

SOCIETY *of* BEHAVIORAL MEDICINE



31st Annual Meeting & Scientific Sessions
Behavioral Medicine: Building for the Future

LOCAL ARRANGEMENTS GUIDE

April 7-10, 2010
Sheraton Seattle Hotel
Seattle, Washington

www.sbm.org

31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



GUIDE TO SEATTLE

LOCAL ARRANGEMENTS COMMITTEE:

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GENERAL INFO

WEATHER

The average daily temperature for April 7-10 is a high of 57 F with a historical range of 46-79 F. The average low is 44 F. There is a 40% chance of rain and a 63% chance of a cloudy day. It's not usually too windy, but can be if a weather front moves in quickly. Plan to bring layers.

FIGURING OUT WHERE YOU ARE AND WHERE YOU'RE GOING

Seattle roads are laid out with avenues going north/south and streets going east/west. Most streets with names are east/west, but don't hold us to this. You can be certain if it's a "St." Addresses with a N (north) on the end begin at about Denny St.; addresses with a S (south) start at about Yesler. E (east) means it's about a mile east of downtown or more toward Lake Washington. W (west) means it's west. So remember that an address with NW will be miles and miles from an address with SW. SW means it's in West Seattle. Denny is considered the northern boundary of downtown, Jackson the southern boundary.

If you are in downtown, the real honest way locals remember the order of the streets is by the saying: *Jesus Christ Made Seattle Under Protest*: First letter of the streets from south to north, two for each: Jefferson James Cherry Columbia Marion Madison Spring Seneca University Union Pike Pine. After Pine even locals just estimate and drive/walk 'til you find.

Remember two things: Seattle has water all around and hills like San Francisco. So roads have to find their way around, over or through, and not all streets are straight. If you are walking any distance (see separate walking guide), wear appropriate shoes and plan to stretch your hamstrings.

Bellevue, Kirkland, Mercer Island, and Redmond (home of the Microsoft campus) require a floating bridge ride over Lake Washington or a long drive around. Main roads for travel go north-south and are I-5 (AKA 'the freeway') or Highway 99 (AKA 'Aurora'). The viaduct that cuts Seattle off from the waterfront is Highway 99. It will come down soon, either when it is replaced by a tunnel or when an earthquake brings it down, whichever is sooner. All roads and bridges are still free (but not for long). Ferries are expensive for cars so don't take your car if you won't need it on the other side.

SMOKING

The Washington Clean Indoor Air Act bans smoking in public areas, including bars and restaurants. Smoking is also prohibited within 25 feet of doors to public buildings. Expect no smoking in all buildings.

TAX

Within King County, sales tax is 10.0% on food and beverages purchased in bars and restaurants, and 9.5% on most other goods and services. Sales tax on rental cars and hotel rooms will be significantly higher (18.6% for the former and 15.6% for the latter). All of the State's taxes are raised from these sources and property taxes; there is no city or state income tax.

SAFETY

Like any major metropolitan city, stay alert when walking around. Especially at night you are safer in twos. There are quite a few homeless persons - generally harmless.



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TRANSPORTATION

Travel around Seattle by public transport includes: bus, train, streetcar, ferry, water taxi or monorail. It can be rather convoluted and confusing, with several options between the same locations, but overall the system works. Mostly, you can switch from buses, streetcar, water taxi or rail lines fairly easily. Ask for a transfer (small piece of paper) if you plan to switch between buses or from bus to streetcar or vice versa.

FROM THE AIRPORT

Taxis are readily available at Sea-Tac Airport. To reach the taxi stand from baggage claim, take the escalator or elevator up one level, cross the bridge to the parking garage, then take the escalator or elevator down one level.

Rental car counters are located in the baggage claim area. Some provide pick-up and drop-off from the first floor of the garage. Other rental car companies provide courtesy van service.

Shuttle Express passengers are picked up and dropped off on the third floor of the airport garage.

www.shuttleexpress.com/index.html

Link light rail is another way to go between the airport and downtown Seattle. It will take you through the neighborhoods of South Seattle. To get to the Sheraton from the airport, get off at either the University Station (3rd and Seneca) or the Westlake Station (4th and Pine). Both are about 3 blocks from the Sheraton at 6th and Pike. Fares range from \$1.75-\$2.50 depending on how far you want to travel.

From the airport to downtown it is \$2.50. It stops everywhere in the tunnel (also known as the Ride Free Area) except for Convention Place Station. The train runs every 7 minutes during peak travel times and every 15 minutes during non-peak travel times. *This may be your least expensive, easiest option if you don't mind walking 3 blocks to the hotel at the end of the ride.*

Metro buses are available outside door six by baggage carousel five, on the baggage claim level. Bus #194 takes you from the airport to downtown Seattle through the bus tunnel. It costs \$2.50 during peak traffic or rush hour times and \$1.75 during non-peak traffic times. It will drop you off at Westlake Station, just a few blocks from the Sheraton.

<http://metro.kingcounty.gov/>

Grayline offers a "Downtown Airporter" service that stops at many of the downtown Seattle hotels, including the Sheraton. Departures from Sea-Tac are approximately every ½ hour between 6:30am and 9pm, and departures from downtown are every ½ hour between 5am and 9:30pm. One-way tickets are \$11; roundtrip tickets are \$18.

www.graylineseattle.com/airportexpress1.cfm

AROUND TOWN

Buses

Metro operates Seattle's bus system and provides online tools to help riders. **No fares are required in the downtown Ride Free Area from 6am-7pm on weekdays.** The Ride Free Area is bordered on the north by Battery St, on the south by S Jackson St, on the east by Sixth Ave. and on the west by the waterfront. The bus tunnel under 3rd Ave is open on weekdays from 5am-7pm and is part of the Ride Free Area. If a bus leaves the Ride Free Area, the fare is due when exiting the bus. The stops along the route in the bus tunnel are Convention Place Station, Westlake Station, University Street Station, Pioneer Square Station, and International District/Chinatown Station. Buses or the light rail system will also take you to the SODO (South of Dome, but the Dome was torn down so don't look for it) neighborhood where Qwest field (football, soccer) and Safeco field (baseball) are located. Just hop on; they usually have a bike rack attached on the front.

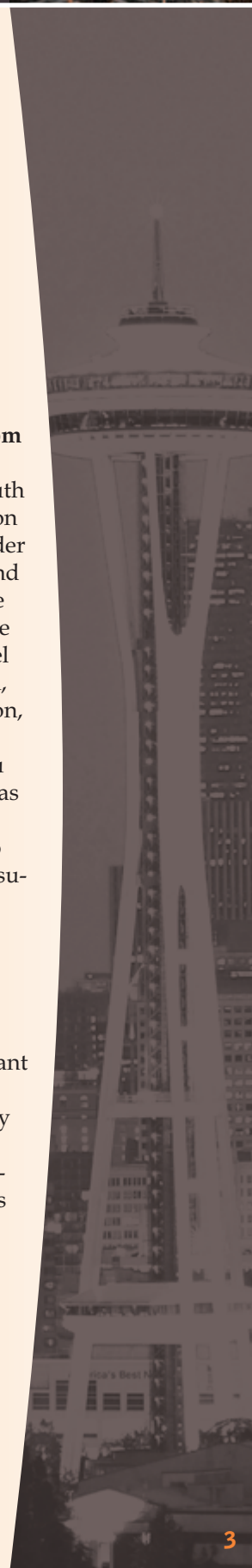
metro.kingcounty.gov/

Monorail

The Monorail runs between Seattle Center and Westlake Mall in downtown Seattle. This is a quick way to get to the Seattle Center if you want to go up in the Space Needle or see the Experience Music Project. The Monorail departs every 10 minutes from the station at Seattle Center (across from the Space Needle) and from Westlake Center Mall at 5th and Pine. Each trip takes two minutes to cover the 1-mile route.

206.905.2620

Hours of operation: 9am-11pm seven days a week
Round-trip fares: adults \$4.00; children 4 and under free; youth ages 5-12 \$1.50; senior 65+, disabled and persons with Medicare cards \$2.00. One-way rates are 1/2 the round-trip price.



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Behavioral Medicine: Building for the Future



South Lake Union Trolley (streetcar)

We're supposed to call this the "streetcar" as the developers realized their initial name did not acronym well. Regardless, this is a very useful way for you to get from downtown at Westlake Center to South Lake Union where the Fred Hutchinson Cancer Research Center and Seattle's thriving life sciences neighborhood is developing.

The streetcar travels down Westlake (from the point where 5th Ave., Olive Way, and Westlake meet, in the heart of downtown) to the Hutchinson Center at South Lake Union. Streetcar riders pay a cash fare or use their METRO transit pass, Puget-pass, or a bus transfer. Advanced-purchase tickets, day passes, and multi-day passes are also sold through area hotels, retailers, and event sponsors.

www.seattlestreetcar.org/

Hours of operation: M-Th 6am-9pm; F-Sat 6am-11pm; Sun 10am-7pm

Fares: adult \$2.00; children 5 and under free; youth (ages 6-17) 70¢; senior citizens (ages 65+) and Medicare cardholders 50¢. Bicycles are free and allowed in the center section of the streetcar.

Cabs

Unlike many major metropolitan cities, you will not find cabs waiting on every street corner. However, you can easily call for a cab or have one called from your hotel or restaurant. Just give yourself 10-20 minutes for it to arrive.

Yellow Cab

206.622.6500

Orange Cab

206.522.8800

Water taxi

The water taxi docks at Pier 55 on the central waterfront and runs to West Seattle. This is a fantastic opportunity for a waterfront view of Seattle and the best walking tour of West Seattle looking back on the Seattle skyline and perusing the neighborhood that some have likened to Sausalito – a flat, easy walk with lots of people-watching.

www.kingcounty.gov/transportation/kcdot/Marine/WaterTaxi.aspx

One-way fares: adult \$3; kids 5 and under free

QUINTESSENTIAL SEATTLE

Trains

Three Amtrak trains arrive and depart at historic King Street Station (303 S Jackson St.), providing service to Vancouver, B.C., Tacoma, Portland, Spokane and other destinations. King Street Station is located between the International District and Pioneer Square, just north and east of Qwest Field. Tickets may be purchased online or at the station.

www.amtrak.com

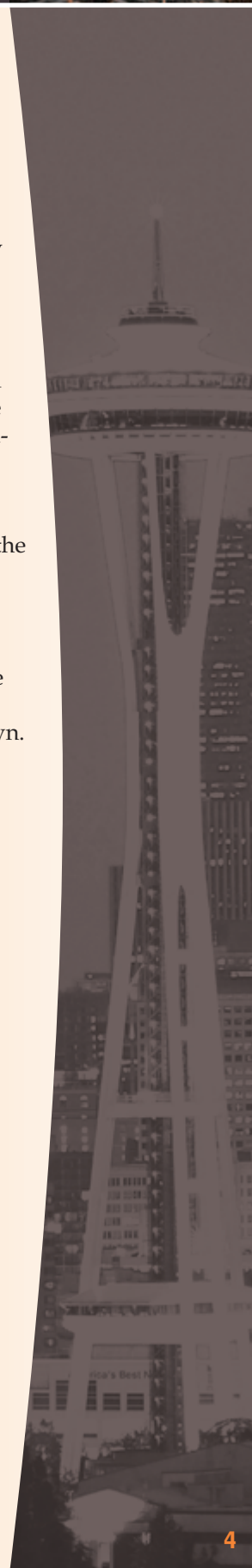
State ferries

State ferries are a regular commuter method in the greater Seattle area. But ferries are also one of the easiest and most relaxing ways to experience the beauty and lifestyle of Seattle. Take a ferry ride just for fun and to see the Seattle skyline in the most relaxing mode possible. Washington State has the largest ferry fleet in the nation and operates 365 days a year.

www.wsdot.wa.gov/ferries

Seaplanes

Flightsee over Seattle or catch a seaplane to the San Juan Islands and Victoria. Seaplanes leave from South Lake Union, just north of downtown.



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



MAJOR ATTRACTIONS/ ACTIVITIES

CITYPASS

If you will be spending several days around town, you can save a lot of money by purchasing the CityPass. A six-attraction ticket, CityPass features admission to the Seattle Aquarium, Argosy Cruises Seattle Harbor Tour, Seattle Space Needle, Pacific Science Center, Woodland Park Zoo, and the Museum of Flight OR Experience Music Project/ Science Fiction Museum. Purchase your pass at the ticket booth for participating attractions, or on the CityPass website, and enjoy up to nine days of Seattle's best sights.

www.citypass.com/city/seattle.html

Fees: adult (ages 13 & over) \$54; youth (ages 4-12) \$39; children 3 and under free

ARGOSY CRUISES

This is a great way to see the city of Seattle against the backdrop of the Olympic Mountains. There are quite a few cruises to choose from, with the Harbor Cruise that goes around Elliott Bay departing from Pier 55 and Locks Cruise that departs from Pier 56 and goes through the Ballard Locks. Check their website for departure times and fees (not yet published at the time of writing).

www.argosycruises.com/

888.623.1445

CENTER FOR WOODEN BOATS

Rent a wooden boat and explore Lake Union's fascinating Floating Home community. The seaplanes taking off and landing are required to watch out for you.

cwb.org/cwb-seattle/boat-rentals

206.382.2628

EXPERIENCE MUSIC PROJECT/ SCIENCE FICTION MUSEUM

An interactive music museum with high-tech exhibits of American popular music history, artifacts, participatory guitars and other musical equipment, and live performances. A Frank Gehry and Paul Allen collaboration built as an homage to Jimi Hendrix. The architecture? Love it or hate it.

325 5th Avenue North (in Seattle Center)

www.empsfm.org

206.770.2700

Hours of operation: daily 10am-5pm

Fees: adults \$15; seniors (ages 65+), youth (ages 5-17), student, or military \$12; children 4 and under free

FAMILY FRIENDLY

PUBLIC TRANSIT (MONORAIL) OR SHORT CAB RIDE

OLYMPIC SCULPTURE PARK

A must-do for any Seattle visitor. Enjoying art is a walk in the park at Seattle Art Museum's new Olympic Sculpture Park, a vibrant green space for residents and visitors to experience art outdoors while enjoying incredible views of the Olympic Mountains, Puget Sound, and Seattle's cityscape. There is also a waterfront path if you keep going north along the water at the park - this is Myrtle Edwards Park.

2901 Western Ave

www.seattleartmuseum.org/visit/osp

206.654.3100

Hours of operation: daily, 30 minutes prior to sunrise - 30 minutes after sunset

Free

QUINTESSENTIAL SEATTLE

FAMILY FRIENDLY

WALKING DISTANCE

PACIFIC SCIENCE CENTER

Hands-on mathematics and science exhibits for all ages. Boeing 3-D IMAX Theatre and laser shows.

200 2nd Ave N

www.pacsci.org

Hours of operation: weekdays 10-4; weekends 10-6

Fees: adults \$14; seniors (ages 65+) \$12; youth (ages 6-15) \$9; kids (ages 3-5) \$7. IMAX additional.

FAMILY FRIENDLY

PUBLIC TRANSIT (MONORAIL) OR SHORT CAB RIDE

PIKE PLACE MARKET

The oldest continually operating farmers market in the nation, this colorful market boasts a splendid array of seafood and produce stalls, restaurants, crafts and international foods. Don't miss it!

85 Pike Street

www.pikeplacemarket.org

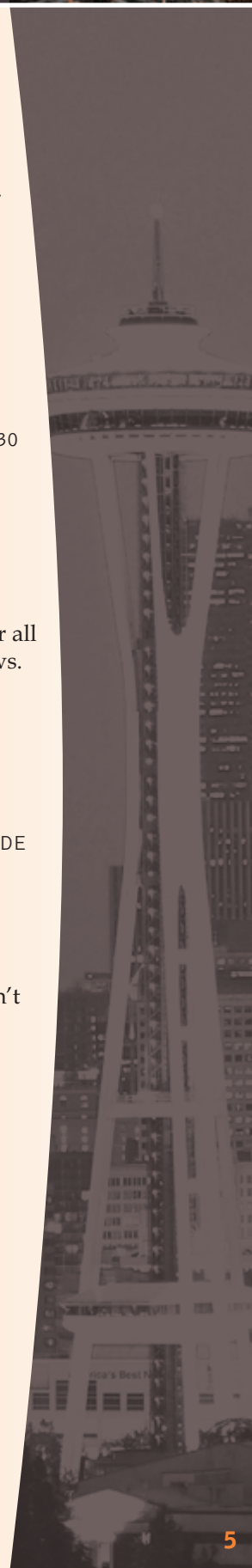
206.682.7453

Hours of operation: M-Sat 10-6; Sun 11-5 (market)

QUINTESSENTIAL SEATTLE

FAMILY FRIENDLY

WALKING DISTANCE



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



SEATTLE AQUARIUM

A favorite for all ages, featuring the world's first aquarium-based salmon ladder, a coastal tidepool, sea otters, and a giant Pacific octopus.

1483 Alaskan Way (at Pier 59 on the waterfront)

www.seattleaquarium.org

206.386.4300

Hours of operation: daily 9:30am-5pm (last entry at 5pm; exhibits close at 6pm)

Fees: adult (13 & over) \$16; youth (ages 4-12) \$10.50;

children 3 & under free

FAMILY FRIENDLY

WALKING DISTANCE

SEATTLE ART MUSEUM

Located downtown, the Seattle Art Museum houses over 21,000 art objects from the Pacific Northwest and around the world. An Alexander Calder show will be on display during the conference period.

1300 1st Ave

www.seattleartmuseum.org

206.654.3100

Hours of operation: Wed-Sun 10-5; Th-F 10-9; M-T closed

Fees: \$15 adults; \$12 seniors or military; \$9 youth (ages 13-17); children 12 and under free

QUINTESSENTIAL SEATTLE

WALKING DISTANCE

The museum also includes a restaurant called Taste.

SEATTLE CENTER

74-acre urban park, home of the Space Needle, Children's Museum, Children's Theatre, Experience Music Project/ Science Fiction Museum, Seattle Opera, Seattle Repertory Theatre, Intiman Theatre, Pacific Northwest Ballet, Key Arena and various festivals.

Bordered by 5th Ave N, Broad St, 1st Ave N, and Mercer St

www.seattlecenter.com

FAMILY FRIENDLY

PUBLIC TRANSIT (MONORAIL) OR SHORT CAB RIDE

SEATTLE PUBLIC LIBRARY

This is the relatively new downtown branch of the Seattle Public Library - a Rem Koolhaas building. Worth a visit for the architecture alone. But if you also need a place to work on a manuscript or grant application in a quintessential setting, this is a perfect venue.

1000 4th Ave

www.spl.org

206.386.4636

Hours of operation: M-Th 10-8; F-Sat 10-6; Sun 12-6

QUINTESSENTIAL SEATTLE

FAMILY FRIENDLY

WALKING DISTANCE

SMITH TOWER OBSERVATION DECK

The Smith Tower offers panoramic views of downtown Seattle, Mt. Rainier, the Puget Sound, and the Cascade and Olympic mountain ranges. Take the original 1914 manual brass and copper elevators to the 35th floor to enjoy the view. This is a cheaper alternative to the Space Needle.

506 2nd Ave

www.smithtower.com/Observation.html

206.622.4004

Hours of operation: M-F 10-5

Fees: adults \$7.50; seniors \$6; children (ages 6-12) \$5;

children 5 and under free

QUINTESSENTIAL SEATTLE

WALKING DISTANCE

SPACE NEEDLE

A 41-second elevator ride takes you up 520 feet to the observation deck of the Space Needle, built for the 1962 World's Fair. Yes it's expensive and touristy, but on a nice day there's no better view of the city, mountains, and water. Food at the restaurant isn't too bad either.

400 Broad Street (near the Monorail and Seattle Center House at 5th Avenue N & Broad)

www.spaceneedle.com/visit/

206.905.2100

Hours of operation: M-Th 10am-11pm; F-Sat 9:30am-

11:30pm; Sun 9:30am-11pm (observation deck &

SpaceBase retail store)

Fees: adult \$16; youth (ages 4-13) \$9; seniors (65+) \$14;

children 3 and under free

QUINTESSENTIAL SEATTLE

FAMILY FRIENDLY

PUBLIC TRANSIT (MONORAIL) OR SHORT CAB RIDE

UNDERGROUND TOUR

A leisurely, guided walking tour beneath Seattle's sidewalks and streets. As you roam the subterranean passages that once were the main roadways and first-floor storefronts of old downtown Seattle, guides regale you with the stories our pioneers didn't want you to hear. It's history with a twist. Kids under 6 may find the 90-minute tour challenging.

608 1st Ave (in Pioneer Square between Cherry Street and Yesler Way)

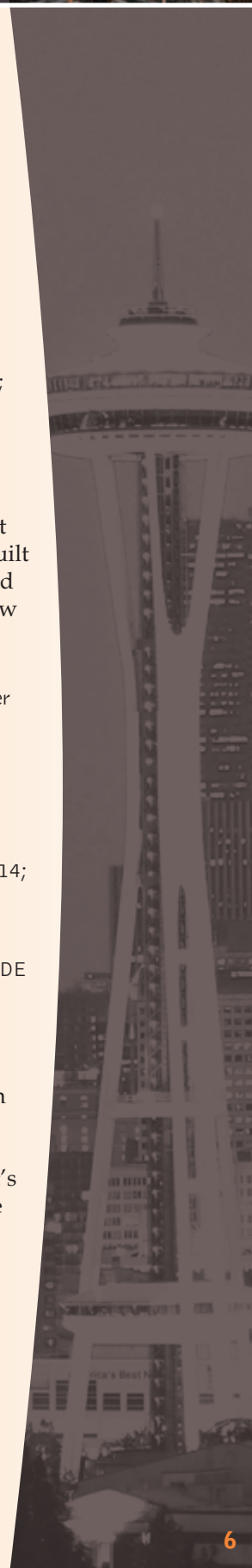
www.undergroundtour.com

Hours of operation: daily 11-6 on the hour

Fees: adults \$15; seniors or students \$12; children ages 7-12 \$7

FAMILY FRIENDLY

WALKING DISTANCE



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



WATERFRONT

1.5 miles of restaurants, excursion boats and maritime sightseeing.

WALKING DISTANCE
FAMILY FRIENDLY

WOODLAND PARK ZOO

Stroll through 92 acres of natural habitat exhibits and wildlife in one of the top ten zoos in the country. Located in Seattle's Phinney Ridge neighborhood.

5500 Phinney Ave N

www.zoo.org

206.684.4800

Hours of operation: daily 9:30am-4pm

Fees: adults \$11; children (ages 3-12) \$8; ages 2 and under free

FAMILY FRIENDLY

RENTAL CAR OR CAB RIDE

SPORTING EVENTS

SEATTLE MARINERS

Seattle's Major League Baseball team, the Seattle Mariners, plays its home games at Safeco Field. For 2010, they will be away during the SBM conference (sorry), but if you are interested, you can take a tour of the stadium. Meet at the Mariners Team Store on 1st Ave for tours at 10:30, 12:30 and 2:30.

mlb.mlb.com/sea/ballpark/safeco_field_tours.jsp

WALKING DISTANCE OR PUBLIC TRANSIT (1.6 miles)

SOUNDERS

Seattle's Major League Soccer team, the Seattle Sounders FC, plays at Qwest field. Their schedule was not yet up at press time but you can check their website when you're in Seattle. Although this team is only a year old, they made the playoffs and Seattle has the highest attendance records in the nation. The team plays in the loudest stadium you'll hear anywhere - definitely a must do if you're a soccer fan!

www.soundersfc.com

WALKING DISTANCE OR PUBLIC TRANSIT (1.6 miles)

BEYOND SEATTLE

BAINBRIDGE ISLAND

The ferry ride to Bainbridge Island (35 minutes each way) offers great views of downtown Seattle, West Seattle, and the Puget Sound. For a quick trip, take the ferry to Bainbridge and hop back on for the next ferry back. Or, you can explore the shops, restaurants, galleries, and small town charm that downtown Bainbridge has to offer. The main "downtown" area is within walking distance of the ferry terminal, so no car is needed. Follow the signs and people once you walk off the ferry. Insider tip: Visit Blackbird Bakery for some delicious home-baked goods and coffee, Café Nola for brunch (rated by Food Network as best brunch spot in the Seattle area), or The Harbour Public House for great views of the marina and Eagle Harbor. To walk on the ferry, the fares are approximately \$6.90 roundtrip (you only have to pay to get to Bainbridge, not the way back). Car fares are \$11.80 each way for the car and driver, plus the cost of each passenger. Car wait times can vary, and can be very busy on the weekends, so best to walk on if possible.

www.bainbridgeisland.com/

LA CONNOR AND THE SKAGIT VALLEY TULIP FESTIVAL

If you don't have time for a full day or overnight trip to the San Juan Islands (see below), but want to see a bit of NW scenery, check out the Skagit Valley Tulip Festival for fields of tulips as far as the eye can see. People come from around the world to see the beautiful colors. Since the bloom dates are up to Mother Nature, check the website to see how it's blooming at the time you would like to visit. La Connor is a bit touristy, but a pleasant stroll through an artsy town in a lovely setting - classic Northwest. Famous for arts and crafts and the home of writer Tom Robbins. You can also drive by on your way to the San Juans.

www.tulipfestival.org/

www.laconnerchamber.com/



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



MUSEUM OF FLIGHT

Located 10-minutes south of Seattle, next to the original Boeing location, the museum's exhibits recount the history of commercial aviation, display vintage planes, and portray aerospace future. It also houses the original Air Force One. Great for kids and adventurers of all ages.

9404 E Marginal Way S
www.museumofflight.org
206.764.5720

Hours of operation: daily 10-5

Fees: adults \$14; youth (ages 5-17) \$7.50; children 4 and under free

FAMILY FRIENDLY

MUSEUM OF GLASS

If you like glass art this is a must see. It's a half hour or so south of Seattle in Tacoma, home of Dale Chihuly who helped to sponsor this unique museum. Make sure you include the *Chihuly Bridge of Glass*, a 500-foot-long pedestrian overpass that links the Museum to downtown Tacoma, filled with more glass than you could imagine together. The museum includes a live glass studio with visiting artists whom you can watch in action. From downtown Seattle you can take the Sound Transit Express Bus (route 594) or the Sounder train. The museum is right in downtown Tacoma so easy to find.

1801 Dock Street, Tacoma, WA 98402

www.museumofglass.org/

1.866.4MUSEUM

Hours of operation: Wed-Sat 10-5; third Thursdays 10-8; Sun 12-5

Fees: adults \$12; seniors, military and students \$10; children (ages 6-12) \$5; families (2 adults and up to 4 children under age 18) \$36

FAMILY FRIENDLY

SAN JUAN ISLANDS

An hour and a half north of Seattle, in Anacortes, are ferries through the San Juan Islands, a beautiful way to experience a peaceful lifestyle and a higher chance of sunshine. For a price, you can fly from Boeing field to San Juan Island, have lunch at Roche Harbor and fly home in time for dinner.

www.visitsanjuans.com

WINERIES

For a close tour of Seattle's "Napa," find a car and head out to Woodinville 30 minutes away. Notable wineries include: Chateau St. Michelle, Mark Ryan, DeLille, and Betz Family.

Note that the real "Napa of Washington" is the Columbia Valley in Eastern WA (over the mountains in the desert-like dry region of Red Mountain near Yakima). Most grapes are grown in the Columbia Valley for the over 600 wineries licensed in Washington. Excellent ones are in Woodinville and superb wines are also made in Walla Walla. If you have two or more days and love wine, plan a special adventure to Walla Walla, and call ahead to be sure you can taste at the best.



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



SHOPPING

Seattle's downtown retail core offers a variety of stores to suit all tastes. Notable destinations include:

Books

ELLIOTT BAY BOOK COMPANY

With its creaking wood floors, exposed brick walls, and wide selection of new and used titles, the Elliott Bay Book Company is quintessentially Seattle. Be sure to check out the Elliott Bay Café downstairs – supposedly the café frequently featured in the TV sitcom *Frasier*.

101 S Main St in the Pioneer Square neighborhood (1st Ave and S Main)

Note: There is talk of the store moving from this location so check the website or call before venturing out.

www.elliottbaybook.com

206.624.6600

Hours of operation: Mon-Sat 9:30am-9pm; Sun 11am-7pm

QUINTESSENTIAL SEATTLE

WALKING DISTANCE

Nearby, you'll find Wessel & Lieberman Booksellers (208 First Ave S) and David Ishii, Bookseller (212 First Ave S), both of which buy and sell used and vintage books. (Read more about David Ishii's store and his fascinating life at seattletimes.nwsource.com/pacificnw/2004/0229/cover.html.)

For new or out-of-print books pertaining to any of the life sciences, visit Flora and Fauna Books (121 1st Ave S, www.ffbooks.net). The Seattle Mystery Bookshop (117 S. Cherry St, www.seattlemystery.com) is in the historic Broderick Building (constructed in 1894 as the Baily Building). Browse for new and used whodunits, thrillers, true crime stories, and more.

Food and Cooking

FRAN'S CHOCOLATES

Heavenly, and a big supporter of cancer research and events.

1325 1st Ave

www.franschocolates.com

206.682.0168

Hours of operation: Mon-Sat 9:30am-7pm; Sun 10am-5pm

WALKING DISTANCE

SUR LA TABLE

This is the home of the original, in the Pike Place Market. A must-do for foodies.

84 Pine St

www.surlatable.com/category/company+info.do

206.448.2244

Hours of operation: daily 9am-6:30pm

WALKING DISTANCE

UWAJIMAYA

This popular store carries hard-to-find Asian groceries, produce, cooking equipment and dishes, as well as gifts, decorations, books, cosmetics and lots of other interesting stuff.

600 5th Ave S

www.uwajimaya.com

206.624.6248

Hours of operation: Mon-Sat 7am-10pm; Sun 9am-9pm

Clothing and Home

MACY'S

Probably needs no explanation. Major department store. Everything for your wardrobe and home.

1601 3rd Ave

206.506.6000

Hours of operation: Mon-Sat 10am-9pm; Sun 11am-7pm

WALKING DISTANCE

NORDSTROM

This is the original home in the universe of Nordstrom. Not the original *store* (was kitty-corner from the current store), but still their flagship.

500 Pine St

206.628.2111

Hours of operation: M-Sat 9:30am-9:00pm; Sun 11am-7pm

QUINTESSENTIAL SEATTLE

WALKING DISTANCE

NORDSTROM RACK

Also check out Nordstrom Rack for the less expensive stuff. It takes some doing, but you can often find a great bargain.

1601 2nd Ave

206.448.8522

Hours of operation: Mon-Sat 9:30am-9pm; Sun 10am-7pm

WALKING DISTANCE

PACIFIC PLACE

Lots of the usual and less usual: Coach, Tiffany's, Cartier, BCBG, Club Monaco, Ann Taylor, Barney's, White/Black, Chico's, Victoria's Secret, J Crew, Restoration Hardware, Williams-Sonoma, Barnes and Noble, specialty stores and much more. Movies and restaurants also inside.

600 Pine St

www.pacificplaceseattle.com/shops/index.aspx

206.405.2655

Hours of operation: Mon-Sat 10am-8pm; Sun 11am-7pm (stores); restaurant and theatre hours vary

WALKING DISTANCE



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



WESTLAKE CENTER

A shopping mall with clothing, gifts and a food court (the latter on the top floor).

400 Pine St

www.westlakecenter.com

206.467.1600

Hours of operation: M-Sat 10am-8pm; Sun 11am-6pm

WALKING DISTANCE

Outdoor

REI

For the outdoor enthusiast, REI is your place and their flagship store is in Seattle. From the apparel and gear you would need to climb Mount Rainer or anything else to do with the outdoors, REI will have it. You can even rock-climb while there!

222 Yale Avenue N

www.rei.com/

206.223.1944

Hours of operation: Mon-Sat 9am-9pm; Sun 10am-7pm

QUINTESSENTIAL SEATTLE

STREETCAR OR SHORT CAB RIDE

Miscellaneous

WATSON AND KENNEDY FINE LIVING

Cute boutique. Nothing you need (e.g., a bracelet constructed out of old-style typewriter keys) but oh-so-fun to look at.

86 Pine St

www.watsonkennedy.com

206.443.6281

WALKING DISTANCE

YE OLDE CURIOSITY SHOP

Ye Olde Curiosity Shop has been on the waterfront for 100 years. It is home to Native American art pieces and totem poles, eccentric and curious things (shrunken heads, mummies, two-headed pigs), and souvenirs and practical joke items.

1001 Alaskan Way (Pier 54)

www.yeoldecursivityshop.com

206.682.5844

Hours of operation: daily 9am-9:30pm

WALKING DISTANCE

HEALTH AND WELL-BEING

Salons and Spas

CITY CENTER MASSAGE

1402 3rd Ave, Ste 1428 (3rd and Union)

www.massageseattle.net

206.623.1391

GENE JUAREZ

Luxurious salon and spa.

607 Pine St (btw 6th and 7th Ave)

www.genejuarez.com

206.326.6000

SEVEN

New flagship salon at Pacific Place.

600 Pine St (2nd floor)

206.903.1777

And many, many more at...

www.nwsourc.com/shopping/guides/spas_salons.html

Health Clubs

DOWNTOWN SEATTLE YMCA

909 4th Ave (4th and Marion)

www.downtownseattleyymca.org

206.382.5000

WASHINGTON ATHLETIC CLUB

Shi shi gym (including pool), wellness center and spa.

1325 6th Ave (near Union)

www.wac.net/

206.622.7900

And many, many more at...

www.yelp.com/c/seattle/gyms



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DOWNTOWN RESTAURANT GUIDE

(in alphabetical order)

This list includes establishments in downtown, Belltown (north downtown), Pioneer Square (south downtown), the International District (south downtown, just east of Pioneer Square), First Hill (up the hill from downtown with the main street of Madison), and Capitol Hill (up the hill too and just north of First Hill). Everything is either within walking distance or a short cab/ bus/ monorail/ streetcar/ link light rail ride from the Sheraton. Dollar sign ratings were extracted from Yelp, using a \$-\$\$\$\$ scale.

The same source was used for star ratings, based on user reviews and a 1-5 scale (but words are our opinions where we have them).

Reservations strongly suggested!!!

Expect every good restaurant (\$\$\$ and 3 stars certainly) to have fresh seafood, not farm-raised. This is especially true for salmon. Flash frozen salmon or halibut or other seafood may be nearly as fresh and as good as 'fresh.' It goes into the freezer about the same time it comes out of the water. So flash frozen is fine.

ANCHOVIES AND OLIVES (\$\$\$ ★★★★★)

New and getting great reviews for ultra fresh seafood and other local cuisine. An Ethan Stowell place (he's got a few; his father used to direct the Seattle Ballet).

1550 15th Ave (between Madison St & Pine St in Capitol Hill)

www.anchoviesandolives.com

206.838.8080

SHORT CAB RIDE (1.2 miles)

ANDALUCA AND OLIVERS (\$\$\$ ★★★★★)

In the Mayflower hotel across from Macy's, Olivers is the place for a martini (or another drink if it suits your preferences). After a drink, stroll next door and try the tapas and Spanish Basque food at Andaluca. Very good, if not some of the best food in town.

407 Olive Way

www.andaluca.com

206.382.6999

WALKING DISTANCE (0.3 mile or 4 blocks)

ANTHONY'S PIER 66 (\$\$\$ ★★★★★)

A bit touristy restaurant on the waterfront (Pier 67) but with fresh good seafood.

2201 Alaskan Way

www.anthonys.com

206.448.6688

WALKING DISTANCE OR SHORT CAB RIDE (0.9 mile or 11 blocks)

ARMANDINO'S SALUMI (\$\$ ★★★★★)

Possibly the best salumeria in the world (we're a bit proud), certainly the best in Seattle. This tiny spot in Pioneer Square is owned by the almost-as-famous Armandino Batali, father of famous American-Italian chef Mario Batali. Armandino thought he'd open this shop for a quiet retirement and sell 12 sandwiches a day to break even. Didn't meet his expectations; now they have to keep up with a national distribution and lines out the door. Still worth the wait. Widely known for its variety of cured meats; consider taking some home or having it shipped. Wonderful meatball sandwich, daily specials, and delicious other options. Open only for lunch (11-4), and only Tuesdays through Fridays. Large portions; you may not need dinner. Small dining area where patrons dine at a shared table. In the back room you can reserve a lunch party for up to 10 with multiple courses, but usually requires reservations months in advance.

309 3rd Ave S (between S 2nd Ave Extended and Main St)

www.salumicuredmeats.com

206.621.8772

WALKING DISTANCE, PUBLIC TRANSIT OR SHORT CAB RIDE (1.0 mile)

ART RESTAURANT AND LOUNGE (\$\$\$ ★★★★★)

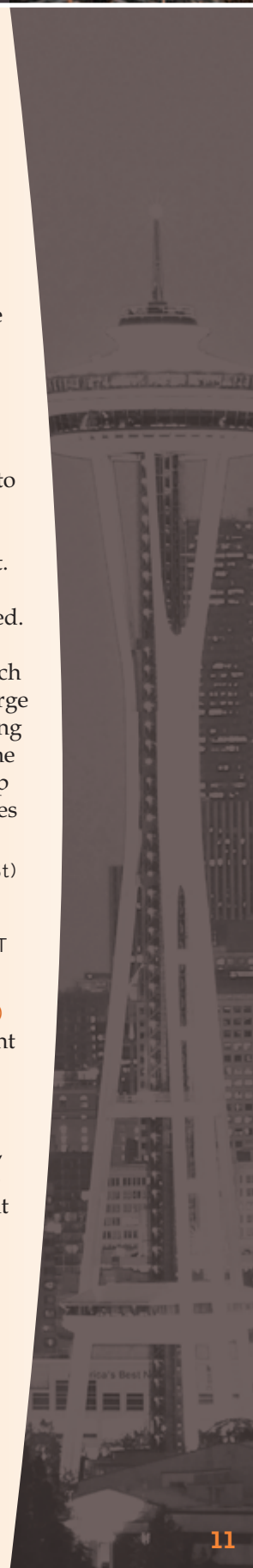
Modern chic with water view. A new restaurant in the new Four Seasons hotel and residence, right across from the Seattle Art Museum, opened by one of Seattle's most established and excellent chefs, Kerry Sear. A good option, along with Taste (across the street) if you go to the museum or the Pike Place Market and want elegant fine dining and delicious food with a Northwest, creative tint. Sit at the counter for smaller plates or have a full entree meal at a table. Good happy hour and all meals of the day served.

99 Union Street (at the Four Seasons Hotel)

www.fourseasons.com/seattle/dining.html

206.749.7070

WALKING DISTANCE (0.4 mile or 5.5 blocks)



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ASSAGGIO (\$\$\$ ★★★★★)

Wonderfully authentic Italian restaurant. Friendly, long-time Italian owner. Someone might burst into an operatic aria.

2010 4th Ave (on 4th between Virginia and Lenora, adjacent to Hotel Andra)

www.assaggiouseattle.com

206.441.1399

WALKING DISTANCE (0.5 mile or 6 blocks)

BAROLO RISTORANTE (\$\$\$ ★★★★★)

This Northern Italian restaurant isn't in the most elegant location, a bit streetside storefront looking, but the food is prepared with exceptional care and in general it is extremely good. The service is attentive. This is a great place for 4 or a larger party if you make a reservation. Good wine list.

1940 Westlake Ave

Metropolitan Tower (between 6th Ave & Virginia St)

www.baroloseattle.com

206.770.9000

WALKING DISTANCE (0.4 mile or 5 blocks)

GOOD FOR GROUPS

BARRIO (\$\$ AND ★★★★★)

Mexican cuisine doesn't quite say it all. Exotic tacos and people watching. A lively and happening place on Capitol Hill. Fantastic happy hour.

1420 12th Ave (between Union St and Pike St)

www.barriorestaurant.com

206.588.8105

SHORT CAB RIDE (1.0 mile)

BOAT STREET CAFÉ (\$\$ ★★★★★)

One of Seattle Metropolitan magazine's "10 best restaurants 2009". Excellent French bistro. On the edge of Belltown (closer to Seattle Center) but well worth the walk or short cab ride. It's tucked into a work/loft space but charming and authentic inside. Happy hour featuring fresh local oysters. As dressed up or down as you want it to be.

3131 Western Ave #301

www.boatstreetcafe.com

206.632.4602

WALK, BUS OR SHORT CAB RIDE (1.3 miles)

BOOM NOODLE (\$\$ ★★★★★)

Gets fabulous reviews. Cheap, casual and delish.

1121 E Pike St

www.boomnoodle.com

206.701.9130

SHORT CAB RIDE (1.0 mile)

BRASA (\$\$\$ ★★★★★)

Mediterranean cuisine using local ingredients with an open kitchen. There is also a fun bar area where you can eat - less expensive fare but equally as good.

2107 3rd Ave

www.brasa.com

206.728.4220

WALKING DISTANCE (0.6 mile or 7 blocks)

CAFÉ CAMPAGNE (\$\$ ★★★★★)

French bistro. Great for brunch. Known for their delicious lamb burgers. Relaxed and easy-going below the elegant upstairs Campagne.

1600 Post Alley

www.campagnerestaurant.com

206.728.2233

WALKING DISTANCE (0.4 mile or 6 blocks)

CAFÉ PRESSE (\$\$ AND ★★★★★)

Casual French cuisine. Great value for the money. Delicious roast chicken and great selection of good low-price wines. Sister of Le Pichet in Downtown. This one's in Capitol Hill. Cab ride suggested unless you feel like a hike up the hill, more downhill coming back to the hotel but still a mile or so.

1117 12th Ave (between Madison St and Spring St)

www.cafepresseseattle.com

206.709.7674

SHORT CAB RIDE (1.1 miles)

CAMPAGNE (\$\$\$ AND ★★★★★)

Fairly traditional French with a bit of a Northwest twist. Upscale and more expensive companion to Café Campagne.

86 Pine Street (in the courtyard of the Inn at the Market)

www.campagnerestaurant.com

206.728.2800

WALKING DISTANCE (0.4 mile or 7 blocks)

CHOCOLATE BOX (\$\$ AND ★★★★★)

Gourmet chocolates and gelato.

108 Pine St (between 1st Ave and News Lane)

www.sschocolatebox.com

206.443.3900

WALKING DISTANCE (0.4 mile or 7 blocks)

CHEZ SHEA (\$\$\$ AND ★★★★★)

Nice little French restaurant near Pike Place Market. Romantic, intimate setting.

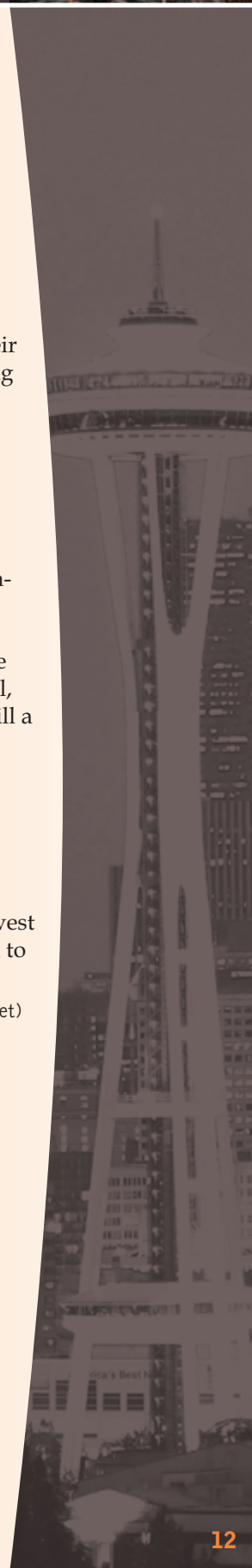
94 Pike St (Ste 34, between Post Alley and 1st Ave)

www.chezshea.com/

206.467.9990

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.5 mile or 5.5 blocks)



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CUTTERS BAYHOUSE (\$\$\$ ★★★★★)

A restaurant that uses ingredients right from Pike Place Market. Located just north of the market on the water. Eat fresh seafood and watch the boats on Elliott Bay against the backdrop of the Olympic mountains.

2001 Western Ave, Ste 100 (between Virginia St and Pike Pl)

www.cuttersbayhouse.com

206.448.4884

WALKING DISTANCE (0.6 mile or 8 blocks)

DAHLIA LOUNGE (\$\$\$ ★★★★★)

One of multiple restaurants on this list owned by famed Seattle chef Tom Douglas. A Seattle institution if you want delicious food. Pacific Northwest cuisine using fresh, seasonal ingredients. Luscious, warm interior. Also check out the Dahlia Bakery next door featuring many wonderful items including an outstanding coconut cream pie.

2001 4th Ave

www.tomdouglas.com

206.682.4142

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.3 mile or 4 blocks)

EL GAUCHO (\$\$\$\$ ★★★★★)

A carnivore's delight. Classic old-world steakhouse. Fancy, white tablecloth atmosphere.

2505 1st Ave

www.elgaucho.com

206.728.1337

WALKING DISTANCE OR SHORT CAB RIDE (1 mile or 13 blocks)

ELLIOTT'S OYSTER HOUSE (\$\$\$ ★★★★★)

Like oysters on the half shell? If yes, order the sampler – one of “30 Seattle restaurant experiences you must have before you die” (Seattle Metropolitan, October, 2009). Enjoy the view of Elliott Bay while you're at it. The salt-sand waters of Washington grow some of the best oysters you'll find.

1201 Alaskan Way (between Seneca St and University St)

www.elliottsoysterhouse.com

206.623.4340

WALKING DISTANCE (0.6 mile or 10 blocks)

FLYING FISH (\$\$\$ ★★★★★)

A Seattle institution. Seafood with an Asian influence. Try the oysters and mignonette sauce followed by the warm grappa brownie for dessert. Loud, happening scene.

2234 1st Ave (between Blanchard St and Bell St)

flyingfishrestaurant.com/

206.728.8595

QUINTESSENTIAL SEATTLE

WALKING DISTANCE OR SHORT CAB RIDE (0.8 mile or 11 blocks)

GELATIAMO (\$) ★★★★★

Great option for gelato.

1400 3rd Ave

www.gelatiamo.com

206.467.9563

WALKING DISTANCE (3.5 blocks)

THE GEORGIAN ROOM (\$\$\$\$ ★★★★★)

This is the old fashioned classic, the kind from the days of 2 martini lunches, but updated. Couches at the table, and delicious food served with old style class in the oldest high-end hotel in the city. Food gets great reviews too. Opulent and luxurious (think brocade and gilt) but not snobby. Can be quiet with not many tables occupied, so privacy is another positive.

411 University St (at the Fairmont Olympic Hotel)

www.fairmont.com/seattle/GuestServices/Restaurants/TheGeorgian.htm

206.621.7889

WALKING DISTANCE (3 blocks)

IL BISTRO (\$\$\$ ★★★★★)

Tucked away in the Pike Place Market near Rachel the pig. Classic Italian cuisine. Pretty, intimate setting.

93 Pike St (between Post Alley and 1st Ave)

www.ilbistro.net

206.682.3049

WALKING DISTANCE (0.4 mile or 6 blocks)

IVAR'S ORIGINAL ACRES OF CLAMS (\$) ★★★★★

Take-out or counter seating. If the weather is nice, you can eat at one of the nearby picnic tables on the waterfront. Good fish tacos. Happy hour 3pm until closing.

1001 Alaskan Way (Pier 54 on the waterfront between Madison St and Spring St)

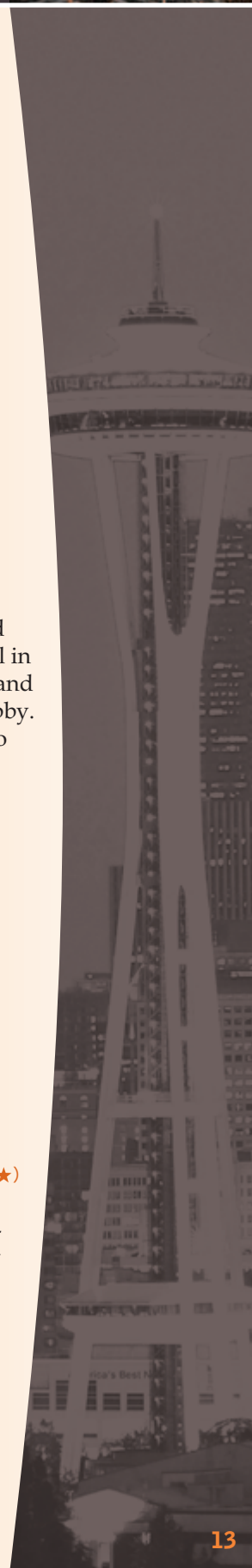
www.ivars.net

206.467.8063

QUINTESSENTIAL SEATTLE

FAMILY FRIENDLY

WALKING DISTANCE (0.7 mile or 10 blocks)



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



JADE GARDEN (\$\$ ★★★★)

For some of the best dim sum in Seattle that is also affordable, Jade Garden is your place. Located in the International District.

424 7th Avenue S
206.622.8181
LINK LIGHT RAIL OR SHORT CAB RIDE (1.1 miles)

KINGFISH CAFÉ (\$\$ ★★★★)

Traditional southern home cooking in the Capitol Hill area. Their cake (red velvet, spice, or chocolate fudge – take your pick) was listed as one of “30 Seattle restaurant experiences you must have before you die” (Seattle Metropolitan, October, 2009). Cab ride suggested.

602 19th Ave E
www.thekingfishcafe.com
206.320.8757
SHORT CAB RIDE (1.9 miles)

LAMPREIA (\$\$\$\$ ★★★★★)

Listed as one of “30 Seattle restaurant experiences you must have before you die” (Seattle Metropolitan, October, 2009). A James Beard winner. The service can sometimes come with an attitude, but this could be for you if you’re looking for excellent, special food and a long quiet evening.

2400 1st Ave
www.lampreiarestaurant.com
206.443.3301
WALKING DISTANCE OR SHORT CAB RIDE (0.8 mile or 12 blocks)

LARK RESTAURANT (\$\$\$ ★★★★★)

Changing menus for fresh and local fare, this is a very good place. Worth the short cab ride to the Seattle University area if you want something trendy and a little out of the mainstream, where locals eat.

926 12th Ave (in First Hill)
www.larkseattle.com
206.323.5275
SHORT CAB RIDE (1.1 miles)

LA VITA E BELLA (\$\$ ★★★★)

Authentic Italian pizza and pasta. Good value.

2411 2nd Ave
www.lavitaebella.us
206.441.5322
WALKING DISTANCE OR SHORT CAB RIDE (0.8 mile or 11 blocks)

LE PICHET (\$\$ ★★★★)

One of the most authentic cozy French bistros in Seattle. Feels like you’re in Paris. Specialties include whole roast chicken (allow one hour) and other authentic, French delicacies. Natives love this place. On a nice day you can sit on the street.

1933 1st Ave
www.lepichetseattle.com
206.256.1499
WALKING DISTANCE (0.5 mile or 8 blocks)

LICOROUS (\$\$ ★★★★★)

As good as it’s neighbor and co-owned Lark next door, this is a bar/ lounge style place. In the Seattle University neighborhood, it’s worth the cab ride if you’re looking for trendy, upscale food

928 12th Ave
<http://www.licorous.com/>
206.325.6947
SHORT CAB RIDE (1.1 miles)

LOLA (\$\$ ★★★★★)

Another Tom Douglas restaurant (see Dahlia Lounge, Palace Kitchen, and Serious Pie). Upscale Greek. Really interesting and good food. Loud but a fun, “happening” atmosphere.

2000 4th Ave (between Virginia St and Lenora St)
206.441.1430
WALKING DISTANCE (0.4 mile or 6 blocks)

LONG PROVINCIAL VIETNAMESE RESTAURANT (\$\$ ★★★★★)

Same owners as Tamarind Tree (also on this list). Despite the street view, this serene Asian setting has a vast menu of adapted Asian cuisine. Affordable great food. Notable dishes: cinnamon pork rice balls, banana blossom salad, and lily blossom halibut.

1901 2nd Ave
www.longprovincial.com
206.443.6266
WALKING DISTANCE (0.4 mile or 6 blocks)

MANEKI RESTAURANT (\$\$ AND ★★★★★)

Historic Seattle restaurant in the International District. Separate sushi bar area.

304 6th Ave S (between Jackson St and Jefferson St)
www.manekirestaurant.com
206.622.2631
SHORT CAB RIDE OR PUBLIC TRANSIT (0.9 mile)



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



MATT'S IN THE MARKET (\$\$\$ ★★★★★)

Classic Seattle setting. Fantastic food with views of the water. Fresh ingredients straight from Pike Place market. Pricy but worth the splurge.

94 Pike St (Ste 32, between Post Alley and 1st Ave)

www.mattsinthemarket.com

206.467.7909

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.4 mile or 5 blocks)

MAXIMILLIEN IN THE MARKET (\$\$ ★★★★★)

Spectacular view; watch the ferries and the bay. Authentic French cuisine. Specialties include fresh mussels prepared multiple ways.

81A Pike St

www.maximilienrestaurant.com/

206.682.7270

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.4 mile or 5.5 blocks)

METROPOLITAN GRILL (\$\$\$\$ ★★★★★)

Old-fashioned downtown steak house. A lot of money for a slab of beef. Downtown business and local sports stars atmosphere.

820 2nd Ave

www.themetropolitangrill.com

206.624.3287

WALKING DISTANCE (0.6 miles or 10 blocks)

MONSOON RESTAURANT (\$\$\$ ★★★★★)

Modern Vietnamese cuisine with fresh seasonal, local ingredients. A short cab or bus ride to this Capitol Hill location is worth the effort. Small, minimalist setting.

615 19th Ave E

www.monsoonrestaurants.com/seattle

206.325.2111

BUS OR SHORT CAB RIDE (2 miles)

NOODLE RANCH (\$\$ ★★★★★)

Asian fusion. Pho, phad thai, ramen, curries and so forth. Casual, bohemian setting.

2228 2nd Ave

206.728.0463

WALKING DISTANCE (0.7 miles or 10 blocks)

PACIFIC PLACE EATERIES

Upscale locale for shopping, movies and eating. Restaurants include: Gordon Biersch Brewery (German-style beer and American contemporary dishes); Il Fornaio Restaurant and Bakery (Italian fare); Pike Place Chowder; Thai Ginger; and Todai (all you can eat Japanese sushi and buffet).

600 Pine St

www.pacificplaceseatle.com/home.aspx

WALKING DISTANCE (1.5 blocks)

PALACE KITCHEN (\$\$ ★★★★★)

Another Tom Douglas restaurant and Seattle institution. Classic American/ Pacific Northwest cuisine. Lively, somewhat funky atmosphere. They don't take reservations.

2030 5th Ave

www.tomdouglas.com

206.448.2001

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.4 miles or 5.5 blocks)

PALOMINO RESTAURANT ROTISSERIA BAR (\$\$ ★★★★★)

Right across the street from the Sheraton, on the 2nd floor of City Centre building, an eclectic bistro style place with good food, a great happy hour we hear, and lots of Chihuly-like glass lights.

1420 5th Ave Ste 350

www.palomino.com

206.623.1300

WALKING DISTANCE (< 1 block)

PIKE PLACE MARKET STREETCORNER OR DROP-IN CASUAL SPOTS

The market includes MANY terrific options for an on-the-go breakfast, lunch, snack, sweet treat or just grazing (e.g., Chukar Cherries). Stroll along and grab what smells good or fits your mood.

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.4 miles or 5 blocks)

Hotspots Include:

CREPE DE FRANCE (\$ ★★★★★)

Savory and sweet crepes.

93 Pike St (Ste 204, between 1st Ave and Post Alley)

206.624.2196

THE CRUMPET SHOP (\$ ★★★★★)

Mouth-watering sweet and savory treats.

1503 1st Ave (between Pike St and Pine St)

www.thecrumpetshop.com

206.682.1598

DELAURENTI SPECIALTY FOOD AND WINE (\$\$ ★★★★★)

This is a fun, upscale Italian grocery store but they also have a café area (soups, salads, panini).

1435 1st Ave

www.delarenti.com

206.622.0141



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



FALAFEL KING (\$ ★★★)

Good falafel but best to eat outside or on-the-go. Not a pretty place inside and very limited seating.

1509 1st Ave
www.falafelkingseattle.com
206.381.0857

JACK'S FISH SPOT (\$ ★★★)

Insiders in the know. Tucked behind Jack's fish stand. Cioppino, steamers and other fresh seafood from the Market.

1514 Pike Pl
www.jacksfishspot.com
206.467.0514

LE PANIER VERY FRENCH BAKERY (\$ ★★★★★)

Delicious, authentic French pastries, bread and sandwiches. Worth a trip for the wonderful aroma alone.

1902 Pike Pl (between Stewart St and Virginia St)
www.lepanier.com
206.441.3669

LOWELL'S RESTAURANT (\$\$ ★★★)

Waterfront old-time Seattle institution. Sitdown diner.

1519 Pike Pl (between Post Alley)
www.eatatlowells.com
206.622.2036
QUINTESSENTIAL SEATTLE

MARKET GRILL (\$\$ ★★★★★)

Located across from Pure Food Fish, not far from the pig. Dubbed one of "30 Seattle restaurant experiences you must have before you die" (Seattle Metropolitan, October, 2009).

1509 Pike Pl #3
206.682.2654

MEE SUM PASTRY (\$ ★★★★★)

Word has it the barbecue pork hum bao is incredible.

1526 Pike Pl (at Post Alley)
206.682.6780

PIROSHKY PIROSHKY (\$ ★★★★★)

At lunchtime, the line is literally often out the door for this place. The good news is that it moves quickly and is worth the wait.

1908 Pike Pl (between Stewart St and Western Ave)
www.piroshkybakery.com
206.441.6068

STEELHEAD DINER (\$\$ ★★★)

Don't let the 'Diner' name fool you: this is one happening scene and a great place to enjoy a heavenly pairing of Pacific King salmon and Oregon Willamette valley Pinot Noir. Views of Puget Sound.

95 Pine St (between 1st Ave and Post Alley)
www.steelheaddiner.com
206.625.0129

THREE GIRLS BAKERY (\$ ★★★★★)

Excellent baked goods and made-to-order deli sandwiches.

1514 Pike Place, Ste 1 (at Post Alley)
206.622.1045

PINK DOOR (\$\$ ★★★★★)

Another Seattle institution. Playful atmosphere. Classic Italian cuisine. Sunny day? Grab a cocktail on the deck.

1919 Post Alley
www.thepinkdoor.net
206.443.3241

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.5 mile or 8 blocks)

POPPY (\$\$\$ ★★★)

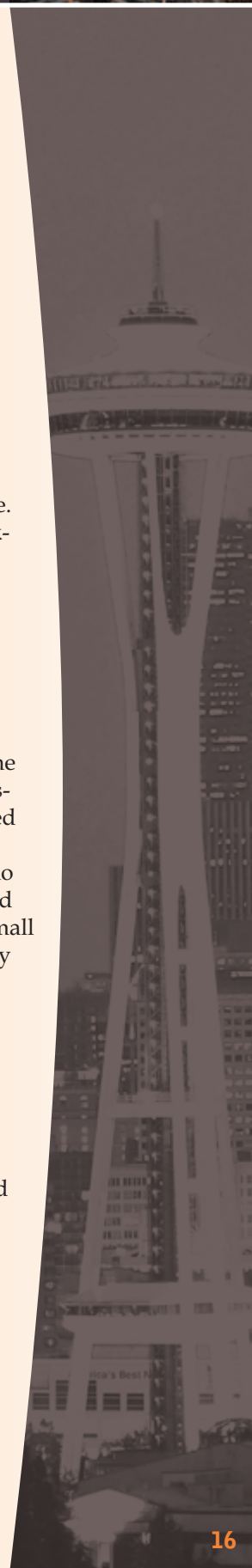
Fresh, unique Indian and inventive cuisine. One of Seattle Metropolitan magazine's "10 best restaurants 2009". This new restaurant was opened by the previous owner and developer of the famous Herbfarm restaurant in Woodinville, no longer as famous as it was since Jerry Traunfeld moved on to Poppy. He focuses on multiple small dishes, thali, presented as a whole meal. Happy hour gets great reviews.

622 Broadway E (between Mercer St and Roy St)
www.poppyseattle.com
206.324.1108
SHORT CAB RIDE (1.4 miles)

QUINN'S PUB (\$\$ ★★★★★)

A hopping place, with unusual foods (bone marrow, oxtail pasta, wild boar sloppy joe) and normal foods. Sister restaurant to Zoe, listed below.

1001 E Pike Street (between 10th Ave & 11th Ave)
www.quinnspubseattle.com
206.325.7711
SHORT CAB RIDE (1 mile)



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



RESTAURANT ZOË (\$\$\$ ★★★★★)

Trendy yet cozy atmosphere. American/ seafood/ steak all done very well.

2137 2nd Ave

www.restaurantzoe.com

206.256.2060

WALKING DISTANCE (0.7 mile or 9 blocks)

SEA GARDEN RESTAURANT (\$\$ ★★★★★)

Cantonese restaurant in the International District. Select your seafood straight out of the tank.

509 7th Ave S

206.623.2100

LINK LIGHT RAIL OR SHORT CAB RIDE (1.1 miles)

SEASTAR RESTAURANT AND RAW BAR (\$\$\$ ★★★★★)

Freshly prepared seafood and raw bar items.

2121 Terry Ave, Ste 108 (between Lenora St and Denny Way)

www.seastarrestaurant.com

206.462.4364

WALKING DISTANCE, STREETCAR OR SHORT CAB RIDE (0.7 mile or 8 blocks)

SERIOUS PIE (\$\$ ★★★★★)

Another Tom Douglas restaurant. Small, informal yet gourmet pizza place. Comfy barstool seating. Described by Tyler Florence, celebrity chef of the Food Network, as "so good it should be illegal". One of Seattle Metropolitan magazine's "10 best restaurants 2009".

316 Virginia St

www.tomdouglas.com

206.838.7388

WALKING DISTANCE (0.5 mile or 6 blocks)

SHALLOTS ASIAN BISTRO (\$\$ ★★★★★)

Asian fusion. On the edge of Belltown. Good value.

2525 4th Ave

www.shallotsseattle.com

206.728.1888

SHORT CAB RIDE (0.8 mile or 11 blocks)

SHIRO'S (\$\$\$ ★★★★★)

Expensive but arguably the best, freshest sushi in town. One of Seattle Metropolitan magazine's "10 best restaurants 2009".

2401 2nd Ave

www.shiros.com

206.443.9844

SHORT CAB RIDE (0.9 mile or 12 blocks)

STARBUCKS (\$)

Everywhere. If you want the original, go to the north end of the Pike Place Market. Love it or hate it, this is where it all began.

1912 Pike Pl

www.starbucks.com/

206.448.8762

QUINTESSENTIAL SEATTLE

WALKING DISTANCE (0.5 mile or 7 blocks)

TAMARIND TREE (\$\$ ★★★★★)

Locals go wild for this place. One of the best deals in the city. Traditional Vietnamese, fresh cuisine. Huge menu. Lively, bustling atmosphere. Additional outside seating under a bamboo canopy (with heaters in colder weather). It's located in a strip mall but don't let that stop you. Listed as one of "30 Seattle restaurant experiences you must have before you die" (Seattle Metropolitan, October, 2009). The catfish is highly recommended.

1036 S Jackson St, Ste A

www.tamarindtreerestaurant.com

206.860.1404

LINK LIGHT RAIL OR SHORT CAB RIDE (1.3 miles)

TANGO (\$\$\$ ★★★★★)

Spanish tapas place. Just up the hill from the Sheraton. Locals rave about the El Diablo dessert.

1100 Pike St (between Boren Ave and Melrose Ave)

www.tangorestaurant.com

206.583.0382

WALKING DISTANCE (0.4 mile or 6 blocks)

TASTE (\$\$ ★★★★★)

This restaurant is in the Seattle Art Museum (but separate from the Museum so you don't need to pay the price of admission). Fresh, local ingredients, artfully prepared.

1300 1st Ave

www.tastesam.com

206.903.5291

WALKING DISTANCE (0.4 mile or 6 blocks)

TAVOLATA (\$\$\$ ★★★★★)

An Ethan Stowell restaurant. Some people love it; some ho hum.

2323 2nd Ave

www.tavolata.com

206.838.8008

WALKING DISTANCE OR SHORT CAB RIDE (0.8 mile or 11 blocks)



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Behavioral Medicine: Building for the Future



TILIKUM PLACE CAFÉ (\$\$ ★★★★★)

This is a newer place getting excellent reviews. Small and warm atmosphere, people seem to stumble upon it, then rave. The menu is fairly small, so you might check before you go that it has what you will enjoy. Brunch and breakfast also available.

407 Cedar St (at 4th Ave)
www.tilikumplacecafe.com/
206.282.4830
SHORT CAB RIDE (1.0 mile)

TULIO RISTORANTE (\$\$\$ ★★★★★)

Classic Italian.

1100 5th Ave (in the Hotel Vintage Park)
www.tulio.com
206.624.5500
WALKING DISTANCE (0.3 mile or 5 blocks)

TUTTA BELLA NEAPOLITAN PIZZERIA (\$\$ ★★★★★)

Delicious thin crust pizza. Salads too. They fly the ingredients in from Naples. "Only organic San Marzano DOP tomatoes, fresh mozzarella, fresh herbs, and fresh yeast are permitted. As the first pizzeria in the NW to receive the coveted VPN certification from the Associazione Verace Pizza Napoletana based in Naples, Italy, Tutta Bella Neapolitan Pizzeria is held accountable to these standards." Above the Whole Foods Market on Westlake just a couple blocks north of downtown.

2200 Westlake Ave, Ste 112 (between 9th Ave and Blanchard St)
www.tuttabellapizza.com/locationwv/index.php
206.624.4422
WALKING DISTANCE OR STREETCAR (0.6 mile or 8 blocks)

TXORI (\$\$ ★★★★★)

Love this place. Inventive small bites in the Spanish tapas tradition. Small, so bring 1-3 friends and try multiple options. Casual and easy setting.

2207 2nd Ave (between Bell St and Blanchard St)
www.txoribar.com
206.204.9771
WALKING DISTANCE (0.7 mile or 9 blocks)

UNION (\$\$\$ ★★★★★)

Sleek, modern décor. Pacific Northwest cuisine. High-end. Nice space for happy hour. An Ethan Stowell spot.

1400 1st Ave (between Pike St and Union St)
www.unionseattle.com
206.838.8000
WALKING DISTANCE (0.3 mile or 5 blocks)

UWAJIMAYA (\$\$ ★★★★★)

This is a wonderful grocery store (see shopping section) in the International District that is oh so much more. The Food Court features the cuisine of many countries, including Japan, India, Thailand, Vietnam, the Philippines, Hawaii and Korea. There's even a Hong Kong-style bakery.

600 5th Ave S
www.uwajimaya.com
206.624.6248
PUBLIC TRANSIT OR SHORT CAB RIDE (1 mile)

VIA TRIBUNALI (\$\$ ★★★★★)

Another fine, thin crust pizza place. Attached to the historic rock club, The Crocodile. If you like rock, or want to see the Seattle scene, revised, check it out and have a pizza.

2200 2nd Avenue
www.viatribunali.net
206.441.4618
WALKING DISTANCE (0.7 mile or 9 blocks)

WATERFRONT SEAFOOD GRILL (\$\$\$\$ ★★★★★)

High-end Pacific NW seafood restaurant. Directly on the waterfront. You can even sit out over the water if the deck is open; if it's cool, they'll bring blankets and turn on the heat lamps. This is a large place, but with good fresh seafood, welcoming service and a good wine list.

2801 Alaskan Way
www.waterfrontpier70.com
206.956.9171
SHORT CAB RIDE (1.2 miles)

WESTLAKE CENTER FOOD COURT

A typical mall food court, with pizza, soup, and Asian food options. On the top floor of the mall. The monorail is right next to the food court for a quick trip to Seattle Center.

400 Pine St
206.467.1600
WALKING DISTANCE (2.5 blocks)
FAMILY FRIENDLY

WHOLE FOODS MARKET (\$\$\$ ★★★★★)

You may have one of these in your hometown. Fantastic grocery store with fantabulous "deli" options and a coffee bar. Not cheap, hence the term "whole paycheck".

2200 Westlake Ave (between 9th Ave and Blanchard St)
www.wholefoodsmarket.com
206.621.9700
WALKING DISTANCE OR STREETCAR (0.6 mile or 8 blocks)



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



WILD GINGER ASIAN RESTAURANT AND SATAY BAR (\$\$\$ ★★★)

Yet another Seattle institution. Superb PanAsian restaurant. Large satay bar area. Loud, wildly popular, fun, and good for groups. Multiple vegetarian options. Reservations for 2-4 via web; call if 5 or more. Note: Yelp gives this three dollar signs but we feel that it can be done for less. Dishes are served family style and sharing is encouraged. And/or, order one or two smaller plates.

1401 3rd Ave
www.wildginger.net
206.623.4450

QUINTESSENTIAL SEATTLE
WALKING DISTANCE (4 blocks)
GOOD FOR GROUPS

FOR DEDICATED FOODIES: RESTAURANTS BEYOND THE DOWNTOWN AREA

(worth a cab ride or, in some cases, a rental car)

CAFÉ JUANITA (\$\$\$\$ ★★★★★)

This excellent Northern-Italian restaurant is in Kirkland. Possibly the best food in the region. The chef Holly Smith has received many awards. The wine list is also very good. Worth what you pay.

One of Seattle Metropolitan magazine's "10 best restaurants 2009". It's a 30 min drive to Kirkland, likely too far for a cab unless money is no object.

9702 NE 120th Pl (in Kirkland)
www.cafejuanita.com
425.823.1505
RENTAL CAR OR CAB RIDE (16 miles)

CANLIS (\$\$\$\$ ★★★★★)

One of Seattle Metropolitan magazine's "10 best restaurants 2009". Described as the city's "most legendary restaurant" and, going on 60, getting better all the time. The current chef is Jason Franey, formerly of Manhattan's Eleven Madison Park. Arguably the best wine list (especially French) in the city, but expect to pay.

2576 Aurora Ave N
www.canlis.com
206.283.3313
QUINTESSENTIAL SEATTLE
CAB RIDE (4.2 miles)

CASCINA SPINASSE (\$\$\$ ★★★)

One of Seattle Metropolitan magazine's "10 best restaurants 2009". Famous for their home-made pastas. Just FYI, separate parties sometimes dine at shared tables.

1531 14th Ave (btw Pine St and Pike St)
www.spinasse.com
206.251.7673
SHORT CAB RIDE (1.1 miles)

CORSON BUILDING (\$\$\$\$ ★★★★★)

Host your own dinner party and reserve the big table at this unique dinner house, listed as one of "30 Seattle restaurant experiences you must have before you die" (Seattle Metropolitan, October, 2009).

5609 Corson Ave S (in Georgetown)
www.thecorsonbuilding.com
206.762.3330
RENTAL CAR OR CAB RIDE (5.3 miles)

CRUSH (\$\$\$ ★★★)

One of Seattle Metropolitan magazine's "10 best restaurants 2009". Get the short ribs.

2319 E Madison St (btw E 23rd Ave and E 24th Ave)
www.chefjasonwilson.com
206.302.7874
CAB RIDE (2.0 miles)

THE HARVEST VINE (\$\$\$ ★★★)

Basque cuisine. Seating with a view of the open kitchen affords the ability to catch all of the culinary action, described as "one of the most riveting food shows in town" (Seattle Metropolitan, October, 2009). The sister of Txori.

2701 E Madison St (btw E 27th Ave and E 28th Ave)
www.harvestvine.com
206.320.9771
CAB RIDE (2.2 miles)

THE HERBFARM (\$\$\$\$ ★★★★★)

Got money and time to spare? Rent a car and head out to Woodinville (Seattle's local wine country) to experience a superb nine-course meal and sample from an incredible wine selection - one of Seattle Metropolitan magazine's "10 best restaurants 2009". And if you're going to go to all that trouble, you might as well spend the night at the Willows Inn, just across the courtyard. The only catch? Book the restaurant reservation months in advance.

14590 NE 145th St (in Woodinville)
www.theherbfarm.com
425.485.5300
RENTAL CAR (18 miles)



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



PALISADE RESTAURANT (\$\$\$ ★★★★★)

At the base of Magnolia Bluff, on the north side of Elliott Bay (the bay Seattle sits on). This is one of those restaurants built as a multi-million dollar gorgeous building inside and out, a beautiful view back at the city, and actually very good food. Lots of seafood but other options too. It can be touristy but locals go there too on special occasions. Just make sure the cruise ships aren't blocking your view (unless you don't care). They generally leave Saturday evening.

2601 W Marina Pl
www.palisaderestaurant.com
206.285.1000
CAB RIDE (4 miles)

ROVER'S (\$\$\$\$ ★★★★★)

Excellent French food by Thierry Rautureau. The real thing. One of Seattle Metropolitan magazine's "10 best restaurants 2009". If you're feeling decadent, go for the grand menu degustation: eight courses plus wine pairings.

2808 E Madison St (btw E 28th and Martin Luther King Jr Way)
www.rovers-seattle.com
206.325.7442
CAB RIDE (2.3 miles)

SPRING HILL RESTAURANT AND BAR (\$\$\$ ★★★★★)

One of Seattle Metropolitan magazine's "10 best restaurants 2009". This place has a fresh, local food commitment and is one of the newer top restaurants, if you can manage a 20-minute cab ride or have a car. Very scaled-back, sleek décor. Try the sweetbreads if you go for that sort of thing.

4437 California Ave SW (in West Seattle, btw Genessee St & Oregon St)
www.springhillnorthwest.com
206.935.1075
RENTAL CAR OR CAB RIDE (6.6 miles)

TILTH (\$\$\$ ★★★★★)

Another James Beard multiple time nominee. Well-rated and known for its "locavore" orientation. Some food is prepared sous vide or with the very upscale 'foam' minimalist style. Raves along with other mixed reviews, just depends what you order. In an old house in the Wallingford area. Not far but a cab ride. Relaxed ambience. Don't be in a hurry.

1411 N 45th (btw N Interlake Ave and N Woodlawn Ave)
www.tilthrestaurant.com
206.633.0801
CAB RIDE (4.5 miles)

VEGETARIAN AND VEGAN RESTAURANTS

There are vast numbers of vegetarians in the Northwest. So every restaurant will have options for you, if you're one. Vegan? Let your server know or go online/call ahead to make sure the menu fits your wishes.

CAFÉ FLORA (\$\$ ★★★★★)

Cafe Flora offers a menu full of vegetarian, vegan, and gluten-free items made with organic and sustainable ingredients. Award-winning restaurant with a garden-like atmosphere.

2901 E Madison St (in Madison Park)
www.cafe flora.com
206.325.9100
CAB RIDE (2.3 miles)

CARMELITA (\$\$\$ ★★★★★)

Upscale vegetarian based on a "farm to table" philosophy.

7314 Greenwood Ave N (in Phinney Ridge)
www.carmelita.net
206.706.7703
RENTAL CAR OR CAB RIDE (6.0 miles)

SUTRA (\$\$\$ ★★★★★)

The elegant prix-fixe vegetarian (sometimes vegan) dinner was listed as one of "30 Seattle restaurant experiences you must have before you die" (Seattle Metropolitan, October, 2009). Enjoy locally-sourced food in a cozy setting.

1605 N 45th St
www.sutraseattle.com
206.547.1348
RENTAL CAR OR CAB RIDE (4.4 miles)

GLUTEN-FREE

FLYING APRON BAKING CO (\$ ★★★★★)

Vegan, gluten-free, and wheat-free pastries, cookies, pies, breads, and savory snacks. Located in the funky Fremont neighborhood, north of downtown.

3510 Fremont Ave N
www.flyingapron.net
206.442.1115
BUS OR CAB RIDE (3.7 miles)

TANGO

This restaurant is listed above and is in walking distance of the Sheraton. We noticed a "gluten-free" section on the menu (per the website).



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



DOWNTOWN ENTERTAINMENT

All within walking distance unless noted otherwise

A CONTEMPORARY THEATRE (ACT)

The center for contemporary theatre and arts in Seattle.

Kreielsheimer Place, 700 Union Street
www.acttheatre.org/
206.292.7676

BENAROYA HALL

This state-of-the-art 2,500 seat facility, completed in September 1998, is the home of the Seattle Symphony. Check out the amazing Dale Chihuly glass structures hanging from the ceiling in the outer hallway.

200 University St
www.seattlesymphony.org/benaroya
206.215.4700

BIG PICTURE

Really fun place to see first run movies – in a comfy leather seat with cocktail in hand. You can leave your drink refill order and they'll deliver it to your chair at your requested time.

2505 1st Ave
www.thebigpicture.net/
206.256.0566

CINERAMA THEATRE

Investor, philanthropist and Seattle native Paul Allen has a fondness for the Cinerama that dates back to his youth, viewing films such as "2001: A Space Odyssey". When he heard that the Cinerama might close, he signed a "Save the Cinerama" petition in hope of preserving the theatre. Shortly afterward, he did much more by becoming the owner.

2100 4th Ave
www.cinerama.com/TemplateHome.aspx?contentId=1
206-441-3653 (box office)

CROCODILE

The Croc is one of legendary home spots for numerous famous local grunge and alternative rock bands like Nirvana, REM and Pearl Jam. Recently renovated and reopened.

2200 2nd Ave (2nd and Blanchard)
thecrocodile.com/index.html
206.441.7416

QUINTESSENTIAL SEATTLE

GAMEWORKS

A family friendly venue with hundreds of video games, entertainment, prizes, food and drinks.

1511 7th Ave (7th and Pike St)
www.gameworks.com
206.521.0952
FAMILY FRIENDLY

JAZZ ALLEY

Terrific venue for jazz. All-star line-up. You can have dinner there too.

2033 6th Ave
www.jazzalley.com
206.441.9729

PARAMOUNT THEATRE

Grand historical theatre host to Broadway shows, concerts and other performances.

911 Pine St
www.stgprepresents.org/

MARION OLIVER MCCAOW HALL

Performance hall and home to the Pacific Northwest Ballet.

305 Harrison Street
www.seattlecenter.com/booking/venue_parent_detail.asp?VE_VenueNum=520
206.684.7200
SHORT CAB RIDE OR MONORAIL

OPERA HOUSE

Home to the Seattle Opera.

363 Mercer St
206.728.4441
SHORT CAB RIDE OR MONORAIL

SHOWBOX

Founded in 1939, the Showbox has hosted acts ranging from Al Jolson, Mae West, and Dizzy Gillespie to the Police, Blondie, Iggy Pop, Devo, Dead Kennedys, Dave Matthews, Kanye West, Modest Mouse, and Death Cab for Cutie.

1426 1st Ave
www.showboxonline.com/
206.628.0888 (ticketmaster)

TEATRO ZINZANNI

Part circus, part dinner theatre – a five-course meal (designed by famed Northwest chef Tom Douglas) plus international cirque, comedy and cabaret.

222 Mercer St
dreams.zinzanni.org/
206.802.0015
SHORT CAB RIDE OR MONORAIL



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



TRIPLE DOOR

This is a triple threat: food from Wild Ginger just upstairs (see restaurant section), a lounge called the Musicquarium (named for its 1900 gallon aquarium), and live music and entertainment. Check who's playing; could be local talent or a national name.

Happy hour from 4-6pm nightly and 10pm-12am Sun-Thurs.
216 Union St
www.thetripledoor.net/
206.838.4333

BARS/ LOUNGES

ALIBI ROOM

Trendy night spot. Funky, often crowded place to get a drink with a view.

85 Pike St
www.seattlealibi.com/welcome.htm
206.623.3180

BATHTUB GIN AND CO.

Described as tiny, dark, secret and delicious. Tucked away in an alley behind a nondescript door in Belltown.

2205 2nd Ave
206.728.6069

BLACK BOTTLE

Chic "gastro-tavern" with a full bar and extensive wine list. Local and sustainable ingredients on the menu.

2600 1st Ave (1st and Vine in Belltown)
www.blackbottleseattle.com/
206.441.1500

BOOKSTORE BAR

Rated "Best Hotel Bar in Seattle" by Seattle Magazine in 2003. High backed booths and bookstore like atmosphere. Home to one of the largest selections of single malt scotches in the city.

92 Madison St.
www.librarybistro.com/
206.624.3646

BROOKLYN SEAFOOD, STEAK AND OYSTER HOUSE

Great "oyster and spirits" happy hour from 4-6:30pm.

1212 Second Ave
www.thebrooklyn.com/
206.224.7000

CHEZ SHEA

Lovely, romantic setting.

94 Pike
www.chezshea.com/
206.467.9990

CYCLOPS CAFÉ AND LOUNGE

Cocktails with an edge.

2421 1st (in Belltown)
www.cyclopsseattle.com/
206.441.1677

EDGEWATER BAR

Fantastic setting on the edge of the water but expensive (A cosmo could cost you \$11).

2411 Alaskan Way (Pier 67)
www.edgewaterhotel.com/
206.728.7000

NITE LITE RESTAURANT

Under 30 crowd. Divey.

1926 2nd Ave
206.443.0899

PURPLE CAFÉ AND WINE BAR

Extensive wine list.

1225 4th St
www.thepurplecafe.com/locations.html

QUINN'S PUB

Cool atmosphere. Uncluttered décor. Try one of the seasonal/ regional beers on tap. Also see description under restaurant section.

1001 E Pike St
www.quinnspubseattle.com
206.325.7711

ROB ROY

Seattle Magazine profiled seven local bars with the "best ambience" (November, 2009). Rob Roy made the list. Described as '70s retro without the kitsch.

2332 2nd Ave (btw Battery St and Bell St)
www.robroyseattle.com
206.956.VICE

SEE SOUND LOUNGE

Edgy, techno music, dance club with food, drink, cover charge, line at the door. Seattle's version of LA. Read the reviews and see if it's for you.

115 Blanchard St (between 1st Ave & 2nd Ave)
www.seesoundlounge.com
206.374.3733



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



SPUR

Voted one of five “best happy hours” (Seattle Magazine, November, 2009). Supposedly a great deal. Sun-Thurs 5-7pm.

113 Blanchard St
www.spurseattle.com
206.728.6706

TAP HOUSE GRILL

One-hundred and sixty beers on tap.

1506 6th Ave
www.taphousegrill.com
206.816.3314

THE TERRACE AT THE FAIRMOUNT OLYMPIC HOTEL

This is a swanky hotel lobby bar. Described by Seattle Magazine (November, 2009) as “an experience not to be missed”.

411 University St
www.fairmont.com
206.284.0931

VESSEL

Sleek, modern décor. Self-described as “timeless style, liquid elegance”.

1312 5th Ave
www.vesselseattle.com/
206.652.0521

THE W HOTEL BAR

Cool bar in a cool hotel. Need we say more?

1112 4th Ave
www.starwoodhotels.com
206.264.6000

ZIG ZAG CAFÉ

To quote Seattle Magazine (November, 2009), “There are bars you like, bars you love and bars where you want your ashes deposited after you die”. Religious feelings about cremation aside, this laid-back classic cocktail lounge apparently fits the latter category.

1501 Western Ave #202
www.zigzagseattle.com
206.625.1146

NEIGHBORHOODS

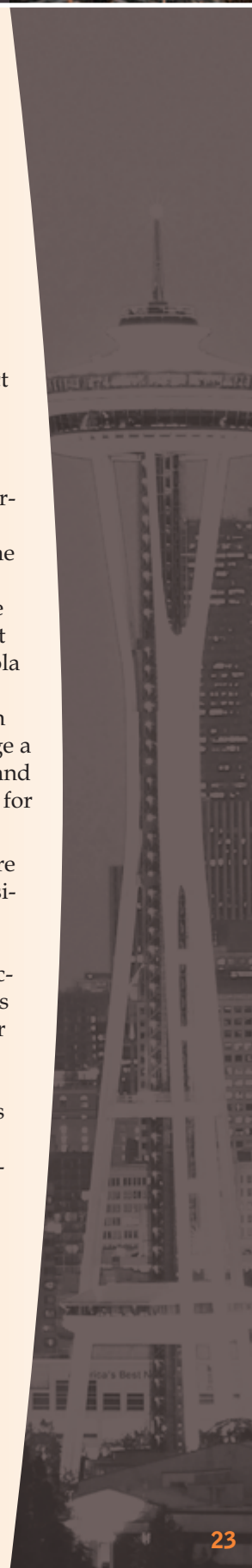
Seattle has been called a city of neighborhoods, each with their own heritage and distinctive flair.

Pioneer Square

Pioneer Square, one of America’s largest **National Historic Districts**, is located in the traditional heart of downtown Seattle. Its unique location - south of the retail and financial districts, close to both **Safeco Field** and **Qwest Field**, and bordered by the waterfront to the west and Chinatown/ the International District to the east - gave the Pioneer Square neighborhood the nickname “where Seattle begins.”

A stroll around this highly-walkable area is all it takes to familiarize visitors with the neighborhood. Public parks and art installations by the dozens are only a short distance from any of the neighborhood’s many transit hubs, and offer a way to see many of the area’s highlights on the cheap. The welcoming pedestrian environment means visitors can enjoy the century-old pergola in **Pioneer Square Park**, enjoy the view of the Puget Sound and the Olympic Mountains from the **Washington Street Boat Landing**, challenge a friend to a game of bocce in **Occidental Park**, and picnic at the **Waterfall Garden**, all on foot and for free.

Much of Pioneer Square’s charm and energy are the result of its rich and varied history, and visitors can’t help but feel as if they have traveled back in time as they wander the many cobblestone streets and soak up the Victorian architecture. The character many visitors enjoy today is largely the result of the Great Fire of 1889, after which most of downtown Seattle, as we know it, was built. But the Great Fire was just one of the many historic events that helped shape this community: This neighborhood’s colorful past is also one of brothels and bureaucrats, corruption and community, artists and Arctic explorers, Skid Row and subterranean sidewalks. Walk down any of Pioneer Square’s narrow, tree-lined streets and read the names of pioneers who built not only Pioneer Square, but Seattle itself: Denny, Maynard, Yesler, Furuya, Smith, Broderick. The Pioneer Square Community Association (at 201 Yesler Way) and the Underground Tour (at 608 1st Ave) both offer fascinating tours of the neighborhood’s history. Today that rich history has given way to a lively and diverse community that is bustling with energy 24/7. Artists, who



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



helped revitalize this neighborhood in the 1970s, remain an important part of the community; this is seen in the many galleries and studios that continue to call Pioneer Square home. Small shops selling one-of-a-kind fashions and antique furnishings fill many storefronts.

Cutting-edge companies occupy the upper floors of the more than 200 historic buildings that make up Pioneer Square. These firms represent a “who’s who” in the fields of technology, online gaming, graphic design, architecture, and interiors; these progressive industries have come to represent the bright future of this historic and charming area.

Ballard

Incorporated in 1890, Ballard was once home to fisherman and millworkers, many of Scandinavian origin. Now considered one of Seattle’s hippest neighborhoods, Ballard maintains its small-town feel. Urban yet historic, its unique shops, great cuisine and busy nightlife are set against the natural beauty of Salmon Bay and Puget Sound.

Today, Ballard’s working waterfront provides views of a thriving maritime industry, including **Fisherman’s Terminal**, home base to Northwest fishing vessels. The **Hiram M. Chittenden Locks**, an engineering marvel built in 1916, enables boats to move from fresh water lakes to the salt water of Puget Sound, a 26-foot grade change. During certain times of the year, to the amazement of visitors, salmon use the fish ladders located here to return to their spawning grounds.

Heading west to Shilshole Bay Marina, Ballard’s waterways become more recreational. In addition to moorage for 1,500 pleasure boats, it also offers a boat ramp, sailing schools and public art featuring Leif Erikson. A waterfront promenade, with beautiful views of Puget Sound and the mountains, leads to **Golden Gardens**, an expansive beachfront park. Canine visitors love the off-leash play area up the hill.

While recent development has turned this one time blue-collar enclave into a hip, urban village, Ballard still maintains its quaint storefronts and pedestrian-friendly atmosphere. Ballard Avenue, a nationally registered historic district, takes visitors back to the time when Ballard was “The Shingle Capital of the World.” Metal plaques with historic pictures and stories guide you. Walk down this tree-lined street and you’ll find great restaurants, boutiques, home décor shops, gift stores and an active nightlife.

Up on Market Street and the surrounds is Ballard’s “modern” business district. Easily walkable, it too features charming brick storefronts, great stores, theatre, urban parks and a host of restaurants, many featuring sidewalk cafés. Once a month, the Second Saturday ArtWalks showcase work by local artists in numerous galleries, studios and shops.

No visit to Ballard is complete without some Scandinavian culture. Don’t miss the internationally acclaimed Nordic Heritage Museum with its historic and fine art exhibits, as well as musical performances, children’s activities and two major cultural events. The **Leif Erikson Lodge** (the Sons of Norway), specialty gift and food establishments and **Bergen Place Park** all add to the Nordic experience.

Attractions

THE HIRAM M. CHITTENDEN LOCKS (BALLARD LOCKS)

One of Seattle’s most popular tourist attractions, the “Locks” connects the salt-water Puget Sound to the fresh waters of Lake Union. The levels of these two bodies of water are different, as is their salt content, so the Locks are used to prevent mixing of the waters and raise and lower boats of all sizes from one body of water to the other. Be sure to check out the fish ladder and take a stroll through the surrounding parks.

Capitol Hill

Offering edgy style and Bohemian flair, Capitol Hill is a neighborhood of funky apartments and grand mansions. Pedestrian friendly with peek-a-boo views of water and mountains, the Hill is historic home to Seattle’s gay community and wholeheartedly embraces its diversity. The Hill’s vibrancy is a direct result of a youthful student population and a thriving arts and nightlife scene.

Strolling around on a Sunday afternoon, you’re likely to discover tattooed 20-somethings walking alongside moms with strollers. You’ll also encounter the Broadway Farmers Market, a seasonal fiesta of food, flowers and music.

Along the Pike/Pine Corridor, explore the vintage clothing stores, furniture shops, and coffee houses that give the neighborhood its sense of esprit de corps. Also check out the 12th Ave Business District with new restaurants and a theatre scene.



31st Annual Meeting & Scientific Sessions

Behavioral Medicine: Building for the Future



At the north end of Broadway is the entrance to Volunteer Park, a large, forested urban oasis, replete with a glass conservatory built in 1912, the Seattle Asian Art Museum, and a water tower with splendid 360 degree views of downtown Seattle and neighborhoods near and far. After you've taken in the views, explore the streets bordering the park and enjoy stately homes built when city forefathers envisioned Seattle as the capitol of Washington State. While the designation did not come to be, the mansions and single family residences with Craftsman and Victorian style contribute to the historical character and elegance of the neighborhood.

Attractions

SEATTLE ASIAN ART MUSEUM

A part of the larger Seattle Art Museum but focused on a unique Asian art collection including items from China, Japan and Korea. In a lush green, old Seattle neighborhood setting.

1400 East Prospect St (in Volunteer Park)
www.seattleartmuseum.org/visit/visitSAAM.asp
206.654.3100

Hours of operation: T-Sun 10am-5pm; Th 10am-9pm; M closed

VOLUNTEER PARK CONSERVATORY

Modeled after London's Crystal Palace, featuring tropical plants including orchids.

1400 E Galer St
www.volunteerparkconservatory.org
206.322.4112; 206.684.4743 (info line)

Hours of operation: T-Sun 10-4

West Seattle

Over a bridge on the south end of Elliott Bay is the community of West Seattle, just 10 min from downtown, but almost an island to itself, with water on three sides. The northside waterfront of West Seattle is Alki Beach, a bit like a Northwest Sausalito some people say. If you want a lovely walk with a bit of Seattle cultural exposure - especially on a nice day - take the West Seattle water taxi and walk the Alki waterfront. It runs for several miles north and west around the point then south to Lincoln Park. If you love *Sleepless in Seattle*, you might recall the beach where Tom Hanks flies a kite with his 'son' - that's Alki, but unfortunately you can't reach it from his Lake Union houseboat unless you take several hours to go through the ship canal and locks and around Magnolia.

West Seattle is actually where the original Denny settlers landed and founded Seattle until they moved across the bay to the current downtown. West Seattle did not join the city until it was annexed in 1907. Decades of slow development followed the original settlement. Much of the current West Seattle was built in the 40's to 60's when Boeing was expanding rapidly and the neighborhood was one of the closest to Boeing field with great views. The highest point in Seattle is in West Seattle aptly named High Point. Schmitz Park has some of the oldest virgin trees left in the city, while Lincoln Park has 135 acres of grassy fields, treed areas and a waterfront strolling or running path. The West Seattle communities have central areas called 'junctions'. The heart of West Seattle is the intersection of California Ave SW and SW Alaska St, called "The Junction" or the "Alaska Junction", the center of a lively business district.

In addition to talking a walk on Alki, you can stop in at Cactus for Southwestern/Mexican style food on the water, with a hopping scene and good margaritas or mojitos. Or head up to the Alaska Junction, stroll the friendly neighborhood and stop in at Bakery Nouveau (www.bakery-nouveau.com/welcome/), a feast for taste and smell. Though you can find lines out the door they move fast. Baker William Leaman is the 2005 World Cup of Baking Gold Medal Winner in Paris; that should tell you most of what you want to know... yes this is as good a bakery as you'll find anywhere in the world, and yes it's worth a trip if you love delectable desserts, croissants, chocolates, breads. Other excellent eating options include Spring Hill (see restaurant section), and JAKs steakhouse, all within a block or two of the Alaska Junction.



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Fremont

Bohemian and offbeat, with the self-given title of “Center of the Universe”, Fremont is an eclectic, playful neighborhood fond of art and fun. Located on the northern edge of the Lake Washington Ship Canal, Fremont is a neighborhood with a long history as a family-oriented, residential but working neighborhood with idiosyncratic individuals. Today the neighborhood is characterized by its quirky public art: the Troll under the Aurora Bridge, who clasps a VW-Bug; a nine-ton statue of Lenin which is perpetually for sale; a Rocket; Dinosaur topiaries, which once graced the roof of Pacific Science Center; and local artists’ work on display weekly at the bustling Fremont Sunday Market.

Fremont’s brick and mortar businesses bring both pop-culture treasures in the two-story Fremont Vintage Mall, funky, new fashions at over a dozen unique and local clothiers, used books and music stores, and hilarious gift shops like Portage Bay Goods. Fremont offers something for everyone, from the country’s only 100% organic, fair-trade chocolate factory (with daily tours), to a bar with over 50 beer taps, a Sunday ice cream cruise around Lake Union, and Seattle’s museum of neighborhood history.

Fremont has historically been a working neighborhood, but industry over time has shifted from sawmills and manufacturing to high-tech businesses. Today Fremont is home to campuses for Adobe Systems, Impinj, Google, Getty Images, and many small tech companies. But Fremont still holds some of the manufacturing, which you can see as you bike the Burke Gilman Trail. The combination of manufacturing and tech has created a community rich in human connections with a great mix of old and new architecture.

Attractions

THEO’S CHOCOLATES

Competing with Fran’s Chocolates to be the best in the world. Organic, fair trade chocolate.

3400 Phinney Ave N

www.theochocolate.com/

206.632.5100

Public tours are held daily: M-F at 2pm & 4pm; Sat-Sun at 10am, noon, 2pm and 4pm

Fees: \$6 per person, ages 1 and older.

International District

Chinatown/ the International District is the home base for our area’s Pan Asian American communities, the only neighborhood in America where Chinese, Filipino, Japanese, and Southeast Asians live and work together, side-by-side. It’s a place where Asian elderly live, where social service agencies help those in need, where small shops and stores carry hard to find Asian specialty wares, and where a wide variety of restaurants reside. (See previous descriptions of Uwajimaya, Maneki, Sea Garden, Jade Garden, and Tamarind Tree.)

Queen Anne

A community within walking distance of Downtown Seattle, Queen Anne is situated just north of Seattle Center and just south of Fremont across the Lake Washington Ship Canal.

As a neighborhood, Queen Anne can refer either to the entire hill or to the central residential and business district at the top of the hill. It is to be distinguished from Lower Queen Anne, which refers to the area at the southern base of the hill. In 1962, Lower Queen Anne became the site of the Century 21 Exposition, a World’s Fair. The fairgrounds are now the campus of Seattle Center.

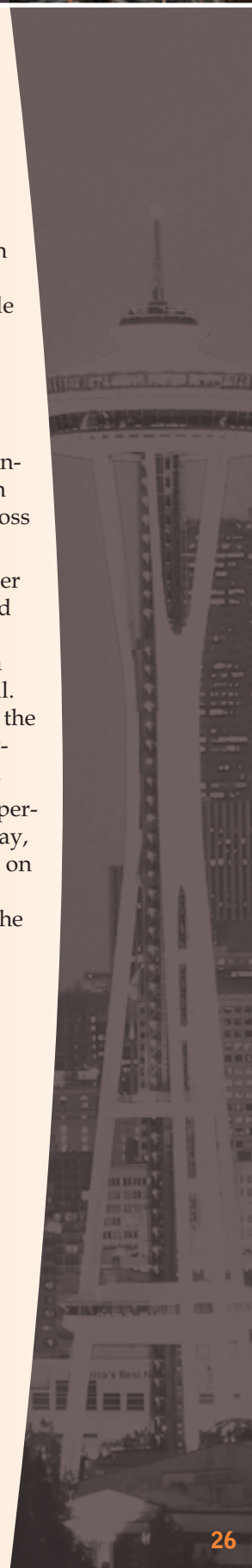
Highlights include Kerry Park (for a postcard-perfect view of the Space Needle and, on a clear day, Mount Rainier), trendy bistros and restaurants on Queen Anne Ave, and rows of stately 19th century homes featuring the style of architecture the neighborhood is named for.

Attraction

KERRY PARK

211 W. Highland Dr

www.seattle.gov/parks/park_detail.asp?ID=342



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South Lake Union (SLU)

This exciting and fast-growing neighborhood has the energy of an urban environment and the beauty of a lakefront setting. It offers the unrivaled convenience of being close to downtown and an inviting mix of modern panache and historic sensibility.

Nestled on the south shore of Lake Union and extending south to Denny Way, SLU is a place where cutting-edge companies co-exist with urban lofts, one-of-a-kind retail experiences mix with parks and open spaces, and dining opportunities abound (from waterfront restaurants to cozy neighborhood cafés). The neighborhood is already home to several world-class companies including the Fred Hutchinson Cancer Research Center, Rosetta/Merck, ZymoGenetics, Jones Soda, NBBJ, University of Washington Medicine, Group Health Cooperative, Seattle Biomedical Research Institute and, soon, the new headquarters for Amazon.com.

To get there, take the streetcar (see transportation section).

University District

Surrounding the **University of Washington**, the University District is an eclectic mix of urban shopping areas, historic homes and architecture, and great cafes, pubs, restaurants, and theaters. Check out the museums, rent a kayak, bike the **Burke-Gilman trail**, **tour the UW campus**, **take in an independent film**, or **grab an espresso at Café Allegro**.

Attractions

HENRY ART GALLERY

The Henry Art Gallery is located on the campus of the University of Washington and often has contemporary art exhibits. You can also grab a bite to eat at the Baci Cafe.

15th Ave NE & 41st St
www.henryart.org
206.543.2280
Hours of operation: Th-F 11am-9pm; Sat-Sun 11am-4pm

BURKE MUSEUM OF NATURAL HISTORY AND CULTURE

Located on the University of Washington Campus, this museum has rotating exhibits. Take a look at what the current exhibits are by visiting the website.

Corner of 17th and 45th on UW campus
www.washington.edu/burkemuseum/
206.543.7907
Hours of operation: daily 10am-5pm

UNIVERSITY OF WASHINGTON WATERFRONT ACTIVITIES CENTER

Rent a kayak and explore the lake.

Montlake Blvd E and NE Pacific Place (on the UW campus SE of Husky Stadium)
depts.washington.edu/ima/IMA_wac.php
206.543.9433
BUS OR CAB RIDE

