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July 2015 <sup>TM</sup>

# Beyond

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BEST FRIEND

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PAST TENSE OF ACTION VERB NOUN

to the \_\_\_\_\_? If you are lucky  
COLOR NOUN

enough to travel to a place that is near \_\_\_\_\_, the  
TRAVEL DESTINATION

\_\_\_\_\_ weather and \_\_\_\_\_ climbing activities might help you get in a/an \_\_\_\_\_  
ADJECTIVE ADJECTIVE NOUN

mindset. What will you do first? \_\_\_\_\_ in the pool?  
FEELING VERB

Visit a \_\_\_\_\_ museum? With so  
ADJECTIVE NOUN

many options, you are bound to find something that makes

your \_\_\_\_\_ . So relax! Unpack your  
NOUN ACTION VERB

\_\_\_\_\_, put your \_\_\_\_\_ up and grab a  
FAVORITE SUPERHERO BODY PART

\_\_\_\_\_ to celebrate your arrival! Soon enough, you'll  
FAVORITE BEVERAGE

get back on that \_\_\_\_\_ and be heading back to reality.  
MODE OF TRANSPORTATION

Last one to the \_\_\_\_\_ is a  
NOUN

\_\_\_\_\_ !  
ADJECTIVE NOUN



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## Volume 26, No. 7

Publisher **Mimi K. Kirsch**

Editor-in-chief **Paul Frichtl**

Editor **Michele Andrus Dill**

Associate Editors **Jeff Bond, Ben Raker**

Contributing Editor **Eric Lucas**

Editorial Interns **Teagan Fast, Sophia Lizardi,  
Aliza Vaccher, Alexa Voss, Erin Wong**

Contributors **M. Sharon Baker, Craig Hill, Todd Powell**

Coordinator for Horizon Air **Susan Peterson**

Art Director **Nancy O'Connell**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

Associate Art Director **Whitney L. Little**

CEO **Edward B. Kirsch**

Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Kimberly Knapman**

## SALES OFFICES

2701 First Avenue, Suite 250, Seattle, WA 98121;  
206-441-5871; email [sales@paradigmcg.com](mailto:sales@paradigmcg.com);  
fax 206-448-6939

Advertising Director: **Kenneth J. Krass, ext. 11**

Western Washington/Eastern Washington/  
Florida/Canada: **Becca Conversano, ext. 21**

Western Washington/Illinois/Kansas/Missouri:  
**Stephany Angelacos, ext. 13**

Oregon/Idaho/Montana/Colorado/Utah/Michigan:  
**Clay M. Schurman, ext. 33**

California/Arizona/Nevada/New Mexico/Texas:  
**Yael Kallin, ext. 27**

Alaska: **Duane Epton, 3705 Arctic Blvd., #452,  
Anchorage, AK 99503; 907-561-2450,  
fax 907-344-7262**

East Coast/Mexico: **Kenneth J. Krass, ext. 11**

Hawaii: **Debbie Anderson, 808-739-2200,  
fax 808-739-2201**



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Alaska Airlines | Horizon Edition (ISSN 1050-2440), the monthly inflight magazine of Horizon Air, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2015 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$45 in the U.S.; \$50 elsewhere. Single-copy price: \$5. Photocopy of individual articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or art. Printed in the U.S.A. Postmaster: Send address changes to Alaska Airlines | Horizon Edition, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.



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**Cover:** A cyclist enjoys an exhilarating ride. The Northwest boasts numerous outstanding bike trails. Photo by [carroteater/shutterstock.com](http://carroteater/shutterstock.com).

*From all of us at Alaska Airlines  
and Horizon Air*



**Elson S. Floyd**  
1956-2015

In his eight years as president of Washington State University, Elson S. Floyd, Ph.D., was one of the most enthusiastic and energetic leaders of higher education this state has ever known. His vision to transform WSU into a premier university effecting economic, social and cultural progress was compelling. His humanity to make higher education more affordable and to reach out to students was inspiring. As a leader, a fan and a tireless visionary, Dr. Floyd will be dearly missed by so many—including the 14,000 employees at Alaska Airlines and Horizon Air, who collectively say, “Go Cougs.”

*Alaska*<sup>®</sup>



Brad Tilden, Chief Executive Officer

## A Giant in Higher Education

It was with heavy hearts that we learned of the passing of Dr. Elson S. Floyd, president of Washington State University. Alaska and Horizon have many ties to WSU, and we are honored to have worked with Dr. Floyd over the years. Greg Witter, a former leader at Alaska and proud WSU alumnus, captures the legacy of a man who left us much too soon. —Brad Tilden

The urgency and energy that Dr. Elson Floyd brought to his work as president of Washington State University from Day One, back in late May of 2007, suggests he knew he was up against a running clock.

His passing on June 20, at age 59, from complications related to colon cancer, brought into focus not just how much he accomplished at Washington State, but also how fast he achieved what he did, despite the daunting fiscal environment in which he was forced to operate.

Transformative doesn't begin to describe the depth and breadth of his impact on Washington State and the Pacific Northwest.

His quest to make Washington State the best it could be was so intense that he kept news of his failing condition contained to a tight circle of family, friends and colleagues, lest he divert attention from his last great achievement: a WSU medical school in Spokane.

The tone for Elson's ambitious, positive leadership style was set early on when he traveled to every county in the state—39 of them—looking for ideas on how WSU could best serve its constituents.

His analytical, goal-oriented approach led to sterling achievements. The capital campaign for WSU eclipsed the \$1 billion mark—a goal many thought impossible, especially following the economic downturn in 2008.

He launched the Paul G. Allen School for Global Animal Health and turned the Tri-Cities branch campus into a tech magnet, augmenting it with the opening of the cutting-edge Wine Science Center. He also saw the strategic benefit of collaborating with Boe-

ing to open an aerospace-focused WSU branch campus in Everett.

Along the way, he put a brake on tuition hikes despite major financial pressures, and turned back a major portion of his own salary in 2010 as a show of commitment in the economic environment.

Indeed, the list of achievements at WSU on his watch is long and impressive. For sports fans, there is perhaps no more tangible evidence of his proactive style than in athletics, which he viewed as the most influential branding tool any university possesses.

He propelled WSU into the modern era with a massive upgrade of Martin Stadium and construction of the Cougars' state-of-the-art football training complex. His support for athletics could be found in less public ways, as well. He often sat in the student section at basketball games and had an open door for prospective athletes and their parents during official recruiting visits.

In the 2012 football season, when the new south side of Martin Stadium opened, Elson beamed at every home game as he walked the corridors, thanking ticket holders for their support. He was no academician playing a role.

Shortly after coming to WSU from the University of Missouri, Elson wrote this in the WSU Foundation annual report:

"In the coming months and years, WSU will embark on multiple paths that intersect in a single goal—the continued transformation of WSU into a premier university that advances economic, social and cultural progress, and serves the needs of the state of Washington and the world."

Looking back on those words today, they sound almost prophetic. He will be missed greatly, but his legacy—the legacy of a man who treated each day like a mission—will live on. —Greg Witter



The WSU livery that graces one of Horizon's Q400 aircraft serves, as well, as a tribute to Elson Floyd.

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Photo: Rachel Davidson

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## SMALL CHANGES BIG RESULTS

While my overall health was relatively good, I was about 50 lbs overweight. Although my tall frame helped hide it well, I was getting tired of carrying the proverbial "spare tire" around my belly.

When I wasn't sitting at a desk, I'd be doing projects around the house, watching a movie, or attending a play. I spent a lot of time in sedentary activities and didn't have a regular exercise routine, except for snowboarding occasionally.

When my wife invited me to join her at the Anti-Aging seminar, I decided to keep her company. It wasn't something I planned to pursue, but I thought it might be interesting. Dr. Upton began talking about how natural it was for testosterone levels to drop in men as they age and I became curious. Could this be why I had been experiencing a drop in my energy levels? I decided to find out.

A full blood analysis confirmed my suspicions. My testosterone levels were very low, in fact, much lower than normal. After a thorough discussion with Dr. Upton, I began an Anti-Aging regimen which included bio-identical hormone replacement therapy (BHRT) and supplements to bring my levels in line with what was healthiest

for me. I really liked the fact that Dr. Upton took the time to explain each item, how it impacts my overall health, and why it's beneficial to bring it back into a healthy range. He's a great teacher and answers all my questions each time we meet.

I began noticing results right away. This encouraged me to continue to be consistent with my supplements and BHRT to ensure that I was getting the most value from them and achieving my optimal level of health. I also began focusing on reducing weight and lost those extra 50 lbs.

I look better and feel better about myself. In fact, I feel like a new man and my wife definitely agrees! I'm not as sedentary as I used to be. I have much more energy, my cholesterol levels have lowered by 75 points (now well within the normal range) and I feel so much better. Who would have thought that losing some weight, taking just a few supplements, and balancing my hormones could make such a big difference!



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# I Thought I Was on Top of the World

By Pat O'Day

My career had been spent in radio and rock and roll. I ran the top radio station in Seattle when I also started a large rock-and-roll concert company.

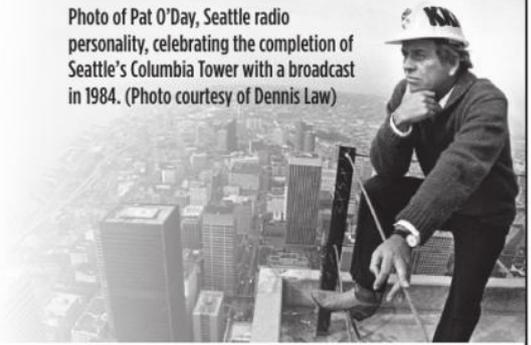
I'd been drinking to excess for years. I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where they demanded that I get treatment. Ten days later I walked out of Schick Shadel Hospital to never, ever, have another drink or any bad substance. My habit, the urges, the desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed.

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They know they should quit, and they want to, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Shadel said, "We must be doing something wrong!"

He joined with Dr. Walter Voegtlin in search of a solution. It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase overpowering urges of dependency. So they concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious." And they did! Their stunning achievement created a medical treatment that is proven to be very successful.\* Two powerful but painless medical innovations are combined to erase patients' habits.

First, they developed a powerful "Counter Conditioning" method that brings the patient to hate the sight, smell, taste and thoughts of using the addictive substance.

Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)



Second, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!



\* Based on results of a verified, independent survey of former Seattle patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.

Schick Shadel Hospital is at [schickshadel.com](http://schickshadel.com)  
OR 1-800-CRAVING (1-800-272-8464).

## Which person could have a problem with drugs or alcohol?



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\* Based on results of a verified, independent survey of former patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.  
\*\* Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

# Why are so many people flying to Seattle to see these dentists?

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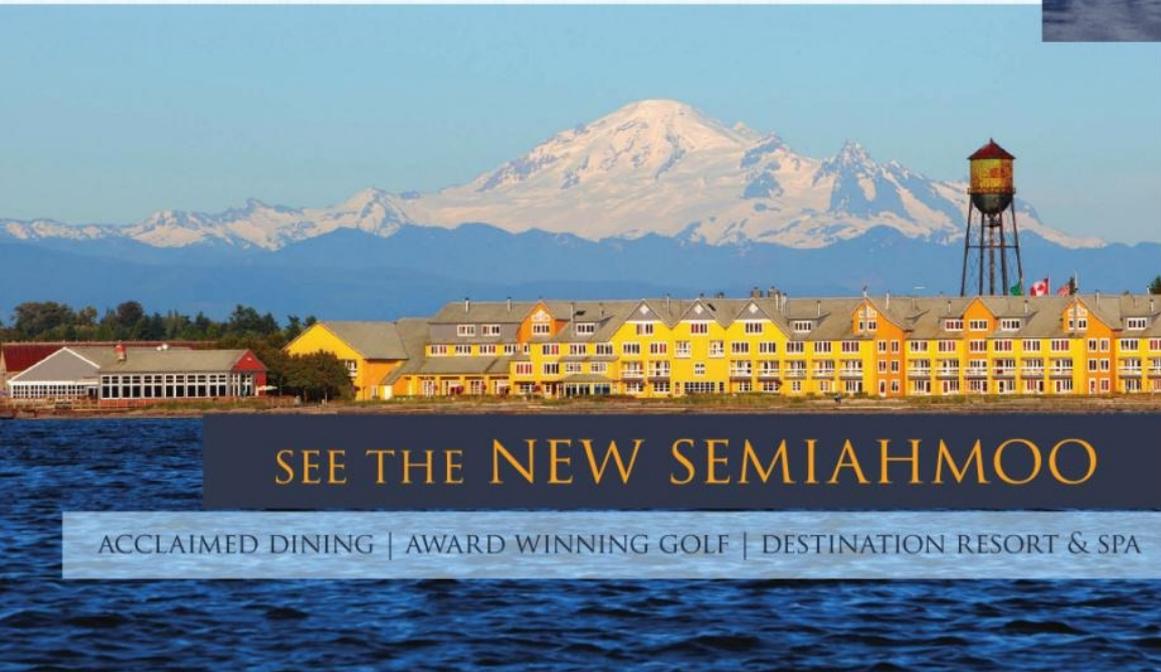
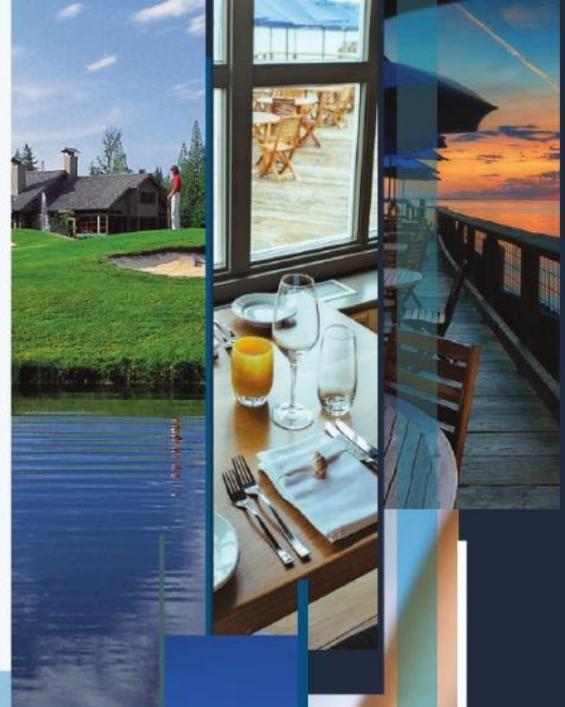
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BELLINGHAM/WHATCOM COUNTY, WA

## 'The Owl and the Woodpecker'

Captivating photography exhibit

Large-format photos, and audio recordings of bird calls and drumming sounds, provide insight into some of North America's most significant and intriguing species of owls and woodpeckers, in a new exhibit at the Whatcom Museum in Bellingham.

On view through Aug. 30, **"The Owl and The Woodpecker: Photographs by Paul Bannick"** features 25 prints by the Seattle photographer/author, whose work has been published in North America and Europe.

The photos are accompanied by information on avian characteristics, habitat and conservation.

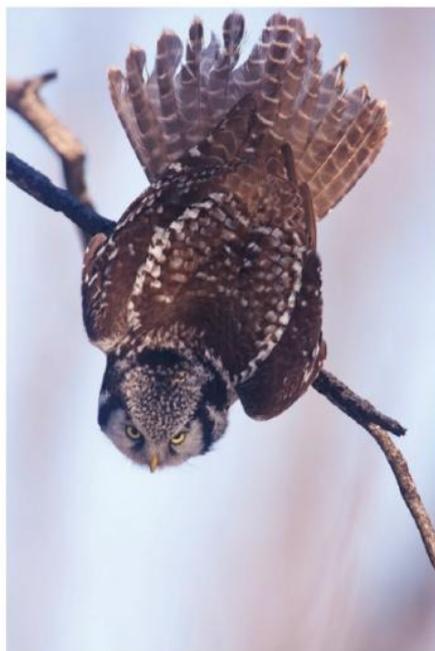


Other exhibits at the museum include **"Bellingham National Art Exhibition & Awards,"** through Sept. 6, and **"Helmi's World: Symbol, Myth, Fantasy,"** through Oct. 11 ([whatcommuseum.org](http://whatcommuseum.org)).

Additional Whatcom County cultural sites include the **outdoor sculptures** at Western Washington University, the **Spark Museum of Electrical Invention**, and the **Bellingham Maritime Museum** ([bellingham.org/activities/museums-galleries](http://bellingham.org/activities/museums-galleries)).



From top: Northern hawk owl; photographer Paul Bannick; northern yellow-shafted flickers; Whatcom Museum.



## More Bellingham-area recreation



**Star Attraction: Mount Baker Scenic Byway/ Mount Baker-Snoqualmie National Forest** offer spectacular sites such as Artist Point, along with lakes, rivers, trails and the famous Mt. Baker Ski Area ([www.fs.usda.gov/recmain/mbs/recreation](http://www.fs.usda.gov/recmain/mbs/recreation)).

**Activities: Enjoy water adventures** on Bellingham Bay, Lake Whatcom, Lake Samish, Lake Padden and Semiahmoo Bay/Drayton Harbor. Also enjoy **whale-watching, fishing, biking, hiking, bird-watching, golfing, historic sites and shopping** ([bellingham.org](http://bellingham.org)).

**Special events: Bellingham Festival of Music**, July 3-19; **Tour de Whatcom** bike ride, July 18; **Drayton Harbor Days Festival**, Aug. 1-2; **Peace Arch Park International Concert Series**, Aug. 2-23; **Chuckanut Century Bike Ride**, Sept. 20; **Bellingham Bay Marathon**, Sept. 27 ([bellingham.org](http://bellingham.org)).

# TRAIL MIX

Bicycling  
Spectacular  
Northwest Routes

BY CRAIG HILL



The Seattle area's Burke-Gilman Trail is one of the country's top cycling paths.



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Photo © Noah Couser

I slipped off my bike shoes and followed my wife across a narrow patch of sandy beach at the north end of Lake Washington. A pair of ducks, on their own outing, paddled past as Kristen reached for her phone. Kristen jokes she invented the selfie decades before Apple invented the iPhone, so I knew what was coming next.



DAVE EGGLESTON

She leaned in, extended her arm and clicked a series of photos.

Ever since Kristen and I started exploring Northwest bike trails together three years ago, I've been able to count on moments like these. No stretch of beautiful scenery goes undocumented.

On this sunny morning, Kristen and her camera were getting a workout. We were riding the approximately 21-mile Burke-Gilman Trail in the Seattle area. A roundtrip pedal would typically take less than three hours. We'd already devoted about 3½ hours one way to get to this spot near the end of the route. The trail runs between Golden Gardens Park, in the

Ballard neighborhood, to the city of Bothell, never wandering too far from saltwater or freshwater.

Right from our start at Golden Gardens, the trail beckoned us to enjoy the journey, with sites such as the Chittenden (Ballard) Locks connecting Lake Washington, Lake Union and Puget Sound; *The Fremont Troll* (a statue clutching a Volkswagen Beetle); and the University of Washington, all near the trail. We'd even heard that sometimes the smell of sweets wafts over the path in the Fremont neighborhood near the Theo Chocolate factory (which offers tours).

The trail—dedicated paved path

except for some on-road riding in Ballard—also links parks such as Gas Works, Warren G. Magnuson, Matthews Beach, Log Boom and Blyth.

"You won't get bored on this trail," says Kevin Carrabine, co-founder of the Friends of the Burke-Gilman Trail. "It is a great way to explore the area."

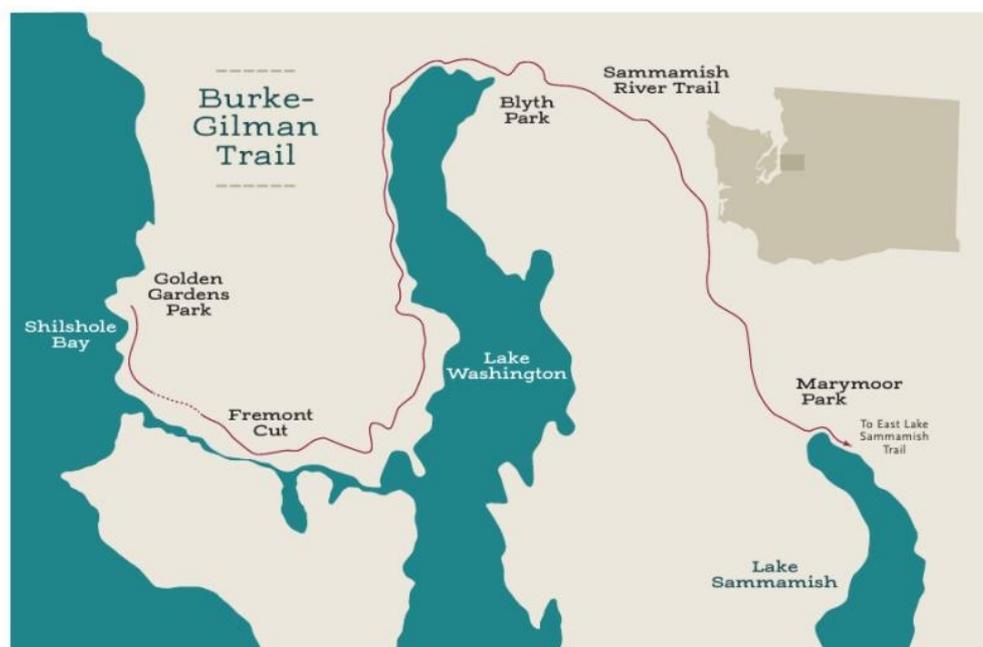
We stopped to take pictures in front of a 3-foot-tall hobbit house built along the trail. We watched university rowers train on the Fremont Cut. We talked to a young family, out for a weekend pedal, who had paused near Husky Stadium. We rode amid foliage such as firs, maples and cedars, and watched for chickadees, wrens and red-breasted nuthatches.

When we arrived at the trail's end in Bothell, we kept going on the connecting Sammamish River Trail, another 10.9 miles to Marymoor Park in Redmond.

The Burke-Gilman is one of the hundreds of bike trails spread across Idaho, Montana, Oregon and Washington, and four Northwest trails are in the Rails-to-Trails Conservancy's Rail-Trail Hall of Fame: Washington's Burke-Gilman, Idaho's Trail of the Coeur d'Alenes and Route of the Hiawatha, and Oregon's Springwater Corridor.

"The Northwest has some of the best trails in the country," says Dave

**Above right:** The Sammamish River Trail, which connects with the Burke-Gilman Trail.





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Guettler, owner of River City Bicycles in Portland, Oregon. "We're pretty lucky."

### Burke-Gilman Trail Snapshot

**Route:** Golden Gardens Park in Ballard to Blyth Park in Bothell. The City of Seattle and King County oversee different sections of the trail. Uses include walking, running, skating, biking.

**Miles:** 21 to Blyth Park—approximate, depending on street route used for a missing link in Ballard. In Bothell, the BG links to the 10.9-mile Sammamish River Trail.

**Surface:** Paved.

**Highlights:** The trail is seldom far from water—whether Shilshole Bay, the Fremont Cut or Lake Washington—as it visits several parks and towns, and the University of Washington.

**Recreation:** Kayaking, shopping, Ballard Farmers Market, Fremont Sunday Market and numerous parks.

**Rentals:** Options such as [greggscycles.com](http://greggscycles.com) and [montlakebike.com](http://montlakebike.com) (also, some hotels, such as Watertown Hotel in the University District, offer guests complimentary bike use).

**Shuttle:** Consult King County Metro Transit ([metro.kingcounty.gov](http://metro.kingcounty.gov) and [tripplanner.kingcounty.gov](http://tripplanner.kingcounty.gov)) and Sound Transit ([soundtransit.org](http://soundtransit.org)) for bus schedules and maps related to various parts of the trail, such as King County Metro Route 372 and Sound Transit Route 522; buses are typically equipped with bike racks.

**Tips:** Have a street map and be prepared to ask locals as you try to navigate the missing link in Ballard. Those not familiar with Seattle roads and traffic might want to avoid the missing section by starting the trail near the Ballard Fred Meyer at 915 NW 45th St., even though they would not see Golden Gardens or the Ballard Locks. On weekends, the trail is busy and not conducive to speed-riding workouts.

**History:** Named for judge Thomas Burke and attorney Daniel Gilman, who helped establish a railway along the route in the late 1800s. The first section of the BG opened as a public-use trail in 1978.

**More info:** [seattle.gov/parks](http://seattle.gov/parks), [kingcounty.gov/parks](http://kingcounty.gov/parks), [burkegilmantrail.org](http://burkegilmantrail.org).

## Trail of the Coeur d'Alenes

At his trailside bike shop in Kellogg, Idaho, Mike Domy hears one comment more than any other: "It's so beautiful."

"Everybody says that, so I guess it's true," remarks Domy, who owns the Excelsior Cycle and Sport Shop with his wife, Deb. "We sometimes forget because we live here and see it every day."

Domy was among those who lobbied for more than a decade for the creation of the 73-mile Trail of the Coeur d'Alenes between Plummer and Mullan in the Idaho Panhandle. "One of the great things about it is that it's not 73 miles of the same thing," says Domy, whose shop is about 20 miles west of Mullan. "And what section is best, depends on the individual."

The trail provides access to lakes, wetlands, and green spaces such as 8,000-acre Heyburn State Park, and passes large stands of evergreens. It's not uncommon for cyclists to see waterfowl, and wildlife such as moose. "And I hear from a lot of people who love stopping in all the little towns like Wallace and Kellogg, which have a rich silver-mining history," Domy says. During sections such as the final stretch to Mullan,



CHUCK HANEY

cyclists travel along the Coeur d'Alene River, where the sound of the moving water is ever-present, he says.

"An athlete could do the entire trail in a day, no problem," Domy says. "But I think you miss a lot if you do that. I think you need three to four days to really appreciate it."

### Trail of the Coeur d'Alenes Snapshot

**Route:** Veterans Memorial Park, Plummer, to Second St., Mullan; uses such as walking, running, skating, biking. The trail is managed by the Idaho Department of Parks & Recreation and the Coeur d'Alene Tribe.

**Miles:** 73. You might also be inter-

ested in area trails such as the celebrated 15-mile Route of the Hiawatha, also in Idaho, and the connecting, also scenic but more rugged, approximately 30-mile Route of the Olympian in Montana.

**Surface:** Paved.

**Highlights:** Plenty of variety, including Lake Coeur d'Alene, the Coeur d'Alene River, creeks, lush green canyons, historic towns and wildlife.

**Recreation:** Hiking, biking, fishing, kayaking, mine tours, and several parks, such as Heyburn State Park.

**Rentals:** Options such as [bikenorthidaho.com](http://bikenorthidaho.com) (Pedal Pushers Bike Rental & Repair), [cdaadventures.com](http://cdaadventures.com), [facebook.com/excelsiorcycle](http://facebook.com/excelsiorcycle), and [rowadventurecenter.com](http://rowadventurecenter.com).

In addition to bike rentals without shuttle service, Row Adventure Center has self-guided-tour package options that include shuttle service to and from the trail, luggage transport, and hotels along the route.

**Shuttle:** [rowadventurecenter.com](http://rowadventurecenter.com), per the above; [captain-lou.com](http://captain-lou.com), whose bicycle-shuttle service includes Harrison to Mullan (and also Coeur d'Alene to Harrison by boat or auto); and [silverexpress.org](http://silverexpress.org), which offers free bus service be-

**The Trail of the Coeur d'Alenes is known for its beauty.**





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tween Kingston and Mullan (each bus has room for two bicycles).

**Tips:** Allow several days to explore the trail and other trails in the area, says Mike Domy of Kellogg's Excelsior Cycle and Sport.

**History:** Originally a path traveled by the Coeur d'Alene Indians, and then a railroad line, it opened as a completed public-use trail in 2004.

**More info:** [parksandrecreation.idaho.gov/parks/trail-coeur-d-alenes](http://parksandrecreation.idaho.gov/parks/trail-coeur-d-alenes), [cdatribe-nsn.gov](http://cdatribe-nsn.gov) and [friendsofcdatrails.org](http://friendsofcdatrails.org).

### Springwater Corridor Trail

Almost every day, Dave Guettler bikes to downtown Portland, where the company he founded in 1995, River City Bicycles, is located. About 10 miles of that commute is on the Springwater Corridor Trail. "It's about as pretty a trail as you will find," Guettler says of the 21-mile path from Portland east to Boring, Oregon. "You pass marshes and lagoons, the Willamette River. You can see eagles nesting."

Near Sellwood, south of downtown Portland, the trail passes through the Oaks Bottom Wildlife Refuge. "It's the perfect place for reflection and wildlife viewing," says Mark Ross, spokesman for Portland Parks & Recreation.

"You feel like you're in the wilderness, but you're in the city. You see woodpeckers and herons, and squirrels scurrying off into the underbrush, and then five minutes later you're in your office."

Guettler, who rides west and then north for his work commute, also likes riding north and then east from his house to one of his favorite bagel shops in Gresham, a trip that includes about 2.5 miles of the Springwater Corridor Trail. "When you get out there toward Gresham, you're aimed right at Mt. Hood," he says. "It's absolutely beautiful."

He adds that west to east, the trail travels along Johnson Creek for a bit between miles 4 and 6, then spends long stretches near the creek between miles 10 and 18.

Each year, the League of American Bicyclists honors the nation's top bike-friendly

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communities. This year, Portland was one of only four cities to receive a platinum ranking. (Seattle and Missoula received the next-highest ranking, gold, while Spokane and Coeur d'Alene received bronze—still notable, since only 350 U.S. communities were bicycle-friendly enough for any recognition.)

Ross from Portland Parks & Recreation says, “The Springwater Corridor is definitely a key part of why Portland is such a livable city.”

## Springwater Corridor Snapshot

**Route:** SE Ivon Street in Portland to State Route 212 in Boring; uses such as walking, running, skating, biking.

**Miles:** 21.

**Surface:** Paved.

**Highlights:** The trail passes several parks and also along Johnson Creek for several miles. The Springwater Corridor is part of a hoped-for 40-mile loop (40mileloop.org) inspired by a 1903 Olmsted plan.

**Recreation:** Attractions such as the



Oaks Bottom Wildlife Refuge, the Oaks Amusement Park, Tideman Johnson Natural Area (named after a pioneer family whose land claim included this area along Johnson Creek) and Powell Butte Nature Park.

**Rentals:** Many options, including portlandbicycletours.com, pdxbikerentals.com, waterfrontbikes.com.

**Shuttle:** TriMet offers bus service between Portland and SE Highway 224 at SE Amisigger Road in Clackamas County. Buses have racks that



JONATHAN MAUS

## Mountain Biking

It's not just the array of bike paths that make the Northwest a cycling wonderland—you'll also find plenty of options for mountain biking. Here are just a few to get you started:

**Brundage Mountain, McCall, ID:** Pedaling is almost optional here. In the summer, the ski area's lifts take riders up the mountain, where they choose downhill trails ranging from easy to intense (brundage.com).

**Duthie Hill, Issaquah, WA:** This 140-acre forest has 6 miles of neatly manicured trails, plus obstacles, for riders of all skill levels (evergreenmtb.org).

**Funner, Bend, OR:** About 300 miles of linked single-track mountain-bike trails can be accessed from the west side of Bend, with roughly another 700 miles of trails within less than a 1.5-hour drive of town, according to the Oregon Mountain Biking website. Classics include two challenging trails: Funner, with jumps and high-bank turns, and the McKenzie River Trail, with rainforest and lava field



CHAD CASE / IDAHO STOCK IMAGES

sections (ormtb.com and mtbproject.com).

**Plains of Abraham, Mount St. Helens, WA:**

Ride up lush, green Ape Canyon Trail to the stark moonscape of the Plains of Abraham, ravaged by the 1980 eruption. The 9.6-mile roundtrip also offers views of Mount Adams (www.fs.usda.gov/mountsthelens).

**Ridge to Rivers Trail System, Boise, ID:** The numerous options—with experiences for varied abilities, in 130-plus miles of trails—include the

notable Watchman, Three Bears and 5-Mile Gulch (ridgetorivers.org).

**Sandy Ridge, about 11 miles east of Sandy, OR:** More than 15 miles of trails, with something for most skill levels. Dave Guettler, owner of Portland's River City Bicycles, calls it “phenomenal—well worth the trip” (blm.gov/or).

**Stevens Pass Bike Park, Skykomish, WA:** When the snow melts, the lifts keep running at Stevens Pass so visitors can bicycle downhill. A skills park complements seven trails ranging from beginner to expert (stevenspass.com).

**Warm Springs Ridge, Hamilton, MT:** A variety of options, all with good views of the Bitterroot Mountains and the chance to exper- ➔

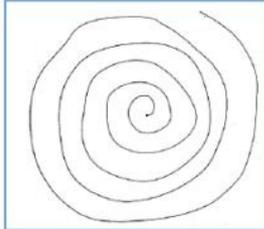
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ience backcountry solitude (mtbproject.com).

**Whitefish Mountain Resort, Whitefish, MT:** Thirty miles of trails: 13 lift-accessed downhill and eight cross-country trails. There's a ride for every skill level, including the "gravity-defying" Runaway Train; the intermediate Summit Trail, with views of Glacier National Park; and the mellow, 5-foot-wide, not-quite-1-mile Go Fish, which features a view of the resort's ziplines (skiwhitefish.com). —C.H.



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can hold two bikes; trimet.org.

**Tips:** Be prepared to use streets for an approximately 1-mile missing link in Sellwood. On weekends, the trail is typically too busy for speedy workout rides.

**History:** Created in the early 1900s as the railway corridor for the Springwater Division Line, co-owned by Portland General Electric and the Portland Railway, Light and Power Company. The first section of the Springwater Corridor public-use trail opened in the 1990s.

**More Info:** [portlandparks.org](http://portlandparks.org). ■

*Craig Hill writes about bicycling and other adventures for The News Tribune in Tacoma, Washington.*

*Alaska Airlines (800-ALASKAAIR; [alaskaair.com](http://alaskaair.com)) flies daily to Seattle (Burke-Gilman Trail), Spokane (Trail of the Coeur d'Alenes, Route of the Hiawatha and Route of the Olympian), Missoula (Route of the Olympian), and Portland (Springwater Corridor Trail), and to many other areas that offer outstanding cycling.*

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# HOME AWAY FROM HOME

Vacation properties are a surging sector  
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In today's fast-paced world, where recreation time is precious and treasured, many people are purchasing vacation properties—places with all the comforts of home that they can enjoy whenever they want, whether for a weekend, a month or half the year. For Jay and Susan Bredl, that ideal second-home vacation property is a house in a waterfront development in the Idaho Panhandle. For JoAnne and Dick Hovde, it's a cozy, family-size beach condo in Ocean Shores, Washington. Peter and Barbara Ganahl like to alternate between scenic Central Oregon and the Palm Springs area. Michael and Edie Markman enjoy Big Sky Country between Bozeman and Yellowstone National Park in southwestern Montana.

These couples are part of a growing trend. Vacation-home sales increased by 57.4 percent in 2014—to an estimated 1.13 million sales versus 717,000 sales in 2013—according to the National Association of Realtors' "2015 Investment and Vacation Home Buyers Survey." It was the most vacation-home sales since NAR began conducting the annual survey in 2003. In fact, vacation-home sales made up 21 percent of all home-sales transactions last year, notes the association.

"The rise in vacation-home buyers can be attributed to a few distinct factors," says Jessica Lautz, NAR director of survey research and communications. "One is the growth in the stock market that has allowed homebuyers to use



The Dover Bay Waterfront Community features great views from homesites and the pool.

funds to purchase the investment of a vacation home. Another factor is the demographic shift in America of baby boomers hitting or nearing retirement. Additionally, vacation-home buyers are still snatching up distressed properties at low prices, and with low interest rates." She adds that research shows baby boomers are often drawn to affordable and beautiful locations in the Northwest.

## Something for Everyone

"We've traveled a lot and seen many things, and when we were choosing a vacation property, we tried to replicate what we liked during our travels," says Jay Bredl, who purchased a house in the Dover Bay Waterfront Community, which has homesites on Lake Pend Oreille/the Pend Oreille River in Dover, Idaho, near Sandpoint. "We like to go to the resort pool or hot tub by the river to watch the sun set in winter or summer," Jay says. "When the water lights up, it's just breathtaking. My wife often just wants to sit on the porch, watch the eagles and forget about work. We love our water sports and snow skiing, and I want to bike ride, and you can do it all here."

The Bredls, who are in their mid-50s and live in southwestern Washington, travel to the Dover Bay community several times a year. Jay sold his construction-related recycling facility in Portland in 1996, retiring to take care of the couple's two young sons, who are now in their 20s. Susan continues to work as the operations manager for her family's petroleum business.



TODD PEARSON / GETTY IMAGES

**A fabulous beach lifestyle is one of the many advantages of owning a home at Oyhut Bay.**

They wanted to find a place where they could enjoy varied recreation with their children and create lifelong memories. “We were looking for something with four seasons, where we could snow ski, wakeboard, kayak and do other activities,” Jay says. “Finding something where there was a lake and a mountain that met our specifications was difficult.”

But in 2008 they decided on the Dover Bay community, a 285-acre development that began construction in 2006. In addition to sitting on Lake Pend Oreille/Pend Oreille River waterfront, the resort is about 15 miles from Schweitzer Mountain, which offers 2,900 skiable acres.

The resort, about a 1.5-hour drive from the Spokane, Washington, airport, is also less than 5 miles from downtown Sandpoint and less than 70 miles from the Canadian border. Golfing is available in the area, and more than 9

acres of public parks and beaches, 9 miles of walking and biking trails, and a marina with 274 slips also mean the Bredls, and their friends and relatives, are never at a loss for something to do. “I host an annual retreat with nine guys, and three may golf, others go for a mountain-bike ride, while some guys just sit on the porch and read a book,” Jay says. “It’s just very comfortable.”

Last year the couple purchased a second Dover Bay property—a bungalow just a three-minute walk south of their first vacation home—to accommodate their large groups of visitors.

## Beachside Bliss

When JoAnne and Dick Hovde, who live near the Rocky Mountains, grow tired of snow and long winters, they simply head to Oyhut Bay, a seaside village in Ocean Shores, Washington. Three years ago they purchased a three-bedroom, fourth-floor condo in a quiet area adjacent to the Oyhut Wildlife Recreation Area. (More types of homes, including cottages, along with new amenities, such as an indoor pool, a bistro, a wine bar and a grocery store, are now being added to the development.)

“The beach feels like my own personal beach because not too many people know about it,” says Joanne. “It’s

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# Dover Bay



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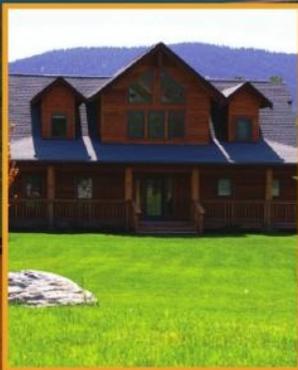
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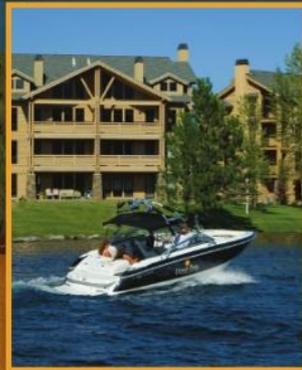
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COURTESY BLACK BUTTE RANCH (2)

## Beauty by the Butte

Variety is also valued by Peter and Barbara Ganahl, who live in Southern California. Their first vacation-home purchase was a condo in the Palm Springs area, so their second vacation home at Black Butte Ranch in Central Oregon provides a very different environment.

The couple had been renting lodgings at Black Butte since the early 1970s, and last year they purchased their freestanding condo—which is like a single-family home, but with exterior maintenance provided by the homeowners association, as in a traditional condo complex—with

the intent of spending more time at Black Butte as Peter transitions out of his role as CEO of the family's lumber business over the next several years. With the Ganahls' four children grown and raising families of their own, "we could see ourselves going to Black Butte multiple times a year and spending a week at a time three or four times a year," Peter says.

The couple's condo sits on the acclaimed Big Meadow Golf Course, and the couple and visiting family members can walk just a short distance to the golf shop, driving range or pub. The couple also golfs the resort's recently



**Natural beauty and a variety of recreation options appeal to homeowners at Black Butte Ranch.**

really a hidden treasure, and our condo is at the same level as some of the birds flying to the preserve."

Dick notes that a beach trailhead is near their home, "and the main ocean beach is just three-quarters of a mile to the west." The semi-retired couple enjoy bicycling, walking on the beach, and kayaking a 23-mile network of inland freshwater canals and lakes. "Our stays offer serenity and a nice counterpoint to the mountains near our primary residence," Dick says.

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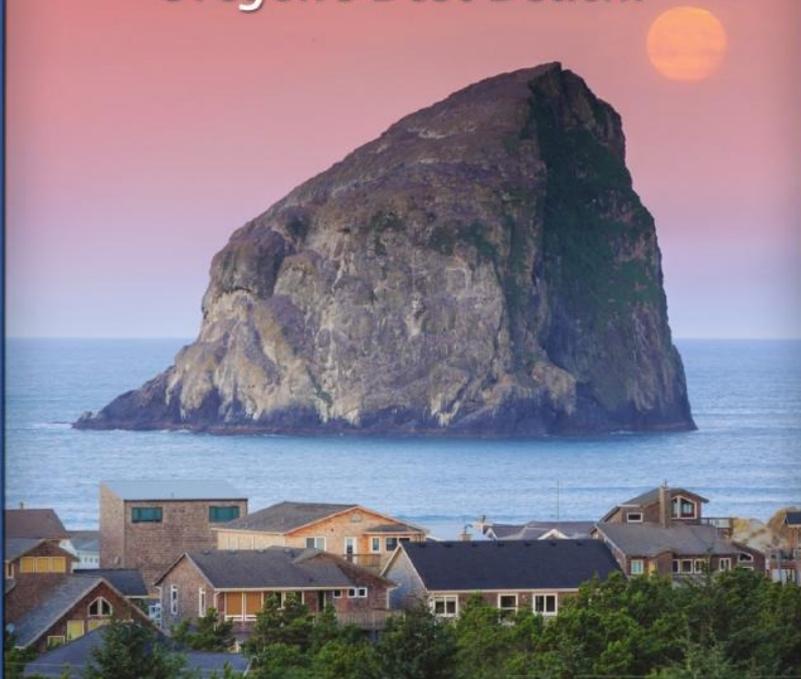
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renovated Glaze Meadow Golf Course.

In addition, the Ganahls enjoy area activities such as horseback riding, hiking in the Deschutes National Forest, fly-fishing, playing tennis and whitewater rafting. "Our 11-year-old granddaughter likes to go horseback riding, and this year might be the year we get her 5-year-old sister on with her," Peter says. "There are just so many things to do up there."

Both of his vacation homes "are pretty nice places to be in the right seasons," he adds. "It just doesn't get any better in the desert from November into April, and Black Butte Ranch is just gorgeous April through October."

## Montana Fly-Fishing

Michael and Edie Markman head to Big Sky, Montana, when they need a break from their busy careers as Los Angeles violinists. For nearly 35 years, Edie has



been a first violinist for the Los Angeles Philharmonic, while Michael's freelance credits include playing more than 1,200 musical scores for movies, including the score for the upcoming Steven Spielberg movie *Bridge of Spies*, and contributing his talents to TV shows such as *The Simpsons*, and to commercial jingles, albums, festivals and live concerts.



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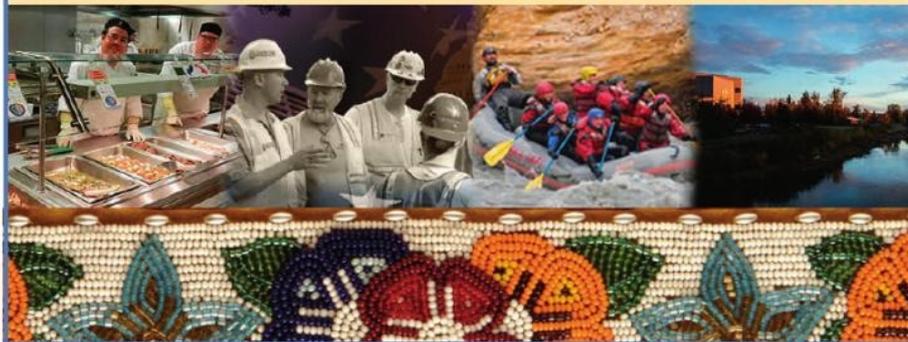
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**Where homeowners are purchasing vacation homes:**

- Beach – 40%
- Country – 19%
- Mountain – 17%
- Lakefront – 15%
- Ranch – 4%
- Other – 5%

Source: National Association of Realtors' "2015 Investment and Vacation Home Buyers Survey."

The Markmans first visited the unincorporated Big Sky resort area in 2010, after Michael's boyhood pal Tony threatened to end their friendship if Michael didn't go fly-fish casting with him. Tony, who lives in the Eastern United States, had bought a Big Sky vacation condo in the 1970s.

"He must have invited me to go fishing on 5,000 occasions, which I never did," Michael says. "Finally he calls me and says, 'Mike, if you don't come out here to visit me this summer, we're done.'

"The minute I set foot there, I absolutely fell in love with it," Michael says. "I stayed two weeks and started looking around at real estate."

About two years ago, after watching a 3,200-square-foot condo come down in price, the Markmans purchased it. The condo is in a small complex overlooking a golf course, and came with a library of books collected by the previous owners.

In addition to reading, golfing, and fly-fishing on the Gallatin River, the Markmans like to take the 45-mile drive north to Bozeman to shop, and enjoy the city's Western culture, along with performances presented by Montana State University's music program. Or they drive about 55 miles south to the West Yellowstone entrance of Yellowstone National Park.

"There's a lot of vacation-home activity now in Montana," Michael says. "And for good reason: It's gorgeous; the air is crystal clear; and the people are terrific. It's just a different world—a place we can go to completely forget the city, and enjoy the mountains." ■

M. Sharon Baker lives in the Seattle area.

# MILEAGE PLAN PARTNER GUIDE

*Earn miles and discover where they can take you.*

**START GOING  
PLACES**  
page MP3

**TRAVEL THE  
WORLD**  
page MP4

**PLAN AND  
EARN**  
page MP9

**EVERYDAY  
MILES**  
page MP13



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# Start Going Places

Alaska Airlines' Mileage Plan is your ticket to the world

**J**oin the top-rated airline-loyalty program in the country and find out how easy it is to earn miles toward the trip of your dreams.

For the second year in a row, travelers ranked Alaska Airlines' Mileage Plan "Highest in Customer Satisfaction with Airline Loyalty Rewards Programs" in J.D. Power's Airline Loyalty Rewards Program Satisfaction Report<sup>SM</sup>. The report considered factors such as ease of earning and redeeming miles, the variety of benefits available, and customer service.

At the core of the program is a tremendous variety of options for earning and redeeming miles. Mileage Plan members earn miles on qualifying flights on Alaska or any of its 14 partner airlines. Together, they serve more than 700 destinations around the world. On the ground, Mileage Plan has partnered with dozens of other organizations to make it easy to earn miles when you book a room and rent a car.

Dining out, buying flowers and wine,

## 5 Easy Benefits

- **Book** an award to an international destination for as few as 17,500 miles, one way.
- **Upgrade** to the First Class cabin using miles.
- **Mix** and match partner awards to use one airline partner in one direction, and another partner for the return flight.
- **Use** miles to book a one-way ticket and purchase tickets for other legs of your journey.
- **Upgrade** a companion.



Alaska Airlines received the highest numerical score in the proprietary J.D. Power 2008–2015 North America Airline Satisfaction Studies<sup>SM</sup> among traditional carriers (tied in 2008) and in the J.D. Power 2014–2015 Airline Loyalty Rewards Program Satisfaction Report<sup>SM</sup>. 2015 Airline Study based on responses from 11,354 passengers who flew on a major N. American airline between March 2014 and March 2015. 2015 Airline Loyalty Report based on 3,073 responses and measures the opinions of members with their current airline loyalty rewards program. Proprietary study results are based on experiences and perceptions of consumers surveyed from April 2014 to March 2015. Your experiences may vary. Visit [jdpower.com](http://jdpower.com).

and shopping online for your everyday purchases keep the miles flowing. In fact, pay for these products and services with an Alaska Airlines Visa Signature<sup>®</sup> card, and watch your account grow even faster.

Those 14 partners and 700-plus destinations? That's the point of it all. Mileage Plan makes it easy to use miles to explore the world in style and luxury. British Airways to London; American Airlines to Buenos Aires; Emirates to Dubai; Air France to Paris; Korean Air to Seoul—experience the finest service in the air, and arrive refreshed and ready for the trip of a lifetime.

The more you fly, the greater the benefits offered through Mileage Plan. The plan's MVP—Most Valuable Passenger—program rewards those who spend more time on Alaska or its 12 elite-qualifying partners. Annual elite-qualifying levels include:

- MVP—20,000 miles flown on Alaska
- MVP Gold—40,000 miles
- MVP Gold 75K—75,000 miles

MVPs enjoy free upgrades, priority boarding and two free checked bags. Addi-

tional perks for Gold and Gold 75K members include companion upgrades, guest upgrades and a complimentary beverage on board, among others.

Many of those elite-level benefits transfer to certain partner airlines, as well. In addition, elite members receive Elite Bonus Miles on tickets purchased in first, business and certain economy classes, up to 125 percent of flight miles.

As other airlines move to programs based on ticket-purchase price, Alaska continues to build on its award-winning mileage-based plan. Couple generous rewards for customer loyalty with the multitude of other ways to earn miles every day, and you'll soon be planning your next vacation or enjoying a more comfortable seat up front.

**RESOURCES:** Get all the information you need on Mileage Plan at [alaskaair.com](http://alaskaair.com), then look on Alaska's blog, [blog.alaskaair.com](http://blog.alaskaair.com), for tips on earning and using miles. Also, your own Mileage Plan account page provides a wealth of information for making the most of your miles.

# Travel the World

Partner airlines put 700+ destinations within easy reach

**J**eremy Mistretta gets around a bit. As vice president of revenue management for a nationwide hotel-ownership group, he travels about 165,000 miles a year, the large majority of those miles flown domestically on Alaska Airlines. And he's an avid advocate of the airline's Mileage Plan program, using his miles for several personal trips each year, such as vacations overseas.

Mistretta recently used his Alaska miles to redeem award travel on American Airlines for a trip to South America, where he cruised around Cape Horn. He used miles to book business-class travel from Seattle to Santiago, with his return trip flying out of Buenos Aires after the cruise.

"What an amazingly beautiful part of the world," he says.



"Saving my hard-earned miles for business- or first-class international travel is the way to go," he adds. "For this trip, I was even able to book travel around the exact dates I needed."

"I credit all of my miles earned to my Alaska Airlines Mileage Plan account," Mistretta says. "Redemption on Alaska's partners that cross the major airline alliances is a great value. Out of Seattle, Alaska is now able to get me to nearly every destination I need to get to for work or personal purposes, and it takes great care of a person who travels frequently."

Mistretta also worked with Qantas to use Mileage Plan miles to travel from Seattle to Auckland, New Zealand, with a return from Adelaide, Australia. "The Qantas business-class product was fantastic for these very long flights, and also a good value for the miles redeemed," Mistretta notes. "And the ease of being able to book business-class tickets into one city and return from another was a nice benefit."

Peter Eliason is another frequent flier making the most of his Alaska Airlines Mileage Plan membership. Earlier this year, he says, Alaska had a promotion offering double miles for flights booked on Emirates to Dubai, in the United Arab Emirates.

"I booked my flight at emirates.com and flew out of LAX to Dubai for a four-day trip," Eliason says. "I was able to visit not only the UAE but also Oman, and had the time of my life in Abu Dhabi and Dubai."

"The trip was also special since the UAE was my 100th country visited," he says. "I finally broke through the barrier."

Eliason, who has traveled the world for

Berlin is one of the many international destinations available to travelers using Mileage Plan miles on British Airways.

## Travel the World

Explore more than 700 destinations worldwide when you fly our 14 partners



More choices when using your miles with one-way awards



Get up to 50% off your ticket when you use money and miles

Dow Jones—*The Wall Street Journal*, working with university faculty to develop long-term customers for the company's products, has taken a dozen international trips just in the last year, including flights to Singapore, Buenos Aires, Oslo, St. Thomas and Hong Kong, to name just a few. Three of those trips were for business, and one was booked on miles. He's an MVP Gold 75K member with Alaska's Mileage Plan, and he prefers to purchase tickets with Alaska's elite-qualifying partners whenever possible so that the miles

count toward maintaining his 75K status. He chose to purchase the Emirates flight to take advantage of the double-miles promotion from Alaska and bank those miles for a future vacation, like the one he took last December, using miles on American Airlines to fly to Buenos Aires.

As much as he enjoys the destinations he travels to, Eliason is also a connoisseur of the art of airline travel—comfort, space, attentive service and attention to the little details that set top airlines apart. Eliason says he thoroughly enjoyed the experience

## Options for Using Your Miles

**Book online:** Take advantage of Alaska Airlines' full suite of award options, most of which can be booked directly online.

**First class:** Alaska has many options for using Mileage Plan miles to upgrade to the first-class cabin.

**Charity Miles:** Donate miles to organizations that Alaska Airlines has partnered with, including Make-A-Wish, Angel Flight West, The Nature Conservancy, Fred Hutchinson Cancer Research Center, Dream Foundation and many others.

**Newspapers for Miles:** Redeem miles to get a newspaper subscription. Enter your ZIP code and find participating publications.

**Magazines for Miles:** Use miles to purchase subscriptions to dozens of popular magazine titles.

## Oh, the Places You Could Go



**Auckland, New Zealand**  
Qantas Airways, Cathay Pacific Airways, Emirates Airline



**Vienna, Austria**  
British Airways



**Santiago, Chile**  
American Airlines, LAN



**Nadi, Fiji**  
Fiji Airways



**Cape Town, South Africa**  
British Airways, Emirates Airline



**Dubai, UAE**  
Emirates Airline



**Phuket, Thailand**  
Korean Air

SIDEBAR: FROM TOP: DAVID WALL / ALAMY; BRENDAN HOWARD / SHUTTERSTOCK.COM; DAVID WALL / ALAMY; VALERY SHANIN / SHUTTERSTOCK.COM; SIME / ISTOCK PHOTO; GORAN BOGICEVIC / SHUTTERSTOCK.COM; APUGUIDE / SHUTTERSTOCK.COM

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on Emirates. “The service was simply off-the-charts, even in coach,” he says. “The food, the beverages, were outstanding. The seats were wide and comfortable, with an incredible entertainment system.”



Auckland, New Zealand, rates high on many lists of dream vacations, accessible on Qantas, Cathay Pacific and Emirates.

At its top level, Emirates is noted for offering private suites with a minibar, a private cinema and a seat that folds to a fully flat bed with mattress; personal gourmet-dining service; a rejuvenating shower spa; and an exclusive lounge for first- and business-class passengers.

Dubai-based Emirates, which serves more than 140 destinations around the world, won a fan. “I can’t wait to return to the UAE again on Emirates,” Eliason says. “In fact, I am considering using Emirates for most of my international travel, based on this experience.”

Mistretta was equally impressed with his inflight experience flying to South America. “American Airlines treated me like one of their most loyal customers throughout my travel experience,” he says.

“It’s flight experiences like this one that allow you to enjoy the journey to your destination as much as the experience that awaits!

“The ability to redeem my Alaska miles for such an experience,” Mistretta adds, “is a huge benefit of the Mileage Plan program, and one of the top reasons why I choose to be loyal to Alaska Airlines.” ▲

## Elite-Qualifying Partners

*Miles earned when flying these partner airlines count toward Mileage Plan MVP, MVP Gold and MVP Gold 75K status.*

**Aeromexico:** Based in Mexico City, Aeromexico offers domestic and international service to more than 80 destinations throughout Mexico, the United States, Canada, Central and South America, Europe, and Asia. [aeromexico.com](http://aeromexico.com)

**Air France and KLM:** As a team, Air France and KLM serve more than 240 destinations in more than 100 countries. Air France operates from its hub at Paris-Charles de Gaulle International Airport, and KLM from its hub at Amsterdam Airport Schiphol. [airfrance.com](http://airfrance.com); [klm.com](http://klm.com)

**American Airlines:** American Airlines, US Airways, American Eagle and US Airways Express serve nearly 350 destinations in more than 50 countries. **Elite-Benefit Partner:** Priority AAccess Check-In and Boarding, Express Security Lines, Preferred Seating and waived checked-baggage fees. [aa.com](http://aa.com)

**British Airways:** London-based, full-service airline offering a wide range of products, including fully flat beds in business class and an extensive global route network. [britishairways.com](http://britishairways.com)

**Cathay Pacific Airways:** Hong Kong-based airline offering scheduled passenger and cargo service to more than 180 destinations worldwide. [cathaypacific.com](http://cathaypacific.com)

**Delta Air Lines:** Atlanta-based airline with hubs in Amsterdam, Atlanta, Cincinnati, Detroit, Minneapolis-St. Paul, New York-JFK, New York-LaGuardia, Paris-Charles de Gaulle, Salt Lake City and Tokyo-Narita. **Elite-Benefit Partner:** Priority Check-In, Priority Boarding, Preferred Seating and Complimentary Upgrades. [delta.com](http://delta.com)

**Emirates Airline:** Dubai-based airline serving more than 140 destinations worldwide, including Seattle and nine other U.S. cities. [emirates.com](http://emirates.com)

**Fiji Airways:** Fiji’s international airline, with a route network that spans 15 destinations in 10 countries. [fijiairways.com](http://fijiairways.com)

**Korean Air:** Seoul-based airline serving 125 destinations in 45 countries and offering more than 400 flights per day. [koreanair.com](http://koreanair.com)

**LAN:** Santiago-based airline offering service to Brazil, Colombia, Chile, Argentina, Peru, Ecuador and Paraguay, and connecting South America with Europe, Oceania and North America. [lan.com](http://lan.com)

**Qantas Airways:** Australia-based airline serving more than 220 destinations in more than 50 countries (with its codeshare partners), including Australia and New Zealand. [qantas.com](http://qantas.com)

## Regional Partners

**PenAir:** Anchorage-based airline serving 11 destinations in Alaska. [penair.com](http://penair.com)

**Ravn Alaska:** Anchorage-based airline serving the state of Alaska. [flyravn.com](http://flyravn.com)

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# Plan and Earn

## Build your trip with Mileage Plan Partners

**I**'ve always maintained that the highest and best use of the frequent-flier miles I earn on business travel is to use them for first-class or business-class vacation travel to Europe," says Frank Catalano. He's been a Mileage Plan member for more than 25 years, and among the many trips he's taken by redeeming miles was his honeymoon with his wife, Dee Dee. They flew in and out of Paris to tour France and Italy. The couple has flown business-class to London, and also used miles to vacation in Rome, Vienna, Dublin and Berlin, all on separate trips.

Catalano travels frequently around the United States for his Seattle-based consulting business to assist companies that make education-technology products.

"I became an Alaska Airlines Million Mile Flyer in May 2013," he says. "That should give you an idea of how much I travel."

For Catalano, who prefers to fly Alaska Airlines but uses Alaska's partner airlines, as well, banking his business-travel miles in Mileage Plan makes a lot of sense. He rarely uses miles for domestic travel. Rather, he prefers to purchase the tickets for his domestic and business flights and then save



Savvy travelers plan their trips with Mileage Plan partners in mind, looking for ways to earn additional miles, for future trips, as they travel.

those miles for his vacations.

The idea is to truly use his miles to reward himself.

**Big trips take some planning, but they** also present some fantastic opportunities for using award travel to take the trip of a lifetime, year after year. First, Alaska and its 14 partner airlines can get you pretty much anywhere you want to go. Provide your Mileage Plan number when you book your flight, and miles will be automatically applied to your account.

Most partner airlines reward their customers with bonus miles when they spend extra to fly business class and first class—depending on the carrier, as much as 150 percent to even double the base miles earned. If Mileage Plan is the preferred rewards program you register when booking your flight, all those miles go directly to your account.

There are more opportunities to build miles at every turn of a journey. Savvy travelers keep their Mileage Plan account number close at hand throughout the planning stages and actual travel days.

In addition to flights, there are two fundamental needs to plan for—lodging and rental cars—and they're both great opportunities to earn miles. And Alaska Airlines has dozens of partners eager to offer miles to reward your patronage.

Many of Alaska's partner hotels have an expansive worldwide reach that makes finding a room easy, and they provide dependable-quality rooms, consistent and attentive service, and an experience unique to the individual hotel's location, whether it's a five-star beachfront resort in Fiji or an elegant hotel beside Venice's Grand Canal.

Hilton Hotels & Resorts, for instance,

### Four Easy Ways to Earn Miles

<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>
<p>On Alaska, earn a mile for each mile you fly</p>	<p>When you fly on our 14 airline partners</p>	<p>Booking hotels, renting cars, dining, and shopping</p>	<p>Using your Alaska Airlines Visa Signature® card</p>



Flexibility in booking itineraries allows travelers to schedule layovers in cities such as London.

has more than 4,000 properties in its portfolio and rewards its guests with not only its own Hilton HHonors points program, but Mileage Plan miles, as well—Hilton HHonors members earn 10 HHonors Points and one Mileage Plan mile for each eligible \$1 spent.

Similarly, Marriott and its various hotel brands offer 3,800 properties worldwide, and a rewards program that adds 2 miles per eligible dollar spent.

Starwood Hotels & Resorts is in nearly 100 countries, with more than 1,100 properties, and Mileage Plan members who also join the Starwood Preferred Guest program are rewarded with 2 miles per \$1 spent.

For those travelers who prefer to book their hotels independently, Alaska Airlines recently launched a partner program with Rocketmiles. It's simple and available in thousands of cities around the world. Book your hotel and earn 1,000 to 5,000 Mileage Plan miles per night while paying the same rates offered by other booking and travel websites, with no extra fees or commissions. Rocketmiles reports that the typical frequent traveler could earn an extra 80,000 miles a year using Rocketmiles.

## Car Rentals

**Alamo:** Earn 50 miles per rental day on all qualifying rentals at participating locations throughout the United States, Canada, Mexico, the Caribbean, Latin America and Asia. [alamo.com](http://alamo.com)

**Avis:** At participating Avis airport locations around the world, earn 50 miles per rental day on qualifying rentals of 1–4 consecutive days, and 500 miles per qualifying rental of 5 consecutive days or longer. [avis.com/alaskaairlines](http://avis.com/alaskaairlines)

**Budget:** At participating Budget airport locations around the world, earn 50 miles per rental day on qualifying rentals of 1–4 consecutive days, and 500 miles per qualifying rental of 5 consecutive days or longer. [budget.com/alaskaairlines](http://budget.com/alaskaairlines)

**Dollar:** Earn 50 miles per rental day on qualifying transactions at participating locations. [dollar.com](http://dollar.com)

**Hertz:** Earn 50 miles per rental day on qualifying rentals of 1–4 days and 500 miles for qualifying rentals of 5 days or longer at participating locations. [hertz.com](http://hertz.com)

**National:** Earn 50 miles per rental day on all qualifying rentals at participating locations. [nationalcar.com](http://nationalcar.com)

**Thrifty:** Earn 50 miles per rental day and 250 miles for 3 qualifying parking stays. [thrifty.com](http://thrifty.com); [thriftparking.com](http://thriftparking.com)

## Hotels

**Best Western International:** More than 4,000 hotels in more than 100 countries and territories worldwide. 250 miles per stay on qualified rates. [bestwesternrewards.com](http://bestwesternrewards.com)

**Choice Privileges:** More than 6,000 locations around the world, including Comfort Inn, Comfort Suites, Quality, Sleep Inn, Clarion, Ascend Hotel Collection, Cambria Suites, MainStay Suites, Suburban Extended Stay Hotel, Econo Lodge or Rodeway Inn hotels. 250 miles per qualifying stay. [choicehotels.com/choice-privileges](http://choicehotels.com/choice-privileges)

**Coast Hotels:** More than 40 hotels in British Columbia, the Northwest Territories and Alberta, Canada; Alaska, California, Oregon and Washington. 500 miles per qualifying stay. [coasthotels.com](http://coasthotels.com)

**Fairmont Hotels & Resorts:** Hotels and resorts in the United States, Canada, Mexico, Bermuda, Europe, the Middle East, Africa and Asia. 500 miles per qualifying stay. [fairmont.com](http://fairmont.com)

**Hilton HHonors:** More than 4,000 hotels and resorts worldwide, including Hilton Hotels & Resorts, Waldorf Astoria Hotels & Resorts, Conrad Hotels & Resorts, DoubleTree by Hilton, Embassy Suites Hotels, Hilton Garden Inn, Hampton Inn, Homewood Suites by Hilton, HOME2 Suites by Hilton and Hilton Grand Vacations. Earn 1 mile per eligible \$1 (USD) spent (maximum 10,000 miles per stay; maximum 100 miles per stay at HOME2 Suites by Hilton). [HHonors.com](http://HHonors.com)

**Planning to spend a day exploring**

the surf beaches along the North Shore of O’ahu, or to spend a week driving up the east coast of Australia from Brisbane to Cairns with stops to sail the Whitsunday Islands and snorkel the Great Barrier Reef? Car rentals are a great way to tack more miles onto your account. Avis, Budget,

Hertz and other partner car-rental companies reward Mileage Plan members with 50 miles for each qualified rental day. Many companies will raise the reward rate for longer-term multiday rentals. Just provide your Mileage Plan number when making your reservation.

One more essential of your perfectly

planned journey is dining, and there are miles to be earned here, as well. Mileage Plan Dining allows its members to earn up to 5 miles per dollar spent—food, beverages, tax and tip included—at more than 11,000 participating restaurants, bars and clubs throughout the country. Search the dining website by city or ZIP to find listings for nearby participating restaurants, along with menu descriptions, hours, Mileage Plan Dining member reviews and directions. Simply join for free and register a credit or debit card. You earn miles automatically when you pay for a meal with the registered card.

**TIP:** Use an Alaska Airlines Visa Signature® card to make purchases and earn even more miles. See page MP14 of this issue for more details.

“I utilize my Alaska Airlines Visa® card for a lot of my travel spending, including airline-ticket purchases,” Catalano says. “I try to put as much as I can on that card to continue earning more miles to redeem for award travel.” ▲

**Hotels (continued)**

**IHG Rewards Club:** More than 4,700 properties worldwide, including InterContinental Hotels & Resorts, Crowne Plaza, Hotel Indigo, Holiday Inn, Holiday Inn Express, Staybridge Suites and Candlewood Suites. Earn up to 2 Mileage Plan miles for every \$1 (USD) or local-currency equivalent paid on eligible charges. Earn 500 miles per qualifying stay at InterContinental Hotels & Resorts outside of the United States, Canada, Mexico, Latin America and the Caribbean, and at all InterContinental Alliance Resorts worldwide. [ihgrewardsclub.com](http://ihgrewardsclub.com)

**Marriott:** More than 3,800 participating hotels around the world, including JW Marriott, Autograph Collection, Renaissance Hotels, Marriott Hotels, Marriott Vacation Club, The Ritz-Carlton, EDITION, Gaylord Hotels, Courtyard by Marriott, AC Hotels by Marriott, SpringHill Suites by Marriott, Fairfield Inn & Suites by Marriott, Residence Inn by Marriott, TownePlace Suites by Marriott, Marriott Executive Apartments and Moxy Hotels. Marriott Rewards members earn up to 2 miles per \$1 (USD) spent on all qualifying charges. Marriott Rewards: [marriottrewards.com](http://marriottrewards.com); Reservations: [marriott.com](http://marriott.com)

**Rocketmiles:** Book hotels through Rocketmiles and earn 1,000–5,000 miles per night, every booking. Stay at thousands of properties worldwide, and save up miles for the trip of your dreams. [rocketmiles.com](http://rocketmiles.com)

**Starwood Hotels & Resorts:** More than 1,100 properties in nearly 100 countries, including St. Regis, The Luxury Collection, Le Méridien, W Hotels, Westin Hotels & Resorts, Sheraton Hotels & Resorts, Four Points by Sheraton, Aloft Hotels and Element Hotels worldwide. Earn 2 miles per \$1 (USD) spent on all eligible charges for Starwood Preferred Guest program members. [spg.com](http://spg.com)

**Westmark Hotels:** 5 year-round and 2 seasonal properties in Alaska and Canada’s Yukon. Two miles for every \$1 (USD) spent on accommodations; one mile for every \$1 (USD) spent on food and beverage purchases, excluding alcohol. Miles may not be earned on food and beverage purchases at the Westmark Sitka. [westmarkhotels.com](http://westmarkhotels.com)

**Wyndham Rewards:** Wyndham Hotel Group offers more than 7,000 properties around the globe, including Wyndham Hotels and Resorts, Wyndham Grand Collection, Wyndham Garden, Hawthorn Suites by Wyndham, TRYP by Wyndham, Dream Hotels and Night Hotels. Wyndham Rewards members who have elected to receive Mileage Plan miles in their Wyndham Rewards profiles earn 500 Mileage Plan miles per qualifying stay. [wyndhamrewards.com](http://wyndhamrewards.com)



Many Mileage Plan members choose to redeem their miles on Alaska Airlines to visit destinations such as Costa Rica.



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# Everyday Miles

Specialty partners provide a steady flow of rewards

**W**e may dream of distant lands, but in reality, most of us spend the better part of our day at work. Weekends are typically spent with family and friends at local restaurants and shopping centers rather than exploring the ruins of ancient civilizations, dining in quaint waterfront villas or wandering the globe's distant spice markets.

We do ordinary things, buy everyday essentials. And that's good news when you're trying to earn more miles. Your "everyday" activities present an easy opportunity to move even closer to your next award trip, your next grand adventure.

Mileage Plan provides hundreds of ways you can accumulate miles as you shop, dine, attend local events, order flowers and wine, and take care of everyday bills.

Start with an Alaska Airlines Visa Signature® card or Alaska Airlines Visa® Business Card. You probably already make many of your daily purchases by credit card: When you make a purchase with your Alaska card, you earn one mile for every dollar spent. Miles are automatically credited to your Mileage Plan account.

Many users not only pay for dinners, gifts, groceries, and household goods and services with their Alaska Airlines Visa Signature® card, but they assign autopay services to their

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- **Shop** online with any of more than 800 merchants on Mileage Plan Shopping.
- **Send** flowers, gifts and baskets using Teleflora or 1-800Flowers.
- **Dine** at one of 10,000 participating Mileage Plan Dining restaurants.
- **Purchase** event tickets at ScoreBig.
- **Make** the above purchases with your Visa Signature® card.

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Earn 1 mile per \$1 on everyday purchases

No mileage cap, and your miles do not expire with an active account

The benefits above apply to Visa Signature accounts only, and different benefits apply to Platinum Plus® and Preferred accounts. Card type is determined by creditworthiness.

card, as well, so that utility bills, memberships, service plans and other routine expenses are charged directly to their miles-earning cards.

Upon approval of the Alaska Airlines Visa Signature® card, you'll receive 25,000 Bonus Miles—please allow 2–3 weeks for Bonus Miles to post to your Alaska Airlines Mileage Plan account—and you'll be well on your way to your first award ticket.

Purchase your Alaska Airlines ticket or Vacations package with your Alaska Airlines Visa Signature® card and earn 3 miles for each dollar spent.

If you're a fan of live entertainment, including sporting events, concerts and theater, Mileage Plan has introduced an earning opportunity with one of its newest partners, ScoreBig. Visit [scorebig.com/alaska](http://scorebig.com/alaska) to find tickets and earn thousands of miles.

Earn miles by shopping with more than 800 online merchants, from Ace Hardware to Home Depot, Nordstrom to Zulily. Simply set up a free Mileage Plan Shopping account, log in and click directly

## Everyday Partners

### Bank of America: Alaska Airlines Credit Cards—U.S.

Alaska Airlines Visa Signature® card and Visa Business Card. 3 miles per \$1 spent on purchases of Alaska Airlines tickets, vacation packages, cargo and inflight purchases; 1 mile for every \$1 spent on all other purchases. Earn 25,000 Bonus Miles upon Visa Signature® card approval, and 25,000 Bonus Miles on new Business Card after you make your first purchase. For information about rates, fees, other costs and benefits, or to apply, call or visit the website. Visa Signature® Card: 888-924-7343; Existing credit card: 800-552-7302; Visa Business Card: 866-786-9928; [myalaskacard.com](http://myalaskacard.com)

### MBNA: Alaska Airlines Credit Cards—Canada

Alaska Airlines Platinum Plus® MasterCard® credit card and World Elite® MasterCard® credit card, for Canadian residents. 3 miles\* per \$1 spent on eligible purchases of Alaska Airlines tickets, vacation packages, cargo and inflight purchases; and 1 mile\* for every \$1 spent on all other eligible purchases. Earn 25,000 Bonus Miles upon approval. Conditions apply. For more information on the program and to obtain complete terms and conditions applicable to these credit cards, please call 877-428-6060 or visit [mbna.ca](http://mbna.ca)

**Mileage Plan Dining:** Earn up to 5 miles per \$1 spent on dining (food, drinks, tax and tip included) at thousands of participating restaurants, bars and clubs throughout the United States. [mileageplan.rewardsnetwork.com](http://mileageplan.rewardsnetwork.com)

**Mileage Plan Shopping:** Earn miles for shopping at more than 800 online merchants. Miles earned vary by merchant. [mileageplanshopping.com](http://mileageplanshopping.com)

**1-800Flowers.com:** Flower arrangements and gifts delivered worldwide. Earn 20 miles for every \$1 (USD) spent. [1800flowers.com/alaskaairlines](http://1800flowers.com/alaskaairlines)

**Carrs/Safeway:** Earn 100 miles for every \$300 in eligible purchases at participating stores in the state of Alaska. [carrsqa.com/alaskaair](http://carrsqa.com/alaskaair)

**e-Miles:** Members can earn hundreds of miles each week by viewing and reacting to marketing messages. [e-miles.com/alaskapartner](http://e-miles.com/alaskapartner)

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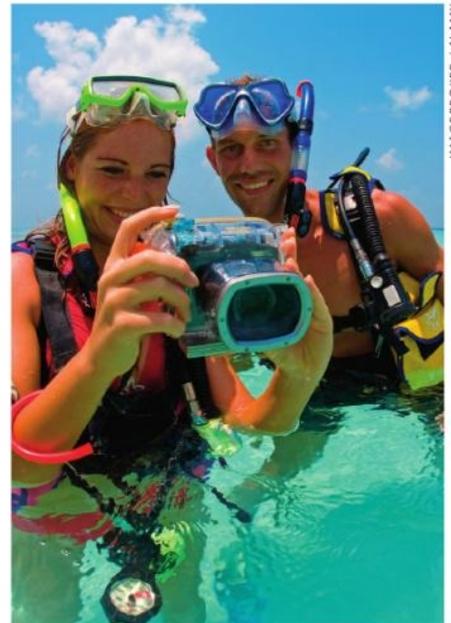
**GCI:** A leading provider of phone services, Internet, GCI TV and wireless communications in Alaska. Earn 1 mile per \$1 spent on qualifying plans and/or service bundles. [gci.com/offer/alaska-airlines-mileage-plan-miles](http://gci.com/offer/alaska-airlines-mileage-plan-miles)

**ScoreBig:** Earn thousands of miles on tickets to live events, including professional sports, concerts and theater, from ScoreBig. [scorebig.com/alaska](http://scorebig.com/alaska)

**Teleflora:** Teleflora is the largest floral wire network service in the world. Earn 10 miles for every \$1 spent. [teleflora.com/alaska](http://teleflora.com/alaska)

**Vinesse:** Delivers wines from all over the world to your door. Earn 2,250 miles for club enrollment, and 5 miles per \$1 spent. [vinesse.com/alaska](http://vinesse.com/alaska)

\*These are highlights of the credit card rewards program (the "Program") associated with this credit card account. Miles will be awarded on eligible transactions charged to your account as set out in the Program terms and conditions. Complete terms and conditions describing Program eligibility, accrual and redemption of Miles, and other important conditions, limitations and restrictions will be sent after your account is opened. Please read the terms and conditions carefully upon receipt. Accumulated Miles can only be redeemed in accordance with the Alaska Airlines Mileage Plan program (the "Alaska Program"). The Toronto-Dominion Bank has no liability or responsibility for any aspect of the Alaska Program. Please visit [www.alaskaair.com](http://www.alaskaair.com) for complete Alaska Program terms and conditions.



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Reward yourselves with a snorkeling trip to the Maldives, easily accessible on partner airlines Emirates and Cathay Pacific.

from Mileage Plan Shopping to the store's website. The number of miles awarded for each dollar spent varies with merchants, but the miles are credited automatically to your account.

In many cases, merchants provide discounts and specials created specifically for Mileage Plan members.

More than 10,000 restaurants across the country offer up to 5 miles per dollar spent on your entire bill, including beverages, taxes and tips. Just sign up for Mileage Plan Dining.

In addition, a number of other companies have partnered directly with Alaska's Mileage Plan to offer special miles-earning opportunities, including Vinesse wine clubs, Teleflora and 1-800Flowers, and many others.

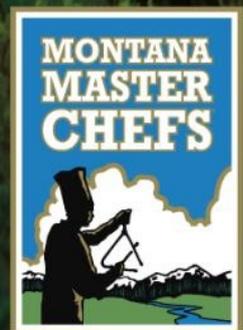
In the state of Alaska, the region's leading phone service, GCI, and participating Carrs/Safeway stores across the state offer miles, as well.

See the accompanying chart on this page for a list of partners that offer you a wealth of opportunities for earning miles toward your next big adventure on Alaska or its partner airlines. ▲

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# Happier & Healthier

This page: The championship Crosswater Golf Course is aptly named. Right: Bicycling is a popular activity in the Sunriver area.

## Recreation & Relaxation Rejuvenate Resort Visitors

By Michele Andrus Dill



**W**orking long and hard, feeling stressed by various competing demands, and dealing with muscles complaining about too much yardwork, my spouse and I knew it was time for a getaway. One that included an especially nice spa that could enhance our physical and mental well-being. “How about Central Oregon?” I suggested. “The high desert around Bend is beautiful; the weather is great; and I’ve heard that **Sunriver Resort** has a lovely spa, plus lots of great activities.”

## Aah at the Spa

A few weeks later, we’re being led down the restful, wood-paneled, sage-green-carpeted hallway of the 36,000-square-foot **Sage Springs Club & Spa**, which includes a large fitness facility (with numerous classes open to resort guests); tennis courts; a lap pool; a coed whirlpool; and separate his/hers locker-room whirlpools and eucalyptus steamrooms.

We’ve decided to start our get-away-from-it-all with the **Sun Down treatment**, because we like the description: “Unwind from the day with your own body, mind and soul retreat. An unforgettable relaxation experience that will lead to a great night’s sleep.” The 100-minute

treatment—mine with therapist Loree and Michael’s with therapist Stefany, in individual rooms—begins with an invigorating dry-brush exfoliation, followed by moisturizing shea butter and a cocooning sheet-and-blanket wrap during a head-and-neck massage.

Next, Loree applies Oregon lavender-and-sage oil, and the experience culminates with a 50-minute hot-stone massage—long, smooth strokes to release tension. It’s one of the best spa treatments I’ve ever had.

Michael says the same before he heads to the men’s steamroom, while I continue with a 50-minute **facial featuring Szép Élet’s Hungarian-sourced “Ilike” organic skin-care products**, which the spa began using this year. Aesthetician Erinn applies a lemon cleansing milk, rose-hip exfoliator, yogurt power peel, carotene massage cream, sour cherry gel mask, sour cherry whipped moisturizer, age-defense bioflavonoid eye cream, grape stem cell hydrating mist and lemon citrus lip balm.

The products are light, subtly aromatic, refreshing and skin nourishing, with natural ingredients. The sour cherry gel mask, for instance, contains only sour cherry pulp, black-thorn, honey and algae. I feel glowy and rejuvenated. Distressed has become de-stressed.

## Dinner and Sweet Dreams

Michael and I sort of float over to Sunriver Lodge and **Carson’s American Kitchen**, the

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resort's new signature restaurant, which is part of a recently completed five-year, \$50 million investment in lodgings, public spaces and amenities to ensure that Sunriver remains a premier destination. Carson's—which has dazzling picture-window views of Mount Bachelor—is named for 19th century explorer Kit Carson (reputed to have camped in this area) and showcases fresh regional ingredients.

The menu has a long list of “local artisans we love,” ranging from Rogue Creamery to Bob's Red Mill to Anderson Ranches.

We savor dishes such as Oregon Cheese & Charcuterie, Crushed Hazelnut Crusted Prawns, Grilled Flat Iron Steak, Sautéed Foraged Mushrooms, and Pan-Seared Muscovy Duck Breast with cherry-chipotle sauce, which was a winning entree in the 2014 Iron Chef Oregon competition. Dessert is the Baked Oregon Pear Pinot Chocolate Cake, with hazelnut ice cream and marshmallow fluff, flambéed at our table.

Quality regional ingredients, creative preparations and appealing presentations are also emphasized at the pleasing new **Twisted River Tavern**, where you can dance to live music, and in the new **Living Room**, a gathering spot for drinks and small bites.

Soothed from the spa treatments and sated from dinner, we climb into the soft bed in the loft of our wood-beamed Lodge Village King Suite, which also has a kitchenette, a dining area, a sitting area with a gas fireplace, and a deck with rocking chairs from which to admire Mount Bachelor or watch golfers on the 10th hole of the Meadows Course, which reopened this year with acclaimed T-1 bentgrass greens.

## Crossing the Water

We get our best sleep in months, and we're ready to continue our retreat weekend with a golf lesson and nine holes at the award-winning, championship, 7,683-yard **Crosswater course**, so named because players periodically have to hit the ball over the Little Deschutes or main Deschutes River.

Crosswater, part of the 63 holes of golf available to



resort guests, was updated with T-1 bentgrass greens last year, leading up to this year's celebration of its 20th anniversary.

Thanks to expert instruction from golf pro Kevin Erdman, our stance and swings improve greatly at the driving range, and then we

do much better on the course itself. On the fairway of par-4 No. 18, I take a deep breath, run through my list of instructions from Kevin, including the ticktock drill to improve the rhythm of my swing, and watch—astonished and overjoyed—as my ball clears the main Deschutes fronting the green.

I shout to the mallards, the geese, the skies: “Hooray! I can't believe it. I'm over!” I do a fist-pumping victory dance. Michael runs up for a high-five.

## Bicycling by the River

**More than 40 miles of paved paths** make cycling another popular activity at Sunriver, so we rent a neon-blue tandem at the resort's Bike Barn to pedal the mostly flat, approximately 4-mile **River Loop**. The route passes the marina (offering watercraft rentals and guided trips), and the stables, where I'll return later for a ride.

We pedal leisurely amid wildflower meadows, past quaking aspens and majestic pines, and along the gently flowing Deschutes. Interpretive signs by the path tell us about blossoms such as Oregon sunshine, finches such as pine siskins, and raptors such as red-tailed and rough-legged hawks.

The lobby of the Sage Springs Club & Spa invites guests to relax by the fireplace, and the spa offers many exceptional treatments.



Sunriver horseback riding can be tailored to experience level.

## Oscar-Worthy Horse

Meadows, woods and river also enrich my outing on Oscar, a cooperative Thoroughbred/quarter horse. Guide Kelsey, on a sorrel named Tia, points out a regal great-horned owl on a lodgepole pine branch and two California quails scurrying along the forest floor. But the best part of the one-hour trail ride is the cantering. In addition to group rides and pony rides, **Sunriver Stables** offers private outings geared to experience level, so we lope for long, glorious stretches.

Oscar, always immediately responsive, seems to like it as much as I do.

## Kayaking Splendor

Sunriver can also help guests book excursions with top area outfitters such as **Wanderlust Tours**, and Michael and I join a group of 12 for a half-day Cascade Lakes kayaking adventure, with participants paired in orange, tip-resistant, sit-on-top tandem kayaks. Just a few strokes from the put-in at alpine Hosmer Lake, we paddle into view of three gleaming snow-crowned mountains—South Sister, Broken Top and Mount Bachelor. “This scenery is pretty much unbeatable,” Michael comments.

On our approximately 3-mile paddle, we glide through lily pads with yellow flowers, and past vast swaths of bird-sheltering tule reeds, from which a yellow-headed black-bird speeds fast and low. A bald eagle also impresses us with a flyby.

Periodically we raft up so guide Jared can tell us about delicate pink alpine laurel we see blooming on the bank, and explain that mountain snowmelt is filtered through basaltic lava, ultimately feeding rivers whose water quality contributes to Central Oregon’s exceptional craft beers.



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## Just Relaxing

We end our stay with downtime. That means lounging in the sun with slushies, a mushroom quesadilla and Asian ginger-chicken salad from **The Spotted Frog** restaurant at The Cove.

The Cove is Sunriver's vast new outdoor pool complex, which not only has tables, lounge chairs, cabanas, a big swimming pool and a large whirlpool, but also a firepit, an all-ages-friendly slide into a plunge pool, and fountains amid large boulders, some of which were part of ancient volcanic lava flows near Sunriver. A nature trail rings a nearby pond that has a waterfall and another firepit area.

Michael relaxes longer at The Cove while I bid a fond farewell to the spa—stepping into the women's hot tub, set in a room that evokes a cave, with twilight lighting, a waterfall and a black ceiling in which lights twinkle like stars.

I let my mind wander while I happily soak, and I remember that the printing on our room keys promised our visit would be “the start of unforgettable.” That has proved to be true. We enjoyed unforgettable spa, golfing, bicycling, horseback-riding and kayaking experiences.

But we did forget something ... our everyday stresses.

### Sunriver Resort, A Destination Hotel ([sunriver-resort.com](http://sunriver-resort.com))

is one of the many western retreats with excellent spas for rejuvenation, along with fine dining, outstanding accommodations and many recreation options. The following pages provide a few more suggestions.

The Cove is Sunriver's new 55,000-sq.-ft. pool complex.



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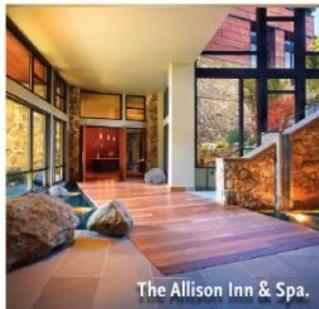
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**Alaska Beyond**

**The Allison Inn & Spa, Newberg, OR**  
(theallison.com)

This fertile region, south of Portland in Oregon wine country, has inspired resort spa treatments such as Pinotherapy, Earthy and Herbal, Fruits and Floral, and Water Therapy. The 15,000-square-foot spa's signature Grape Seed Cure begins with a crushed-grape-seed scrub and an organic honey-and-wine wrap to purify and exfoliate the skin, followed by a shea butter-hydration body massage and scalp massage. The resort has separate his/hers saunas and steamrooms, a fitness studio, and an indoor pool and whirlpool. When not wine-touring, guests also enjoy a view of nearby vineyards, along with the resort's sculpture garden and, July 5–Sept. 27, Sunday-morning yoga in the garden.



The Allison Inn & Spa.

**Atlantis Casino Resort Spa, Reno, NV**  
(atlantiscasino.com)

Unique options at the

30,000-square-foot Spa Atlantis include the Terra Sigillata Rasul Ceremony, the Cleopatra Milk and Honey Hydration Wrap, the Pantai Luar Eastern Asian massage, and special lounges such as the Brine Inhalation–Light Therapy Lounge, the heated Laconium Relaxation Lounge, and the Aqua Spa Lounge with three whirlpools of varying temperatures. Guests also enjoy coed and separate his/hers saunas, his/hers steamrooms, and an experiential shower with settings ranging from ice fog to waterfall. Indoor and outdoor pools, and a fitness center complement the spa amenities. Resort guests also like to visit Lake Tahoe, less than 45 miles away.



Atlantis Casino Resort Spa.

**Coeur d'Alene Casino Resort Hotel, Worley, ID**  
(cdacasino.com)

After golfing the Coeur d'Alene Tribe's award-winning Circling Raven course, with its natural wetlands and secluded feel, unwind at the 15,000-square-foot Spa Ssakwa'q'n, with treatments such as the Palouse Prairie Massage; the six-part Nature to Nurture experience (featuring an exfoliant with ripe antioxidant berries); and the Sacred Forest. The resort also has an indoor



Coeur d'Alene Casino Resort Hotel.

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[goldfintavern.com](http://goldfintavern.com) | [@GoldfinchTavern](https://twitter.com/GoldfinchTavern)  
Four Seasons Hotel Seattle, 99 Union Street, 206.749.7070

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pool, three coed whirlpools (two indoors, one outdoors), two coed saunas, a fitness facility and an interpretive walking trail. Lake Coeur d'Alene and Heyburn State Park are about 15 miles east.

### **The Fairmont Empress, Victoria, BC** **([fairmont.com/empress-victoria](http://fairmont.com/empress-victoria))**

A historic hotel on the Inner Harbour in the Vancouver Island city of Victoria, which is known for its charming English ambiance, The Fairmont boasts the 8,000-square-foot Willow Stream Spa, whose Spa Ritual includes a Finnish-style sauna, a steam-inhalation room and a thermal mineral pool. Signature treatments include Island Senses, which features a salts-of-the-sea body scrub, eucalyptus hydrotherapy bath, mud wrap and lavender massage. The hotel also has a fitness center, an indoor pool, a children's pool, a coed whirlpool, and separate his/hers saunas and steamrooms. In addition, enjoy the hotel's century-long tradition of afternoon tea.

### **The Lodge at Whitefish Lake, Whitefish, MT** **([lodgeatwhitefishlake.com](http://lodgeatwhitefishlake.com))**

The 1,450-square-foot Spa at Whitefish Lake uses natural and organic products in treatments such as Stone Silence, featuring a huckleberry scrub, aromatic shower and Riverstone Therapy Massage with huckleberry body butter. A coed steam-room and rain shower; indoor and outdoor pools and hot tubs; a private beach and swim area; and a fitness facility also attract guests. A full-service marina offers watercraft rentals. In winter, the lodge's ice rink opens, and complimentary ski-season shuttle service is provided to Whitefish Mountain Resort. The lodge is also less than 30 miles from Glacier National Park.

### **Montage Deer Valley, Park City, UT** **([montagehotels.com/deervalley](http://montagehotels.com/deervalley))**

This mountain resort about 40 miles southeast of Salt Lake City has an alpine-inspired 35,000-square-foot spa that emphasizes botanical and herbal ingredients. Treatments include the Elements of Wellness Signature Experience—select from spa therapies ranging from massage to thalassotherapy to address your specific

concerns and needs. Guests also enjoy indoor and outdoor pools; coed and separate indoor whirlpools; and separate saunas, steamrooms and deluge showers.



Northern Quest Resort & Casino.

Wellness is emphasized at the resort, with amenities such as a fitness facility, exercise classes, postural assessment and nutritional guidance, along with a bowling alley, archery lessons and fly-fishing casting lessons. Montage provides ski-in/ski-out access to the famed Deer Valley Resort ski area, which was a venue for the 2002 Winter Olympics.

**Northern Quest Resort & Casino, Airway Heights, WA (northernquest.com)**

At this Spokane-area resort owned by the Kalispel Tribe, natural and Native materials are featured in La Rive Spa treatments such as the Pend Oreille River Stone Massage, in which cedarwood oil is massaged into your

skin and warmed Pend Oreille River stones are used to “soften muscle tension and release blocked energy, bringing you in balance with Mother Earth.” The 14,000-square-

foot spa also includes a fitness center, an indoor pool and two coed whirlpools (one with three cascading waterfalls), separate his/hers saunas, and also his/hers experiential showers with settings such as tropical rain and arctic mist.

**Vintners Inn by Ferrari-Carano, Santa Rosa, CA (vintnersinn.com)**

Located amid vineyards in Sonoma County wine country, the Vintners Inn Courtyard Spa Room, designed for couple’s treatments, offers experiences ranging from Swedish to Asian massage, and a facial that includes organic grape-seed oil. In-room options are also available. Additional ame-

nities include a whirlpool, a fitness facility, fountains, landscaped gardens and a 2-mile vineyard trail. An approximately 5,100-square-foot full-service spa is scheduled to open in spring 2017. Vintners Inn is part of the Wine Road Northern Sonoma County association of wineries and lodgings. ■

*Michele Andrus Dill is the magazine editor.*

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### ACROSS

- 1 Birthday present
- 5 Mists
- 9 Pungent
- 14 Stable compartment
- 19 Mixture
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- 21 Fuzzy
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- 24 Thrust
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- 27 Solo of "Star Wars"
- 28 Go marketing
- 29 Fast-food order
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- 43 Muffles
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- 55 Removing the center
- 56 Stockpile
- 58 Leaves port
- 59 Turn
- 60 Rivals
- 61 Leg bones
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- 67 Certain sleeping locale
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- 72 In this place
- 73 Melt ore
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- 83 Lowland
- 84 "Diamonds \_\_\_\_\_  
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- 111 Braid
- 112 Manuscript mark

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- 2 Pelvic bones
- 3 Certain cookie bars
- 4 Coal weight
- 5 Dangled bait
- 6 Atop
- 7 Rumor mill
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- 12 Sicknesses
- 13 Hue
- 14 Hurries

- 15 Bridge charges
- 16 Sharp
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- 42 Jostle
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- 45 Screams
- 46 Weasel-like mammal
- 48 Unusual item
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- 50 Writes illegibly
- 51 Travel by foot
- 53 Stoop

- 54 Laissez \_\_\_\_\_
- 57 Erase
- 58 Clipped
- 61 Curl the lip
- 62 Lieu
- 63 Coconut meat
- 64 Lend \_\_\_\_\_ (listen)
- 65 Calmness
- 66 Arab ruler
- 68 Elongated bicycle perch
- 69 Napoleon's punishment
- 70 Discourage
- 73 Pond scum
- 74 Rounded piece of cantaloupe
- 77 German philosopher
- 78 Red flare light
- 79 Houlihan portrayer
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- 83 Clog, e.g.
- 85 Woods
- 86 Metrical foot
- 87 Tactless
- 88 Most broad
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- 90 Coins
- 92 Spoils
- 93 Month after Av
- 94 Delicate
- 95 Lectern
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- 104 Small shots

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- Sprite Zero
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- › Media/CD/DVD player
- › Noise-cancelling headphones
- › Cell phones (prior to door closure only)

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- › Electronic cigarettes

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**Child-restraint devices** must bear the FAA approval sticker.

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Horizon Air prohibits the use of items that do not meet Federal Aviation Regulations or Company regulations, including the use of seat-belt extensions not provided by Horizon Air.

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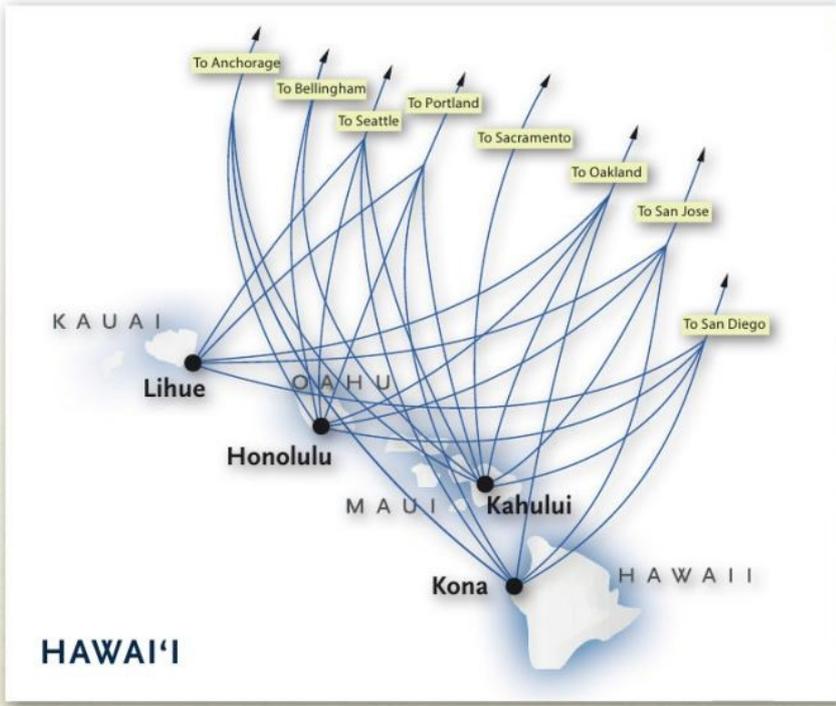
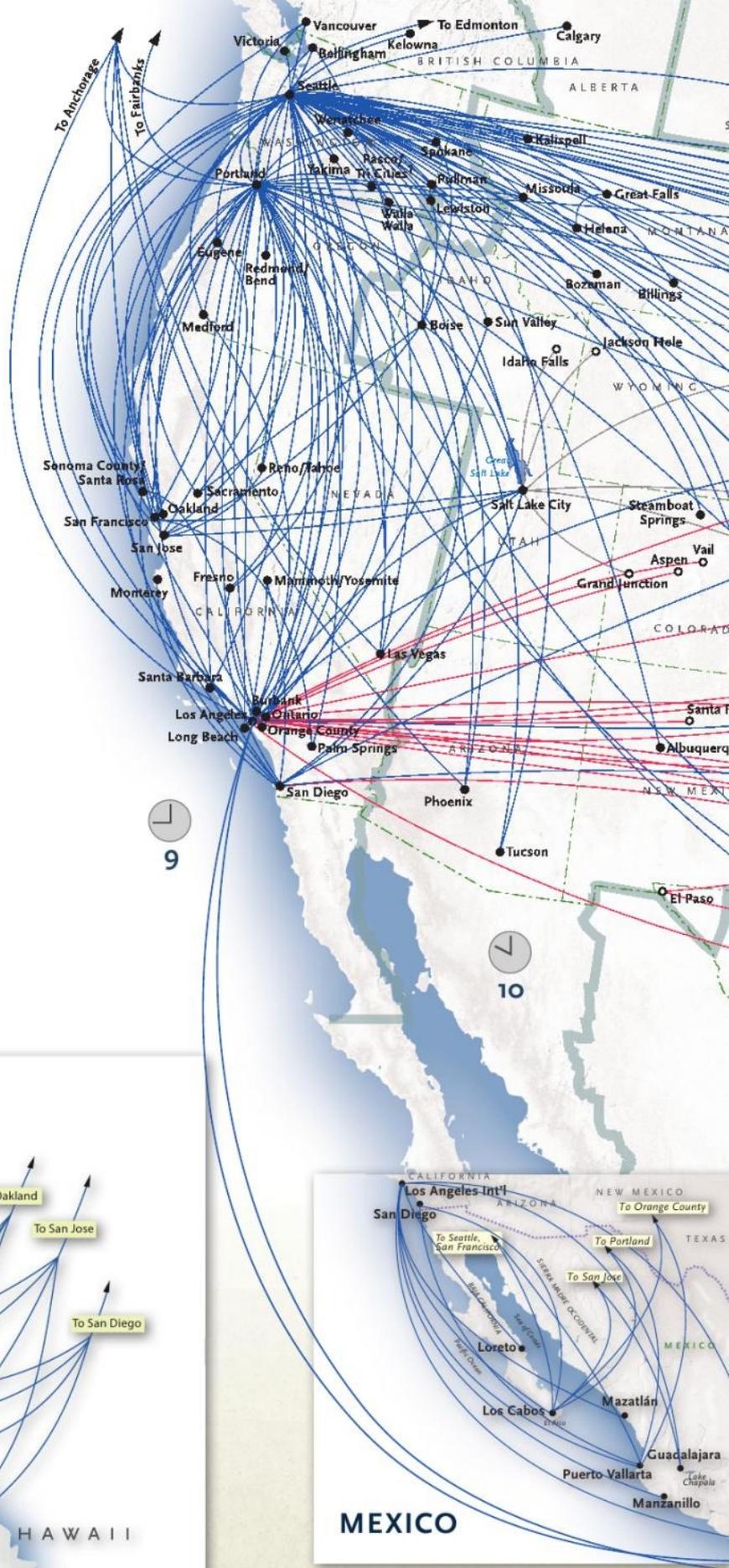
## U.S. MILEAGE

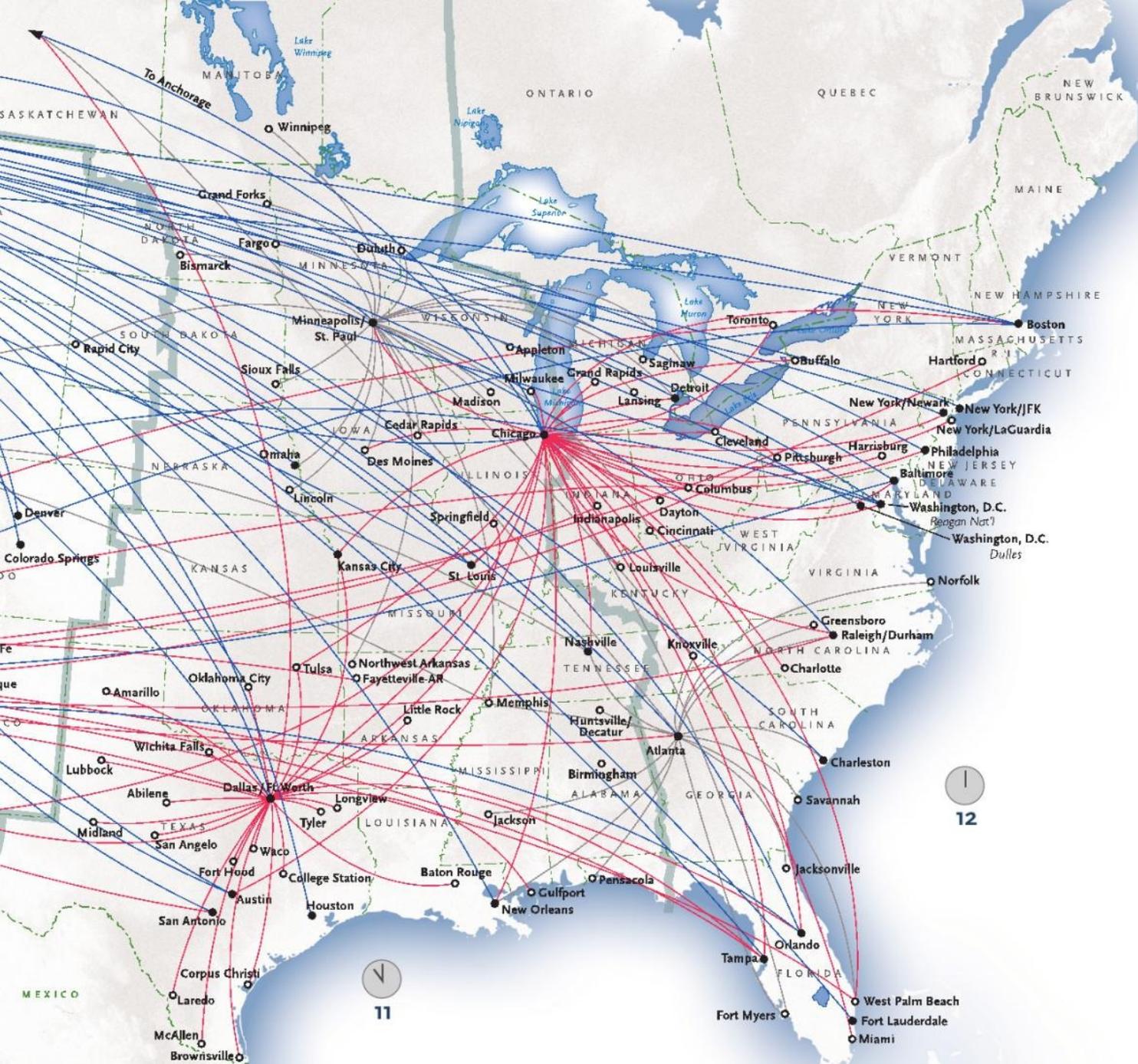
Between	Mileage
<b>Seattle &amp;</b>	
Boston	2,496
Denver	1,024
Fort Lauderdale	2,697
Honolulu	2,677
Los Angeles (LAX)	954
New York City/Newark	2,401
Orlando	2,553
Phoenix	1,106
San Francisco	678
Washington, D.C.	2,306
<b>Portland &amp;</b>	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

## LEGEND

-  Alaska
-  American Airlines
-  DELTA

Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.  
Some routes shown operate seasonally.





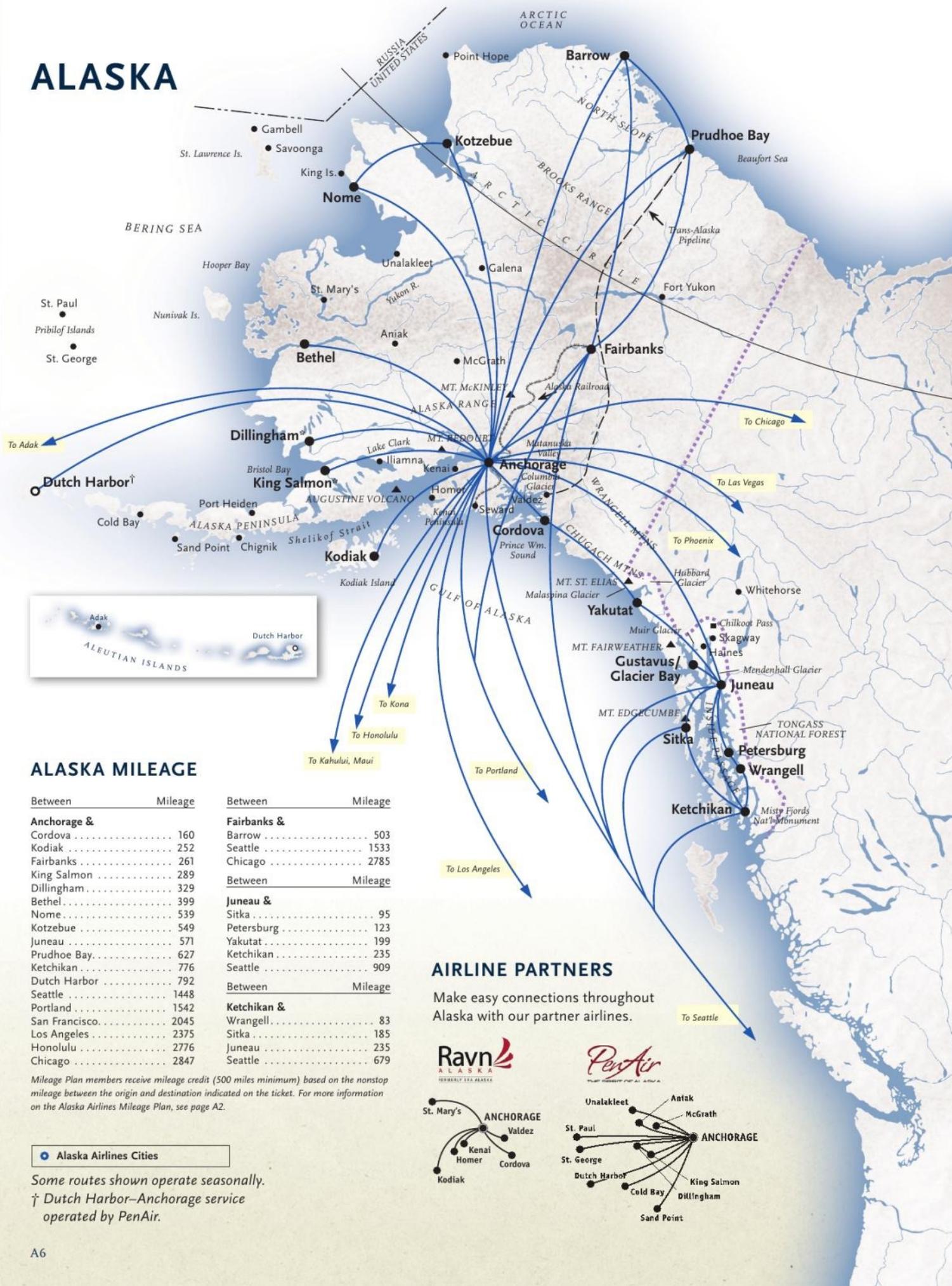
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11



Route	Service Begins
Boise–Spokane	Aug. 24, 2015
LAX–Baltimore	Sep. 9, 2015
Seattle–New York/JFK	Sept. 16, 2015
Seattle–Nashville	Sept. 23, 2015
Seattle–Raleigh/Durham	Oct. 1, 2015
Orange County–Los Cabos	Oct. 8, 2015
Orange County–Puerto Vallarta	Oct. 9, 2015
LAX–San Jose, Costa Rica	Oct. 31, 2015
LAX–Liberia, Costa Rica	Nov. 1, 2015
Eugene–San Jose	Nov. 5, 2015
Portland–Austin	Nov. 5, 2015
Seattle–Charleston	Nov. 16, 2015

# ALASKA



## ALASKA MILEAGE

Between	Mileage
<b>Anchorage &amp;</b>	
Cordova	160
Kodiak	252
Fairbanks	261
King Salmon	289
Dillingham	329
Bethel	399
Nome	539
Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

Between	Mileage
<b>Fairbanks &amp;</b>	
Barrow	503
Seattle	1533
Chicago	2785
<b>Juneau &amp;</b>	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
<b>Ketchikan &amp;</b>	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

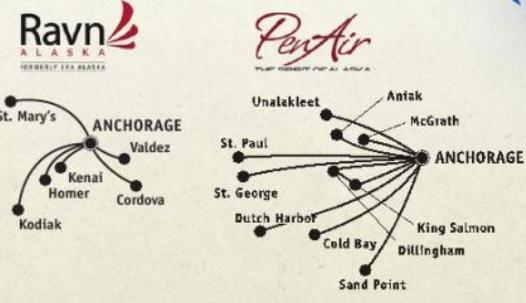
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

Some routes shown operate seasonally.  
† Dutch Harbor–Anchorage service operated by PenAir.

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# Chord Change

Learning the 'ukulele takes a little pluck | BY TODD POWELL

I'm fretting over the B-flat chord in more ways than one. Try as I might, the small knuckle on my left index finger just doesn't want to bend the way the hand in the diagram shows me. But I'll keep at it, even if I need to create a new double-jointed knuckle to do so.

I've been teaching myself to play the 'ukulele for almost two months now. A few years ago, my wife, who plays guitar, purchased a soprano 'ukulele while in Maui on a business trip. Every now and then I'd spy it leaning in the corner of the living room and fondly recall trips we took to Kaua'i and Hawai'i Island. Like many people who have been to Hawai'i, I fell in love with the lilting strains of island music and with the laid-back style often associated with the 'ukulele—an instrument that originated among islands but perhaps not the ones you'd expect.

Legends and lore about the 'ukulele vary, but many indicate the 'ukulele became part of Hawaiian culture thanks to immigrants who came to Hawai'i in 1879 to work in the sugarcane fields. The immigrants' place of origin? Madeira, a Portuguese archipelago located off the coast of Morocco. Hawaiian royalty famously took to the instrument these newcomers called *machete de braga*, which was redesigned with koa-wood construction and slightly different tuning to become the easier-to-play 'ukulele, according to the Museum of Making Music. In Hawaiian, 'ukulele means something like "jumping flea," although an alternative story has it meaning "the gift that came here."

The songwriters of Tin Pan Alley seized upon the 'ukulele's popularity in the early 1900s, and the instrument achieved a kind of golden age in the early half of the 20th century. But for many folks, the 'ukulele remained a novelty instrument, placed somewhere between the kazoo and the banjo.

More recently, however, the 'ukulele has undergone a renaissance. In 2011, Pearl Jam's Eddie Vedder put out a whole album of 'ukulele songs. The Ukulele Orchestra of Great Britain (yes, there is one) has played Carnegie Hall. And if you check out Jake Shimabukuro, you'll see why he became such a YouTube phenomenon with

his rendition of *While My Guitar Gently Weeps*. Clearly this is not your great-grandfather's 'ukulele music.

Still, I have a soft spot for those old Hawaiian songs, many of which incorporate the Hawaiian Vamp chord turnaround (e.g., D7-G7-C). I've especially become a big fan of the dominant seventh chord, which features prominently in the blues. Played on the 'ukulele, it's a chord that leads you home after a wonderful journey, a chord that's transitional yet evokes the enduring promise of a land where the sweet aroma of plumeria mixes with the warm Polynesian air.

That's why, in my estimation, the 'ukulele sounds best when

played outdoors. And that's why I find myself sitting in my backyard, 'ukulele in hand, consulting instruction books in an effort to learn more chords and more songs. Most of these books are for beginners and include such old chestnuts as *Skip to My Lou*, *Clementine* and *Home on the Range*—the kinds of tunes that don't do much to bolster the 'ukulele's newfound hipster reputation. My thirst for more-interesting music is quenched only after I consult a doctor. Doctor Uke, that is,

whose website provides chord charts and lyrics to more than 1,300 songs. Some of these I print out and put in a binder for easy portability to fresh air and sunny skies.

Some are still too difficult for me to play. Yet I'm having better luck with the 'ukulele than I ever did with the guitar. In the past, I haven't had the patience to build up the calluses necessary to fret a guitar's thin steel strings. Fortunately, my 'ukulele has four soft nylon strings. Nothing too complicated. Nothing too painful. And, gradually, I am building up calluses.

I'm also getting my fingers to resist being stuck in a pretzel position every time I try a difficult chord change. Such increased dexterity is just one of the rewards of learning a musical instrument. There are many others, including boosting memory and relieving stress.

But, mostly, playing music is a lot of fun, particularly on the 'ukulele. Right now I'm only a strummer, not a picker. And I remain challenged by the B-flat chord. Yet I'll learn these skills soon enough. I just have to knuckle down and practice.

*Todd Powell lives, and plays chords, in the Seattle area.*

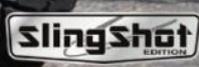


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