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MILEAGE PLAN PARTNER GUIDE

Making the most
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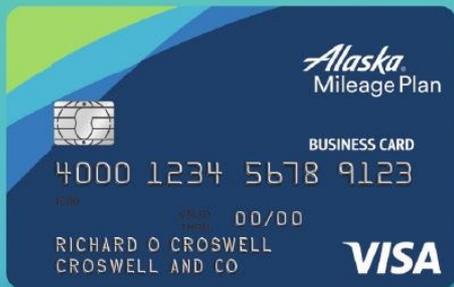
A Columbia River outing with celebrity chef Andrew Zimmern.

ON THE COVER: A fisherman amid stunning scenery at Crater Lake National Park in Oregon. Fishing is encouraged (artificial lures only) because the two fish species—rainbow trout and kokanee (landlocked) salmon—are not native to the lake. They were introduced from 1888 to 1941.

Photo by Justin Bailie.

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WELCOME»



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BACK TO THE FUTURE

» **Joe Sprague**, our senior vice president of external relations, is perhaps more qualified than anyone at Alaska Airlines to write about the importance of cargo to our neighbors in the state of Alaska. After nearly two decades with Alaska, including leadership positions in our cargo, inflight, marketing and external relations divisions, Joe is moving on to fulfill another passion—working with the Catholic Church as executive director of the Washington State Catholic Conference. Joe is a talented, dedicated and humble leader who has left an indelible mark on our company. Thank you, Joe, for your many contributions and for your dedication to our airline and to the Great Land, where your career with Alaska Airlines began. —Brad Tilden



Brad Tilden,
Chief Executive
Officer

One of my all-time favorite movies is *Back to the Future*. The Michael J. Fox classic spins a delightful story about Marty McFly accidentally going back in time and trying—with the help of his eccentric scientist friend, Doc Brown—to return to, well ... the future. As Alaska Airlines celebrates its 85th anniversary this year, we have a little back-to-the-future of our own going on. Amid the excitement of a growing network, the merger with Virgin America, and a fast-evolving brand that is bringing more and more benefits to our guests, we'll solidify an important link to our past, while delivering new benefits for the future, by rolling out the first of three next-generation 737-700 freighter aircraft. Back to the future, indeed.

Our new fleet of freighters will fly primarily in the state of Alaska. That's the link to our history. For 85 years, Alaska Airlines has flown freight and mail, along with guests, throughout the Last Frontier, providing a



Joe Sprague,
Senior Vice President
of External Relations

lifeline to remote communities. With these modern freighter aircraft, we're poised to continue our important cargo business in Alaska for many more years. The investment in the aircraft is an important milestone. Despite all our growth, from Boston to Havana to Hawai'i, the upper left corner of our network remains not only our namesake, but a crucial part of who we are at Alaska Airlines. From the new freighters to a new Anchorage aircraft-maintenance hangar to improvements for all of our company-owned rural terminals in the state, our commitment to the Great Land and its people is steadfast.

This commitment comes naturally, given our 1,800-person team of employees in the state. These Alaskans get that their local friends and neighbors have unique air-travel needs, and they work hard to deliver with kindhearted service. A good example is one of our 2017 Alaska Airlines Legends, Larry Hamlin, who is celebrating 40 years with the company this year. Larry's job is moving cargo at our warehouse in Anchorage, but for him, it's really about people. He cares deeply about our cargo customers, often stopping to deliver a smile and lend a hand.

It's folks like Larry that make me proud to work for Alaska, which I've done now for 17 years, starting first at our Anchorage regional office. Having admired Alaska Airlines since working at the Juneau airport during college 30 years ago, it felt like winning the lottery when I was hired at Alaska in 2000. Although career pathways led me out of the state of Alaska a long time ago, it has been a blessing to have been able to keep close ties with the state throughout my time with the company. As that time with the company draws to a close at the end of this month, I am grateful to Larry and the many other members of our state of Alaska team for allowing me to be an honorary member all these years.

Alaska is truly a place like no other—a fact that reminds me of one of Doc Brown's famous lines from the movie: "Roads? Where we're going, we don't need ... roads."

Thanks for flying with us. And thanks, Alaska Airlines, for memories that will always be cherished. ✈

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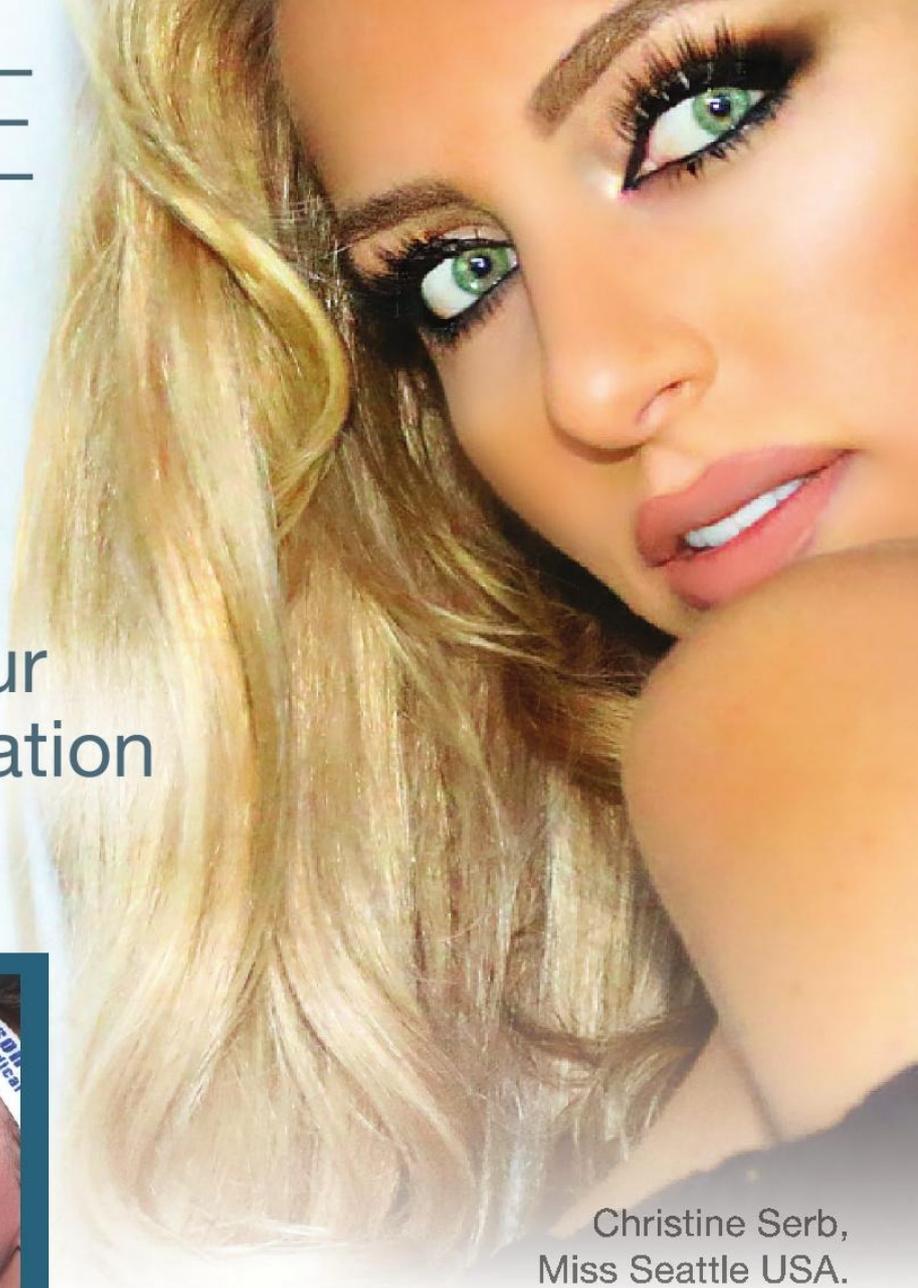
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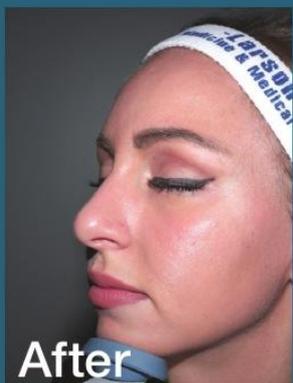
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I noticed my face was changing with exercise, weight loss and a lean diet. I had a dent in my cheek, my temples were hollow and I looked tired. I didn't look like myself. I had talked to plastic surgeons that wanted to do surgery but I knew there had to be something better. Then I found Margaret who changed my life with the non-surgical Bellafill® treatment. Margaret is an amazing injector with an artistic eye. I am so happy with the results and the care I received at Larson Medical.

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» **Say you're enjoying** a wine tour with classic Cabernets from Washington state's wine country. Or maybe you're sampling richly nuanced Pinot Noirs from the fertile valleys of Oregon. Then again, you might be exploring wineries gaining fame in Idaho wine country, or in the wine regions of California's San Luis Obispo County. Or perhaps you're visiting the long-revered vineyards of Sonoma County, with their sun-splashed soils and nearby coastal wonders.

When it comes time to pack up some Pinot, carry home some Cab and stow some Chardonnay to enjoy later, we have you covered.

Through the Alaska Airlines Wine Flies Free program, Mileage Plan members can check their first case of wine (12 bottles) without charge when flying anywhere in the United States on Alaska or Horizon from participating origin airports. These airports include Boise (BOI), Eugene/Springfield (EUG), Lewiston (LWS), Medford (MFR), Pasco (PSC), Portland (PDX), Redmond/Bend (RDM), San Luis Obispo (SBP), Santa Rosa/Sonoma County (STS), Walla Walla (ALW) and Yakima (YKM).

Also, while you're still traveling, check the details of offers in the wine regions you visit. Some partnering wine destinations offer waived tasting fees at select locations when Mileage Plan members show a valid incoming Alaska or Horizon boarding pass.

Use the following tips to enhance your wine adventures and have some wine fly home with you—for free!

Plan ahead. As you're mapping out your travels, consider the offers of participating wine regions. Within the Wine Flies Free program are five subprograms: Idaho Wines Fly Free, Oregon Wines Fly Free, SLO CAL Wines Fly Free (for San Luis Obispo), Sonoma Wine Flies Free, and Taste and Tote, which features wine destinations in Washington state, and also includes discounts on car rentals from Hertz.



Taste widely and wisely. Save that inbound boarding pass (paper or digital). In many cases, this is your ticket to free tastings when you present it within a certain time period after traveling. Next comes a fun part: It's time to find your favorite wines. Collectively, there are hundreds of wineries, vineyards and tasting rooms participating in Alaska's Wine Flies Free program. Buy wines you want to bring home, and ask if the seller can help you pack the bottles as though for shipping.

Pack it and check it. Wine must be suitably packaged in a protective shipping container (such as a foam-lined box) for transport. The TSA asks that containers not be sealed, but remain open for inspection. When you depart, advise the Alaska Customer Service Agent so the box can be properly labeled with stickers marked "Fragile." Visit alaskaair.com/content/travel-info/baggage for additional information about Alaska's checked-baggage rules, fee waivers and exceptions, and more.

Enjoy! Unpack your wine at home and pour a glass to celebrate avoiding shipping fees for

getting your favorites home. Consider cellaring some bottles so you can reminisce about your wine-country excursions for years to come.

For details about the Wine Flies Free program, including particulars about each region's rules and offerings, visit alaskaair.com/wine.

—Ben Raker

PINEAPPLES FLY FREE, TOO!

Alaska Airlines passengers can now take home a taste of aloha without a baggage fee, when traveling within the United States from Honolulu (HNL); Kona (KOA); Kahului, Maui (OGG); or Lihue, Kauai (LIH). Purchase your pineapple fresh in Hawaii and ask the seller to pack it as though for shipping. When you depart, one properly packaged box of pineapples will not count toward your checked-baggage allowance. To review information about Alaska's checked-baggage policies, visit alaskaair.com/content/travel-info/baggage. —B.R.



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“If I had known everything My Best 10 had to offer, I’d have done it years ago.”



10 WEEKS TO YOUR BEST YOU!

My Best 10 was a program that could help me get my life on track before I needed some serious medical intervention.

I've always been conscious of my health and fitness. I even ran the Las Vegas Marathon a few years ago. However, since moving to the U.S. from Australia five years ago, my life had changed quite a bit and I felt my health was starting to decline. My weight was fluctuating, my asthma had returned, I had high cholesterol and was in perimenopause. I just didn't feel healthy and knew I needed a restart.

I'd read about the My Best 10 program and was under the impression that it was a "beauty" program for women my age. With my husband's encouragement to do something for myself, I decided to look into it a bit more. Did I have the wrong perception! Yes, My Best 10 offers spa treatments and pampering, but it's so much more than a beauty program!

This was a program that could help me get my life on track before I needed some serious medical intervention.

It could help me reclaim the life I knew I deserved. I wanted to re-educate myself on how to deal with my current life, not how it was in my 20s. Most of all, I needed to feel good, both inside and out.

My dietitian and my trainer showed me ways to work around my life. During the 10 weeks of the program, I had six weeks of back-to-back visitors from Australia, a trip to London, and surgery restrictions, which meant that I couldn't perform any high-intensity cardio until the fifth week of the program. I could have waited to start the program, but I knew that I needed to learn how to live my life better throughout any of life's challenges. I had to organize myself and my choices in a way that would work. In spite of my hectic schedule, I

never missed a dietitian appointment and only rescheduled two training sessions from my week in London.

What contributed most to my success was having a team of people who really listened to me and my needs, and helped me take the program and apply it in a way that I'm still living by four months later. It started with Janet, the first person I talked to about the My Best 10 program. Janet saw me at my most vulnerable. Her compassion and understanding of where I was in my life was visionary. She was with me every step of the way, encouraging, empathic, supportive and helping organize my entire schedule. My trainer was incredible in working with my previous injuries and strengthening my weakest side. I can't say enough about how thorough and in tune with me he was. No two sessions were the same as he kept the workouts interesting and challenging, while encouraging me the whole time. Meal tracking and talking through different food challenges with my dietitian was also incredibly helpful.

I felt as if I'd jump-started my body's engine with a complete overhaul and new fuel.

My cholesterol dropped 50 points, along with my blood pressure. I gained 2.5 pounds of lean muscle mass and lost 7.5 pounds of fat. In doing so, I reduced my risk of heart disease and Type 2 diabetes.

I'm sure other women, like me, have the perception that My Best 10 is just a beauty program. I'd like them to know that it is so much more – this is a kick start to life! If I had known everything My Best 10 had to offer, I'd have done it years ago.

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ANGELS IN THE COCKPIT

Volunteer effort flies thousands of patients in need—for free

» As Geoff Wood recalls his most memorable mission with Angel Flight West, he thinks back 10 years, to one of his first flights for the nonprofit that coordinates private pilots, in their own aircraft, to transport people in need. Wood, CEO of Windermere Services Company, volunteered to fly a Spokane man home from Seattle, where his daughter had undergone a bone-marrow transplant. The father was obviously upset about leaving his daughter behind. When their flight arrived in Spokane, Wood was scheduled to return to Seattle with a grandmother and her granddaughter, who was in need of medical treatment. Wood dropped off the father, picked up his new passengers and was taxiing his Cessna back to the runway when the tower asked him to return to the terminal. The father had received a call: His daughter had taken a turn for the worse, and he needed to get back to Seattle.

“Fortunately, I was able to get all three passengers back to Seattle, where they needed to be,” Wood says.

He recalls an old slang term among pilots called the \$100 hamburger. Private pilots often look for an excuse to get out and fly, even if it means just flying to another airport, having something to eat, and flying home. In 1983, a small group of pilots in Santa Monica, California, figured there ought to be more to those excursions, some way to make good use of their airplanes and their expertise—like helping families in need. Thus began Angel Flight West.

The fledgling organization—initially known as the American Medical Support Flight Team—flew 15 missions that first year. Today Wood is board chair of an organization that oversees a network of more than 1,400 pilots across 13



AFW pilot Dale Terwedo gives a young patient a lift from Tri-Cities, WA, to Tacoma, WA.

western states. These pilots donate their aircraft, piloting skills and all flying costs to help families receive vital treatment that might otherwise be inaccessible because of financial, medical or geographic limitations. Last year, AFW flew 4,113 missions: flying passengers to specialty medical centers; transporting blood to critically ill patients; flying special-needs kids to summer camps; and many more humanitarian missions. The effort involves more than 2,500 volunteers—not only the pilots, but people who work with hospitals and treatment centers, and who coordinate flights, provide ground transportation and assist pilots on missions—they’re called “Earth Angels.”

Among AFW’s largest supporting partners is Alaska Airlines, which handles most of the Alaska in-state transportation needs, as well as flights for AFW recipients who need to travel to the Lower 48. Alaska donates \$500,000 each year in travel credit to AFW. In-kind contributions have totaled more than \$8 million since the relationship began in 2003, and AFW is the

airline’s single-largest corporate gift recipient.

“Alaska’s values of being caring and kind-hearted really come to life when our airplanes and talented professionals are put into service in support of those who need a helping hand,” says Joe Sprague, senior vice president of external relations at Alaska, and a former AFW board member. “Our founders in Alaska used to do mercy flights to remote villages. Alaska’s involvement with Angel Flight West keeps that tradition alive in the 21st century.”

The process starts when a patient in need reaches out to AFW at angelflightwest.org. Once a request is validated, the mission is posted to the pilot base through emails, texts and AFW’s online portal. Pilots accept the routes they’d like to fly and then coordinate the logistics. There is never a charge for passengers. Pilots can fly as many missions as they want: AFW recently honored Seattle area pilot Bob Schaper for his 1,000th mission.

And there is no shortage of pilots. Wood notes a recent listing for a boy who needed to fly from San Juan Island in Washington to Seattle several times a week following brain surgery. Every flight leg was filled the first day of the posting. —Paul Frichtl

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Pictured above:
Matt Iris (left),
Mechanical Engineer, Avista

Sean Hurley (center),
Maintenance Supervisor, Cenex Zip Trip
Ann Carey (right),
Regional Account Executive, Avista

FUEL STOP CONVENIENCE STORES HAVE BECOME A NECESSITY

for today's time-starved consumers, providing quick one-stop shopping for gasoline, grab & go foods, and sodas for the road trip. Among this region's leaders is Cenex Zip Trip, with 70 stores across Washington, Idaho, Montana, Wyoming, North Dakota, South Dakota and Minnesota. Headquartered in Spokane, Washington, the chain is a subsidiary of CHS Inc., a leading global agribusiness owned by farmers, ranchers and cooperatives across the United States. CHS Inc. is the Minnesota-based company which owns and operates the Cenex energy brand.

Zip Trip provides exceptional customer service and products. Their associates take pride in what they do and consistently follow through on the company's brand promise. Zip Trip focuses on setting itself apart by providing great service and offering customers the convenience items they want most, such as fresh grab & go sandwiches and salads and high-quality coffees. Nonetheless, competition in their markets is growing.

To improve its brand positioning, the chain has been updating the interior of their stores. They have also continually strived to cut operating costs, energy use being one of the biggest. That's why Zip Trip partners with Avista for ways to make their stores more energy efficient.

"Avista comes to us regularly with ideas and recommendations of how we can save energy," said Zip Trip maintenance manager Sean Hurley. "And their rebates have enabled us to make these improvements in a cost-effective manner."

Since 2011, Avista has provided Zip Trip with more than \$280,000 in energy efficiency rebates through its Energy Smart Grocer Program and other incentive programs.

"Their upgrades have so far resulted in Zip Trip saving more than 1.9 million kilowatt hours of electricity and over \$150,000 in energy costs," said Avista regional account executive Ann Carey.

About five years ago, Avista began by helping Zip Trip complete a project to upgrade cooler fan motors in its refrigerated beverage and sandwich cases. Old evaporator motors were replaced with electronically commutated motors (ECMs) that feature blades made of lightweight plastic vs. metal. In addition to running on less energy, ECMs last longer and emit less heat, which helps maintain cool temperatures.

Zip Trip also received rebates to replace cooler-door gaskets for a tighter seal and add anti-sweat heat controls in the doors to prevent condensation of the glass and door frames. The changes not only save energy, they put less strain on the refrigeration compressors.

About a year after completing refrigeration upgrades, Zip Trip took advantage of Avista's energy efficiency rebates to change out the interior lighting at area stores and their main office. They swapped T-12 bulbs for T-8s, cutting energy consumption by more than 198,000 kilowatt hours.

The energy-cost savings were so remarkable that when Avista again approached Zip Trip four years later,

offering new rebates on the most recent advances in LED technology, Zip Trip was more than willing to do a second upgrade. It was estimated that the new LED lights would cut Zip Trip's energy use by nearly 600,000 kilowatt hours, qualifying for over \$50,000 in rebates.

"Avista's rebate program offset much of the cost for newer LED technology," said Hurley. "It was a simple decision to redo our lighting right away."

In this second phase, Zip Trip also updated the lights inside their refrigerator cases with brighter, low-heat LEDs. According to Hurley, the LEDs make the cases look new, even without updating the case shelves or doors.

"All of our stores now have a cleaner, brighter look inside as well as outside," said Hurley. "That not only gets customers to stop for gas, it's more inviting for them to come inside. That's a good thing, as industry statistics say only 35% of convenience store customers venture inside."

The brighter lighting over the gas pump islands is also good for security, according to Hurley. The lighting helps people feel safer while pumping gas at night. It also helps the clerks keep tabs on the pumps, as Zip Trip is one of very few fuel stops that do not require customers to prepay for gasoline.

The LEDs will save on maintenance, too, because they last longer. "We were always getting service orders for individual canopy lights being out," Hurley added, "we were changing bulbs on a weekly basis. Customers were also inconvenienced, because while swapping out the lights, we had to turn off the pumps for added safety. We have not had any of these issues at the sites that have been upgraded with the new LED canopy fixtures."

Zip Trip also installed new LED lighting inside their warehouse and its accompanying parking lot. Avista helped pay for these upgrades, as well as for motion sensors that automatically turn off lights whenever work areas become unoccupied.

Since completing the entire project, Zip Trip has seen their sales volume increase. The company is so pleased



with the overall changes that they plan to make the same updates at other Zip Trip locations, even those outside Avista's service territory.

For more information on Avista's energy efficiency programs for commercial and industrial customers, visit myavista.com/bizrebates or email accountexecs@avistacorp.com.

[I GROW]



cool and comfortably

To the surprise of many people, an integral part of successful indoor gardening is proper airflow in your growing space. Without adequate circulation, plants are at risk from high humidity which creates a welcome environment for insects, molds and mildews that can be devastating to your plants. Plants intake CO₂, which typically hovers around 400 parts per million in nature. Stagnant airflow in a grow room will quickly lead to pockets of CO₂ deficiency. Proper circulation, and even enriching your space with additional CO₂, will enhance the growth rate and health of your plants.

What's the solution to proper air circulation? Hurricane® brand fans! No matter how big or small the space, moving the air is key to your environment. It is so important to keep your plants happy and thriving naturally by making it difficult for those pests to make camp in your plant's leaves and roots.

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Light leaf movement is gratifying to most plants. Some exceptions, such as cilantro, because of the sensitivity of their delicate leaves, may require indirect airflow. Other plants, like tarragon, are heartier and can handle a stronger airflow.

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For more information and videos about products like Hurricane® brand fans, visit: www.sunlightsupply.com. We make gardening a breeze!

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THE REGION»

MAMMOTH LAKES, CA

FALLING FOR THE EASTERN SIERRA

» It is a well-kept secret that one of the best times to visit California's Mammoth Lakes region in the Eastern Sierra is in the fall, when the temperatures wane, and leaves change to tones of warm crimson and gold. The area's **Outside on the Eastside** celebration features a variety of autumnal activities, from Labor Day Weekend until first snow (typically early November).

The season will begin with **Mammoth Rock N Rye**, Sept. 1–3, a music festival that offers whiskey tastings. Additional arts-and-culture events include the **Labor Day Festival of the Arts**, Sept. 2–4, featuring artworks, food and craft beers in a forest setting, and **Mammoth**

Oktoberfest, Sept. 22–24, highlighting Bavarian flavors.

The Eastern Sierra's wide range of outdoor activities also inspires events. On Sept. 2, **Mono County Free Fishing Day** will celebrate the area's numerous bodies of water, such as **Silver Lake** (pictured here). On Sept. 10, running enthusiasts can compete in the 12.4-mile **Tioga Pass Run** from Mono Lake to Yosemite National Park. For bicyclists, **Mammoth Gran Fondo**, Sept. 9, will comprise road-cycling races of up to 102 miles, while the **Mammoth Kamikaze Bike Games**, Sept. 14–17, will feature a series of mountain-bike competitions. Contact: visitmammoth.com. —*Jill Christensen*

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SAN LUIS OBISPO, CA SLO WINE

» With 250-plus wineries and vineyards and more than 40 cultivated grape varieties, **San Luis Obispo County, California (SLO CAL)**, is a great place to sample and savor. And now Alaska Airlines Mileage Plan members can check their first case of appropriately packaged wines at no additional cost when departing from San Luis Obispo County Regional Airport (SBP) on domestic Alaska Airlines flights. For more details on the **SLO CAL Wines Fly Free** program, see alaskaair.com/wine and visitsanluisobispo.com/winefliesfree.

San Luis Obispo boasts an array of wines, from the robust reds of the Paso Robles AVA to the more coastal whites of the Edna Valley AVA. Customized vineyard tours are offered by local companies such as **101 Wine Tours**, which also provides guided beer and olive oil itineraries.

Summer winery concerts abound,



including various shows at **Castoro Cellars**, through Aug. 26; Friday-evening bands at **Claiborne & Churchill Winery**, through Sept. 8; and monthly concerts at **Biddle Ranch Vineyard**. In September, visitors can celebrate California Wine Month with area-wide events, such as the 80th-annual **Arroyo Grande Valley Harvest Festival**, Sept. 22–23. Contact: slowine.com and slocal.com. —Lara Douglass

» In San Luis Obispo Wine Country, above, you can visit wineries such as **Biddle Ranch Vineyard**, left.

SEASIDE, OR GOING THE DISTANCE

» Known as “The Mother of All Relays,” the **Hood to Coast Relay**, Aug. 25–26, brings 1,050 teams together to race across 199 miles of Northern Oregon terrain. Starting on Aug. 25, each group of 12 runners embarks from the Timberline Lodge on Mount Hood (about 60 miles southeast of Portland) and, approximately 18 to 36 hours later, finishes the journey in the coastal town of Seaside. Alaska Airlines is a sponsor of the Hood to Coast Relay.

Hood to Coast founder Bob Foote started the event simply as a new challenge for him and fellow long-distance runners in 1982. In the relay’s inaugural year, it was composed of only eight teams, with 10 runners each, who traded off running 5-mile legs. The event has grown so popular that for 19 years it has filled the team capacity on the opening day of



registration. Participants trade off completing legs from 3.48 to 7.72 miles as they traverse areas that range from the streets of downtown Portland to back roads leading over the Oregon Coast Range.

As the event has grown, so have options for participation. The **Portland to Coast High School Challenge** gives younger runners the

chance to compete, while the **Portland to Coast Walk Relay** offers a slower pace. Both 132-mile options follow the same course as the main relay, except for a different starting point—near Hawthorne Bridge in Portland.

On Aug. 26, the **Finish Line Party and Celebration** at Seaside Beach will take place. This event attracts more than 60,000 people and includes live music, food and a beer garden with local brews. Attendees can cheer teams completing the final leg of the race, and can enjoy the beach and offerings from a variety of vendors. This year, Portland-based The Brian Odell Band plays during the day, followed by a late-afternoon awards ceremony. Radical Revolution, an ’80s tribute group, performs in the evening. Contact: hoodto-coastrelay.com. —Kacie Kaufman

A woman with long blonde hair, wearing a wide-brimmed hat, a grey tank top, dark pants, and brown boots, stands on a large piece of weathered driftwood on a beach. She has a red backpack and is looking off to the side with a slight smile. The background shows a sandy beach, waves, and a line of trees under a hazy sky.

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KETCHUM-SUN VALLEY, ID SYMPHONIC SUMMER

» **What do** Grammy Award winner James Ehnes, acclaimed French horn player William VerMeulen and pop-covering string trio Time for Three have in common? They are some of the many talented artists performing at the **Sun Valley Summer Symphony**, which is taking place on various nights through Aug. 17.

The symphony is producing 14 unique concerts, such as **“Czech Mates,”** with music by Czech masters Antonín Dvořák and Leoš Janáček, and **“BrassTacular,”** which showcases 12 trumpeters playing selections ranging from the classic *William Tell Overture* to songs from the 2016 film *La La Land*.

The finale, Giuseppe Verdi’s *Requiem*, Aug. 17, features the full Sun Valley orchestra, the visiting American Festival Chorus and four Metropolitan Opera veterans in what is widely



considered Verdi’s greatest choral masterpiece.

Visitors can enjoy each concert in the 1,565-seat Sun Valley Pavilion (shown above), or on its surrounding lawn. The pavilion’s massive white canvas is designed to mimic the surrounding mountains, such as Dollar Mountain and Bald Mountain, which can be seen from the concert grounds. The lawn serves as an amphitheater, with a large video LED screen that broadcasts the stage and an elaborate sound system. Beverage tents will be on-site, and attendees are welcome to bring their own picnics on the lawn. Contact: svsummersymphony.org. —*Olivia Madewell*



■ More than 100 jazz and other musicians will perform at a variety of Carson City, NV, venues during the **Jazz and Beyond—Carson City Music Festival**, Aug. 4–21 (jazzcarsoncity.com). Visitors can also see music-themed films during the **Jukebox International Film Festival**, Aug. 15–16 (jukeboxiff.org).

■ **Hip Chick Farms** in the Sonoma County, CA, town of Sebastopol has opened what it bills as the world’s first chicken nugget tasting room.



The Kitchen provides Napa Valley and Sonoma County wines with tastings of the farm’s organic chicken nuggets (hipchickfarms.com).

■ Enjoy supercalifragilisticexpialidocious performances at **Theatre Under the Stars**, which presents *Mary Poppins* and *The Drowsy Chaperone* on alternating evenings through Aug. 19 in Vancouver, B.C. (tuts.ca).

■ An open-air festival featuring more than 250 visual artists, Boise Art Museum’s **Art in the Park**, Sept. 8–10, also offers hands-on activities for kids, live music and local food (boiseartmuseum.org/art-in-the-park).

■ Dragon boat races, hula demonstrations and “paddleboard boxing” (in which two contestants stand on a paddleboard and box with cartoonishly large gloves) are among the highlights of the **Montana Dragon Boat Festival**, Sept. 9–10, on Flathead Lake (montanadragonboat.com).

PUYALLUP, WA FAIR FUN

» **Fair scores**, Ferris wheels, first dates and family adventures: There is fun for everyone at the **Washington State Fair** in Puyallup, Sept. 1–24. With more than 1.1 million attendees, the Washington State Fair is often one of the top-10 largest state fairs in the country. It’s also self-proclaimed to be the biggest party in the state.

At the 170-acre fairgrounds, visitors can take a spin on any of the 75 fair rides, including the “Extreme Scream,” a 20-story tower launch; try their luck at more than 50 carnival games; and shop local vendors. The fair’s concert series will present headliners such as **The Beach Boys** and **Earth, Wind & Fire**.

New this year will be the **“Giant Insect**



Adventure,” an exhibit exploring the habitats of insects from around the world. Visitors can operate animatronic dragonflies, and can stand among insect replicas that are 40 to 120 times the bugs’ real-life size.

Staying true to the farming roots of Puyallup, the fair also will include agriculture and horticulture contests, as well as a petting zoo.

Fair foodies know the snack staples: Earthquakes Biggest Burgers, Krusty Pup corn dogs and cups of soft-serve Dole Whips. The always crowd-pleasing buttery **Fisher Fair Scones** have a cool new twist this year with Fisher’s first-ever ice cream creation—raspberry-vanilla swirl mixed with Fair Scone pieces. Contact: thefair.com. —*Olivia Sullivan*

BILLINGS, MT

CELEBRATING CROW CULTURE

» **Nationally recognized** as the tepee capital of the world, the 99th-annual **Crow Fair**, Aug. 16–21 this year, draws more than 50,000 people to celebrate the culture and traditions of the Crow Nation. The fair takes place at Crow Agency, about 60 miles east of Billings, MT.

One of the largest Native American events in the country, the fair is hosted by the Apsáalooke, or Crow, people, and welcomes attendees of all tribes and nations, including non-Native Americans. Visitors can view more than 4,000 tepees centered along the Little Bighorn River at the Crow reservation, which encompasses nearly 2.4 million acres.

Each morning of the event, the **Crow Fair Parade** travels through the tepee encampment. Numerous participants, including designated fair “royalty,” ride horseback on old-style saddles crafted from bone and rawhide, many of which are family heirlooms. Parade floats are adorned with brightly colored traditional cloths and banners depicting tribe affiliation.

Horses are an important aspect of the fair, and of the culture of the Crow people, who began riding horses in the early 18th century.

Professional Native American cowboys and cowgirls compete at the Crow Fair’s rodeo, which includes horseback races such as the challenging Indian Relay Races. Participants ride three laps bareback, jumping off of one horse and mounting a different horse between each lap.

Each afternoon **Crow Fair Powwow** showcases performance competitions, focusing on traditional dance styles such as the crow dance, which evokes the movements of the bird. Visitors can watch the powwow unfold with competitions of drumming and song, divided between age groups and by tribe.

In addition, on-site vendors sell craft necklaces, rings and earrings as well as traditional clothing and tools. Contact: www.crow-nsn.gov.

—Olivia Sullivan



■ *Apsáalooke* means “children of the large-beaked bird.” This word was later misinterpreted as “Crow,” yet the name stuck.

■ Nearly 85 percent of the tribe members speak Crow as their first language.

Source: tribalnations.mt.gov/crow.

■ During various festival events and competitions, there are awards for best traditional dress in a selection of categories.

■ At the fair, members of the Crow tribe dress in outfits that resemble the tribe’s 1900s traditional fashion, embellished

with colorful, intricate beadwork.

■ Along with being in the traditional style, each dancer’s outfit is personalized to display his or her own background.

Source: Myron “Butch” Little Light Jr., organizer of the Crow Fair.

CROW PARADE PHOTOS, TINA PELLETIER (2); TEPEES, LAWRENCE MIGDALE / GETTY IMAGES

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Going Places

Get out and see the world
with Alaska Mileage Plan *By Eric Lucas*



The sun was setting over Lake Victoria, a fuchsia haze lighting the equatorial sky from the patio at The Boma Hotel in Entebbe. My friend Dave raised his Nile Special beer, and we toasted my African odyssey—which began four months earlier when Dave mentioned he would be in Uganda in April, and why didn't I meet him there?

Actually, it all started the year before, when I realized that the Mileage Plan miles I had in my account could take me to Africa, flying First Class on Emirates through Dubai. On the day of the trip, I slept seven hours during the 14-hour flight, and made sure to take a shower in Emirates' famous upper-deck bathroom. Then I spent two nights in the UAE, swimming in the Persian Gulf, exploring

Dubai and adjusting to the 11-hour time difference before I caught a five-hour onward flight to Entebbe, Uganda, where I met Dave. We toured Kampala; headed south of the equator to a safari lodge where I rode a bike near a herd of zebra; then went north to Ethiopia before heading home.

This trip was made possible by my Alaska Airlines Visa Signature® card, which I use to pay for pretty much everything, from double espressos to double-breasted suits. I also earn tens of thousands of miles each year through Alaska Mileage Plan by using my card to book all my travel needs.

I've roamed the world using Mileage Plan miles. I've been to 51 foreign countries, four continents, 34 "world cities," and all 28 nations in the European

Union, almost all of that using miles. But my favorite trips have involved family and friends—one of travel’s most popular categories these days.

Once, I met my sister in Istanbul, where she had lived for three months while studying Turkish dance. We toured Topkapi Palace and the Hagia Sophia, and conducted extensive research into baklava. We flew to Sicily and drove high in the mountains above Palermo to visit the village where my great-grandmother was born. Then I flew on to Zürich to watch a friend, an expat American folk singer, perform in a cozy cafe near Lake Constance. I flew home to Seattle via London—illustrating, among other things, how easy it is to use miles not just to get to Europe, but also to travel within Europe.

Last fall, I met a friend and his partner in Madrid, where I saw Picasso’s famous *Guernica* in the Reina Sofía museum. We found a nearby plaza with dozens of cafes, and savored a leisurely supper of tapas ranging from chorizo to *Ibérico* ham on toast.

Local food is often a highlight of world travel, and so it was in Africa. I learned that a staple of cooking in Uganda is the humble Mesoamerican peanut. That was at a restaurant in Kampala, where major intersections are still governed by traffic officers who look like British bobbies, and it was just one highlight during one of the best trips ever.

My friend Dave was chairman of a nonprofit medical-airlift company operating out of Entebbe; he flew between Seattle and Uganda four or five times a

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✈ Mileage Plan Tip

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year on business, and his casual remark about joining him in Africa crystallized a desire of mine to visit Ethiopia. The latter is the homeland of coffee, and Uganda is next door, and the whole expedition demonstrates not only how seamless it is to travel the world using reward miles, but also how meaningful it can be.

I'll forever remember meeting my friend, Dave, halfway across the planet in an utterly wonderful

country. The picture of me at the equator is still on my phone. In Ethiopia, I traveled into the mountains to Harar, where legend has it that the goatherder Kaldi discovered coffee more than 10 centuries ago.

Does the coffee in Harar taste better than anywhere else? I like to think so—but I haven't been everywhere. Yet.

Eric Lucas lives on San Juan Island near Seattle.

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Visit the colorful Sensō-ji temple in Tokyo.

✈ Mileage Plan Tip
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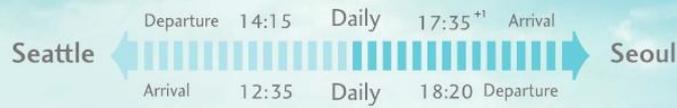


Snap selfies with friends in front of Big Ben.

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Fly from:
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Fly to:
Munich

Partner airline:
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Celebrate Oktoberfest in the country where it all began.

✈ Mileage Plan Tip
Not enough miles for a roundtrip? You can purchase additional miles, or use miles one way and money the other.

Fly from:
Seattle

Fly to:
Copenhagen

Partner airline:
Icelandair



Cruise the canals of historic Copenhagen.

✈ Mileage Plan Tip
Take a friend along with you, or send someone on an adventure of their own by simply transferring miles from your account to theirs.

Make miles happen

Earn your rewards with
Alaska Mileage Plan partners



If Kathleen is really going to run a half marathon this fall, she's going to need a new pair of shoes. She's eyeing the Nike Air Max 2017 in polarized blue, which sell for about \$200. As an Alaska Airlines Mileage Plan member, Kathleen has joined the Mileage Plan Shopping program, and has signed up to receive emails that offer regular deals from more than 850 partner retailers, including Nike, Neiman Marcus and Apple. Today's email says she can earn an additional three miles per dollar spent when shopping at Nike if she buys through mileageplanshopping.com.

Nike already offers four miles for every dollar spent, meaning these sweet kicks are going to earn Kathleen 1,400 miles. Plus, because she's making the purchase with her Alaska Airlines Visa Signature® card, she'll earn another mile per dollar spent. That puts her at 1,600 miles.

Life's pretty rewarding for Alaska Mileage Plan members. Whether traveling on Alaska Airlines or

one of its Global Partners, paying a utility bill, buying a new leaf blower at Home Depot, or grabbing dinner with friends at one of thousands of participating restaurants, Mileage Plan members can earn miles with almost every purchase they make, every day, using their Alaska Airlines Visa Signature® card.

Now that Kathleen has her shoes, she has no excuses. The race is 12 weeks away, and she's really doing it! She books her travel from Seattle to New York's JFK, and with Alaska Airlines' a-mile-traveled-is-a-mile-earned benefit—the only major U.S. airline to offer this kind of earning structure—she's just netted another 4,800 miles for the roundtrip.

The race itself is in the scenic Catskill Mountains region, about 135 miles north of Manhattan, so she reserves a car with Hertz, one of Alaska Airlines' seven car-rental partners. She books a couple of nights at a Marriott hotel—another Alaska partner—

Mileage Plan Partner Guide



\$200 Nike sneakers
x 4 miles per dollar spent
= 800 miles



+ 3 bonus miles per dollar spent
(thanks, Mileage Plan email)
= 600 miles



+ additional 1 mile per dollar spent
(for using the Alaska Airlines Visa Signature® card)
= 200 miles



+ 500 extra miles (for shopping during a special promotional bonus period)
= 500 miles

Total 2,100 miles!

and receives even more miles: two miles from Marriott for each dollar spent.

And the opportunities for earning are just getting started. Two of Kathleen's friends in Manhattan have already told her that they will come cheer her on. Kathleen orders them each a gift of wine from partner Vinesse. Of course, running 13.1 miles also deserves a celebratory dinner, so Kathleen checks out Mileage Plan Dining and sees that B Flat, a Manhattan cocktail bar serving Japanese-influenced cuisine, is among Alaska Airlines' partner restaurants.

All of a sudden, those \$200 Nike Air Max running shoes that kick-started her trip preparations have turned into enough reward miles for another trip. Kathleen's thinking somewhere warm, maybe a weekend in Los Angeles, where she can dig her toes into the sand. Oh, and a new pair of sandals might be nice.

Wonder how many miles she can earn with those?

Learn more at alaskaair.com/everydaypartners.



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✈ **ROCKETMILES** ✈

Car Rentals



✈ Mileage Plan Tip
Seven different car-rental companies allow Alaska Mileage Plan members to earn miles for every rental. Reserve your car when you book your flight, or see alaskaair.com at any time to browse great car-rental rates.

Learn more at alaskamileageplan.com.

Hotel and Car Rental Partners





CHON KIT LEONG / ALAMY STOCK PHOTO

BY JO PIAZZA

FUN IN THE SUN RESORTS

GREAT PLACES FOR SUMMER RECREATION



I WAS TRYING TO IMPRESS MY DINNER COMPANION. ADMITTEDLY, IT WAS A BIT OF A TRAVEL BRAG. “SO, I WENT SEA KAYAKING THE OTHER DAY AND SPOTTED A POD OF DOLPHINS RIGHT BENEATH MY KAYAK,” I DROPPED INTO CONVERSATION OVER DESSERT.



“Where?” she asked me with wide-eyed excitement. “Was it in Hawai‘i? It must have been when you were in Hawai‘i.”

“No. Los Angeles,” I said, delighted to see surprise shadow her face. She would have been more inclined to believe me if I’d claimed to have encountered Justin Timberlake or a Kardashian on my trip to Southern California. She thought I was making the dolphin encounter up, but I had the pictures to prove that the cetaceans were swimming off the coast of the Palos Verdes Peninsula, less than 30 miles south of Los Angeles International Airport.

The ocean kayaking was part of the adventure program at Terranea Resort, A Destination Hotel (terranea.com), a stunning oceanfront property, perched on a rugged cliff, that feels like a little slice of the Mediterranean within the Los Angeles metropolitan area. The two-hour paddling tour began early in the morning and took our squadron of five adventurous guests along the rocky shoreline and past the 1926 Point Vicente Lighthouse. The original Fresnel lens, crafted by a renowned Paris company, is still operating.

Through a hazy marine layer, I could just see the outline of Catalina Island to the south. Motor-

Previous pages and above: The Point Vicente Lighthouse can be seen on a Terranea Resort kayaking excursion along the coast of the Palos Verdes Peninsula.

ized tour boats created soft rolling waves that gently rocked our paddle-powered crafts, but our look at the mammals in the water was much more intimate than the view from the bigger boats. It felt almost as though we were part of the dolphin pod.

After all that kayaking, I needed to soothe my weary muscles, and I knew that Angelenos—who are particular about their spa treatments—travel from all over the city for Terranea’s signature treatments, including the one I received: A 60-minute mask treatment, with fresh, organic ingredients, was accompanied by a relaxing neck, face, back and hip massage meant to inspire restful sleep. Whenever possible, the spa makes use of sea salt and honey harvested right on the property.

After my treatment, I nearly dozed off in the spa’s relaxation lounge, which has sweeping views of the Pacific Ocean, but the spa attendants were kind enough to make sure I got back to my room in time to dress for dinner at Mar’sel, the resort’s signature restaurant.

My guestroom, like most of the 582 rooms and suites at Terranea, was positioned for its own lovely view of the sea. And the bungalow suite had

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a private oversize terrace, complete with personal fire pit, perfect for ordering in a platter of gourmet s'mores and desserts, and maybe even a bottle of wine—on a night when I wasn't already savoring a gourmet dinner.

Many of the ingredients at Mar'sel, and at Terranea's seven other restaurants, are harvested on the 102-acre resort property itself, and from the resort's farm just down the street, with other California farms supplying most of the additional produce.

Staying local is a defining mission for Terranea Executive Chef Bernard Ibarra, who was born in a Basque region of southwestern France. "When you have such wonderful things to work with so close by, why would you ever go anywhere else?" Ibarra noted with a chuckle as we toured his gardens and knelt in the dirt to inspect a young batch of kale. The chef,

his hands covered in soil, ripped off a piece for me to taste. "This, right here, is why we do this. It just tastes better."

Back in the dining room, I discover that the butter—not typically the first thing I'd mention about a restaurant—is remarkable, too. It's topped with the property's signature sea salt, and so creamy, it almost melts before making it to one of the lightly toasted English muffins I chose from the breadbasket. Harvesting sea salt is a particular passion of Chef Ibarra's, and he's built a sea salt conservatory on the property, with a greenhouse where salt is separated from seawater via natural evaporation.

Ibarra himself often gathers the seawater in buckets. He flavors the salt with items such as rosemary and Meyer lemons grown at Terranea. Guests can even indulge in a private sea salt tasting led by Ibarra. A different flavored salt is sprinkled on five house-crafted organic bites—including grilled pineapple, cheese and chocolate—and the tasting is also accompanied by a glass of sparkling wine.

Seasonal dishes at Mar'sel include a crispy duck confit with heirloom carrots, duck cracklings and



Clockwise from top: An aerial view of Terranea. A family walks a scenic resort path to access the water. Guests enjoy an alfresco meal.

Riesling jus (Riesling mixed with juice from the duck); West Coast diver scallops with black truffle polenta; morels on toast with Meyer lemon and Bellwether Farms ricotta; and pasta with nasturtium flowers that were pressed into the pasta dough before it was hand-cut and cooked. The pasta is topped with vegetable ragu, highlighting vegetables grown on Terranea's grounds. I'm not embarrassed to say I sampled all of them during my multiday stay.

In the middle of the 20th century, much of the peninsula now occupied by Terranea was home to another attraction, the Marineland of the Pacific theme park, before it closed in 1987.

These days, the activities here include marine



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adventures such as kayaking, tide-pooling, and standup paddleboarding tours through kelp beds where it may be easy to spot a leopard shark or bat ray. On land, guests can golf the resort's nine championship-caliber holes (lessons available), and hike miles of coastal trails (with or without a naturalist guide). Off-property surfing lessons and guided bike tours can be arranged, as well.

I opted to explore a resort trail early in the morning, just as the sun was cleaving the horizon. The scent of coastal sage drifted through the air, and hummingbirds flitted through wildflowers.

One of the most unusual and rewarding outdoor activities at the resort—and popular with youth and adult guests alike—is a private session with the property's falconer.

Falconry at Terranea is part of the resort's commitment to sustainability, and the property's birds of prey help to keep gulls, ravens and other pesky critters away from guests. But another benefit is getting to see falconer Joe Roy III unleash his menagerie of falcons, hawks and owls during a personalized session in Terranea's native meadows.

I'd never been so close to a predatory bird as I was to Omen, a peregrine-gyrfalcon hybrid. Joe let me stroke her head. It was softer than I expected—almost like the down of a baby chicken. After a few minutes, Joe released Omen, allowing her to stretch her powerful wings across a photo-perfect sky.

Afterward, I debated how to spend my last hours in Southern California before heading home. Terranea is less than 60 miles from the attractions of Santa Monica, Malibu and Hollywood, and I'd originally planned to drive to the Santa Monica Pier, which is known for its beach, amusement park and shops. But as I lounged on my private terrace, a pod of dolphins appeared along the horizon. Maybe they weren't the exact same dolphins I'd seen a couple of days earlier, but who knows? Maybe they were. I sipped my coffee and smiled. There was no reason to rush off to anywhere else. ■

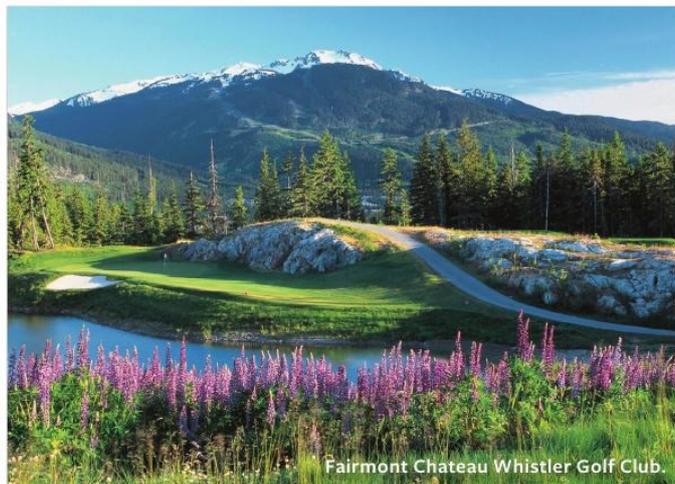
Writer Jo Piazza lives in the San Francisco area.

Alaska Airlines (alaskaair.com) provides regular service to Los Angeles and numerous other cities that are gateways to outstanding resorts.

MORE FUN IN THE SUN RESORTS

TERRANEA IS ONE OF THE MANY WESTERN RESORTS THAT OFFER SUMMER FUN. HERE ARE A FEW MORE GREAT OPTIONS:

Fairmont Chateau Whistler, Whistler, BC (fairmont.com/whistler): Although Whistler is justly famous for its winter sports, summertime is also phenomenal. For instance, you can golf the championship Fairmont Chateau Whistler Golf Club, or follow one of the hotel's Whistler Experience Guides on an excursion such as hiking, biking or stand-up paddleboarding. Guides also lead farm and brewery tours, and tours of 2010 Winter Olympics venues. You can also enjoy the Fairmont's two pools, exercise-therapy programs, tennis courts (lessons available) and complimentary yoga classes.



Fairmont Chateau Whistler Golf Club.

Located at the base of Blackcomb Mountain, the resort is convenient to area activities such as riding the 4.4 km (2.7-mile) Peak 2 Peak Gondola for alpine sightseeing, pedaling the 70-plus trails in Whistler Mountain Bike Park and exploring the Whistler Valley Trail System. Not to mention ziplining, river rafting, jetboating, and speeding down, with a trained pilot, part of a Whistler Sliding Centre track (built for the Olympics) in a special wheeled bobsled used in the summer. >>>



Left to right: Hill's Resort offers fun on Priest Lake. The Lookout at Lake Chelan has an inviting pool. Running Y Ranch Resort offers summer horseback riding.

Hill's Resort, Priest Lake, ID (hillsresort.com): This longtime family favorite is located on Priest Lake's sandy Luby Bay, about 80 miles north of Spokane. The resort has been owned by the Hill family for more than half a century. Summer activities include onsite beach volleyball, pickleball and tennis, with paddleboards, kayaks and canoes available to rent. Priest Lake is great for swimming, and the beach is gently sloped, making it good for little kids. A local outfitter offers guided fishing trips in his own 24-foot-long motorboat. Ski boats, pontoon boats, fishing boats and personal watercraft are available to rent from other businesses in the area, according to the resort, while the resort marina offers covered boat slips for those who bring their own boats.

When you're not out on the water, you might want to try for birdies at the nearby public 18-hole Priest Lake Golf Course, or

hike or mountain bike on an area trail—perhaps with a stop for huckleberry picking.

The Lookout at Lake Chelan, WA (chelanlookout.com): Vacation rentals range from large homes to cozy cottages at this community on Central Washington's Lake Chelan, about 45 miles north of the air gateway of Wenatchee, and about 185 miles



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northeast of the air gateway of Seattle.

Resort guests have access to a beach, a marina and a pool, plus walking and mountain-biking trails, pickleball and bocce ball courts, and community grills. Rentals are available for motor and pontoon boats, personal watercraft, paddleboards and kayaks. Area fishing outfitters will pick guests up at the resort. In Chelan County, you can also visit your choice of more than 30 wineries, along with farmstands, and Wenatchee's Pybus Public Market, where artisanal producers showcase products ranging from craft beer to cheese.

Running Y Ranch Resort, Klamath Falls, OR (runningy.com): At this Southern Oregon resort, you can saddle up to enjoy guided summer horseback riding; explore hiking and biking trails; golf an Arnold Palmer-designed

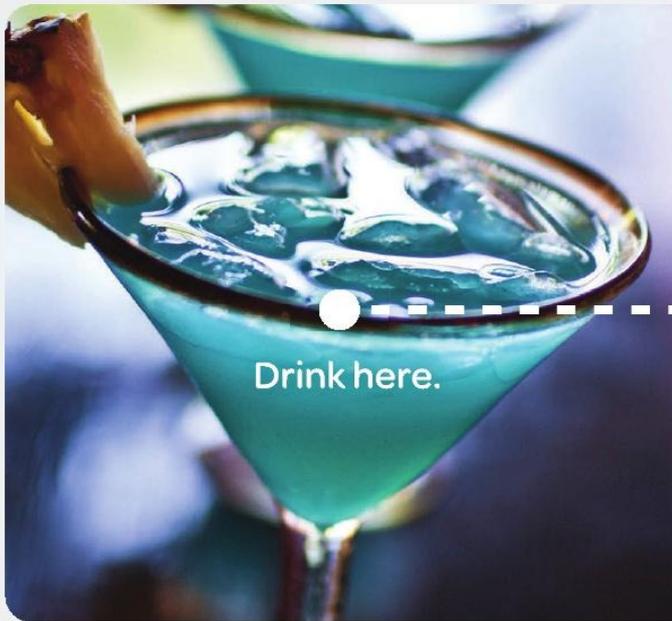


course; and enjoy stargazing. The resort has a pool, mini-golf, tennis courts and other sports courts. Klamath Falls-region activities include guided kayaking and fishing in areas acclaimed for exceptional bird-watching. Guided trips are also available to sites such as Crater Lake National Park. Crater Lake ZipLine is less than 20 miles from the resort. The Crater Lake-Klamath Regional Airport is

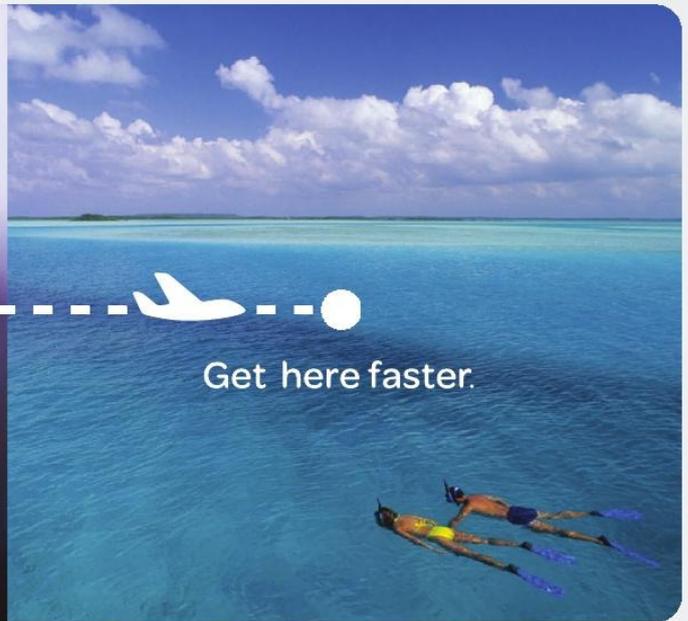
served by Alaska Airlines Mileage Plan partner PenAir, while the Alaska-served city of Medford is just 75 miles west of Klamath Falls.

Semiahmoo Resort, Golf & Spa, Blaine, WA (semiahmoo.com): Marvel at water views in every direction—and a view of Canada to the north, too—at this recently renovated resort less than 30 miles northwest of Bellingham. Semiahmoo is located on a spit that boasts 300 acres of tidelands for beach walking and kite flying, and at the resort, seasonal kayak, paddleboard and bike rentals are available. Plus, guests enjoy complimentary s'mores on the beach on summer evenings.

The resort's two championship golf courses—one designed by Arnold Palmer, the other by Graham Cooke—are open to the



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public on alternating days. Or arrange fishing with Outer Island Excursions, which will pick you up right at the resort dock. Semiahmoo also offers a movie theater, fitness classes, and an indoor/outdoor pool.

**SEMAIHMUO IS LOCATED
ON A SPIT THAT BOASTS
300 ACRES OF TIDELANDS.
SEASONAL KAYAK, PADDLE-
BOARD AND BIKE RENTALS
ARE AVAILABLE.**

Area attractions include a waterpark, hiking and biking trails, and Peace Arch Park at the U.S.–Canada border. A drive to Vancouver, BC, from Semiahmoo takes about 1.5 hours, depending on traffic and time at the border crossing.

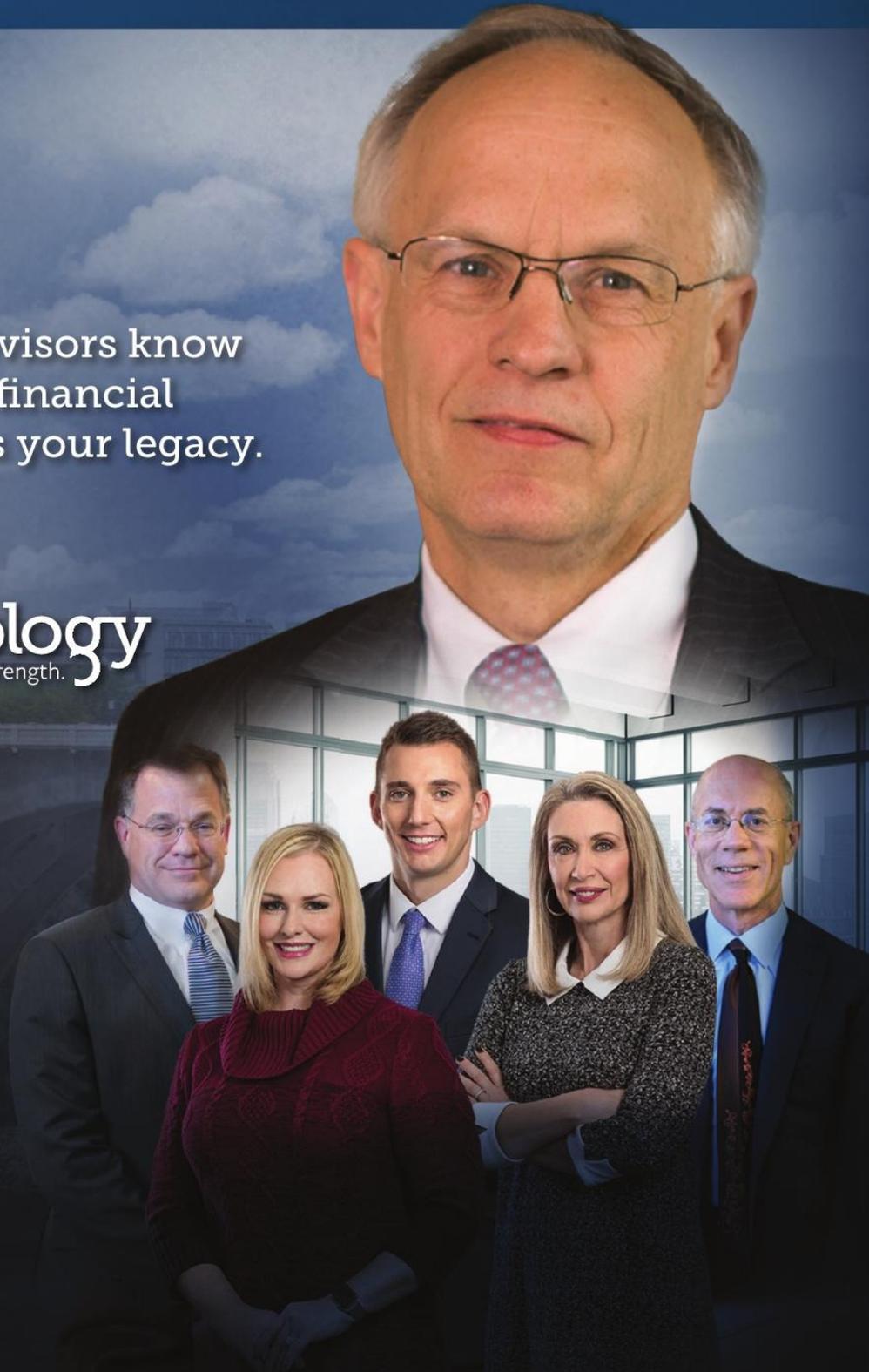
Whitefish Mountain Resort, Whitefish, MT (skiwhitefish.com/summer): One of the most popular summer activities in the Whitefish region is mountain biking, thanks to more than 30 miles of trails, some lift-served, some cross-country, with bike rentals available. For kids 2 to 6, the Strider Bike Park opened



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A ride on Whitefish Resort's Scenic Lift provides views of the Flathead Valley and Glacier National Park (just 35 miles northeast), and at the top of the resort's ski peak, Big Mountain, the Summit Nature Center is staffed by Forest Service naturalists who lead seasonal guided nature walks.

At lower elevations, ride down the family-friendly alpine slide; take a ziplane tour and/or try the Aerial Adventure Park; or hike one of the many resort or Flathead National Forest trails. The resort is also known for huckleberry picking, and its website has a page with updates on peak times and places. Lodging choices are numerous. ■

The "More Fun in the Sun Resorts" information was compiled by the magazine staff. Be sure to check directly with resorts in advance to see if rentals of bikes and other recreational equipment are available. For more information on activities in each region, see local visitor websites.

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A FUSION OF FLAVORS

Korean food finds a place in Portland | By Drew Tyson

I AM SITTING AT CHUNG DAM KOREAN Fusion in southeast Portland with a few of the city's top Korean chefs. This distinguished group has worked to develop a local Korean food scene with dishes from that country's fascinating amalgam of culinary influences.

We talk over bubbling bowls of *budae chigae*, or army stew, so named because of its medley of indigenous Korean ingredients

and U.S. Army rations that came together as a result of the Korean War. The stew is filled with an assortment of flavors and textures, from ramen noodles, tofu, and rice cakes to bacon and Spam, plus some ingredients I don't even recognize.

As we enjoy this simmering broth, TVs in the restaurant play K-pop music videos, injecting a kinetic energy into the setting,

while also ensuring that you'll be humming an unknown song on the way home.

Like much of the United States, Portland is having a Korean-food moment. Restaurants specializing in this Asian culinary style seem to be popping up all over town.

Joining me at the table is Han Ly Hwang, the chef behind the growing empire called Kim Jong Grillin', a playful name derived from North Korea's head of state.

Hwang's journey to Portland stardom has taken a few detours. After winning the Judges' Award at Eat Mobile 2011, a competition for Portland's best food carts, his food truck caught fire and was destroyed.

Hwang spent the next few frustrating years working to open a food truck or restaurant. In 2014, he received an invitation to compete on the Food Network's competition program, *Chopped*.

OREGON

While Hwang didn't win the episode—that honor went to Portland food-cart queen Nong Poonsukwattana of Nong's Khao Man Gai—*Chopped* judge Scott Conant loved Hwang's food so much he encouraged him to get “back in the kitchen and don't give up.” Hwang followed the advice and now has two restaurants and two food carts in Portland.

Before hip diners were gleefully labeling Korean fried chicken as the world's best, Kwon was remixing burritos and tacos with kimchi and *gochujang*, a red chile paste condiment.

He was the first to educate Portland on the deep, complex flavors many Korean-Americans grow up with. Koi Fusion proved to be a catalyst for Korean food in



Also joining us is Matt Choi of Choi's Kimchi, a family-run business that's gaining national distribution, and Sun Kim, former understudy to Hwang and the chef behind the popular Fomo Chicken food cart.

We share oversize cans of Hite beer and bottles of *soju*, a flavored rice liquor. The sweetness of the drink perfectly balances the richness of the simmering army stew, which begins to glow a bright orange as slices of American cheese slowly reduce.

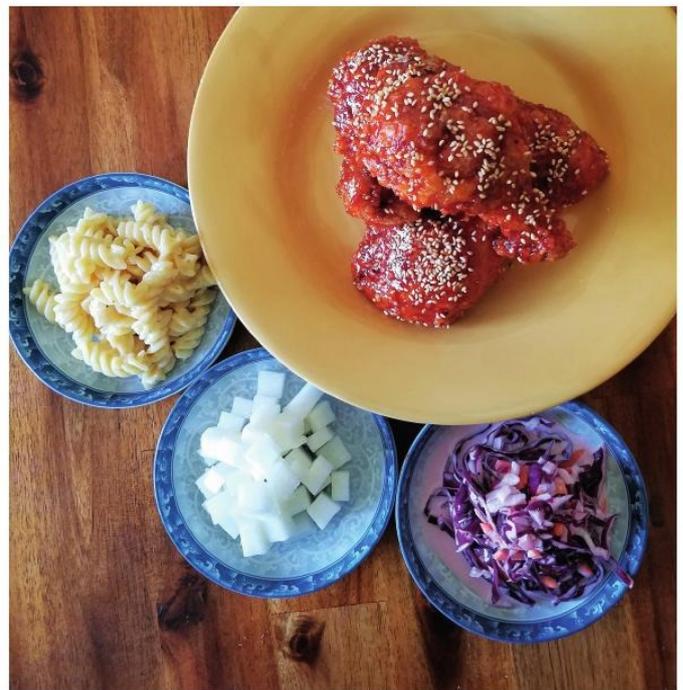
Eating the ramen and broth, we discuss Korean cuisine's rise to prominence. Everyone agrees that it was Bo Kwon's Koi Fusion that began Portland's awakening.

the City of Roses, and has also inspired other Korean chefs.

After Hwang lost his food cart to the fire, Kwon sold him a food truck and helped Kim Jong Grillin' rise from the ashes. Hwang echoes a sentiment you often hear from the city's Korean chefs, “I am forever grateful to Bo and Koi Fusion. Without them I would never be where I am.”

The Rose City's attraction to Korean food is also the result of creative places such as the quirky Han Oak restaurant in the Laurelhurst neighborhood.

The small location is open only four days a week and is also the full-time home of chef Peter Cho and his family. The restaurant,



From far left to right: Chef Peter Cho, owner of Han Oak, has been recognized as a top new chef. Spicy fried chicken in peanut brittle is a favorite dish at Revelry. Fomo Chicken has won praise for its use of fresh ingredients.

Cho's mother pinch dumplings while his young son runs in and out of the restaurant and to the courtyard outside. On Friday and Saturday evenings, you can enjoy amazing prix fixe meals for \$45 per person that include koji-marinated and slow-roasted pork belly *bossam* and smoked short ribs.

Before coming to Portland and opening Han Oak in 2016, Cho worked under New York City star chef April Bloomfield, where he

with its family-style seating, is one of the hottest tickets in town. On Sunday and Monday evenings people stand in line for the Dump-ling and Noodle nights and watch

A FEAST FOR THE SENSES

- Now in its sixth year, the Feast Portland food festival, with events held throughout the city, has become known as one of the region's finest and most inventive culinary events.

The festival, sponsored in part by Alaska Airlines Mileage Plan, will be held September 14–17 this year and allows attendees to meet world-class chefs and taste a cornucopia of foods and beverages. A few of the main events include the Sandwich Invitational on September 14 at Rose Quarter Commons, adjacent to the Moda Center. Eighteen all-star chefs will compete to create the most interesting spin on the classic sandwich, and attendees get to enjoy the results. **To page 51** →



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Feast Portland's Franklin Barbecue and Family event.

From page 49 On September 15, enjoy the Night Market Presented by Alaska Airlines Visa Signature® Card. The event is Latin themed and will be held at Zidell Yards, on Portland's waterfront, and will include music and a variety of sights and tastes, as 20 chefs cook dishes under the stars. The Smoked! event will be held September 16 and features more than 20 chefs who will gather in Portland's Pearl District to cook mouthwatering barbecue dishes.

Additional events will include opportunities to enjoy the work of expert vintners, brewers, bakers, cheesemakers and other food artisans. Those looking for a more intimate experience will enjoy themed affairs in which guests can mingle with chefs such as famed Austin, Texas pitmaster Aaron Franklin while he works the smoker during the Franklin Barbecue and Family event on September 15, or share a beer with Pizza Jerk's Tommy Habetz during the Pizza & Burgers event on September 17. You can also learn to make artisanal candy from Jami Curl, or pinch dumplings with Seattle chef Tom Douglas.

There are also gatherings for cocktail enthusiasts and those who want to learn the nuances of gins, single-malt Scotches, wines and craft beers.

Events are selling out, so get your tickets soon. —D.T.

ran her Michelin-starred bistro The Breslin Bar & Dining Room in midtown Manhattan. But it was when Cho moved to Portland that he felt the confidence to cook the food he ate growing up.

Now he's gracing the cover of *Food & Wine* magazine as one of the country's best new chefs, and Han Oak has been named one of the nation's best new restaurants.

Another star Korean-American chef who came to Portland last year was Rachel Yang. She and her husband, Seif Chirchi, own three Seattle restaurants, including the

acclaimed Joule. Last summer, the couple opened Revelry in Portland, which added their twist to local Korean-fusion foods. It was an immediate hit.

Revelry's success is the latest example of how Korean cuisine has cemented its place in Portland's vaunted food scene. ●

Drew Tyson is a Portland-based food writer.

Alaska Airlines serves Portland daily. Get more information and book tickets at alaskaair.com.



A carrot cardamom popover from Little Bird restaurant.

EXPANDING OPTIONS

● Portland's resident culinary scene is in a growth spurt, with successful local chefs expanding operations and opening more restaurants.

Gabriel Rucker, the best-selling cookbook author and award-winning owner of Le Pigeon, was among the most prominent of Portland's new wave of superstar chefs to open a second restaurant when he launched the French-inspired bistro Little Bird in 2010. Many other successful chefs soon followed. The husband-and-wife team of Greg Denton and Gabrielle Quiñónez Denton, who opened Ox Restaurant in 2012, added Superbite restaurant in 2016 and the pop-up sandwich shop Ox Box in 2017. They were both recently awarded the 2017 James Beard Award for Best Chef: Northwest.

Vitaly Paley, one of the most acclaimed chefs in the city, has along with his wife, Kimberly, owned the award-winning Paley's Place since 1995. He opened the Imperial restaurant in 2012 and

The Crown restaurant earlier this year, both in the historic Hotel Lucia. Paley's acclaimed Headwaters seafood restaurant opened at the Heathman Hotel in 2016.

In 2013, chef Jose Chesa and his wife, Cristina, opened Ataula, which serves Spanish-style dishes. It quickly became a sensation. Last year, the couple opened a second restaurant, 180, which specializes in handcrafted, small-batch churros. The name refers to the temperature at which the churros are cooked. And chef Aaron Barnett of Restaurant St. Jack has returned to his old neighborhood to open La Moule, a mussel-centric bistro in southeast Portland, just a few blocks from where he opened the first iteration of St. Jack in 2010.

Other top chefs also are planning new restaurants, creating a better dining scene for everyone. —D.T.



A glass of K'vass Punch from Headwaters restaurant.



Greg Denton and Gabrielle Quiñónez Denton, are the chefs and owners of Ox Restaurant.

JOHN VALLS (2)

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OREGON'S GROWING FOOD TOURISM

• While Oregon's abundant natural beauty and outdoor activities remain a top draw for visitors, artisanal food products and the culinary scene are also bringing people to the state.

This is most apparent in Portland, which has garnered national attention as a center for food lovers.

However, areas throughout Oregon are being recognized for their chefs, breweries, distilleries, produce and various artisanal foods.

From cattle to blackberries to pears, Oregon is a top producer of many types of meats, produce and special foods,

including locally made jams and jellies, which are available in many parts of the state.

There also are excellent craft beers being produced across Oregon, and the highly acclaimed wine industry is growing rapidly, led by wineries making some of the nation's finest Pinot Noir wines.

"State tourism has given rise to new and expanded markets for Oregon food products, ranging from fruits and vegetables to Dungeness crab, Pinot Noir wine and Painted Hills beef," according to Todd Davidson, CEO of the Oregon Tourism Commission and the former national chair of the U.S. Travel Association.

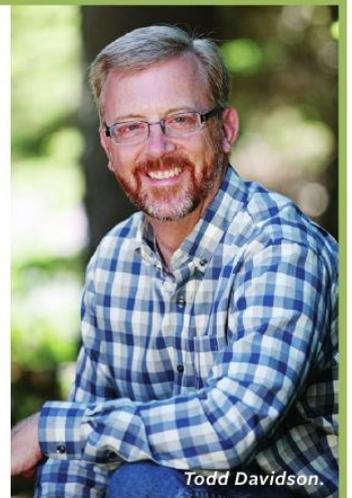
Davidson says that state

surveys show 60 percent of visitors to Oregon have purchased state food products—everything from salt and wine to cheese and oysters—after they returned home, and 30 percent repeatedly buy state products.

"What's more, 40 percent of these travelers are introducing their friends and relatives to Oregon products," he says. "They are helping to inspire the next generation of Oregon visitors."

Even with online distribution, the plethora of artisanal foods and locally made products helps increase the number of visitors coming to different communities around the state.

As Oregon's tourism indus-



Todd Davidson.

try continues to expand, Davidson says, exports should also grow, leading to even more economic development in the state. —D.T.

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WILLAMETTE WINE COUNTRY

Enjoying the Willamette Valley's activities and wines | By Danielle Centoni

I'M UP IN THE HILLS outside of Monmouth, Oregon, stretched out on a yoga mat next to a row of grapevines, listening to birds chirping their evening song as dusk settles in. I feel as limber as if I'd just finished a session of hot yoga, which in a way I have, seeing as it's still about 90 degrees outside, even in the shade of the tent under a massive old oak tree. But unlike my previous yoga classes, this one at Emerson Vineyards finishes decadently with a glass of wine—or two. I sip the chilled, crisp, estate-grown Viognier, feeling more relaxed than I have in months. Then Jim comes by and starts licking my hand.

Jim is a baby goat.

In fact, he's one of 11 Nigerian dwarf goats that have been milling around us for the past hour, alternately nibbling on our mats

and napping on them, playfully head-butting each other as we downward-dogged and giggled our stress away. Lainey Morse, founder of Goat Yoga, is right: It's always happy hour when goats are around.

For me, it's always happy hour when I'm in the Willamette Valley. The wines contribute to that feeling, for sure. There are 500 wineries and counting in this 150-mile-long area, which stretches from Portland south through Eugene/Springfield, and was named *Wine Enthusiast's* 2016 wine region of the year. But the area is also home to some of my favorite places to eat, shop and—best of all—play. From kayaking to goat yoga, the Willamette Valley's incredible array of outdoor activities means I can always count on getting a boost of endorphins



along with my Pinot Noir. My current trip started two days ago with a walk among alpacas at Mountainside Lavender Farm in the community of Scholls, followed by marionberry milkshakes at Hillsboro's Smith Berry Barn.

The Willamette Valley offers numerous wooded trails, and my husband and I decided to head to Dundee for a hike and an afternoon of wine-tasting. At the

Harvey Creek Trailhead, we started off on a shady, three-quarter-mile amble through a riparian forest. The path led us to the Dundee Pioneer Cemetery, where we took in the sweeping valley views. Then the loop took us back to where we started.

The nearby Red Hills Road also leads to a selection of impressive wineries. *Domaine Roy & Fils*, for instance, is helmed by scions of the acclaimed Newberg winery *Beaux Frères*. We stopped to sample *Domaine Roy & Fils'* exquisite Pinot Noirs, and especially enjoyed one called "Incline," which was rich with notes of red berries.

At *RoCo Winery*—the latest venture from sparkling wine pioneer *Rollin Soles*, the co-founder and former longtime winemaker of *Argyle Winery*—we tasted Pinots as well as sparkling

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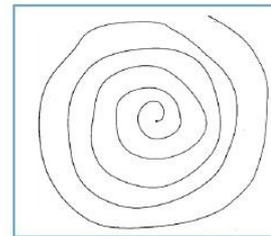
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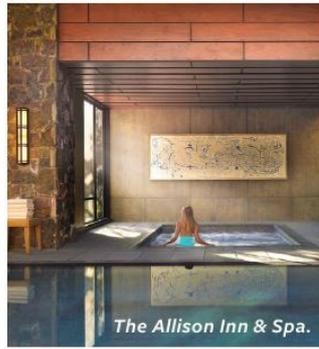


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wine, which is not often produced by Oregon winemakers. Domaine Serene recently opened an opulent new clubhouse, and we felt like millionaires as we sipped crisp Rosé on the stone terrace.

Newberg has a variety of great dining options, and we chose Ruddick/Wood for its seasonal tavern fare. The thick pork chop with fruit compote that I ordered nearly overshadowed my husband's rich and beefy steak, served alongside chewy farro to soak up all the juices. We finished the night at the beautiful Allison Inn & Spa, where we took a muscle-relaxing dip in the whirlpool and infinity pool.

The next day we followed the Willamette River south to Willamette Mission State Park, a 1,600-plus-acre site rich in history. We hiked a 2.6-mile loop under cottonwood and filbert trees to see the ghostly frames of the former Willamette Mission, established in 1834 and listed in the National Register of Historic Places.

From there, we took the Wheatland Ferry across the river to visit Bethel Heights, an acclaimed family-run winery with 40-year-old roots. The 2014 Casteel Pinot Noir impressed us with deep notes of cherries, spices and coffee.

Our final stop, Brooks Wines,

offered an incredible four-mountain view along with flights of silky Pinot Noirs and juicy Rieslings, which we sipped alongside a generous board of salumi and housemade pâté.

Before retiring for the night in a 1959 Airstream at The Vintages Trailer Resort in Dayton, we rode the resort's guest bikes "downtown" to Courthouse Square Park. I drooled over the handmade jewelry in the Dayton Mercantile boutique, situated off a little courtyard oasis with outdoor couches and a burbling fountain. We enjoyed dinner at The Barlow Room, the casual sister restaurant to the wild-mushroom-centric Joel Palmer House.

Fifty miles southward, the Corvallis-and-Albany area's many riverside parks offered the best places to get our feet wet. We fueled up with icing-topped cinnamon roll pancakes at The Block House Cafe and headed down a gorgeous 60-mile stretch of

WINE FLIES FREE

On Alaska Airlines, Mileage Plan members can check their first case of appropriately packaged wine free of charge for flights from Oregon wine country destinations; for details, see alaskaair.com/wine.

Highway 99, past ranches, apple orchards, and the Blue Raven Farmstand, which sells jams, pickles, and fresh-baked pies topped with a creamy scoop of locally made ice cream.

Those with the foresight to book a reservation can take a half- or full-day kayaking trip with Corvallis' Cascadia Expeditions, which even offers trips to wineries on the river.

Or you can head to the quaint town of Albany, as we did. The Dave Clark Trail, a paved 1.5-mile riverside path, runs the length of the downtown Albany historic district to the Monteith Riverpark at the confluence of the Willamette and Calapooia rivers. Here you can splash around at the river's edge, like us, and enjoy a picnic or one of the park's seasonal events.

We enjoyed a late lunch of juicy burgers and poached-albacore-topped salad on the patio at Frankie's, a farm-to-table favorite among locals. As we headed out of town, I spied a sign for Springhill Cellars' tasting room. My husband looked at me questioninglly.

"Next time," I said. Because if there's one thing I know about us adventure-seeking wine lovers, it's that we will, most definitely, be back to enjoy all the Willamette Valley has to offer. 🍷

Danielle Centoni's book *Portland Cooks: Recipes from the City's Best Restaurants and Bars* is available August 20.

Alaska Airlines offers service to Portland, Eugene and other Oregon destinations. For more information and to book tickets, visit alaskaair.com.

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- **Albany:** The subs, grinders and wraps at **No Baloney** are all local favorites. Pick up fresh fruit at the **Albany Farmers' Market**, Saturdays from 9 A.M. to 1 P.M.

- **Carlton:** At **Carlton Bakery**, you can grab hearty sandwiches, fancy cookies



or a loaf of artisanal bread to go with locally made jam from Republic of Jam, a block away.

- **Dayton:** **Archie's Ice Cream and Eatery** serves up a big selection of classic sandwiches that are perfect for picnicking.

- **Dundee:** **Red Hills Market** is a counter-service restaurant and one-stop shop for locally made picnic fare (including wine, of course). Get a sandwich, or go DIY with crackers, charcuterie and cheese.

- **McMinnville:** Pick up a rotating selection of sandwiches, such as roasted beets and gremolata, at **Community Plate**, or stop into **Red Fox Bakery** for pastries.

- **Newberg:** At **Storrs Smokehouse**, sandwiches tend to be messy, but you can always opt for brisket by the pound, a tub of slaw and a few biscuits. Pick up breads, grain salads and pastries at **Newberg Bakery**. —D.C.





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BENDING A ROD IN CENTRAL OREGON

Hundred of lakes and streams make the region a world-class fishing destination | By Gary Lewis

ON A FRIDAY EVENING IN MAY,

big bugs hovered above the water. From the road, I could see salmon flies and golden stoneflies, their wings backlit by the sunset. I parked, grabbed my 5-weight rod—I knew I had the right fly, a Sofa Pillow—and tiptoed along the Deschutes River near Bend. I made a cast close to shore, let the fish turn when it rose to the fly, and then lifted the rod. The fish, a native redband trout, was nearly as big around as a football.

Central Oregon is a paradise for outdoor recreation, a high-desert region looking out on the perpetually snow-covered Cascade Range to the west and the craggy Ochoco Mountains to the east. The gateway to the Deschutes National Forest's 1.6 million acres, Bend has been lauded for its excellent mountain biking and hiking, and it has been recognized as a premier stand-up paddleboard locale.

But with more than 200 lakes,

OREGON



streams and rivers within driving distance—the Deschutes River alone is about 250 miles long—it's the fly-fishing that calls to me.

Finding the Fish

The Cascade Lakes Highway, a 66-mile scenic byway starting in Bend, grants access to some of the finest fishing in the world. For example, North Twin Lake is the perfect place to land a rainbow, while South Twin, less than a mile away, can turn out fish of 6-plus

pounds. For cutthroat as well as rainbow trout on the scenic byway, consider Hosmer Lake, less than 40 miles west of Bend.

Want to set up for trout-fishing success? Stop at a Central Oregon fly-fishing shop, such as The Patient Angler, and have an expert help you select tackle that's right for the kind of fish you're after. Anglers who would rather let someone else take care of the planning can consider Bend-area guiding services, such as Fly & Field Outfitters and Deep Canyon Outfitters.

Near Willamette Pass, about 75 miles southwest of Bend, Gold Lake offers fast-paced fly-fishing for brook trout and rainbows. Mountain lakes such as this one provide solitude in the Cascade

Range—but locals know to bring mosquito repellent.

Within Newberry Volcano, the Cascade Range's largest volcano by area, East Lake is a productive fishery that's home to rainbow trout, browns and kokanee (a landlocked salmon). Anglers on this lake, situated about 50 miles southeast of Bend, can visit East Lake Resort, which offers lodging, a restaurant and boat rentals.

Less than 45 miles east of Bend, the Ochoco Reservoir is a good destination for bank and boat fishing. Rainbows grow fast in these rich waters.

The upper Metolius River is fly-fishing only, and when the locals go, they wade, cast and watch the water to appreciate the habitat, where it's more about the

At Gold Lake, top left, anglers find exciting fly-fishing in a peaceful setting. The Deschutes River, top right, runs about 250 miles and offers renowned trout fishing. Below, Central Oregon locals are almost always prepared to fish.



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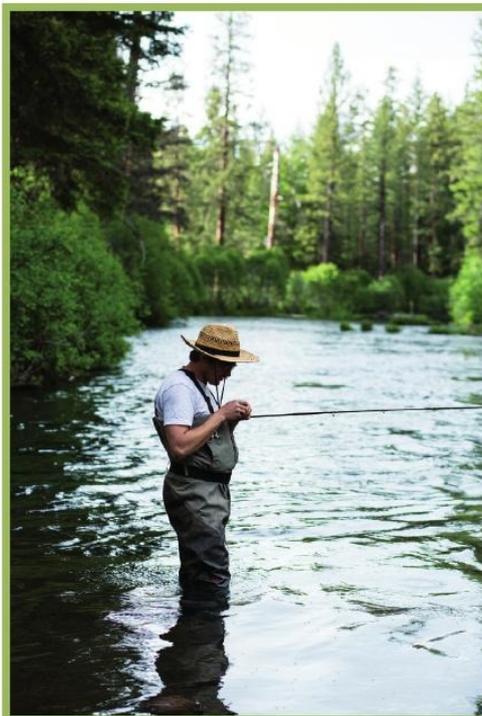
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fishing than the catching. Some stretches are heavily trafficked, while other sections are virtually ignored.

On a Saturday in July, with two other Bend locals, I fished the Metolius—casting dries to wild rainbows and probing darker reaches for bull trout. We had a mile and a half of river to ourselves while the rest of the world was having breakfast. 🟢

Gary Lewis is the author and publisher of the sixth edition of Fishing Central Oregon. He lives in Bend.

Alaska Airlines (alaskaair.com) offers daily service to the Redmond/Bend area.



FISH LIKE YOU'RE FROM HERE

- Fishing like a local starts with respect. An angler who approaches the river or lake behind another person fishing should find a different spot, or sit down and wait. Watch the direction the other angler is moving and let the person go that way without obstructing. If walking behind another angler, give room to cast and don't allow your shadow to fall on the water. Treat the other person like you want to be treated.

Another way to fish like a local is to head out when the average angler is back in town. In the evening, when everyone else is bending an elbow at one of the many microbreweries on the Bend Ale Trail, bend a rod on a local lake. Stay till dark. Most anglers quit around dinner-time, leaving the moment the fish are truly ready for their own dinner. —G.L.

TOP, JUSTINE BAILIE; BOTTOM, SUNRIVER RESORT



DRIVING THROUGH CENTRAL OREGON

By Chris Santella

Several golf courses in Central Oregon rank among the top in the nation. Here are some favorites.

- **Crosswater at Sunriver Resort** Crosswater is one of the courses that helped make Central Oregon a golf destination. Part of the Sunriver Resort complex about 20 miles south of Bend, Crosswater's heathland layout winds through the wetlands created by the Deschutes and Little Deschutes rivers, making up to seven crossings, depending on your tee selection. At times, you'll see feeding trout as you line up your approach shot. (When I play Crosswater, I bring a few extra balls.) To the northwest sits Mount Bachelor, streaked with remnants of winter snow.

Crosswater, which is open only to Sunriver Resort guests and members, and the Meadows

OREGON

course, which is open to the public, hosted the 50th PGA Professional National Championship (not to be confused with the PGA Championship) in June.

• **Tetherow** Five miles west of downtown Bend, Tetherow is a David McLay Kidd design that passes through fields of fescue and wildflowers and offers jaw-dropping views of the Three Sisters to the northwest.

The meandering fairways are occasionally broken by gaping waste bunkers. In fact, on the par-3 17th, players must fly the site of an old quarry, essentially one long bunker. Caddies are included in your fee and add to the fun with their local knowledge.

If you want to traverse the semiprivate course with verve, rent a GolfBoard. Part snowboard, part Segway, part ATV,



Hole No. 17,
Brasada Canyons

the GolfBoard allows you to zip around in “hang 10” style.

• **Brasada Canyons at Brasada Ranch** About 20 miles east of Bend, Brasada is a semiprivate community established in 2008 that offers golf privileges for guests. Brasada Canyons is a Peter Jacobsen/Jim Hardy design that takes great advantage of the

resort’s 1,800 acres and marked elevation changes. The layout also offers an ever-shifting perspective of the Cascade Range, and the smell of the sagebrush between fairways permeates the air. Plus, if you push or pull a shot, balls are fairly easy to find in the sage.

The par-4 15th is a favorite: With a little breeze and a daring line, you can think about driving

the green—at least from the white tees.

• **Black Butte Ranch** Sitting in the midst of the Cascades about 35 miles northwest of Bend, the resort’s two public courses—Big Meadow and Glaze Meadow—offer classic mountain layouts. Big Meadow, designed by Robert Muir Graves and renovated by Damian Pascuzzo, winds through towering ponderosa pines and stands of aspens, opening up to stunning mountain views. A favorite is the par-4 14th, where the green is framed by jagged Three Fingers Jack.

Glaze Meadow recently underwent a \$3.75 million makeover by architect John Fought. Here, the par-5 12th stretches more than 600 yards from the tips, making it one of the Northwest’s longest holes. 🟢



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People enjoy a beer at Ninkasi Brewing Company's patio, left, in Eugene. Sandboarding, above, is popular on Oregon coast dunes.

EXPLORING LANE COUNTY

The Eugene–Springfield area offers a mix of urban and outdoor recreation | By Gary Hayes

EUGENE'S WHITEAKER DISTRICT HAS certainly changed over the years.

In the 1960s and 1970s, this neighborhood was the center of the city's counterculture scene. Today, it is a bustling area of trendy restaurants and breweries.

I muse over this fact as I taste seasonal beers on the Ninkasi Brewing Company patio, a busy but laid-back location where locals and visitors are enjoying the afternoon sun.

The food truck Masa's Yatai is serving Japanese fare outside the brewery. Three additional food trucks are across the street, including The Sandwich League food truck, which was once featured on Food Network's *Diners, Drive-ins and Dives*.

Ninkasi and Eugene's Oakshire Brewing both opened in 2006, and were among the city's first entries

into the craft-beer scene that today includes more than a dozen breweries in the greater Eugene and Springfield area.

Ninkasi and Oakshire are part of the Eugene Ale Trail, a tour of beer-tasting rooms in the city, and in nearby Oakridge and Springfield. Another Ale Trail stop I recommend is Eugene's Claim 52 Brewing company, which has a tasting room in Springfield called The Abbey, located in a restored church. The former church is also home to Sprout!, a cafe featuring food from local vendors.

The area's restaurants, breweries and wineries have blossomed here, thanks to the student body at the University of Oregon, as well as the city's progressive population that includes many young professionals.

Just down the block from

Ninkasi are several restaurants, such as the farm-to-table bistro Grit; the Pizza Research Institute; and the Japanese restaurant Izakaya Meiji Company, which is also known for its selection of more than 100 whiskeys, sake and the Japanese distilled beverage *shochu*. Next door to Izakaya Meiji is Red Barn Natural Grocery, one of the oldest natural-food stores in Eugene.

In addition to sampling the local craft beers, I also decide to tour the area's wine country. I take a day trip south to visit wineries such as King Estate Winery, and I also take a loop drive of Lane County's famous covered bridges.

King Estate is one of seven wineries that are part of the south segment of the Territorial Wine Trail, including a couple of wineries just a few minutes outside of

Eugene. The mile-long winding driveway from the Territorial Highway leads through vineyards before emerging at King Estate's hilltop winery, where plantings of lavender wave in the breeze. The estate overlooks 1,000 acres of vineyards and offers wonderful views of the countryside.

You can taste Oregon's famous Pinot Noirs here, but King Estate is better known for its Pinot Gris wines. Its restaurant offers food comparable to the splendid view, and on this beautiful day, lunch on the patio is impossible to resist. Seared salmon with forest mushrooms and potato dumplings in a caramelized garlic-basil sauce goes perfectly with a glass of single-vineyard Pinot Gris.

The town of Cottage Grove, about 15 miles southeast of King Estate, is the starting point for the

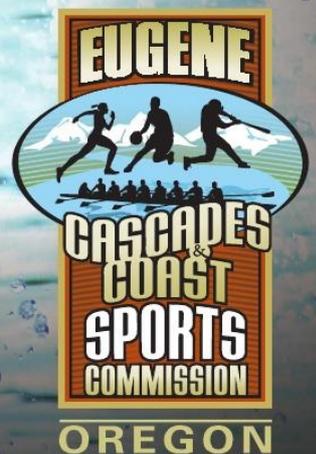
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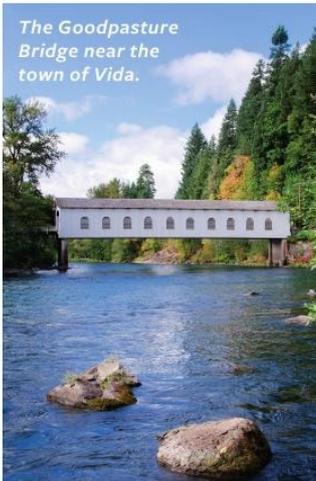
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The Goodpasture Bridge near the town of Vida.

Cottage Grove Covered Bridge Tour Route. The scenic 30-mile loop leads me to six covered bridges. The beautiful loop is also a biking route that includes paved portions of the Row River Trail.

I end my day back in Eugene with dinner at Marché, chef Stephanie Pearl Kimmel's modern French-inspired farm-to-table restaurant. Marché celebrates the seasonal bounty of the local area, including offering many Oregon wines. The smoked pork chop with rhubarb-ginger chutney and a glass of Oregon Pinot Noir is a satisfying end to a great day.

Eugene's active scene

Eugene's outdoor lifestyle and a progressive approach to urban growth have led to the city becoming one of the nation's most bicycle-friendly places.

Miles of biking, walking and jogging trails wind along the Willamette River and connect some of Eugene's most popular parks. The Ruth Bascom Riverbank Path System stretches from north Eugene to neighboring Springfield.

The city also boasts world-class arts and culture. The Hult Center

for the Performing Arts in downtown Eugene offers a year-round lineup of entertainment. It's home to the Eugene Ballet Company, the Eugene Concert Choir, the Eugene Opera, the Eugene Symphony and the annual Oregon Bach Festival.

One of the greatest collections of Asian art in the United States is on display at the Jordan Schnitzer Museum of Art.

Touring Springfield

The city of Springfield is famous in its own right for two disparate popular-culture phenomena: Ken Kesey and *The Simpsons*. Kesey, one of the major figures of the countercultural movement and the author of numerous novels, including *One Flew Over the Cuckoo's Nest*, grew up in the area during the 1950s. Look for the two-story mural honoring him on the side of Plank Town Brewing on Fourth Street.

The Simpsons' creator, Oregon native Matt Groening, set the famous cartoon family in the fictional town of Springfield, which he later acknowledged was named for this community. A mural featuring *The Simpsons*, designed by Groening, graces the outside of the Emerald Arts Center on Main Street. Fans can also sit with Homer on a replica of the Simpsons' couch at the Springfield Museum.

Exceptional day trips abound in the area around Eugene. About 50 miles east of the city is the Willamette National Forest, where you'll find the town of Oakridge, one of the top mountain-biking towns in the Northwest. Riders will find more than 300 miles of singletrack trails to explore in the area. About 60 miles west of

Eugene is one of the most scenic stretches of Oregon's coast. South of the town of Florence is the Oregon Dunes National Recreation Area. You can hike, sandboard, take a dune-buggy tour or rent ATVs to explore the area's miles of dunes.

For more Oregon coast sightseeing, head north of Florence on Highway 101 for exciting sights, including the Sea Lion Caves, the Heceta Head Lighthouse, and

Cape Perpetua's natural attractions of Devil's Churn, Spouting Horn and Thor's Well, all offering great memories and Oregon Coast experiences. ●

Gary Hayes writes about Oregon travel, food and wine.

Alaska Airlines flies daily to Eugene. Get more information and book tickets at alaskaair.com.

A SPORTS CAPITAL

● In 2021, Eugene will host one of the top international track-and-field events, the **IAAF World Championships**. This will mark the first time in the event's 38-year history that it will be hosted in the United States, and a suitable honor for the city known as Tracktown USA.

The nine-day competition will feature nearly 2,000 of the world's finest track-and-field athletes. Such large track-and-field events are nothing new for Eugene, which is the six-time host of the **U.S. Olympic Track and Field Trials**, and has been the site of the annual **NCAA Outdoor Track & Field Championships** 15 times.

Eugene has long been one of the region's major sports cities. From baseball and softball fields to swimming pools and volleyball courts, the city is known for its excellent facilities. It is also home to various championship golf courses, including the Eugene Country Club, which hosted the **2016 NCAA D1 Men's and Women's Golf Championships**.

The city is home to the University of Oregon, a collegiate sports power. Since 2009, the Oregon football team has won two Pac-10 and two Pac-12 conference championships and narrowly lost the **2011 BCS National Championship** game to the Auburn Tigers, 19–22. The Ducks' basketball team won the 2017 Pac-12 Tournament and, for the first time ever, was a No. 1 seed in the **2017 NCAA Division 1 Basketball Championship**. The Ducks lost to North Carolina in the Final Four, 76–77.

The region offers more than 40 miles of mixed-use paths and hiking trails, including the Ridgeline Trail and Mount Pisgah, which are also popular with trail runners. The nearby town of Springfield has developed the Middle Fork Path, a 4-mile trail that runs along the Middle Fork of the Willamette River, and is used by runners, walkers and bikers. —G.H.



Raevyn Rogers leads the Ducks to victory in the 4X400 meter relay at the 2017 NCAA Outdoor Track & Field Championships.



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The Rogue River offers rafting opportunities for all skill levels.

Right: The Mazama Trail on Spence Mountain.

SOUTHERN OREGON EXCURSIONS

On foot, by bike, on water | By Lee Juillerat

17th MOUNTAIN BIKING along the beautiful Mazama Trail. The 5-mile-long route curls along the shore of Upper Klamath Lake's Shoalwater Bay for its first mile, offering beautiful views of the lake's marshland.

The path is part of a 50-mile network of trails being developed on and around Spence Mountain to be used by mountain bikers, hikers and trail runners. The 18 miles of completed trails weave through forests and meadows.

This region just north of Klamath Falls is among many places in Southern Oregon where extensive trail systems offer a great way to see the area's natural beauty. The following are a few of my favorites.

Crater Lake

One of the unique places in Southern Oregon is Crater Lake National Park, located about 60 miles north of Klamath Falls. The park is named for a caldera lake at its center that was created 7,700 years ago when Mount Mazama collapsed, leaving a large crater. It has since filled with snowmelt and rain. The result is a clear, blue lake that also is the nation's deepest, reaching an average maximum depth of 1,943 feet. At the southwestern end of the caldera is Crater Lake Lodge, which offers breathtaking views of the area from its perch 1,000 feet above the lake.

When entering the park from the south at the Annie Spring

Entrance Station, hikers will enjoy the 1.7-mile Annie Creek Trail, a loop path that starts at the nearby Mazama Campgrounds.

At Crater Lake, there are many hiking trails accessed from along the Rim Drive, a 33-mile road that winds around the caldera. A few of the hikes in the area include the 3.6-mile Garfield Peak Trail, which ascends 1,010 feet, and the 4.4-mile trail up Mount Scott, which gains 1,250 feet. A popular hike is the 2-mile Plaikni Falls Trail, which leads to an enchanting waterfall.

The 2.2-mile Cleetwood Cove Trail provides the only access to the lake, winding down the side of the crater to the water's edge, where you can take a boat tour

of the lake. Cleetwood Cove is also the site of my annual swim in the lake's bracing waters.

The Rogue and Umpqua Rivers

Two of Southern Oregon's greatest attractions are the Umpqua and Rogue river systems.

The Umpqua begins in the Cascade Range, with the South and North Umpqua rivers running west until they meet near the town of Roseburg, and then flowing on to the ocean.

The North Umpqua is a National Wild and Scenic River with more than a dozen waterfalls that can be seen or accessed from Highway 138. Some, such as Whitehorse Falls and Clearwater Falls, are near the roadway, while others require short hikes. A few favorites are Susan Creek Falls, Toketee Falls and Watson Falls. My family and I have been camping in this area, and I've hiked portions of the North Umpqua Trail, which is increasingly also being traveled by mountain bikers. I've kayaked gentler sections of the rivers, and rafted the challenging stretches, sometimes watching enviously as fly-fishers landed salmon and trout from their waters.

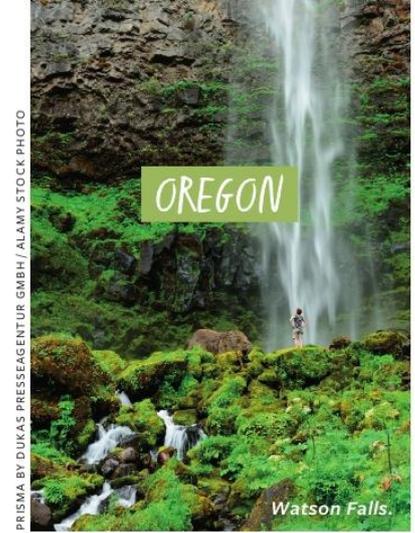
The Rogue River is the larger of the two systems. It also is born

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in the Cascade Range, near Crater Lake National Park, and then travels to the Pacific. Along the way, it offers excellent whitewater rafting and fishing.

The river flows near the city of Medford, one of the gateways to Southern Oregon. About 15 miles south of Medford is the town of Ashland, known for the renowned Oregon Shakespeare Festival. About 5 miles west of Medford is the town of Jacksonville, known for its gold-mining history, restaurants, boutique wineries and the summer-long Britt Music & Arts Festival, which this month features musical acts such as Rick Springfield and Joan Jett & The Blackhearts.

Near the festival pavilion is one of the trailheads for the Jacksonville Woodlands & Trail System, an 18-mile network of walking and running trails that meander through 320 acres of native oak woodlands, which are known for spring wildflowers, including the endangered Gentner's fritillary. The nearby 1,100-acre Jacksonville Forest Park offers another 35 miles of trails that wind through forests and up hills for views of the countryside. The area is also home to the Applegate Wine Trail, which includes 18 wineries. The region is known for bold reds, which are perfect for hearty toasts to good times in Southern Oregon. ●

Lee Juillerat writes from Klamath Falls.

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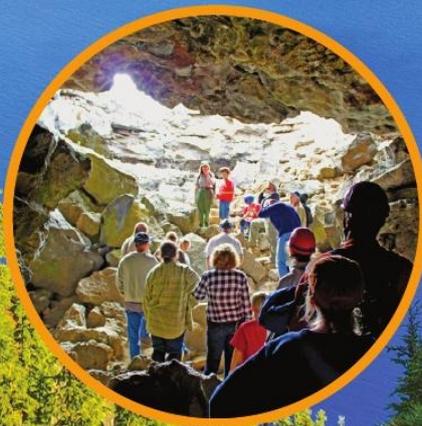
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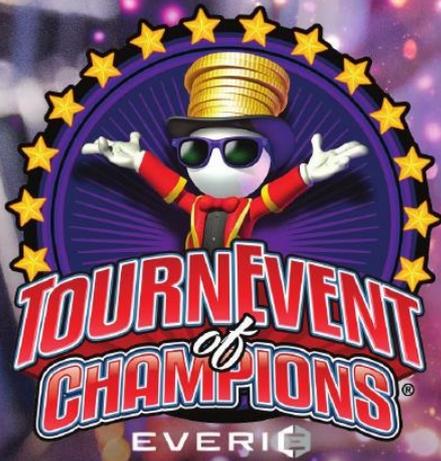
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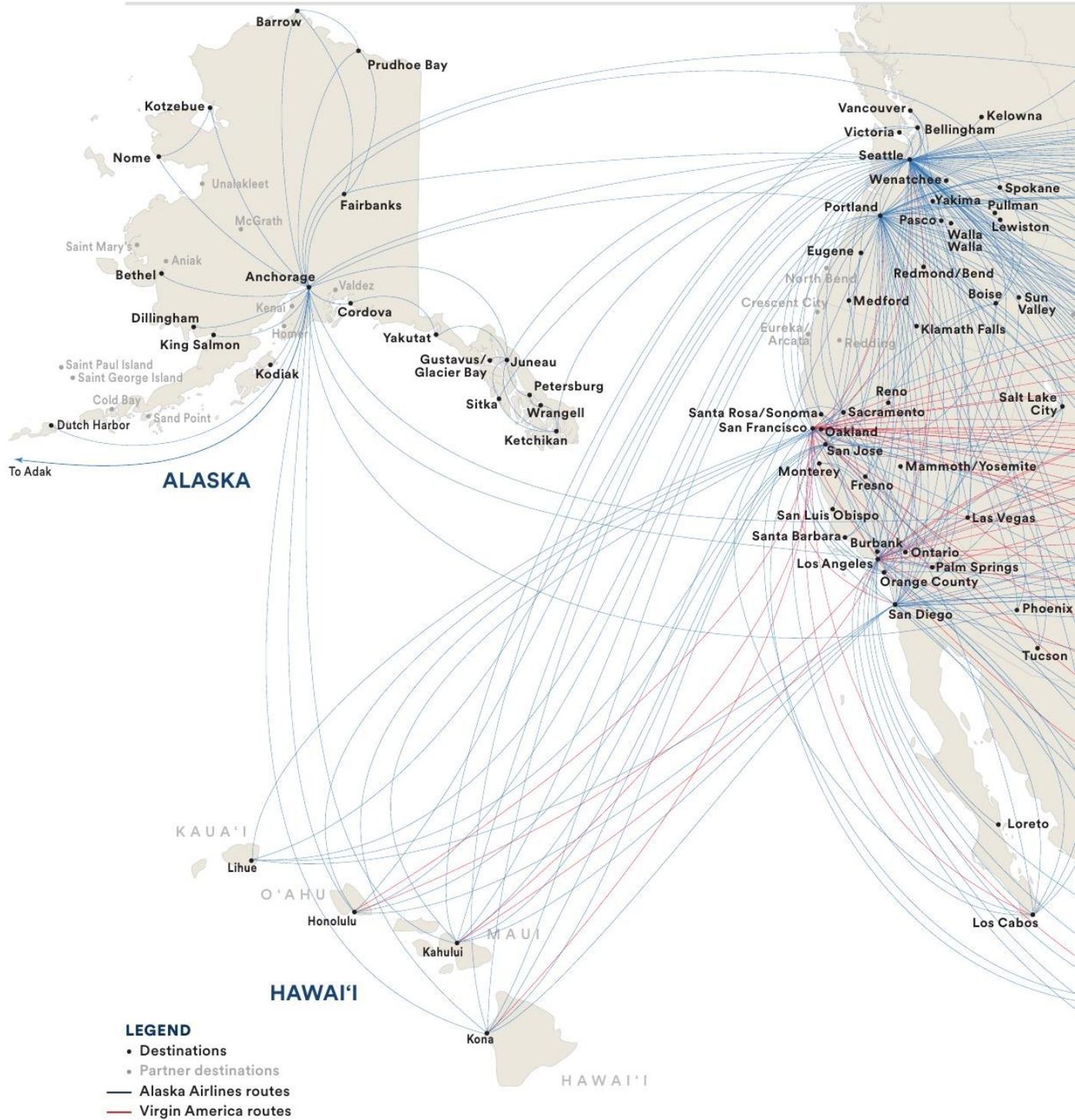
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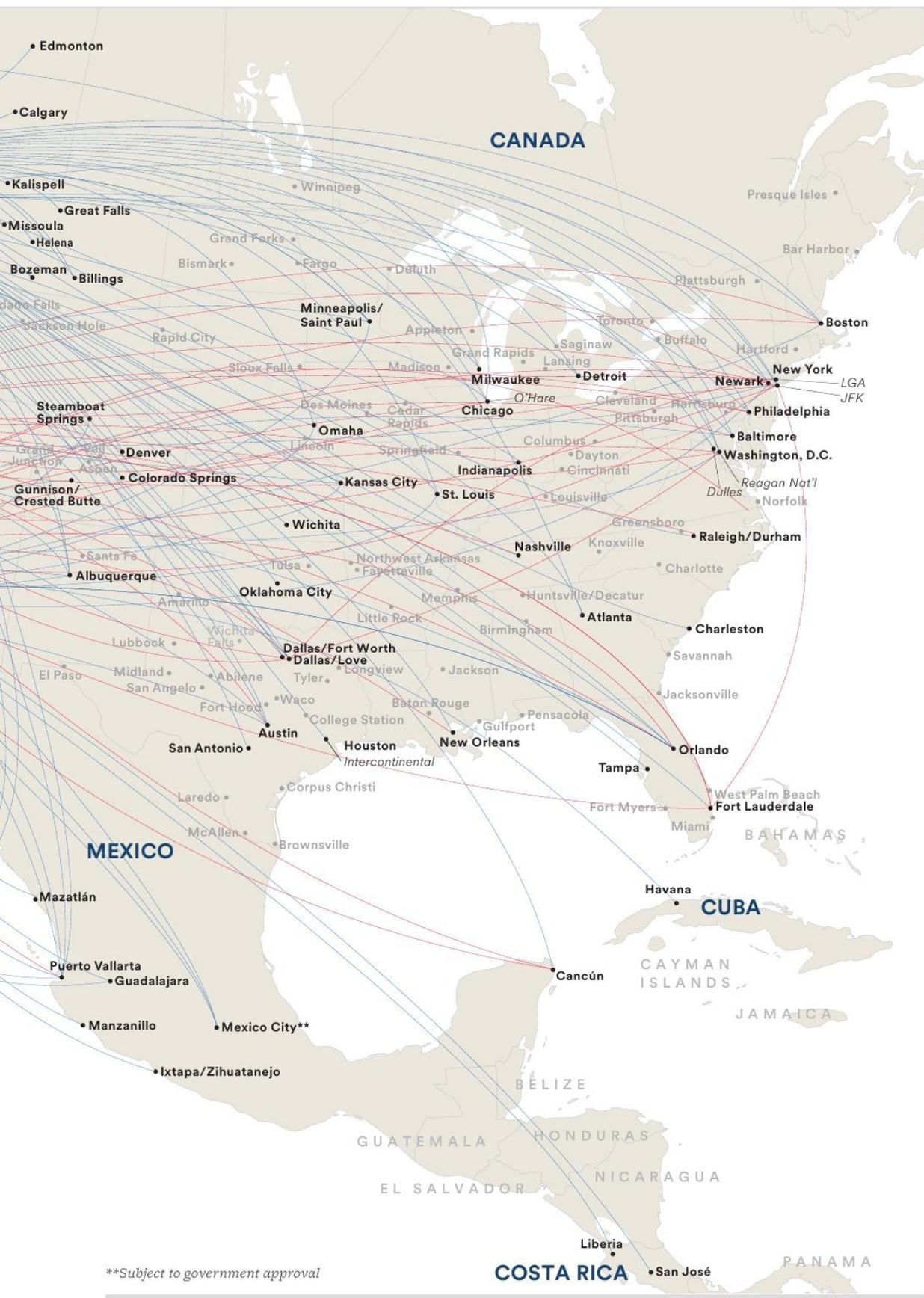
Where we fly

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Route	Service Begins
Portland, OR—Albuquerque, NM	August 18
Albuquerque, NM—Orange County, CA	August 18
San Diego, CA—Austin, TX	August 27
Portland, OR—Dallas, TX/Love Field	August 27
San Francisco, CA—Nashville, TN	September 5



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

Some routes shown operate seasonally.

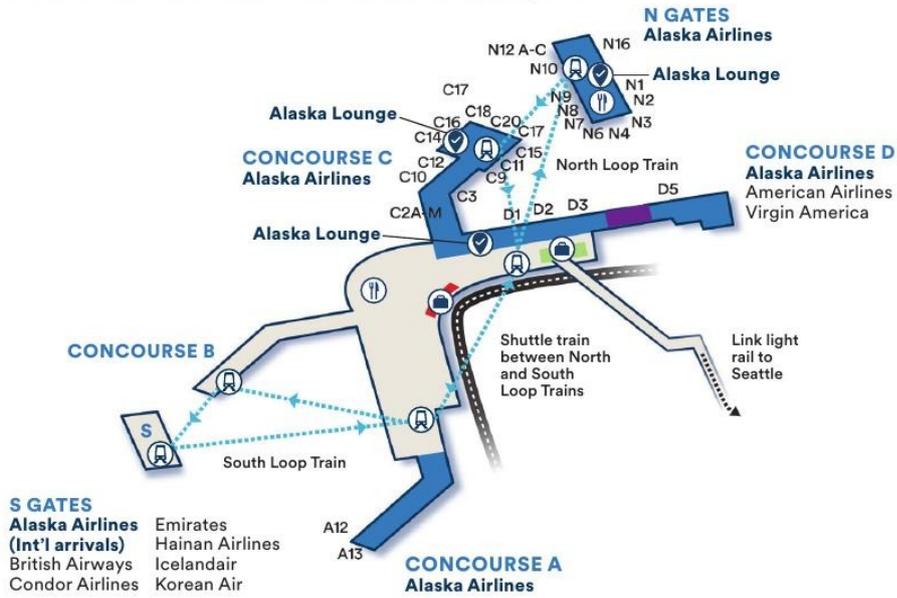
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Airport terminal maps

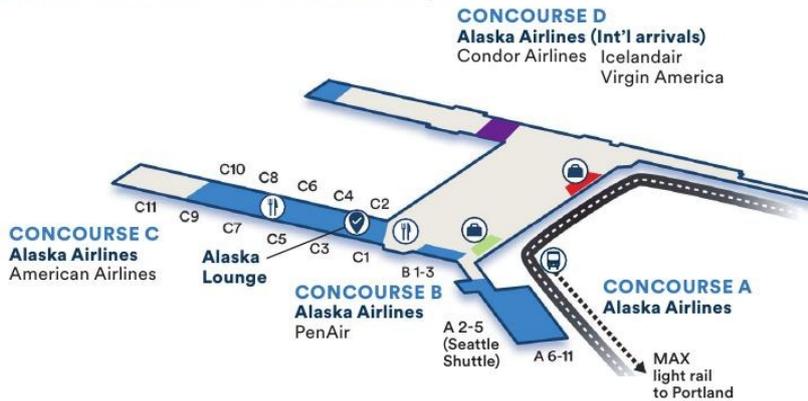
SEA Seattle/Tacoma International Airport

Tip: Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.

Tip: Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



PDX Portland International Airport



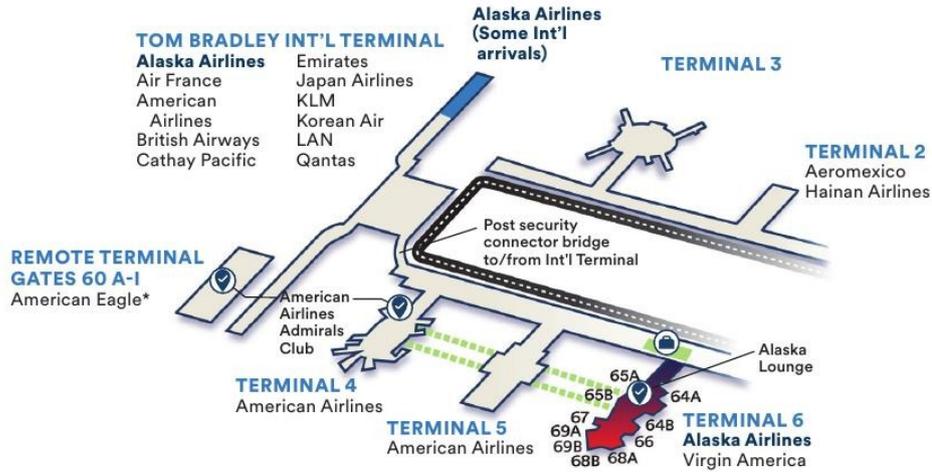
SFO San Francisco International Airport

Tip: Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



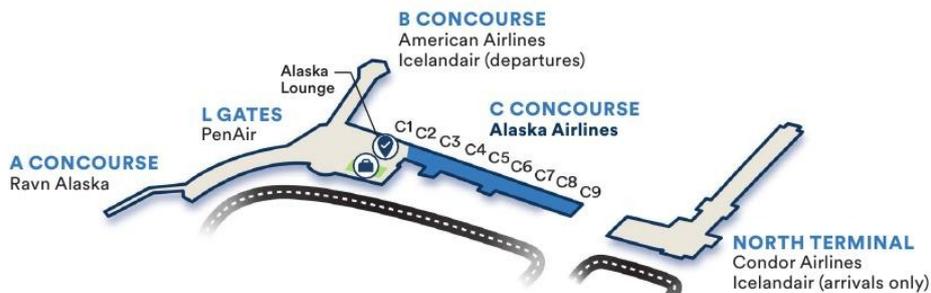
- Legend:**
-  Lounge
 -  Dining Options
 -  Alaska Airlines check-in
 -  Virgin America check-in
 -  Public transportation
 -  Airport transportation
 -  Underground walkway

LAX Los Angeles International Airport

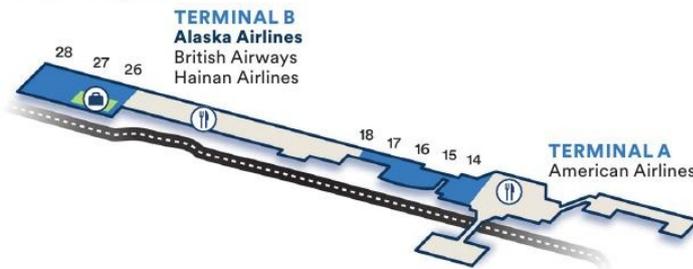


Tip:
 Virgin America has moved to Terminal 6. Virgin America Loft has closed: Please visit the Alaska Lounge at Terminal 6.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



BRIGHT SALMON ON A SANDBAR

Fishing the Columbia with celebrity chef Andrew Zimmern

By Gary Lewis

» It mattered to me. It mattered to our captain for the day, Josh Cooper. It mattered to Andrew Zimmern, the host of Travel Channel's *Bizarre Foods*.

On the Columbia River, where the Chinook salmon—also called king salmon—blast upriver on swells of the tide, then seek out deep travel corridors, many anglers agree that the hot salmon bite typically happens in the first hour of daylight.

It didn't appear to matter as much to various members of Andrew's 17-person crew. We started in the second hour, after sundry production folks were breakfasted and caffeine'd up.

Andrew was following the Lewis and Clark Trail, with a focus on foods the explorers ate or might have eaten. To spotlight the Columbia River part of the trail, he chose September, when the fall Chinook run is in full swing. The episode was scheduled to air in January 2017.

I was the local host for the expedition and had lined up Josh, who is based in Vancouver, Washington, and is one of the best anglers on the river. Now Josh stood with his hand on the tiller of his 26-foot aluminum boat—a Motion Marine Fishing Machine—his eyes on the water ahead as we idled away from the launch at Oregon's Mayer State Park, about 75 miles east of Portland. West of us, 64 other boats were on the fish. Rods bent and nets flashed as we took our place in the throng of watercraft.

In addition to Andrew, our boat carried two camera operators and a sound technician. Another boat trailed in our wake with the director and additional camera operators. A drone operator and his team staged on the Washington side of the Columbia, near the mouth of the White Salmon River.

Andrew is no stranger to a fishing rod, but he hadn't fished for Columbia Chinook before. We showed him the baits, hoping he wouldn't gobble them or try to get us to eat them. I looped a cluster of cured salmon roe and a sand shrimp tail on a red Daiichi hook. We drizzled Pro-Cure Tuna Oil on the potpourri in case our prospective salmon had cultivated palates.

We were prepped for hover fishing, in which the baits "hover" off the bottom, where we presumed the fish were. Andrew's rod had a line counter that stopped his fishing line at the preferred depth. Without that digital advantage, I dropped my lead weight

to the bottom, then cranked up two turns. We tried to follow the contour of the river bottom. When it sloped up, we reeled up; when the water deepened, we dropped weights down to touch, then again cranked up two turns.

Fish bit. They flared their gills, inhaled to sample the salmon eggs and shrimp, then spit the baits. Josh missed one. Andrew missed two. I missed one. In the east, the sun climbed higher. Our chances diminished. A drone flew overhead, and hundreds of eyes on more than five-dozen boats looked to the heavens.

Then it happened! A fish bit, and the hook stuck.

Andrew arced the spine of the rod against His Majesty, the king salmon. After a few tense minutes, a 7-pounder thrashed in the net. I looked at it, pronounced it a female and guessed that Andrew would try to spoon-feed us salmon eggs. With a fish in the boat, we motored back to the ramp, where the crew had assembled a grill. While a director in cowboy boots stalked up and



down the beach, eyes flicking from one element of the scene to another, Andrew's knives flashed. When I angled in to check on the ingredients, I saw prime red-fleshed steaks ... and two long milt sacks. Milt! Our fish was a male.

Milt—which to me has the texture of fresh liver—is often discarded. It shouldn't be. And if you are the host of a show titled *Bizarre Foods*, milt is most certainly going to get its due.

On a sandbar on the river that is the oceangoing lifeline for Oregon and Washington, enjoying every part of a salmon is a quintessential way to taste the elemental flavor of the Northwest.

Roasted lemons, eggplant and onions. Rice and a reduction. Andrew wasted no motion. Flames licked at the grill. Seasonings seared into vegetables and salmon strips. In moments we held salmon bowls while the good smells wafted out to fishermen still angling for their limits of bright Chinook.

Bend, Oregon-based fishing expert Gary Lewis is the author and publisher of the sixth edition of Fishing Central Oregon. Salmon-fishing season on the Columbia River between Bonneville Dam and The Dalles Dam is typically mid-June through December, but regulations and timing of runs each year are variable; be sure to see wdfw.wa.gov and dfw.state.or.us for current information.



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