

BOOKS

Review:

Bed & Breakfast Northwest

Wherever you travel in the U.S., motel rooms are much alike. They provide the basics with minimal warmth or charm. The traveler desiring a memorable experience is increasingly opting for the bed and breakfast route.

Bed and Breakfast Northwest is a new guidebook to some 100 of the most interesting B & B inns in Oregon, Washington, British Columbia, Montana and Alaska. Eugene-based travel writer Myrna Oakley spent several years traveling the Northwest B & B route, savoring the down comforters, sumptuous breakfasts and congenial atmosphere they offer. The 133-page guidebook includes numerous historical tidbits about the older inns, information on local points of interest, and colorful details about the furnishings, food and the innkeepers.

Most of the inns listed have from two to ten guestrooms. Many are large, old Victorians built as single-family residences by wealthy families. Only a few were built as inns. Settings vary from downtown Seattle to an island herb farm (Fernhill Herb

Farm Bed and Breakfast, Mayne Island, B.C.) to charming small towns like Ashland, home to no less than nineteen B & B establishments.

In England, where the B & B tradition originated, the typical B & B breakfast is fried eggs, bacon and/or sausages, broiled tomatoes, toast, and tea or coffee. In this country, varied breakfasts are one of the special charms of the B and B route. Northwest inns often feature homemade jams and breads, scones or pancakes. Other offerings include Mexican and Greek omelets, Scandinavian apple fritters, homemade granola, and fresh fish. The Inn of the White Salmon (White Salmon, WA), overlooking the Columbia Gorge near Hood River, is famous for its huge breakfast spread, a feast of egg dishes and some 25 home-baked pastries and breads.

Few B & B's provide a telephone and television in every room. They generally offer more interesting amenities—bicycles, row boats, fishing tackle, hot tubs, picnic lunches and such. Oakley notes the amenities offered at each



James House
Port Townsend, WA

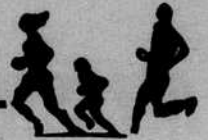
establishment, plus price of accommodation, dates of operation, and other important information (arrangements for pets, children, availability of childcare, etc.).

Oakley's book is both practical and fun to read. The listings are appealing enough to make a reader want to pack up and take off for an inviting inn. Even if a getaway is out of the question, the book can provide a pleasant armchair travel experience.

Bed & Breakfast Northwest is published by Chronicle Books and sells for \$7.95 paperback. It's available at local bookstores.

—Martha Wagner

RUNNING



Pre's Trail & Beyond

by Jack Craig

Cholesterol

One of the men who started American running and coined the word "aerobics" has a new book on sale at the B. Dalton Book Store in Eugene. Ken Cooper has again come up with a super book which answers the "Pritikin Challenge" to people who run. (Pritikin says in a warning on the cover of his latest book, *Pritikin Promise*: "New research shows that running and other vigorous sports can cause death if you are eating a typical American diet.") The Cooper book is *Aerobics Program for Total Well-Being*.

Cooper's book goes into detail about nutrition and cholesterol and fills in blank spaces about what might or might not happen to you if you RUN and don't take great care to restrict fat from your diet. His \$9.95 book has data, tables, and other information which not only encourages running but other sports and exercise activity as well. He says now that the five great aerobic exercises, in order of fitness value, are: 1) Cross-country skiing; 2) Swimming; 3) Running (jogging); 4) Bicycling; and 5) Walking. Worth

the price of the book alone is Chapter 4, "Is Your Blood in Balance? The Great Cholesterol Controversy." This 15-page chapter tells more about cholesterol and its relation to fitness than any general print book available.

Coming Up

The Oregon Track Club Ten Miler starts at 11 am on Feb. 3 at Alton Baker Park. Information can be obtained from Laurie Swanson at 342-8082.

Euphoria Chocolate's classic, the Fourth Annual Valentine's Day Truffle Trot, is scheduled Sunday, February 10, and will include two-mile and four-mile runs. Start and finish will be at Alton Baker Park at 1 pm and 1:45 pm. Entry blanks are available at local running stores. The entry fee is \$9 through Feb. 2, and \$10 through Feb. 9. There is no day of race registration. Entry blanks are still available at most running stores.

The 8th annual Couple Classic, a 10K event, will be held on Saturday, Feb. 16, starting at 10 am at River Road Park. Entry forms are also available at local running stores. Prizes will be given.

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