

A man and a woman are hiking through a lush green forest. The man is wearing a bright orange jacket and blue jeans, and the woman is wearing a white long-sleeved shirt, dark cargo pants, and a black beanie. They are both smiling and holding hands. The woman is holding onto a tree branch for support. The forest is filled with ferns and other green plants.

Alaska
Beyond

Magazine
August
2016

Horizon Edition

Urban and Outdoor
**Adventures
in Oregon**

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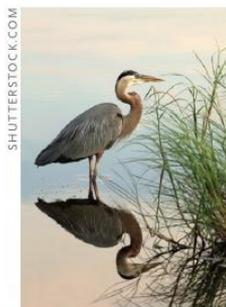


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Happy dance.

Cover: A couple enjoys a scenic hike in Portland, Oregon. Photo: Purestock / Alamy Stock Photo.

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Spirit of Alaska

Mileage Plan 101

Andrew Harrison, our chief commercial officer, wears a lot of hats. Among them is leading our award-winning Mileage Plan. Below, Andrew talks about how our international partners can show you the globe. —Brad Tilden

I like things simple. It's my Australian roots, I guess. But some airlines' frequent-flyer programs today are anything but straightforward. There are so many ways to earn and use miles that it requires a degree in astrophysics to piece together a trip—let alone an international vacation.

Given this, I thought it might be helpful to share a little bit about Alaska Airlines Mileage Plan. Unlike other programs, our members are still rewarded miles based on, well, miles. You'll earn miles for the miles you fly with us or with one of our growing list of global airline partners. That's just one element of our common-sense approach that makes planning an amazing trip as easy as 1-2-3.

1. EARNING YOUR MILES

There are many ways to earn miles, but the three important ones, which account for the majority of miles issued to our members, are:

- Flying on an Alaska Airlines flight.
- Spending on an Alaska Airlines credit card.
- Flying on one of our partners.

The first two are generally well understood, but the third? Not as much. The map below lists Alaska Airlines' 15 global partners, and if you purchase a ticket and fly on any of these carriers, you can earn Alaska Airlines miles. All you need to do is enter your Alaska Mileage Plan number. Our global partners account for 44 percent of all international long-haul seats flown to and from the U.S.—that's more than any of the big-three global airline alliances. So our partners provide expansive options for your travel needs (including to my old stomping grounds, Down Under).

Fly with our global partners



2. USING YOUR MILES

Not only are your miles good to redeem a ticket on any Alaska Airlines flight, but you can also use them to take a trip on our global partners to more than 800 destinations. Use your miles in the main cabin, business class or first class. While the number of miles needed on each partner varies, Alaskaair.com makes it easy to book global partner awards by clicking on "use miles" when searching for your flight. And unlike other programs, you can even book one way, and mix and match using a different partner airline in each direction.

To use your miles on an Alaska Airlines flight in North America, there are several types of awards. You can choose an affordable coach award (which uses the lowest number of miles) or a refundable coach award, where as long as there is still a seat on the plane, you'll get it, which is nice to know. If you use more miles, you can also select these awards for first class.

3. EXTRA PERKS

Alaska Airlines offers an annual companion fare if you carry our Visa Signature® credit card.* This means that when you purchase a ticket, you can purchase a second roundtrip ticket from \$121 (\$99, plus taxes and fees from \$22). With no blackout dates or route restrictions, this is a great deal! Our Visa Signature® card also gives you and up to six companions traveling on your reservation a free checked bag on Alaska flights.**

Be sure to check out our Mileage Plan Partner Guide starting on page 68. If you're not already a Mileage Plan member, it is easy to sign up at Alaskaair.com/MileagePlan. And, whether this is your first or your 101st flight with us, thank you, and I wish you and your family a fantastic summer season.

—Andrew Harrison

*Cardholder must spend at least \$1,000 on the Visa Signature card within 90 days of opening the account to qualify for the companion fare.
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Dr. Dedomenico, renowned cardiovascular surgeon, utilizes his collective experience, expertise, and research in a vast number of fields to guide the expert care in the My Best 10 program.



Until about year ago, I was very career-minded. I served in senior management/finance roles for various Seattle-area companies. I gave that up to become a business consultant. In my free time, I enjoy cooking and entertaining, travelling and, most importantly, spending time with family, which now includes babysitting my adorable granddaughter.

I’m a total foodie. I make killer desserts and could put together a cheese/salami appetizer that could rival a professional caterer. When I reached a point where I was going to have to buy new clothes because I couldn’t fit into even my “fat clothes,” I knew I had to make a change. I signed up for My Best 10 that day.

Prior to My Best 10, I went to the gym once a week (*not PRO Sports Club*) and met with a personal trainer. I also walked my dogs and did cardio at home from time to time. In spite of all this, I’d been consistently gaining weight over the past five years and couldn’t figure out why.

Learning about nutrition and how to eat right was paramount to my success. My dietitian was excellent at setting my expectations and I actually looked forward to the weekly weigh-ins to see the progress I’d made.

I became a student of the program. I devoured the videos, learning about what sugar, fat and salt do to your body, and how the reward center is triggered. I learned, understood, preached and lived the program. It became my lifestyle. Let’s just say, cake is not on my diet anymore!

While the first five weeks were about weight loss, the last five weeks were a body transformation! I really enjoyed my personal training sessions and, in fact, I continue to train. My trainer was always positive and pushed me just enough. After 2 1/2 months, I achieved results that I’d only dreamed about with my other trainer. I had several “a-ha” moments. One day, while drying my hair, I actually noticed muscles in my arms and definition in my shoulders. Another time, I discovered a well-loved pair of jeans I’d tucked away was actually loose! Then there was the day that I had to punch holes in my belt to make it smaller to keep my pants from falling down! Ultimately, I bought new belts – fancy sparkly ones that show when I actually tuck in my shirt. That’s a new one too. I’d been wearing blousy shirts to hide my muffin top. What a difference! I think my new body looks amazing!

The program was everything it represents and very comprehensive – from fitness to nutrition to education to “fluff” (*pampering spa treatments*). My Best 10 was the start to establishing great habits. It made me realize that I can actually look the way I want to look. And once armed with that knowledge, I now know how to stay looking great!



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WASHINGTON STATE

Ferry tale

System celebrates its 65th anniversary

Washington State Ferries, now the largest ferry system in the United States, began around the same time color TV sets were introduced in the country, notes Washington Department of Transportation spokesperson Broch Bender. In 1951, the state purchased the Puget Sound operations of a private ferry company, she says. Since then, ridership has burgeoned to nearly **23.9 million people a year**, including several babies born in transit, such as Baby Zoe in 2014. Ridership numbers include walk-on and drive-on passengers.

About 20 weddings a year also take place aboard boats in the 22-vessel system, which averages 450 departures and 2,500 miles a day.

"The ferries have become an icon and major tourist attraction of Washington state," Bender says. "Ferry service not only gets thousands of commuters to work and back each day, it also delivers residents and visitors to outstanding recreational sites such as the San Juan Islands, Whidbey Island, the Kitsap and Olympic peninsulas, and even Sidney, British Columbia."

She adds that **the ferry system has appeared in more than a dozen movies, such as *Free Willy 2*, *Disclosure*, and *Practical Magic*.**

"As the ferry system marks its 65th anniversary this year, we take pride in providing a marine highway system that is a vital part of the state's transportation network," Bender says.

Contact: 206-464-6400; wsdot.wa.gov/ferries.



Ferries travel scenic Western Washington routes.



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In celebration of Washington State Ferries' 65th anniversary, Seattle Chocolates is offering the Ferry Boat Gift Box, filled with San Juan Sea Salt and Espresso truffles (seattlechocolates.com).



Washington State Ferries by the numbers



65,431 riders each day on average (more than enough to fill every seat at Seattle's Safeco Field).

2,500 miles a day.

10.2 million vehicles carried in 2015 (second-largest ferry system in the world for number of vehicles carried).

22 vessels.

6.4 million riders in 2015 on the most-trafficked route, Seattle/Bainbridge Island.

2017: New *Chimacum* scheduled to enter service, with the new *Suquamish* scheduled to join the fleet in 2018.

20 terminals.

18,770 riders in 2015 on the least-trafficked route, Friday Harbor, WA/ Sydney, BC.

10 routes.

450 departures a day.

—Source: Washington State Ferries

RIGHT: SHUTTERSTOCK.COM; ABOVE: COURTESY WASHINGTON STATE DEPARTMENT OF TRANSPORTATION; XZ: FERRY BOAT; GIFT BOX: COURTESY SEATTLE CHOCOLATE COMPANY



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Top athletes who want to again stand on the Olympic podium include **Nathan Adrian** (top left), **Kristin Armstrong** (bottom left), **Mariel Zagunis** (top right) and **Galen Rupp** (bottom right).





GOLD METTLE

NORTHWEST ATHLETES ARE
READY TO WIN IN RIO



BY CRAIG HILL





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INSPIRING DEDICATION

Justin Niedermeyer discovered a world of possibilities at Washington State University.

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The rewards of Olympic success go beyond medals.

In Bremerton, Washington, west of Seattle, a street is named in honor of three-time swimming champion Nathan Adrian. Boise, Idaho, gave the key to the city to two-time cycling gold medalist Kristin Armstrong.

Portland, Oregon, distance runner Galen Rupp, a silver medalist in 2012, also became a celebrity in his home state, and was chosen for Nike's Legion of Zoom ("an undisputed roster of fast"). Another athlete from the Portland area, two-time fencing gold medalist Mariel Zagunis, got to duel with the current NFL MVP for the June premiere of the show *All in with Cam Newton*.



STREETER LECKA / GETTY IMAGES

Above: 2008 and 2012 gold medalist Nathan Adrian is now a leader on the U.S. swim team.

And there is something else that often comes from those few minutes spent on an Olympic podium, something no one else can give these world-class athletes: the drive to experience it again.

Golden memories are what have motivated Armstrong on mornings she might have preferred to stay in bed. "I sometimes think, 'How am I going to get up and train in 32-degree weather?'" she says. "It's the thought of being on that podium again. There is nothing better than hearing the national anthem. It's an amazing feeling."

Adrian, Armstrong, Rupp and Zagunis hope to again be top competitors when the Summer Olympics take place Aug. 5–21 in Rio de Janeiro.

After adding two gold medals and a silver in the 2012 games to his 2008 Olympic gold, Adrian is now a leader on a U.S. team that has won more swimming medals than any other country in each of the past six Olympics.

Another time trial win for Armstrong would make her the second American woman to win three gold medals in the same individual event. (The other is speedskater Bonnie Blair, who won the 500-meter race in the 1988, 1992 and 1994 Winter Games.)

Rupp plans to attempt the uncommon double of running the 10,000-meter and the marathon. He's no stranger to rare accomplishments. Rupp's surprise silver medal in 2012 was the first medal of any color in the 10,000 for the U.S. in 48 years.

Zagunis, already the most accomplished fencer in U.S. history, wants to be atop the podium again after her unexpected fourth-place finish at the 2012 Games.

"It takes a lot of work and sacrifice to make it to the Olympics," Armstrong says. "You don't do that just to participate. The goal is to win."

★★★★★★

NATHAN ADRIAN

AGE: 27. **SPORT:** Swimming.

HOMETOWN: Bremerton, Washington.

PAST OLYMPIC MEDALS: 3 Gold: 2008 (400M freestyle relay), 2012 (100M freestyle and 400M medley relay). 1 Silver: 2012 (400M freestyle relay).

RIO SWIMMING SCHEDULE: Aug. 6–13.

Nathan Adrian has raised the 12th Man flag at a Seattle Seahawks game and appeared on an episode of *MythBusters*, but the glamorous part of being an Olympic champion stops when the training starts.

"We wake up early and swim a lot of laps," he says. "It's not very exciting. It's easy to let your mind wander or think about your favorite song or be somewhere else mentally."

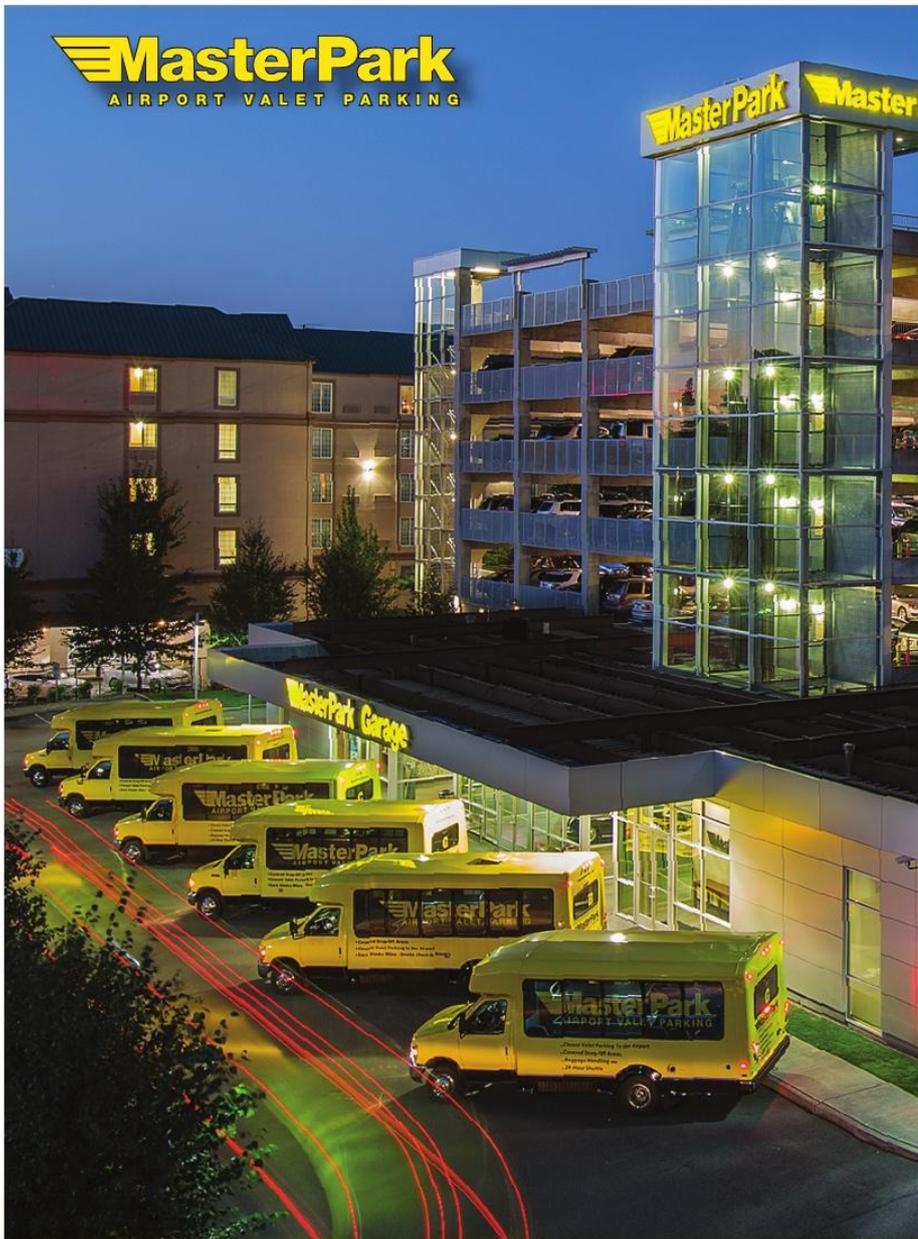
The trick is to do just the opposite, he says. "The more you can ramp up your focus, the more you get out of your training."

So when Adrian is in the pool, he's locked in mentally. He focuses on things such as the angle at which his hands enter the water, how much his elbow is bent and the timing of his breathing.

Staying focused on his goal extends beyond the pool, as well. Deciding what to eat, whether to go to a party or whether to stay up late, Adrian is always asking himself one question: "Will this help me swim faster?"

Whenever he needs a reminder of just how important it is to focus on the details, he remembers the 100-meter freestyle finals at the 2012 Olympics. Adrian touched the wall 0.01 second before silver

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medalist James Magnussen of Australia.

"It is just a good reminder that you need to do all the little things," Adrian says, "because at the end of the day something like a hundredth of a second can make a huge difference."

When Adrian was 19 and swimming at the Beijing Olympics, he marveled at how veteran swimmers such as Michael Phelps, Jason Lezak and Natalie Coughlin approached training. "They were in the zone at practice," Adrian says. "They had the ability to turn on this high level of intensity for practice, then turn it off when it came time to recover. I assimilated some of what I saw them doing into what I was already doing."

Now Adrian is one of the veterans. He says he wants to be a resource for any of the younger swimmers looking for a little guidance. The Olympics can be overwhelming, he says, especially the first time.

His role at the 2008 Olympics was relatively low stress, however, he says. He swam in the preliminaries of the 400-meter relay so that those who would swim in the finals could have a little rest. This is a standard strategy for most swim teams at the Olympics, and even athletes who compete only in the preliminaries get medals if their team ends up on the podium.

"I think the only people who knew I got a gold medal at those games were my teammates, and my friends and family," Adrian says.

That was hardly the case in 2012 when he won two more golds and a silver. Fans became enamored of his easy charm and infectious smile.

"That's when it started to feel different," Adrian says. "All of a sudden my Twitter followers went from 3,000 to something like 120,000. I'm like, 'That's enough people to fill the biggest college football stadium in the country.'"

The attention also has the potential to be a distraction—a big thing keeping him from perfecting those vital little things. "So I try not to focus on it," Adrian says. "The way for me to be successful is to focus on myself and my swimming and not pay attention to anything else."



CHRIS GRAYTHEN / GETTY IMAGES

★★★★★★

KRISTIN ARMSTRONG

AGE: 42. **SPORT:** Cycling.

HOMETOWN: Boise, Idaho.

PAST OLYMPIC MEDALS: 2 Gold: 2008 (time trial) and 2012 (time trial).

RIO ROAD CYCLING SCHEDULE: Men's and women's road races, Aug. 6 and 7, respectively; men's and women's time trials, Aug. 10.

Kristin Armstrong has retired twice. After winning gold in the time trial at the 2008 Beijing Games and then collecting a world championship in 2009, she quit to start a family with her husband, Joe Savola. Their son, Lucas, was born in 2010, and Armstrong was immensely happy. But as she continued to work out, she couldn't help but think she might have the ability to crank out another gold medal performance. She was right. Armstrong took gold in London, and announced, once more, that she was retiring from competition. Then she again heard the rumbling of that internal voice, the one that for so long drove her to reach for challenging goals. In April 2015, she announced she'd try for a third Olympic gold.

A month later, in her first race back, Armstrong won the national time trial championship by 13 seconds. In August 2015, she won the time trial at the inaugural Women's USA Pro Challenge, an invitation-only event for the world's top riders. Those performances served notice that Armstrong was once again a threat to win any race she entered.

In June of this year, USA Cycling announced her selection as one of the four athletes on the country's Olympic women's road racing team, which includes the two women who will compete

Above: Kristin Armstrong wants to claim her third gold medal in the cycling time trial.

Below: After surprising the world with a silver-medal finish in the 10,000 meters at the 2012 Olympics, and winning this year's U.S. Olympic marathon and 10,000M trials, Galen Rupp has his sights set on gold in Brazil.

in the individual time trial, Armstrong's specialty.

In the time trial, the cyclists start 90 seconds apart to ride the 29.8-kilometer route, and the competitor with the fastest time is the winner.

"I'll be ready," Armstrong says. "I still feel strong. I always say you have a certain number of years [of world-class cycling] in you. I didn't start until I was 29, so I think that helps me."

★★★★★★

GALEN RUPP

AGE: 30. **SPORT:** Track and marathon.

HOMETOWN: Portland, Oregon.

PAST OLYMPIC MEDALS: Silver: 2012 (10,000M).

RIO ATHLETICS SCHEDULE: Events Aug. 12–21; men's 10,000M, Aug. 13; men's marathon, Aug. 21.

For a split second as he celebrated in the moments after his surprise second-place performance in the 10,000-meter race at the 2012 Olympics, Galen Rupp held up his right index finger. The universal sign for No. 1. Then he quickly changed it to two fingers.

Rupp had good reason to feel victorious after his silver medal win. His close friend and training partner, Mo Farah of Great Britain, won gold, and Rupp, less than half a second behind, made history when few thought he had a chance at the podium.

Rupp and Farah spent most of the 25-lap race bidding their time back in the pack while Kenyan and Ethiopian runners jockeyed for position near the front. When the bell signaled the final lap, Farah was leading, but Rupp was fourth.

JONATHAN MOORE / GETTY IMAGES



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Rupp moved into third inside the final 200 meters, then surged into silver medal position with less than 50 meters to go. Minutes later he was beaming and kissing an American flag that was draped over his shoulders.

His medal was the first of any color for an American in the men's 10,000 since Billy Mills won gold at the 1964 Tokyo Games. "Winning the silver medal in 2012 was a massive confidence booster," Rupp says. He hopes to add to the collection in Brazil. "My goal for Rio is to bring home a gold medal," he says. "I was blessed to win the silver in London in the 10,000, and at this point, everything I do in training is aimed at putting myself in a position to win."

Galen Rupp has won eight national titles in the 10,000 meters.



Rupp has won eight national titles in the 10,000, including this year's title, and in 2014 he set a new U.S. record in the 10,000, at 26 minutes, 44.36 seconds. In 2015, his best time was 27:08.91, making him sixth fastest in the world.

Rupp plans to take on an ambitious schedule in Rio. Eight days after the 10,000M (6.2 miles) he will run the marathon, 26.2 miles.

"I had a really honest conversation with my coach [legendary Boston Marathon champ Alberto Salazar], and what it came down to was determining what the best two events were for me to medal in," Rupp says. "The schedule at the Olympics gives me a full week to recover in between the 10,000 and the marathon. While it is going to be a difficult double, I feel that the 10,000/marathon double gives me the best chance for success."

Rupp had never run farther than 24 miles before he entered the U.S. Olympic

Puzzle on page 90.

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marathon trial in Los Angeles in February. It didn't seem to matter. He won in 2 hours, 11 minutes, 12 seconds in warm weather that bothered many runners. He finished more than a minute ahead of the second-place runner, 2004 Olympic silver medalist Meb Keflezighi.

"My training had gone very well, and I handled the longer training sessions very well," Rupp says. "I knew that I was in great shape, and when it was time to race I just trusted the training that I had done, and focused on relaxing and saving as much energy as I could. I had a blast running it and trying something new."

After the trials, Salazar told reporters he thought Rupp could someday run a 2:05 marathon.

Whether he can run that fast in Rio is yet to be seen. If he's even close, the podium is once again a possibility. The Olympic record is 2:06:32, set by Kenya's Samuel Wanjiru in 2008.

Whatever happens, Rupp will start his races in Brazil with the confidence that comes from past Olympic success and the drive that comes with the desire to return to the podium. "It is going to be very tough, as I will be competing against the best athletes in the world, but I am committed to doing everything in my power to accomplish my goal."

Marriel Zagunis' parents both rowed in the 1976 Olympics, inspiring their daughter to be an Olympian.

★★★★★★

★★★★★★

MARIEL ZAGUNIS

AGE: 31. SPORT: Fencing.

HOMETOWN: Beaverton, Oregon.

Past Olympic medals: 2 Gold: 2004, 2008 (individual saber). 1 Bronze: 2008 (team saber).

RIO FENCING SCHEDULE: Aug. 6-14. Women's individual saber, Aug. 8; women's team saber, Aug. 13.

The mark of Zagunis isn't a Z, like the mark of Zorro. It's championships.

The three-time Olympian has earned five world championships and two Olympic gold medals, among her many accomplishments. Even though she's still at the top of her game, she is already a member of the International Fencing Federation Hall of Fame.

"I don't think there is another woman in fencing who has as much talent as Mariel," says Ed Korfanty, Team USA's women's saber coach and Zagunis' coach since she first picked up a sword 21 years ago.

With nothing left to prove, Zagunis planned to win a third consecutive gold medal at the 2012 London Games and announce her retirement. She was well on her way, easily advancing to the semifinals, where

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she took a 12-5 lead over Korea's Jiyeon Kim. Then her plans were foiled.

"She was fencing great, with nothing to correct, and suddenly something happened," Korfanty says. "Something went blank in her mind, and she lost the bout. It happened so fast, it was incredible."

Stunned, Zagunis also lost the bronze medal match, this time 15-10 to Ukrainian Olga Kharlan. Zagunis was fourth.

The next day, instead of announcing her retirement, she was talking about the Rio Olympics. "She said to me, 'I still have work to do. Now I have a lot to prove,'" Korfanty says.

With that, Zagunis went back to work. She spends 24 hours a week doing physical conditioning and working on her technique with Korfanty.

"Fencing is a complicated sport," Korfanty says. "You have to have coordination. You have to be adaptable to changing tactics. You have to dedicate yourself to the sport. This is why Mariel is a great person to work with. She is a professional, and she trains very seriously."

Zagunis enters the Rio Games ranked No. 1 in the United States and No. 3 in the world in saber. At the Fencing Grand Prix held in Moscow in May, Zagunis

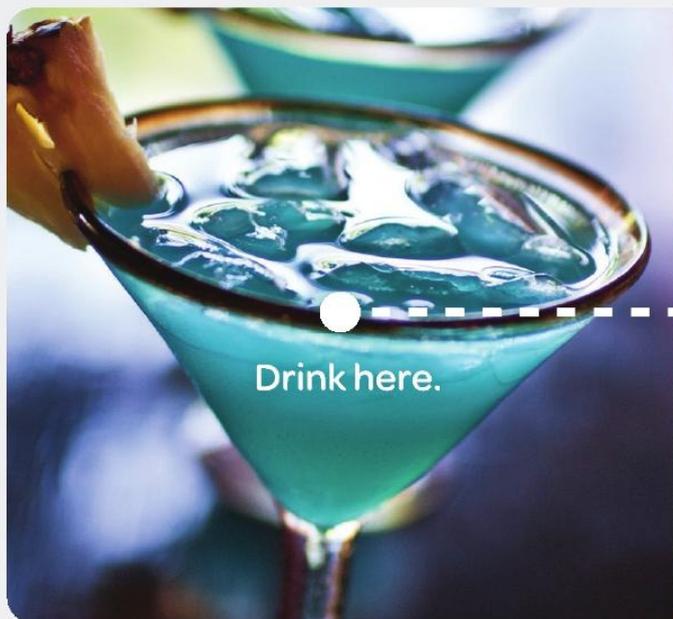


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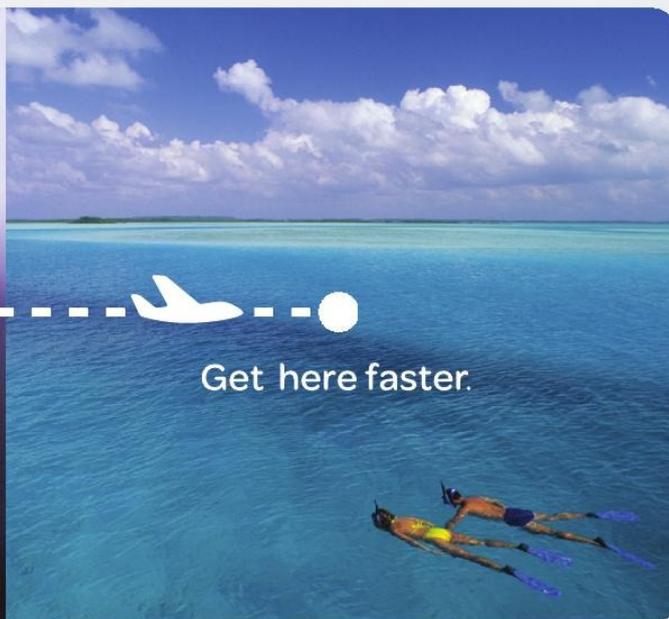
Two-time fencing gold medalist Mariel Zagunis (left) hopes to score her third gold.

won silver. After the match she told her Facebook followers she is "feeling confident and strong."

She went on to take another silver at the Pan American Championships in Panama City in June.



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If Zagunis seems at home at the Olympics, it's not just because it's become an every-four-years routine. Her parents are rowers who met at the 1976 U.S. Olympic trials. Both went on to row in the Montreal Olympics—Robert Zagunis in the men's coxed fours and Catherine Menges in the women's coxed fours.

"I always knew ... I wanted to be an Olympian, because my parents were Olympians," Zagunis noted at the Team USA media summit in March. "Even before I

Zagunis won her first gold medal in Athens, when she was only 19.



found fencing, I knew I wanted to be an Olympian. ... And then on top of that, my competitive spirit told me that I wanted to be [an] Olympic champion."

Zagunis didn't qualify for the 2004 Athens Games, the first year for women's saber in the Olympics, but just two months before the Games, Nigeria decided it wouldn't send its saber athlete. Her place would go to the highest-ranked saber athlete not already going to the Olympics. The honor went to Zagunis, just 19 at the time.

Then ranked No. 6 in the world, Zagunis capped her Cinderella story with a gold medal in Athens. Four years later, she defended her title in Beijing.

A third gold remains the goal. "We do everything we need to do to get the best result possible," Korfanty says. "She has a good chance at a gold medal. That's what all this work is for." ■

Craig Hill writes for The News Tribune in Tacoma, Washington.



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Portland Trail Mix: Urban walks in the City of Roses

By Jim Moore

Want to get to know a city—really know it? Walk it. At a leisurely pace on two feet, you can better understand a place's history, culture, geography and daily heartbeat. One of Portland's charms is that it's easy and fun to do just that. Here's an array of urban hikes.

The Eastbank Esplanade

Start in the middle of the city, which in Portland is the Willamette River. The Vera Katz Eastbank Esplanade, named for the former mayor influential in having it built, was conceived to create an accessible, central loop bordering the river.

Completed in 2001, the esplanade is the only segment on the east side, but connectors at the Steel and Hawthorne bridges, coupled with the Waterfront Park Trail along downtown on the west bank, offer a circuit of just under 2 miles.

Accompanied by a mix of walkers, runners and cyclists, you can take note of the 1,200-foot floating section, the longest floating walkway in the United States. You can also spot a life-size bronze statue of a seated Vera, which locals like to dress in seasonal attire; enjoy four separate public art installations, such as *Stack Stalk*, which has a smokestacklike base that appears to be blowing a bubble

of Japanese glass; read some or all of the 22 interpretive panels; and marvel at the fact that the walkway was attached to the Steel Bridge in 48 hours.

In Tom McCall Waterfront Park, on the city's west bank, walk through the home of the Portland Saturday Market, featuring violin makers, pet products and everything in between.

Just blocks from the market, hipster hot spot Voodoo Doughnut serves up tasty treats with toppings such as Cap'n Crunch cereal or bacon. Wash the doughnut down with the Hair Bender blend from Stumptown Coffee Roasters and head back toward the waterfront park, which hosts festivals nearly every summer weekend.

The Springwater Corridor

Extend the walk along the river by connecting at the south end of the Eastbank Esplanade to the beginning of the Springwater Corridor. Springwater is



Left: The International Rose Test Garden grows approximately 550 varieties of roses. **Below:** The Vera Katz Eastbank Esplanade offers great views of Portland's skyline and the Willamette River. **Facing:** At 5,100 acres, Forest Park is one of the largest urban parks in the nation.



FACING PAGE, TOP, SUSAN SEUBERT PHOTOGRAPHY; BOTTOM, JORDAN SIEMENS; THIS PAGE, SUSAN SEUBERT PHOTOGRAPHY



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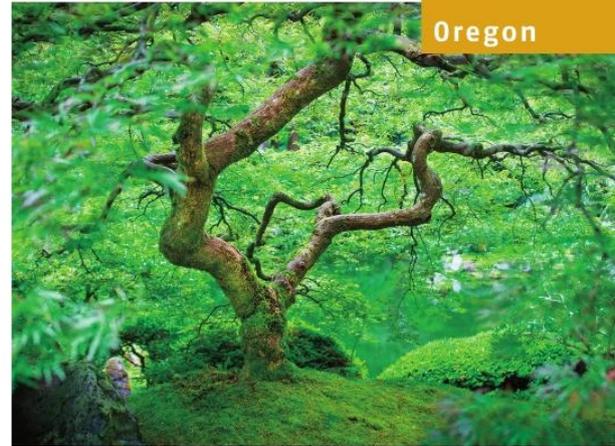
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21 miles long, following an old rail line roughly east toward Mount Hood and crossing the recently restored Johnson Creek 10 times.

Many people stroll just the first few miles, which follow the river and provide views of Ross Island and its heron rookeries, the South Waterfront's modern skyscrapers, and the graceful Tilikum Crossing bridge, which is open only to bikes, pedestrians and light rail.

About 1.5 miles in, you'll reach an intersection where a trail leads east into Oaks Bottom Wildlife Refuge, 141 acres of reclaimed landfill that today offers a mix of avian wildlife, such as the purple finch and the California quail.

Another mile will take you to Oaks Park, an amusement park that maintains its early 1900s feel with bumper cars and the Big Pink Slide.



Mount Tabor

Head east from downtown Portland to Mount Tabor Park, a 190-acre urban green space that is part of an extinct volcanic cinder cone. At the top, a ring road provides downtown views, framed by Douglas firs.

You can also circle four of the city's water-system reservoirs, each more than 100 years old, and pass picnickers and sunbathers on the gently sloping lawns. The statue at the top of the park depicting Harvey Scott, an early 20th-century Portland newspaperman, was



Top Left: Each August, Mount Tabor Park hosts the PDX Adult Soap Box Derby. **Top Right:** The Portland Japanese Garden is home to five gardens, such as the Strolling Pond and Tea gardens. **Left:** *The Portland Stairs Book* author Laura O. Foster and her dog Vern climb one of Portland's 196 public staircases.

PORTLAND PARTIES

Enjoy great food, fine art or a good story at these summer events.

Feast Portland: Stretching along the bank of the Willamette, Feast Portland, sponsored by Alaska Airlines, includes events ranging from the sandwich invitational to grand tastings that feature cheese, wine, craft brews, berry pies and chocolates—all from 80-plus vendors. Sept.

15–18; feastportland.com.

Portland Film Festival: Portland's largest film festival, held at the Laurelhurst Theater, will include workshops, guest speakers, conversations with directors and film premieres. Aug. 29–Sept. 5; portlandfilmfestival.com.

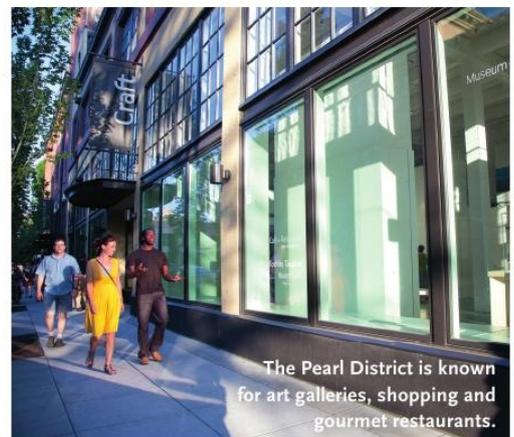
Art in the Pearl: Celebrating its 20th anniversary, Portland's annual fine arts and crafts festival, held in the Pearl District's

North Park Blocks, boasts food, theater, music and hands-on activities, and will feature work by more than 100 artists. Sept. 3–5; artinthepearl.com.

Rose City Comic Con: Returning for a fifth year, Comic Con, held in the Oregon Convention Center, will focus on comics and their creators, but will also feature booths and events devoted to gaming, sci-fi, cosplay, anime and fantasy. Special guests include Billy

Boyd (*The Lord of the Rings*), Chad Coleman (*The Wire*) and Jon Heder

(*Napoleon Dynamite*). Sept. 10–11; rosecitycomiccon.com. —Jaime Archer



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Forest Park

Now it's time for the showstopper. Forest Park is a 5,100-acre swath of near-wilderness—one of the largest urban forests in the nation. This narrow, almost 7-mile-long outcropping of the Coast Range offers more than 80 miles of trails, from the road-wide Leif Erickson Drive to knobby single-track paths—all of it open to hikers, some to bikers and none to drivers.

As you walk the 11.2-mile Leif Erickson, you're surrounded by silence periodically punctuated by the sounds of wildlife. Roaming the woods are more than 100 species of birds, including bald eagles and barred owls, and 62 different kinds of mammals, such as porcupines and mountain beavers. Between the western red cedars, peek out at the distant downtown skyline—the only reminder that you're within a metropolitan area of more than 2 million people.

Portland Stairs

Explore various neighborhoods guided by Laura O. Foster's *The Portland Stairs Book*, which details the 196 public staircases across town. Spend an afternoon on Northeast Portland's Alameda Ridge, where you'll find Stanton Stairway and its 118 steps, and local favorite Alameda Brewing Company.

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In Washington Park, home of the famous International Rose Test Garden and the Oregon Zoo, climb the Lewis and Clark Circle Stairway's 175 steps.

On the winding Terwilliger Boulevard in Southwest Portland you'll discover the Condor Stairway and its 145 steps. Rest your legs with a ride on the nearby Portland Aerial Tram, which offers spectacular views of the area.

Portlandness

For a different guide to Portland, pick up *Portlandness*, a "cultural atlas" published in 2015 by cartography and sociology students and professors at Portland State University. This collection includes 160 insightful map views of the city that can help readers find oddities such as urban chickens or neighborhoods that have a high density of red houses. The book also includes infographics on topics such as Portland's coffee culture and food-truck trends.

If you follow one of the paths through downtown, grab a bite at Blueplate Lunch Counter and Soda Fountain, featured on *Diners, Drive-Ins and Dives*, or stop for a pint of Mirror Pond Pale Ale at Deschutes Brewery.

These are just some of Portland's many strolling options. Taking the time to see the city from these angles—on foot, with eyes open—will help you come away with a deeper sense of place than most visitors. 🍷

Jim Moore is a travel writer based in Portland.

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World-Class Willamette: Entrees and enology

By Kerry Newberry

There's an old Italian saying, "Grow grapes for your children and olives for your grandchildren." When olive farmer and miller Paul Durant says this, we are standing in the middle of a sun-soaked olive grove—but not in the Tuscan countryside. We are just outside the tiny town of Dayton (population 2,535) in the heart of Oregon's Willamette Valley at Red Ridge Farms. Durant's parents, Ken and Penny, planted Pinot Noir vines here in 1973 that are now harvested by Durant Vineyards at Red Ridge. In 2004, Paul and Ken planted 13,000 olive trees on their land, now a shimmering ocean of silvery green to be farmed and pressed for generations to come.

I'm visiting today with an old friend in town from Chicago. She has never walked through an olive grove and didn't imagine olive trees as part of the Oregon landscape. But that's what I love most about Oregon, the unbounded sense of possibility. Oregon Olive Mill at Red Ridge Farms is the only estate olioteca in the Pacific Northwest, and began because the father and son had a dream that they turned into a reality. I've found this a common thread in the food and wine stories unfurling across the Willamette Valley.

The valley is home to more than 500 wineries—a significant leap from 1970, when there were only five, started by now-famed Pinot Noir pioneers. Today, a visit to any of the surrounding wineries yields a rich backstory and an undaunted, inventive spirit.

Stoller Family Estate Winery, for example, can trace its roots back to a turkey farm, when the valley was a mosaic of wheatfields, hazelnut orchards and small family farms. After a successful business career, Bill Stoller planted grapevines in 1995 on family land and established the first LEED Gold Certified winery in the world. Today, we relax in the Adirondack chairs overlooking leafy vineyards and time slows down. We each savor a glass of crisp, strawberry-scented rosé.

Our next stop for the day is Winderlea Vineyard and Winery, where my Chicago friend loves hearing about owners Donna Morris and Bill Sweat. They took that intrepid leap—the one many urbanites fantasize about—and left careers in bustling Boston to live in a place where time moves to the



Left: Freshly harvested Arbequina olives. **Below:** Stoller Family Estate Winery Reserve Pinot Noir, served on the winery's scenic grounds. **Right:** Red Ridge Farms' owner and master miller Paul Durant in the olive oil tank room. **Below Right:** A private tasting with cheese and charcuterie, at Trisaetum Winery.





rhythm of the vines. Out on the deck, their plucky vineyard dogs bask in late summer sun while we sip the bold, earthy Weber Vineyard Pinot Noir.

Eight miles north at Trisaetum Winery, owner-winemaker James Frey marries his two passions of winemaking and art. After we sample wines such as his standout 2014 Estates Reserve Riesling, a fragrant white that bursts with ripe peach and pear flavors, we wander through the adjacent gallery and marvel at how he incorporates vineyard cuttings and soil into his large-scale tactile, abstract paintings.

Since I'm traveling with an

art lover, we cross hillsides over to Saffron Fields Vineyard, another destination that infuses art with wine. Throughout the tasting room, owners Dr. Angela Summers and Sanjeev Lahoti highlight avant-garde pieces from their personal collection, such as Leo Villareal's light sculpture *Coded Spectrum*. We taste their 2013 Yamhill-Carlton Pinot Noir, a silky wine with ripe plum notes, then stroll the surrounding gardens brought to life by renowned landscape designer Hoichi Kurisu.

In the Willamette Valley, it's not just the winemakers who have adventurous spirits.

Tonight we are staying in the renovated grain silos at Abbey Road Farm Bed & Breakfast—a beautiful 82-acre farm—which owners John and Judi Stuart modeled after *agriturismo*, or farm stays, from their European travels. The Stuarts left careers in Las Vegas to settle down in the Willamette Valley, where they opened their B&B in 2005.

Another valley lodging full of character is the McMenamins Hotel Oregon in downtown



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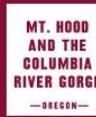
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WILLAMETTE VALLEY CHOCOLATE AND CHEESE

“Wine and cheese are ageless companions,” said famous food writer M.F.K. Fisher. That’s one reason Sarah Marcus built her destination creamery in the middle of wineries and vineyards. Visit the tiny but tasty Briar Rose Creamery in Dundee on weekends for bites of aged goat cheese and creamy spreadable chèvres (like lemon-dill and spicy chipotle). Neighboring wineries include the father-and-son-run Lange Estate Winery, with panoramic views of the Dundee Hills, and Torii Mor Winery, where the grounds include a beautiful Japanese garden. For sweet cravings, Honest Chocolates always hits the spot—and shops in Newberg and McMinnville mean you can easily pop by for a taste of their signature dark chocolate ganache made with blueberries soaked overnight in Pinot Noir. —K.N.

Briar Rose Creamery Goat Milk Feta



SARAH MARCUS

Winderlea Vineyard and Winery founder Bill Sweat walks along rows of vines with one of his dogs.

McMinnville. The building dates back to 1905 and, in line with the McMennamins suite of hotels, pubs and restaurants, has a colorful history. In past lives it was a bus depot, soda fountain and beauty parlor. Now, with a lively rooftop bar, it’s the summertime spot to raise a glass of ale and watch the sun go down.

And high on the bucket list of where to stay in the Willamette Valley is The Allison Inn & Spa, a wine country resort with a state-of-the-art spa. Set on 35 acres of hillside property in Newberg, the resort has a light-drenched modern design

that brings in the beauty of the outside. An extensive art collection throughout the hotel features more than 500 original works from 100 Oregon artists such as Romona Youngquist.

We are excited to dine at the resort’s on-site restaurant, Jory (named after the Willamette Valley’s volcanic soil). We take two seats at the chef’s counter, where executive chef Sunny Jin, an alum of The French Laundry

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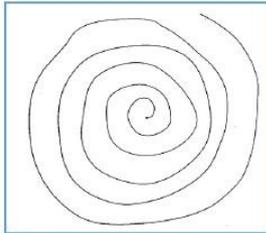
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and El Bulli, prepares dishes such as cedar-plank Oregon salmon with fresh garden tomatoes, and razor clam chowder with smoked mussels. The restaurant houses one of the most robust cellars in the valley, with more than 1,000 Oregon labels and 40

"If you think about our local food—salmon, truffles, hazelnuts and cheeses—they all pair wonderfully with Pinot Noir."

wines poured by the glass.

Without a doubt, now is the time to wine and dine in the valley. We also have favorites such as Red Hills Market, where wood-fired pizzas are paired with Pinots made just down the road. And at Recipe in downtown Newberg, Chef Paul Bachand smokes his own fish, cures his own bacon and makes his own cheese. For once-in-a-lifetime meals, I send visitors to the esteemed Joel Palmer House, a rite of passage for mushroom lovers, and the Painted Lady Restaurant, an exquisite fine-dining experience.

No matter how many times I visit the Willamette Valley, I always leave with a sense of wonder. All of these food and wine attractions can be traced back to Pinot Noir. When I ask Thomas Houseman, winemaker for Anne Amie Vineyards, about this, he says: "Pinot fits the region—if you think about our local food—salmon, truffles, hazelnuts and cheeses, they

WILLAMETTE VALLEY HAPPENINGS

Oregon Wine Country Half Marathon: A destination race that begins around sunrise at Stoller Family Estate Winery and finishes in historic downtown Carlton, with a post-race celebration hosted by the renowned Ken Wright Cellars. Aug. 13; destinationraces.com/runoregon.

Bounty of Yamhill County: A three-day food-and-wine celebration led by chefs, vintners and farms throughout Yamhill County, with alfresco feasts, and side adventures including hot-air balloon rides, horseback riding, yoga in the vines and a scenic paddle along the Willamette River. Aug. 26–28; bountyofyamhillcounty.com.

Salud! This premier Oregon Pinot Noir Auction is a rare opportunity to sample with winemakers, preview the 2015 vintage of Oregon’s foremost Pinot Noirs and bid on one-of-a-kind cuvées. Nov. 11–12; saludauction.org.

Olio Nuovo Festa at Oregon Olive Mill: Marking the end of the olive harvest, this festival offers the chance to sample freshly pressed, limited-release extra-virgin olive oil and tour the only estate olioteca in the Pacific Northwest. Nov. 18–20; redridgefarms.com/rr-event/olio-nuovo-festa. —K.N.



ANDREA JOHNSON, COURTESY: BOUNTY OF YAMHILL COUNTY

Bounty of Yamhill County.

all pair wonderfully with Pinot Noir. Also, the grape itself is known for being unpredictable, and if we Oregonians are nothing else, we are that.”

Unpredictable, yet filled with a sense of possibility. That’s the Willamette Valley. ●

Kerry Newberry is a Portland-based wine and food writer.

Alaska Airlines offers daily service to Portland and Eugene. For more information and to book tickets, visit alaskaair.com or call 800-ALASKAAIR. To learn more about Willamette Valley wine country, go to willamettewines.com.



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PENNER-ASH WINE CELLARS, PHOTO BY ANDREA JOHNSON



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The Willamette Valley is home to more than 500 wineries and known for its world class Pinot noir. willamettewines.com.

Central Oregon: From lava lands to river runs

By Tina Lassen

It's been more than a thousand years since volcanoes were active in Central Oregon. However, you can see the evidence of this turbulent geologic past everywhere around Bend. Trails weave across obsidian flows, rivers run through black-rock canyons, and lava-dammed lakes are scattered near a saw blade of conical Cascade peaks.

Explore this amazing area with a trip through Bend, Newberry National Monument, Mount Bachelor and the Deschutes National Forest.

Downtown Bend

Perfectly positioned between the rain shadow of the Cascade Range and the arid Oregon Outback, Bend sits at an elevation of 3,600 feet and enjoys a sunny, high-desert climate. The city's downtown offers an array of locally owned shops, restaurants and many taprooms. Beer lovers will want to tour the

famous Deschutes Brewery.

About a mile south of Bend's downtown center is the Mill Quarter and the Old Mill District, where early 20th century sawmills and factories have been reborn into a shopping and entertainment district, anchored by the Les Schwab Amphitheater. Tenants in the Mill Quarter's revamped

Box Factory reflect the culture of this fun-loving city. Here you'll find a busy hub of breweries, cideries, wineries, coffee houses, and outfitters selling skis, bikes, longboards and paddleboards.

Fishing enthusiasts can practice casting at the free Old Mill Casting Course, the first permanent fly-fishing casting course of its kind in North America. A course

map and information is available at the Ticket Mill kiosk on Powerhouse Drive, next to Anthony's restaurant in the Old Mill District.

The city emanates the easygoing vibe of a big outdoor barbecue. The Deschutes River, lined with parks and paths, flows serenely through the city and is a local center of recreation. On summer afternoons, join the residents and paddle or float the Deschutes around Riverbend Park. No inner tube or paddleboard? No problem. Local outfitters at Riverbend Park will rent you equipment.

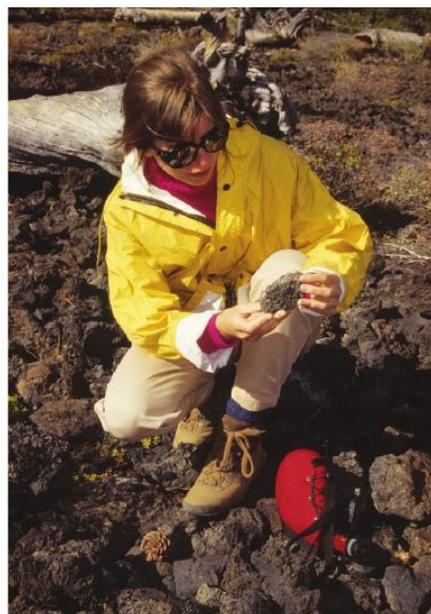
Lava Lands

About 8 miles south of Bend, you'll find the Newberry National Volcanic Monument. Start at the Lava Lands Visitor Center to learn about Newberry, one of the largest active "shield" volcanoes in the Lower 48 states, responsible for much of the region's unique landscape.

Outside the Visitor Center,



Above: The 80-foot Paulina Falls cascade in the Newberry National Volcanic Monument. **Left:** Geological specimens can be found in the monument's Lava Cast Forest. **Right:** The Mt. Bachelor Bike Park is popular with all ages and abilities.



a 1.75-mile road spirals up 500-foot Lava Butte, one of the many cinder cones created thousands of years ago by lava bubbling up from underground. From Lava Butte's summit, you can see acres of black boulders stretching across the landscape, and dozens of cinder cones rising like mammoth anthills above the treeline.



OPPOSITE: GEORGE OSTERTAG / ALAMY STOCK PHOTO; ABOVE: KEVIN EBI / ALAMY STOCK PHOTO; RIGHT: MT. BACHELOR

Visitors will discover plenty of other distinctive formations within the 54,000-acre national monument. Hike through a mile-long lava tube at Lava River Cave, and among shiny black volcanic glass on the Big Obsidian Flow Trail. Strangest of all might be the Lava Cast Forest, where lava slowly spilled and hardened around trees, creating molds of the trunks before the trees burned out within.

Mountains and Lakes

The city of Bend is next to the Deschutes National Forest, which offers everything from hiking and mountain climbing

to boating, fishing and mountain biking. The Cascade Lakes National Scenic Byway (also known as Century Drive) loops through the area and is a great way to see many of the highlights. This forest offers miles of trails that snake through sun-dappled ponderosa pines. Just to the west of Bend is Phil's Trail, a popular mountain-biking route, which is actually a series of trails that offer something for everyone, whether you are a novice biker or a veteran.

About 25 miles west of Bend is Mount Bachelor, a popular year-round recreation center. At Mt. Bachelor Ski & Summer





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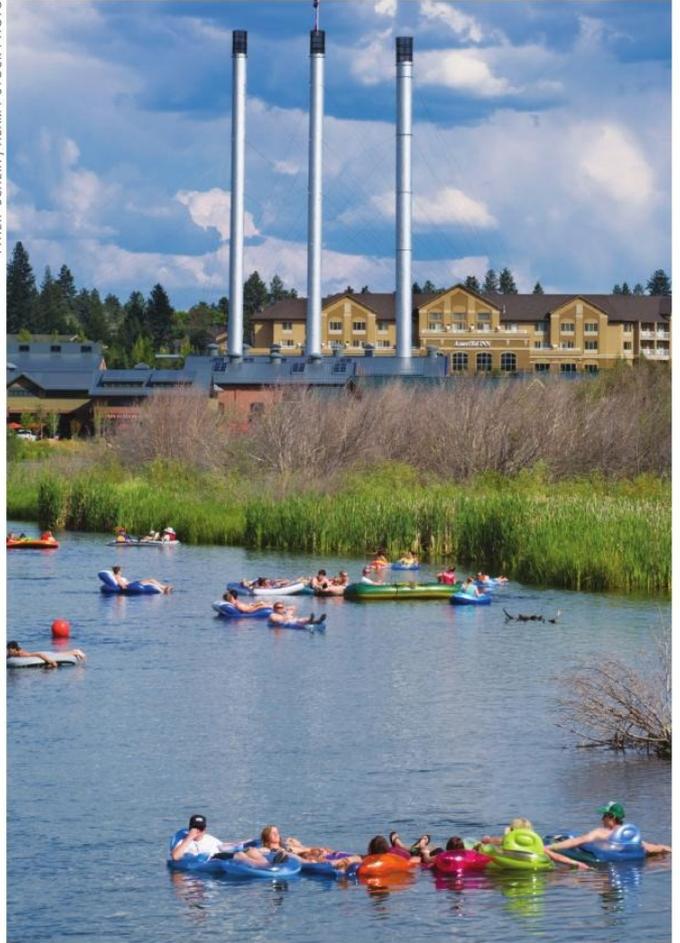


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HIGH TEE

Fast greens, lush fairways and challenging play can be found at numerous golf clubs in Central Oregon. The **River's Edge Golf Course**, in Bend, sidles alongside the Deschutes, with steep elevation changes, tricky fairways and views of snow-custed mountains.

The vast complex of **Sunriver Resort**, 15 miles south of Bend, is a golfer's paradise, featuring four courses, including the highly acclaimed



Crosswater Club, a heathland-style layout that crosses the Deschutes and the Little Deschutes rivers. It is among the nation's finest courses and will host the 2017 PGA Professional Championship, June 18–21.

The tournament is the national championship for club professionals. The 20 top finishers will earn a berth in the PGA Championship, one of golf's four major tournaments. Sunriver also includes the excellent Meadow and Woodland courses, and the nine-hole Caldera Links layout.

Between Bend and Redmond, 20,000 acres of sage-dusted public lands surround **Pronghorn Resort**, which features a Tom Fazio Championship Course, a Jack Nicklaus Signature Course, resort amenities and elegant villa-style accommodations.

About 30 miles northwest of Bend is **Black Butte Ranch**, which combines challenging golf with family-friendly activities such as horseback riding and a new \$11.5 million pool complex on the 1,800-acre western ranch-style resort. —T.L.

Resort, the Pine Marten chairlift whisks visitors to the Pine Marten Lodge (elevation 7,775 feet) for breathtaking views. The lodge also offers sunset dinners on Fridays, Saturdays and Sundays, through the first weekend in September. Hikers can explore meadows and lingering snowfields, while mountain bikers will enjoy the resort's bike park, with 13 miles of trails.

To the north of Mount Bachelor is Broken Top Mountain in the Three Sisters Wilderness Area. Volcanoes and glaciers have created dozens of lakes in the region, including beauties such as Sparks and Hosmer.

Above left: A hiker views Sparks Lake and South Sister Mountain in the Cascade Range.

Above: People enjoy a leisurely summer float on the Deschutes River in downtown Bend.

The Deschutes River, which begins as a small creek flowing out of Little Lava Lake, southwest of Mount Bachelor, meanders through the wilderness and into Crane Prairie and Wickiup reservoirs, which offer excellent rainbow trout fishing and bird-watching. Hikers will like walking the Deschutes River Trail, which parallels sections of

FABULOUS FISHING

When Todd Davidson, CEO of the Oregon Tourism Commission, gets the chance to relax, he takes his rod and reel and heads to one of Oregon's numerous rivers and streams.

Davidson, who is in his second term as national chair of the U.S. Travel Association, says he learned about the joys of the longer Spey fly-fishing rod during a trip along the Deschutes River. He's had to de-ice his fishing pole while casting for steelhead on a winter's day along the Willowa River, and he's chased the salmon on Elk River near the state's southern coast.

"Any day I can get out on the water is an A day," he says. "If I catch a fish, it's an A-plus day." Davidson's wife, Carolyn, and their two sons are also outdoor enthusiasts. Carolyn enjoys horseback riding, while the boys like to hike and fish with their dad. "We've got so many wonderful places in this state to fish," Davidson says. "You can catch a Chinook salmon on the



Columbia River in the morning and be home to cook it on the barbecue that evening. That is a pretty special experience."

He advises visitors to explore the state's abundant natural beauty and get to know the friendly people.

Says Davidson, "Don't be surprised if you leave here just a little bit changed by the experience."



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Drake Park is a favorite green space along the Deschutes River in Bend.

the Deschutes after it flows out of Wickiup Reservoir and winds its way toward Bend. ●

Tina Lassen writes from Hood River, Oregon.

Alaska Airlines serves the Remond/Bend area daily. For more information and to book tickets, go to alaskaair.com, or call 800-ALASKAAIR. For information about visiting Central Oregon, go to visitcentraloregon.com.

BETH DIXSON / ALAMY STOCK PHOTO



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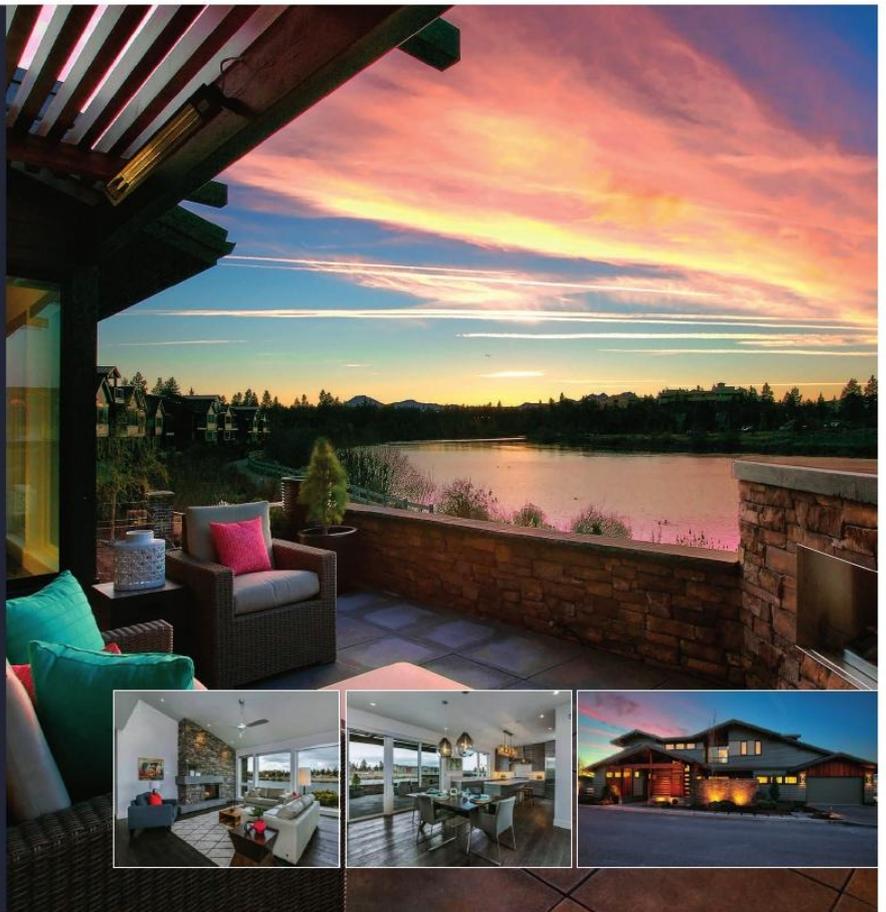
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Lane County: Outdoor recreation and epicurean delights

By Peter Szymczak

Reaching from the majestic Cascade Range to the sweeping sandy beaches of the Oregon Coast, Lane County offers a sampling of the state's many exciting experiences. There's plenty of adventure in the region for those who like to hike, mountain bike, backpack, raft, fish or even surf the dunes on a sandboard. And a popular way to relax after a fun day of outdoor activities is to visit some of the county's many breweries and almost two dozen wineries.

Located at the southern tip of the Willamette Valley, Lane County is known for its rolling hills and quaint covered bridges—it is home to 20. It is also one of only two Oregon counties that extend from the Cascade Range in the east to the Pacific Ocean in the west. (The other is its neighbor to the south, Douglas County.)

The county's largest city is Eugene, home of the University of Oregon. Nicknamed TrackTown USA, Eugene is a center for track and field in the United States and is the site of the Summer U.S. Olympic Team Trials—Track & Field every four years, including for the 2016 Summer Olympic Games. Beyond track and field, the area is known for its many cycling and hiking trails, including those on Spencer Butte, a 2,058-foot-high mountain located to the south of the city. The butte is a favorite location for hikers and offers wonderful views of the area.

Eugene sits right in the middle of the county's outdoor options. About 50 miles to the east is the Willamette National Forest in the Cascade Range. Lakes abound here, along with hiking trails and mountain-climbing opportunities. One of the best areas to explore is along the McKenzie River, which begins deep in the Cascade Range and flows west, meeting the Willamette River just north of Eugene.

The river is popular for rafting and fishing, and there are hiking trails along its banks. The surrounding forest is a tangle of gargantuan Douglas firs and towering 1,000-year-old cedars—a spectacular setting for bird-watching, mountain biking and backpacking.

About 60 miles west of Eugene is the cozy coastal town of Florence, a favorite starting point for people wanting to fish in area lakes or explore the sandy landscape of the Oregon Dunes National Recreation Area.



Above: Lane County is home to many covered bridges, including the Currin Bridge near Cottage Grove.
Left: Eugene, known as TrackTown USA, hosts the U.S. Olympic Team Trials—Track & Field every four years.



Above: The McKenzie River area is a popular destination for hikers, backpackers and mountain bikers. **Left:** Pristine beaches, sand dunes and cozy communities greet visitors to the Oregon coast in Lane County. **Right:** The Tamolitch Blue Pool, along the McKenzie River, draws many hikers due to its distinctly colored water.



All Aboard the Ale Trail

Besides sports and the great outdoors, Eugene has gained a reputation as one of the top craft beer cities in the country. In downtown's Whiteaker neighborhood, some of the city's excellent brewpubs include

Falling Sky, Hop Valley, Ninkasi, Oakshire and Sam Bond's.

Near Eugene is the town of Springfield, where beer lovers will find the Plank Town Brewing Company. Brewmaster Steve van Rossem is a legend in these parts. His Blue Pool Pils is his take on the classic Bohemian

Pilsner, with a touch of lemon. The beer is named in honor of the Tamolitch Blue Pool located in the upper reaches of the McKenzie River in the Cascade Range.

The town is also home to the tasting room for brewery Claim 52, located at The Abbey, a re-

stored Springfield church turned culinary incubator that features a food court of restaurateurs testing out their menus. Every Friday, The Abbey hosts a farmers market showcasing a variety of locally grown foodstuffs and handmade crafts.

In recent years, Springfield



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Falling Sky Brewing is one of many craft brewers who have made Lane County a top beer destination.

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has experienced a renaissance, with new businesses refurbishing some of the town's historic buildings.

New murals have been painted, honoring local heroes such as Ken Kesey, author of the novel *One Flew Over the Cuckoo's Nest* and a legend of the 1960s counterculture movement. Another town mural celebrates Springfield as the inspiration for the fictional setting of *The Simpsons* animated TV program.

Craft breweries can be found throughout Lane County. For instance, about 25 miles south of Eugene is The Axe & Fiddle in the town of Cottage Grove, known as the Covered Bridge Capital of Oregon.

Another regional favorite is Agrarian Ales, located on a farm about 14 miles north of Eugene. The brewery organically grows its own hops, as well as the tomatoes and peppers featured at its on-site restaurant (open weekends only), which specializes in sensational wood-fired pizzas.

Brewmaster Toby Schock produces small batches of unique farmhouse-style ales, such as a chili-corn lager called Indigenous, and a brown porter

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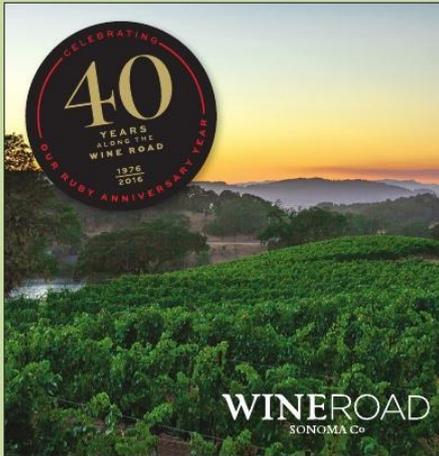
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called Dandy, which gets its distinct,
yet delicate, bitterness from added
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Lane County Wines

The county's burgeoning wine scene
is another top attraction.

In Eugene, the Territorial Vineyards
& Wine Company is known for its
urban tasting room in the Whiteaker
neighborhood, while about five blocks
east, Oregon Wine LAB (Local Artisan
Brands) is a happy hour hot spot fea-
turing William Rose Wines, the house
wine label.

Plenty of other wineries dot the
Lane County map, including Do-
maine Meriwether (which is soon to
be renamed Valhalla), Noble Estate,
Pfeiffer, Sarver and Silvan Ridge.

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Estate, which is celebrating its 25th
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CHARLES GULLUNG PHOTOGRAPHY

A mural in downtown Springfield of *The Simpsons* celebrates the city as the inspiration for the TV program's fictional setting.

amid rolling hills. At the winery's bistro, chef Sean Winder prepares savory dishes, such as braised oxtail and quinoa, made from produce grown on the grounds and ingredients sourced from local farms.

When visiting the estate, savor a glass of its latest release on the winery's expansive hilltop deck. As you take in the view of the rolling hills and valley, you'll probably already be planning your next trip to this enchanting region of Oregon. ●

Peter Szymczak is a Eugene-based writer.

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HEALTH CARE & TECHNOLOGY

If you've always dreamed of spending your off time fly fishing, mountain biking or hiking through mammoth old-growth forests, consider dusting off your resume for a job in health care or technology in Eugene-Springfield.

Situated at the southernmost tip of Oregon's Willamette Valley, Eugene-Springfield blends urban life and the outdoors seamlessly. Home to major medical centers and several doctor-owned practices, this thriving community provides plenty of possibilities when it comes to careers in health care, while more than 400 tech companies offer ample employment opportunities for computer programmers, system architects, application developers, product managers and support specialists.

"Essentially, any job that involves the development of software products and bringing them to market and providing support for those products is in high demand," says Matt Sayre, director at Technology Association of Oregon (TAO). "We are also seeing solid demand for IT professionals, with an emphasis on cyber security, as well as data analysts."

Technology—with an average annual wage of \$74,368—is the fastest growing sector in the Eugene-Springfield area, with 418 firms employing more than 4,400 and generating \$328 million in total annual payroll, says Brian Rooney, regional economist for the State of Oregon Employment Department.

Factor in the quality life, a reasonable cost of living and an average median home value of \$235,000 and you'll understand the lure for both tech and health care professionals.

Health care is No. 2 after retail trade, employing 19,400 people with the average annual wage being \$53,000—30 percent higher than the \$40,802 annual average income for the area, Rooney says.

"Lane County has become a regional health care center with wages that are comparable to Oregon and the U.S., but with lower housing costs than other West Coast cities," he says.

Known for its many national accreditations and its "30-Minutes-or-Less E.R. Service Pledge," McKenzie-Willamette Medical Center in Springfield has been lauded for its women's health care, wound care, chest pain center and cardiac care, among other services.

An \$80 million facility-wide expansion and modernization project will be completed in 2018, says Jana Waterman, vice president of business development and marketing director at McKenzie-Willamette. "The extra space will allow us to create more private rooms for patients. We're also expanding surgical and cardiovascular units, rooms to care for medical and surgical patients, and adding a new entrance and lobby," Waterman says.

This hub of high-quality health care facilities also includes the PeaceHealth Sacred Heart Medical Center at RiverBend campus in Springfield, completed in 2008 for \$567 million, and PeaceHealth Sacred Heart Medical Center University District in Eugene, which is undergoing a \$18.9 million upgrade to its emergency department and behavioral health services programs.

Recognized for its trauma care and broad range of surgical services, including minimally invasive procedures using da Vinci Xi surgical robotic technology, PeaceHealth also offers comprehensive cardiac and vascular care, neurosciences and stroke care with advanced endovascular interventions. Named a "baby-friendly" hospital for its childbirth services and neonatal intensive care, it's the only medical center in the area with pediatric cardiologists, surgeons and other subspecialists for children.

"The need to recruit talented providers is more acute in the areas of medical, surgical,



TOP: Known for its plentiful Chinook salmon and rainbow trout, the McKenzie River is a boater and angler's dream come true; its close proximity makes for a quick getaway.

RIGHT: Tech industry leaders and educators network and share ideas at TAO Happy Hour at Sam Bond's Brewing Co., led by the Technology Association of Oregon.

BOTTOM: PeaceHealth Sacred Heart Medical Center at RiverBend features a pediatric/adolescent care unit, as well as childbirth services and neonatal intensive care that recently received "Baby-Friendly" hospital designation.

EUGENE-SPRINGFIELD

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and intensive care nursing, primary care physicians and specific specialties—it is fair to say that we are currently recruiting to fill at least 150 positions,” says Rand O’Leary, Chief Executive of PeaceHealth’s Oregon Network.

At Willamette Valley Cancer Institute and Research Center (WVCI), a \$4.6 million, 8,000-square-foot expansion and renovation to be complete in 2017 will provide improved patient access to clinical trials and better patient flow.

WVCI Executive Director Chris Achten says a single strategy embraced by all Lane County health care organizations involves hiring more advanced practice clinicians—physician assistants and nurse practitioners—to support physicians.

Adding to the health care landscape is a new \$50 million Eugene Department of Veterans Affairs Outpatient Clinic, offering primary care, dental, imaging, physical and occupational therapy and other services, as well as the recently constructed \$84 million Oregon State Hospital, which provides psychiatric treatment for adults who need hospital-level care. >>>



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In addition to large medical facilities, Eugene and Springfield also boast numerous doctor-owned practices, from neurosurgeons to pediatricians, who are always on the lookout for qualified candidates.

Dr. Pilar Bradshaw, owner of Eugene Pediatric Associates, is a board-certified pediatrician who began her medical practice in Eugene in 1999. Named one of Parents magazine's favorite pediatricians in 2014, her practice operates independently from large health care organizations and includes five doctors and several advanced practice providers.

"There are many benefits to practicing here and several reasons why so many of us are able to practice independently," Bradshaw says. "We have state-of-the-art facilities, such as PeaceHealth Sacred Heart Medical Center at RiverBend, that allow us to function at the top of our capabilities. We are a magnet for excellent physicians, which helps facilitate my job. And we're a small enough medical community that my individual voice matters."

That same entrepreneurial spirit can also be found in the tech sector. Dubbed the Silicon Shire and named one of "The Next Top 10 Cities for Tech Jobs" by Fast Company in 2015, Eugene is luring both start-ups and big-player

satellite offices with its high-speed fiber network, reasonable cost of living, uncrowded outdoors and cool urban vibe.

The tech sector in Lane County has advanced at nearly double the pace of what economists had projected over the last three years, says Matt Sayre, director at TAO.

Much of that growth can be attributed to the collaborative efforts that exist between public, private and nonprofit entities, which have worked to bring lightning-fast, high-speed fiber internet to the area, establish a pipeline of trained tech professionals, and help tech start-ups get off the ground.

FertiLab, a nonprofit startup incubator with offices in downtown Eugene and Springfield, supports the entrepreneurial community by providing early-stage educational programs, subsidized office and lab space for startups, as well as mentoring and networking.

"We have state-of-the-art facilities, such as PeaceHealth Sacred Heart Medical Center at RiverBend, that allow us to function at the top of our capabilities."

— Dr. Pilar Bradshaw,
owner of Eugene Pediatric Associates

"From the start, our goal was to make the local area an awesome place to live," says FertiLab CEO Shula Jaron. "For us, a big part of that is helping entrepreneurs, or would-be entrepreneurs, take that first step. In the past two years we have helped 30 companies start, which has brought \$5M into the local economy."

Within walking distance to Fertilab in Eugene is a new innovation hub, which houses the Regional Accelerator

& Innovation Network (RAIN), a collaborative of local government, businesses and higher education that helps to create companies and jobs in the southern Willamette Valley by offering an intense 16-week program that provides training and connects entrepreneurs with mentors.

“Those who complete the program walk away with everything needed to drive consistent revenue, including customer-validated pitch materials, a tested business plan and a strategy for the future,” says RAIN Director Joe Maruschak. “We choose businesses that have a strong ability to thrive here in Oregon—food, drink, biotech, software, apparel.”

Of the 25 companies that have graduated from the program since 2013, 18 have been tech-related and three health care-related, Maruschak says.

Weili Huang, a recent RAIN participant and founder of Miracle Query, is working to help solve the problem of medication errors by developing a smart system that efficiently queries and retrieves information from health care systems.

“Our systems can be used to assist health professionals—physicians, nurses and pharmacists—in practice to make better clinical decisions, reduce medical errors and improve patient safety,” Huang said in a recent Q and A with RAIN.

Once established, tech companies can continue to grow their businesses with the support of local organizations, like the Technology Association of Oregon (TAO), Lane Workforce Partnership and the Chambers of Commerce, through access to talent, workforce readiness and networking.

The ultimate goal, Maruschak says, is to create a thriving innovation district in Eugene-Springfield—a literal geographic hub of entrepreneurs, startups, educational institutions, affordable housing and other urban amenities connected by mass transit and high-speed internet—that drives innovation in organic ways.

“That’s when the magic happens,” Maruschak says. ■

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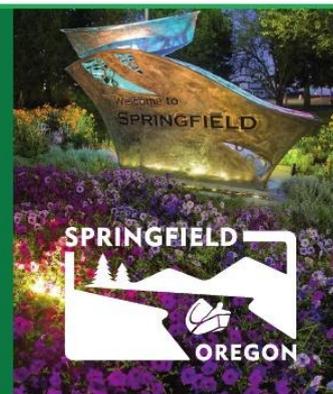
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Southern Oregon: Natural wonders and cultural attractions

By Kim Cooper Findling

On a dazzling summer afternoon, my family and I are rafting through gentle rapids on Southern Oregon's Rogue River. The temperature is nearing 90 degrees, and the splash off the occasional errant paddle feels terrific on my skin. Around us is a lush forest of oak, madrone and alder. Common mergansers flit across the surface of the river and softly splash land. My husband captains the inflatable raft while my two young daughters, safe in life jackets, giggle and dip their toes in the water.

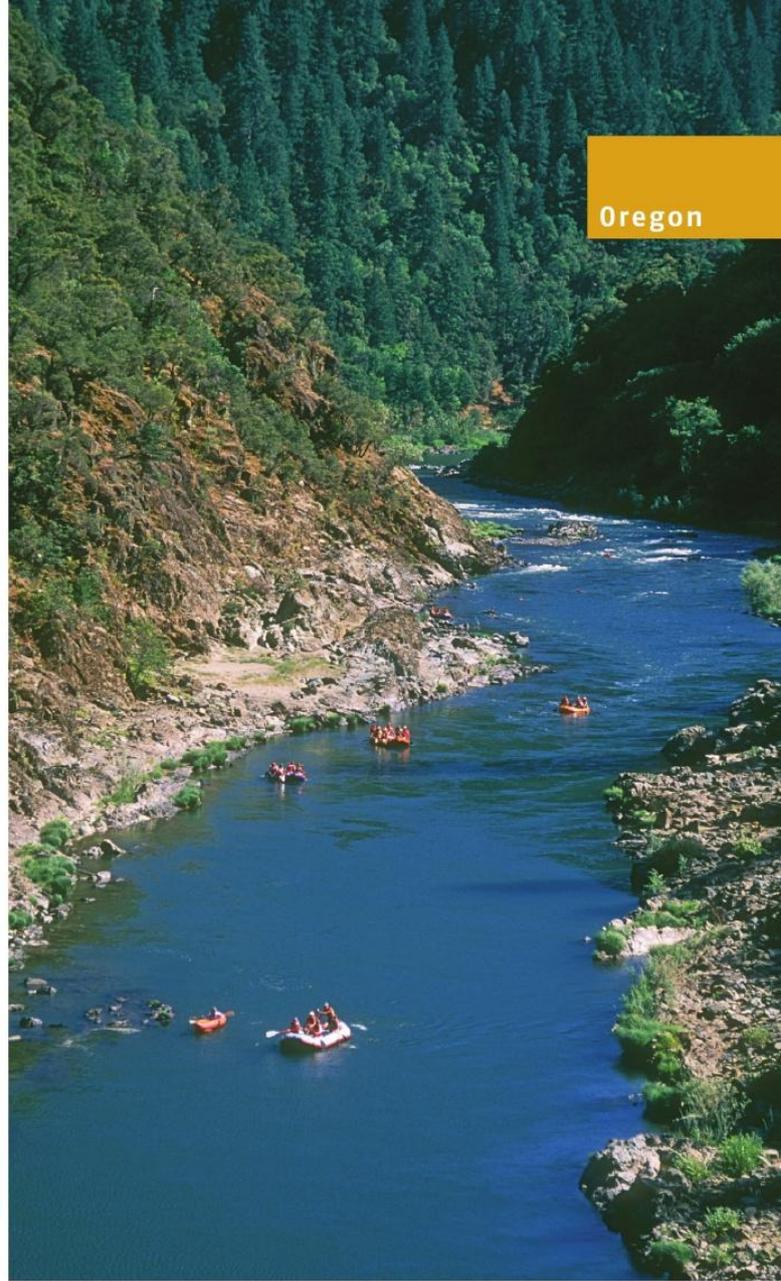
Rafting the Rogue River is one of Southern Oregon's many exciting activities. This area is perfect for a vacation that includes floating local rivers, seeing natural wonders and experiencing world-class theater.

The Rogue and Umpqua Rivers

The Rapid Pleasure Rafting Company of Shady Cove supplies us with our equipment and then shuttles us to an easy put-in location on the upper section of the river. After the shuttle driver gives us instructions about the trip, we are on our own. The 10-mile float will take

us more than three hours as we travel through calm waters with Class I and II rapids—perfect for our limited experience and young passengers.

This is a lovely way to experience the famous Rogue River, one of the first rivers in the nation to have sections designated Wild and Scenic—protecting them from development.



Above: The Rogue River offers both whitewater rapids and calm waters, making it popular with rafters of all skill levels. **Left:** Visitors enjoy the spectacular views at Crater Lake National Park.

The Rogue is incredibly diverse over its 215-mile route. With its headwaters at Boundary Springs near the northern edge of Crater Lake National Park, the Upper Rogue flows through various craggy canyons, which offer great hiking. A highlight is the Rogue Gorge near Union Creek, where a narrow channel of basalt lava creates a striking string of water cascades, easily accessible by way of a short hike. The lower portion of the Rogue, which begins near Grants Pass and travels to the coast, is considered one of the best whitewater river sections in the United States—rafters need

significant skill and a permit to float this stretch. However, we are taking an easy, accessible tour that is all about sun and relaxation. We pass through more than 20 mellow rapids during the float, and emerge tanned, tired and happy back in Shady Cove.

The Umpqua River is another great Southern Oregon

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waterway to explore. Like the Rogue, the Umpqua begins near Crater Lake and is known for its fishing and whitewater rafting. On earlier trips, my family and I have enjoyed hiking parts of the Umpqua River Trail, which follows 78 miles of riverfront between Diamond Lake and Roseburg, a town that was once a center for the local timber industry and is now known for its many wineries, covered bridges and small-town charm.

Crater Lake

About 100 miles southeast of Roseburg, we visit breathtaking Crater Lake. Located in a

large caldera, Crater Lake is a geological gem. The deepest lake in the United States and the center of Oregon's Crater Lake National Park, the cerulean-blue body of water is the result of the cataclysmic collapse of Mount Mazama about 7,700 years ago, which left a massive crater. Over time, the crater, or caldera, has filled with precipitation. No stream enters or leaves the caldera. The lake's purity and its 1,943-foot depth account for its brilliant deep-blue color.

We hike along the Discovery Point Trail, which runs near the caldera rim and offers great views of the surrounding area



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The River Bride made its world premiere at the 2016 Oregon Shakespeare Festival in Ashland.

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and lake below. Later, we walk down into the caldera, along the steep Cleetwood Cove Trail, the only legal access to the shore of Crater Lake. However, the trail will be closing on August 15 for repairs and upgrades, eliminating access to the lake until the summer of 2017. A tour boat takes us to the cone-shaped Wizard Island, where we have the unique experience of walking on a volcano within a volcano. We end the day by enjoying the sights from the expansive deck at Crater Lake Lodge, a majestic 100-year-old stone-and-wood-beam structure that offers some of the most stunning views in Oregon.

Applegate and Ashland

The next day, my husband and I are sipping a velvety Tempurillo at Red Lily Vineyards on the banks of the Applegate River. We are near the historic 1850s Gold Rush town of Jacksonville. Under a canopy of oak and spruce trees, we enjoy a platter of cheese, bruschetta and crostini outside the winery's grand barn and tasting room. Red Lily is one of 19 wineries located along the Applegate Valley Wine Trail, about 17 miles west of Medford. The trail runs through the foothills and valley of this enchanting area. Jacksonville is one of our favorite valley towns. It's a National Historic Landmark and the site of the Britt Music & Arts Festival, an outdoor music venue that presents dozens of eclectic musical concerts throughout the summer. August concerts include



AL CASE, COURTESY: BRITT MUSIC & ARTS FESTIVAL

The Britt Music & Arts Festival in Jacksonville offers an eclectic mix of musical acts each summer.

various performances by the Britt Orchestra, August 5–20; The Buena Vista Social Club, August 26; and classic rocker Pat Benatar on August 30.

We leave the winery and pick up our daughters to attend the Oregon Shakespeare Festival's performance of *A Midsummer Night's Dream* in the nearby town of Ashland, which is famous for its world-class theater, parks and thriving restaurant scene.

Founded in 1935, the festival has grown from a single weekend to an entire season, with three theaters presenting 11 plays. Today, the festival pres-

ents contemporary plays and classics, with only a few penned by Shakespeare—the 2016 season, for instance, includes *The Wiz* musical and *Great Expectations*, as well as Shakespeare's *Richard II* and *Hamlet*.

We take a pre-performance backstage tour of the festival campus, led by one of the actors, and get a glimpse behind the scenes. After the tour, we take our seats at the outdoor Allen Elizabethan Theatre. The night is warm and clear. We can see thousands of stars twinkling in the sky above us, and the effect is magical.

I had worried that Shakespeare might be too much for my girls, but they are utterly mesmerized by the timeless story of star-crossed lovers. They feel like theater insiders when they spot our tour guide

performing on stage.

The play is a joy and we leave the theater talking about our favorite characters and the amazing setting. My husband and I smile at each other, thinking of how nice it is to have the Bard bring down the curtain on our family tour of Southern Oregon. 🍷

Kim Cooper Findling writes from Bend.

Alaska Airlines flies daily to Medford, gateway to Southern Oregon activities. Beginning October 5, partner airline PenAir will fly daily between Portland and Crater Lake—Klamath Regional Airport in Klamath Falls. For more information on Alaska Airlines flights or to buy a ticket, call 800-ALASKAAIR or visit alaskaair.com.

Resort Getaway



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The recently renovated, water-front Semiahmoo Resort, Golf, & Spa offers outstanding bird-watching, golfing and dining.



Adaunting expanse of blue glimmers before me as I carefully line up my tee shot on No. 5 at Semiahmoo Resort, Golf, & Spa's **Loomis Trail course**. The acclaimed Graham Cooke–designed 7,137-yard layout, located in Blaine, Washington, about 30 miles north of Bellingham, is known for its abundance of water hazards.

Two Canada geese and their five goslings lounge on the far side of the pond, seemingly unconcerned about my aim. “They must already know they can fly farther and faster than my ball,” I comment to Director of Golf Brett Eaton, who is giving me and

my husband, Michael, a nine-hole playing lesson.

Brett grins. “You have to believe,” says the pro, who sprinkles expert advice on form and function with axioms such as, “Tee it high, and let it fly.”

“I’m not going for distance,” I inform him. “I just want to clear the pond and fly straight. Remember, my short-but-true strategy kept me out of that wicked canal along No. 2.”

Brett laughs. “Play to your strengths,” he agrees.

I take a deep breath and make sure my alignment is good for driving the fifth hole. I remind myself to relax and keep my head down. I strive for an elegant, or at least adequate, swing. And at the end of my follow-through, I look up to see that the white orb is, indeed, magically sailing over the pond and past the nonchalant geese. “No aqua or avian casualties!” I cry triumphantly.

Since No. 5 is a 176-yarder, I even harbor hopes of making par. But my attempt is a little too aggressive, ruining my chance to write “3” on the scorecard. Michael has the same issue. However, Brett is peerless when it comes to emphasizing the positive: “Hey, you made bogey,” he says. “If you made bogey on all 18 holes, you would shoot 90.” It’s my turn to laugh.

At the end of our front-nine session, Michael and I both tally more than 45, and we’ve each splashed two balls into the drink, but we’ve improved sub-

Exceptional ambiance and activities

By Michele Andrus Dill



stantially, and we've had a great time.

The resort's Loomis Trail course and its sister layout, the Arnold Palmer-designed, 7,005-yard **Semiahmoo course** (each open to the public on alternating days), provide 36 nationally acclaimed, quintessential Northwest holes framed by evergreens. And the opportunity to enjoy a lesson with Brett, or with PGA professional Jeff Coston (whose golf academy is at the Semiahmoo course, and who during our stay is busy winning the 2016 Senior Washington Open), elevates the experience as much as the view of Mount Baker from Loomis No. 6.

Exceptional golfing is one of the reasons we've chosen Semiahmoo Resort, Golf, & Spa (semiahmoo.com) as our luxury retreat for a three-day getaway. As the property's name implies, this is a place where pleasurable time on the lauded greens is complemented by resort comforts such as spacious guestrooms with pillowtop beds and 300-thread-count Italian linens; an excellent spa with his/her steamrooms and saunas; and a fitness complex with an indoor/outdoor pool, sports courts, cardio equipment, and classes ranging from Pilates to Zumba.

Live music enlivens the resort's weekend summer barbecues, and the fixin's for s'mores are provided



seven nights a week during the summer (Fridays and Saturdays other seasons) for guests who gather around a beach firepit.

And then there's the view—one of the luxuries we most enjoy at Semiahmoo. The resort sits on the end of pebbly 1.5-mile Semiahmoo Spit, between Semiahmoo Bay and Drayton Harbor, providing vast shore-and-sea panoramas. The Whatcom County site is also less than 10 miles from the border crossing into Canada. From the resort's great room, patio and beach, and from the fireplace-warmed sitting area in our junior suite, we can see White Rock, British Columbia, its low-

rise buildings sparkling on a green hillside as sailboats glide by. On Semiahmoo Resort's own shore, many guests stroll the beach, skip rocks, play volleyball and fly kites.

Other guests head to the new Activities Center to rent kayaks, paddleboards and bikes. The center was completed as part of an extensive renovation that also enhanced the guestrooms, meeting spaces and public spaces (including hallway carpeting made from recycled fishing nets); added a wine room for winemakers' dinners; and created two new water-view restaurants: **Packers Oyster Bar** serves gastropub fare accompanied by microbrews, handcrafted cocktails and Washington wines. **Pierside Kitchen** offers fine dining emphasizing seasonal, regional cuisine, from Oregon lamb to Washington mussels.

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Gourmet Dinner

Semiahmoo Bay is suffused with the amber glow of a setting sun as we start our Pierside meal with smoky jumbo scallops sourced from Whatcom County's Lummi Island Wild, and charcuterie such as Hot Sopressata, Coppa and Lomo from Seattle's

More Excellent Options



DAVENPORT HOTEL

The Historic Davenport Hotel, Spokane, WA (davenporthotel.com)

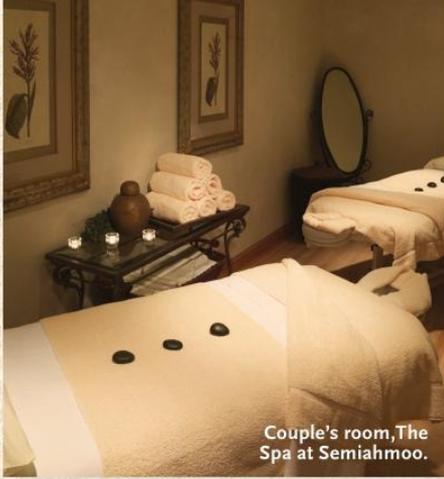
This grand hotel in downtown Spokane has welcomed numerous celebrities. Amenities include a spa, an indoor pool and whirlpool, his/her steamrooms, and fine dining.

Hyatt Regency Lake Tahoe Resort, Spa & Casino (laketahoe.hyatt.com)

Located in an alpine paradise, the Incline Village resort is lakeside, with lovely views and a private beach with water sports, catamaran cruises, and boating and fish-



HYATT REGENCY LAKE TAHOE RESORT, SPA & CASINO



Couple's room, The Spa at Semiahmoo.

famed Salumi Artisan Cured Meats.

My next course, the Pacific black cod, seems to melt in my mouth, and is accompanied by flavors and textures that dance delightfully together, including spicy carrot curry, baby ferns and young coriander—the latter two ingredients picked that day in chef Bruno Feldeisen's onsite garden. Michael's glistening braised short ribs, from Washington's Double R Ranch, are fork-tender, and served with horseradish mashed potatoes and braised seasonal vegetables.

We share our desserts: Michael's rich blueberry ice cream, atop crushed Marcona

almonds, and my luscious lemon tart—with toasted meringue and housemade blueberry compote—in an almond-rosemary shortbread crust. As we're reveling in the last spoonfuls, a harbor seal swims by, raises his head and looks right at us. Maybe he's gotten word of the caliber of the food at Pierside and is hoping we'll share.

Guests visiting the resort this fall through early spring can sign up for Wednesday **cooking classes**, with themes ranging from Pacific Northwest oysters to Japanese Wagyu beef.

Fishing for Fun

With advance notice, Pierside Kitchen may also be able to meet special requests, such as ours for a picnic lunch to take on a fishing trip that Semiahmoo's concierge has arranged with **Outer Island Excursions**.

Captain Gregory Smith picks us up at the resort's boat dock, and we zoom west—with fellow visitors Jeff and Amanda from Colorado—in a gleaming white 26-foot catamaran. Our destination is Point Rob-

erts, just 12 nautical miles away, where halibut and lingcod typically bite in late spring. Captain Greg tailors his excursions to what's in season, and says chinook and sockeye salmon will be top catches August into September.

The water is sapphire-blue and calm on this halcyon day, and to the south we easily spot the dun-colored backs of a pod of harbor porpoises. It turns out to be one of three pods that grace our half-day excursion.

We drift-fish off the shelf near the point. Jeff and Amanda seek cod via soft plastic lures with celery-green streamers. Michael and I hope halibut will like our herring.

"Fish on!" Jeff yells just a few minutes after his first cast. He reels in an 18-inch starry flounder. We admire its black spots and orange-and-black-striped fins before releasing it.

Michael follows with a mottled brown Pacific sanddab, and soon I'm vigorously cranking to land a red-spotted rock sole—celebrating what our captain calls a perfect hook. Not all my hooks are so perfect. Four

Destination: *All in.*

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more times I feel a tug, only to discover that my bait has been nibbled or stolen.

Jeff's and Amanda's green streamers also get chomped. "It took something big to shred them like that," says Captain Greg, who also reminds us that halibut like to eat the smaller fish we're catching.

Sadly, after Michael nets the last fish of the trip—a sanddab—we must concede that the big guys are too smart for us today, but together we have hauled up and released more than 15 of the smaller flatfish, and like many a fisherperson, we're ready with stories about the ones that got away.

In Fine Feather

I marvel at the close-up view of the individual talons, the sharp yellow beak and the wind-ruffled ivory head feathers of the bald eagle perched on a Blaine Harbor marine piling about 50 yards east of Semiahmoo Resort. Naturalist Phil Calise, who leads birding tours for the resort every Saturday, year-round, is letting me look through his spotting scope, and I'm en-

thralled by the level of detail I observe.

The resort lends guests binoculars for Phil's tours, and for self-guided tours of this area, which is part of the **Cascade Loop of the Great Washington State Birding Trail**, but the scope is even better. I'm eager to peer through it again as Phil points out the three nesting boxes he's built for purple martins and directs my attention to soaring Caspian terns.

As we stroll the perimeter of the resort, we also discover scarlet-billed oystercatchers, pelagic and double-crested cormorants, and glaucous-winged gulls, which have been known to steal fish from cormorants. We watch harlequin ducks, surf scoters, goldeneyes and greater scaups paddling gracefully or resting peacefully. We hear the trill-ending song of a savannah sparrow and glimpse a warbling red-breasted male house finch.

Two great blue herons wing by, and Phil explains that the herons we've seen flapping past our guestroom window—18 of

Continued on page 89

ing charters available. Resort amenities include a spa, a lagoon-style pool, whirlpools and fine dining (including chef preparation of your fishing catch).

Sun Valley Resort, Sun Valley, ID (sunvalley.com)

The famous resort is better than ever thanks to renovations that enhanced

historic Sun Valley Lodge, including the guestrooms and pool, and created a new spa. Recreation ranges from biking to skiing. Restaurants include the "sky-high" Roundhouse.

Also

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

The Fairmont Empress, Victoria, BC (fairmont.com).

The Ranch at Rock Creek, Philipsburg, MT (theranchatrockcreek.com).



SUN VALLEY RESORT/TAL ROBERTS

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ICELAND

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With Mileage Plan, rewards are pretty simple. In appreciation of your loyalty, Alaska Airlines gives you miles that you can use to travel—to more than 800 destinations across the globe.

Fly with Alaska and its global partners, collect your miles, and before you know it, you have enough miles to book a ticket. Use your miles to go see your mother in Albuquerque, to visit your college roommate in Boston, or to book the trip of your dreams—say two weeks in Paris with a three-day stopover in Reykjavík and another week's stopover in London on the way back. And all on two one-way award tickets. The possibilities are as endless as your travel imagination.

While you're at it, use those miles to travel in style and comfort, redeeming them for a first-class award on some of the finest airlines in the world.

As you'll see in this guide, there are myriad ways to earn miles every day, and to enhance your Mileage Plan account. Just keep that Mileage Plan account number handy and take advantage of the many other companies—hotels, car-rental agencies, restaurants and merchants—that partner with Alaska Airlines to reward your loyalty.

EARN MILES FASTER

When you fly Alaska, you earn miles based on the distance you fly, not what you spend. Whether you're off to the Bay Area or Boston, a mile flown is a mile earned. For shorter flights, you'll always earn a minimum of 500 miles. And for premium cabins, you'll earn extra bonus miles.

ENJOY FLEXIBLE REWARDS

Mileage Plan makes it simple to choose the award ticket that is right for your travel plans. Customize your travel experience across multiple partner airlines, booking one-way tickets with options for extended stopovers. Even redeem miles for seats in business class or first class. Find tips for booking award trips and getting the most out of your miles, starting on page 71.

GLIDE INTO ELITE BENEFITS

With elite status starting at just 20,000 miles flown, with no minimum spend requirement, you'll get to MVP status before you know it. That means significant benefits, such as two free checked bags, unlimited complimentary upgrades, priority check-in and more. Earn elite-qualifying miles on Alaska or eligible global partners' flights.

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MAXIMIZE YOUR MILES

Expert tips from blogger Scott Mackenzie



Scott Mackenzie created the blog Travel Codex, teaching travelers how to get the most from their airline and hotel loyalty programs. Scott flies regularly from his home in Seattle and currently holds MVP Gold elite status.

Scott usually saves his miles for international first-class travel with his wife, Megan. They visited London and Spain last year with British Airways and are returning to Bali this summer on Cathay Pacific. They use Alaska Airlines companion fares to escape to Hawai'i during Northwest winters.

Mileage Plan miles can be used for awards in many ways. You can book a ticket online at alaskaair.com with international partners, upgrade to first class, or even make two trips out of one by enjoying a stopover en route to your final destination at no extra cost.

Scott Mackenzie is an expert on award travel and shares his thoughts and discoveries on the blog Travel Codex. We asked him for some of his favorite travel tips, which he offers here.

For more tips on getting the most out of Mileage Plan, read our Global Adventure series at blog.alaskaair.com.

1

CREDIT TO ONE PROGRAM



“Even if you can’t fly somewhere on Alaska Airlines, you can earn and burn miles on more than 15 global partners,” Scott says. “Alaska has agreements with American Airlines and many leading international carriers, including British Airways, Cathay Pacific, Emirates, Icelandair and Korean Air. Just include your Mileage Plan number in your reservation.”

2

REDEEM FOR FIRST CLASS



Fly in style by using your miles for a first-class award. For example, Scott says, “You could redeem your miles for travel on British Airways in first class, featuring lie-flat beds, window blinds and multi-course meals. Cathay Pacific is another great option, with comfortable pajamas onboard and several amazing airport lounges.”

Alaska Global Partners



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Nice baggage.

Now you and your family can check a bag for free whenever you travel together. Convincing them to 'pack light' is totally up to you.

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



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Visit MyNewAlaskaVisa.com
or ask an Alaska employee.

The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about the rates, fees, other costs and benefits of this credit card, visit mynewalaskavisa.com and refer to disclosures accompanying application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation. © 2016 Bank of America Corporation.

BOOK A STOPOVER

You can book a stopover for each direction you fly, which means two trips for the price of one!



3

USE A COMPANION FARE



“Among the most popular benefits of the Alaska Airlines Visa Signature® card,” Scott says, “is the annual companion fare from \$121 [\$99, plus taxes and fees from \$22] after you make \$1,000 or more in purchases within the first 90 days of your account opening. It can be used on just about any Alaska Airlines itinerary. Best of all, both travelers will still earn miles and are eligible for complimentary elite upgrades.”*

4

MIX & MATCH



Mileage Plan often provides one-way awards at half the price of traveling round-trip. “You can mix and match awards to find the best price and availability,” Scott says. “For example, you might book a discounted award at 12,500 miles in one direction and a refundable award at 30,000 miles in the reverse direction if you want the flexibility to lengthen or change your departure date or city.”

5

MILES THAT COUNT



To get the most out of your miles, focus your award selection on the longest leg of your trip, then build the itinerary around that. Scott recommends you “limit your searching to the longer flights you care about.” Then, “once you find a city that has award space available, look for a way to reach it with connecting flights on Alaska Airlines or Horizon Air.”

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

EARN MILES BEYOND YOUR FLIGHT

Keep earning once the plane has landed



SYDNEY

XAVIER ARNAU / STOCK.COM

▶ Earning miles doesn't have to stop when you step off the plane. With Alaska Mileage Plan's travel and everyday partners, you can earn miles by staying at partner hotels, booking rental cars or simply paying for those items with the Alaska Airlines Visa Signature® card. It's a great reason to dine at participating restaurants, or to buy that trinket you might be eyeing at Seattle's Pike Place Market.



HOTELS

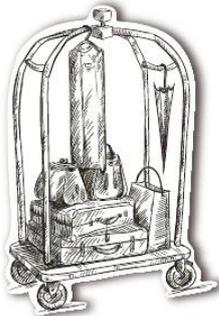


Alaska's wide selection of partner hotels makes it easy to find a place to stay while earning miles. Use an award to get to New York, then book a favorite from Alaska's list of partner hotels in the heart of the Big Apple and earn miles toward your next trip.



ROME

ROCKETMILES



Reserve your hotel through Rocketmiles and earn 1,000 to 10,000 miles per night. Book at properties around the world—including independent hotels and major chains—and earn every time. Visit rocketmiles.com/alaskamiles to learn more.

RENT A CAR



Looking for some wheels to get you from San Francisco to Sonoma County's Russian River Valley? Earn more miles by booking a car with one of Mileage Plan's car-rental partners while exploring roads less traveled.

▶ Hitting the road after you land? Rent a car from one of Mileage Plan's partners and earn miles.



GET BETTER MILEAGE WITH ALASKA AIRLINES AND ICELANDAIR



Start earning today with Icelandair and Alaska Airlines

Have you dreamed about flying to Iceland to see the incredible landscape, experience the northern lights, or even just to catch a concert in downtown Reykjavik from one of Iceland's hottest bands?

Now is the perfect chance with Icelandair's offer to take an Icelandair Stopover for up to seven nights at no additional airfare on your next journey across the Atlantic. Even if only for 24 hours, you can do a lot during an Icelandair Stopover. Spend a few hours relaxing in the Blue Lagoon. Take a stroll through Reykjavik's cozy City Center. Breathe in Icelandic nature and culture at every turn.

Get even more from your adventure with the benefits of becoming a Mileage Plan™ and Icelandair Saga Club member. Mileage Plan™ members earn miles on Icelandair flights that count towards Mileage Plan™ elite status, while Icelandair Saga Club members earn both Saga Points and Card Points when flying on Alaska Airlines. In addition, MVP® Gold or Gold 75K members enjoy complimentary access to the Icelandair Saga Lounge at Keflavik International Airport, Icelandair's hub, with further benefits on the way in 2016.

Alaska
Mileage Plan

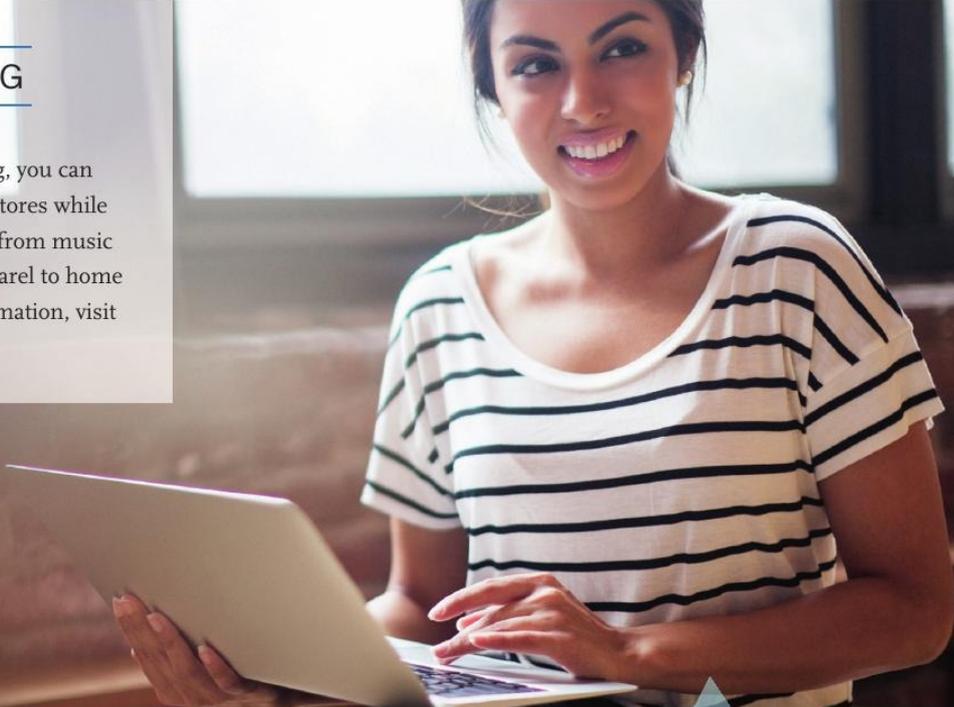
ICELANDAIR 

EVERYDAY MILES

Earn miles every day with Mileage Plan partners

SHOPPING

With Mileage Plan Shopping, you can earn miles with 800 online stores while shopping for items ranging from music to event tickets, outdoor apparel to home furnishings. For more information, visit mileageplanshopping.com.



MILEAGE PLAN DINING



With thousands of participating restaurants, you can enjoy tapas in Portland while earning miles toward a trip to Madrid. Visit mileageplan.rewardsnetwork.com for a bucket list of participating restaurants.

GIFTS THAT KEEP GIVING



Give flowers, sports tickets or wine-delivery services to friends, family and even yourself through our participating partners—and earn miles at the same time. Visit alaskaair.com/everydaypartners for more information.



Reach rewards faster by earning miles for everyday purchases with the Alaska Airlines Visa Signature® card—1 mile per dollar spent. Plus, cardholders can use the annual companion-fare offer to bring a friend along anywhere Alaska flies. Learn more or apply for a card today at mynewalaskacard.com.*

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



Korean Air stretches its wings like never before with our partnership with Alaska Airlines. SKYPASS and Mileage Plan members may accrue miles flying with Alaska Airlines and redeem them for tickets, thanks to our frequent flyer partnership. It's convenient and easy, so enjoy your new ventures from the Western U.S. with Korean Air.



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



Alaska. Mileage Plan **KOREAN AIR SKYPASS**

Earn and redeem your Alaska Airlines Mileage Plan™ miles around the globe with Korean Air

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Excellence in Flight
KOREAN AIR

Flyer guide

Your overview of the Alaska experience.

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- A6 Global Partners**
 - Travel the world with our 17 airline partners
- A8 Where we fly**
 - 100+ destinations and counting
- A10 Airport terminal maps**



Enjoy a drink

Refreshing selections, for free or for purchase.

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Sodas

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Coke Zero
Diet Coke
Sprite
Sprite Zero
Seagram's Ginger Ale
Seagram's Seltzer
Seagram's Tonic



Other

Bottled Water
Orange Juice
Cranberry Juice
Apple Juice
Bloody Mary Mix

Coffee

Proudly serving Starbucks®
Pike Place® Roast

LIQUOR



Craft USD \$7

Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut
Espresso Vodka

Classic USD \$7

Dewar's White Label Scotch
Crown Royal

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- 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.
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- 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.
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- 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.

- Smoking is not permitted on any flight.
- 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.
- Chewing tobacco and electronic cigarettes are not permitted.
- Alcohol may not be consumed unless it has been provided by a Flight Attendant.
- Cellphones may be used while the boarding door is open until advised by your Flight Attendant that cell service must be turned off. Upon landing, your Flight Attendant will advise when cell service can be enabled.
- Headphones must be worn when using portable electronic devices that produce sound.

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

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 players
- Noise-canceling headphones
- Cellphones (prior to door closure only)

Not allowed during flight

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

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Join the conversation.

Come chat with us—and your fellow flyers—online. Tag your journey with #IFlyAlaska so we can all share in your adventures. Have a question? Ask away. Our Social Care Team is available 24/7 on Facebook and Twitter.



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Our app keeps you mobile on any device.

We have several mobile options to keep you moving when you're on the go: iPhone, Android, Windows Phone and our mobile website at m.alaskaair.com.

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- Access Mileage Plan™ information
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The Federal Aviation Administration (FAA) and Alaska Airlines have set these rules and regulations to assure your safety and comfort.

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Earn miles on hotel stays, car rentals, and everyday purchases, too.

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Partner miles flown also count toward elite status qualification.*

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- Priority check-in
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MVP GOLD

(40,000 miles flown on Alaska)

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- 100% bonus miles and more

MVP GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Complimentary inflight entertainment player
- Four Board Room day passes
- 125% bonus miles and more

*Miles flown on PenAir and Ravn do not count toward elite status qualification.



LONDON, ENGLAND



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Get **30,000 bonus miles** after qualifying purchases with the Alaska Airlines Visa Signature® card. Enjoy added benefits like:

- Annual companion fare offer—because traveling is more fun with a friend
- **Free** checked bag for up to six people on the same reservation

Cardholder perk:
There's no limit to the number of miles you can earn.

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

Apply at mynewalaskacard.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the web site referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.



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We're committed to providing you the best rewards program in the industry.

Alaska Airlines received the highest numerical score in the J.D. Power 2014-2016 Airline Loyalty Rewards Program Satisfaction Report. 2016 Report based on 3,073 total responses evaluating 7 programs, and measures the experience and perceptions of members who were surveyed March 2015. Your experiences may vary. Visit jdpower.com.

Join today and start getting rewarded.
alaskaair.com/mileageplan.

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Mileage Plan gives you the world.

Earn and redeem your Alaska Airlines miles on any of our 17 partners.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/mileage-plan.



Explore more with Mileage Plan.



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British Airways



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LEGEND

- International partner hubs
- Partner destinations



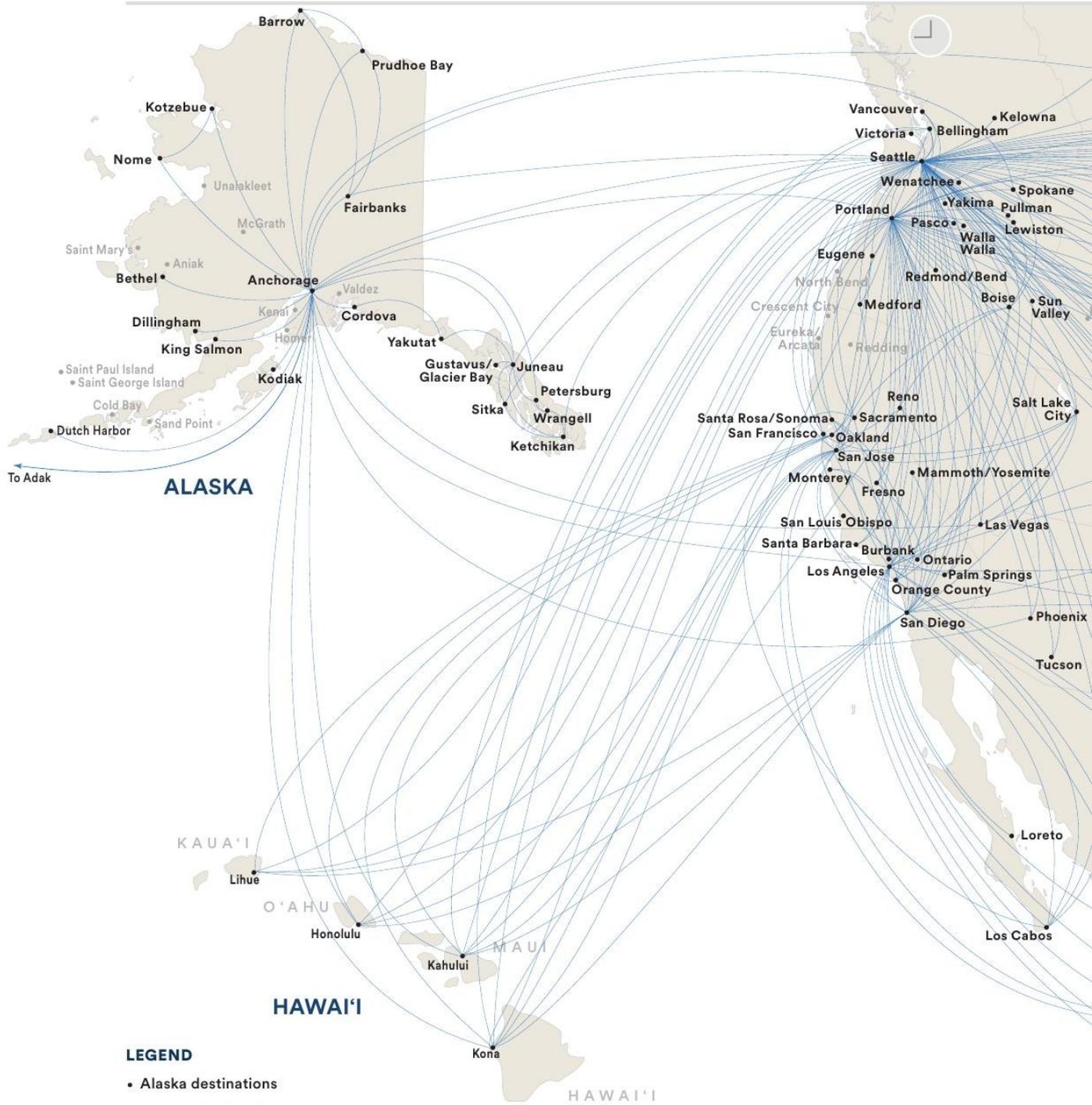
Beijing, China
Hainan Airlines



Dubai, UAE
Emirates

Where we fly

100+ destinations and counting.



LEGEND

- Alaska destinations
- Partner destinations

UPCOMING NEW SERVICE

Route	Service Begins
Los Angeles—Havana, Cuba	Late 2016
Bellingham, WA—Kona, HI*	November 12
Portland—Sun Valley, ID*	December 17
San Diego, CA—Steamboat Springs, CO*	December 17

*Seasonal service



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

Some routes shown operate seasonally.

Airport of the Month



John Wayne Airport

Location: Orange County, CA
Airport code: SNA
Served since: 1987
Daily flights: 16
Cities served: 7
 Seattle, Portland, Reno, San Jose, Santa Rosa, Los Cabos, Puerto Vallarta
Notable: Closest airport to Disneyland.
Insider info: Takeoffs from SNA are designed to minimize noise. Pilots climb quickly and steeply off the runway, then reduce power until over the ocean.

Airport terminal maps

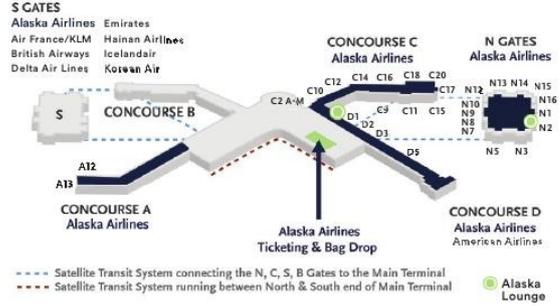
ANC

Anchorage International Airport



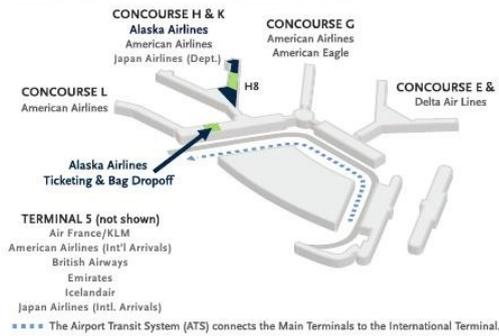
SEA

Seattle/Tacoma International Airport



ORD

Chicago O'Hare International Airport



PDX

Portland International Airport



A quick guide to help you make easier connections.

LAX

Los Angeles International Airport



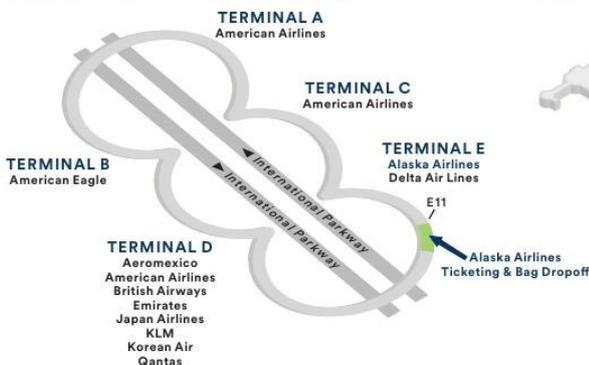
SFO

San Francisco International Airport



DFW

Dallas/Fort Worth International Airport



SAN

San Diego International Airport



Continued from page 67

the majestic S-shaped fliers over a 10-minute span just that morning—were likely on their way back to a nearby rookery with fish for their young.

Sea-enity at the Spa

Our massage therapists, Tamara and Deb, explain that they walked Semiahmoo Beach to carefully hand-select the stones they're using for our couple's **Beachstone Massage**. "I looked for smoothness and shapes that fit nicely at the sacrum and in people's palms," Tamara says. Deb says her selections included long narrow stones to warm large sections of the legs and back, and little stones that fit nicely between the toes.

The care our therapists took in their selections reflects the overall commitment to outstanding service at the spa, which uses organic product lines, including one based on wild seaweed harvested in British Columbia waters.

Just minutes into our treatments, Michael and I feel ourselves unwinding, releasing muscle tension to the heated stones and to the long, soothing massage strokes, combined with some reflexology.

I'm practically asleep by the end of the 50 minutes, but I languorously murmur thanks to Tamara for the wonderful neck and back work. "You were a good receiver," she says. "I was very happy to receive," I assure her.

BEFORE DEPARTING THE NEXT MORNING, Michael and I relax some more—spending quiet time in outdoor wooden rocking chairs placed for optimum views of the ocean, and cherishing these last minutes of rippling waves, diving seabirds ... and peace. At Semiahmoo, perhaps the best luxury of all is the luxury of spending quality time together, in a beautiful setting that speaks to our souls. ■

Michele Andrus Dill is the magazine editor.

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“OO”DLES AND “OO”DLES

A C R O S S

- 1 Cloth junction
- 5 Keeps on going
- 10 Day's march
- 15 Float
- 19 Look at amorously
- 20 For a single reason
- 21 Religious sayings
- 22 Mishmash
- 23 Canvassing route
- 25 Pedicure aids
- 27 Moving
- 28 Cop a ____
- 30 Stuffy
- 31 Approaching
- 34 Brazilian dance
- 37 Diddly
- 38 Blended drink
- 42 Chicken and mushroom dish
- 48 French heap
- 49 English counts
- 51 Sucking noise
- 52 Furlough
- 53 Andy's kid
- 55 Small ducks
- 57 Auspices
- 59 Brood
- 60 Billy Joel's daughter
- 62 Protective garment
- 64 ____ Lucia
- 66 Explosive initials
- 67 Celestial being
- 69 Lots
- 71 Close shave
- 73 Cartoon conductor
- 77 Series
- 80 Drama
- 81 Frat letter
- 85 Modern art
- 86 Raison ____
- 88 Spiky blossom
- 91 Wise statesman
- 92 Shout
- 94 Hurled
- 96 Assume
- 98 Chanted
- 99 Available
- 101 Indian tea producer
- 103 Spectacle
- 105 Grasp
- 106 Jazz style
- 109 Thrushlike bird
- 111 Trinket
- 112 Whirls
- 114 Broadway's Tommy ____
- 115 Frugal
- 119 Catch
- 121 Troll
- 125 Smugly virtuous
- 129 Dismissed lightly
- 132 Highway fee
- 133 Rajah's wife
- 134 Collection of Hindu aphorisms
- 135 Orange peel
- 136 Collar insert
- 137 Vote in

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136							137						138							139	

- 138 Live
- 139 Ho-hum

D O W N

- 1 ____ pop
- 2 Freudian topics
- 3 Many
- 4 Spanish sheep
- 5 Randall's Dr. role
- 6 Supplement
- 7 Factory
- 8 Implements
- 9 Holler
- 10 Pixie
- 11 As well
- 12 Before now
- 13 Hummus bread
- 14 Soothing
- 15 Knitted garments
- 16 Agave
- 17 Somme son
- 18 Mix a salad
- 24 Cliche
- 26 Test

- 29 Cookie maker
- 32 Escarpment
- 33 Charters
- 35 Gaucho's weapon
- 36 Malarial fevers
- 38 Covered walks
- 39 Canada's leaf
- 40 Willow
- 41 Biblical kingdom
- 43 Sets of principles
- 44 Thinker
- 45 Singer LaBelle
- 46 Rose-family plant
- 47 Certain amphibians
- 50 Indolence
- 54 Identical
- 56 Shovel
- 58 Booth
- 61 Plant pest
- 63 Grassy hill
- 65 Opera melodies
- 68 Stroops
- 70 Diving duck
- 72 Short reminders
- 74 Jesse James, e.g.

- 75 Noted tenor
- 76 Stimuli
- 77 Bean tree
- 78 Maine town
- 79 Peachy-keen
- 82 Redden
- 83 Gift recipient
- 84 Rankle
- 87 Belgian painter
- 89 Merv Griffin's "From Where ____"
- 90 Vampire's time
- 93 Poorly
- 95 Measuring device
- 97 Beyond, briefly
- 100 Devoutness
- 102 Demeanor
- 104 Ballroom dance
- 107 Expatriate
- 108 Expire, as time
- 110 Madrid misters
- 113 Dakota tribe
- 115 Middlemen, shortly
- 116 Chimney dirt
- 117 Beverage flavoring

- 118 Black fuel
- 120 French novelist
- 122 Columbus's state
- 123 Clothing department
- 124 Edible taro root
- 126 First in a series
- 127 It follows Nov.
- 128 As of this time
- 130 "48 ____"
- 131 Butter piece

Solution on page 22.



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IT'S ALL ABOUT YOU

Happy Dance

Steps for a successful marriage | BY ANDREW WAITE

By now I'm used to being ordered around. Not by my wife—although a year into marriage I am learning a thing or two about give and take—but by Walk the Moon belting, “Shut up and dance with me.”

Shut Up and Dance has been a popular wedding song for the past year or so, beloved equally by fist-pumping uncles and twirling flower girls. I should know: This is my ninth wedding since June of last year. One of those happened to be my own.

Would you believe I used to not like weddings? Yet here I am again, taking my wife's hand as she pulls me back onto another dance floor. There are colorful disco lights, bow ties, and barefoot bridesmaids wearing chiffon dresses for the first and last time. And then there's knows-every-lyric guy. There's always knows-every-lyric guy.

With all the sweaty, happy people crowded into the same space, it occurs to me that this could be any wedding. This time I'm in Milwaukee at a venue overlooking Lake Michigan. But the scene was pretty much the same inside the old factory turned art gallery in Baltimore and at the winery in Woodinville, northeast of Seattle.

On the other hand, the bride and groom are not your average wedding-cake-topper-like couple. Yes, he's tall and she's beautiful, but they're making goofy faces as they sing along to the chorus. That's Dan and Joanna—forever the lives of the party. It inspires me to dance a little harder—albeit with limited hip gyration—and grab my wife a little more tightly as Dan flaps his arms and Joanna smiles at her new husband just being himself.

Before my wedding, watching Dan and Joanna would have been a lot more stressful. See, I'd spent the weddings prior to mine scoping out all the burlap and Mason jars, all the M&M'S and Skittles bars, all the cupcake pyramids that might outdo everything Kathleen and I had planned. And every choreographed first dance involving attempted splits, every love-at-first-sight story with the couple meeting on a mutual friend's houseboat, had made me worry that my life

wouldn't seem romantic enough. They'd made me worry that my wedding, and then my marriage, wouldn't live up to everyone else's Facebook-worthy ones.

Then came my wedding day. Yeah, I focused on the details. I feared that my friends doubling as ceremony musicians would play out of tune and that the thunderclouds would roll in—both of these things came true. But I never worried about the actual getting-married part.

I knew I would get to tell Kathleen, in front of our family and friends, that she's not only my dream girl but the woman I dream and plan with, and that she would remind me that on July 23, 2011, only four months after meeting, I had already declared my intention to marry her.

After the ceremony, instead of a first dance, we rapped to our own *Empire State of Mind* lyrics—perfect for a guy with two left feet.

At weddings that followed, I could well up at a ceremony featuring a couple's heartfelt and tender emails read aloud. I could chuckle easily as another couple literally tied a knot. Because my own wedding helped me to see that every couple, including my wife and me, is unique. Our wedding rap? The notes we write to each other signed by our dog? These things are us. And I understood that weddings are not about competing to have the

most special day; they are about celebrating with people who help make the day special.

As months passed and more bouquets flew by, I noticed something else. Not just individual touches at weddings but also the commonalities. A good wedding needs family and food and songs by Walk the Moon, just as a strong marriage needs a solid base of communication and compromise.

Maybe that's why I'm out on the dance floor again. Because I may not love moving my hips to music, but my wife sure does. So you know what? I'm happy to just shut up and dance.

Andrew Waite is an associate editor for Alaska Beyond Magazine Horizon Edition.





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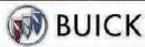
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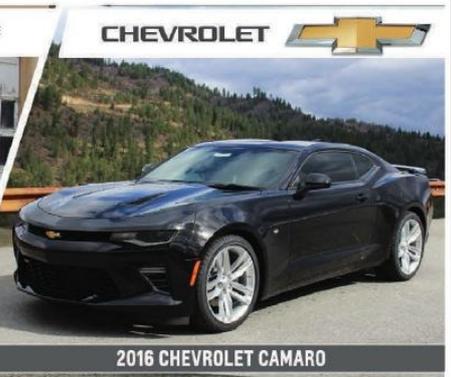
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