), and tender chunks of tandoori chicken and beef. A small store adjoining the restaurant sells dry goods and other food items from India and the Middle East.

Other popular restaurants in this category include **Costas Restaurant** (Greek, 4559 University Way, N.E.), **Flowers Bar & Restaurant** (Mediterranean, 4274 University Way, N.E.), **Neelam's** (East Indian, 4735 University Way, N.E.), **Sahara** (Lebanese, 4752 University Way, N.E.), and **Tandoor** (Northern Indian, 5024 University Way, N.E.). The **Continental Restaurant** (4549 University Way, N.E.) serves a combination of Greek and American food.

College Inn Café (4002 University Way, N.E.)—I enjoy coming here just to relax for awhile. This oldest restaurant in the University District serves hearty breakfasts; burgers, salads, and sandwiches for lunch; and homemade pastries and desserts.

For some creative sandwiches and salads, try the **Rain Dancer** (4217 University Way, N.E.). Sandwich selections include the Santa Fe grilled cheese with black bean and corn salsa, duck with apricot relish, and grilled salmon and chicken.

Irish Emigrant (5260 University Way, N.E.)—Owned and operated by Irish emigrants, this two-story pub not only offers Guinness pints, but also burgers, shepherd's pie, bangers and mash (mashed potatoes with sausages smothered in brown onion gravy), and chicken pot pie.

Mandarin Chef (5022 University Way, N.E.) is one of a large assortment of Chinese restaurants in the area. Shaved noodles, boiled dumplings, garlic-ginger chicken wings, tea-smoked duck, and salt-and-pepper prawns are among the many selections here.

Other popular Chinese/Far Eastern restaurants include **China First** (4245 University Way N.E.), **Orizuru Japanese Restaurant** (4124 University Way, N.E.), and **Thai Tom** (4543 University Way, N.E.).

Shultz's Sausage (4142 University Way, N.E.)—Hot dog and sausage lovers will find the ultimate treat at this place. Choose from all-beef hot dogs, Cajun sausages, and Italian hot links. Burgers and vegetarian fare are also available.

World Wrapps (University Village)—A popular spot for a variety of wraps, ranging from pesto chicken to curried vegetables.

Well-known chains are also abundant: **Haagen-Dazs Ice Cream** (4301 University Way, N.E.), **International House of Pancakes** (4103 Brooklyn Avenue, N.E.), **Jack in the Box** (4749 University Way, N.E.), **McDonald's** (4523 University Way, N.E.), **Taco Bell** (4525 University Way, N.E.), and **Taco Del Mar** (4725 University Way, N.E.).

Downtown Seattle

One of the most exciting places to sample the city's culinary delights is downtown, where your hardest decision will be choosing which place to try first.

Since there are so many restaurants in the downtown area, I am focusing only on those I've tried and can recommend or are highly rated by local restaurant reviewers for this article. None of these restaurants have a dress code.

Under \$10

Briazz (1400 Fifth Avenue, across the street from Cavanaugh's)—Here you'll find the largest variety of sandwiches in downtown Seattle. Many are combinations of fresh vegetables and cheeses on various types of homemade bread. My favorite is the Firecracker Ham—Black Forest ham, jack cheese, slices of yellow bell pepper, and a lettuce leaf between slices of dill bread.

Chinese Wok (2311 Fifth Avenue)—I've tried Kung Pao chicken in many places throughout the U.S., and by far, this small eatery serves the best. Other favorites include the almond chicken and special fried rice, a combination of fried rice, vegetables, shrimp, pork, and chicken. Lunches include an entrée, soup, and tea. Dinner entrees are larger but don't include the soup. Meals can be ordered without MSG; the only exception is the soup, because it's made ahead of time. This unassuming building is easy to miss, because the unlighted sign is in red letters that blend with the gray stucco wall above the entrance to the restaurant. It is often packed from noon to 1 p.m. with office workers from the surrounding area.

Circadia (1125 Fourth Avenue)—A great place for homemade Italian sandwiches built on freshly-baked flatbread. Choices range from hummus to pork with roasted red bell peppers. I love to stop here just to buy pieces of the flatbread for a quick snack, then wash it down with a latte from the Starbucks counter next door.

Mama's Mexican Kitchen (2234 Second Avenue)—The décor of this restaurant serving Southern California-style Mexican food is funky at best. Walls are painted in a variety of bright colors, and lots of tacky decorations adorn the walls and surround the tables. Examples are a bumper sticker on the wall reading, "Bad cop-no doughnut," Elvis memorabilia, and posters from various events. Despite the furnishings, the food is worth the visit. My favorites are the beef and chicken screamers, enchiladas served in a mild sauce, and the Nolasco burrito, which can be ordered with or without meat. Freshly-cooked tortilla chips with salsa dip are included as an appetizer with every meal.

Pasta and Company (1001 Fourth Avenue Plaza)—If you love pasta salads, this is the place to come. Selections change daily. The bowls of soup and the fresh rolls served here are hearty, inexpensive meals that can usually be purchased for under \$5. This is a popular place with the downtown office crowd during the noon hour, so expect to wait in line at least 10 to 15 minutes before being served.

Pike Place Market (85 Pike Street)—Here at Seattle's oldest and most popular shopping center, food selections are as broad as the Pacific Ocean. If you like fresh fruits and vegetables, you'll find everything imaginable at the **Farmer's Market** on the upper level (accessible through the main entrance to the market at the end of Pike Street). You can also buy fresh seafood, including salmon, at the **Pike Place Fish Market** (86 Pike) and have it shipped directly to your home. Cafes and restaurants serve homemade pastries, salads, sandwiches, microbrews, wine, and a variety of gourmet dishes. Highly-recommended places are **Emmet Watson's Oyster Bar** (1916 Pike Place), **Chez Shea** (94 Pike), **Kell's Irish Restaurant and Pub** (1916 Post Alley), **Pike Place Bar and Grill** (90 Pike), **Pike Place Brewery** (1415 Pike), and **Three Girl's Bakery** (1514 Pike Place). The original **Starbucks** (1912 Pike Place) is still in operation to satisfy the cravings of coffee, espresso, and latte lovers.

Poor Italian Café (Virginia Street and Second Avenue)—It's easy to overlook this small restaurant, because it's in an area not frequented by tourists or shoppers. The décor isn't fancy—mostly potted plants with a black-and-white checkered tile floor reminiscent of the 1950s. However, it's a nice quiet place to enjoy some good Italian cuisine. The veal parmesan and fettuccine are two of my favorites.

Red Robin (1100 Fourth Avenue)—If you're looking for hamburgers but don't want to go to a traditional fast food restaurant, this is the place to go. These hamburgers are so thick and juicy, there's no neat way to eat them. Other selections include salads, pasta, chicken sandwiches and my favorites of clam chowder, nachos, and the BLTA (a bacon, lettuce, tomato, and avocado sandwich served on a croissant). All portions are large, so come hungry. Also, if you arrive during the noon hour, expect at least a 15-minute wait, because this restaurant is very popular with the office workers. **Red Robin Express**, which serves only hamburgers and fries, is at Pier 55 at the Waterfront.

Seattle Art Museum Café (100 University Street, inside the Seattle Art Museum)—I love to sit in this café and admire the marble architecture. It's a nice quiet place to enjoy lunch, gourmet coffee, or dessert. Two of the most popular lunch selections are the King Street Plate, a Chinese noodle/vegetable dish with a slight teriyaki flavor, and my favorite, the salmon chowder. A bowl of salmon chowder and a roll is a meal in itself. Desserts change daily and range from cookies to cheesecakes. The museum does not charge admission to eat at the café, unless you want to look at the exhibits.

Two Bells Tavern (2313 Fourth Avenue)—This bar in the Belltown area serves some tasty lunches. Try the fruit and cheese plate or a hamburger cooked to your preference with your choice of cheese served on a roll. I also like the Caesar salad and the tuna sandwich with almonds, which is sometimes featured as a daily special. If you're a chocoholic, save room for a chocolate caramel brownie for dessert. Dozens of varieties of local and international beers are served here. The tavern also features changing exhibits of works by local artists, ranging from oil paintings to three-dimensional wall hangings.

Westlake Center (1601 Fifth Avenue)—Many tastes are represented at the food court on the third floor of this shopping mall, including Chinese, Italian, Philadelphia cheese steaks, turkey roaster sandwiches, and homemade soups. Dine while watching the Monorail carry passengers back and forth to the Seattle Center, the home of the Space Needle. For dessert, treat yourself to a chocolate chip or macadamia nut cookie at the **Blue Chip Cookie Company**. You'll find more eating places on the basement level: **Wild Tiger Pizza**, which serves pizza by the slice and salads; **Subway**, the national sandwich chain; and **Cow Chip Cookies**, another excellent stop for a chocolate chip cookie.

If you must satisfy a Big Mac attack or crave a fresh stuffed pita, downtown has five **McDonald's** (1122 Madison, Third and Pine, Sixth and Virginia, 725 Third, and Coleman Dock—the ferry terminal) and a **Wendy's** (1406 Fourth).

Over \$10

Most of the restaurants in this price range specialize in seafood. The best include **McCormick's Restaurant** (722 Fourth Avenue), **McCormick and Schmick's** (1103 First Avenue), **Anthony's Pier 66** (Pier 66 at the Waterfront), and **Ivar's Acres of Clams** (Pier 54 at the Waterfront). If you don't want to spend more than \$10 at Ivar's, pick up some fish and chips and a cup of clam chowder to go at the outdoor counter next door to the restaurant. I prefer the white clam chowder over the red. There is a separate indoor seating area for outdoor customers near the counter if you don't want to carry your order back to the hotel.

Other favorites in this price range include:

Cutters Bayhouse (2001 Western, in Pike Place Market)—This restaurant serves a variety of cuisine, ranging from Caribbean to Pacific Northwest. The menu changes often, but anything you choose will be a sure hit. There are a few constants, including my two favorites: the salmon and the pea salad. The restaurant has panoramic views of Elliott Bay and the Olympic Mountains. It is very popular with the tourists and the office crowd; reservations are strongly advised. To make reservations, call (206) 448-4884.

F.X. McRory's Steak Chop and Oyster House (419 Occidental South, across from the Kingdome)—Another great place for steaks. Choose from a limited menu of sandwiches (including steak), salads, and fish and chips in the bar, which also serves a variety of local and international beers, or enjoy a gourmet meal in the adjacent restaurant. Reservations are strongly advised for the restaurant; call (206) 623-4800. No reservations are taken for the bar, but it is packed with sports fans before and after games at Safeco Field (check the Mariners' baseball schedule before you go). The bar contains lots of sports memorabilia for local teams and has televisions so that sport fans can keep up on the action. Meals served in the bar are under \$10, excluding drinks, but exceed \$10 in the restaurant.

Metropolitan Grill (820 Second Avenue)—This upscale restaurant is one of my favorite places for steaks in Seattle. If you're not a beef eater, try the seafood. The calamari appetizer, shrimp cocktails, ahi tuna, and salmon are excellent. This restaurant is very popular with the business crowd, even after hours, so reservations are required. To make reservations, call (206) 624-3287.

For Asian food, the **Wild Ginger Asian Restaurant and Satay Bar** (1400 Western) is highly recommended by local restaurant reviewers. I have never tried it, but have seen it rated in newspapers and magazines as one of the top 10 restaurants in Seattle for the past four years.

For more information about local restaurants, I recommend these guides: *Northwest Best Places*, published by Sasquatch Books, and *WHERE Seattle*, a magazine focusing on activities for tourists with a comprehensive restaurant section. *WHERE Seattle* is distributed free in the major hotels. If you don't find a copy in your room, extras are available for free at the information booth on the second floor of Westlake Center (at the top of the escalators).

Getting around

Buses (Mass Transit)

If you want to travel downtown from the University District, **Metro** is the best way to go. Buses run every 10 to 15 minutes weekdays and every half hour on the weekends until late every evening; travel time one-way ranges from 15 to 25 minutes depending on traffic. To catch a bus to downtown, go to any of the stops along the west side of University Way, N.E., between N.E. 45th Avenue and the College Inn Café, and look for any of these bus numbers: 71, 72, and 73. (There's also a route 74, but it runs during peak hours Monday-Friday only.) Yellow and white signs donning a black bus icon will verify you're in the right spot. Schedules of when the bus departs from the closest "time check point" are posted on the sign. You can also pick up schedules at the University Book Store or at the Metro Customer Information Center in the bus tunnel at the Westlake Center stop.

If you're closer to campus on weekdays, you can also catch route 70 to downtown at the corner of N.E. 45th Avenue and 15th Avenue N.E.

When returning to the district from downtown, take the 71, 72, or 73 at any of the stops in the bus tunnel. Routes 70 and 74 run along Third Avenue.

You can ride free in the downtown area. The Ride Free Area extends from the north at Battery Street to S. Jackson Street on the south, and from the east at Sixth Ave. to the Waterfront. Stops in the bus tunnel are included in the Ride Free Area, but an extra fee is charged to ride the streetcar along the Waterfront. The fee is the same as for riding the bus (see rates below).

Fares are \$1.25 during peak commuting hours (Monday-Friday, 6-9 a.m. and 3-6 p.m.) and \$1 off-peak. For more information about schedules, routes, and fares, call (206) 553-3000 or visit Metro's Web site at <http://transit.metrokc.gov/bus/bus.html>.

Taxis and Shuttle Services

The Seattle area has a host of cab companies, but the two that provide the best service are **Orange Cab**, (206) 522-8800, and **Farwest Taxi**, (206) 622-1717. One word of caution: In 1999, the cab companies in Seattle started charging for "wait time," an extra 10 cents per minute while waiting for traffic lights to turn green or when traveling less than 10 miles per hour in traffic. To reduce these extra charges, try to take a cab before or after rush hour.

Shuttle Express is the major airport shuttle service in the Seattle area. When scheduling rides to the airport, plan for a pick-up two hours in advance. For fees and reservations, call (425) 981-7000.

Other Numbers

Amtrak (303 S. Jackson Street, downtown), (800) 872-7245

Greyhound Bus Lines (811 Stewart Street, downtown), (800) 231-2222

Airlines:

Air Canada, (888) 247-2262

Alaska, (800) 252-7522

Delta, (800) 221-1212

Horizon, (800) 547-9308

Northwest, (800) 225-2525

Southwest, (800) IFLYSWA [(800) 435-9792]

United, (800) 241-6522

About the compiler:

In addition to working as a full-time indexer and technical writer, Cheryl Landes has published two travel books and more than 100 Northwest travel, history, and recreation articles in magazines and newspapers throughout the United States and Canada. Questions and comments about this guide can be sent to her at clandes407@aol.com.