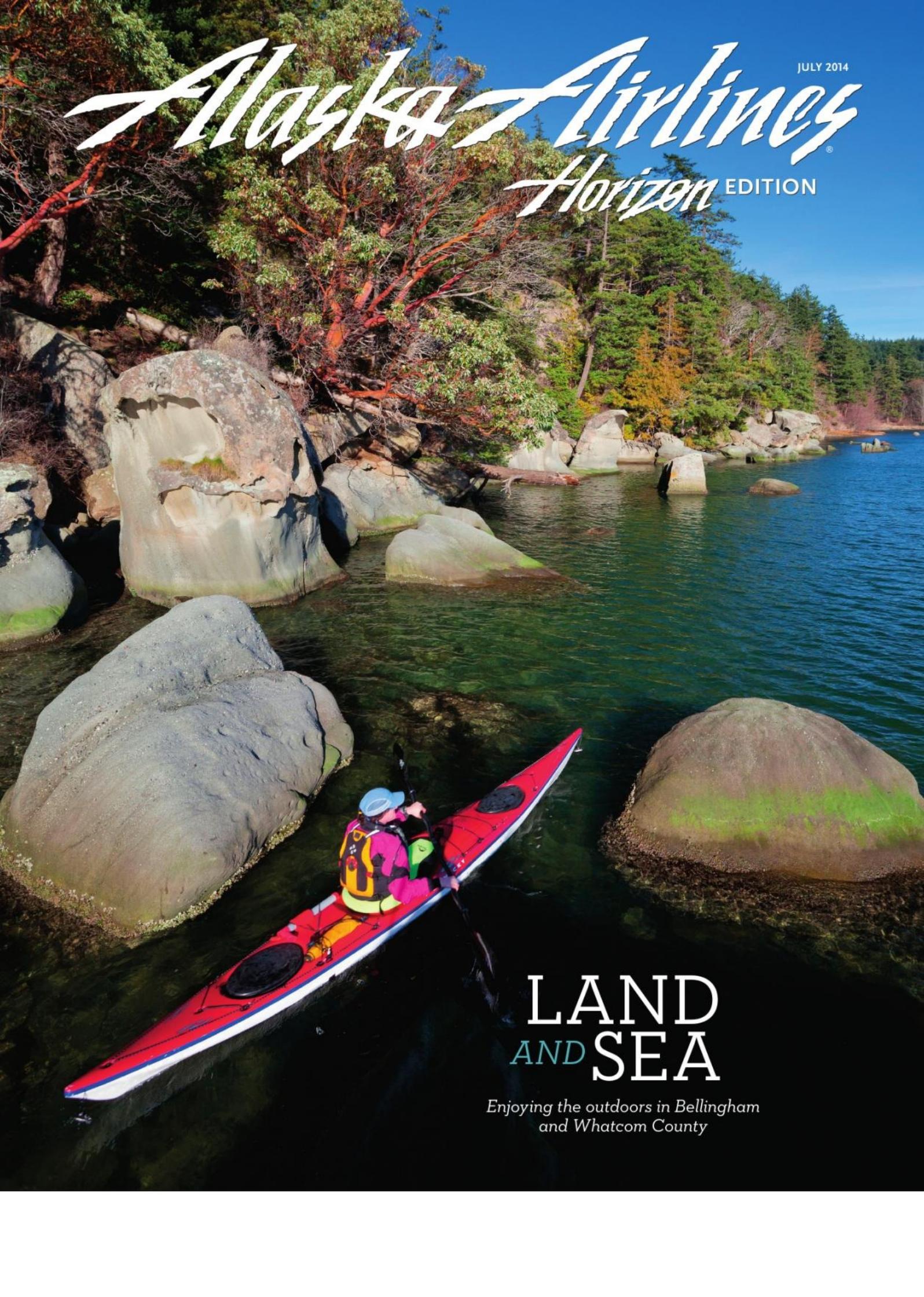


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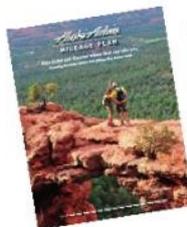
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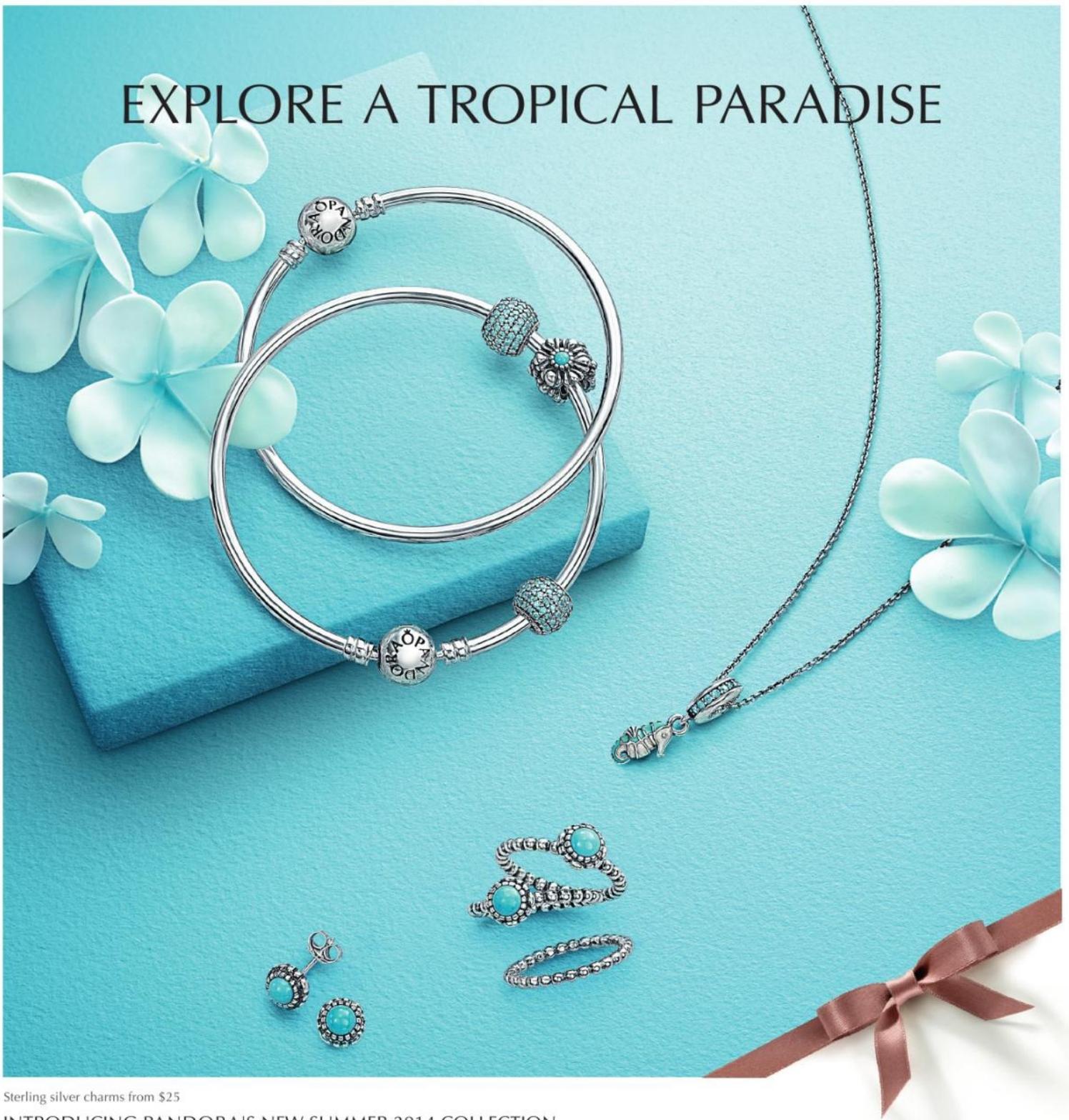
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Home groundskeeper doesn't let grass grow under his feet.



Bellingham attractions, page 12.

Cover: Chuckanut Bay in Whatcom County offers outstanding sea kayaking. Photo by Gary Luhm / Danita Delimont / Alamy.

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Brad Tilden

Fond Farewell



Glenn Johnson

After almost 32 years at Alaska Air Group, and after having worn more hats than any of us can count, Glenn Johnson will be retiring at the end of July. Glenn has selflessly given his time and his talent to Alaska Airlines and Horizon Air over the course of his long career, and has won the admiration and respect of all of us. We want to thank Glenn for his many,

many accomplishments and wish him and Mike the very best for what I'm sure will be a very interesting next chapter of their lives.

—Brad Tilden, Chief Executive Officer

I'm writing this in what will always remain a favorite place—the cabin of one of our airplanes. Do you detect some wistfulness? That's because, after nearly 32 years with Alaska Air Group, I will be retiring this summer. It's been a great honor these past four years to lead the 3,000 exceptional employees at Horizon Air who serve your travel needs in Alaska, Washington, Oregon, Montana, Idaho, California and Nevada, as well as Canada and Mexico. We appreciate your business and your loyalty, whether you travel solely on Horizon or use us to connect to Alaska Airlines or our codeshare partners.

I'm so proud of the extraordinarily committed team at Horizon and what they do every day, on every flight, to make your travel experience enjoyable. And, in those instances when something goes amiss, I appreciate their ability to turn the situation around by listening and doing what they can to make things right. They sincerely care, and you can intuitively sense that. We don't run DNA tests on prospective employees, but I'm convinced that there's a "destined to provide great service" gene, and our recruiters have found a way to identify it.

Our people live the phrase coined by Horizon founder Milt Kuolt: "It's our privilege to serve you." The truth is, it's been my privilege to serve alongside them. I've often remarked that I believe Horizon folks are the best in the business, and I've meant it. I know I'll keep saying it long after I pass the baton to a new leader and join the customer ranks.

I've had an incredibly interesting and varied career at Alaska Air Group. I leave with a sense of gratefulness for the opportunities and experiences offered to me, starting with my first job in 1982 as staff auditor and extending to my service as vice president of finance at both Alaska and Horizon, senior vice president of cus-

tomers service at both Alaska and Horizon, executive vice president of operations at Alaska, chief financial officer for Alaska Air Group, and, finally, executive vice president/chief information officer for Alaska Air Group and president of Horizon.

That variety has provided a never-ending opportunity to learn and expand my horizons (pun intended). My assignments included participating in our launch of groundbreaking scheduled service to the Soviet Union in 1991, building long-term aircraft-purchase partnerships with Boeing and Bombardier to ensure Alaska and Horizon would be supplied with the best airplanes in the sky, and helping to navigate the ever-changing economic, regulatory and competitive environments we've faced over the years.

But if you were to ask me to name my most satisfying experience, I'd have to choose the business transformation that Horizon accomplished over the past four years, and not just because it's the most recent memory. I'd choose it because it was such a huge challenge—one that Horizon's team rose up to meet, proving their resiliency and capabilities yet again. After being at best a break-even proposition financially for the decade prior to 2010, Horizon is now contributing its full share to Alaska Air Group's bottom line. Our employees made that happen, while achieving new levels of safety, customer satisfaction and on-time performance. My hat is off to each and every one. Horizon's future now looks very bright, and the airline is back in growth mode, having recently ordered and placed into service three new Q400s in the state of Alaska.

Throughout all of this, I have been fully supported by my executive colleagues at Alaska Air Group, whom I consider part of my extended family. I look forward to witnessing—from the outside—their continued nurturing of both Alaska and Horizon, strengthening the airlines' status as the Northwest's hometown carriers.

Speaking of family, my husband, Michael, has been a wonderful source of inspiration, support and guidance for much of my career. We're both looking forward to this new chapter in our lives, which will involve engaging more deeply in charitable and civic endeavors. (By the way, we met on an Alaska flight, yet another thing I can be grateful to the company for!)

It's been a great ride. Hope your own ride on Horizon today is proving to be as enjoyable. Thank you for flying with us.

—Glenn Johnson, Horizon Air President and Alaska Air Group EVP

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Arts and crafts



The acclaimed Sun Valley Center Arts & Crafts Festival will exhibit works by more than 100 artists from across the United States, August 8–10. Artisan pieces in a variety of styles and media—including paintings, photographs, ceramics, glasswork, jewelry and fiber-based works—will be featured.

Each day, a different local artist will give a demonstration of art,



such as metalworking, acrylic painting or water-color painting.

The festival will also feature live music, food and drink vendors, and a children's activity area. Contact: 208-726-9491; sunvalleycenter.org/arts-crafts-festival.

—Jordan Ilarde

LEFT: DEV KHALSA PHOTOGRAPHY (2)

SEATTLE, WA

The play's the thing

Exciting Puget Sound-area theater season includes popular favorites and premieres

A new version of *The Phantom of the Opera*, billed as “bigger and better than ever before,” with new scenic design, staging and choreography, will be performed in Seattle, April 30–May 10, 2015, as part of the 2014–15 **Broadway at The Paramount** season, whose sponsors include Alaska Airlines. In addition, *The Book of Mormon* returns this summer, July 22–Aug. 10, followed by *Disney's Beauty and the Beast*; *Dr. Seuss' How the Grinch Stole Christmas! The Musical*; *Dirty Dancing*; *Rodgers + Hammerstein's Cinderella*; *Mamma Mia!*; *Wicked*; and *Pippin* (stgtpresents.org).

Below are some of the many other notable upcoming productions:

ACT presents “An Evening of One Acts,” July 18–Aug. 17, with a trio of short plays: *Patter for a Floating Lady* by Steve Martin, *Riverside Drive* by Woody Allen and *The Unseen Hand* by Sam Shepard. In addition, *The Invisible Hand* will be staged Sept. 5–28, and *Vanya and Sonia and Masha and Spike* (with Pamela Reed, shown above, in one of the title roles) will be performed Oct. 17–Nov. 16 (acttheatre.org).

The 5th Avenue Theatre will stage *A Chorus Line*, Sept. 3–28, followed by *Kinky Boots*; *A Christmas Story, The Musical*; *Rodgers & Hammerstein's Carousel*; *Jacques Brel Is Alive and Well & Living in Paris* (co-produced with ACT); the world premiere of *Something Rotten!*, an original musical comedy set in Shakespeare's time; and *Grease* (5thavenue.org).

At Seattle Children's Theatre, *The Garden of Rikki Tikki Tavi*, adapted from the



Rudyard Kipling tale, will transport the audience to a garden in India, Sept. 25–Nov. 9. SCT will also present *Dick Whittington and His Cat*, *Mwinda*, *Goodnight Moon* and *Robin Hood* (sct.org).

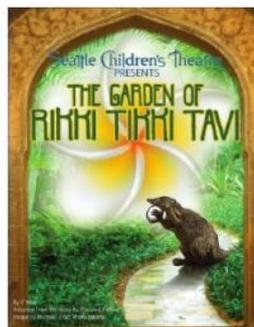
Seattle Repertory Theatre's eight-play season will include the 2014 Tony Award–winning *All the Way*, Nov. 14–Jan. 4, along with three world premieres: *The Great Society*, about Lyndon B. Johnson's second presidential term; *The Comparables*, a comedy about difficult workplace choices; and *Lizard Boy*, a coming-of-age story (seattlerep.org).



Seattle Shakespeare Company will perform *Waiting for Godot*,

Sept. 4–21, during the Seattle Beckett Festival (August–November), as well as staging compelling new productions of *Twelfth Night*, *Measure for Measure*, *Tartuffe* and *Othello* for the 2014–15 season (seattleshakespeare.org).

Taproot Theatre Company will present a unique interpretation of *Jane Eyre*, the musical, July 9–Aug. 16, with *The Fabulous Lipitones* providing a high note Sept. 17–Oct. 18 (taproottheatre.org). —M. Dill



FROM TOP: COOPER GRODIN AS THE PHANTOM AND JULIA UDINE AS CHRISTINE DALE. PHOTO BY MATTHEW MURPHY; PAMELA REED. PHOTO BY CHRIS BENNION; “ALL THE WAY.” JACK WILLIS. COURTESY OF SEATTLE SHAKESPEARE COMPANY; “GARDEN.” PLAYWRIGHT YORKE. IMAGE BY MICHAEL CRAFT PHOTOGRAPHY

I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They want to quit, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and 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 the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors 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 has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

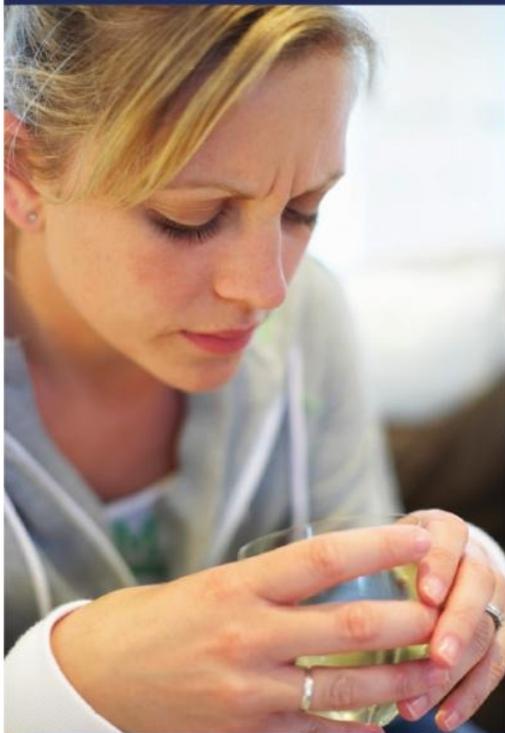
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

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!

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42 Ponzi Vineyards: Taste experience. Open daily. Willamette Valley, OR. Ponziwines.com.

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Vintage Southern Oregon

Approximately 200 wines made exclusively from grapes grown in Southern Oregon—which is known for its diverse terroir and numerous varietals—will be featured during the Southern Oregon World of Wine Festival, August 19–23, in the town of Jacksonville, about five miles west of Medford.



Jacksonville is a National Historic Landmark, with more than a hundred 19th century buildings. The area was home to one of Oregon's first commercial wineries, Valley View Winery, established by pioneer Peter Britt in the 1850s. The winery closed after he passed away in 1905, but the name was revived in 1972 in homage to Britt when the Applegate Valley's first modern winery was founded, about 10 miles from Jacksonville.

The five-day World of Wine event will open with a welcome reception where guests can min-



gle with winery owners and taste medal-winning wines from last year's festival. The festival will also include classes, for attendees with varying levels of expertise, on topics ranging from terroir to characteristics of varietals such as Pinot Noir and Tempranillo. The festival will culminate with the Grand Tasting—an evening of food, music and tasting of wines that received awards at this year's festival, after being judged by a panel that includes two Masters of Wine.

Contact: 541-789-5025; worldofwinefestival.com. —Tyler Hughes

INCLINE VILLAGE, NV

Classical concerts



Renowned tenor Matthew Polenzani, who has performed with the Metropolitan Opera, and in Europe, will aurally transport audience members to Vienna as part of Lake Tahoe SummerFest's new "Meet the Music, Meet the Musicians" experience, which will also highlight music related to Paris and London.

"Meet the Music, Meet the Musicians" will complement the Orchestra Concert series as

Did you know? Lake Tahoe is fed by 63 streams and two hot springs, and has 39 trillion gallons of water. If you were to pour Lake Tahoe out onto an area the size of California, the water would still be 14 inches deep. Source: gotahoenorth.com

SummerFest, taking place the first three weekends in August, spotlights classical music from composers such as Britten, Beethoven, Massenet and Mozart. Concerts will be presented in a 500-seat acoustic tent, and rehearsals are open to the public free of charge. Other prominent musicians performing during the festival will include celebrated pianist Simone Dinnerstein and French horn player Erik Ralske. Contact: 775-298-0245; tahoesummerfest.org. —Tyler Hughes



■ Celebrate summer at the Seattle Art Museum's Olympic Sculpture Park, July 10-Aug. 28, with music, art activities, outdoor yoga, the new permanent installation *Echo* and the seasonal sound sculpture *Trimpin: You Are Hear*; consult the full schedule for details (seattleartmuseum.org). ▼



■ Enjoy Live History Days, July 19-20, at the Miracle of America Museum in Polson, MT, near Kalispell (miracleofamericamuseum.org).
 ■ Seattle Opera will celebrate its 50th year with gala events, Aug. 7 and 9, such as a tribute to retiring General Director Speight Jenkins (seattleopera.org).
 ■ The Swiftwater Classic golf tournament will be held Aug. 17-19 on the Rope Rider Course at Suncadia Resort in Cle Elum, WA, with the winning two-person team receiving their weight in cases of wine. Hole-in-one prizes will also be awarded (suncadia.com/swiftwaterclassic).

LEDGER: DAVID CELLARS; VINEYARD: PHOTO BY MARCO SALVATORE; OLYMPIC SCULPTURE PARK; ROBERT WADE; ORCHESTRA: DALIA SMALLWOOD / LAKE TAHOE SUMMERFEST

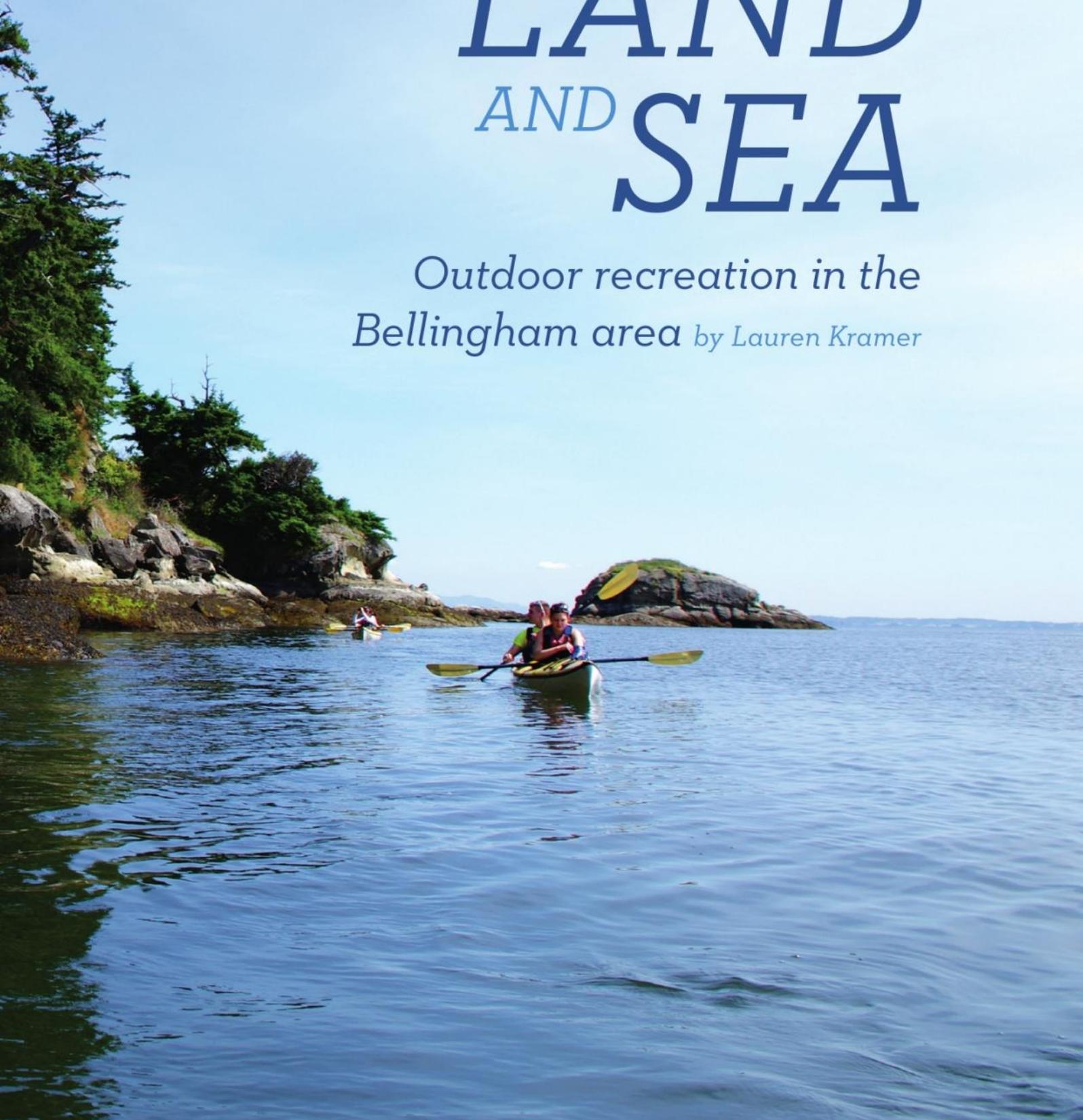


**Kayakers enjoy
a paddle in scenic
Chuckanut Bay.**

COURTESY: MOONDANCE SEA KAYAK ADVENTURES

LAND AND SEA

*Outdoor recreation in the
Bellingham area by Lauren Kramer*





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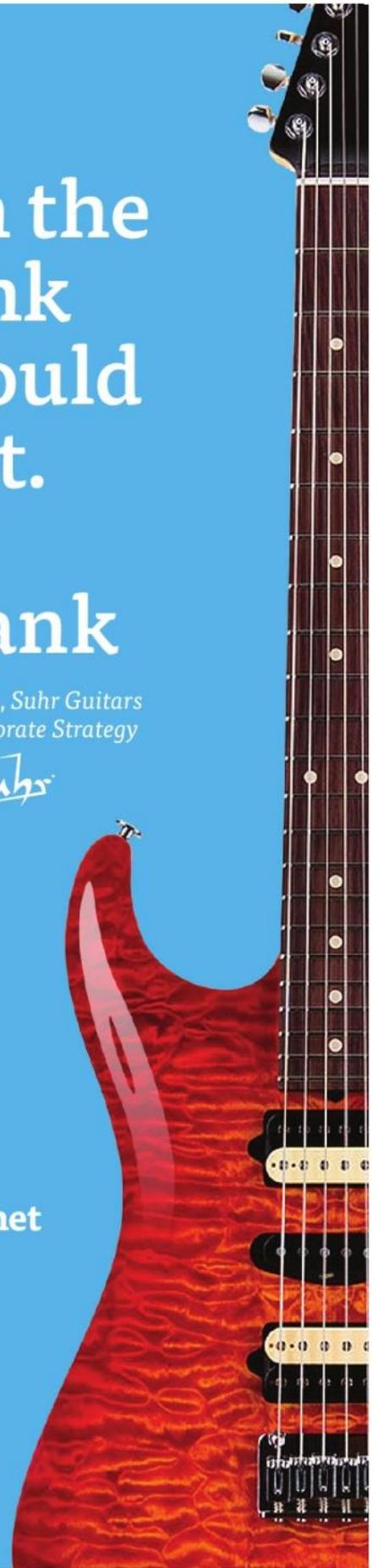
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The haunting cry of a raven echoes across sandstone cliffs to the east as I kayak along Chuckanut Bay near the northwestern-Washington town of Bellingham. The skies are blue; the coast is soaked in sunshine; and it's high tide on the bay, with nary a ripple on the water. Below me, bright-purple sea stars cling to submerged rocks, while on outcroppings about 200 yards away, harbor seals watch my every move.

I'm paddling the scenic bay with a guide from Moondance Sea Kayak Adventures, based in Bellingham. We launched the kayaks south of the bay along the shoreline of 2,683-acre Larrabee State Park, which also contains two lakes, 13 miles of biking trails and 15 miles of hiking trails. Warmed by our



lifejackets, we lower our fingertips into the cold water as we glide along, awed by sandstone formations exquisitely sculpted by wind and water.

Chuckanut Bay is one of the best paddling sites in the county, with a curvaceous coast full of quiet coves where herons fish in the shallows below madrona trees hugging rugged cliffs. Moondance guides often lead tour groups to Chuckanut Island, a 5-acre preserve owned by The Nature Conservancy. Crabs scuttle along the tidal areas; seabirds flock on the rocky shores; and bald eagles nest in the trees.

On this morning, we're content to stick close to the main shore, marveling at the steep bluffs, the honeycomb shapes in the sandstone and the quiet beauty. It feels like we're alone on the edge of the world.

Feelings of joyful separation from everyday hub-bub and stresses are typical in Whatcom County, which is known for its variety of outdoor adventures.

Clockwise from top: Larrabee State Park has 15 miles of hiking trails. The Bellingham Farmers Market offers fresh, local produce. Bicyclists are among those attracted to the historic Fairhaven neighborhood, which is known for its boutique shops.



TOP TO BOTTOM: DAVID L. MOORE / ALAMY; CHUCK PELEY / ALAMY; CYNTHIA ST. CLAIR

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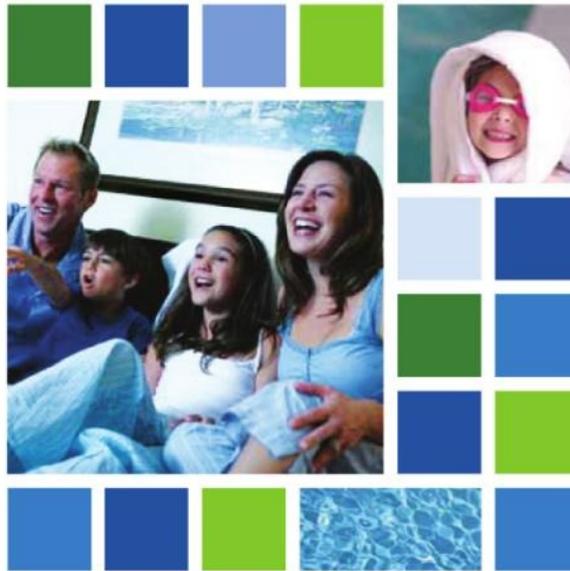
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Blessed with mountains, sea, lakes, rivers, meadows and forests, the county attracts explorers of varying interests, ages and abilities. My family likes this area so much, we visit often from our home in British Columbia. On this trip, in addition to my kayaking adventure, I'm participating in family hiking, biking, working in a garden that supplies a local food bank, whale-watching and golfing.

Hiking the ridge

The cliffs that shadowed my kayak are part of the Chuckanut Mountain Recreation Area, where some 60 miles of trails snake through the dense forest. A few days after my paddling excursion, my husband and I, and our four kids, ranging from elementary-school age to teen, hike the three-plus-mile Chuckanut Ridge Trail. We're joined by Tom Chisholm, who maintains trails for Whatcom County Parks and Recreation.

"There's lots to eat out here, if you know where to find it," he notes. In the summer months, salmonberries, huckleberries, elderberries, thimbleberries and black raspberries reach their flavorful apex. Visitors may pick berries for personal consumption (be sure to use a field guide to correctly identify those that are edible), although collecting moss and other live plants is prohibited.

The well-worn ridge trail offers an easy hike with invigorating scenery and just enough up-and-down to accelerate our heart rates. Along the way, Chisholm entertains us with stories of barred owls that watch him quietly from the tree branches; black-tailed deer that leap in front of him; and the paw prints of elusive, rarely spotted bobcats and cougars.

The mountain is dotted with Douglas firs, western hemlocks, Sitka spruces and western red cedars, with vantage points that let us look west to the San Juan Islands, northeast to Mount Baker and the Twin Sisters mountains, and farther east to Raptor Ridge. The smell of fallen leaves, decomposing into rich humus on the forest floor, hangs thick in the air, and though we're just a 15-minute drive from downtown Bellingham, civilization feels far, far away.

Biking the South Bay

Our next adventure begins in the historic Fairhaven neighborhood, where a townsite



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was platted in 1883. The town became part of the city of Bellingham in 1904. Today, the 3.25-block Fairhaven Historic District is known for its restaurants, galleries and shops, including the Archives music store, whose inventory includes vinyl records; the Fairhaven Antique Mall, whose wares range from vintage toys to vintage jewelry; Village Books, with a large selection of new and used options, and regular author readings; and the Drizzle olive oil shop and tasting room.

Fairhaven Bicycle rents bikes for exploring some of the Bellingham area's 20 interconnected road-bike trails, which weave their way through the city, from its extensive greenbelts to the seashore. (There are also more than 25 miles of mountain-biking trails within the city limits alone, plus epic biking sites such as Galbraith Mountain.)

The bike shop is near an access point for the South Bay Trail, a gentle, approximately 2.5-mile pathway that is paved in some sections and gravel or concrete in others. From Boulevard Park, about five minutes from the shop, the shaded, well-marked path takes us past several pocket beaches on its way to the heart of downtown Bellingham, where ice cream shops beckon on a hot summer day.

On this glorious Saturday afternoon, our biking



COURTESY: AS OUTBACK FARM

destination is the downtown Bellingham Farmers Market, among the largest in the state, with an average of 100 stalls. An indoor-outdoor event—occurring every Saturday, April to the Saturday before Christmas, and on third Saturdays, January through March, on Railroad Avenue between Chestnut and Maple streets—it's a colorful array of fruits, vegetables and flowers from area farms, plus prepared foods such as smoked salmon and artisan bread.

Western Washington University's Outback Farm invites visitors to help with work parties. The farm's bounty is donated to a local food bank.



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We hover around the stall selling Alice's Pies, trying to decide among the irresistible options. We finally choose the Lemon Coconut Buttermilk pie, savoring the unique treat. We also purchase a package of Bellingham Pasta Company's Nettles Fettuccine, which we'll cook for dinner later that night, and we snack on organic potato fries with gravy from Kurly's Kart.

Feeling energized, we ride a couple more miles or so to Western Washington University's Outback Farm—a 5-acre on-campus property run jointly by the university's Fairhaven College of Interdisciplinary Studies and WWU Associated Students—and park our bikes at racks adjacent to the farm.

Students, faculty and community members cultivate vegetable plots and grow produce at the farm, mostly for donation to the Bellingham Food Bank. Anyone is welcome to drop in and participate in work parties held various times throughout the year. We spend a couple of hours immersed in the pleasure of garden tasks such as preparing vegetable beds, planting crops, weeding, and pruning fruit trees under the direction of a student site manager.

"In an average year, we donate one ton of vegetables and grow over 50 varieties of vegetables and herbs in field plots," says John Tuxill, an associate professor in the Fairhaven College of Interdisciplinary Studies. "We have fruit trees, a native-berry growing area featuring edible native species, a chicken flock and beehives."

The Outback Farm also includes greenhouses, a restored wetland, a native-forest grove, an orchard, and an outdoor performance stage for musical concerts and student theater productions.

Watching for orcas

We're back in Fairhaven the next morning for San Juan Cruises' Whale-Watching Adventure that departs from the Bellingham Cruise Terminal. We head north through Hale Passage and enter the southern part of the Strait of Georgia on a magical day, the ocean a flat, glassy surface.

From the helm of the 100-foot tour vessel, our captain shares information such as tales of the Spanish explorers who in the late 1700s charted and named the San Juan Islands, which are located west and southwest of the site that became Belling-



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At BECU, we believe in getting involved and enriching the communities where our members live. So this summer, you'll find us volunteering at and sponsoring a number of local events including ZooTunes, Seattle Pride, the Washington State Fair, and National Rebuilding Day. It's just our way of saying thanks, over and over and over again.

For more information or to come join us, visit the BECU Facebook page or go to news.becu.org to view a calendar of upcoming events.



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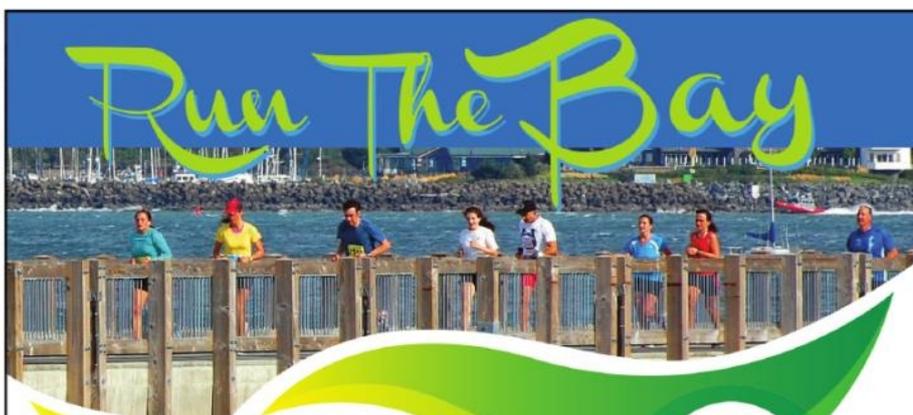
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ham. For instance, Orcas Island is believed to have been named for the viceroy of New Spain (Mexico), Juan Vicente de Güemes Padilla Horcasitas y Aguayo, with "Orcas" derived from "Horcasitas."

Perhaps the Spanish explorer who named the island was being deliberately clever by pulling out "orcas" from the viceroy's name, since the scientific name for the orca whale—*Orcinus orca*—had been designated in 1758 by "Father of Taxonomy" Carolus Linnaeus. According to the Center for Whale Research, based on San Juan Island, "in ancient Roman mythology, the genus name, *Orcinus*, means 'of the kingdom of the dead,' or belonging to 'Orcus,' ruler of the dead. The species name in Latin, *orca*, literally means 'the shape of a barrel or cask,' likely due to the orca's body shape. This term is thought to be borrowed from the Greek word that was commonly used to refer to whales."



BRANDON COLE / ALAMY

We spot pelagic birds and the occasional harbor porpoise, and keep our eyes peeled for the 5- to 6-foot dorsal fin of a male orca, something we could possibly spot up to four miles away. Midday, about four miles north of Orcas Island, the fins of five whales emerge like sails on the horizon. They belong to the 36-member L Pod, the captain tells us, one of three pods considered to be part of the 80-member Southern Resident Killer Whale (SRKW) population.

"That's Mega in the foreground," he announces as we all hurry to the port side of the vessel and raise an assortment of cameras and binoculars to our eyes. "We know it's him because of his tall dorsal fin with a big nick in the side of it."

The black-and-white orcas briefly emerge above the surface as cameras click and beep. The captain cuts the engines, and as the whales come closer to the boat on their own initiative, they slap their tails

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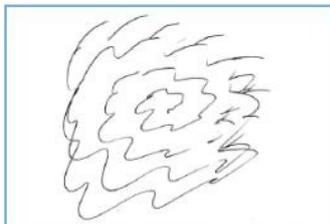
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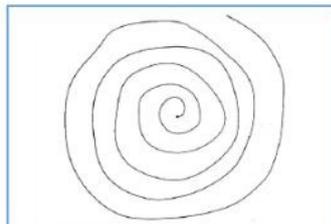
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and breach. We point, exclaim and laugh with delight.

Our buffet lunch is ready around the same time the whales seem to have moved on, so we're about to turn toward the cabin when Mega suddenly surfaces 90 yards from the boat, his blowhole exhalation like a murmur from the ocean depths.

Over the 15 years our skipper has been plying these waters, he's seen humpback, minke and gray whales on these routes, along with orcas. "My most memorable sight was a day after the calf J-49 was born in 2012," he reflects, referring to the 25-member J Pod, another of the pods that make up the SRKW clan. "Two female orcas swam next to the boat and pushed him up to the surface. It was like they were showing him the boat."

Golfing in North Bellingham

Watching for eagles—not only bald eagles but also the kind that make golfers point and exclaim—is another popular activity in Whatcom County, which has 11 public courses, ranging from the two spectacular, award-winning Semiahmoo Resort courses (with public play alternating by course each day) to the Sudden Valley Golf Club, which has water hazards on 14 of its holes.

Many courses in Whatcom County have views of a county icon, snowcapped Mount Baker, part of the Mt. Baker-Snoqualmie National Forest, which offers recreation such as bicycling, climbing, fishing, hiking, lake activities, snowboarding and skiing. The 18-hole, 6,816-yard, par-72 North Bellingham Golf Course is famous for its views of the mountain, which is visible from most of the holes on this open, links-style layout. The undulating public course, which will celebrate its 20th anniversary next year, was once part of a cattle ranch.

Memorable holes during my round include No. 12, where I'm challenged by a pond and four bunkers guarding a two-tiered green. The wind—almost always in play on the course—is coming from the south, against me, today, so I choose a driver, aiming over the left bunker to give myself a wedge onto the green. Above me, hawks and a bald eagle circle on thermals, and in the distance I catch sight of a coyote sprinting over the meadow.

Continued on page 72.

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Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years. He became inspired by anti-aging through this extensive experience with preventative medicine.



AGED TO PERFECTION

I never thought I'd feel excited about turning 70. Like many people, I had some reservations about aging and how I'd be able to maintain my vigor as I got older. Having been a cardiovascular surgeon and seeing many of my patients and colleagues go through the aging process, it wasn't something I looked forward to.

However, at age 75, I can honestly say that I've never felt better. What's my secret? It was learning how to age successfully, with all the right tools and support.

We plan almost every major event in our lives. However, few of us actually plan on how to age well. We assume that aging is something that just happens over time and there's little we can do about it. It begins with the little aches and pains, worsening eyesight, losing interest in sex, or not being able to eat or drink as much as we'd like. And we assume this is normal and there's little, if anything, one can do about it.

I've got news for you. There is something you can do, no matter what your age. Have you considered how your lifestyle habits of eating, exercising, sleeping, and managing stress can affect your aging process? How about the impact of nutritional supplementation and hormone replacement? It is possible to age well and to plan a different outcome as you get older.

I believe that it's possible to continue to experience a high quality of life as you age, if you do the right things.

At 75, I feel healthy, vibrant, strong, alive, and happy. I have a sharp mind and am full of energy. I look forward to each and every day. Having followed an anti-aging regimen for the past 20 years, I'm living proof that it works.

For the past 20 years, I've measured the levels of my hormones and other age-related chemistry. As they began to decline, I supplemented with bioidentical hormones to keep the levels at what you'd find in a 30-40 year old man. I've also taken care of my skin by staying out of the sun and using SkinMedica skin care products and getting regular IPL treatments. Everyone in my family is bald. So I decided, 30 years ago, to fight that with Propecia and Rogaine, and it works.

My secret can be yours too. I've always believed in providing a high quality of life to as many people as possible. That's why I founded PRO Sports Club and that's why I made the decision to open the Anti-Aging Center. I now look forward to every birthday. I hope you do, too.

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A SEATTLE HOMEOWNER NAMED LESLIE loved her house's stunning view of Puget Sound and the Olympic Mountains. But the view was difficult to see from a room in which she spent a lot of time: the dark galley kitchen.

- On the room's western wall, cabinetry and a wood-enclosed oven hood blocked part of the sight line to the large living room windows.

Owners seeking to sell or enhance livability are adding to the appeal of their homes | By M. Sharon Baker

Busy working full time and raising a son, she didn't start thinking about renovation of the 1970s home until her son went to college and her husband began to talk about downsizing. She knew she would need professional expertise to update the home so it could sell for top dollar. "After you live in a house for 24 years, you may pick remodeling projects dear to you but maybe not dear to the masses," she says. "You want to do something that works for you and gives it good resale value."

Leslie turned to Diane Foreman, a designer in the Seattle office of Neil Kelly Company, a design/build business, for help. "Diane knows what's current, what people are looking for and what makes a house sellable and aesthetically pleasing," Leslie says.

Foreman removed the cabinetry and relocated the oven to open up the view, and also moved the kitchen one foot into the dining room, "which made a huge difference," says Leslie. "We went

from a cramped kitchen to a functional kitchen that three people could work in."

Foreman also transformed the kitchen by adding new white cabinets, stainless steel appliances, granite countertops, and a backsplash of white ceramic tile accented by mosaic tile comprising recycled glass and stainless steel.

In addition, she installed new white oak hardwood floors; resurfaced



◀ Facing page: Portland residents Mark Dopheide and Lisa Buckley chose a warm yellow paint from Colorhouse to complement gray cabinets in their remodeled kitchen.

▼ Seattle homeowners remodeled for a better view (left) and to make the kitchen more functional (below).





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FINDING SPACE

Creating more space can be a big budget buster. Once you add square footage to a home, the price increases significantly. One alternative is to **borrow space from a neighboring room** (called space reconfiguration). A great place to steal space for a bathroom expansion is from the linen closet. You can make up some of the lost storage by finding small spaces in between wall studs for small niches or built-in shelves.

You can also try borrowing space with **optical illusions**. There are many ways to make a small room appear larger. To transform a small bath, install a bow window or a skylight. Vaulted ceilings can be a nice touch, too.

If you are going to expand outside the existing home, **consider a small bump out of two to four feet**. This may allow you to cantilever the floor joists and eliminate the need for excavation and foundation. If possible, be careful not to extend beyond the roofline, which might require [adding] a new roofline to your job.

Whenever you are adding on new space to a home, **have a heating/cooling contractor determine** whether your existing heating/air conditioning system can accommodate and heat/cool the extra space. —Source: *National Association of the Remodeling Industry (nari.org)*

and painted, with a soft white finish, existing built-in cabinet doors and bookcases; repaired the rooftop deck; updated the master bedroom; and finished off the basement. “Hardwood flooring, white kitchens and clean lines are very important to today’s buyers,” Foreman says.

Leslie is one of the many homeowners hiring design and remodeling experts because the owners are looking to sell, or they recently bought a home that they want to enhance and personalize, or they’ve been in their home for years and plan to remain there, but feel it’s due for an update.

Demand for professional remodeling services is particularly strong in the western United States, says Tom O’Grady, chairman of the Strategic Planning Committee for the National Association of the Remodeling Industry (NARI). Many western remodelers began 2014 with jobs in the pipeline, which hadn’t been the case the previous few years, O’Grady says. “Homeowners put off many projects during the downturn in the economy. Many of these ‘postponed’ projects are now in full swing.”

On HomeAdvisor.com—a website that provides project-based recommendations for home-repair/home-improvement professionals—homeowner inquiries related to kitchen remodels were up 18 percent from March 2013 to March 2014 in the western states of Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming. Bathroom-remodel inquiries were up a total of 27 percent in those states, and inquiries related to additions increased 37 percent. Nation-

ally, inquiries related to kitchen remodels were up 2 percent, while bathroom-remodel inquiries were up 15 percent and additions, 20 percent.

According to design experts, some of the most popular home modifications include altering layouts to make living spaces more functional and

personal, upgrading exteriors and outdoor-living spaces, adding signature furniture pieces and updating color palettes.



Contemporary Condo

Showcasing a main-room waterfront view was also paramount for David and Marcie, a couple in their 70s who live in the San Juan Islands and purchased a downtown Seattle condo at 1521 Second Avenue as an urban vacation home. Diana D. Cutler, owner of DC Designs in Kirkland, Washington, picked muted colors for fabrics and other accessories that wouldn’t compete with the outside scene.

To add conversation pieces for the contemporary design, she used a twisted-metal sculpture, by local artist Matt Murray, that hangs over the travertine fireplace. “Every time you look at the sculpture, it looks different,”

Continued on page 54.

▲ Condo owners redesigned to create a modern feel and to showcase their waterfront panorama.

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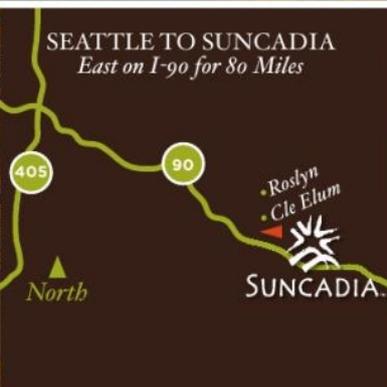
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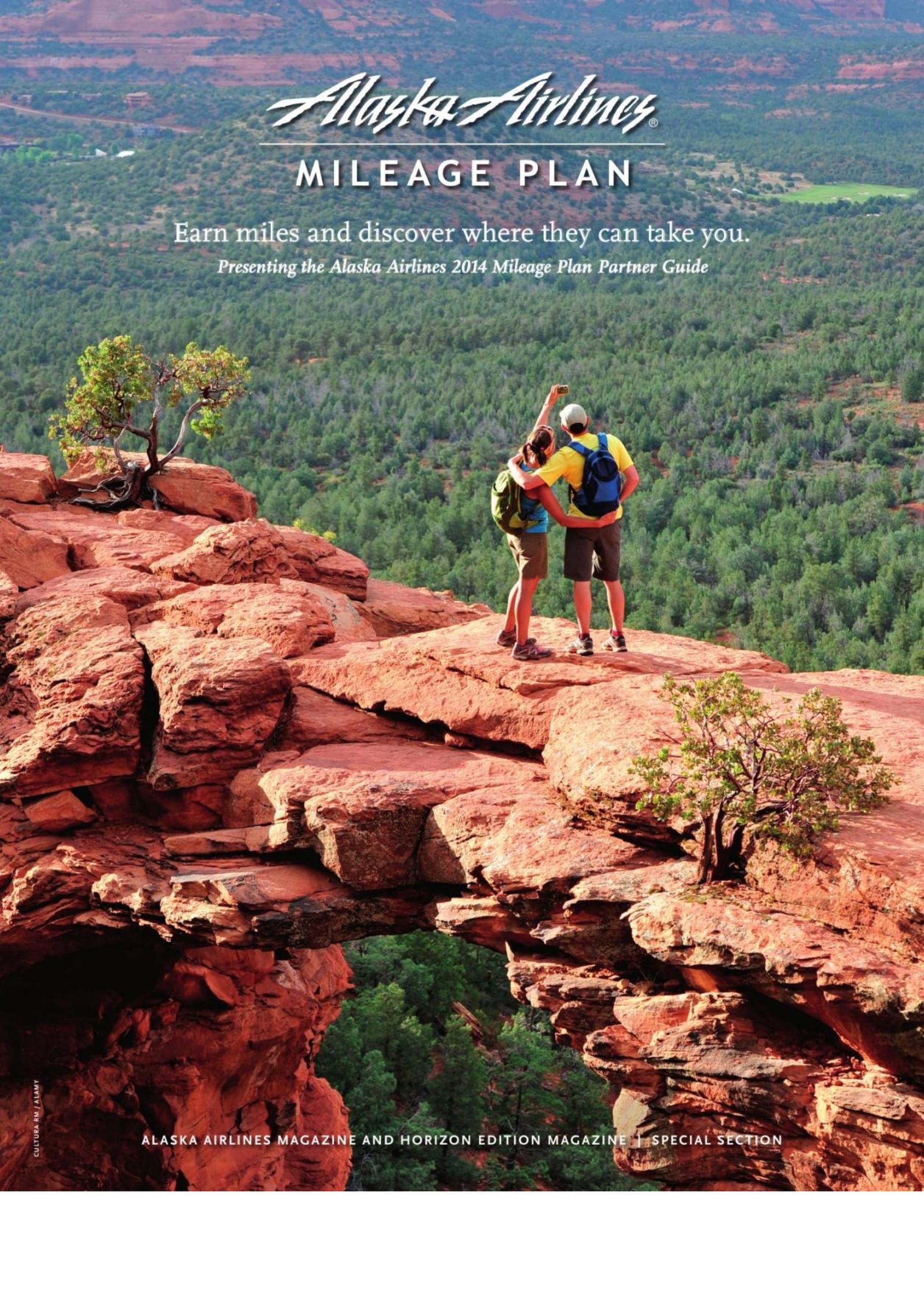
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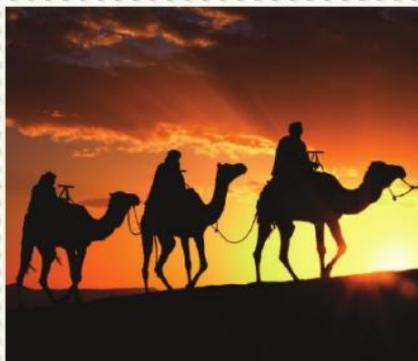
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MILES AT A GLANCE

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	AIR FRANCE AND KLM	As a team, Air France and KLM serve more than 243 destinations in more than 103 countries. Air France operates from its hub at Paris–Charles de Gaulle International Airport, and KLM from its hub at Amsterdam Airport Schiphol.	Earn 1 mile for each mile flown on Air France- and KLM-operated flights, including in First Class, Business Class, Premium Economy Class and Economy Class. Varying mileage-earning levels apply to varying classes of service and fare classes purchased. In addition, on Air France earn a 25% bonus for purchased Business Class; a 25% bonus for purchased Premium Economy Class; and a 50% bonus for purchased First Class. On KLM earn a 25% bonus for purchased Business Class.*	Air France: 800-237-2747 from the U.S. 800-667-2747 from Canada www.airfrance.com KLM: 800-447-4747 www.klm.com
	AMERICAN AIRLINES	American Airlines, US Airways, American Eagle, AmericanConnection and US Airways Express serve 339 destinations in 54 countries.	Earn a minimum of 500 miles or actual flight miles, whichever is greater, on eligible-fare tickets on American Airlines, American Eagle or AmericanConnection; 25% bonus for Business Class; 50% bonus for First Class.*	800-433-7300 www.aa.com
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	CATHAY PACIFIC AIRWAYS	Hong Kong–based airline offering scheduled passenger and cargo service to more than 180 destinations worldwide (including Dragonair and codeshare services).	Earn 50% of actual miles flown for L, M and V classes of service; actual miles flown for B, H, K and Y classes of service. Earn a 10% bonus for travel in Premium Economy Class; a 25% bonus for travel in Business Class; and a 50% bonus for travel in First Class.*	800-233-2742 from the U.S. 800-268-6868 from Canada www.cathaypacific.com
	DELTA	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.	Earn a minimum of 500 miles or actual flight miles, whichever is greater, on Delta, Delta Connection carriers, Delta Shuttle and Delta subsidiary flights; 25% bonus for purchased Business Class; 50% bonus for purchased First Class.*	800-221-1212 www.delta.com
	EMIRATES AIRLINE	Dubai-based airline serving more than 140 destinations across six continents, with flights from Boston, Chicago, Dallas/Fort Worth, Houston, Los Angeles, New York, San Francisco, Seattle and Washington, D.C.	Earn 50% of actual miles flown in B, H, K, L, M, Q, T, U, V and X classes in the Economy Class. Earn 100% of actual miles flown in E, R, W and Y classes in the Economy Class. Earn actual miles flown, plus a 25% bonus on a Business Class ticket in the C, I, J and O classes of service. Earn actual miles flown plus a 50% bonus on a First Class ticket in the A, F and P classes of service.*	800-777-3999 www.emirates.com
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	KOREAN AIR	Seoul-based airline serves 125 destinations in 45 countries, offering more than 400 flights per day.	Earn 70% of actual miles flown for discounted Economy Class and 100% of actual miles flown for Economy Class. Receive a 25% bonus for discounted Prestige (business) Class; a 35% bonus for Prestige Class; a 50% bonus for First Class; a 65% bonus for Premium First Class (First Class Kosmo Sleeper Seat/First Class Sleeper Seat); and a 100% bonus for Premium First Class (First Class Kosmo Suites).*	800-438-5000 www.koreanair.com

*Miles earned count toward Alaska Airlines Mileage Plan MVP, MVP Gold or MVP Gold 75K status.

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LAN	Santiago-based airline offers service to Brazil, Colombia, Chile, Argentina, Peru, Ecuador and Paraguay, and connects South America with Europe, Oceania and North America.	Earn a minimum of 500 miles or actual flight miles, whichever is greater; a 25% bonus in Business Class; a 65% bonus in P class; and a 100% bonus in R class.*	866-435-9526 www.lan.com
PENAIR	Anchorage-based airline serving 11 destinations in the state of Alaska; also serving select points in the Northeastern U.S.	Earn actual flight miles flown.	800-448-4226 www.penair.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.	Earn a minimum of 500 miles or actual flight miles, whichever is greater; 10% bonus for Premium Economy; 25% bonus for Business; 50% bonus for First Suite.*	800-227-4500 www.qantas.com
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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 in-flight purchases; and 1 mile for every \$1 spent on all other eligible purchases. Earn 25,000 Bonus Miles upon approval.	877-428-6060 www.mbna.ca
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FINANCIAL

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MILEAGE PLAN DINING	Thousands of participating restaurants, bars and clubs throughout the United States.	Earn up to 5 miles per \$1 (USD) spent on dining (food, drinks, tax and tip included).	888-419-6683 http://mileageplan.rewards-network.com
MILEAGE PLAN SHOPPING	Online, one-stop shopping portal offering more than 800 merchants.	Miles earned per \$1 (USD) spent vary by merchant; bonus miles may apply when using an Alaska Airlines credit card.	www.alaskaair.com/mileageplan-shopping
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	HERTZ	10,070 locations in 150 countries.	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.	800-654-3131 www.hertz.com
	NATIONAL	Operates locations throughout the United States, Canada, Mexico, the Caribbean, Latin America and Asia.	50 miles per rental day on all qualifying rentals at participating locations.	800-CAR-RENT (227-7368) www.nationalcar.com www.emeraldaisle.com
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	POINTS.COM	The world's leading loyalty-program-management site. Online miles purchases, gifts and transfers.	Alaska Airlines Mileage Plan requires a minimum of 4,000 miles per gift card transaction.	www.points.com/mileage-plan
	TELEFLORA	Teleflora is the largest floral wire network service in the world.	10 miles earned for every \$1 (USD) spent.	800-260-9157 www.teleflora.com/alaska
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- **Earn 2,500 EXTRA Bonus Miles** upon approval by applying between June 1, 2014 & August 31, 2014**
- **3 miles per \$1** on Alaska Airlines purchases including tickets, vacation packages, cargo and in-flight purchases
- **1 mile for every \$1** spent on all other purchases
- **Use your miles** on Alaska Airlines or any of our 14 airline partners

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

For information about the rates, fees, other costs and benefits associated with the use of this credit card, refer to the disclosures accompanying the application.

* Bonus Miles offer is 25,000 miles for approved Visa Signature accounts, 5,000 miles for approved Platinum Plus® accounts or 3,000 miles for approved Preferred accounts. Bonus Miles will be credited to your Alaska Airlines Mileage Plan™ account 1–2 weeks after approval. Visa Business card points are awarded after first purchase. This one-time promotion is limited to new customers opening an account in response to this offer and is valid for a limited time only. 25,000 Bonus Miles valid for a round-trip Coach Saver award ticket in the continental U.S., Alaska or Canada on Alaska Airlines when booked at alaskaair.com. The value of this reward may constitute taxable income to you. You may be issued an Internal Revenue Service Form 1099 (or other appropriate form) that reflects the value of such reward. Cardholder is responsible for any applicable taxes and fees from \$5.00 per award ticket.

** Additional Bonus Miles offer is 2,500 miles for any approved application submitted June 1, 2014 through August 31, 2014. The potential miles earn for this time frame is 27,500 miles for approved Visa Signature accounts, 7,500 miles for approved Platinum Plus accounts, or 5,500 miles for approved Preferred accounts.

† Cardholders that qualify for the Visa Signature card will receive an annual coach Companion Fare from \$118 (\$99 base fare plus taxes and fees from \$19 depending on your Alaska Airlines flight itinerary).

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PARTNER PROFILES

Use your Mileage Plan Miles for your next adventure.

It's never been easier to collect miles toward your next adventure using the Alaska Airlines Mileage Plan. Dozens of Mileage Plan partners throughout North America and beyond allow you to quickly earn miles toward free award travel to more than 700 destinations—both on Alaska Airlines and on our 14 Global Partners.

We've put together a guide to help you explore the many ways you can earn airline miles—both in the air and on the ground—to help you reach your next award trip even faster. Be sure to provide your Mileage Plan card or number when making purchases or reservations, and our partners will take care of the rest.

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AIRLINES



800-237-6639

WWW.AEROMEXICO.COM

Aeromexico, at its main hub in Terminal 2 at the Mexico City International Airport, offers domestic and international flights to more than 80 destinations throughout Mexico, the United States, Canada, Central and South America, Europe and Asia.

Aeromexico's fleet, which has an average age of nine years, has been renovated to offer passengers the latest in technology. The airline operates a fleet of Embraer 145, 170, 175 and 190 models, and Boeing 787, 777, 767 and 737 jet airliners.

Earn Mileage Plan Miles while enjoying the award-winning service of this Mileage Plan airline partner. In the Economy cabin, Mileage Plan members earn 50 percent of actual miles flown in W, R, N and V classes of service, and 100 percent of actual

miles flown in Y, B, M, U, K, H, L, Q, T and E classes of service.

Mileage Plan members earn actual miles flown plus a 25 percent bonus in Premier Class (Business Class) in the J, C and D classes of service. Eligible Aeromexico flight numbers are 1 through 1,799, and 2,000 through 3,799. Mileage Plan Miles earned on Aeromexico count toward your MVP, MVP Gold and MVP Gold 75K status.



AIR FRANCE 800-237-2747 FROM THE U.S.

800-667-2747 FROM CANADA

WWW.AIRFRANCE.COM

KLM 800-447-4747

WWW.KLM.COM

Air France and KLM have teamed up to offer Mileage Plan members access to more than 243 destinations in more than 103 countries around the globe.

Operating out of Air France's home base at Paris-Charles de Gaulle International Airport and KLM's home base at Amsterdam Airport Schiphol, the two

airlines bridge the world. Their modern aircraft fleets combine to create Europe's leading airline group.

Mileage Plan members can earn one mile for each actual mile flown on Air France- and KLM-operated flights, including in First Class, Business Class, Premium Economy Class and Economy Class. Varying mileage-earning levels apply to varying classes of service and fare classes purchased, so be sure to inquire before making flight reservations.

In addition, on Air France you will earn a 25 percent bonus for purchased Business Class travel, a 25 percent bonus for purchased Premium Economy Class travel, and a 50 percent bonus for purchased First Class travel.

On KLM you will earn a 25 percent bonus for purchased Business Class travel. Mileage Plan Miles earned on Air France and KLM count toward your MVP, MVP Gold and MVP Gold 75K status.

American Airlines

800-433-7300

WWW.AA.COM

On April 15, 1926, a young aviator named Charles A. Lindbergh stowed a bag of mail in his little DH-4 biplane and took off from Chicago for St. Louis. Lindbergh was then chief pilot for Robertson Aircraft Corporation.

It was one of the scores of companies that eventually consolidated to form the modern-day American Airlines.

American Airlines (NASDAQ: AAL), the holding company for American Airlines and US Airways, focuses on providing an exceptional travel experience across the globe. Together with wholly owned and third-party regional carriers operating as American Eagle and US Airways Express, the airlines operate an average of nearly 6,700 flights per day to 339 destinations in 54 countries from their hubs in Charlotte, Chicago, Dallas/Fort Worth, Los Angeles, Miami, New York, Philadelphia, Phoenix and Washington, D.C.

American is a founding member of the oneworld alliance, whose members serve nearly 1,000 destinations with 14,250 daily flights to 150 countries, including important markets such as London, Madrid, São Paulo and Tokyo.

With more than 500 new planes scheduled to join the fleet, including continued deliveries of the Boeing 737 family of aircraft, and new additions such as the Boeing 777-300ER and the Airbus A320 family of aircraft, American is building toward having one of the most modern fleets among major U.S. carriers.

Mileage Plan members earn one Mileage Plan Mile for each actual mile flown on a purchased eligible-fare ticket on American Airlines, American Eagle or AmericanConnection.

In addition, Business Class travelers earn a 25 percent bonus, and First Class travelers earn a 50 percent bonus. Mileage Plan

Miles earned on American Airlines count toward your MVP, MVP Gold or MVP Gold 75K status.

Elite-level Mileage Plan members have access to priority check-in and boarding, express security lines, preferred seating and waived checked-baggage fees on American Airlines flights.

From the lights of Paris to the elegance of Buenos Aires, from the wonder of Japan to the bustle of New York City, fly American Airlines and earn Mileage Plan Miles.

BRITISH AIRWAYS

800-AIRWAYS (247-9297)

WWW.BA.COM

Mileage Plan members flying on British Airways receive 100 percent of the actual miles flown in all classes of service. In addition, they also earn a 50 percent bonus for First (First Class), a 25 percent bonus for Club World (Business Class) and a 10 percent bonus for World Traveller Plus (Premium Economy Class).

Flight redemption awards start at just 65,000 miles for a roundtrip Economy Class ticket between North America and most cities in Europe.

British Airways features fully flat beds in Business Class on flights between North America and London, which allow customers to get a good night's sleep so they can arrive refreshed and ready for the day ahead. World Traveller Plus, British Airways' Premium Economy Class, offers wider seats with 20 percent more legroom, leg rests, personal video screens and laptop power—all in a separate, quieter and more spacious cabin.

British Airways World Traveller (economy) customers enjoy personal TV screens, ergonomically designed seats and three-course meals with complimentary drinks. For families, dedicated audio and video channels and activity packs keep kids entertained. And for the ultimate in privacy

and control, First features a private cabin where customers can sleep undisturbed in a fully flat, 6-foot-6-inch bed, or use their buddy seat and share a private meeting or meal with another customer.

Mileage Plan Miles earned on British Airways count toward your MVP, MVP Gold and MVP Gold 75K status.

CATHAY PACIFIC

800-233-2742 FROM THE U.S.

800-268-6868 FROM CANADA

WWW.CATHAYPACIFIC.COM

Cathay Pacific Airways is one of the world's leading passenger and cargo airlines, serving more than 2 million passengers a month with flights to more than 180 destinations worldwide (including Dragonair and codeshare services).

Cathay Pacific Airways offers the most nonstop flights from North America to Hong Kong, with convenient connections to more than 70 destinations across Asia, including more than 20 cities in China.

On board, you'll enjoy the world-class service and traditional Asian hospitality for which Cathay Pacific Airways is known—in whichever class you choose.

First Class suites include an individual wardrobe and a 6-foot-9-inch bed for a wonderful night's rest. The new Business Class is a perfect balance of privacy and openness, and its seats transform into comfortable, fully flat beds.

Premium Economy Class is a welcome enhancement to the Economy Class, both on the ground and in the air. And the new Economy Class offers better comfort and more personal storage space.

You'll also enjoy the StudioCX entertainment system, featuring a personal TV with audio and video on demand, and a rotating library of more than 100 movies, 500 TV shows, 70 games, some 888 music CDs and 22 radio channels. With pro-

grams in 10 languages, you're sure to find something you like. The goal is to create a level of quality and attention to detail that exceeds the ordinary—to give passengers the finest air-travel experiences possible.

Mileage Plan members earn 50 percent of actual miles flown for L, M and V classes of service, and actual miles flown for B, H, K and Y classes of service. Members earn a 10 percent bonus for travel in Premium Economy Class, a 25 percent bonus for travel in Business Class and a 50 percent bonus for travel in First Class. Mileage Plan Miles earned on Cathay count toward your MVP, MVP Gold and MVP Gold 75K status.



800-221-1212

WWW.DELTA.COM

Delta Air Lines serves more than 165 million customers each year. With its industry-leading global network, Delta and the Delta Connection carriers offer service to more than 320 destinations in 65 countries on six continents. Including its worldwide alliance partners, Delta offers customers more than 15,000 daily flights, 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.

Mileage Plan members earn one mile for each actual mile flown on Delta, Delta Connection carriers, Delta Shuttle and Delta subsidiary flights, with a minimum 500-mile credit. They also earn a 25 percent bonus on a purchased Business Class ticket and a 50 percent bonus on a purchased First Class ticket. Mileage Plan Miles earned on Delta count toward your MVP, MVP Gold and MVP Gold 75K status.



800-777-3999

WWW.EMIRATES.COM

Emirates Airline, based in Dubai, UAE, flies to more than 140 destinations across six continents. Travelers can connect to the Emirates network from nine gateway cities in the United States: Boston, Chicago, Dallas/Fort Worth, Houston, Los Angeles, New York, San Francisco, Seattle and Washington, D.C.

Since its launch in 1985, Emirates has maintained consistent growth. Today, Emirates operates a young and technically advanced fleet of more than 200 aircraft that offer unsurpassed levels of customer service. Renowned for its excellence and innovation on board and on the ground, Emirates holds an impressive array of prestigious awards.

Earn Mileage Plan Miles while you enjoy world-class service throughout your Emirates journey. In Economy Class, you'll earn 50 percent of actual miles flown in B, H, K, L, M, Q, T, U, V and X classes of service and 100 percent of actual miles flown in E, R, W and Y classes of service.

When you fly Business Class, you'll earn actual miles flown, plus a 25 percent bonus in C, I, J and O classes of service, with a 50 percent bonus on First Class travel in A, F and P classes of service.

Mileage Plan Miles earned on Emirates count toward your MVP, MVP Gold and MVP Gold 75K status.



800-227-4446

WWW.FIJI-AIRWAYS.COM

Fiji Airways, formerly operated as Air Pacific, has been connecting the world for more than 60 years. With a route network

that spans 15 destinations in 10 countries, the airline provides unequalled access to the Pacific through its hub in Nadi, Fiji.

Destinations include Australia, New Zealand, Samoa, Tonga, Vanuatu and other exotic Pacific islands. Travelers from North America will find convenient flights departing to Fiji from Los Angeles and Honolulu—gateway cities served by Alaska Airlines. With up to 10 flights each week from North America to Fiji, customers are offered world-class service in both Business Class and Economy Class as they travel aboard Airbus 330 and Boeing 737 aircraft.

Air Pacific re-branded itself as Fiji Airways in June 2013, introducing a new identity, a brand-new fleet of Airbus 330-200 aircraft and an enhanced inflight experience. Mileage Plan members earn one mile for each actual mile flown on eligible Fiji Airways flights, with a 25 percent bonus for travel in Business Class.

Mileage Plan Miles earned on Fiji Airways count toward your MVP, MVP Gold and MVP Gold 75K status.



800-438-5000

WWW.KOREANAIR.COM

Korean Air continues to impress travelers with its emphasis on Excellence in Flight and its focus on quality operations, cutting-edge innovation and exemplary service.

With a fleet of 147 aircraft, Korean Air is one of the world's top 20 airlines. It operates more than 400 flights per day to 125 destinations in 45 countries.

It is a founding member of SkyTeam, an alliance of 19 member airlines that offers its 531 million annual passengers a worldwide system of more than 14,986 daily flights covering 993 destinations in 186 countries.

Service is Korean Air's differentiator.

First Class and Prestige (business) Class are known for attentive inflight service and an array of entertainment options, making long flights more peaceful.

Comfortable surroundings, movies and music on demand, and award-winning food and wine are what you can expect with Korean Air.

On Korean Air flights, Mileage Plan members earn 70 percent of actual miles flown for discounted Economy Class service; 100 percent of actual miles flown for Economy Class service; actual miles flown plus a 25 percent bonus for discounted Prestige (business) Class service; actual miles flown plus a 35 percent bonus for Prestige Class service; actual miles flown plus a 50 percent bonus for First Class service; actual miles flown plus a 65 percent bonus for Premium First Class service (First Class Kosmo Sleeper Seat/First Class Sleeper Seat); and actual miles flown plus a 100 percent bonus for Premium First Class service (First Class Kosmo Suites).

Mileage Plan Miles earned on Korean Air count toward your MVP, MVP Gold and MVP Gold 75K status.



866-435-9526

WWW.LAN.COM

LAN Airlines is now a member of LATAM Airlines Group S.A., which flies to 40 destinations in Brazil, 20 destinations in Colombia, 16 destinations in Chile, 14 destinations in Argentina, 14 destinations in Peru, five destinations in Ecuador and two destinations in Paraguay, and connects South America to Europe, Oceania and North America.

Mileage Plan members earn a minimum of 500 miles or actual flight miles when they fly with LAN Airlines. Members earn a 25 percent bonus for travel in Business Class, a 65 percent bonus for travel in P class, and a 100 percent bonus for travel in R class.

Mileage Plan Miles earned on LAN count toward your MVP, MVP Gold and MVP Gold 75K status.



800-448-4226

WWW.PENAIR.COM

PenAir—one of the largest regional airlines in the state of Alaska—takes travelers into the smaller and more remote towns and villages of Alaska beyond the usual Alaska Airlines routes, serving communities from PenAir's main base of operations in Anchorage with its fleet of comfortable Saab 340 aircraft. "The Spirit of Alaska" is written on the side of every airplane in its fleet, and its pledge is to provide customers a level of service above the industry standard. PenAir provides service to 10 destinations in southwest Alaska from Anchorage, including Aniak, Cold Bay, Dillingham, Dutch Harbor/Unalaska, King Salmon, McGrath, Sandpoint, St. George, St. Paul and Unalakleet. In addition, PenAir operates service in the northeast United States, between Boston and Islip, New York; Plattsburgh, New York; Bar Harbor, Maine; and Presque Isle, Maine (seasonally). Mileage Plan Members earn one mile for each actual mile flown on PenAir.



800-227-4500

WWW.QANTAS.COM

Fly to Australia in style with Qantas, which offers more nonstop flights from North America to Australia than any other airline. You can depart from New York (JFK), Los Angeles, Dallas/Fort Worth or Honolulu, with convenient connections from many other U.S. cities. Founded in the Queensland Outback in 1920, Qantas

is the world's longest continuously operating airline and is an industry leader in service and innovation. Today, the airline and its codeshare partners serve more than 220 destinations in more than 50 countries. This year marks the 60th anniversary of Qantas services to the U.S., and the U.S. remains vital to the airline's network. Qantas is the only airline to fly the award-winning Airbus A380 with First Suites from Los Angeles to Melbourne and Sydney.

Beginning in September 2014, customers will be able to enjoy the luxury of the A380 on direct service from Dallas/Fort Worth to Sydney—the world's largest aircraft flying the world's longest route. The A380s from Los Angeles and the airline's newly refurbished Boeing 747s (which operate from New York–JFK, and currently from Dallas/Fort Worth) offer the award-winning fully flat Skybed in Business, as well as spacious Premium Economy and Economy classes. All Qantas trans-Pacific flights offer complimentary inflight meals in all cabins, with First- and Premium-class meals inspired by Qantas Consulting Chef Neil Perry. The flights also offer premium Australian wines, amenity kits, pillows and blankets. U.S. mainland departures include personal seatback entertainment screens with on-demand programming and more than 1,500 entertainment options.

Customers traveling in First and Business classes also receive additional benefits, including priority check-in and boarding, additional lounge baggage allowance, complimentary lounge access and onboard pajamas. Because Alaska Airlines and Qantas are codeshare partners, customers need to buy only one ticket to travel from Seattle or Portland to Sydney, Melbourne, Brisbane and Auckland, via Australia.

Mileage Plan members earn one mile for each actual mile flown on Qantas. Premium Economy customers receive a 10 percent bonus; Business custom-

That business trip has a silver lining:

Turn business
miles into your
next vacation.



**Alaska Airlines®
Visa® Business Card**



See your Flight Attendant to
complete an application in-flight
or call 1.866.786.9928 to apply.

* 25,000 Bonus Miles after you make your first purchase

* Annual coach Companion Fare from \$118 (USD)
(\$99 base fare plus taxes and fees, from \$19 depending
on your Alaska Airlines flight itinerary)

¹25,000 Bonus Miles offer valid only on the Alaska Airlines Visa Business Card. Offer valid for a limited time and is subject to change without notice. Bonus Miles available 6-8 weeks after your first purchase.

²Cardholders that qualify for the Visa business card will receive an annual coach Companion Fare from \$118 (USD) (\$99 base fare plus taxes and fees, from \$19 depending on your Alaska Airlines flight itinerary). The Companion Fare e-certificate is issued upon approval of a new account and on each anniversary thereafter. Individual Level Earning Plan cardholders will receive one Companion Fare e-certificate per account each year. Only one Companion Fare e-certificate will be provided each year to the Company in the Company Level Earning Plan. Mileage Plan miles cannot be used as a form of payment, however both the paying customer and the companion may accrue Mileage Plan miles. Passenger and companion are responsible for applicable checked baggage fees. Applicable taxes and fees are subject to change. The Alaska Airlines Mileage Plan program is offered by Alaska Airlines and Alaska Airlines is solely responsible for the program. All Mileage Plan program terms and conditions apply. Complete rules will be sent with account opening materials.

To receive the most recent information, please write to Bank of America, P.O. Box 53137, Phoenix, AZ 85072-3137. FIA Card Services, N.A. is the issuer of this credit card program.

ers receive a 25 percent bonus; and First Suite customers enjoy a 50 percent bonus. Mileage awards on Qantas to Australia or New Zealand, via Australia, begin at 85,000 miles. Mileage Plan Miles earned on Qantas count toward your MVP, MVP Gold and MVP Gold 75K status.



800-866-8394

WWW.FLYRAVN.COM

Ravn Alaska and its family of partner airlines have for decades been connecting some of the Last Frontier's most famous destinations, including Anchorage, Bethel, Cordova, Fairbanks, Homer, Kenai, Kodiak, Nome, Valdez and beyond. Combined, their companies—Era Aviation, Hageland Aviation and Frontier Flying Service—have been flying in Alaska for about as long as Alaska's been a state. Offering scheduled passenger and cargo service to more than 100 communities statewide, Ravn Alaska's team of professionals on the ground and in the air has the history and experience to offer the highest level of customer satisfaction today—and for the future. Mileage Plan Members earn actual flight miles on Ravn Alaska, with a minimum of 500 miles on flights between Anchorage and Cordova or Kodiak. Mileage may not be earned on flights from Anchorage to Barrow, Bethel, Dillingham, Fairbanks or Prudhoe Bay; from Fairbanks to Barrow, Kotzebue, Nome or Prudhoe Bay; or between Barrow and Prudhoe Bay.

FINANCIAL



888-924-7343

WWW.MYALASKACARD.COM

Alaska Airlines Visa Signature® card: Receive 25,000 Bonus Miles upon approval. Cardholders also receive: an annual coach Companion Fare from \$118 (USD) (\$99, plus taxes and fees from \$19); three miles per \$1 on purchases of Alaska Airlines tickets, vacation packages, cargo and inflight purchases; one mile for every \$1 spent on all other purchases. These terms apply to Visa Signature accounts only. Different terms apply to Platinum Plus and Preferred accounts. Please refer to the application for details. To apply, call toll-free 888-924-7343 or visit www.myalaskacard.com.*

Alaska Airlines Visa® Business Card: Turn everyday business expenses into travel with the Alaska Airlines Visa Business Card. Whether it's office supplies, a new computer, airline tickets or hotel reservations, miles add up fast. Enjoy valuable benefits: 25,000 Bonus Miles after you make your first purchase, and an annual coach Companion Fare from \$118 (USD) (\$99, plus taxes and fees from \$19). Cardholders earn three miles per \$1 spent on purchases of Alaska Airlines tickets, vacation packages, cargo and inflight purchases, and one mile for every \$1 spent on all other purchases. Call 866-786-9928 or visit www.bankofamerica.com/alaskabusiness for more information about the Alaska Airlines Visa Business Card.*

For information about rates, fees, other costs and benefits associated with the use of the Alaska Airlines Visa cards, including the bonus-miles offer, visit www.myalaskacard.com for the Visa Signature Card and www.bankofamerica.com/alaskabusiness

for the Visa Business Card.

*Bonus Miles is 25,000 miles for approved Visa Signature accounts, 5,000 miles for approved Platinum Plus® accounts or 3,000 miles for approved Preferred accounts. Bonus Miles is 25,000 miles after first purchase for Visa Business Card accounts.

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877-428-6060

WWW.MBNA.CA

Alaska Airlines Platinum Plus MasterCard® credit card and World Elite MasterCard® credit card: Mileage Plan members receive 25,000 Bonus Miles upon approval. Cardholders also receive an annual coach Companion Fare from \$118 (USD) (\$99 base fare, plus taxes and fees from \$19); three miles per \$1 spent on eligible purchases of Alaska Airlines tickets, vacation packages, cargo and inflight purchases; and one mile for every \$1 spent on all other eligible purchases. Cardholders also receive a \$50 discount on a new Alaska Airlines Board Room membership initiation fee.

To learn more, visit www.mbna.ca or call toll-free 877-428-6060.

For information about rates, fees, other costs and benefits associated with the use of Alaska Airlines MasterCard credit cards, including the Bonus Miles offer, visit www.mbna.ca or call 877-428-6060.

Club Rewards® Diners Club®

800-234-4034 FROM THE U.S.

800-663-0798 FROM CANADA

WWW.DINERSCLUBNORTHAMERICA.COM

Club Rewards, from Diners Club, offers the flexibility and personal choice you expect from an elite rewards program. Only Club Rewards offers the opportunity to convert your points to frequent-flier miles, world-class merchandise and tailored travel simply by using your Diners Club Card. As a Diners Club Cardmember and an Alaska Airlines Mileage Plan member, you can redeem your Club Rewards points starting in increments as low as 1,000 points.*

Book air travel or car rentals in the convenience of your home 24/7; call a Club Rewards travel specialist who will be more than happy to assist you with your travel needs; and convert points to miles easily online or over the phone.

**Your Diners Club account must be current, open and in good standing to redeem Club Rewards points. Points may be subject to forfeiture if your account is closed or delinquent for more than 60 days.*

Redemptions for frequent-flier miles must be made in 1,000-mile increments for U.S. Cardmembers and 1,250-mile increments for Canadian Cardmembers. Full Club Rewards Terms and Conditions apply. See complete details at www.dinersclubnorthamerica.com, or call 800-234-4034 (U.S.) / 800-663-0798 (Canada). Diners Club, Diners Club International with the Split Circle Device and Club Rewards are trademarks of Diners Club International Ltd.

SHOPPING & DINING



MILEAGE PLAN
DINING

888-419-6683

HTTP://MILEAGEPLAN.REWARDSNETWORK.COM

Mileage Plan Dining is an easy-to-use program that allows Mileage Plan members to earn miles coast-to-coast when they visit participating restaurants, bars or clubs. Enrollment is free and can be completed either by visiting the website or by calling Member Services. Alaska Airlines Visa cardholders are automatically enrolled.

Mileage Plan Dining members can earn up to five miles for every \$1 spent on the entire bill—food, drinks, tax and tip—at thousands of participating restaurants, bars and clubs throughout the United States. Earning rewards is automatic and discreet. Miles are automatically credited to each member's Mileage Plan account. There are no additional cards to carry, coupons to print or numbers to remember.

Mileage Plan members who enroll today can start turning every meal into thousands of miles toward travel on Alaska Airlines or any of the other awards offered through the Mileage Plan program.



MILEAGE PLAN
SHOPPING

WWW.ALASKAAIR.COM/MILEAGEPLANSHOPPING

Mileage Plan Shopping is an online, one-stop shopping experience where shoppers can purchase products from more than 800 online merchants and receive Mileage Plan Miles for their purchases.

Miles earned per \$1 (USD) spent vary by merchant; bonus miles may apply when using an Alaska Airlines credit card. Access the site by logging on through alaskaair.com.

alaskaair.com/mileageplanshopping. When you click any online merchant's listing, you'll be directed to the merchant's website.



877-SAFEWAY (723-3929)

WWW.CARRSQC.COM

For almost 80 years, neighborhoods have relied on their local Carrs/Safeway for everything they need, from the freshest produce and meat to specialty items unique to their community.

Shoppers enjoy innovative products from exclusive Safeway brands as well as exceptional quality down every aisle, not to mention the friendly customer service and comfortable, easy-to-shop stores. Most importantly, Carrs/Safeway helps shoppers save money with Club Card specials and low everyday prices.

Mileage Plan members who shop at participating Carrs/Safeway stores in the state of Alaska earn 100 Mileage Plan Miles every time they spend \$300 in eligible purchases with a CarrsPlus/Safeway Club Card. Link your Mileage Plan number and CarrsPlus/Safeway Club Card number at www.carrsqc.com/alaskaair to start earning miles. For questions about enrollment, please visit www.carrsqc.com/alaskaair or call Safeway's Customer Service Center at 877-723-3929.

CAR RENTALS



800-462-5266

WWW.ALAMO.COM

As a Mileage Plan member, you can receive 50 miles per rental day on qualifying rentals from Alamo Rent A Car in the

United States and Canada. At Alamo, you can get to the fun faster with self-serve check-in.

Skip the counter, check in at the kiosk and drive away. All you need is a valid driver's license and a major credit card. It's that easy.

AVIS®

800-331-1212

WWW.AVIS.COM/ALASKAAIRLINES

Avis offers Mileage Plan members a winning combination of miles, savings and personalized attention with each and every rental.

At participating Avis airport locations around the world, members earn 50 Mileage Plan Miles per rental day on qualifying rentals of one to four consecutive days, and 500 miles per qualifying rental of five consecutive days or longer. Members can also enjoy savings of up to 25 percent off daily, weekend and weekly rates when they mention Mileage Plan/Avis Worldwide Discount (AWD) number K197800.

Miles and savings are just two of the ways Avis tries harder to make each rental experience as rewarding as possible. Alaska Airlines Mileage Plan members can also enjoy the latest in technology, products and services. Avis' programs include:

Avis Preferred Service: A fast and easy counter-bypass program with added benefits and special amenities, such as the best parking spots and more vehicles.

Garmin GPS: A state-of-the-art GPS system that guides you through every mile of your trip, giving you clear, simple directions, real-time road conditions and much more.

Avis e-Receipts: Within 24 hours of returning your vehicle, you'll have your Avis receipt emailed to you, free of charge. It's a convenient way to avoid lost receipts, to complete expense reports and to save time when returning your car.

Signature Series: Turn your rental into a unique and memorable driving experience with Avis' Signature Series fleet. You can choose from a whole range of BMWs, as well as the Cadillac XTS.

Avis e-Toll: Leave those long toll lines behind. Starting at only \$2.95 per day plus tolls, you can pay electronically while driving through designated electronic toll-collection lanes.

These services are optional, subject to availability at select locations, and may require an additional fee.

Budget®

800-527-0700

WWW.BUDGET.COM/ALASKAAIRLINES

Alaska Airlines Mileage Plan members can save up to 20 percent on every Budget rental by using Budget Car Discount (BCD) number U072200. At participating Budget airport locations around the world, earn 50 Mileage Plan Miles per rental day on qualifying rentals of one to four consecutive days, and earn 500 miles per qualifying rental of five consecutive days or longer.

Get smart and go Budget with these great products and services:

Fastbreak: With Budget's enhanced paperless rental service, you can skip the lines and Get In, Get Out and Get Going fast. Because your preferences are kept on file, reservations are a snap with one-click booking online, and your paperwork will be waiting for you when you pick up your rental. And with Rapid Return service, you can drop off your car while your receipt is printed right in the lot.

Budget e-Receipts: It's the paperless alternative to rental receipts. Within 24 hours of returning your vehicle, your receipts will be emailed to you, free of charge. This eliminates lost receipts and makes it easy to complete expense reports on time.

Garmin GPS: Discover new destinations with audible turn-by-turn directions, real-time traffic updates, information on local restaurants and attractions, and more—all at your fingertips. It's available with any Budget rental at participating locations.

Budget e-Toll: No more waiting in long toll lines. Now you can pay your tolls electronically while driving through designated electronic toll-collection lanes. And it starts at \$2.95 a day plus tolls. These services are optional, and some are available at select locations for an additional fee.

DOLLAR®

RENT A CAR

800-800-4000

WWW.DOLLAR.COM

Dollar Rent A Car is pleased to offer Mileage Plan members 50 miles per rental day on qualifying transactions. Alaska Airlines customers will benefit from Dollar Rent A Car's philosophy of providing exceptional customer service and low rates to discriminating business and leisure travelers.

Those who are not currently Dollar Express members may wish to sign up at www.dollar.com. Dollar Rent A Car has on-airport and suburban locations in all major cities throughout the United States, with a significant presence in Canada, the Caribbean and Latin America.

Hertz®

800-654-3131

WWW.HERTZ.COM

Mileage Plan members can enjoy special discounts and benefits when renting from Hertz, the world's largest general-use car-rental brand, which operates from 10,070 locations in 150 countries worldwide.

Mention Mileage Plan/Hertz Discount number CDP 321739. At participating Hertz locations, earn 50 miles per rental day on qualifying rentals of 1 to 4 days, and 500 miles for qualifying rentals of 5 consecutive days or longer.

Hertz is the No. 1 airport car-rental brand in the United States and is at 86 major airports in Europe. It operates locations in cities and airports in North America, Europe, Latin America, Australia and New Zealand. In addition, Hertz has licensee locations in cities and airports in Africa and the Middle East.

Products and services such as Hertz Gold Plus Rewards, the NeverLost customized in-car GPS system, SIRIUS XM Satellite Radio, and unique cars and SUVs offered through the company's collections set Hertz apart from the competition.



800-CAR-RENT (227-7368)
WWW.NATIONALCAR.COM
WWW.EMERALDAISLE.COM

National Car Rental offers Mileage Plan members 50 miles per rental day for all qualifying rentals at participating locations in the United States and Canada.

Elevate your rental experience—join the Emerald Club. As a member of the Emerald Club, you can choose your own car in three easy steps at any of National Car Rental's Emerald Aisle locations.

1. Reserve a midsize: Always reserve a midsize car to begin your Emerald Aisle experience.
2. Bypass the counter: Go straight to the Aisle—the keys are in the cars.
3. Choose any car: Any size, color, make or model on the Aisle is yours at the

reserved midsize rate.

Visit www.emeraldaisle.com to learn more and see a current list of Emerald Aisle locations.



800-THRIFTY (847-4389) FOR RESERVATIONS
888-400-8877 FOR BLUE CHIP PROGRAM
WWW.THRIFTY.COM
WWW.THRIFTYPARKING.COM

Mileage Plan members earn 50 miles per rental day at Thrifty Car Rental. Members can also earn 250 miles at Thrifty Parking after three qualifying parking stays at the same location in a 12-month period.

For speedy service, Mileage Plan members can enroll in the free Blue Chip Express Rental Program. Members who provide their Blue Chip account number when booking enjoy faster service at the counter.



Anchorage Coast International Inn
Seattle The Roosevelt
Coast Gateway
Bellevue Coast Bellevue*
Wenatchee Coast Wenatchee Center
Portland The Benson
Santa Barbara West Beach Inn
Burbank The Safari Inn
Coast Anabelle

We are also proud to offer 34 distinct properties in Western Canada and the U.S.



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Alaska Airlines
MILEAGE PLAN

coast rewards™

COASTHOTELS.COM / 1.800.663.1144

*photo - Coast Bellevue Hotel

Thrifty operates on-airport and suburban locations throughout the United States and Canada, and in 77 other countries.

SPECIALTY



800-FLOWERS (356-9377)

WWW.1800FLOWERS.COM/ALASKAAIRLINES

Sending smiles is easy with 1800Flowers.com. Make any occasion special with truly original flower arrangements, vibrant roses, beautiful blooming plants and more gifts guaranteed to brighten the day.

In addition to floral arrangements and plants, choose from a wide selection of gift baskets, fruit baskets, Cheryl's cookies, Fannie May berries and unique offerings from The Popcorn Factory. Same-day delivery is available.

Mileage Plan members earn 15 miles per \$1 (USD) spent at 1800Flowers.com when using Promo Code AKA3.

CRUISES ONLY

World's Largest Cruise Agency

800-215-3796

WWW.AK.CRUISESONLY.COM

Mileage Plan members can earn up to 2,500 Alaska Airlines Mileage Plan Miles with Cruises Only, a preferred provider of Alaska Airlines. Members can choose from hundreds of destinations on 24 of the most popular cruise lines: AmaWaterways, Avalon Waterways, Azamara Club Cruises, Carnival Cruise Lines, Celebrity Cruises, Compagnie du Ponant Cruises, Costa Cruises, Crystal Cruises, Cunard Line, Disney Cruise Line, Holland America Line, MSC Cruises, Norwegian Cruise Line, Oceania Cruises, Paul Gauguin Cruises, Princess Cruises, Regent Seven

Seas Cruises, Royal Caribbean, Seabourn, SeaDream Yacht Club, Silversea Cruises, Uniworld River Cruises, Viking River Cruises and Windstar Cruises.

Members earn 1,000 miles if the total cost of the cruise is between \$1 and \$2,999, and 2,500 miles if the total cost of the cruise is \$3,000 or more.

Cruises Only caters to a wide variety of lifestyles and budgets, and each cruise line offers an exceptional vacation experience.

Expert cruise consultants are available 24 hours a day, seven days a week to help members plan the perfect cruise vacation. Mileage Plan members can enjoy the cruises they've been waiting for, with a best-price guarantee, and earn Mileage Plan Miles.



miles for minutes

WWW.E-MILES.COM/ALASKAPARTNER

Mileage Plan members are invited to join e-Miles—a new program that rewards members with Mileage Plan Miles for the time spent viewing and reacting to marketing messages.

Members of e-Miles can earn hundreds of miles each week that can be deposited into their Mileage Plan accounts and redeemed for award travel. Membership is free—and it takes only a few minutes to join.

New members earn hundreds of bonus miles when they enroll and activate their account. Plus, each time they visit their e-Miles home page, they can earn additional miles when they view and react to earning opportunities. To learn more, visit www.e-Miles.com/alaskapartner.



WWW.E-REWARDS.COM

As members of e-Rewards, Mileage Plan members earn e-Rewards Currency for participating in market-research surveys that

have been selected to match their interests. e-Rewards Currency can be redeemed for up to 24,000 Mileage Plan Miles per year.

Members may qualify to receive an email invitation to join the e-Rewards Opinion Panel, or they can enroll by visiting the e-Rewards listing on the Alaska Airlines Mileage Plan specialty partners Web page at www.alaskaair.com.



800-800-4800 RESIDENTIAL

800-800-7754 BUSINESS

WWW.GCI.COM

GCI is the top provider of voice, data and video services in Alaska, through which consumers can experience entertainment everywhere. GCI is proud to offer Mileage Plan Miles on a variety of services, including Wireless, Broadband, GCI TV, and local and long-distance phone services.

Mileage Plan Members can earn one mile for every dollar spent on monthly plan fees for every qualifying GCI service, which can include re:D Broadband, Simply Share Wireless plans, GCI TV powered by TiVo plans, and local and long-distance plans. Details can be found online at www.gci.com/alaska-airlines-miles.



More together.

WWW.POINTS.COM/MILEAGE-PLAN

Points.com is the world's leading loyalty-program-management site. Points.com allows Mileage Plan members to track all of their balances in one place.

Other services available include redeeming Mileage Plan Miles for gift cards, with more than 100 options to choose from. Join Points.com today and enter for a chance to win 1 million Mileage Plan Miles.

teleflora.

800-260-9157

WWW.TELEFLORA.COM/ALASKA

Teleflora makes sending flowers fast and easy, and you'll always earn valuable Mileage Plan Miles each time you place an order through www.teleflora.com/alaska. Mileage Plan members earn 10 miles for every \$1 (USD) spent, and the gratitude of that special someone.

From overflowing, lavish vases of flowers to fun-filled gift baskets, Teleflora offers the most innovative keepsake products and floral arrangements to suit every occasion, taste and budget. As the largest and most extensive floral wire network service in the world, Teleflora provides prompt same-day delivery on all products anywhere in the United States and Canada. Each Teleflora arrangement is handcrafted with special care and delivered by a local neighborhood florist. No overnight shipping, no flowers to "unbox"—just the freshest flowers personally delivered to the recipient's home or office. That's the Teleflora difference!

Whether you're celebrating a birthday, a holiday, an anniversary or a new baby, or simply saying "thank you," a Teleflora bouquet is the perfect way to express your heartfelt sentiments. Order today online or call 24 hours a day, seven days a week, and make your Mileage Plan Miles bloom.



800-823-5527

WWW.VINESSE.COM/ALASKA

The Vinesse partnership in the Alaska Airlines Mileage Plan allows members of any Vinesse wine club to enjoy fine wines from all over the world, delivered straight to their doors.

Earn 2,250 miles for enrolling in any

Vinesse wine club, as well as five miles per \$1 (USD) spent on all purchases, including wine-club selections, single bottles and wine accessories. Vinesse offers Mileage Plan members a variety of wine clubs designed with every type of wine drinker's tastes and preferences in mind. Whether you enjoy lighter whites, full-bodied reds, domestic, international, California or sweeter selections, Vinesse is sure to have a wine club for you. Vinesse also offers a Wine Shop that features quality wine selections that have passed the test with its buyers. All wines are backed by a 100 percent Satisfaction Guarantee.

The wines that are featured through Vinesse are handcrafted gems produced by lesser-known or small boutique wineries. All are compelling selections that the average wine lover wouldn't find anywhere else unless he or she visited the winery or was a personal friend of the winemaker's.

HOTELS



866-774-2924

WWW.ASTONHOTELS.COM

With a large and diverse range of accommodations, from hotels and condominium resorts to villas and plantation cottages, Aston Hotels & Resorts offers something to suit any lifestyle, taste or budget.

Choose from 27 hotels and condominium resorts on O'ahu, Maui, Kaua'i and Hawai'i Island, and in South Lake Tahoe, California; Lake Las Vegas, Nevada; and Orlando, Florida.

It's never been easier to bring the extended family and friends along for a vacation. With one- to five-bedroom condominium suites and villas, many with fully equipped kitchens, private lanais (patios), and on-site

laundry and housekeeping services, you can relax and enjoy your vacation without giving up the comforts and conveniences of home.

Play a round of golf at nearby courses or simply relax in the sun all day. Every Aston property is located near top attractions, meaning you're that much closer to kicking back and starting your vacation. With a long list of on-site recreational amenities at each property—such as swimming pools, jet spas, saunas, tennis courts, barbecue areas, exercise facilities and putting greens—there's always plenty to do, no matter where you stay.

Mileage Plan members earn 500 miles per qualifying stay on O'ahu at Hotel Renew by Aston, Aston Waikiki Beach Tower, Aston Waikiki Sunset, Aston at the Waikiki Banyan, Aston Waikiki Beach Hotel, Aston Waikiki Circle Hotel, Aston Waikiki Beachside Hotel and Aston at the Executive Centre Hotel. On Maui, stay at Aston Kaanapali Shores, Aston at The Whaler on Kaanapali Beach, Aston Mahana at Kaanapali, Aston Maui Kaanapali Villas, Aston at Papakea Resort, Aston Paki Maui, Aston at the Maui Banyan, Aston Maui Hill and Aston Maui Lu. On Kaua'i, options include Aston Islander on the Beach, Aston at Poipu Kai, Aston Waimea Plantation Cottages and Aston Aloha Beach Hotel. And on Hawai'i Island, experience Aston Waikoloa Colony Villas, Aston Shores at Waikoloa and Aston Kona by the Sea.

In South Lake Tahoe, California, stay at Aston Lakeland Village; in Lake Las Vegas, Nevada, at Aston MonteLago Village Resort; and in Orlando, Florida, at Tuscan Resort Orlando by Aston.



800-WESTERN (937-8376)

WWW.BESTWESTERNREWARDS.COM

With more than 4,000 hotels in more than 100 countries and territories, Best Western International is The World's Biggest Hotel

PARADISE AWAITS

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"Bula!" from Fiji Airways, the national airline of Fiji. In Fijian, Bula means a warm welcome and it embodies the spirit of the Fijian culture. We invite you to experience the Bula spirit aboard Fiji Airways while earning or redeeming Mileage Plan™ Miles. As a frequent flyer partner of Alaska Airlines with code-share flights from Vancouver to Fiji, we make your trip easy and enjoyable. Fiji Airways has been connecting the world to the South Pacific for over sixty years. Its destinations include Fiji, Australia, New Zealand, USA, Hong Kong, Vanuatu, Solomon Islands, Kiribati, Tuvalu, Samoa, and Tonga. For fares and schedules, visit www.fijairways.com or call Reservations at 800-227-4446.



www.fijairways.com



Family. And with so many exciting destinations to choose from, you can explore even more by earning miles on Alaska Airlines every time you stay at Best Western.

Whether traveling for business or leisure, Mileage Plan members earn 250 miles per stay on qualified rates at Best Western hotels in the United States, Canada, Mexico, Europe, Asia, the Caribbean, and Central and South America. A Mileage Plan member must be a member of Best Western Rewards, Best Western's free loyalty program, to earn Mileage Plan Miles.

When signing up, members need to designate Alaska Airlines as their mileage-earning preference.

Since 1946, Best Western—where you Stay With People Who Care—has provided quality, value and superior customer care to its guests. Now celebrating 68 years of hospitality, Best Western welcomes hundreds of thousands of guests nightly. Join Mileage Plan and Best Western Rewards today and explore the world with Best Western and Alaska Airlines.

For more information and complete terms and conditions of the Best Western Rewards program, please visit www.bestwesternrewards.com. Each Best Western hotel is independently owned and operated. Total number of hotels and countries/territories served may fluctuate.

CHOICEprivileges®



800-4CHOICE (424-6423)

WWW.CHOICEPRIVILEGES.COM

With travelers paying closer attention than ever to expenses, there has never been a better time to book with Choice Hotels. You'll receive great rates and unmatched value with numerous free

unmatched value with numerous free amenities. Many properties offer free breakfast, newspapers and Internet access.

Select brands also provide fitness facilities or a swimming pool, allowing you to exercise while on the road.

With more than 6,000 hotels in more than 30 countries and territories, Choice Hotels provides a place to stay almost anywhere in the world.

Choice Hotels guests can receive 250 Mileage Plan Miles per qualifying stay at any 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 in the United States, Canada, the Middle East, Mexico, Central America, the Caribbean, Australasia (including Australia, New Zealand, Singapore, Papua New Guinea and Fiji) and Europe (excluding Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden). For complete details, visit www.choiceprivileges.com.



800-663-1144

WWW.COASTHOTELS.COM

Headquartered in both Vancouver, British Columbia, and Seattle, Washington, Coast Hotels is one of the West Coast's leading hotel companies, with refreshingly local properties throughout British Columbia, the Northwest Territories and Alberta in Canada, and throughout Alaska, California, Oregon and Washington in the United States.

Each hotel offers its own unique personality in a distinct destination to welcome business and leisure travelers with all the comforts of home—and more. Coast Hotels also provides Mileage Plan members 500 miles for every qualifying stay.

Coast Hotels caters to the corporate market with amenities such as business centers, complimentary Wi-Fi, premier

meeting facilities, courtesy in-room coffee and morning newspaper delivery.

Guests can also earn points for every dollar spent on a qualified stay through Coast Rewards, the Coast Hotels guest loyalty program.

Leisure travelers will find that weekend getaways, vacations and overnight packages at Coast Hotels are relaxing, with the comfort of home never feeling far away. Coast Hotels properties are close to the top locations for golfing, skiing, fishing and every recreational activity imaginable, making them the perfect bases from which to explore.

All of the properties are family-friendly, and some offer swimming pools and children's menus in affiliated restaurants, making stays especially enjoyable for kids and adults alike.

The extra care taken in choosing the amenities at Coast Hotels makes everyone feel pampered. The staff of Coast Hotels are real people taking care of real guests.



800-441-1414

WWW.FAIRMONT.COM

Fairmont Hotels & Resorts connects guests to the very best of its destinations worldwide, reflecting each locale's energy, culture and history.

Passionate travelers choose this luxury hotel brand for its ability to deliver memorable travel experiences, personalized and thoughtful service, and hotels that are one-of-a-kind. Serving as genuine gateways to their destinations, Fairmont hotels offer locally inspired cuisine, spirited bars and lounges, distinctive design and decor, and a steadfast responsibility to environmental and social priorities.

With more than 65 hotels globally, and many more in development, landmark hotels in the Fairmont collection include The Plaza in New York, London's The

Savoy, Fairmont Peace Hotel in Shanghai and Quebec City's Fairmont Le Château Frontenac. Fairmont is owned by FRHI Hotels & Resorts, a leading global hotel company with more than 110 hotels under the Fairmont, Raffles and Swissôtel brands.

The company also manages Fairmont, Raffles and Swissôtel branded luxury private residence clubs, whole-ownership residences and serviced residences properties. For more information or reservations, please visit www.fairmont.com. Mileage Plan Members earn 500 miles for every qualifying stay.



800-HHONORS (446-6677)

WWW.HHONORS.COM

With Hilton HHonors, you can transform points into free nights, premium merchandise and experiences you can't help but share. As an HHonors member, you can earn both HHonors Points and Alaska Airlines Mileage Plan Miles for the same stay, and enjoy hotel rewards with no blackout dates at more than 4,000 hotels and resorts within the Hilton Portfolio of brands, 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. Members earn one Mileage Plan Mile and 10 Hilton HHonors Points per eligible \$1 (USD) spent (maximum 10,000 miles per stay; maximum 100 miles per stay at HOME2 Suites by Hilton).

Hilton HHonors membership, earning of points and miles, and redemption of points are subject to HHonors Terms and Conditions.



888-211-9874

WWW.IHGREWARDSCLUB.COM

With more than 4,700 hotels around the world, InterContinental Hotels Group (IHG) gives members a world of choices. The IHG family of nine trusted brands offers hotels in nearly 100 countries, and more rooms than any other hotel company. From an award-winning InterContinental resort to a city center Holiday Inn hotel, IHG has the right choice for all your travel needs.

Mileage Plan members who enroll in IHG Rewards Club and stay at Crowne Plaza Hotels & Resorts, Hotel Indigo, Holiday Inn and Holiday Inn Express hotels earn two Mileage Plan Miles for every \$1 (USD) or local-currency equivalent paid on eligible charges. Earn one mile for every \$1 (USD) or local-currency equivalent paid on eligible charges at Staybridge Suites and Candlewood Suites hotels. Eligible charges include qualifying room rates, food and beverages, telephone, laundry and in-room movies. Earn two miles per \$1 (USD) or local-currency equivalent paid on eligible charges at InterContinental Hotels & Resorts in the United States, Canada, Mexico, Latin America and the Caribbean. 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.

Membership in IHG Rewards Club is free. Mileage Plan members must be IHG Rewards Club members as miles collectors, with Alaska Airlines Mileage Plan designated as their preferred earning alliance. Enroll today at www.ihgrewardsclub.com/enroll.



800-SLEEPLQ (753-3757)

WWW.LQ.COM/ALASKAAIR

La Quinta takes care of everything, so you can take care of business. La Quinta offers great low rates and lots of free extras, including a free Bright Side Breakfast, free high-speed Internet and comfy pillowtop beds, at more than 800 locations all across the United States, plus Canada and Mexico. La Quinta also has thousands of new rooms featuring flat-panel TVs with HD channels, plus hundreds of new lobbies with beautiful decor.

And now you can earn a minimum of 250 Alaska Airlines Mileage Plan Miles for every qualifying business or leisure stay as a member of La Quinta Returns, La Quinta's free guest program that rewards you with free nights fast, fast top-tier status and members-only benefits for your stays at La Quinta hotels across the United States, Canada and Mexico. It's easy to earn miles: Just present your La Quinta Returns member number with your Alaska Airlines Mileage Plan number at check-in, and ask to earn miles in lieu of La Quinta Returns points.

To find out more about how to start earning Alaska Airlines Mileage Plan Miles at La Quinta Inns & Suites, or to become a La Quinta Returns member, visit www.lq.com/alaskaair.



800-450-4442

WWW.MARRIOTTREWARDS.COM
TO ENROLL IN MARRIOTT REWARDS

800-367-6453

WWW.MARRIOTT.COM FOR RESERVATIONS

By joining Marriott Rewards, Alaska Airlines Mileage Plan members can earn unlimited miles toward airline award travel at 16 Marriott hotel brands.

Marriott Rewards members can earn two miles per \$1 (USD) spent on all qualifying charges at the following full-service brands: JW Marriott, Autograph Collection, Renaissance Hotels, Marriott Hotels and Marriott Vacation Club. Marriott Rewards members can earn two miles per \$1 (USD) spent (room rate only) at the following full-service brands: The Ritz-Carlton, EDITION and Gaylord Hotels. Marriott Rewards members also earn one mile per \$1 (USD) spent (room rate only) at 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—starting in September 2014—Moxy Hotels.

Marriott Rewards features more than 3,800 participating hotels around the world. From state-of-the-art meeting facilities to health clubs and fine dining, the Marriott family of hotels offers guests a wide range of high-quality hotels. Alaska Airlines Mileage Plan members will get closer to their next vacation faster by making the Marriott family of hotels their exclusive choice every time they travel. Mileage Plan members must be members of the Marriott Rewards program and indicate Mileage Plan as their earning preference to earn Mileage Plan Miles.



877-323-7505

WWW.PREFERREDHOTELGROUP.COM/ALASKAAIR

Extending into 85 countries, Preferred Hotel Group represents more than 650 of the finest hotels, resorts and serviced residences in the world. Its brands include Preferred Hotels & Resorts, Preferred Boutique, Summit Hotels & Resorts, Sterling Hotels, Sterling Design and Summit Serviced Residences. Travelers gain valuable benefits through branded

programs including Preferred Residences, Preferred Golf, iPrefer points-based loyalty program and Preferred Family—a collection of hotels and resorts certified to provide a rich experience for travelers of all ages.

Mileage Plan members can earn 500 Mileage Plan Miles per qualifying stay. A shared commitment to individual service characterizes the partnership between Preferred Hotel Group and Alaska Airlines. Through this partnership, Mileage Plan members receive all of the distinctive services that are hallmarks of Preferred Hotel Group, along with the added bonus of Mileage Plan Miles.



888-625-4988 FOR THE STARWOOD

PREFERRED GUEST PROGRAM

800-521-9672 FOR RESERVATIONS

WWW.SPG.COM

Starwood Hotels & Resorts has more than 1,100 hotels and resorts in nearly 100 countries, encompassing nine exceptional brands worldwide, 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.

Mileage Plan members can join the Starwood Preferred Guest program and select Mileage Plan as their currency of choice to earn Mileage Plan Miles for Starwood hotel stays.

Mileage Plan members earn two miles per \$1 (USD) spent on all eligible charges worldwide, including room charges, food and beverages, and more.

As members of the Starwood Preferred Guest program, Mileage Plan members enjoy generous rewards and personalized service at the world's finest hotels and resorts. Additionally, Starwood Preferred Guest program members can convert Starpoints directly into Mileage Plan Miles

on a one-to-one basis, with a 5,000-mile bonus for every 20,000 miles transferred.



800-544-0970

WWW.WESTMARKHOTELS.COM

Westmark Hotels is one of the largest hotel chains in Alaska and in Canada's Yukon Territory, with more full-service locations than any other lodging chain in the region. Westmark Hotels has five year-round and two seasonal properties, in Alaska and the Yukon, offering travelers to the North a variety of spectacular settings with consistently friendly, professional service. Westmark Hotels caters to tour groups; independent travelers; and business, convention and leisure guests.

Westmark Hotels has been a Mileage Plan partner since 1987. Westmark Guest Rewards members earn two miles for every \$1 (USD) spent on accommodations, and one mile for every \$1 (USD) spent on food and beverage purchases, excluding alcohol. (Mileage Plan Miles may not be earned on food and beverage purchases at the Westmark Sitka.)

Westmark Hotels can be found in Alaska in Anchorage, Fairbanks, Juneau, Sitka and Skagway, and in the Yukon Territory in Whitehorse and Dawson City. At all of these destinations, each hotel offers a convenient downtown location and reflects the personality of each community.

Experience Alaska and the Yukon with Westmark Hotels, where the Westmark name stands for quality lodging, service and dining.

WYNDHAM
REWARDS®

866-996-7937

WWW.WYNDHAMREWARDS.COM

Wyndham Rewards is the free hotel loyalty program for Wyndham Hotel Group. Wyndham Hotel Group offers more than 7,000 hotels, resorts and extended-stay locations across 14 hotel brands around the globe.

Wyndham Rewards members who have elected to receive Mileage Plan Miles in their Wyndham Rewards profiles will earn miles for qualified stays at the following participating hotels:

500 Mileage Plan Miles per stay:
Wyndham Hotels and Resorts, Wyndham Grand Collection, Wyndham Garden, Hawthorn Suites by Wyndham, TRYP by Wyndham, Dream Hotels and Night Hotels.

Two Mileage Plan Miles per \$1 (USD) spent: Ramada, Days Inn, Super 8, Baymont Inn & Suites, Microtel by Wyndham, Howard Johnson, Travelodge and Knights Inn.

Additionally, Wyndham Rewards points may be transferred into Mileage Plan; for details, visit www.wyndhamrewards.com.

Alaska Airlines
MILEAGE PLAN

For information or to enroll in Mileage Plan, go to alaskaair.com or call 800-654-5669.

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COMMUNICATIONS GROUP



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*Same day connecting flights to China, Japan and Southeast Asia.



Alaska Airlines MILEAGE PLAN KOREAN AIR SKYPASS

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45th Excellence in Flight KOREAN AIR SKYTEAM



Previews: the Luxury Collection from
Coldwell Banker Bain

The scene in Seattle

Luxury Penthouse Real Estate

For over 40 years Coldwell Banker Bain has served the needs of the discerning Northwest luxury home owner. With Previews, we're taking it to a new level. Our professional staff is specifically trained to rise to the needs and opportunities of the premium high-rise home market. And so, perhaps it's little wonder that we've become a regional leader. If the grand vistas and vibrant neighborhoods of Greater Seattle are your scene, we invite you to explore our collection of luxury high-rise homes, and: Make life gold.

Find your luxury at cbbain.com/luxury



Continued from page 27.

says homeowner David. "It changes with the lighting, with the light outside and at night."

Cutler says she wanted to make sure "the interior was super comfortable and interesting, but didn't overpower what's outside the window."

She introduced brighter colors in the bedroom, including fabric for pillows in an orange color that was prominent in a painting of a breakfast-table scene that the couple had hung in their kitchen. The orange in the kitchen and in the bedroom provided color from one end of the condo to the other.

In the windowless media room, to create storage space David wanted, Cutler added cabinets and commissioned a desk, putting a curved piece of Interlam on the desk drawers and cabinet faces. "It has great texture in a flowing design that reminds me of water," she says.

Designing for Now and Later

Irene and Chad, a 30-something couple with two young children, worked with Kirkland, Washington's Midori Yoshikawa Design Group to make their Seattle home more kid-friendly after they purchased it in 2010. "The best decision we made was to knock down all of the walls in the main living-space area

and create one large space joining the kitchen, living and dining areas," says Irene. "This is a really great setup where I can always keep an eye on the kids and still accomplish what I need to. I can imagine still appreciating the openness of it all even as the kids grow."

The Midori Yoshikawa-directed remodel also included adding an enormous walk-through pantry, a custom-made kitchen island and a mudroom, and converting a fifth bedroom into a playroom. Another favorite element was the floor-to-ceiling frosted sliding doors for the playroom, which will serve a double purpose, Irene says. One of the doors can sit in front of a vertical row of built-in storage shelves or can slide to the left to create a door for the room.

"Right now, the door system hides the mess of the playroom storage, but can also be arranged to block the room from the rest of the house," Irene says. "That means that as the kids grow, they can have their own space in that part of the home. It was another smart Midori idea: to have your house grow with you."

"Growing a house with you" is a theme discussed with clients every day by Pam Miller, owner of Alchemy Construction in Santa Rosa, California. She recently completed a bathroom remodel for a

Consider 'universal design' when building or remodeling, so your home will still serve your needs if your agility changes or you begin caring for an aging loved one.



Balancing the New Energy Horizon

A diverse mix of energy generated at Energy Northwest provides enough reliable, affordable and environmentally responsible power for more than one million homes.



www.energy-northwest.com



Sonoma County couple. “They specifically wanted a curbless shower to prepare for the future as they age, as it may be more difficult for them to deal with a curb,” she says. “A curbless walk-in shower is also helpful if they needed to use a walker.”

Russell Long, president of Aloha Home Builders in Eugene, Oregon, recommends considering “universal design” when building or remodeling a home. Elements such as hardwood floors, microwave and refrigerator drawers, wider hallways, dual-entry rooms, ramps for swimming pool entrances, and no stairs for entryways or the main living quarters can allow your home to serve your needs even if you or a family member are injured at a future date or you begin caring for a loved one who is aging. For instance, some projects relocate the master bedroom/bathroom and a second bedroom/bathroom to the main floor, while upstairs space is devoted to guestrooms for visitors without mobility issues.

If universal design is done well, it can be attractive and not institutional-looking, says Long, who remodeled his own home to meet the needs of his son, who has cerebral palsy. “Today there are designs and products that blend utility with beautiful aesthetics that are in keeping with a client’s style,” he says.



Boise homeowners enjoy a larger kitchen (left) and family room (below) thanks to rearranging existing space, which was more economical than building an addition.

Better Use of Space

Boise, Idaho, designer Joe I. Human often receives calls from Idaho couples who want to refresh cookie cutter-style homes built in the late 1990s during a local tech boom. For instance, Linda and Steve, a Boise couple in their 40s, wanted ideas for an addition above their garage that would give them more living space.

Instead of the expense of an addition, Human made their existing space more functional by eliminating a large formal dining room that was mostly



COURTESY: JOE HUMAN (2)



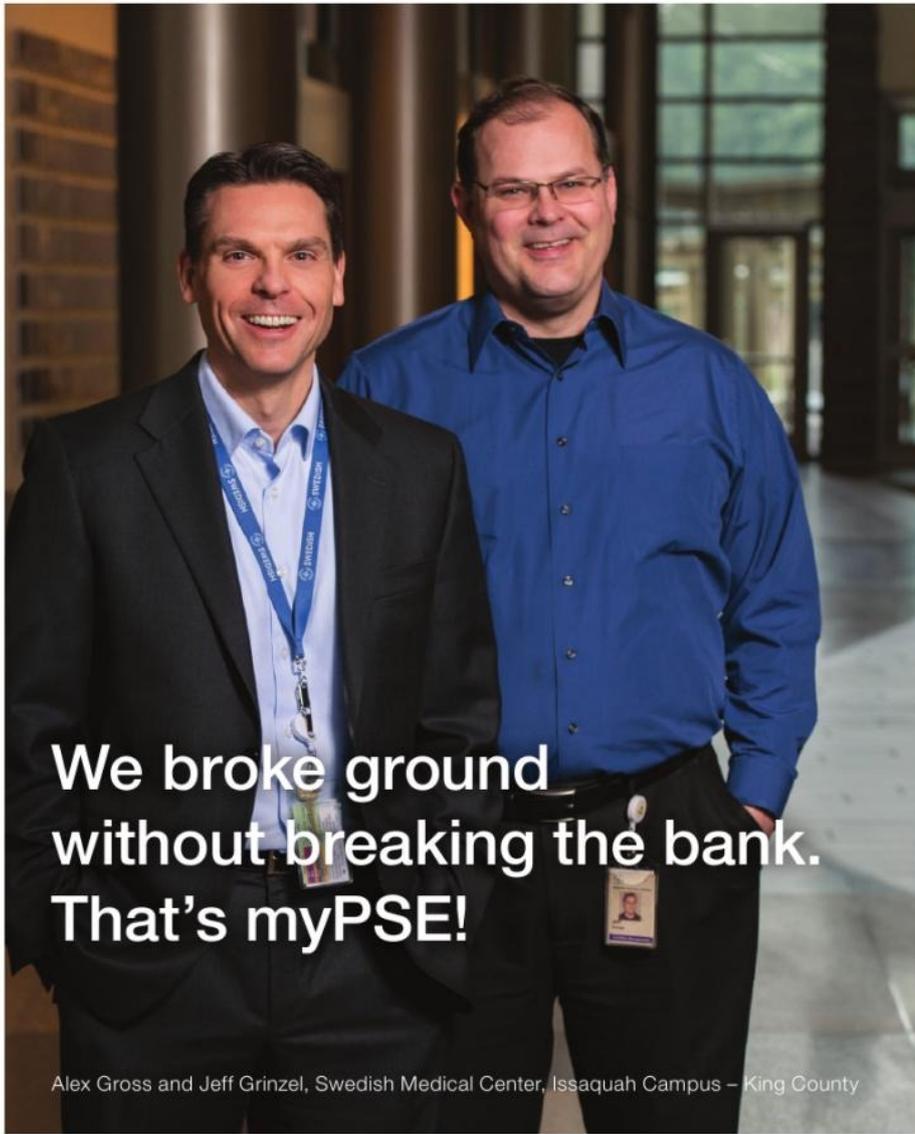
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used for storing Lego blocks. He enlarged the kitchen by moving it into that space, also adding white cabinets and stainless steel appliances, quartz for the countertops, and a glass-tile backsplash. He used the former kitchen space to create an eating area and to enlarge the family room, and he enclosed the former small living room to make it into a man cave/guest bedroom.

Linda is especially happy with her new kitchen. "Every morning when I walk out into our kitchen, I smile and say, 'Wow! I am so glad we did this'—I love it!" she says.

Exterior Makeovers

Human also transformed the exterior of the Boise home. "We wanted to modernize the exterior a bit," he says. "We painted the entire house a darker gray color, and added metal and wood accents in key places to draw interest to the front elevation. We also put in new square and rectangular windows, and used metal sunshades to add three-dimensional items."

Lindsay Chambers, a San Francisco-area designer, helps homeowners create a better flow between indoor and outdoor spaces. Clients are "opening up the rear walls of their homes with glass or creating outdoor environments that incorporate interior elements, such as an outdoor porch with a fireplace, she says. When she recently renovated an 1890s barn in Sonoma County, she used glass for most of the exterior wall to allow greater visual connection with the vineyards surrounding the barn.

Perfect Touches

As homeowners remodel their homes, they often find they need to update their furnishings, as well. Updating a few pieces can refresh a whole room, making it more enjoyable and comfortable. Dave Masin, president of Masins Fine Furnishings & Interior Design, a family-owned company founded in 1927, finds that customers want to add statement pieces to their homes.

"Many are spending a little more on a coffee table or a mirror that is spectacular and unique," he says. "Although upholstered pieces and the other items in a room may be a bit more understated, customers are eager to have one to two pieces that have a 'wow' factor. This goes for larger homes as well as smaller spaces and condos."

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Increasingly, clients seek furniture pieces that incorporate leather tops, rattan, elaborate nailhead trim, and other interesting details and textures, Masin says.

Diana Alberghini, the manager of Urban Hardwoods' Santa Monica, California, store, recently helped a couple choose a signature table to spruce up their home. Ellen, a writer, and her partner, a telecommunications executive, wanted a black walnut dining table—a quality piece that would last for decades. The table was made with wood from a salvaged, previously felled tree.

Ellen says that she is intrigued by the whole life story of the tree. "You can see the marks and scars of that tree, the voids where something might have happened to it, the rings that formed over many years of its life on Earth, the impact of water, wind, animals, human beings," she says. "The table is an heirloom purchase—a piece of art. Everything wonderful takes place around our table—sharing food and celebrations with friends, card games and word games, conversations, counsel, good times and bad times. I put my hands on this table a lot. The tree gives us something beautiful."

At McKinnon Furniture in Seattle, an interior-design sales expert tells me there's one question she hears virtually every day: Can you make this smaller? "As our customers downsize, they need to optimize the pieces they invest in without sacrificing quality," she says. McKinnon handcrafts hardwood furniture such as dining tables and entryway consoles in a variety of sizes and configurations, with each piece custom-made after being ordered, to meet the homeowner's needs.

Another change that can make a difference is new paint. "Color is not a huge commitment or investment," says Janie Lowe, who co-founded the Portland, Oregon, sustainable-paint company Colorhouse in 2005. "It's one of the cheapest things you can do to your home with the biggest impact. You can get a whole new look just by adding a new color."

Increasingly, that new color is a shade of gray, for kitchens, bathrooms and other spaces, says Lowe, whose company just released the 36-color Handcrafter Color Collection featuring shades of gray and colors that go well with gray, such as



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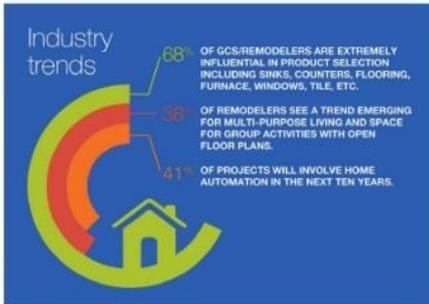
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greens, blues, reds and yellows. For example, when a Portland couple remodeled their kitchen, they chose Colorhouse's Beeswax .05 from the Handcrafter Color Collection to complement gray cabinets, Lowe says.

"Colorhouse's Metal .04 is a medium gray that's beautiful in bathrooms with silvery-green or light-blue towels," she adds. "Metal .05 graphite gray is dramatic and sophisticated in a dining room with yellow tabletop accents."



▲ The diagram above is courtesy of the National Association of the Remodeling Industry, whose website, nari.org, includes resources for homeowners.

IN LESLIE'S SEATTLE KITCHEN, the backsplash and hanging lamps incorporate blue-gray, and she likes the color, even though she would not have thought of using it before she brought in a designer, she says.

"In the process of remodeling, our aesthetic changed."

She adds that the renovation of their home "is symbolic of where we are in life: planning for the future while enjoying the moment, and evaluating what kind of space we want to live in."

In fact, she and her husband are now debating whether to postpone selling their home, she says. "We've put ourselves in a position that when it is time to sell, the house is completely updated to appeal to buyers, and we do still have the itch to downsize ... but it's very hard to give up the view." ■

Writer M. Sharon Baker lives north of Seattle in Anacortes. She once painted a house she owned with Yellow Brick Road—a color the next owner replaced with charcoal gray.



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GEAR

Enhancing Your Explorations

UP

By Michele Andrus Dill



ECBC's Sparrow Wheeled Garment Bag makes it easy to take electronics through the airport security line.

Columbia Sportswear's new Powervent is designed for trail and water use.



Discovery Trekking's lightweight, fast-drying towels come in a variety of sizes.

'I am not the same having seen the moon shine on the other side of the world.' —Mary Anne Radmacher



Scottevest's Tec Hat has two hidden pockets for items such as credit cards, cash and keys.

Bags in Eagle Creek's new 2-in-1 Ultra-Lights line convert to two different options, such as the backpack/duffel shown above, and also fold into their own stuff sack.

W

hen I was preparing for a vacation in Turkey last fall, I spent months trying to find the right "second pair of shoes" to put in my carry-on.

They needed to be lighter weight, cool and comfortable, yet also sturdy and durable. At last I discovered **Columbia Sportswear's** Powerdrain Cool.

Designed to move seamlessly from trail to water, and weighing about 10 ounces a shoe, they provided enough support and cushioning for touring the ruins at Ephesus while also being perfect for a wet-deck boat ride on the Bosphorus in Istanbul. The Powerdrain has now been updated as the **Powervent** (8.3 ounces per shoe), with even greater air flow and more color choices, while retaining tech features such as Omni-Grip to provide traction on different types of terrain.

With a quick-lace toggle instead of ties, the shoes are easy to take on and off, as well. I'm planning to use them again for treks in Maui this fall, and my husband wants to get the men's version (columbia.com).

Having a great pair of shoes, versatile luggage, wrin-

kle-resistant scarves and other useful accoutrements can add immensely to a traveler's enjoyment. Below are 16 more ideas for enhancing your explorations.

- 1. Flexible:** The casual shoes in the **BZees line from Naturalizer** weigh no more than 6 ounces each and are bendable for easier packing. They also have breathable mesh uppers, comfort cushioning and an antimicrobial lining, and styles range from the sporty new Dash to the strappy Freedom (naturalizer.com).
- 2. Supportive:** If you prefer sandals, consider **Vionic with Orthaheel Technology** versions, which are designed to help stabilize the feet and reduce stress on your feet and legs. Popular styles for women include the Tide II Post Sandal and the Rio Adjustable Wedge. Popular men's styles include the Adam Slide Sandal and Mick Sandal (vionicshoes.com).
- 3. Convertible:** **Eagle Creek's new 2-in-1 Ultra-Lights line** contains five options that each stuff into

Travel Benefits

Travel can have a positive effect on well-being, relationships and business success. Here are just a few of the benefits of traveling cited by the U.S. Travel Association (ustravel.org and traveffect.com), based on its own research and various other studies.

Travelers are significantly more satisfied in their overall outlook on life compared to nontravelers.

Couples who travel together are much more likely to report that their relationship is romantic and balanced.

Eight in 10 Americans say travel is a way to get energized and feel alive. Six in 10 say travel helps them feel youthful and vibrant.

Business travel has a high return on investment. For every dollar invested in business travel, U.S. companies have experienced a \$9.50 return in terms of revenue and \$2.90 in profits.



FixnZip makes no-sew kits for zipper repairs.



The BZees Dash is extremely lightweight, yet cushioned for comfort.



Kuhi Comfort's pillow cradles your head.

"To travel is to live!" —Hans Christian Andersen



Briggs & Riley's Baseline Commuter Expandable Upright has a large front pocket.

SleepPhones let you listen to music or block out noise via a comfortable headband vs. earbuds or headphones.

a pouch for a smaller, packable size until you're ready to convert the item into your choice of two types of bags. For day-trip adventures in Turkey, my husband and I filled the tote/backpack with items such as snacks, bottled water, windbreakers and guidebooks, with room to spare for souvenir purchases. And in April, Michael used the duffel/backpack as his sole bag for a trip to Spokane. I also like Eagle Creek's durable, light (2 pounds, 10 ounces) **Gear Hauler carry-on**, which can transform into a backpack. Eagle Creek's **packing sacs and cubes** for inside-luggage use are helpful, too, and this year I'm planning to try the new **Pack-It Shoe Sac** to keep packed shoes away from my clean clothes (eaglecreek.com).

4. Electronics-friendly:

ECBC's Sparrow Wheeled Garment Bag, particularly designed for business and weekend trips, was an excellent choice when I went to Los Angeles recently. The durable 9-pound wheeled bag has a front zippered compartment with separate sections for a laptop, a tablet such as an iPad, a mobile phone, chargers and cords. It also comes with a portable recharging battery unit that you can use to charge your phone while it remains hidden in your bag. For going through security, the front compartment unzips on the top and two sides so it stays connected to the rest of the bag while you pull the compartment down to lie flat on the conveyor belt. With this **"ECBC FastPass System,"** electronics remain safeguard-



ed in the compartment and aren't in danger of being left behind. And Sparrow's water-bottle pocket zips up flat when not in use (ec-bc.com).

5. Expandable: The **Briggs & Riley 8.1-pound Baseline Commuter Expandable Upright**, with an exterior that resists wear, dirt and moisture, is designed to expand upward by about 33 percent while you're packing, then compress down again to carry-on size. It has a front pocket for easily accessing a laptop or tablet. An international carry-on

version is also available. The company's **Torq hard-sided luggage collection** includes features such as an outside protective pocket in the carry-on size (briggs-riley.com).

6. Fashionable: For lightweight style during warm-weather traveling, I like **ExOfficio's Women's Next-to-Nothing Scarf**, which is also wrinkle-resistant. For cooler seasons, the **Cafenista Convertible Scarf** is antimicrobial, moisture-wicking and quick-drying, while the **Irresistible Dolce**

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ExOfficio's Next-to-Nothing Scarf lives up to its name and is also wrinkle-resistant.

Wrap is lightweight and wrinkle-resistant; both will be available in early August. I'm also a fan of ExOfficio's easy-packing headwear, such as the women's **Boardwalk Sun Hat** (with UPF 20-plus and a ventilating mesh top), and its **BugsAway socks** and quick-drying **Give-N-Go**



The compact, water-resistant WakaWaka Power is a solar-powered electronic-device charger and light.

Underwear, both available for men and women (exofficio.com).

7. Head start:

Scottevest's Tec Hat has two hidden pockets for credit cards, cash and keys, plus a breathable mesh lining and integrated loops for earbud cords. And it's machine washable. Scottevest's new **Q.U.E.S.T. Vest** has 42 pockets, including an iPad pocket

and an RFID-blocking pocket that keeps identity thieves from electronically accessing credit card, passport and enhanced driver's license info. Or, get the stand-alone **Blackout Pocket**, with a Level I version that blocks RFID signals and a Level II version that also blocks cell-phone and GPS signals, taking all your phone-stored data off the grid (calls/texts won't come

through while the phone is in the Level II pocket). The **Blackout** can be attached to clothing by hook-and-loop, or carried in a jacket or vest pocket (scottevest.com).

8. Passport wallet:

DayMakers' versatile RFID Passport Zipper Wallet, Grande can be worn around your neck or across your body, or carried as a clutch (or with an optional wrist

strap). The wrap-around zipper wallet is organized into many handy pockets, such as a money pocket; a non-RFID-blocking main compartment for a smartphone, allowing calls and texts to be received; a concealed passport pocket; and a credit card pocket. The latter two both have RFID protection designed to keep your data safe (daymakers.com/passportwallets).

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*'It is good to have an end to journey towards;
but it is the journey that matters, in the end.'* —Ursula K. Le Guin



LokSak's SplashSaks protect documents and electronics while you're enjoying water activities.

9. Zipper fixer: I would have been thrilled to have a couple of **FixnZip repair kits** on a trip to Coeur d'Alene, Idaho, a couple of years ago when the zipper broke on my favorite fleece and on my favorite jacket. The FixnZip was created to repair, without tools

or sewing, zippers on a wide range of items, from clothing to suitcases to tents (fixnzip.com).

10. Sweet dreams: Kuhl Comfort's Travel Pillow features two cushions that cradle your head on the sides, and can be twisted and turned to meet your onboard

rest needs. The water-resistant carry case slips over the handle of rolling luggage, and the case and the entire pillow can be gently machine washed and dried. A friend has found it works great for commuting by ferry and bus, as well as for plane trips (kuhicomfort.com).

11. Packable towels: Discovery Trekking

Outfitters' Ultra Fast-Dry Towels, in sizes from extra-small to large, are soft, thin, lightweight, fast-drying, UV ray-blocking, antimicrobial and designed so that sand doesn't stick to them. Whether you're heading to the beach or the woods, this towel (whose largest size can double as a travel blanket) might be just the ticket for your trip (discoverytrekking.com).



DayMakers' RFID Passport Zipper Wallet provides organization—and protection from RFID-related information theft.

12. Something new under the sun: The award-winning **WakaWaka Power** solar-powered lamp/mobile-phone charger is a compact device, weighing about 7 ounces,

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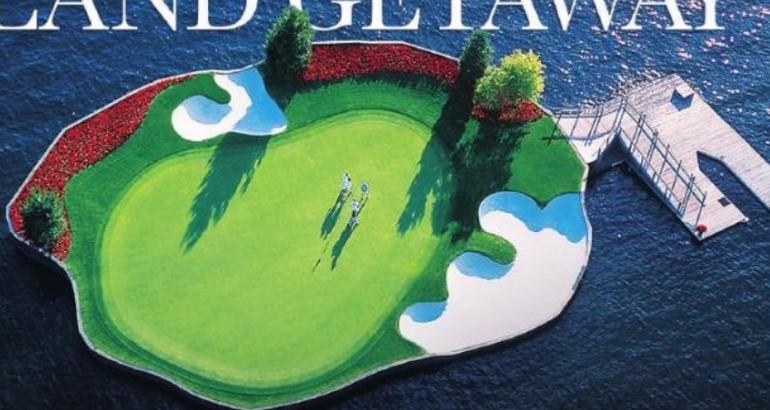


that can charge almost all types of smart-phones and various USB gear. It takes about 12 to 24 hours of sunlight to fully charge the WakaWaka, and around two hours for the WakaWaka to fully charge a mobile phone. After being fully charged, the WakaWaka will emit light for 10 to 150 hours, depending on the brightness setting you choose. The unit can stand upright, hang from something (including your neck, with an available lanyard), and even sit on a bottle top, and you can use the light and the charger simultaneously. For each unit sold, a WakaWaka Light is donated to the **WakaWaka Foundation**, which provides WakaWakas to people around the globe who don't have access to safe and affordable electricity sources. *WakaWaka* means "shine bright" in Swahili, according to the company (wakawakalight.com).

13. The sound of comfort: I like to listen to soft music while napping on the plane or at the beach, but I'm uncomfortable in earbuds or headphones. **AcousticSheep's SleepPhones**—billed as "pajamas for your ears"—are a good solution. Removable, replaceable speakers are incorporated into a soft, lightweight, washable, hypoallergenic fleece headband that plugs into audio devices that have a standard headphone jack. There's also a Bluetooth-enabled wireless version, and both styles can double as an eye mask (sleepphones.com).

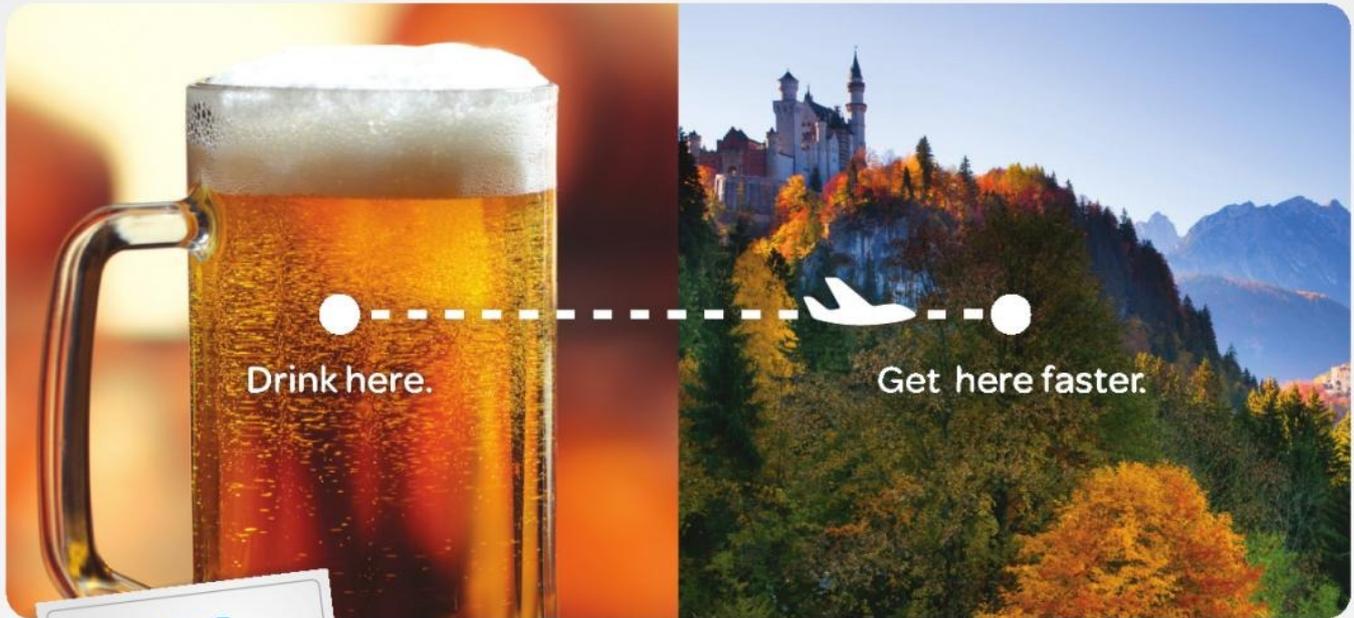
14. Protective custody: To keep items such as cash, a hotel-room key card, driver's license, map, smartphone, tablet, e-reader and medications safe from damage while you're enjoying water activities, a great product is the waterproof, resealable **SplashSak** system, with options that clip around your waist, hang around your neck, go around your arm or clip to a belt loop. The SplashSak system consists of an outer nylon carrying bag, with drainage holes, that holds two clear **aLokSak** bags—certified waterproof to 200 feet (60 meters)—giving you two separate "compartments" for safeguarding items. The bags are made by **LokSak**, whose founder is a scuba diver. Devices such as cellphones placed in an aLokSak bag can still be used while being protected in the bag. LokSak's bags also protect items from snow, sand, dust and

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Puzzle on page 70.



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humidity. And **OpSak** odor-proof bags are designed to keep wildlife out of campsites, while **ShieldSaks** are made to protect devices from electronic theft. LokSak bags come in many different sizes (loksak.com).



15. Portable water purification: When I recently visited a third world country, I relied on the 5.5-ounce **SteriPen Traveler** to make my drinking water safe. The pen uses UV light to purify up to 200 half-liter servings of water on just four AA lithium batteries. I put the pen in the water, pushed the start button, stirred, and waited for a light to tell me the water was OK to drink. I did get questioned by one security-checkpoint official, but fortunately I'd brought the SteriPen brochure with me and was able to point to pictures showing how the device worked (steripen.com).

16. Adjustable shades: Adlens' new variable-focus **Sundials**, with UVA and UVB protection, let you instantly adjust, with the turn of two small dials, the strength of the sunglasses for near, intermediate or distance correction. The Sundials—light-weight, with a plastic frame—are a great close-up-reading option and backup for my prescription "distance" sunglasses when I'm on vacation. The Sundials can correct more than 90 percent of spherical errors from -6 D to +3 D for wearers without astigmatism, and each lens can be adjusted individually. Adlens also has a non-sun, regular-glasses **Adjustables** version. While the Adlens glasses aren't for demanding uses such as driving, they could otherwise be just the thing for backup glasses in case mine break or my husband loses a contact lens (adlens.com).

Michele A. Dill is the Horizon Edition editor.



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PEOPLE'S CHOICE

ACROSS

- 1 "___ Flanders"
- 5 "Another World" actress
- 9 Rum cake
- 13 We should!
- 17 Yale et al.
- 19 On high
- 21 "Rio Lobo" actor
- 22 Part of QED
- 23 Dish up
- 24 New
- 25 Utah resort
- 26 A Guthrie
- 27 Jeanne's bird
- 29 Roald's toy
- 31 "I Got You Babe," e.g.
- 32 British blackjack
- 34 Pisa place
- 35 More daring
- 39 Ciao!
- 41 Red or Yellow
- 42 Close by
- 43 Bennett's waves
- 47 "Macbeth" title
- 52 Down-to-earth
- 53 Silent
- 54 It's beyond your control
- 55 Carried a balance
- 56 Blue shade
- 57 Cartoon dog
- 58 Actress ZaSu ____
- 60 One of the Horae
- 61 Maseru's country
- 63 Donnybrook
- 64 Space probe
- 65 Farm wagon
- 66 Less ruddy
- 67 Genoan magistrate
- 68 Bogart costar
- 71 White-tailed birds
- 72 Snappy comeback
- 75 North, to his pals
- 76 In a tale spin?
- 77 All there
- 78 Hidalgo hi
- 80 Australian gem
- 81 Treasure of the Sierra Madre
- 82 Communion table
- 83 All right
- 84 Theater awards
- 86 Richard's equipment
- 89 Greek island
- 90 "Xanadu" band
- 92 Cattail, e.g.
- 93 Riviera film town
- 94 Moan and groan
- 97 Genesis name
- 99 EPA concern
- 101 Marjorie's locks
- 103 Peter's truck
- 110 Jillian and Miller
- 111 Rubber trees
- 112 Apply elbow grease
- 113 Dramatic solos
- 114 Hand out
- 115 Pitch a fit

1	2	3	4		5	6	7	8		9	10	11	12		13	14	15	16			
17				18		19			20		21				22						
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110																					
114																					
118																					

- 116 Ms. Zellweger
- 117 Balm
- 118 Rank of prof.
- 119 Watches the kids
- 120 Dozes off
- 121 Suggestive look

DOWN

- 1 Catchall abbr.
- 2 Wrapped up
- 3 Turkish coin
- 4 Jeans name
- 5 Cut a rug
- 6 Scrub a mission
- 7 Bossa ____
- 8 Pizza place
- 9 Wampum
- 10 Koran deity
- 11 Avon city
- 12 Charlotte ____ (islands capital)
- 13 You can ____ horse to water . . .
- 14 Swashbuckler Flynn
- 15 Sum
- 16 Convertiplane
- 18 Mailer
- 20 Puts into office
- 28 Big ____
- 30 Sports figure?
- 33 Hemisphere gp.
- 35 Place to horse around?
- 36 "Paper Moon" actress
- 37 Part of AWOL
- 38 Tyne's paper
- 39 ZZ Top, e.g.
- 40 Back on the boat
- 41 Certain NCO's
- 43 Comics worrywart
- 44 Plasm prefix
- 45 Out-and-out
- 46 Liturgy
- 48 Lena's trumpet
- 49 Open-mouthed
- 50 Endangered goose
- 51 Hesse river
- 53 All
- 58 Old Testament name
- 59 Seine sights
- 60 Shakespearean villain

- 62 Heraldry border
- 63 "Buddenbrooks" writer
- 64 Jogger
- 66 Monastic official
- 67 Mideast money
- 68 Spare tyre locale
- 69 Fido food
- 70 Tartan wearers
- 71 Bronte heroine
- 72 Pro ____
- 73 MetroCard predecessor
- 74 Please
- 76 Apple's apple, e.g.
- 77 Luge
- 79 Yeses
- 82 Mature
- 85 D.C. bigwigs
- 87 Afore
- 88 Vendor
- 89 Diva Maria ____
- 91 Madagascar primates
- 93 Trig ratio
- 94 Peters out
- 95 Suggests
- 96 Minor map

- 97 Concerning
- 98 Defeats
- 99 Went astray
- 100 Groups of badgers
- 101 One of the Three Bears
- 102 Jai ____
- 104 Farm team?
- 105 Vegas alternative
- 106 Unwritten
- 107 Exasperate
- 108 Wild party
- 109 Flanders flower

Solution on page 68.

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Continued from page 22.

With distractions such as these, it can be hard to keep your eye on the ball. It's yet another reminder that outdoor adventures come with spectacular views in scenic Whatcom County. ■

Lauren Kramer frequently writes about the Northwest's natural wonders. For more information on recreation in Bellingham and Whatcom County, visit bellingham.org.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides regular service to Bellingham from numerous destinations. To design your own vacation package for Bellingham or any of Alaska Airlines' destinations, go to alaskaair.com/vacations.

Resources

Community Boating Center (sea kayaking and other classes, and guided bioluminescence paddles; also watercraft rentals): 360-714-8891, boatingcenter.org.



Bellingham Bicycle Routes map: cob.org/documents/gis/maps/COB_Bikemap.pdf. For notable annual biking events, see bellingham.org.

Bellingham Farmers Market: 360-647-2060, bellinghamfarmers.org.

Fairhaven Bicycle: 360-733-4433, fairhavenbike.com.

Hiking information: whatcomcounty.us/parks/chuckanut/index.jsp and bellingham.org.



Kite Paddle Surf (including rentals and lessons): 360-775-2741, kitepaddlesurf.com.

Moondance Sea Kayak Adventures: 360-738-7664, moondancekayak.com.

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Chris Miller, ground operations instructor in Portland, Oregon.*

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We're delighted to have you as our guest today, and we look forward to seeing you again.

Glenn Johnson,
President

FEATURES

- Onboard Amenities A2
- For Your Safety A3
- alaskaair.com A3
- Mileage Plan™ A3
- Route Maps A4-6
- Customs and Immigration Forms A7
- Airport Gate Location Maps A7

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- Sun Liquor Gin
- Sun Liquor Rum

Liquor \$6 USD

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- Tazo® Wild Sweet Orange herbal infusion (caffeine-free)



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- Coke Zero
- Diet Coke
- Sprite
- Sprite Zero
- Fanta Orange
- Ginger Ale
- Tonic Water
- Sparkling Water
- Bloody Mary Mix
- Athena Bottled Water
- Club Soda



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FOR YOUR SAFETY

Please take a moment to review the following information to ensure that everyone on board the plane has a safe and comfortable trip

PLEASE TAKE YOUR SEAT

Buckle Up. Please fasten your seat belt whenever the seat belt sign is illuminated. We ask that you keep your seat belt fastened throughout the flight whenever you are seated in case of undetectable clear-air turbulence.

Seat backs and tray tables must be in the upright, locked position during taxi, takeoff and landing.

All carry-on baggage, including laptop computers, must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.

Pets must remain in their carrier for the entire flight. The carrier must be stowed under a seat for taxi, takeoff and landing.

USING YOUR DEVICES

Flight attendants will advise of any portable electronic device restrictions on the ground or in the air. Please observe our portable electronic device policies:

Allowed on the Ground and in the Air



- › Laptops (must be stowed for taxi/takeoff/landing)
- › Tablets/smartphones (Airplane Mode after door closure)
- › Wireless mouse/keyboard
- › e-readers
- › Media/CD/DVD player
- › Noise-cancelling headphones
- › Cell phones (prior to door closure only)

Not Allowed During Flight



- › Voice calls of any kind, including VoIP
- › Devices with cell service enabled
- › AM/FM radios or TVs
- › Personal air purifiers
- › Remote-control toys
- › Electronic cigarettes

IT'S THE LAW

Interference with crew members' (including flight attendants') duties is a violation of federal law. Under the law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties.

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Child-restraint devices must bear the FAA approval sticker.

Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

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.

UPON LANDING

Please remain seated until the plane comes to a complete stop and the seat belt sign has been turned off.

Use caution when opening an overhead bin, as items may have shifted during flight.

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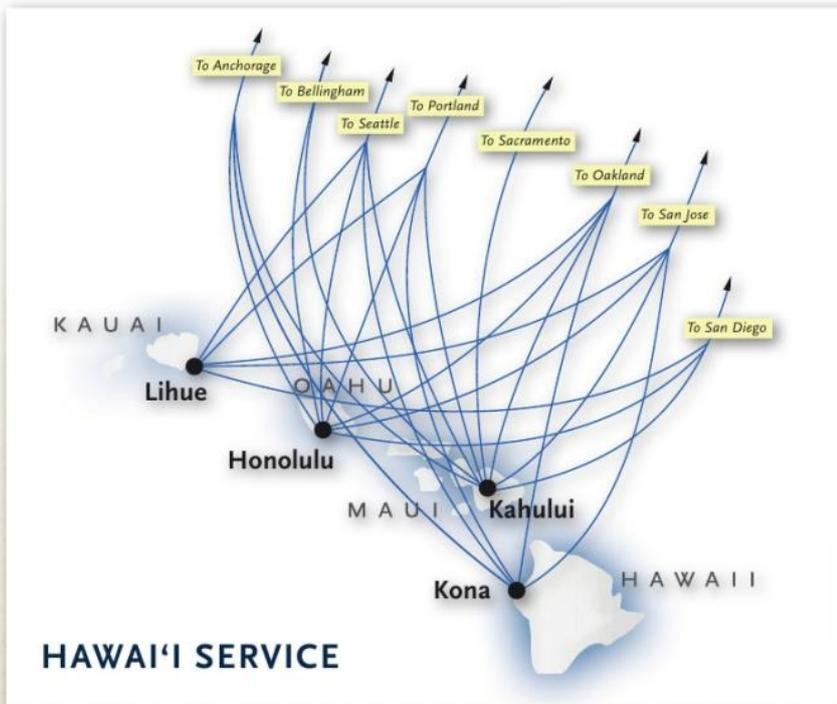
LEGEND

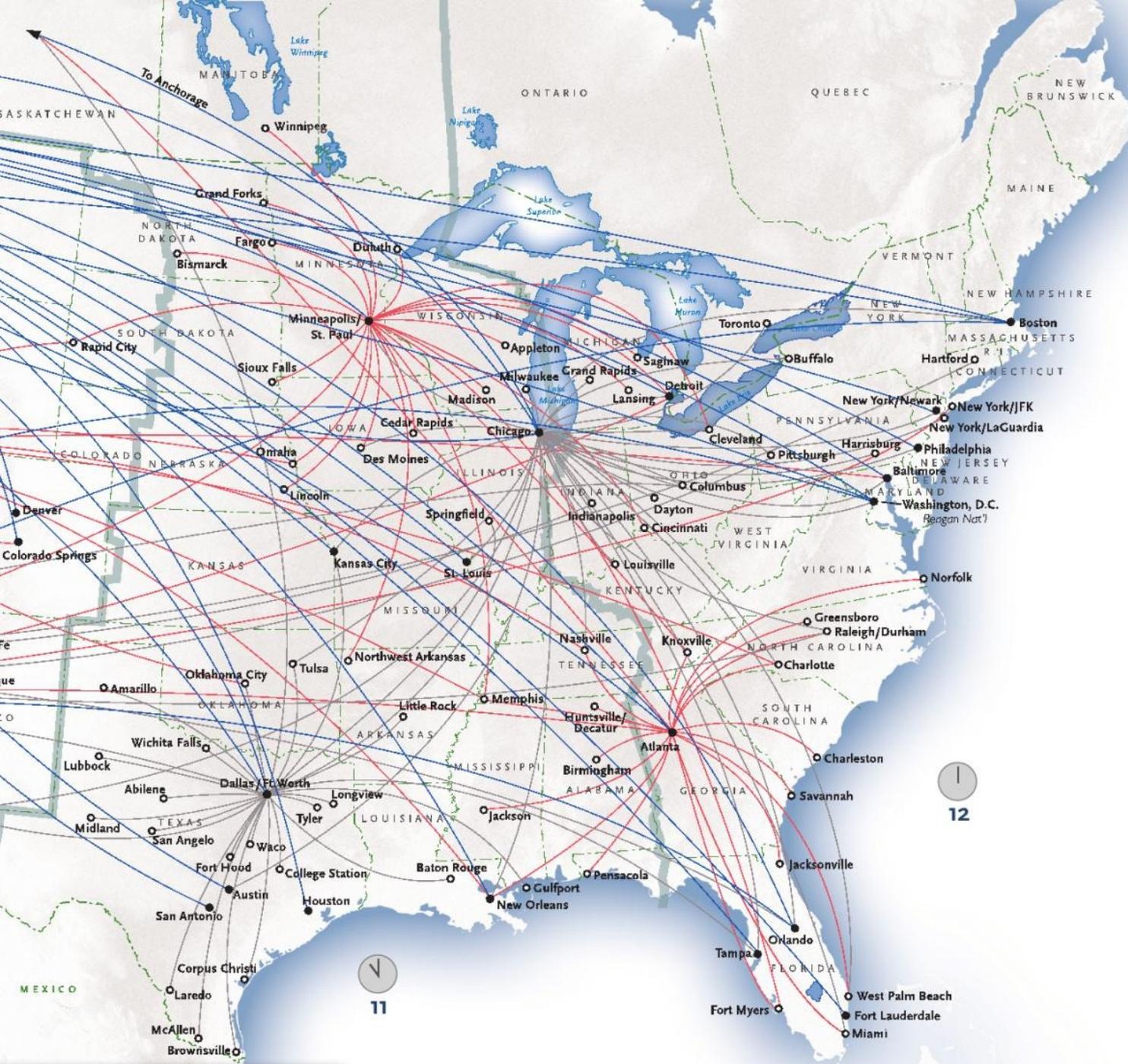
Routes served by:

-  Alaska Airlines
-  American Airlines
-  DELTA

Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.





11

12



U.S. MILEAGE

Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Honolulu	2677
Los Angeles (LAX)	954
Fort Lauderdale	2697
New York City/Newark	2401
Phoenix	1106
San Diego	1050
San Francisco	678
Washington, D.C.	2306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
Phoenix	1009
San Diego	933
San Francisco	550

UPCOMING NEW SERVICE

Route	Service Begins
Seattle-Baltimore	September 2, 2014
Seattle-Detroit	September 4, 2014
Seattle-Albuquerque	September 18, 2014
Portland-Los Cabos	November 3, 2014
Portland-Puerto Vallarta	November 4, 2014
Seattle-Cancun	November 6, 2014

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

ALASKA



ALASKA MILEAGE

Between	Mileage	Between	Mileage
Anchorage &		Fairbanks &	
Cordova	160	Barrow	503
Kodiak	252	Seattle	1533
Fairbanks	261	Chicago	2785
King Salmon	289		
Dillingham	329	Between	Mileage
Bethel	399	Juneau &	
Nome	539	Sitka	95
Kotzebue	549	Petersburg	123
Juneau	571	Yakutat	199
Prudhoe Bay	627	Ketchikan	235
Ketchikan	776	Seattle	909
Dutch Harbor	792		
Seattle	1448	Between	Mileage
Portland	1542	Ketchikan &	
San Francisco	2045	Wrangell	83
Los Angeles	2375	Sitka	185
Honolulu	2776	Juneau	235
Chicago	2847	Seattle	679

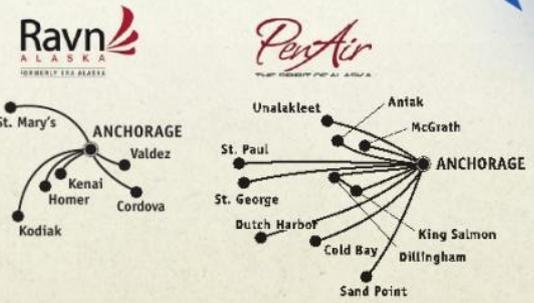
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● Alaska Airlines Cities

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

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Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Lines 5, 6 — If not using a passport, leave these lines blank
- Line 9 — Enter "AS" for Alaska Airlines
- Sign at the "X"



DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Línea 5, 6 — Si no tiene pasaporte, deje esta sección en blanco
- Línea 9 — Use "AS" para Alaska Airlines
- Firme en la "X"

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6 — No es necesario declarar sus medicamentos de uso personal

FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Section 6 — It is not necessary to declare medicine for your personal use



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- Complete una forma por persona. No olvide firmarla.
- Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usara como identificación.



AIRPORT GATE LOCATION MAPS

Seattle/Tacoma International Airport (SEA)



Portland International Airport (PDX)



Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



Alaska Airlines Mexico flights arrive at the International Terminal. Flights to Canada and Mexico depart from Terminal 1, Gates 20-24.

A Cut Above

Home groundskeeper doesn't let grass grow under his feet | BY TODD POWELL

Olfactory recall is a curious thing. Few scents evoke stronger memories for me than the smell of freshly mown grass. The effect is almost immediate. One whiff and I'm in right field, waiting for the ping of an aluminum Little League bat. Another and I'm standing on a tee box at a golf course, guiding a Flymo lawnmower along the box's beveled edges while earning \$4.65 an hour.

Smell is just one of the ways mowing affects me. Mowing can also be a meditative act of renewal, because, though the rate of growth slows in late summer, the grass never stays cut.

Here's a confession: I use a riding mower. With three acres of semi-hilly property in rural Washington, I have to. I can only imagine the back-breaking work that a walk-behind mower would require out here in the land of John Deere and Husqvarna tractors.

But even when I sweated behind a small electric mower at my old house in Seattle, I still enjoyed my lawn time.

That's because there's something about grass that encourages pattern-making. It bends and silvers as you mow one way, and then, as you make a turn, becomes a long band of darker green. You can stripe a lawn, and you can crosshatch a lawn, and you can mow concentric circles and spirals and waves upon your lawn, if you wish. It's all a matter of time and taste.

I would have been a happy pro groundskeeper. When I was a kid watching baseball games on TV, I loved the checkerboard patterns the groundskeepers made on the field. Now *that* was grass worthy of catching fly balls on.

The patterns seem less striking on a golf course—perhaps because you can't take in all the fairways and greens at once. I never got to mow more than the tee boxes during my college summers because, as seasonal labor, I spent much of my time raking traps. But I envied the permanent employees on

their mowers—from the large dragonlike contraptions they rode on the fairways to the smaller three-wheeled machines that kept the greens as short as felt. Each morning, I watched the mowers lower their blades and wished I could get out of the trap.

Nowadays, I'm my own groundskeeper, so I can pretend that I'm preparing the grass for a doubleheader or a weekend scramble. But that doesn't mean the traps are gone. Sometimes my uneven yard feels more suitable for mogul skiing than grass clipping. Sometimes my wheels spin when the grass is slick, and mowing the daunting slope back up the hill seems like a Sisyphian endeavor. And then there are the moles, which are my chief nemeses. Or at least their hills

are. (And, yes, I will make mountains out of them, for they have ruthlessly trashed multiple mower blades.)

Fortunately, a fellow who lives up the hill from me fixes mowers in his semi-retirement. He has saved me more times than I can count because, aside from growing molehills, my property is excellent at growing rocks. And tree stumps. And mice, which like to nest on the



engine block of my mower and gnaw on the wires.

One summer, when repairs took my riding mower out of commission for more than a month, I watched some of the grass grow as tall as late-summer corn. To keep the yard from becoming too much of a jungle, I used a walk-behind mower in selective locales, creating a series of trails and mazes that entertained my kids for weeks until my worthy steed returned from the shop.

Sometimes you have to adapt your designs to account for the impediments at hand. Maybe that's the lesson that mowing my yard has provided. My grass will never be pristinely manicured, but I can still revel in the patterns I make—and I can still smell the memories in the air.

Todd Powell rides with groundskeeper pride on a plot of land east of Seattle.



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