

FREQUENT FLYER MILES HOW TO USE THEM, NOT LOSE THEM

# Endless Vacation



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Please see page 43.

Thanks so much for your help!  
-- Beth LaPlante

## ART ROCKS IN SEDONA

The Best in Southwest Culture—  
And You're Invited

### 7 DOMINICAN REPUBLIC ADVENTURES

HIKE IT, BIKE IT, LOVE IT

### BACH TO THE BLUES

THE SOUTH'S TOP  
MUSIC FESTIVALS

### THE WHISTLER WAY

ON CANADIAN SLOPES,  
A FATHER LEARNS THE  
FINE ART OF LETTING GO

### WISCONSIN DELLS

NATURAL ESCAPE

### JOURNALS AND SCRAPBOOKS

SAFEGUARD YOUR  
MEMORIES



LaLoo's  
GOAT'S MILK ICE CREAM COMPANY

SWEET TREATS

## Udderly Upscale



LaLoo's Goat Milk Ice Cream is produced in Petaluma, a California dairy town. The ice cream is made with goat's milk, so it's low in fat and lactose. Current flavors include Black Mission Fig, Strawberry Darling (with balsamic vinegar), and Lemon Chiffon, [www.goatmilkicecream.com](http://www.goatmilkicecream.com).