HAPPY TRAILS
YOUR PERFECT WALK IS OUT THERE. LET THE SEARCH BEGIN.
WE ELEVATED THE DESK. NOW, WE’RE IMPROVING THE WHOLE OFFICE.

INTRODUCING A FULL LINE OF OFFICE FURNITURE FROM VARIDESK®
We’ve gone beyond the standing desk to create a high-quality furniture collection that encourages movement, increases productivity*, and is easy to buy, install, and change as your business grows. With VARIDESK workstations, meeting spaces, seating, storage, and lighting, you can create an active workspace in any office.

LET US HELP YOU WITH YOUR NEXT PROJECT. | (888) 624-8185 | VARIDESK.COM/FLY

Availability subject to change. *All sources cited available at VARIDESK.com/resources. | Patent and trademark information: VARIDESK.com/patents. | ©2018 VARIDESK®. All rights reserved.
WE ELEVATED THE DESK.
NOW, WE'RE IMPROVING THE WHOLE OFFICE.

Availability subject to change. | *All sources cited available at VARIDESK.com/resources. | Patent and trademark information: VARIDESK.com/patents. | ©2018 VARIDESK®. All rights reserved.

We've gone beyond the standing desk to create a high-quality furniture collection that encourages movement, increases productivity*, and is easy to buy, install, and change as your business grows.

With VARIDESK workstations, meeting spaces, seating, storage, and lighting, you can create an active workspace in any office.

LET US HELP YOU WITH YOUR NEXT PROJECT.

| (888) 624-8185 | VARIDESK.COM/FLY |

INTRODUCING A FULL LINE OF OFFICE FURNITURE FROM VARIDESK®

VARIDESK™ ACTIVE WORKSPACE™
EXPERIENCE IT ALL!
Landry’s offers something for everyone with spectacular restaurants from casual to fine dining, luxurious hotels, resorts & casinos, and entertainment destinations from coast to coast.

UPSCALE DINING

CASUAL DINING

ENTERTAINMENT

HOSPITALITY

1.800.5.LANDRY • LANDRYSINC.COM
The Post Oak Hotel is Houston’s first elite destination for elegant accommodations, masterfully blended with extensive meeting space, designer fashion, fine dining and sophisticated amenities all in one tower. Upon arrival, the intuitive personalized service sets the tone for the highest levels of luxury, life and style. Combined with the unmatched culinary excellence of Mastro’s Steakhouse, the two-story Rolls-Royce showroom and direct helicopter pad access, The Post Oak Hotel embraces every desire of savvy business and leisure travelers alike.
DATING. UNPLUGGED!

CLICK, TAP, SWIPE, REPEAT. IT’S ALL SO… IMPERSONAL. ONLINE DATING WAS SUPPOSED TO MAKE FINDING SOMEONE EASIER, SO WHY DOES IT FEEL LIKE SUCH A CHORE?

With a career that took up a lot of his time and energy, online dating had begun to feel like Rick Swanson’s second job. He spent hours filtering through online dating profiles and arranged multiple dates on his own—but time after time, the spark just wasn’t there. There had to be a better way.

That’s when Rick saw an ad for It’s Just Lunch (IJL) in an airline magazine and decided to give matchmaking a try.

Today, Rick credits It’s Just Lunch with introducing him to the love of his life, Kristina.

Life before It’s Just Lunch?

Kristina: My dating life was totally scattered and unfulfilling. I had just started Stella’s PopKern and, as a single mother, I just found the whole online dating thing completely unmanageable and daunting. I wanted someone who knew me to “fix me up” and when a friend suggested IJL, I did some research and found it to be the right “match” for me.

What was working with a matchmaker like?

Rick: The interview process was really valuable. Sandra, my matchmaker, was genuinely interested in learning about me. She really wanted to understand what I was looking for in a woman, what I found attractive, what I found interesting, what intrigued me. We talked about my work, my outside interests, etc.
When someone is leading you through the process, it makes you think. Sandra got me to reflect honestly on what I was looking for.

**Best part of the IJL experience?**

*K*: It was super easy because IJL arranged the dates. All I had to do was get ready and meet at the restaurant. And unlike online dating, I felt that my dates were interested in meeting quality people, not one-night stands. Your matchmaker calls you up with a match and then gives you the details of the date. All you have to do is show up and have fun!

**What makes you two a great match?**

*K*: He’s comfortable in his own skin. He loves the fact that I am confident! I can just be who I am, and I’ve never felt so at ease with anyone else.

*R*: She’s got this gigantic personality; she’s self-confident and brilliantly smart. The way she ‘geeks out’ on the things she enjoys, the passion she has... I mean, who else could take something as commonplace as popcorn and turn it into a food group? It’s totally refreshing.

**How has your life changed since?**

*R*: It’s like a piece of me that had ceased to be is back again. Having somebody to share life with, who is even more passionate than you are is special. I’m a radically happier person than I was.

**Advice for singles considering IJL?**

*R*: Dating is a real challenge in our fast paced, always connected, and frequently impersonal world. Having a real person on your side, helping to find the right partner is a huge plus.

The success of It’s Just Lunch is built on creating high quality matches in low pressure situations. In 26 years, they’ve set up millions of first dates. Make meeting someone special a priority. Get in touch at 800-858-6526 or itsjustlunch.com.
What, exactly, makes a staircase? In Pittsburgh, the answer can get a little complicated. You'll find steep steps, short steps, a single step, and steps to long-forgotten destinations. But despite their differences, they all lead to the same place: the heart of Steel City.

Laura Zurowski has set out to climb—and snap a Polaroid of—each of Pittsburgh’s 739 public outdoor stairways.

Play
33 Brave a haunted house, enjoy a tea-based tipple, and dine on floral fare.

Work
39 Commiserate about your commute, and empower others by encouraging open dialogue.

The City You’re Missing: St. Louis
42 From entrepreneurs and incubators to craft beer and quirky museums, the Gateway City has it all.

Find Your Path
62 The National Trails System turns 50 this month. To celebrate, we’re sharing a few of our favorite trails.
SHIRTS DESIGNED TO BE WORN UNTUCKED

UNTUCKit®

THE ORIGINAL UNTUCKED SHIRT

FEATURING 50+ FITS
FOR ALL SHAPES AND SIZES

40 STORES & COUNTING
FREE SHIPPING,
FREE RETURNS IN THE U.S.
UNTUCKIT.COM

FREE SHIPPING,
FREE RETURNS IN THE U.S.
UNTUCKIT.COM

40 STORES & COUNTING
FREE SHIPPING,
FREE RETURNS IN THE U.S.
UNTUCKIT.COM

UNTUCKIT.COM

THE ORIGINAL UNTUCKED SHIRT

FEATURING 50+ FITS
FOR ALL SHAPES AND SIZES

40 STORES & COUNTING
FREE SHIPPING,
FREE RETURNS IN THE U.S.
UNTUCKIT.COM

FREE SHIPPING,
FREE RETURNS IN THE U.S.
UNTUCKIT.COM

UNTUCKIT.COM
FRAMEBRIDGE

“Your Vacation: Framed and Delivered to Your Door.”

The New York Times

True Custom Framing Made Truly Simple

EASY
Frame art, photos, or mementos from your phone or computer in just a few minutes.

AFFORDABLE
Exceptional custom framing starting at just $39 with free shipping (every time).

TOP OF THE LINE
Every frame is handcrafted in the U.S. using premium materials.

START FRAMING AT FRAMEBRIDGE.COM/FLY
Save on parking so you can spend on unwinding

38 Airport Parking Locations Serving 21 Airports

www.theparkingspot.com

Scan QR code when you land for coupon.

10% OFF AIRPORT PARKING

10% OFF THE PARKING SPOT

S-MAG-10%

www.theparkingspot.com

Save on parking so you can spend on unwinding

38 Airport Parking Locations Serving 21 Airports

10% OFF AIRPORT PARKING

10% OFF THE PARKING SPOT

S-MAG-10%

www.theparkingspot.com

Scan QR code when you land for coupon.

10% OFF AIRPORT PARKING

10% OFF THE PARKING SPOT

S-MAG-10%

www.theparkingspot.com

Scan QR code when you land for coupon.
Exceptionally pure water - that’s what makes Devils River Whiskey the decorated, smooth small batch whiskey you enjoy today. Legendary Texas Ranger John Coffee Hays named this powerful waterway the ‘Devils River’ in 1840, and from his ingenuity, our namesake was born. The naturally-filtered limestone spring water is considered the purest water in Texas. The iron-free, sweet spring water is ideal for crafting an unrivaled Texas whiskey. Its purity unMASKS all the delightful nuances we worked tirelessly to emphasize in every sip. Here’s to living a life that’s never short of extraordinary. Devils River Whiskey.

*Sin Responsibly. Must be 21 and up. Devils River Bourbon Whiskey, 90 proof, 45% Alc./Vol. Produced and Bottled by Devils River Whiskey, Dallas TX.*
A Strategy for Success

“We have a strategic plan—it’s called doing things.” That’s one of my favorite sayings from Herb Kelleher, my boss and mentor for more than 30 years (and Southwest’s Founder). Herb has many colorful sayings—some I won’t repeat—but he also has an uncanny ability to keep things simple and, above all else, put People first.

Southwest’s original business model was to offer low fares and superior Customer Service. When Southwest was conceived in the late 1960s, there was no such thing as a low-cost airline. Our Founders saw a way to take people out of their cars and make flying accessible for all. By operating a lean, efficient airline, Southwest kept costs low and passed along the savings to Customers in the form of low fares. It worked: Today Southwest carries more Customers than any other airline in the U.S.

Of course, the business model was a bit more complex than that, and there were many brilliant moves along the way that contributed to the airline’s success. We have always operated one aircraft type, which helps reduce costs by streamlining maintenance of the fleet and scheduling Pilots and Flight Attendants. We have an open-seating policy that helps us quickly and efficiently turn the aircraft at the gate. We drive most of our bookings through Southwest.com, thereby reducing costs and establishing a direct relationship with our Customers (rather than going through a third-party distribution channel). We don’t offer meals onboard, but instead offer snacks and sodas for free. I could go on and on.

Most importantly, I think what Southwest has gotten right from day one is a philosophy of putting People first. Southwest sets out to create a welcoming environment for our Employees, giving them the freedom to be themselves and offer Legendary Customer Service. In turn, our Employees deliver a unique and world-famous brand of Hospitality that creates a loyal following and wins new Customers each year. That loyal following results in happy Investors—a trifecta of happy Employees, Customers, and owners—and full planes, all of which has proven to be a formula for success.

“The business of business is People.” That’s another one of my favorite Herbsisms, and it’s as brilliant as it is simple.

Gary Kelly
Chairman and CEO
Southwest Airlines
BEST VALUE
PURE COTTON
NON-IRON
DRESS SHIRT
ANYWHERE.

YOU
SAVE
70%

UNBEATABLE
INTRODUCTORY
OFFER
$24.95
REG $89.50

PLUS,
FREE MONOGRAMMING
REG $10.95

ADD THIS TIE FOR JUST $19.95
REG $72.50

PAULFREDRICK.COM/PERFECT • 800.309.6000 PROMO CODE T8HPSG

WHITE 100% COTTON PINPOINT / NEAT WRINKLE-FREE WEAR / EASY NON-IRON CARE
4 COLLAR STYLES / BUTTON OR FRENCH CUFF / REGULAR, BIG & TALL & SLIM FIT

GUARANTEED PERFECT FIT.
FREE EXCHANGES. EASY RETURNS. IMPORTED. NEW CUSTOMER OFFER. LIMIT 4 SHIRTS. SHIPPING EXTRA. EXPIRES 11/31/18.

Paul Fredrick
Una Estrategia para el Éxito

“Tenemos un plan estratégico: se llama hacer cosas”. Esta es una de mis frases favoritas de Herb Kelleher, mi jefe y mentor por más de 30 años, y el fundador de Southwest. Además de muchos dichos extravagantes –algunos que no repetiré–, Herb tiene una habilidad particular para mantener las cosas simples y, sobre todo, poner a la Gente primero.

El modelo comercial original de Southwest consistía en ofrecer tarifas bajas y un extraordinario Servicio al Cliente. Cuando se creó la Compañía, a finales de la década de 1960, no existía una aerolínea de bajo costo. Nuestros Fundadores detectaron un nicho e hicieron que volar fuera accesible para todos, y que la gente cambiara sus autos por nuestros aviones. Al operar una aerolínea austera y eficiente, Southwest redujo costos y transmitió esos ahorros a sus Clientes en forma de tarifas bajas, lo cual funcionó: hoy en día Southwest transporta más Clientes que cualquier otra aerolínea en los EE. UU.

Evidentemente, el modelo comercial era un poco más complejo que eso. Durante nuestra trayectoria, hemos hecho diversos movimientos brillantes que han contribuido a nuestro éxito: siempre hemos operado un tipo de avión, lo que ayuda a reducir los costos al simplificar el mantenimiento de la flota y la programación de horarios para Pilotos y Sobrecargos; no asignamos asientos, lo que nos ayuda a agilizar el proceso de abordaje y a que el avión permanezca poco tiempo en tierra; manejamos la mayoría de nuestras reservaciones a través de Southwest.com en vez de usar un canal de distribución externo, lo que reduce costos y establece una relación directa con nuestros Clientes; no tenemos alimentos a bordo, pero sí ofrecemos bocadillos y refrescos gratis. Podría seguir y seguir.

No obstante, para mí el logro más notable de Southwest es su filosofía de poner primero a las Personas, demostrando que su tercera de Empleados, Clientes e Inversionistas felices ha sido una fórmula para el éxito: Southwest crea un ambiente agradable para nuestros Empleados, dándoles la libertad de ser ellos mismos y ofrecer un Legendario Servicio al Cliente. A cambio, nuestros Empleados crean una marca única de Hospitalidad reconocida mundialmente, y llenan nuestros vuelos con Consumidores leales y Clientes nuevos año con año, lo que resulta en Inversionistas satisfechos.

“El negocio de los negocios es la Gente”. Ese es otro de mis Herbismos favoritos, brillante y simple a la vez.

Gary Kelly
Chairman and CEO
Southwest Airlines
OWN YOUR OWN
MINI DOUGHNUT SHOP!

RETAIL • KIOSK • CART • CATERING

LARGE
PROTECTED TERRITORY

AFFORDABLE
STARTUP INVESTMENT

UNIQUE
HOT | FRESH | HANDCRAFTED

+774 217 3266 • info@thedapperdoughnut.com • thedapperdoughnut.com/franchising

This ad is not a franchise offering. A franchise offering can be made by us only in a state if we are first registered, excluded, exempted or otherwise qualified to offer franchises in that state, and only after we provide you with an appropriate franchise disclosure document. Follow-up or individualized responses to you that involve either effecting or attempting to effect the sale of a franchise will be made only if we are first in compliance with state registration requirements, or are covered by an applicable state exclusion or exempt.

LAS VEGAS MGM • NEW YORK CITY • ST. LOUIS • DALLAS • CHICAGO • BOSTON

BUY 6, GET 6 FREE WITH A PICTURE OF THIS AD AT ANY OF OUR LOCATIONS. OFFER EXPIRES DECEMBER 31, 2018.
“I think of my department like a wheel—each person is a spoke. Without each other, we can’t make it work.”

—DELORES NARANCICH, AIRCRAFT APPEARANCE TECHNICIAN

Since joining Southwest in 2004, Delores Narancich has become known for extending a helping hand and constantly striving for excellence. She works as an Aircraft Appearance Technician in Chicago (Midway), and although her team, which operates within Technical Operations, is a smaller one, she goes above and beyond to make a difference in the lives of those around her. Although she’s a self-proclaimed “girly girl,” Delores is always willing to get her hands dirty at work, all the while staying positive and keeping a smile on her face. Delores embodies what it means to have both a Servant’s Heart and a Fun-LUVing attitude, and we’re proud to have her as a member of the Southwest Family.

—Delaney Sanders, Communications & Outreach

CALL IN “When a friend was doing a Southwest phone interview, I shouted, ‘I want to work at Southwest too!’ The next thing I know, I’m filling out an application. A few interviews later, I got the job!”

SENSE OF PRIDE “What I enjoy most is making a plane look good. I like looking back at the end of the day and knowing I improved it.”

ON THE JOB “We do more than clean the plane. We do security sweeps, carpeting changes, and leather installation. We work hand-in-hand with the Mechanics.”

To thank Delores for her work and dedication, Penn & Teller is proud to give her two tickets to see the show in Las Vegas. Congratulations, Delores!
Present this ad to the Rio Box Office to receive one free ticket with the purchase of one full-priced ticket. Expires 12/30/18. Mention Code: PNTSS. Not valid for Ampersand seating. Good for up to four tickets. Cannot be combined with any other offer. No cash value. Management reserves all rights. Subject to availability.

Must be 21 or older to gamble. Know When To Stop Before You Start.® Gambling Problem? Call 1-800-522-4700. ©2018, Caesars License Company, LLC.
“Put in the hours. You’ll mess up a lot, but you’ve got to make mistakes to get better.”

—BOBBY BONES, “THE BOBBY BONES SHOW” HOST

If laughter is the best medicine, Bobby Bones has cured a multitude of ills. His sense of humor and work ethic have built an impressive résumé as a nationally syndicated morning radio program host, stand-up comedian, and best-selling author. But the chart-topping headline is his philanthropy work. Bobby credits his listeners for helping him create a platform that has raised millions of dollars for numerous charities and causes, including St. Jude Children’s Research Hospital. He also credits Southwest with getting him to gigs with friendly service, allowing him to earn a sizable Rapid Rewards points balance, plus A-List Preferred and Companion Pass status.

Bobby, thanks for being a fan of Southwest. We’re certainly a fan of yours!

—Ana Schwager, Communications & Outreach

TRAVEL TIPS “Just be comfortable: It’s a pajama party for me when I go to the airport.”

THE RIGHT NOTES “I have a band called The Raging Idiots, and we put out a couple of projects a year. I like doing records for kids. I like to be motivational, but mostly educational without being over-the-top goofy.”

NEW BEGINNINGS “Get started at whatever level you can. It’s hard to get ahead if you can’t even get into the door.”

CLEAR CAREER “I’ve always known what I wanted to do. When I was 5, I asked for my first radio.”

Bobby’s travels earn him A-List Preferred status through 50 one-way qualifying flights or 70,000 tier qualifying points.
I’M Jules

CHAT WITH ME IN FACEBOOK MESSENGER @MIRACLEMILELV AND FIND WHAT YOU’RE LOOKING FOR

AHHMazing™
OVER 200 SHOPS, DINING AND ENTERTAINMENT

SWAROVSKI • VEGAS! THE SHOW • BEATLESHOW • MORPHE • ZOMBIE BURLESQUE • NYX PROFESSIONAL MAKEUP MARCIANO • H&M • V - THE ULTIMATE VARIETY SHOW • VICTORIA’S SECRET • CLUB TATTOO - TATTOO AND BODY PIERCING

MIRACLE MILE SHOPS™
AT PLANET HOLLYWOOD RESORT & CASINO LAS VEGAS

Sun - Thu 10am-11pm • Fri & Sat 10am-12am
702.866.0710 • MiracleMileShopsLV.com • 🌐_twitter
In July, Chase and Southwest Airlines introduced the new Rapid Rewards® Priority Credit Card. The Priority card has all of the same benefits as Southwest’s award-winning Rapid Rewards Premier Credit Card, plus more anniversary points and new features that provide inflight savings and an elevated travel experience.

Our Cardmembers wanted faster boarding and inflight benefits, so the Priority card offers features to make that a priority in the air and on the ground. Those new perks include 7,500 anniversary points, up to four Upgraded Boardings per year (when available), an annual Southwest travel credit of $75, and 20 percent back on inflight purchases.

In addition, Cardmembers earn two points per $1 spent on Southwest flights and on purchases made with hotel and car rental partners. All other purchases earn one point per $1 spent. Points can be redeemed for flights, gift cards, hotel stays, car rentals, and more.

To celebrate the card’s launch, Chase and Southwest teamed up with country artist and A-Lister Brett Eldredge, who was the first Cardmember to be upgraded to the Rapid Rewards Priority Credit Card.

“I’m always traveling, to perform or for fun, and Southwest is my go-to airline,” Brett says. “My Southwest credit cards help me get the most out of flying. I’ve enjoyed earning rewards with my Priority card and the partnership with Chase and Southwest on my headlining tour.”

The Priority card is the official credit card sponsor of Brett’s “The Long Way Tour,” which runs through October. As part of the sponsorship, he made an appearance this summer in Los Angeles at a Southwest Priority Tour destination and surprised attendees with tickets to his show in Costa Mesa, California.

The new Rapid Rewards Priority Credit Card is a really big deal, just like you! To learn more about the Southwest portfolio or to apply for the Priority card, visit chase.com/priority. The priority card has a $149 annual fee. —Corbitt Burns, Director, Rapid Rewards
Community Outreach

Sending Bear Hugs
Southwest and Build-A-Bear celebrate National Teddy Bear Day.

In celebration of National Teddy Bear Day on Sept. 9, Southwest Airlines and Build-A-Bear teamed up to distribute 20,000 teddy bears to children across the country. Patients at 36 hospitals involved with our Medical Transportation Grant Program (MTGP) received 10,300 of these special bears. Through MTGP, Southwest provides nonprofit hospitals and medical transportation organizations with donated, roundtrip tickets for patients and/or caregivers seeking treatment.

“This generous donation of cute and cuddly friends allowed us to celebrate National Teddy Bear Day in style,” says Stephanie Brigger, the vice president of development for Texas Scottish Rite Hospital for Children. “The wonderful gift brought much joy to our children and helped the hospital maintain the cheerful and nurturing atmosphere our patients, families, and guests have come to expect.”

The celebration didn’t stop there. Two of our charitable partners, Ronald McDonald House Charities and the Make-A-Wish® Foundation, also received more than 9,500 furry friends. Through our partnership with Build-A-Bear, we brought excitement to 91 Ronald McDonald Houses and multiple Make-A-Wish chapters nationwide.

Various Make-A-Wish chapters gifted their wish families with this special companion to travel with as they do something they’ve always dreamed of. RMHC distributed the bears to children staying at various Ronald McDonald Houses around the country while they or a loved one receive treatment from a local hospital. Since these families have traveled significant distances to receive treatment, the children don’t always have access to the items that make them feel safe and at home.

“I saw kids make an instant connection with these bears, as if they were already friends,” says Amy Hatfield, the chief operating officer for the Ronald McDonald House of Dallas.

Both Southwest and Build-A-Bear lead with Heart, and we’re proud to give children the memorable gift of a lifelong travel companion and a furry friend through this partnership. To learn more, visit Southwest.com/buildabear.

—Abbey Cumnock,
Communications & Outreach

PHOTOGRAPHY BY ASHLEE SMITH

---

FURRY FRIEND
While staying at the Ronald McDonald House of Dallas, Isaac Tejeda-Villasenor received a bear.
Dear Southwest,

I received the most incredible service from customer service agent Elham Shammas. My sister and I live in different states and only see each other a couple of times a year. We both travel for our jobs, and I had landed in Las Vegas for a business trip about the same time she was leaving. I landed in a different terminal and received a text from her saying her plane was boarding. I ran to her gate, hoping to hug her before she boarded, but the door was closed. I stood there crying, watching the ground crew loading cargo onto the plane. Elham approached me and asked what was wrong. I told her my sister was onboard and I was sad to have missed her. Elham was going onto the plane with some paperwork, and I asked her to deliver my necklace to my sister so she knew I’d tried to get to her. Elham agreed. When the gate door opened, she emerged with my sister! Elham knew the cargo would take some time to load, so she gave my sister and me the gift of a few minutes together. —Toni Fleming

TOOTH FAIRIES

I wanted to give a shoutout to flight attendants Lesley Bastian, Karen George, and Becky Hanke. My 5-year-old lost his front tooth while in line to board. I don’t know how they found out, but from the moment we stepped on the plane, they made him feel like a toothless rockstar! He was grinning his toothless grin so big. One flight attendant came over with a shocked look on her face and said, “Oh, my goodness! Look what was just delivered!” She was holding $1 from the tooth fairy. Once we landed, an announcement came on: “Solomon lost a tooth today and is excited to get a visit from the tooth fairy tonight. The tooth fairy is going to have a cup up front for anyone who wants to contribute.” When we got into the airport, my
Reba Brooks & Dunn Together In Vegas

OCT 10 - 20
DEC 5 - 15

The Colosseum
Caesars Palace
Las Vegas
WWW.THECOLOSSEUM.COM

AEG Presents
ticketmaster®
866.320.9763
son said, “I want to fly that plane all the time. They are the nicest people I’ve ever met.” You made his week! —Laina Cox

OPERATION: FREE THE WRISTWATCH
My best friend, Chris, and I were on our way to Phoenix for a girls’ vacation. Before boarding, I asked Chris for the time. To my surprise, she looked at her “old school” wristwatch. Who wears a wristwatch anymore?! Two hours into our flight, I asked again for the time. She moved to look but dropped her cellphone between her seat and the window. When she moved her arm alongside the seat to locate the phone, her face changed to a look of panic. “I’m stuck,” she said. I unbuckled and tried to help, but eventually pressed the call button. Both flight attendants promptly arrived. “We have a situation: My friend is stuck,” I told them. Up for the challenge—which is why I fly Southwest—flight attendant Clayton Moore jumped into action. He spent 20 minutes on the floor under Chris’ seat trying to unlatch her wristwatch, which had gotten caught. She was on the verge of panic, thinking there was no hope, but Clayton was successful in freeing her and saving our vacation. Thanks for being my favorite airline to fly and giving me a funny story to share. —Victoria Dvoraczky

AN ACT OF KINDNESS
I experienced one of the greatest acts of kindness from flight attendant Julia Foxgrover. I was in a Dallas hotel, scheduled to give a presentation within an hour, when I noticed the hem of my dress had unraveled. The hotel gave me a needle and thread kit, and I went to the restroom to complete the project. (OK, I admit that I can change a car taillight, but executing a blind hem escapes me.) Julia walked in, sensed my awkwardness, and volunteered to sew my dress. There, at the hotel, two women who just met were talking about life aspirations. I learned Julia also had a presentation to give as part of her training to become a Southwest flight attendant. Julia took the time to assist me when no one was watching and exemplified the service that you encourage at Southwest. Thank you, Julia. —Erika Slaton

A CULTURE OF CARING
My daughter and I flew Southwest to Phoenix to celebrate Mother’s Day with my 86-year-old mother. My daughter is disabled, so we ordered a wheelchair to make travel a bit easier. We planned to take the Valley Metro Rail to the stop nearest my mom’s home so she didn’t have to drive to the airport after dark. As we arrived at the Metro station, flight attendant Ron Livaudais offered to drive us. Normally, I wouldn’t accept a ride from a stranger, but Ron was in his uniform and we’ve flown Southwest for years. I’ve always been impressed with their service, so I accepted the offer. Ron was the ultimate gentlemen, helping us with our luggage and driving us right to my mom’s independent living complex. I was already a loyal Southwest customer, but Ron made me a fan for life. —Suzi Westmoreland

“I’ll only come out if it’s ZYMOX!”

Chronic ear infections are no fun. Get your pet true, lasting relief with ZYMOX Ear Solution

- Gentle Easy To Use “No Pre-Clean” Technology
- The Proven Natural Antibiotic Alternative
- Effective Against Bacteria, Fungus & Yeast
- Can be used for Maintenance & Prevention

Available at www.zymox.com, Pet Speciality and Online Retailers
DON’T VISIT. LIVE IT.

Destroy the old. Create the new. A timeless clash in which progress seeks new form. The old resists the new. The new replaces the old. The process is art itself. The outcome: beautiful evolution. It’s not just time to forget the past—it’s time to obliterate it. From these ashes, a new legend is born.

OPENING THIS WINTER:

NEW ROOMS
NEW HIGH LIMIT ROOMS
NEW CASINO FLOOR
NEW NIGHTLIFE LOUNGES
NEW SUITES
NEW RESTAURANTS

OPENING THIS WINTER:

MABEL’S BBQ
BY MICHAEL SYMON

Vetri CUCINA
BY MARC VETRI

PALMS.COM/FROMDUSTTOGOLD

4321 W FLAMINGO RD, LAS VEGAS, NV 89103 (702) 942-7777
Dear Reader,

There’s something about going uphill on your own two legs. Part of you may be thinking, Yeah, that something is torture. While an hour’s upward run can burn off the calories of a large milkshake, it often feels like each calorie is exiting violently through your lungs.

Still, the ability to go uphill under your own steam gives you a pass to otherwise unobtainable places, like many of Pittsburgh’s estimated 800 outdoor staircases. (See page 70.) I live at the base of a mountain whose bald top offers views that make you pretty sure heaven includes lichen-covered granite and mist-shrouded lakes and blue peaks that stretch to infinity. My family climbed this mountain every summer Sunday when the kids were little. Both kids are grown now, but they have held onto their ability to climb—their all-summits pass.

My wife, on the other hand, uses her uphill ticket mostly for one summit, the top of that mountain in our backyard. She ascends it 50 to 100 times a year, and wants to reach 1,000 trips by age 65. (Two hundred and nine to go.) If you think of a hill’s elevation as a graph of existence, her mountain record reads like the pulse of a strong heart.

This is more than a metaphor for us. A few months ago, doctors diagnosed her with a mild but scary heart condition. Her climbs are no longer just joy and exercise. They’re data points on a sustained and purposeful life.

Which somehow reminds me of our son many years ago. At age 5, he began running down the mountain while the rest of us picked our way down the rocky trail. “Don’t run where you’d mind falling,” I’d yell.

And he would keep on running, as if the strength of the hills was his.

"Success is living a life of purpose, and as long as you are aware that you are moving in the right direction, do not hesitate to pursue your dreams."

— Lucien Eloundou, Health Sciences senior, mentee of Perette Godwin, SDSU alumna

Visit studentaffairs.sdsu.edu/aha to learn more about hiring Aztecs.
THOUSANDS OF VEHICLES • THOUSANDS BELOW RETAIL!

ACURA
OVER 125
IN STOCK

AUDI
OVER 90
IN STOCK

BMW
OVER 260
IN STOCK

BUICK
OVER 50
IN STOCK

CADILLAC
OVER 115
IN STOCK

CHEVY
OVER 275
IN STOCK

DODGE
OVER 130
IN STOCK

FORD
OVER 400
IN STOCK

HONDA
OVER 200
IN STOCK

HYUNDAI
OVER 150
IN STOCK

INFINITI
OVER 150
IN STOCK

JAGUAR
OVER 50
IN STOCK

JEEP
OVER 200
IN STOCK

KIA
OVER 150
IN STOCK

MASERATI
OVER 35
IN STOCK

LEXUS
OVER 350
IN STOCK

LINCOLN
OVER 145
IN STOCK

MAZDA
OVER 50
IN STOCK

MERCEDES
OVER 380
IN STOCK

NISSAN
OVER 410
IN STOCK

PORSCHE
OVER 35
IN STOCK

RAM
OVER 40
IN STOCK

TOYOTA
OVER 225
IN STOCK

VOLKSWAGEN
OVER 40
IN STOCK

SAVE THOUSANDS AT THE NATION’S USED CAR DESTINATION!

Financing Available - 5 Day/500 Mile Exchange Policy - No Hidden Fees - Home Delivery Now Available

Call Toll Free: (833) 812-6163 • Shop Online Now • www.OffleaseOnly.com
The FlexiSpot V9 Bike keeps you active by combining a height-adjustable desk and exercise bike into one sleek package. This world-first innovative design—part exercise bike, part standing desk—lets you sit, stand, and cycle all in one space-saving solution.
FlexiSpot total sit-stand-move solutions allow you to stay active and healthy throughout the day. Experience seamless transitions between sitting and standing with our height-adjustable desks, increased circulation and concentration with our desk bikes, and reduced pain with proper neck and back ergonomics with our monitor mounts.
To Each, Her Own

THIRDLOVE

Bras and Underwear for every body

THIRDLOVE.COM
Dear Editor,
I just got done reading Kimberley Lovato’s nicely written article [“Napa Rally,” August 2018] on the new independent baseball team in Napa, California. An avid baseball fan myself, I found the article refreshing and insightful into how an independent team gets started and finds its own way in a community. It made the flight more pleasant and was a kind reminder about slowing down and enjoying the game ... with a hot dog, of course!

Jeremy Harris
HUNTINGTON BEACH, CALIFORNIA

No ball game is complete without one, that’s for sure.

BASEBALL = LIFE
I contemplated reaching out for all of 33 seconds before deciding I had to. I was flying from Corpus Christi, Texas, to Houston and stumbled across Kimberley Lovato’s article. Baseball—what a beautiful game and how incredibly significant it has been in weaving together the tapestry of my life. My son plays, my husband coaches, and our family time is usually on a diamond somewhere. Baseball really is life for me. For us. So, I wanted to say thank you for the few minutes of peace. The hustle and bustle of daily life keeps me bogged down with minutiae, and I often lose my ability to settle in for a good read. Kimberley’s writing was eloquently scripted and made my heart smile.

Brandy Garner
BAYTOWN, TEXAS

Beautifully put, Brandy. It’s no wonder baseball is America’s favorite pastime.

HOME RUN
I admire the way Kimberley Lovato captured the Napa community in her article about the Silverados. There is a spirit here in Napa that goes beyond sports or business. It has evolved into a community ethic that weaves its way into the next generation. Thank you.

Doug Ernst
NAPA, CALIFORNIA

Getting a local’s stamp of approval means a lot. Thanks, Doug.

SEEN ON SOCIAL
I was delighted to see an article about independent baseball in @SouthwestTheMag—and even more thrilled to find women wrote (@kimberleylovato) and photographed (@mbkoeth) it!

@TATIANAWRITES

Talk to Us
For comments or questions directed at Southwest Airlines that don’t pertain to the magazine, visit Southwest.com/contact-us.

letters@southwestmag.com
facebook.com/SouthwestMagazine
@SouthwestTheMag
#SouthwestMag
@SouthwestMagazine
#SouthwestMag
These doctors are among the best plastic surgeons in America.

Each doctor has been peer-nominated and selected by the nation’s leading providers of information on top doctors.

All doctors are board certified by the American Board of Plastic Surgery (ABPS).
THESE DOCTORS ARE AMONG
THE BEST
PLASTIC
SURGEONS
IN AMERICA

Each doctor has been peer-nominated and selected by the nation's leading providers of information on top doctors.

All doctors are board certified by the American Board of Plastic Surgery (ABPS).

SAN FRANCISCO
Stephen J. Ronan, MD
3600 Blackhawk Plaza Circle
Blackhawk, CA
925-736-5757
BlackhawkPlasticSurgery.com
Super Doctors – San Francisco

LOS ANGELES
Luis H. Macias, MD
4644 Lincoln Boulevard
Marina del Rey, CA
877-438-2049
MarinaPlasticSurgery.com
Super Doctors – Southern California

AUSTIN
Jennifer L. Walden, MD
5656 Bee Cave Road
Austin, TX
512-328-4100
DrJenniferWalden.com
Super Doctors – Texas

SAN DIEGO
Steven R. Cohen, MD
4510 Executive Drive
San Diego, CA
858-453-7224
FacesPlus.com
Castle Connolly – Top Doctors

CHICAGO
Steven Bloch, MD
1160 Park Avenue West
Highland Park, IL
847-432-0840
BodyByBloch.com
Castle Connolly – Top Doctors

SEATTLE
Rikesh Parikh, MD
1810 116th Ave NE
Bellevue, WA
888-242-1955
RikeshParikhMD.com
Seattle Met Magazine – Top Doctors

BIRMINGHAM, AL
James C. Grotting, MD
1 Inverness Center Parkway
Birmingham, AL
205-930-1600
GrottingPlasticSurgery.com
Castle Connolly – Top Doctors

Dr. Stephen J. Ronan
Blackhawk, CA
Each doctor has been peer-nominated and/or selected by the nation’s leading providers of information on top doctors.

These top eye surgeons specialize in LASIK, laser cataract surgery, lens implantation and KAMRA for close vision.

NAPLES, FL
Farrell C. Tyson, MD
Other locations: Ft. Myers, Bonita & Cape Coral, FL
239-542-2020
TysonEye.com
Gulfshore Business – 40 Under 40

LOS ANGELES
Jeffrey C. Hong, MD
800 S. Fairmount Avenue
Pasadena, CA
626-844-7001
HuntingtonEye.com
Super Doctors – Southern California

KANSAS CITY
Jason E. Stahl, MD
8300 College Boulevard
Overland Park, KS
913-491-3330
DurrieVision.com
Trusted LASIK Surgeons Directory

PHOENIX
Craig R. Cassidy, DO
160 W. University Drive
Mesa, AZ
480-610-1252
ArizonaLasik.com
Phoenix Magazine – Top Doctors

ATLANTA
Milan R. Patel, MD
6300 Hospital Parkway
Johns Creek, GA
678-381-2020
MilanEyeCenter.com
Castle Connolly – Top Doctors

ST. LOUIS
Jason P. Brinton, MD
555 N. New Ballas Road
St. Louis, MO
314-375-2020
BrintonVision.com
Trusted LASIK Surgeons Directory

SALT LAKE CITY
Phillip C. Hoopes, MD
11820 S. State Street
Draper, UT
877-30-LASIK (305-2745)
HoopesVision.com
Castle Connolly – Top Doctors
THESE DOCTORS ARE AMONG
THE TOP DOCTORS
IN AMERICA

Each doctor has been peer-nominated and selected by the nation’s leading providers of information on top doctors.

Dr. Edward W. Hellman
Orthopaedic & Spinal Surgery

Edward W. Hellman, MD
2227 U.S. Highway 41 North
Tifton, GA
229-386-5222
TheSpineAndScoliosisCenter.com
Castle Connolly – Top Doctors

L. Mike Nayak, MD
607 S. Lindbergh Boulevard
St. Louis, MO
314-991-LIFT (5438)
NayakPlasticSurgery.com
Castle Connolly – Top Doctors

Rob D. Dickerman, DO
6130 West Parker Road
Plano, TX
972-238-0512
NeuroTexas.com
D Magazine – Top Doctors

Alfred J. Rodriguez, MD
In Vitro Fertilization
6130 West Parker Road
Plano, TX
972-981-7800
TexasIVF.com
D Magazine – Top Doctors

Joyce Bassett, DDS
14275 N. 87th Street
Scottsdale, AZ
480-367-8869
DrBassett.com
USA Top Dentists Directory

Ken Anderson, MD
ARTAS® Robotic Hair Transplants
5555 Peachtree Dunwoody Road
Atlanta, GA
404-256-4247
AtlantaHairSurgeon.com
Castle Connolly – Top Doctors
THE MOST TRUSTED NAME IN HAIR RESTORATION

*Actual Patient

No Visible Scar
Minimally Invasive
Fast Recovery

Contact one of the certified NeoGraft doctors below for a consultation:

**PITTSBURGH, PA**
Leo R. McCafferty, MD
412-687-2100
McCaffertyMD.com

**TAMPA, FL**
Joshua A. Halpern, MD
813-872-2696
DrHalpern.com

**SALT LAKE CITY, UT**
P. Daniel Ward, MD
801-513-FACE (3223)
WardMD.com

**MIAMI/ORLANDO, FL**
Asim Rahman, MD
888-822-5713
AsimMedical.com

**BOSTON, MA**
Fouad J. Samaha, MD
617-786-7600
BostonPlastic.com

**ATLANTA, GA**
Keith Jeffords, MD
888-286-1645
NeoGraft-Atlanta.com

**SAN FRANCISCO, CA**
Stephen J. Ronan, MD
925-736-5757
BlackhawkPlasticSurgery.com

**PHILADELPHIA, PA**
Robert J. Mirabile, MD
610-272-8821
BestImpressionMedSpa.com

NeoGraftDrs.com
Timed sonic vibrations in an ultraslim design
Travels easily with no wires or bulky charger
Refreshed every 3 months on a refill plan

Brush better. Travel lighter.

Unless you’re really into baggage, the best part of travel isn’t packing, quip solves that with a better electric toothbrush, from $25. Unlike bulky electrics with a massive charger, quip is light, wireless, and lasts 3 months on a single battery. Ever lose a travel case? You’ll flip for the multi-use cover that mounts to mirrors and slides over your bristles to toss in a carry-on.

There are also timed sonic vibrations with 30-second pulses to guide you into every nook and cranny. It’s no wonder quip was named one of TIME’s Best Inventions and is accepted by the American Dental Association. Subscribe to get your first refill free and we’ll deliver a new brush head, battery and optional toothpaste every 3 months from $5. Go forth and stay fresh :)

Brushes from $25. First refill free at getquip.com/airline

*Valid once per user for refills up to $10. Offer ends 1/31/19. See website for full terms and conditions.
The survey also found that 28 percent of respondents think they currently live—or have lived—in a haunted house.

Maybe there’s no need to worry about things going bump in the night. After polling 1,000 people, Realtor.com found that a third of us are open to a ghostly roommate—and 27 percent might be. (Before they’d consider taking down that “for sale” sign, 40 percent of respondents did want the price lowered.) So what constitutes a haunted house? According to the respondents, think strange noises, unnerving feelings in certain rooms, and disappearing objects. Better go check for any skeletons in the closet.

33% of us are open to living in a house that’s haunted.
ORDER THIS

Sing Like a Bee

When it came time to decorate at The Haymaker in Raleigh, North Carolina, bar manager Josh Gagne wanted “to make it feel like we threw a party at Grandma’s while she was out of town.” That means old-fashioned light fixtures, plush armchairs, and wood floors paired with big windows and a soundtrack of ’90s hip-hop. That blended style is epitomized by the Sing Like a Bee: Earl Grey–infused gin with citrus for acidity and honey for sweetness, served in a vintage-style teacup. The result is a light cocktail that Gagne promises “will make you want to stick your pinky out.” We guess it’s time to raid the china cabinet.

MAKE IT

Add 2 ounces Earl Grey–infused gin, *¾ ounce freshly squeezed orange juice, ½ ounce honey, and ½ ounce lemon juice into a shaker. Shake and strain into your favorite teacup. Serve with an orange twist. *Pour any gin into a 1-quart container. Add 5 bags of Earl Grey tea and let steep at room temperature for 3 to 4 hours. Then, strain it back into the bottle, squeezing the tea bags for the richest flavor.

WANT MORE?
Browse the Inflight Entertainment Portal for the best spots to eat, drink, stay, and play in your final destination. It’s free!
JOHN FOGERTY
PERFORMS HIS SONGS FROM CREEDEXE CLEARWATER REVIVAL

OCT 10-20
FOR TICKETS, CALL (702) 770-9966 OR VISIT WYNNLASVEGAS.COM

Produced by Julie Fogerty Directed by Ken Ehrlich & Raj Kapoor
SPOTLIGHT ON

Edible Flowers

Move aside, microgreens. Blooms are having a moment. A budding romance has sprung up between flowering plants and creative chefs looking to bring texture, color, and unusual flavors to their dishes. Lest you think the flowers are just another pretty garnish, restaurants like Nonesuch in Oklahoma City are making a case for their full culinary inclusion. Buy a ticket to its hyperlocal, multicourse feast to experience marigold-infused kombucha, peppery nasturtiums paired with boar prosciutto, and a mushroom and turnip soup dumpling that you have to hold just right to keep the broth from running down your chin. Arguably, the best part is the dumpling’s delicately placed anise flower that tastes like licorice.

Nonesuch’s menu changes often, but the floral tartare is a mainstay.

PETAL POWER

/ CARY, NC
From basil blossoms on scallops to violets suspended in a sugar sphere, Herons never misses a chance to use fresh sprigs.

/ NEW ORLEANS
The toppings on Willa Jean’s smoked salmon toast change with the seasons. One month, it’s sweet orchids, the next, bitter snapdragons.

/ LAGUNA BEACH, CA
At Studio, coriander ice cream and cilantro petals round out the citrus creme brulee.

/ LAWRENCE, KS
Bon Bon’s garden is home to borage, which brings a cucumber-like taste to the restaurant’s soba noodle salad.
Diamonds & Steel

“AT THIS PRICE IT IS A STEAL”

Bracelet: $149   Ring: $139   Set Price: $249 (Save an extra $39)

Plus shipping & handling

Premium grade 316L solid stainless steel is the starting point for our magnificent Daniel Steiger Diamond Steel Bracelet & Quattro Ring collection. The stylish bracelet features a plaited leather strap, 18k yellow gold plated accents and 4 genuine sparkling diamonds, the perfect balance of casual yet luxurious. The multi layered Quattro ring is lavishly plated in 18k yellow gold and the middle band is set with 4 genuine diamonds. Each piece is dispatched in one of our magnificent presentation cases.

Ring Size Chart: Place one of your own rings on top of one of the circles below. Your ring size is the circle that matches the diameter of the inside of your ring. If your ring falls between sizes, order the next larger size.

CALL OUR CREDIT CARD HOTLINE 24/7 TOLL FREE ON 1-800 733 8463

30 Day Money Back Guarantee

Order online at www.timepiecesusa.com/ws8cqu And Enter Promo Code WS8CQU

Timepieces International Inc, 10701 NW 140th Street, Suite 1, Hialeah Gardens, Fl. 33018 • 1 - 800 733 8463
MY MOMENT to go all in!

Discover more ways to play and enjoy new luxury accommodations, our world-class spa and salon, award-winning dining, gaming and entertainment! Experience every moment, all in one great destination.
According to a survey conducted by LinkedIn, most of us would give the green light for a lower salary as long as our bosses could guarantee fewer minutes spent getting to work. But it’s not just time that’s the driving force behind the desire for shorter trips—lengthy journeys aren’t exactly budget-friendly. The research showed unhappy commuters spend more than double ($228) what happy commuters do ($101) on travel a month. Throw in the stress of traffic and less time with friends and family, and we’re talking about one rocky road.

85% of us would take a pay cut for a shorter commute.

IN TRANSIT
How do commuters like to pass the time? LinkedIn found that 64 percent listen to music, 19 percent phone a friend, and 17 percent catch up on podcasts.
Emphasizing open dialogue can lead to empowerment, says the fashion designer.

For all the talk that goes on about the glass ceiling, there’s a different problem in the female-dominated fashion industry: Not enough women are sending the elevator down for other women. A few years ago, I started a dinner series featuring people like Kristin Lemkau, the CMO of Chase Bank, and Laurel Richie, the former president of the WNBA. It was great to bring all of these dynamic women together, but I wanted my customers to experience it too. So, we created our RM Superwomen platform on social media, and we do in-store fireside chats every month. We also created an internal company mentor program because I want the women in my office to get access to these speakers, hear their stories, and be inspired to take that next step.
AVAILABLE Q4 2018

COMPLETE FRAC SPREAD PACKAGE FROM A SINGLE TRUSTED SOURCE.
(20) FRAC PUMPS - (2) BLENDERS - (1) HYDRATION UNIT - (1) CHEM TRAILER - (1) DATA TRAILER

Financing available to qualified buyers.
THE CITY YOU’RE MISSING

St. Louis

Powered by a pioneer spirit, the Gateway City abounds with culture, diverse attractions, and change-makers.

BY MILES HOWARD
PORTAL TO FUN
Clockwise from top: Cardinals faithful at Ballpark Village, a latte at Catalyst Coffee Bar, showtime at the Muny, a touch of Italy at Sardella, and shopping at Civil Alchemy.
This is the port of entry through which millions of tourists pass each year: a big silvery tribute to a bygone chapter of American exploration. But St. Louis never got the memo about the “bygone” part. Here, in this city, the journey continues.

The Gateway City

Like many millennials, I first experienced St. Louis while spending countless hours of my youth glued to a computer screen playing *The Oregon Trail*. Wagon parties would take a boat ride on the Mississippi from St. Louis to Independence Landing—the official starting point of America’s most famous dirt highway. If you stood on the banks of the river during the mid-19th century, you could watch steamboats full of greenhorns and livestock chugging toward the sunset in pursuit of a better life on the frontier. This is why St. Louis was dubbed “Gateway to the West.”

But what does a moniker like that mean to someone today? The West, as a dream, used to be the bee’s knees. As a kid who

The iconic Arch is now complemented by a revitalized downtown.

In the belly of St. Louis’ Gateway Arch, rosy-cheeked tourists are lining up before a series of little steel doors that appear to have been designed for Hobbits. I hear the thumping of heavy machinery on the other side of the wall. We’ve all got tickets to the top of the Arch. But how do we get there?

The little doors slide open and five of us—me and a chatty family—squeeze into a tiny, brightly lit tram that looks like an escape pod you might find aboard the Starship Enterprise. I’m practically sitting in the grandfather’s lap, which he takes as a window to say, “Hi, I’m Phillip!” Before the doors close, I’ve learned that my podmates traveled here from Illinois for a Kenny Chesney show, a brewery crawl, and—just for good measure, I guess—a wedding.

With a lurch, we ascend through the north end of the Arch. A window on the side of our pod offers glimpses of the columns, cables, and staircases that make up the Arch’s “guts.” The pod ascends along a sloped track, climbing 630 vertical feet through this constellation of metal. I’ve barely been in town for two hours, and yet here I am, compressed into a clown car with four fellow out-of-towners as we journey to the top of the most iconic St. Louis landmark, the tallest man-made monument in America.
CAP OFF A GOOD MEETING WITH A GREAT NIGHT

Of course we have the Gateway Arch, but that’s not the only place to get an aerial view. St. Louis provides plenty of venues for out-of-the-box thinking, like 360’s rooftop bar, where you can enjoy a cocktail and a bite to eat while checking out the city from above.

Turn your good meeting into a great adventure at explorestlouis.com/meet.
grew up in the Boston suburbs, I used to dream of going out there, and eventually, as a USC student, I did. But now much of the West is crowded and expensive, while St. Louis—a city founded by French fur trappers who became overshadowed by the allure of the frontier—remains an enigma for many. Everyone knows about the Arch, of course. Those of us who enjoy baseball are familiar with the zeal of Cardinals fans. And if you take your games with American lager, you’re probably aware the original Anheuser-Busch plant is here.

And yet, before this past summer, if you had asked me to characterize St. Louis as a major city—to personify its civic essence—I couldn’t have offered a convincing answer. Because how exactly does one characterize a city best known as a portal to dreams that happen somewhere else? How do you reconcile this history with the fact that St. Louis is known for a handful of tourism landmarks and commercial brands but remains a mystery city to many would-be visitors?

I wrestled with that question as my flight for St. Louis took off into a muggy sky. I still couldn’t put my finger on “what” or “who” St. Louis is today. So that’s where I was going—downtown, straight through the Arch, in a sense, and into the heartland of the Midwestern metropolis.

A decadent welcome
When you’re approaching St. Louis from the sky, the high-rises seem to reach up from the agrarian flatlands to greet you. Once we land and deplane, I follow signs for the MetroLink. Within 15 minutes, I’m comfortably seated aboard an exceedingly clean light rail train that’s shooting toward the city. At this rate, I’ll be there in time for a coffee refuel and my climb up the Arch. Not a bad start.

I drop my bags and change my duds at the downtown Hyatt Regency St. Louis at the Arch. Not only does my room have a killer view of the monument and riverfront, but the hotel staff has also kindly sent up a welcoming treat: four slices of St. Louis gooey butter cake that’s sugary enough to make your eyes roll into the back of your head. (That’s my reaction, at least.) One bite makes shortbread feel like an exercise in Puritanism. I commit to eating gooey butter cake each day that I’m here.

The historic St. Louis riverfront—once crowded with steamboats—is right across the street from the hotel. I stretch my legs and spend the next hour happily putzing around the renovated Gateway Arch Park, trying to imagine legions of fur trappers chewing their tobacco and slingling pelts on the banks of the river. In the shadow of the Arch itself, which looms over the park, I overhear some tourists having an urgent conversation about food. A few words leap out: “slow-cooked beef,” in particular.

I follow the tourists leaving the park and head back into the swelter of downtown. I’m soon standing in an absurdly long line of office workers shuffling into Sugarfire Smokehouse, which looks like a cafeteria designed by a rockabilly band. Atomic red walls, old guitars, and a bull statue made of welded sheet metal greet us as the line inches closer to the counter. I order a heap of beef brisket, fiery jambalaya, grilled seasonal greens, and a smoked chocolate-chip cookie. The brisket is a heavenly mix of juicy meat, smoke-infused fat, and peppery bark.

Downtown buzz
After taking in so much meat, a digestive walk around downtown is in order. The first thing I notice about the neighborhood
THE ST. LOUIS REGION:

16 Fortune 1000 Headquarters
3 Innovation Districts
50 St. Louis area Colleges and Universities with 44,000 graduates in 2017

Come grow with us at STLPartnership.com
after leaving Sugarfire is the symphony of sounds that ricochets off the historic buildings. Downtown is alive with people talking on cellphones, cars humming, and jackhammers rumbling. This is a leap from the days when downtown St. Louis was a hollowed-out district that employers (and tourists) left in favor of the suburbs. Today, the city’s urban core is packed with restaurants, parks, startups, bars, galleries, and long-established businesses. PGAV Destinations—the firm that designed attractions at the Busch Gardens amusement parks in Virginia and Florida—is headquartered here. It’s working on St. Louis’s first aquarium (more on that later).

I’ve arrived just in time to reap the rewards of what St. Louisans have been calling an urban renaissance. Led by city officials and business leaders, this renewal effort is part of a grand plan to make St. Louis one of the most pleasurably recreational and “livable” cities in America. This means helping small businesses establish themselves in empty spaces, constructing a citywide greenway of walking and biking trails, and sprucing up existing attractions. The Arch, for instance, now has a gorgeous museum full of Oregon Trail artifacts that tell the story of the Manifest Destiny era, including the injustices done to Native American tribes by the U.S. government.

From the Arch, I stroll to another sacred venue: Busch Stadium. What greets me isn’t just a baseball stadium. It’s a towering colony of restaurants, pubs, offices, and even apartments. This is Ballpark Village—a city-within-a-city for Cardinals fans. The team is playing in Chicago today, but the “streets” here are still teeming with folks in red jerseys and ball caps.

I duck into the Budweiser Brew House and find myself in a huge atrium where several hundred spectators are tossing back beers and watching the game on a jumbo screen. An elevator takes me to the roof deck. Moments later, I’m gazing at the bleacher seats and diamond of Busch Stadium while nursing a Bud as the sun casts the village in a hazy golden glow not unlike the beer itself.

A gladiatorial roar resounds from inside the Brew House. It startles me so much that I almost spill my beer onto the revelers in the streets below. I come from a town notorious for its sports fans, but the Cardinals crowd is famous for its fervor. Spend an hour with the masses at Ballpark Village and you’ll feel like the next World Series trophy is right around the corner.

That’s another neat thing about St. Louis. People here want to see each other win. But the game itself matters too—perhaps even more. Because there’s a lot of fun to be had in proving yourself.

**Pitching in**

I wake up early the next day and grab a cortado at Catalyst Coffee Bar—a gallery-cafe hybrid where you can walk in with a caffeine hankering and walk out with a
THE SPIRIT OF ST. LOUIS RUNS DEEP

It’s that can-do, start-up spirit that prompted Jack Taylor to found Enterprise here in 1957 and grow it into the world’s largest car rental provider. And it’s why we’ve continued to make it our home. Forbes ranks it among the most affordable places to live in the U.S.* And last year, St. Louis saw the largest upward shift of startup activity in the country.** We’re proud of that. But we’re even more proud of the St. Louis spirit that makes it happen.

*Forbes.com, 4/17/18  **The Kauffman Index, 2017 © Enterprise Rent-A-Car. The ‘e’ logo and Enterprise are registered trademarks of Enterprise Holdings, Inc.
Where the Art Is

Catalyst Coffee Bar / An extension of Art St. Louis—a nonprofit that supports local artists—this sleek coffeehouse doubles as an art gallery. Here, admiring patrons drift from one colorful canvas to another.

Citygarden / This sprawling (and free) urban sculpture park is one of the most enchanting places in Downtown St. Louis. Admire 24 original sculptures while wandering amid ginkgo biloba trees, rain gardens, and fountains.

Grand Center Art District / The city’s creative epicenter, Grand Center is home to art galleries, theaters, and restaurants. Come here on the first Friday of each month for free admission to the museums and galleries.

Digging in

I take a ride over to St. Louis’ Central West End to visit the Cortex Innovation Community, which has sleek, postmodern, box-like buildings that are home to corporations such as Centene, which designs and offers Medicaid products. But my destination in Cortex isn’t a publicly traded company. It’s Vicia, a “vegetable forward” restaurant that USA Today readers voted the No. two Best New Restaurant in America last year. After yesterday’s barbecue blitz, I’m ready for a meal that allows roots and roughage to lead the way.

As I enter Vicia’s cool interior, which has dark hardwood floors and decorative tree tendrils, I’m met by Tara Gallina. She launched Vicia with her husband, chef Michael Gallina, in 2017. Named after an herbaceous pea-family plant that restores...
St. Louis is home to the world’s tallest monument. The nation’s best zoo. A vibrant theater, music, and culinary scene. A thriving tech hub. And best of all, Southwest Airlines® gives you up to 115 chances a day to get here.* So, what are you waiting for?

* 115 flights per day based on M-F schedule, October 2018.
After farm-to-table decadence, a taste of innovative ice cream.

nutrients to soil, Vicia began as a pop-up and evolved into a brick-and-mortar house of worship for regional foodies. Soon, writers from major publications took notice.

“Michael and I got to know each other around the kitchen and gardens of Blue Hill [at] Stone Barns,” Tara says, alluding to the New York restaurant where the two worked around 2004. “Back then, the whole ‘farm-to-table’ concept was becoming a point of interest to diners. And that’s where the ‘vegetable forward’ idea sprang from. When you put vegetable proteins at the front of the menu, a local farmer’s harvest becomes an opportunity for creativity in the kitchen.”

As Tara takes a sip of nitro coffee, we’re joined by Michael, who’s dressed in his white chef’s coat and has just finished walking the floor staff through today’s menu. He suggests the chilled corn soup, which arrives moments later, sprinkled with buttery “popcorn powder,” a garnish that I will unsuccessfully attempt to replicate in my own kitchen after this trip. The accompanying cherry tomato salad is so sweet yet earthy that I can imagine Vicia’s cooks plucking the tomatoes from a raised garden in the back lot. Every bite keeps my palate in a state of excitement.

If dining at Vicia is an exercise in farm-to-table decadence, then going out for ice cream would be gourmand sacrilege, right? Wrong. That’s what I learn after saying bye to the Gallinas, venturing over to the leafier west side neighborhood of DeMun, and popping into a parlor with white brick walls and checkered floors. I’ve entered Clementine’s Naughty and Nice Creamery.

The owner, Tamara Keefe, walks me through a sampling of her wildly creative handmade flavors. These include Cup O Sunshine (with turmeric, ginger, and peppercorn) and a booze-infused B-52: ice cream with Kahlua, Irish cream, and Grand Marnier. The B-52 is one of Tamara’s “naughty” flavors for customers 21 and older. Her alcohol infusion process is patented.

“I partnered with a local food scientist to figure out how to freeze the alcohol,” Keefe says as I take a bite of her gooey butter cake ice cream (diversifying my gooey butter cake tour). “It took us about six months. Now some of the boozy flavors we offer can have up to 18 percent ABV.”

“The owner, Tamara Keefe, walks me through a sampling of her wildly creative handmade flavors. These include Cup O Sunshine (with turmeric, ginger, and peppercorn) and a booze-infused B-52: ice cream with Kahlua, Irish cream, and Grand Marnier. The B-52 is one of Tamara’s “naughty” flavors for customers 21 and older. Her alcohol infusion process is patented.

“I partnered with a local food scientist to figure out how to freeze the alcohol,” Keefe says as I take a bite of her gooey butter cake ice cream (diversifying my gooey butter cake tour). “It took us about six months. Now some of the boozy flavors we offer can have up to 18 percent ABV.”
Missouri just became an even better place to do business. Ameren Missouri offers one of the most favorable economic development rate incentive programs in the country to keep energy costs low for new and expanding businesses. We’re ready to power your business today and for the future.

To learn more about what Ameren Missouri has to offer, visit AmerenMissouri.com/SmartEnergyPlan or call 1.800.981.9409
Usually, I'm happy to organize my trips around food, but I've eaten so much St. Louis fare I'm afraid I'll soon need someone to show up with a stretcher and carry me to the hotel. It's time to burn some calories. Lucky for everyone, St. Louis offers some of the greatest recreational destinations in America, and most of them are free.

**Playtime**

No visit to St. Louis is complete without spending an afternoon roaming the groves, glades, and hills of Forest Park.

West of downtown, this resplendent 1,300-acre green space outdoes New York's Central Park in sheer size. It also features a generous menu of free outdoor activities. My first stop is the most famous and timeless: the St. Louis Zoo.

It features more than 16,000 animals, which means I have to orient myself by hopping on the Zooline Railroad and taking a ride through each wildlife area. After zipping out of a tunnel, the train rushes through a bamboo forest just in time for us to spot an elephant lumbering around the undergrowth. I disembark at Grizzly Ridge, where the resident bears are sunning themselves on rocks and gifting onlookers with priceless Instagram material. It's near 90 degrees today, so I cool down by heading into Penguin & Puffin Coast—which was one of the world's first zoo exhibits to eschew glass barriers. The interior is chilly enough to vaporize your breath, a reprieve from the inferno outside. The penguins are strutting around their rocky enclave, honking and splashing water on overjoyed visitors. The puffins, by contrast, are an unflappable crew, watching the world go by.

After spending two hours with Mother Nature's creations, I'm ready for something more meditative. So I take a long, bumbling walk along the Forest Park Trail network as the wind rustles the shagbark hickory leaves overhead. A staircase-shaped waterfall on a hillside is surrounded by picnicking families. Bicyclists ring their bells as they pass. Some tanned joggers and I exchange friendly nods. Later, I happen upon a cerulean pond full of people in paddle-boats. I'm tempted to scrap my plans for the evening, rent a boat for an hour, and join them. But another St. Louis landmark is beckoning, just a few steps away.

The Muny is the oldest and largest outdoor musical theater in America. It's located in the heart of Forest Park. Families are already lining up for tonight's show, *Annie*. Some of them are here for the free seats that are given out on a first-come, first-served basis. Other ticket holders are stocking up on popcorn and candy before the "lights" go down. Hidden in the snack crowd is Mike Isaacson, a Broadway veteran who's now the Muny's artistic director. He's dressed in shorts and a polo shirt, eating an ice cream sandwich, when I meet up with him.

"The audience at the Muny is a theater crowd with a sports team mentality," Isaacson says as we walk around the 11,000-seat amphitheater, which is bathed in purple evening light. "One night, we did a production of *My Fair Lady* that kept getting interrupted by thunderstorms. But most people stayed in their seats! The show didn't finish until 1 a.m., and they all stuck it out. They wanted to beat the elements. They wanted to win."

An hour later, every seat in the Muny is occupied. I'm in the center with an ace view of the stage. Annie has just flown the coop at Miss Hannigan's orphanage. Daddy Warbucks is back from his business trip and looking hang. Ominous clouds are amassing overhead. Nobody notices or cares. The show will go on.
St. Louis Union Station is an icon of St. Louis heritage with a Four Diamond Hotel designed to satisfy visitors who like their stay to be quietly luxurious and remarkably unique. Indulge at the majestic Grand Hall, with its exquisite 3D Light Show offering a selection of small plate specialties, hand crafted cocktails, and local micro brews. Enjoy the breathtaking intrigue of fire and light synchronized to music on the lake. And not to miss, our amazing expansion and transformation to a family destination as the St. Louis Aquarium at Union Station opens in fall of 2019, bringing to our historic national landmark thousands of aquatic animals from around the world.

The Newest Family Destination in the Midwest.
The unfinished chapter

The next day, I’m sitting in the shade near west Forest Park, sipping espresso and talking with Vin Ko. Born to Chinese parents and raised in St. Louis, Ko is a senior program manager at the St. Louis Mosaic Project—a regional initiative among companies and civic leaders to create and support business opportunities for immigrants and attract international talent to the city. St. Louis has welcomed thousands from Latin America, the Caribbean, Europe, and Southeast Asia. The city has the largest Bosnian population outside of Europe.

“Our goal at Mosaic Project is to make St. Louis the fastest-growing city for immigrants in America by 2020,” Ko says. “Immigration is part of our history, going all the way back to the era when St. Louis was founded. It’s a huge chapter of our story that’s still happening.”

I met with Ko not only to learn about the immigrant experience in St. Louis, but also the millennial experience. Young people have been flocking here too, enticed by the affordable housing, free cultural offerings, and the welcoming nature of the entrepreneurial scene. So Ko, who’s 30, has gamely recruited friends and planned a tour of Tower Grove South, one of the city’s youngest and most socioeconomically diverse neighborhoods.

At Brasilia, a sunlit Brazilian restaurant on South Grand Boulevard in Tower Grove South, I meet with Ko and his friends over tostada de camarao (shrimp toast) and vegetarian paella. Ko’s partner, Sarah Arnosky, regales us with gritty, kneecap-busting stories of her local roller derby team, the Arch Rival All-Stars. They’re about to fly to Spain for an international competition. A teammate of Sarah’s, Amy Bellm, is sitting across from me. A grad student at the University of Missouri–St. Louis, she’s usually found instructing social work majors and fulfilling her research duties on campus. But the food at Brasilia—and the company—has proven a welcome diversion.

Bellies full, we stroll up South Grand and breeze through Zee Bee Market, a fair-trade store loaded with colorful fabrics, earrings, and tchotchkes—and check out a swanky comic book bar and lounge called Apotheosis Comics. As we continue our sunset pilgrimage down the street, another member of our crew, Shayn Prapaisilp, ushers us into Jay International Food Co., a global provisions market that his parents founded after moving to St. Louis from Thailand. It’s the first marketplace I’ve been to in America where I’ve encountered uncut jackfruit—a gargantuan green orb that looks like a dragon egg and is often used as a meat substitute.

We trek southeast through a sleepy neighborhood of brick houses that are redder than Mars dust. (The bricks are made from local clay, which is prized for its rich hue.) Ko takes a right turn onto Cherokee
LEADING WITH PURPOSE

For decades, Centene’s unwavering purpose has propelled our efforts to transform the health of the community, one person at a time.

Our purpose, experience, and agility position us as an undeniable leader in today’s rapidly evolving healthcare environment. Today, as a Fortune 500® company serving more than 12 million individuals through locally-delivered healthcare programs across the United States, we hold fast to our foundational belief that everyone deserves access to high-quality, affordable healthcare with dignity.
her experience as a St. Louis transplant. “Whatever you’re here to do, somebody knows somebody,” Mabry says. “Getting out there as much as possible and putting yourself in that one person’s path is the key to making your thing happen.”

It’s getting dark now—the perfect hour for craft beer. Ko guides us over to Earthbound Beer, where co-founder Stuart Keating is holding court at the bar. Keating is an environmental lawyer who still finds time to practice law while dry-hopping IPAs and foraging the nearby woods for oak leaves that will go into Earthbound’s jet-black Dead Druid King beer.

With an aggressively hoppy ale in hand, I follow Keating down into Earthbound’s catacomb-like cellars, where the kegs are stored. Along for the tour is Carlos Restrepo, a native Colombian who came to St. Louis to be a journalist and is now part of the city’s Hispanic Chamber of Commerce.

“The old America that people dream about is here in Cherokee,” Restrepo says as we pass pallets of cans that will soon be filled with beer. “This is a city where you can still get [things] done.”

Did he expect St. Louis to be that way when he arrived? “Not at all.” Restrepo shakes his head. “When you’re an immigrant, you have to make it wherever you end up. There’s no Plan B.”

Can-do spirit

I’m supposed to go home now. But I don’t want to. St. Louis has cast a spell on me. Leaving now would feel like walking out on a big project that your friends are really excited about. That’s what St. Louis feels like: a workshop of wonders and creators that’s inexplicably flying under the radar.

I decide to reschedule my flight and savor the “let’s do this!” spirit of St. Louis for a little while longer. In the morning, I take a ride to the suburb of Clayton for coffee with Andy Taylor, the CEO of Enterprise Rent-A-Car. The Taylor family has invested millions here in the Arch, parks, and museums. Andy himself co-led the recent renovation of the Arch grounds.

“Can’t be more optimistic about St. Louis than I am now,” Taylor says. “We’re an affordable town, we’re a charitable town, and there’s so much interesting stuff going on here. That’s a lure, and people are biting.”

Brunch is next. The joint is Sardella, an Italian-influenced restaurant in Clayton that was founded by Gerard Craft, whose gourmet restaurants have put St. Louis in the foodie atlas. Craft—bearded, tattooed, and soft-spoken—swings by my table to say hello as I wolf down ricotta-stuffed ravioli with brown butter hollandaise sauce and a side of zucchini. He sends me on the road with a sugar-raised doughnut the size of a Roomba.

I spend the afternoon on the west side of downtown, climbing through wire tunnels and caves at the City Street and we enter Gravois Park, a neighborhood crowded with pedestrians. We hit up a neon-colored snack bar called The Taco & Ice Cream Joint, where we treat ourselves to the creamiest paletas I’ve had in years.

We’re joined here by three more of Ko’s friends. There’s Diana Zeng, a local painter; Bomi Park, assistant project manager at the World Trade Center St. Louis; and Keisha Mabry, an author and speaker who travels the world to teach people about cultivating friendships organically. Her book, Hey Friend: 100 Ways to Connect With 100 People in 100 Days, is drawn from

Neighborhoods to Explore

Tower Grove South / Built around a sprawling park, Tower Grove South is one of the area’s most vibrant hoods. Home to many artists and immigrants, this is where the pulse of young St. Louis is as loud as a drumbeat.

Soulard / The oldest neighborhood in St. Louis is a tribute to the city’s French immigrant founders. Whether you’re seeking live music of the sulriest order, a hearty dinner, or perhaps a Budweiser draft from the brewery, you’ll find it in Soulard.

University City / The neighborhood (especially the Delmar Loop section) near Washington University is a decedent and lively corridor of international restaurants, boutiques, and clubs. Among the latter is Blueberry Hill, where Chuck Berry once shredded.

Central West End / The tree-lined streets, galleries, and cafes that fill this romantic neighborhood bring to mind an afternoon in Berlin. (Fun fact: Tennessee Williams grew up here.) You’ll also find lots of public art. The Cathedral Basilica of St. Louis alone contains one of the world’s largest mosaic collections.

SOUTHWEST OCTOBER 2018
ALL-INCLUSIVE
FOOD, DRINKS, WIFI & SMILES.

Traveling through St. Louis? Make the most of your layover and visit Wingtips Lounge. Enjoy comfortable seating, delicious food, high-speed WiFi, plentiful outlets, incredible service, and so much more.

Single-visit passes and membership options are available. Open to all travelers. Located across from Gate E29.

www.WingtipsLounge.com/STL
Next year, Union Station will feature an aquarium.

Museum—which is what would happen if you challenged local artists to design the world’s largest jungle gym. That’s how this place came into being, and I’m awestruck. One climbing route takes me to a school bus that’s securely balanced on the roof of the building. Another passage leads to a 10-story slide that spirals down through a factory-like atrium. By the time I reach the rooftop Ferris wheel, my T-shirt is almost translucent with sweat.

I return to Cherokee Street for a last supper of Southeast Asian diner–style food at Vista, which just debuted a new menu. As I tuck into my cheeseburger with fish sauce pickles, I notice two people waving at me from across the room. It’s the Gallinas. They’ve managed to escape Vicia for a quick bite. But as I head over to their table to say hi, something else distracts me. Outside, legions of naked bicyclists are pedaling along Cherokee. This is the St. Louis World Naked Bike Ride, an annual ritual that I would have never known about had I taken my original flight home.

Every time you think you’re ready to go, this city finds a new way to pull you back in.

All aboard

I wrap things up at Union Station. Not long ago, the place was a post-apocalyptic wreck of crumbling bricks and decades of dust buildup. But today, the station has been polished and transformed into a boutique hotel and mall. The once-dilapidated hotel hall now features mosaic artwork, landscape murals, and a great, gleaming Roaring ’20s–style bar. The sprawling glass train shed is rented out for conventions. But now plans are underway for this part of Union Station to get a new addition—St. Louis’ first aquarium.

I wander around the train shed, imagining where the shark tank and the “touch pool” will be placed. Somebody cooked up the idea of putting sea creatures in a train station, and the city is running with it. And if everything I’ve seen and heard in St. Louis is any measure, the aquarium will be a big winner.

The grand opening is expected to take place next year. I’ll be there.

Miles Howard is a freelance writer in Boston. Email him at mileswhoward@gmail.com.
PACKAGE INCLUDES:

• $1,000 in Southwest Airlines® gift cards
• One-night stay at The Cheshire*, a boutique hotel located next to Forest Park
• $100 gift certificate to Three Sixty Rooftop Bar & Eatery
• Two tickets to the National Blues Museum
• Two tickets to City Museum
• Two tickets to the Missouri Botanical Garden
• Two tram ride passes to the top of the Gateway Arch

TO ENTER, VISIT SOUTHWESTMAG.COM/SWEEPSTAKES
(only one entry per person)

A ST. LOUIS GETAWAY

NO PURCHASE NECESSARY. Void where prohibited. Open to legal residents of 48 contiguous United States and Wash. D.C. ages 21 or older. Employees of Pace Communications, Inc., Southwest Airlines, all sweepstakes sponsors and their immediate families are not eligible. Limit one entry per person. Sweepstakes begins 10/1/2018 and ends 10/31/2018. Approximate retail value of prize: $1,359. For complete details and Official Rules, visit southwestmag.com/sweepstakes. By submitting this entry, you agree to the Official Rules. Information collected will be used in accordance with Sponsor’s Privacy Policy at paceco.com/privacy-policy/. Sponsor: Pace Communications, 1301 Carolina Street, Greensboro, NC 27401.

*Based on availability; offer expires October 2019

ELEVATE YOUR NEXT EVENT

No matter the occasion, the unique venues and experiences at Busch Stadium are undeniably St. Louis and absolutely unforgettable. Cardinals Special Events will elevate expectations and deliver an upscale sports atmosphere with an exciting setting for special events, meetings and corporate outings!

Take a Virtual Tour at cardinals.com/events

ENTERT FOR A CHANCE TO WIN

A ST. LOUIS GETAWAY
They scale majestic peaks and cross ancient waterways. They traverse vast desert, lush forests, and snowy evergreens. Their wonders stretch to the far corners of our land: southern Florida and northern Maine, Nome, Alaska, and Hawaii’s Big Island. And they trace the stories of our past—the bold journey of Lewis and Clark, the ingenuity of the Pony Express, the triumph of Selma marchers to Montgomery, the tragedy of Cherokees evicted to Oklahoma.

Spanning more than 55,000 miles, our national trails cover America—and reveal it like nothing else. If our national parks are the picture of America’s splendor, then our national trails are the unforgettable pixels. Oct. 2 marks the 50th anniversary of Congress’ creation of the National Trails System, which today encompasses 11 National Scenic Trails, 19 National Historic Trails, and nearly 1,300 National Recreation Trails. Together, these land and water routes are longer than the Interstate Highway System and seamlessly intersect with national and state parks, national wildlife refuges, Bureau of Land Management territory, and national forests.

Depending on their location, you can experience national trails by foot, bicycle, car, boat, horse, even snowmobile. Serious adventurers should check out the National Park Service and the Partnership for the National Trails System for online trail overviews. For those who simply want to ramble for a while, consider the following walks, selected for their proximity to major cities. Just remember two magical words: comfortable shoes. Happy hiking.
WHAT YOU’LL FIND: One of the three major north-south trails in the system, the Pacific Crest Trail runs through California, Oregon, and Washington and showcases iconic terrain of the American West, including the stunning expanses of the Sierra Nevada and Cascade Range. For a more modest hike, try Anza-Borrego Desert State Park. There, you can take a slow climb through the desert that may appear spare and even desolate, but a keen eye will spot an abundance of hidden and vibrant flora and wildlife.

To the north, the PCT passes through some of the most scenic forests in California at Kings Canyon and Yosemite national parks. Be sure to pack plenty of water. Scissors Crossing is a 9-mile out-and-back adventure through a hilly, arid landscape at Anza-Borrego, about a 90-minute drive east of San Diego.

DID YOU KNOW? Outdoorsman Clinton C. Clarke, considered “the father of the PCT,” proposed the trail to the U.S. Forest Service and the National Park Service in 1932. The PCT appeared on a government map for the first time in 1939.
ICE AGE NATIONAL SCENIC TRAIL

LENGTH: 600 miles, with 600 more to come
WESTERN TERMINUS: St. Croix Falls, Wisconsin
EASTERN TERMINUS: Sturgeon Bay, Wisconsin
FLY HERE: Milwaukee and Minneapolis–St. Paul

WHAT YOU’LL FIND: This trail is a 1,200-mile trek through Wisconsin that will put you in touch with your inner geologist—even short hikes will render you an expert on glacial lakes, moraines, kettles, eskers, and drumlins. For end-to-end hiking during warmer weather (hundreds of miles of connector trails link the blazed segments), combine camping with indoor lodging—The INN Style Program, via the Ice Age Trail Alliance, suggests lodging possibilities. In the Kettle Moraine State Forest, 25 miles west of Milwaukee, you can scale Lapham Peak, which reaches 1,233 feet. You can also climb a 45-foot tower for panoramic views of Wisconsin and Illinois. The western end of the trail, the St. Croix Falls Segment, is an hour from the Minneapolis–St. Paul airport.

DID YOU KNOW? The National Park Service protects 208 National Wild and Scenic Rivers in 40 states and Puerto Rico—totaling only one-fourth of 1 percent of the nation’s rivers.

FLORIDA NATIONAL SCENIC TRAIL

WHAT YOU’LL FIND: Not many long-distance hiking trails can be compared, even in part, to sunset strolls along the beach. But at the northern end of the Florida Trail, the restorative effects of sea breeze and salt air from the Gulf of Mexico will keep you going as you clamber over powdery sand dunes and approach the end of the Panhandle. Don’t rely on a physical trail or tracks to find your way—those are eroded or obscured constantly by wind-blown sand. Instead, follow the bright orange poles in the dunes along Santa Rosa Island, a barrier island east of Pensacola Beach. The Dunes Preserve Trail there scales white dunes over more than 3.4 miles, passing coastal wetlands, salt ponds, a maritime forest, and needlerush marshes. Sunset and early morning are ideal times for this hike, given the possibility of high heat during the day. (Nearly 90 percent of the trail use occurs from October to May, when the weather is cooler and drier.) For a longer wander, travel the last 6.9 miles of the Florida Trail near the end of the Panhandle, ending at Fort Pickens.

DID YOU KNOW? The Florida Trail is one of three national scenic trails entirely contained within one state—the other two are the Arizona Trail and Ice Age Trail, in Wisconsin.
PONY EXPRESS
NATIONAL HISTORIC TRAIL

WHAT YOU’LL FIND:
Both the Natchez Trace National Scenic Trail and the Natchez Trace Parkway, which administers the trail, follow the Old Natchez Trace, a forested corridor moving through lands once inhabited by the Chickasaw, Choctaw, and Natchez tribes, and later traversed by Kaintuck boatmen, European settlers, traders, and the military. At milepost 427, stop at Garrison Creek, part of the 20-mile Highland Rim Trail. There, you can climb and descend along the natural slope and decline of the rustic Tennessee hills. There’s more elevation gain than initially appears, ensuring a good cardio workout at the end of the day.

DID YOU KNOW? Much evidence suggests that the formative path of the Old Trace was carved by bison and giant sloths more than 10,000 years ago.

PHOTOGRAPHY BY MARC MUECHN /TANDEM STOCK AND FRONTPOINT/ISTOCK

NATCHEZ TRACE
NATIONAL SCENIC TRAIL

WHAT YOU’LL FIND: Both the Natchez Trace National Scenic Trail and the Natchez Trace Parkway, which administers the trail, follow the Old Natchez Trace, a forested corridor moving through lands once inhabited by the Chickasaw, Choctaw, and Natchez tribes, and later traversed by Kaintuck boatmen, European settlers, traders, and the military. At milepost 427, stop at Garrison Creek, part of the 20-mile Highland Rim Trail. There, you can climb and descend along the natural slope and decline of the rustic Tennessee hills. There’s more elevation gain than initially appears, ensuring a good cardio workout at the end of the day.

DID YOU KNOW? Much evidence suggests that the formative path of the Old Trace was carved by bison and giant sloths more than 10,000 years ago.
NORTH COUNTRY
NATIONAL SCENIC TRAIL

WHAT YOU’LL FIND: In its entirety, the North Country Trail (the longest in the system) celebrates the specific beauty of the upper Midwest—forested expanses, broad and lolling lakes, and carved and sculpted coastline. The trail through the Huron-Manistee National Forests, 45 minutes north of Grand Rapids, is a journey into the heart of a thriving woodland. It’s possible to hike 139 miles of the NCT at Manistee within a week. Or you can drive 75 minutes north from Grand Rapids to the M20 trailhead near White Cloud for a scenic northbound excursion into forest that is enveloping and seemingly endless.

DID YOU KNOW? The NCT continues toward Michigan’s Upper Peninsula, where the shoreline at Hiawatha National Forest, a startlingly beautiful unit of the National Forest System, borders three of the five Great Lakes: Lake Superior, Lake Huron, and Lake Michigan.

NEW ENGLAND NATIONAL SCENIC TRAIL

WHAT YOU’LL FIND: This hike offers quintessential New England, especially during autumn—crisp fall leaves, a stroll through breathtaking northern forest, and a lofty, climbing tree canopy. While accessible in any season, autumn is ideal, as the brisk air will keep you cool along the 500-foot ascent on Section 18, along the Metacomet Trail. Just northwest of Hartford, this 6-mile hike through Penwood State Park is steep in places—and picturesque.

DID YOU KNOW? Have a long layover in Hartford? The northern portion of Section 18 is 5 miles from Bradley International Airport and easy to get to via a rideshare.
WHAT YOU’LL FIND: Much of the Continental Divide Trail is challenging, but the results are worth it: Just outside of Albuquerque, at El Malpais National Monument, you’ll see dormant volcanoes and chiseled, blackened lava fields within an otherworldly landscape that’s gradually being reclaimed by plants and animals. Consider that, while more than two people attempt to hike the Appalachian Trail each year from end to end, fewer than two do the same with the CDT. It’s the one that will test you even under the best of conditions. At the El Calderon Area of El Malpais, explore an extinct volcanic cinder cone and the depths of a lava tube. The Calderon Loop at El Malpais is a 3.8-mile circular trail that’s suitable for all skill levels. The 7.5-mile one-way Zuni–Acoma Trail crosses jagged lava flow areas and is more challenging; consider making a shuttle by placing a vehicle at either end of the trail, or just hike a portion.

Amy Beth Wright and Derek Wright founded Parks and Points, a website dedicated to sharing writing about public lands. Join them on Twitter @ParksandPoints. Email comments to amybeth21@gmail.com.
It's Not All In Your Head

Women should feel healthy, vibrant and strong throughout their adult lives. If you’ve been told, “it’s all in your head” or “learn to live with it,” read on.

MAGGIE’S STORY

Maggie visited the Hotze Health & Wellness Center from St. Louis. During her evaluation she explained that she had been suffering from fatigue and depression since giving birth to her second child seven years earlier. Maggie had gained 30 pounds and had difficulty losing weight. Her sleep was restless and she had “brain fog.” She experienced mood swings and a complete loss of any romantic desires.

Maggie had a lifelong history of cold hands and feet and sensitivity to the cold. Her body temperature always ran low. She was experiencing significant hair loss, was constipated and had severe muscle aches. Since her last pregnancy, Maggie’s menstrual cycles had become irregular.

All of the above symptoms are classic features of hypothyroidism and hormonal imbalance.

Maggie had also experienced recurrent sinus infections and headaches over the past seven years, for which she had taken numerous antibiotics. She complained of recurrent abdominal cramping and bloating associated with the ingestion of sugar and bread products, which she craved.

Maggie had sought the care of numerous physicians, who told her, “your blood tests are normal.” They diagnosed her as being “depressed” and prescribed antidepressants, anti-anxiety and sleep medications. A friend of hers, who was a patient at Hotze, told her that there were natural solutions for her problems. So Maggie decided to “Do a 180” and take charge of her health by traveling to Houston to be evaluated at the Hotze Health & Wellness Center.

MAGGIE’S DIAGNOSIS & TREATMENT

Maggie’s name could easily be erased from her chart and replaced with the names of thousands of other women in midlife whom we have evaluated. Maggie’s doctor had made her feel like she was a hypochondriac and emotionally inadequate. We explained to her that her symptoms were very common to women in her age group and were caused by hypothyroidism, hormonal imbalance, poor nutrition and lack of essential vitamins and minerals.

Maggie’s hormonal imbalance triggered her allergy disorder, which in turn led to recurrent sinus infections. The antibiotics that she had taken for her infections also killed normal bacteria in her body, leading to yeast overgrowth in her colon.

Maggie was prescribed natural bioidentical hormones, natural desiccated thyroid, and was placed on a yeast-free eating plan. Her allergies were treated with sublingual immunizing drops given under the tongue daily. She was also given recommendations for vitamins and minerals. Within two months, Maggie’s fatigue, depression, and other symptoms had disappeared. She was able to discontinue her antidepressants. She told me, “I have not felt this good in years. Thank you for giving me my life back!”

If you are like Maggie and you want to get your life back, then contact us today at

H O T Z E
HEALTH & WELLNESS CENTER INC
hotzehwc.com

Steven F. Hotze, M.D.
Founder and CEO

(281) 698-8698
There are more than 5,000 steps in Brian Oswald’s South Side Slopes neighborhood alone.
ISHKA LOOKS at me with pleading eyes, begging me to join her on her journey. She glances eagerly up the 250 steps that wind past well-tended homes and gardens toward a church at the summit of what some folks in this Pittsburgh neighborhood call “Holy Hill.” It’s like she’s been waiting to show me her city’s secrets. Or perhaps she just wants some help chasing squirrels.

“Yeah, Mishka is an eager one for the steps,” says Brian Oswald, who owns the Australian cattle dog mix. “We’ve gone up and down every one of the 68 stairways in the neighborhood. And with four legs, she really sets a pace.” Oswald, the chairperson of StepTrek, Pittsburgh’s annual stair-climbing event, is guiding me (with help from Mishka) along his favorite stairway route.

The more than 5,000 steps in Oswald’s South Side Slopes neighborhood are only a small subset of Pittsburgh’s epic public stairway network. The 739 outdoor stairways cover the city’s hills with more than 45,000 individual steps, comprising 24,545 vertical feet in all—approaching a Mount Everest’s worth of elevation. They’re the single greatest assembly of outdoor public staircases in America, and perhaps the world.

We hustle after Mishka up the church-covered
slopes of Holy Hill and are rewarded with expansive views of Pittsburgh in the springtime. Fresh blooms burst from trees beneath towering church spires, flowers radiate colors in elegant yards, and hillside greenery reaches down to meet the sprawl of the city. Oswald gestures proudly across our view. “Isn’t this amazing? These steps show off Pittsburgh like nothing else.”

The hills and rivers reveal a surprisingly green side of the city, while old warehouses, rail lines, and closed factories give it a Rust Belt feel, and the downtown skyline shows today’s Pittsburgh at work. Interspersed through all of this are thousands upon thousands of 6-inch steps.

To understand these steps and the people who use them is to understand Pittsburgh’s past, present, and future. Why are there so many steps? And how many can I climb on my visit before Mishka and my other local guides wear me out?

With disheveled gray hair sprouting from his head like Pittsburgh hillside shrubs in winter, 79-year-old Bob Regan, the “Godfather of Steps,” looks every part the eccentric retired professor that he is. He’s come to meet me in a local library, wearing an old, stained sweat-suit, to preach his gospel of stairways and share his inspiration for writing the bible on the topic.

Regan’s fascination with Pittsburgh’s steps began 20 years ago as he rode his bike around town and saw them everywhere, wondering where they all went. He says he soon “became obsessed” with the topic, and with the compulsive focus of someone with a Ph.D. in geophysics, he decided he was going to map, climb, and count the city’s stairways. Every. Single. Step.

At the time, in the late 1990s, nobody—including the city of Pittsburgh—had an idea how many stairways there were in town. Many had collapsed; others were overgrown with greenery or covered in muddy landslides. In the days before Google Maps, this search for lost stairways on the hills and in back alleys was almost like an urban, modern-day version of rediscovering Machu Picchu.

So Regan took two months’ leave from his work as a professor at the University of Pittsburgh and set off on his bicycle with some paper maps to search for steps. He mapped them, including their location and additional details, using geographic information system technology.

But it was still a low-tech process, Regan recalls. “One day, I had the insight that bus stops tended to be correlated to the endings of stairways, so I followed the bus routes around and discovered new sets of stairs.” In a way, the joy of discovery was similar to 1860s Scottish explorer David Livingstone following the Nile to its source. “I think this was the happiest time of my life,” Regan says.

He cataloged and counted as he went, first compiling his work in notebooks and then publishing a book in 2004 with the comprehensive results. His Pittsburgh Steps (revised in 2015) is considered the definitive guide to a new generation of Pittsburgh stair-climbing enthusiasts, not to mention city planners, historians, and visitors.

Still, there’s debate about exactly how many stairways there are. Regan says 739; the city government count is more than 800. Given the difference, I ask Regan a philosophical question: “Just how many steps does it take to make a stairway?”

He smiles and pauses, and like a Zen master replies, “If the setting is right, all you really need is a single step.” He reminisces about a hill in town rising from the South Side’s Eleanor Street. Someone had installed a single concrete step in the middle of a slippery slope, creating a “stair along the way.” That was enough, in his mind, to call it a stairway.

For Regan and other urban step enthusiasts, a public stairway is defined as an open thoroughfare with stairs connecting public areas (versus, say, steps to someone’s porch or backyard, or a stairway to a building entrance).

Showing that, despite his science background, he’s still a bit of a romantic, Regan recommends
Bob Regan, a retired professor, cataloged all of the city’s steps in a 2004 book. Brian Oswald (bottom right) chairs the city’s annual stair-climbing event, StepTrek. Both men are among the many locals who embrace the stairways as an integral part of Pittsburgh’s identity and history.

I go see one of his favorite stairways. At the secluded intersection of Romeo and Frazier, two streets transformed into stairways meet in the woods like secret lovers, whispering the true story of the city’s past.

For cars, Romeo Street is now a dead end in the South Oakland neighborhood, but I walk past the barrier, down 57 steps, to a telephone pole marking the intersection of another
stairway with the street sign “Romeo” hanging from it. It isn’t the most well-kept set of steps—trash is scattered beneath the stairs in the hillside scrub, and the houses and apartments at the top of each path look similarly bedraggled. I follow the steps to their base, continuing on the flats until I reach the Monongahela River. One hundred years ago, this would have been a typical commute to the riverside steel mills, docks, and warehouses where the bulk of the city’s population worked.

“The stairways were essentially a mass transit system,” Regan writes in his book. During the
With the decline and closing of Pittsburgh’s steel mills beginning in the 1970s, resulting in the decrease of the city’s population, many neighborhoods and the stairways that served them fell into disrepair or disappeared entirely. But the steps are far from becoming a historical side note. Today, as Pittsburgh’s revival continues with new businesses, jobs, and residents, efforts are underway to revitalize these old stairways.

The Heinz History Center, an expansive museum full of exhibits about the city’s ties to mining, mill, and steel, provides a more detailed view of the city’s development, with a healthy dose of stairway background. And yes, it even has its own six-story stairway to explore, with displays and individual steps annotated to highlight notable pieces of Pittsburgh history.

It’s a post-apocalyptic scene: Trees and vines grow through sidewalks and the blackened windows of abandoned homes. Fire hydrants are almost fully buried under decades of silt. Sun-bleached beer cans lie scattered along the trail like bread crumbs left from a drunken Hansel and Gretel.

Along the stairways, handrails have been broken into jagged steel toothpicks. Solid concrete steps have severely cracked, their internal iron rebar sticking out like rusty bones, while crooked gaps line the path like missing teeth, with the few remaining steps covered in a green-black mossy plaque. Blocking my way, a weathered wooden sign declares “Stairs Closed” in faded red letters.

“This is so neat!” Laura Zurowski is all smiles as she surveys this scene going up the 57th Street steps above the Lawrenceville neighborhood. “It’s like urban archaeology. Doesn’t it make you wonder about who these people were, what they were doing, what they were thinking, living here, climbing these steps every day?”

A leading disciple of Pittsburgh stair culture, Zurowski has adopted the Instagram handle @mis.steps as she undertakes her own multiyear, interpretive journey along the vertical pathways of Pittsburgh.

She moved to the area five years ago from Poughkeepsie, New York, attracted to Pittsburgh’s affordable city life. While working remotely as a writer and editor, she decided the stairs were a great way to explore her new hometown. After reading Regan’s book on the topic, she made it her mission to walk every one of the 739 stairways he listed. But she didn’t want to just visit them. She wanted to turn the endeavor into a journey of creation rather than a trek to tick boxes off a list.

So she has embarked on the Mis.Steps project, stair-climbing machines going nowhere.”

1880s, when Pittsburgh developed into a major commercial center, prime real estate was along the river, where steel mills connected to shipping traffic. Cheap lodging, back then, was up in the hills, where many new immigrant workers built shanties on land too steep for farming and too far from the river for commerce. But because of this, nobody spared the time or expense to carve roads in the hills. So steps it was. They were mostly wooden, with some built by the city or private employers to help workers commute, and some built by neighborhood residents using wood scraps.

By the early 1900s, more than a dozen mechanical inclines—cable-pulled rail cars ascending steep slopes—were built to bring people up the hills, but many workers desperate for money opted instead to climb a thousand steps, more than a mile uphill, to save the 5 or 10 cent incline fare. They did this after working for 12 hours in front of hot ovens in the steel mills. “Imagine how utterly amazed these guys would be,” Regan says, “if you told them that nowadays people actually pay money to join gyms for the privilege of walking up
a multimedia documentary of her experience encountering the steps and the environment around them. She visits a new set of steps nearly every week, taking a single Polaroid photo and writing her impressions of each setting, posting her perspectives on Instagram and her blog, and using the combination to create and publish a semiannual, CD-sized trading card set with photos and “biographies” of highlighted stairways. So far, Zurowski has covered about 200 of the stairways.

Along the wreckage of lost staircases, we come upon a set of eight “orphaned homes,” abandoned houses with no street access—only stairways. We peer into the yards, with Zurowski speculating about the broken toys strewn among the weeds at one house and the lace curtains fluttering out the shattered window of another. It’s a fertile ground for imagination—as well as knotweed, an invasive plant rapidly overgrowing empty lots.

“It’s like Land of the Lost in here,” she says, shaking her head.

We cross a single street, descending another staircase, and it’s a shock what traveling a single block can change in Pittsburgh. Urban renewal has hit this area, with tidy, freshly painted homes, each with a panoramic view of the Allegheny River.

It’s this positive turn in Pittsburgh that inspires Zurowski to share her passion with others. In the fall and spring, she leads monthly stairway tours in conjunction with a local cider house. The “Stair Stepping and Cider Sipping” tours bring out history buffs, locals eager to explore their neighborhood, fitness fanatics, and tourists who come to see for themselves how “scenic” and “Pittsburgh” can indeed belong in the same sentence.
began a crowdfunding campaign to pay for McLaughlin’s team to pull together the materials to create a mosaic that would cascade down a series of 77 steps. Then it took a full community effort over three months to help design and install every one of the more than 7,500 tiles. The stairway at the intersection of Josephine and 27th streets came to life with a folk art rendition of idealized city life set amid the nature of Pittsburgh’s forested hills.

Around the city, other neighborhoods are adding their own artistic touches to the stairways, from etched steel signs to colorful murals. Even simple new paint jobs are making a huge difference. Some adventurous guerrilla artists are getting into the act, adding incongruous decorations to staircases far from the beaten track. Taken as a whole, the stairway art is slowly turning this primitive mass transit system into a surprising sort of public art exhibition.

“Work. But now, the steps themselves are becoming the destination—for the views, for the history, and recently, for the art.

Inside The Clay Penn, an art studio in Pittsburgh’s Garfield district, sculptor Laura Jean McLaughlin is reimagining Pittsburgh’s steps, one half-inch mosaic tile at a time. As I enter the art space, walking carefully between large clay sculptures, tool-filled project tables, and cat beds, I see one of her assistants cutting colorful tiles for use in a mural.

“We’ve got the design. We’ve got the materials. We’re just waiting for Department of Public Works approval for the installation,” McLaughlin says of her upcoming 54-stair design project. (She adds that the city must also complete some repair work.) “We’re doing everything at cost here. I just want to see it happen.”

What is happening is the transformation of broken-down old stairways into art installations. McLaughlin’s experience in creating and helping install public art mosaics in the Pittsburgh area caught the attention of the South Side Slopes Neighborhood Association in 2015.

Eager to bring some joy to their local stairways, the association

“If the setting is right, all you really need is a single step.”

Located inside Treasure Island on Las Vegas Boulevard www.StationAttraction.com

MENTION THIS AD AND RECEIVE $10 OFF ENTRANCE
Limit 4 per group. Offer expires 12/31/18
Code: FLY

MARVEL
AVENGERS
S.T.A.T.I.O.N.
THE EXHIBIT
LAS VEGAS

ENTER THE WORLD OF THE AVENGERS
The South Side Slopes neighborhood that hosts McLaughlin’s mural has become the epicenter of Pittsburgh’s step scene. Not just because of the area’s concentration of 68 stairways, but also for the community involvement in maintaining, improving, and highlighting the steps.

Brian Oswald—who, with Mishka, provided my introduction to the steps—moved to Pittsburgh 14 years ago before buying his home in the South Side Slopes in 2008. An outdoors and hiking enthusiast, he took to climbing the stairways. “It’s kind of like a big Chutes and Ladders game around here,” he says. “When I first started exploring my neighborhood, I’d start climbing a twisting stairway without any idea if it was long or short, or what sort of street it would lead me to. It was a good workout and fun adventure.” Nowadays, he says he’ll pass “dozens of people” hiking up and down the steps on any good weather weekend, folks just enjoying the stairways as recreation.

After settling into his new home, Oswald joined the South Side Slopes Neighborhood Association as a way to socialize and meet people. He soon got involved in the annual StepTrek event, eventually becoming the program’s chairperson and helping guide the use of the raised funds. “I never thought, as a physician assistant, that I’d be learning the technical terms for concrete stair foundations and handrail welding techniques, but here we are,” he says, laughing.

StepTrek, now in its 18th year, is the quintessential immersion into the stairways of Pittsburgh. The fun run and walk, happening Oct. 6, ascends three different routes covering more than 2,500 steps (more than 4 miles) with about 1,400 feet of elevation. Along the way, the hundreds of participants learn about the history of the neighborhood through informative signs and route maps. They’re
also treated to snacks, great views, and even a few open houses by real estate agents.

The funds raised by the event go toward maintaining and improving the neighborhood’s stairways, from basic repairs to the addition of signs, lighting, and art.

After seeing this groundswell of interest in the history and future of the stairways, Pittsburgh's city government is beginning to dedicate additional resources to maintaining the steps. “I think they’re finally recognizing that the stairways are a feature of this city that we should be proud of,” Regan says.

As a first step, the city’s Department of Mobility and Infrastructure conducted a comprehensive “Citywide Steps Assessment” this year. It collected nearly 1,500 surveys from residents, studied other step-filled cities like Cincinnati and Seattle, and researched design strategies and materials.

After the study, the department issued a report recommending a list of stairways to be repaired in partnership with the Department of Public Works. Kristin Saunders, the city’s principal transportation planner, says they learned during the outreach program that “residents considered the steps to be part of Pittsburgh’s cultural and neighborhood identity.”

In a few days of dedicated stepping, on my own and with guides (both human and canine), I’m able to explore only a small portion of the stair network. But I can easily sense the civic pride Saunders talked about—both in the workers long ago who built and used those steps, and in the effort by so many to preserve that legacy. By the end of my trip, I feel like Mishka, pulling at my time-constrained travel leash with a desire to keep climbing. Maybe there’s another hidden stairway out there. I wonder where it might lead.

Bill Fink is a freelance writer in Oakland. Email him at wbfink@gmail.com.
This year marks New Orleans’ 300th birthday, and in true NOLA fashion, the entire city has joined the party. Celebrate like a local and immerse yourself in the Big Easy’s vibrant nightlife, legendary live music, and famously delicious food.

BY KILEY FAULKNER
For more than 300 years, New Orleans has been inspiring stories. Our Spanish, French, African and Caribbean influences create a cultural gumbo of distinctive architecture, cool Jazz and celebrated cuisine that only New Orleans knows how to dish out. From second line parades to centuries old streetcars, this timeless city offers something amazing around every cobblestone corner.

Start creating your New Orleans story today!
Discover 230 trailblazing films and party with filmmakers in a city known for authentic stories and endless charm.

NEW ORLEANS FILM FESTIVAL .ORG

#NOFF2018

CELEBRATE THE PAST AND FUTURE

IN ADDITION TO hosting a series of events, concerts, and seminars, New Orleans has kicked off multiple special projects in honor of its Tricentennial—paying tribute to three centuries of history and setting the tone for the city’s future. An expansion of the Louis Armstrong New Orleans International Airport is well underway, and a new 972,000-square-foot terminal, including 35 gates and two concourses, is set to open in February 2019. This will allow for more flights to the city, and bring more passengers to see all New Orleans has to offer. Meanwhile, travelers on the ground can enjoy new restaurants such as Shake Shack and Café Du Monde.

The Crescent City is also redeveloping its historic riverfront, installing a luxury hotel in the former World Trade Center building at the bottom of Canal Street. When the extensive renovations are finished in late 2020, the new Four Seasons Hotel and Private Residences will feature 336 guest rooms, 80 condos, 28,000 square feet of meeting space, a restaurant, and a rooftop pool and deck. The refurbished 33-story skyscraper will bring some new shine to the city’s downtown skyline, with the Four Seasons spurring foot traffic and economic growth in the area.

Another city gem, the Sydney and Walda Besthoff Sculpture Garden at the New Orleans Museum of Art is undergoing an expansion. The addition of six acres will more than double the size of the current garden, creating room for 22 new pieces, an amphitheater and stage, pedestrian walkways, a gallery, and an outdoor learning area. The museum will be able to step up its programming with film screenings, theater productions, physical wellness classes, community workshops, events, tours, and citywide festivals.
Cook/Prep Time: 1 Hour 30 Minutes
Servings: 6

Ingredients:
- 4 quarts water
- 2 Tbsp. distilled white vinegar
- Crab Boil, recipe follows (see note)
- 4 bay leaves
- 4 dried chile peppers
- 3 sprigs fresh thyme
- 1 head garlic, cloves separated and peeled
- 1/4 cup sea salt
- 2 lemons, halved
- 12 fresh crabs
- 3 pounds new potatoes, scrubbed clean
- 4 ears corn, shucked and cut into thirds
- 1 (10 oz.) bag pearl onions, peeled
- 1 (10 lb.) bag ice

Crab Boil
- 1/4 cup yellow mustard seeds
- 3 Tbsp. coriander seeds
- 2 Tbsp. sea salt
- 2 Tbsp. dill sprigs
- 2 Tbsp. whole allspice
- 1 Tbsp. crushed red pepper
- 1 Tbsp. black peppercorns
- 1 tsp. cayenne pepper

Directions:

Make Crab Boil
Makes 1 Sachet
1. In a small bowl, combine all ingredients.
2. On a large square of cheesecloth or muslin, pile mixture in the center.
3. Bring cloth up and around mixture; secure with kitchen twine like a sachet.

Notes: Instead of homemade Crab Boil, you can substitute 1 (3-oz.) package crab boil in a bag, such as Zatarain’s.

Cook Crabs
1. In a very large stockpot, bring 4 quarts water, vinegar, Crab Boil, bay leaves, chiles, thyme, garlic, salt, and lemons to a rolling boil over high heat.
2. Add crabs, potatoes, corn, and onions.
3. Return mixture to a rolling boil, and cook for 5 minutes.
4. Turn heat off, and cover pot for 15 to 20 minutes.
5. Pour ice into pot. (This helps the crabs absorb the seasonings and prevents them from overcooking.)
6. Let crabs stand in water for at least 1 hour before serving. Crabs can be served warm or completely cooled.

OCTOBER IS NATIONAL SEAFOOD MONTH
Make the most of your month—treat yourself and your family to deliciously fresh and healthy Louisiana Seafood. Find your new favorite recipes at LouisianaSeafood.com/recipes.
CATCH A FLICK

TENS OF THOUSANDS of cinephiles and more than 400 filmmakers will flock to the Big Easy for the 29th annual New Orleans Film Festival, running Oct. 17–25. The festival is known for highlighting diversity, and this year is no different—the directors of the 230 films being screened represent dozens of nationalities and viewpoints.

The event is in different venues across the city, including the New Orleans Contemporary Arts Center and the Advocate building, with select screenings at the Broad Theater, the Orpheum Theater, and the Prytania Theater.

TRAHAN CROWNED "KING OF AMERICAN SEAFOOD"

Trahan was recently crowned the “King of American Seafood” at the 15th annual Great American Seafood Cook-Off. His winning dish in the live cooking competition? Cracklin’ crusted red snapper with pickled crawfish tails, buttermilk chili consommé, spring vegetables, burnt leek oil, and bowfin caviar. With the help of sous chef Sullivan Zant, Trahan and his snapper beat dishes by 11 acclaimed chefs, including runner-up Massachusetts chef Marc Orfaly’s deconstructed clam bake and New Mexico chef Marc Quiñones’ third-place spiced duck fat–fried oysters.

Hosted in New Orleans, the Great American Seafood Cook-Off is the culmination of...
score the dishes on presentation, creativity, composition, and flavor. As this year’s winner, Trahan will represent the Louisiana Seafood Promotion and Marketing Board, Louisiana Lt. Gov. Billy Nungesser, and Louisiana Travel in events throughout the U.S.

A Louisiana native, Trahan serves as executive chef for Blue Dog Café, a Lafayette eatery known for its modern Cajun cuisine and the iconic series of “Blue Dog” paintings decorating the restaurant’s walls. The landmark café was opened in 2000 by “Blue Dog” artist George Rodrigue, who hoped that it would serve as a cultural hub for the region. Rodrigue’s signature paintings can also be found in galleries and permanent exhibitions around the country. His roots firmly established in Louisiana home cooking, Trahan honors Rodrigue’s legacy by continuing his vision: a celebration of Cajun culture through great food.

All hail the king: Blue Dog Café’s Ryan Trahan, second from left, got top marks for his red snapper.

PHOTOGRAPHY COURTESY OF LOUISIANA SEAFOOD

A Louisiana native, Trahan serves as executive chef for Blue Dog Café, a Lafayette eatery known for its modern Cajun cuisine and the iconic series of “Blue Dog” paintings decorating the restaurant’s walls. The landmark café was opened in 2000 by “Blue Dog” artist George Rodrigue, who hoped that it would serve as a cultural hub for the region. Rodrigue’s signature paintings can also be found in galleries and permanent exhibitions around the country. His roots firmly established in Louisiana home cooking, Trahan honors Rodrigue’s legacy by continuing his vision: a celebration of Cajun culture through great food.

CLASSIC CAJUN CUISINE

HELD BY CINDY Brennan of the legendary Brennan restaurant dynasty, Mr. B’s Bistro has been a New Orleans staple since 1979. The French Quarter eatery is on historic Royal Street, within walking distance of an assortment of art galleries and antique shops. Signature menu items include Gumbo Ya Ya, a super-dark roux with spicy chicken...
and andouille sausage; barbecued shrimp, Gulf shrimp in a Worcestershire-spiked butter sauce with garlic and black pepper; and Creole bread pudding with Irish whiskey sauce.

The restaurant hosts a weekly Sunday jazz brunch, featuring a strolling jazz trio that roams the dining room while entertaining guests with toe-tapping tunes. In New Orleans, food and music often go hand in hand. Sip on a refreshing bloody mary or satisfy your sweet tooth with a delicious brandy milk punch—a mix of brandy, vanilla, and ice cream with just a sprinkle of nutmeg.

Le Méridien New Orleans is within walking distance of many popular tourist destinations, including Harrah's Casino, Lafayette Square, and the National WWII Museum. The chic hotel boasts contemporary designs that illustrate the geography and culture of New Orleans, as well as programming focused on the city's French heritage, rich and diverse culture, and passion for the arts.

Le Méridien's “Unlock Art” program provides hotel guests with free access to three of the top art museums in the city: the Contemporary Arts Center, the Ogden Museum of Southern Art, and the New Orleans Museum of Art. For a bit of European-style exploring, guests can reserve bicycles through the concierge and tour the city on two wheels. Twice weekly, the hotel hosts live jazz music. Every evening, Longitude 90, the cocktail and wine bar, offers custom sparkling cocktails. While enjoying their drinks, guests can play vinyl on the record player and partake in a friendly game of backgammon.

Reaching into the rich, dark soil, that feeds our river, our bayous and our souls, are stories that teach us as much as they haunt us. Here, it's as easy to feel swept away by the architecture as it is the colorful culture that’s inspired by the very people who make this place what it is. A place where the mighty Mississippi isn’t just a river, but the lifeblood of this historic land, winding its way from Baton Rouge to New Orleans and beyond.
GARDEN DISTRICT DIGS

AFTER A MULTIMILLION-DOLLAR renovation, the historic Pontchartrain Hotel has reclaimed its status as one of the city’s hottest hotels. Opened in 1927 as a luxury apartment building, the Garden District treasure has hosted a slew of famous guests, including several U.S. presidents, actress Rita Hayworth, and celebrated Southern playwright Tennessee Williams.

The hotel sits by the St. Charles Avenue streetcar line, with a trolley stop right outside the entrance. Hop on for an easy way to see the city. The St. Charles line passes dozens of historic estates and monuments, Loyola and Tulane universities, and the Audubon Zoo.

Recent upgrades have allowed the hotel to maintain its original charm while adding modern amenities. Each of the Pontchartrain’s 106 rooms is decorated with antiques and textures inspired by the Deep South, but with a European flair. The hotel offers four on-site restaurant and bar options, including the Bayou Bar, which once hosted none other than Frank Sinatra.

OUTSIDE CITY LIMITS

ALTHOUGH THERE’S CERTAINLY no shortage of things to do in New Orleans, don’t be afraid to venture outside the city limits for a cultural experience unique unto itself. New Orleans Plantation Country comprises three parishes between the Big Easy and Baton Rouge, known colloquially as the River Parishes: St. Charles Parish, St. James Parish, and St. John the Baptist Parish.

While the area is perhaps best known for its sprawling estates, antebellum architecture, and moss-covered live oaks, the adventure doesn’t stop there. Outdoor activities abound in the picturesque lands along the mighty Mississippi. Tour the swamps by airboat, brave the bayous in a kayak, or bike along the marshy trails. You’re also invited to explore the region’s many rivers and lakes. Grab your fishing gear and cast your line. Find out how the state earned its nickname, “Sportsman’s Paradise.”
BECOME AN AUTOIMMUNE DISEASE ADVOCATE

DID YOU KNOW that 50 million Americans are living with an autoimmune disease? Of those 50 million, approximately 75 percent are women. Considering that percentage, it's important that all women are aware of the numerous autoimmune diseases and symptoms that can occur.

One of the many struggles faced by those with an autoimmune disease is simply receiving a diagnosis. On average, patients spend $50,000 to get their autoimmune disease diagnosis. That includes seeing, on average, four different doctors over three years before reaching a diagnosis. Patients must then find the right treatment to alleviate symptoms, which can be costly and emotionally stressful.

With more than 100 known autoimmune diseases (multiple sclerosis and type 1 diabetes are just two examples), you might think most people would be familiar with the symptoms and diseases—especially since autoimmune disease is in the top 10 leading causes of death in female children and women up to age 64. In truth, many people aren’t familiar with autoimmune diseases, which are neither contagious nor infectious.

Those living with an autoimmune disease can feel stigmatized and misunderstood. That’s where the American Autoimmune Related Diseases Association comes in. The organization strives to eliminate autoimmune disease and raise awareness about these diseases. Through partnerships and education, AARDA supports research and advocacy programs to raise awareness and reduce the socioeconomic suffering of those living with autoimmune disease.

If you’re wondering what you can do to help, you’ve already started. By becoming aware of and understanding the symptoms of autoimmune disease, you’re on your way to becoming an advocate.

Here are a few additional ways you can get involved:
1. Start a grassroots fundraising campaign to support autoimmune disease research.
2. Familiarize yourself with the many different autoimmune diseases.
3. Volunteer to financially or emotionally support someone diagnosed with an autoimmune disease.
4. Advocate for new policies that could improve medical research and health care laws for those living with an autoimmune disease.

It doesn’t take much to become an advocate, and your awareness of these diseases can go a long way.
30 Million Women Have Autoimmune Disease

Here’s What Every Woman Needs to Know:

• 1 in 5 American women have 1 or more autoimmune diseases (ADs)
• On average, it takes 3 years and 4 doctors to reach a diagnosis
• ADs run in families: mothers, daughters, sisters, and other family members
• ADs represent the 4th largest cause of disability among U.S. women
• ADs are among the top 10 leading causes of death among U.S. women
• There are more than 100 known ADs, including psoriasis, Graves’ disease, Sjögren’s syndrome, type 1 diabetes, relapsing polychondritis, myasthenia gravis, scleroderma, multiple sclerosis, rheumatoid arthritis, Crohn’s disease, and lupus.

How You Can Help

• Start a grassroots fundraiser or donate at www.aarda.org/donate
• Take our online survey at www.aarda.org/arnet
• Join an autoimmune walk at www.AutoimmuneWalk.org
ENERGIZE AGING SKIN

FALL BRINGS WITH it the warmth of homemade baked goods and spiced drinks, but it also brings cool, dry air. The lack of moisture in the air can make your skin feel dry and uncomfortable. As your skin ages, it loses firmness and the ability to retain moisture. Aging also contributes not only to those feelings of dryness but also to fine lines and wrinkles.

Aging skin needs year-round care, but it especially requires attention during winter months. The outside air is chilly and dry, while inside, the artificial heat can feel like it’s literally sucking away moisture. Battle against discomfort by giving your skin an energy boost with a high-quality moisturizer that contains the ingredients necessary to maintain youthful, supple skin.

Dreambrands has just released a new product: Skin Harmony. The more than 25 ingredients work together to improve the dryness and fine lines in your skin, and, since it’s scented with rose flower water, Skin Harmony gives off a pleasant, slightly floral scent when applied.

The most important ingredients contained in Skin Harmony are estriol, hyaluronic acid, and Ceramosides. Of those three ingredients, hyaluronic acid has the biggest effect during the winter. As skin loses the ability to retain moisture with age, the ensuing dryness can visibly manifest through a loss of firmness, pliability, and plumpness. Hyaluronic acid can help skin to replace and retain more moisture, improving suppleness to create younger looking skin.

Estriol, another key component in Skin Harmony, is a mild form of estrogen that affects only the area where it is applied, not the rest of the body. When applied to skin, estriol can reduce fine lines and wrinkles. Skin aging has been tied to a decrease in estrogen levels, which can be counteracted through topical application of estriol.

Ceramosides are the final major ingredient in Skin Harmony. Extracted from wheat grown in northeast France, these gluten-free ingredients have been clinically shown to improve skin’s texture, hydration, and firmness.

As a complete skin care product, Skin Harmony also contains vitamins C, A, and B3, as well as essential oils, including meadowfoam seed oil, sunflower seed oil, and castor oil.
Don’t wait ‘til New Year’s to make a resolution!

Maintain Healthy Cortisol Levels & Reduce Stress
Reduce Body Fat And Preserve Lean Body Mass
Support Healthy Testosterone Levels
Support Increased Energy, Metabolism And Endurance

How does it work – leaving nothing to chance, we modified our best selling Mdrive’s herbal blend by adding an element of diet control. We added clinically proven ingredients that contribute to weight loss. More specifically, the Mdrive Boost & Burn formula contains Green tea extract, Caffeine, Chromax and clinically tested levels of Advantra-Z, a standardized 50% synephrine bitter orange extract.

Now get started. Go into the Holidays looking and feeling great. Let Mdrive Boost & Burn be your holiday boost.

Do yourself a favor and don’t wait until the New Year to make a change toward a healthier you. Take action now. Begin to exercise, eat right, feel good and look great during the Holidays.

What is Mdrive Boost & Burn – an herbal blend that includes our proprietary Cordyceps, Tongkat Ali and a special Ashwagandha extract clinically tested to support healthy testosterone, improve energy – while reducing cortisol and stress. We then went a step further in an effort to speed up the body’s fat burning process...

Why we created it – we recognize many men are purchasing our Mdrive formulas to not only boost energy and testosterone but in hopes of losing some body fat.

25% OFF GETMDRIVE.COM USE CODE HOLIDAY

“GREAT REVIEWS!”

60 GUARANTEE DAY

25% OFF GETMDRIVE.COM USE CODE: HOLIDAY

Buy online at GetMdrive.com or these fine retailers:

Walgreens, Sprouts, GNC, CVS, Walgreens OTC, CVS, Target, Meijer, H-E-B, Vitamin Shoppe, Walmart

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. †With proper diet and exercise.
WOMEN’S HEALTH SPECIAL ADVERTISING SECTION

REJUVENATE THINNING HAIR

THINNING HAIR IS often thought of as a men’s aging issue, but aging hair follicles don’t discriminate by gender. During menopause, many women experience hormonal changes that can result in thinner hair. Most treatments for thinning hair are costly, time-consuming, and inconvenient—but not when you purchase from Hairmax.

Hairmax now offers the fastest hair-loss treatment available on the market: the LaserBand 82. This FDA-cleared device includes 82 medical-grade lasers that deliver therapeutic light directly to your hair follicles. The best part? Treatment time lasts as little as 90 seconds.

The slim design of the LaserBand 82 also makes it comfortable to use whether you’re at home or traveling, so you never have to miss a treatment due to a busy schedule. To improve treatment, the LaserBand 82 includes patented hair-parting teeth to ensure that the nourishing light gets directly to your follicles.

You can even use the LaserBand 82 while multitasking. Whether you’re checking business emails first thing in the morning, packing lunches before sending the kids off to school, or brushing your teeth before you get into bed at night, the slim design and comfort of the LaserBand 82 make it ideal for incorporating thinning-hair treatment into the hustle and bustle of everyday life.

With many treatments on the market, it can be tough to know which one to trust. That’s why Hairmax has invested in clinical research. Hairmax’s entire line of laser products has been tested and proven in multiple clinical trials.

Show Your Hair Some Love

Experience a Future of Healthy Hair Growth

HairMax turns back the clock on your aging, thinning hair. HairMax devices deliver clinically proven laser light energy to restore your natural hair growth cycle, reverse thinning & stimulate new hair growth without drugs or worrisome side effects.

- LaserBand 82 - Fastest Treatment As Little As 90 Seconds
  Provides Total Scalp Coverage Equal To 246 lasers
- FDA Cleared* For Men and Women
- High Quality Medical Grade Lasers - NO LEDS
- Patented Hair Parting Teeth For MAXimum Laser Light Delivery

Now, you can stop worrying about your hair loss and start regrowing your hair today! Laser Devices From $199

Step Up To HairMax

The Leader in Laser Hair Growth

SAVE 15%

Code: FLYWS1018 exp: 11/10/18

*Hairmax laser devices are indicated to treat Androgenetic Alopecia, and promote hair growth in men who have Norwood Hamilton Classifications of I-VIII and in women who have Ludwig (Savin) Class IV-VI and have Fitzpatrick Skin Types I to IV.

PHOTOGRAPHY COURTESY OF HAIRMAX

HAIRMAX.COM 1.800.9REGROW
IS THAT COUGH JUST A COUGH?

THOUGH WINTER BRINGS many wonderful things, from cozy sweaters to the holidays, it also means the arrival of the common cold. This seasonal nuisance shouldn’t be the only reason to visit the doctor, however. As you age, it’s important to schedule regular checkups, which can identify issues such as heart disease and cancer before they become severe.

If you are diagnosed with cancer, it’s important to seek treatment at a clinic that offers a team of multidisciplinary doctors who are able to provide you with the care you need. Not every medical center has access to specialists or the newest technology that can best treat lung cancer. For optimal treatment, you need a multidisciplinary facility such as the Swedish Medical Center in Seattle.

The Swedish Medical Center team includes oncologists, pathologists, thoracic surgeons, and radiation oncologists who collaborate to get patients the unique treatment they need. An emphasis on collaboration and individualized treatment means patients get ideal treatment for their lung cancer.

Does Your Hand Shake When You…

Drink a glass of water? Write a note? Dial a phone number?

If so, you may have a condition known as essential tremor.

Our team at the Swedish Radiosurgery Center has successfully treated hundreds of patients over the past five years — using Gamma Knife, a nonsurgical, FDA-approved approach to treat essential tremor.

Learn more about essential tremor and find out if Gamma Knife treatment is right for you.

1-206-320-7187   Swedish.org/essentialtremor

Seattle, Washington, USA
The Volunteer State boasts as much urban cool as it does natural beauty. In two of its most recognizable cities, Memphis and Nashville, you’ll find a vibrant mix of history and music that will stir your mind and get your toes tapping.

BY KATE CHYNOWETH

THE POWER of PLACE.

More than a museum, a public square. There is power in experience.

More than exhibits, lessons. There is power in knowledge.

More than events, opportunities. There is power in connection.

More than history, today and tomorrow. There is power in moving forward.

More than a destination, a journey. There is power in purpose.

SEE. LEARN. ENGAGE. ACT.

National Civil Rights Museum
450 Mulberry Street | Memphis, TN 38103
civilrightsmuseum.org
POWER OF PLACE
THE THOUGHT-PROVOKING
National Civil Rights Museum in Memphis offers an opportunity to experience a deeply complicated part of American history. Life-size exhibits and interactive media pieces bring the past to life—and illuminate the present. The museum also includes the façade of the historic Lorraine Motel. Especially powerful is the chance to view Room 306, where Dr. Martin Luther King Jr. slept the night before he was assassinated. Other key milestones jump out of history books as the museum guides visitors through the Civil Rights Movement. The 1960s student sit-ins become real as you take a seat at a lunch counter alongside figures of both protesters and hecklers. In the background, a film projection flickers, showing the conflict that ensued. In a recreated jail cell, you can hear the voice of King reading his moving “Letter From a Birmingham Jail.” Nearby, pivotal speeches of the era are played, along with President John F. Kennedy's call for the passage of a civil rights bill. History circles around to the present in the Join the Movement exhibit, where a Smart Table allows visitors to explore how six key topics addressed at the museum remain relevant today: nonviolence, women’s rights, war, riots, poverty, and integration.

STAGE OF STARS
KNOWN AROUND THE world as “the show that made country music famous,” the Grand Ole Opry hosts powerhouse performances by the new stars, superstars, and legends of country music several times a week. Originally founded in 1925 as a radio broadcast, the Opry has become a Nashville institution. But there’s more here than onstage talent to dazzle you: Visitors can purchase tickets to backstage tours, which run seven days a week. These tours provide a behind-the-scenes glimpse of country’s most famous show and a walk in the footprints of Opry members, including Dierks Bentley, Vince Gill, and Carrie Underwood. This month is the Opry’s 93rd birthday, so grab tickets to its annual Birthday Bash, held Oct. 12–13, and enjoy a special concert by Opry and Country Music Hall of Fame member Charley Pride. A recipient of the Grammy Lifetime Achievement Award, Pride represents exactly the kind of legacy...
celebrated here: He charted 36 No. 1 singles and sold more than 70 million records. October’s lineup also includes Luke Combs, The Charlie Daniels Band, Rascal Flatts, and Dustin Lynch. If you can’t enjoy an in-person visit, you don’t have to miss the music. Millions tune in to Opry broadcasts through SiriusXM satellite radio or online streaming.

HAUTE HONKY-TONK

OCTOBER IS A great time of year to enjoy the rooftop bar at Ole Red, country star Blake Shelton’s upscale, five-story honky-tonk on the corner of Broadway and Third Avenue in Nashville. The views are just the beginning, with the main attraction being the live music. Shelton himself performed at June’s grand opening and pops in from time to time. The schedule is constantly updated with new talent, and recent performers include Chris Janson, who was inducted into the Grand Ole Opry in March. With soaring ceilings, private VIP booths, and a two-story bar, the “restaurant-club-venue combo” is a far cry from old-time honky-tongs with beer-soaked barstools. You’ll find a state-of-the-art sound system, a wraparound balcony with views of the stage and dance floor, and a menu packed with Southern fare. Opt for the pulled pork sandwich, served with vinegar slaw, grits, and pickles or the popular “Champagne of Fried Chicken,” a crispy dish (available “Nashville hot,“ if you dare) with black pepper gravy and buttermilk biscuits. The drink menu is equally tempting, featuring everything from fruity sangria to a gin cocktail made with pickle brine. If your travels don’t allow you to belly up to the bar in person, here’s a recipe for the Tishomingo Sunset, one of Ole Red’s most popular cocktails.

TISHOMINGO SUNSET

INGREDIENTS
1 ounce Ole Smoky mango habanero whiskey
¼ ounce Ole Smoky orange moonshine
4 ounces sweet-and-sour mix
1 ounce grenadine

DIRECTIONS
Layer whiskey, moonshine, and sweet-and-sour mix in a 16-ounce, ice-filled mason jar. Float grenadine and let sink. Garnish with an orange wedge and an Ole Smoky moonshine cherry.
HALL OF LEGENDS


Begin your journey on the third floor to take in treasures such as Elvis Presley’s 1960 Cadillac 75 Limousine and Bill Monroe’s 1923 Gibson F-5 Mandolin. Continue on to Emmylou Harris: Songbird’s Flight. Debuting Oct. 5, the new special exhibit honors the singer and Country Music Hall of Fame member, from her start with Gram Parsons in California during the early 1970s to her decades-long career involving 27 Top 10 hits. You’ll see her musical journey charted in artifacts and photographs. Also on view, The Judds: Dream Chasers features original manuscripts, keepsake costumes, and other items belonging to mother-daughter duo Naomi and Wynonna Judd. On Oct. 21, musicians Ricky Skaggs, Dottie West, and Johnny Gimble will be inducted into the Hall of Fame and honored with bronze plaques in the Hall of Fame Rotunda.

No matter when you visit, there are two experiences at the museum you won’t want to miss. The first is Hatch Show Print, one of the oldest working letterpress shops in the country. Here, visitors can learn about the process behind many classic and contemporary concert posters and try their hand at making their own creation to take home. The other must-do experience is a tour of Historic RCA Studio B, Elvis’ favorite place to record. The in-depth studio tour illuminates how Nashville became the center of country music.

The Country Music Hall of Fame includes a wall filled with every gold and platinum country record ever made.
WHAT SUCCESSFUL FRANCHISING MEANS
Owning a franchise can be fulfilling in many ways, from making a difference in others’ lives to creating more balance in yours. **BY JIM GOLD**

**FINDING ROOM TO GROW**

**WHEN THEIR ONLY** son left for college, Hilary and Jeff Contino sought a new challenge. They found it in the nation’s fastest growing pet franchise, Dogtopia, a doggie daycare, boarding, and grooming business. They opened their Dogtopia in early 2018 in an Overland Park, Kansas, shopping center.

“Once we came across Dogtopia, we just kind of fell in love with their business model and the way they were approaching dog daycare as an industry,” says Hilary, who oversees their Dogtopia facility while her husband continues to work full-time at his corporate job.

Dogtopia’s approach to animal care emphasizes safety and transparency and concentrates on education, exercise, and socialization. It provides care for dogs, peace of mind for pet owners, and a one-of-a-kind business opportunity for franchise owners.

This summer, the Continos opened an outdoor play yard to go with their 3,200-square-foot playroom which is divided into three areas based on animal size and temperament. The indoor facility is sound-proof, has rubber flooring, and features air filtration systems that maintain clean air. Using their computers or smartphones, clients can check on furry family members through Dogtopia’s playroom webcams.

The Dogtopia brand has been growing rapidly, and so has the Continos’ franchise, Hilary says. Their location in a high-end retail center has worked so well that the couple may open a second location sooner than expected. When they do, they’ll add to Dogtopia’s 180-plus locations in development in the United States and Canada.

“Our unparalleled level of support, proven business model, sophisticated franchisees, and strong brand positioning is a major reason why Dogtopia has been so successful,” says Alex Samios, Dogtopia’s vice president of franchise development.
MEET THE NEW CASH COW
(Sans the whole cow thing.)

“The system at Dogtopia worked extremely well for my team. I’m already exploring a site for a second store months EARLIER than I anticipated.”

PAUL SANDRY
Franchiser, Texas

Join the fastest-growing franchise in the pet industry
Dogtopia.com • Contact Alex Samios at 602-730-6000 ext. 2

This advertisement is not an offering of a franchise. An offer of a franchise can only be made by a franchise disclosure document.
CREATING FLEXIBILITY

GAINING CONTROL OVER

Your life is a sure sign of success for franchise owners, but finding the right path can be a challenge.

Success means having the freedom to adjust your schedule and decide your destiny, says Jack Johnson, who, along with his wife, Jill, co-founded The Franchise Insiders, which connects clients to the franchise opportunities best suited to them.

You can choose what you want to do, such as spending more quality time with family, Jack says.

“Working hard is great, especially if it’s something you love,” Jack says. “It brings out your best self, but it’s hard for people to do that when it’s on someone else’s agenda.”

The Franchise Insiders helps people find opportunities that offer independence and flexibility, Jill says.

“The things that we were looking for are what we really try to help others find as well,” she says of The Franchise Insiders’ purpose.

The Johnsons work with more than 500 franchises in all kinds of industries, including health and beauty, fitness, quick-service restaurants, senior care, home improvement, and more. They recently even talked to someone about the potential of a drone photography franchise.

“It’s all out there,” says Jack, adding that sometimes what fulfills your needs comes from an unexpected opportunity.

“I’ll never forget the client who came to us looking for one of today’s coolest ice cream franchises—pun totally intended—and ended up owning a junk-removal franchise,” Jack says. “When we got to the root of what he was looking for, he wanted a business that would be a smart investment, that would make him good money, and that would allow him to be semi-absentee.”

Jack compared the journey of discovery with a franchise to his own challenge of learning to surf after moving to be closer to the ocean.

“I was petrified of the ocean,” he says. But after getting in the water, and taking surfing lessons, there was no more fear. “Just excitement,” he says. “Life’s short. You deserve to try things that are going to take you out of your comfort zone, make you excited, and make you happy.”
“Learn the secret to owning the right franchise!”

With over a decade in the franchise industry, we’ve helped hundreds of prospective entrepreneurs, people from all walks of life, become successful franchise business owners -- many of whom have gone on to own million dollar businesses. Our proven system makes it easy to find your perfect franchise match.

Get our exclusive **INSIDER** information on franchising

• Personal introductions to the most profitable and successful franchise brands
• Exclusive info on new, growing franchises that have industry insiders abuzz & investing
• The “truth” about the real costs & earning potential of today’s top franchise opportunities
• Options to finance a franchise without breaking the bank

Whatever your business ownership goals may be, The Franchise Insiders will help you make a smart investment in franchising!

Call: 800.445.6382
Text: 442.222.4177
thefranchiseinsiders.com
STRETCHING YOURSELF

WHEN ATHLETES WANT to win, they turn to a good coach. That’s how retired NBA player Dwight Davis views the relationship between himself, a franchisee, and Senior Helpers, a franchise focused on nonmedical in-home care.

“Any player hoping to get the most out of his talent wants to team up with the best coach available,” says Davis, who was drafted third overall by the Cleveland Cavaliers in 1972 and later played for the Golden State Warriors.

Before opening Senior Helpers–Greater Seacoast in Stratham, New Hampshire, Davis says he and his wife, Gayle, sought a company with a track record of delivering consistent, high-quality service to its clients. Davis, who learned firsthand what it means to be a caregiver while caring for his aging parents, also wanted to find a franchise that provided training for caregivers and internal staff as well as managers and owners.

The NBA taught Davis skills he applies to his business: discipline, preparation, leadership, and learning how to play to win when the scoreboard says you’re losing. Senior Helpers, he says, teaches not only the intricacies of in-home care but also the basics of operating and successfully growing the business. The company plan gives the couple some latitude but clearly states some things are nonnegotiable, he says.

“That is the accountability piece common with all successful teams,” he says.

“The franchising experience is shaping up [so] that we will not only be able to complete funding of our retirement, but also travel extensively while still owning the business,” Davis says.

Senior Helpers also continues to expand its scope. In 2012, the company developed Senior Gems, a program instructing caregivers on how to best help clients and families dealing with Alzheimer’s and dementia. To create a customized corporate program, Senior Helpers partnered with Alzheimer’s expert Teepa Snow, who is known for her Positive Approach to Care practices. Success with these programs led to an additional training program for Parkinson’s care. An adult daycare program called Senior Helpers Town Square provides additional opportunities.
CAPITALIZE ON A BOOMING NEED

SENIOR CARE, ONLY BETTER

With nearly 75 million individuals aged 51-69 in the U.S., the need for elder care has significantly grown over the years, making it a $400 billion industry and counting! This means that the market for senior care businesses will continue expanding.

While there are countless franchise options to choose from, Senior Helpers owners are uniquely positioned to capitalize on a booming need while delivering a meaningful and necessary service to elderly individuals and their families.

**Leading In-Home Care Franchise Opportunity**

- Average Annual Gross Revenues
  *$1,075,795*

- Low initial investment range

- Positioned for growth with territories open across the US

- Strong income potential

- Extremely experienced corporate support staff and state of the art training for staff and caregivers

Harness the growing need for quality in-home care by becoming a Senior Helpers franchise owner today.

Ready to learn more?
Seniorhelpersfranchise.com | 877.406.8749

*Discounted franchise opportunities for military and first responders*

*See Item 19 of our April 9, 2018 FDD for further details* (*2017 gross revenue for franchised businesses that have been operating 60 months or more. As of December 31, 2017 there were 207 franchised businesses that had been operating 60 months or more. Of these 207 franchised business, 76 (37%) of them had greater than average annual gross revenues of $1,075,795. The gross revenue figure does not include any deduction of costs or expenses incurred by the franchised businesses. Some outlets have earned this amount. Your individual results may differ. There is no assurance that you’ll earn as much.*

This information is not intended as an offer to sell a franchise. It is for informational purposes only. Currently, SH Franchising, LLC is not registered in Rhode Island. We cannot offer a franchise in Rhode Island until we have complied with applicable pre-sale registration and disclosure requirements. SH Franchising, LLC is the franchisor and is currently headquartered at 901 Dulane Valley Road, Suite 700, Towson, MD 21204.

Residents of NY: This advertisement is not an offering. An offering can only be made by a prospectus filed first the with the Department of Law of the State of New York. Such filing does not constitute approval by the Department of Law.

Minnesota State Registration Number: F-7348.
MAKING AN IMPACT

REWARDS FOR RUNNING a successful business can come not only in money earned but also in the gratitude you receive from the families you help. That’s the case for at least two father-son teams who own Home Care Assistance franchises. They know what families need because they were once seeking in-home assistance for their own ailing loved ones.

Kirk and Mark Febus own Home Care Assistance of Dayton, Ohio. Mark says he became interested in owning a franchise in the home care industry after a loved one passed away from cancer. She needed help to live out her life at home, a desire Home Care Assistance says is shared by nine out of 10 seniors.

Home Care Assistance’s brain-stimulating Cognitive Therapeutics Method, in particular, stood out to Mark. “It allowed us to see older adults’ quality of life and longevity improve,” Mark says. “When we get testimonials about how we helped clients and the family members’ peace of mind, that means everything to us.”

Tim Thomas and son Timothy are owners of Home Care Assistance of Montreal, the company’s first Canadian franchise. They also became interested in franchise ownership after experiencing a family hardship.

“When my mother-in-law broke her hip, we hired someone we knew. She would come over and help but wasn’t really qualified,” Tim says. You can count on the team at the company’s headquarters, Tim says. The company understands how to promote its services, even working to localize marketing materials targeted for the French demographic in the Montreal market.

Tim knows the work they are doing is important. He’s seen it firsthand, and heard it directly from the people being served by Home Care Assistance.

“We all earn a living, but at the end of the day, when clients tell you they can’t thank you enough for what you’ve done for their family, that’s rewarding,” he says.

It’s also great to know that you’re making a significant difference in employees’ lives, Tim says, adding that the Home Care Assistance network employs more than 7,000 people across 170 markets in the United States, Canada, Puerto Rico, and Australia.
HOME CARE ASSISTANCE WANTS YOU TO BECOME OUR NEXT SUCCESSFUL WOMEN ENTREPRENEUR

58% of our franchise owners are women; each equipped with the drive, leadership and passion to help others.

Becoming a franchise owner with Home Care Assistance after independently owning a business for years offered a unique opportunity; I could continue operating my own business, but with the full support and immeasurable resources that came from the decades of experience of our Franchisor.

The corporate team welcomes you like a family, which made bringing my daughter and niece on to my team an easy decision. My daughter and niece bring a fresh new perspective to the home care industry. Presenting a family unit instills confidence in our clients and employees that they will always have a cohesive team that will take good care of them and always look out for their best interests.

Working as a family when dealing with families who are navigating the often overwhelming emotions that come with decisions about aging has changed the course of our business in a positive manner. As best we can, we try to treat our clients from the family perspective first, and then provide the best possible care suited to each individual client and client family.

- Beth Brown, Franchise Owner of Home Care Assistance of Palm Beach and Boynton Beach

No other franchise opportunity provides the personal and professional satisfaction that Home Care Assistance does for its franchise partners.

Home Care Assistance is proud to empower women to build a multi-million dollar empire. Visit franchise.homecareassistance.com or call 888-834-3844 today.
Achieving Team Harmony

FOR SAMEER PATEL, succeeding with Bach to Rock music school franchises is personal. Not only was Patel a singer in high school and college, but he saw his own children, Rumi and Rayn, thrive at a Bach to Rock franchise in Bethesda, Maryland. “I think it is really magical,” he says.

Already co-owner of a Montessori school in Bristow, Virginia, Patel researched Bach to Rock and later decided to invest. He built his first Bach to Rock school from the ground up, opening in 2015 in Bristow; his second opened in Fulton, Maryland, in March 2018.

When Patel was young, he took private piano lessons from an elderly woman at her home but says it didn’t work out. “I think if I had been exposed to music in a different way, it might have had a different result,” he says.

Brian Gross, company president, explains the difference in Bach to Rock’s business model.

“We don’t just provide individual music lessons; we turn music into a team sport by creating student bands that learn to play sets, record music in a studio, and perform in public,” he says.

Students are exposed to all forms of music: top 40, classical, hip-hop, blues, country, gospel, jazz, a cappella, bluegrass, electronica, and more.

“The investor-owner need not be a musician, but he or she does need the ability to build a team of energetic, dependable, and committed musicians,” Gross says.

Franchisees promote Bach to Rock in their community, which is the most important aspect of marketing a school. “That connection to the community will drive your business,” Gross says.
BECOMING PART OF SOMETHING

SUCCESS STEMS FROM following your franchisor’s business model.

“As long as that’s followed, it’s a formula for success,” says Debbie Petok Hufford, communications director for SealMaster, one of the world’s leading producers and distributors of pavement maintenance materials and equipment.

SealMaster began franchising in 1993 and now has more than 100 locations in the United States; manufacturers in Canada, China, and Mexico; and distribution in 50 countries. Often, a SealMaster franchisee’s scope covers large territories, sometimes even an entire state.

“That gives huge growth potential,” Hufford says.

Darrel Stein, who owns SealMaster of Allentown, Pennsylvania, agrees. SealMaster’s territories are larger than most franchises’ territories, giving you the ability to grow into a large entity, Stein says.

“I also like that it is an equipment, asset-based franchise versus one that provides a service,” Stein says. SealMaster’s business model and support help the franchisees advance the industry in their local markets, Stein says.

Another benefit of this model is that franchisees employ outside sales reps to call on contractors, municipalities, property management firms, and other potential customers.

Jay Pakalski, who began with a SealMaster franchise covering Wisconsin, recently added Minnesota, as well. He says that buying his franchises was the best decision he ever made. It made him the proud owner of a family business.

“After 20 years, it feels like a new beginning, especially with my sons taking a strong role and expanding the business,” Pakalski says.

FRANCHISE BUSINESS OPPORTUNITY

BOLD AMBITION
Supply the Pavement Maintenance Industry

“The SealMaster franchise is not only a nice income generator, it’s a great capital asset and wealth builder. It has allowed me a lifestyle beyond my hopes and dreams.”

Bob Krebs – SealMaster Franchise Owner

“The ability to create wealth for yourself within SealMaster is staggering.”

Darrel Stein
SealMaster Franchise Owner

“We just keep growing and growing and to me, the market is limitless.”

Jake Bernath
SealMaster Franchise Owner

SealMaster Franchisees Manufacture Pavement Sealer and Distribute a Full Line of Pavement Maintenance Products and Equipment

Learn more at sealmaster.net/franchise-opportunities or call (800) 341-7325

*A more detail is provided in the Franchise Disclosure Document. Offer made by prospectus only.
MAKING BUSINESS FUN

FOR BRENT BERRIDGE, success means fulfilling his dream of running his own business. Berridge, a former Dow Chemical maintenance turnaround manager with a degree in business administration, recently opened Pool Scouts of Sugar Land, outside Houston.

“The Pool Scouts brand and the concept of being a fun, reliable, and professional pool service really appealed to me,” Berridge says. “I really didn't have any idea what it actually takes to keep a pool clean and healthy.”

No prior experience is necessary, but Pool Scouts looks for folks who are passionate and excited about the franchise's system. The rest will fall into place with some help from the Pool Scouts team.

“Knowing I am not alone and that I have a team of people who I can turn to for help is a big comfort and the major reason for wanting to open a franchise versus starting a business from scratch,” Berridge says.

Brent Berridge recently opened Pool Scouts of Sugar Land, just outside Houston.

Pool Scouts & Home Clean Heroes franchise opportunities provide:

- Experience backed by Buzz Franchise Brands, one of America’s Fastest Growing Private Companies*
- World-class marketing & a fun brand
- Proven business model with recurring revenue stream
- Full training & support - no experience needed

FLOAT INTO A NEW OPPORTUNITY.

Pool Scouts offers the next wave in pool cleaning and maintenance.

POOLSCOUTSFANCHISE.COM

STARTING SOMETHING NEW

YOUR OPPORTUNITY TO help grow a grime-fighting business is here.

Home Clean Heroes, which began cleaning up Hampton Roads, Virginia–area homes in May 2017, plans to start franchising in fall 2018.

“We are bringing a new level of professionalism—and fun—to the industry,” says Kathy Turley, Home Clean Heroes marketing director. “Residential cleaning services typically aren’t known for being either of those.”

Home Clean Heroes says it goes the distance to ensure customers can trust its profes-
Franchisees will be part of the Buzz Franchise Brands family, which also includes Pool Scouts.

The support Home Clean Heroes provides includes online and in-person training, ongoing support from the home office, on-site visits, branding, and marketing. Everything is designed with franchisees’ success in mind, Turley says.

“Our franchisees are in business for themselves but not by themselves,” she says.

Finding a Fit with Family

For Brad and Stephanie Simon of Springdale, Arkansas, a Mosquito Joe franchise allows them to successfully balance family and work while also helping their young daughter, who is highly allergic to mosquitoes.

The couple wanted to own their own business and found Mosquito Joe, a mosquito, flea, and tick control service.

“We knew it was a perfect match,” Brad says. “We could provide a solution for our daughter to enjoy being outside and provide a much-needed service to our friends and neighbors to make being outside fun again.”

Brad says he plans to keep his full-time job during the week and spray on weekends, and Stephanie will stay at home with their young children and manage the business. Mosquito Joe franchising takes the complexity—but not hard work—out of starting a business and provides franchisees with a proven recipe for success.
To succeed in franchising, you don’t have to have a business background, just a passion for the industry.

Glenda Gonzalez came to the United States from Venezuela 20 years ago. She cared for children, got a teaching certification, and taught bilingual education for more than a decade before opening Kiddie Academy of Aliana, Texas, near Houston, with her husband and two other couples.

“Given that my background was in education—just like my other two female partners—and the three men were accountants, a childcare franchise made sense to us,” Gonzalez says.

The company’s Life Essentials curriculum also caught her attention. “I knew that this well-rounded curriculum would be a great selling point to parents,” she says.

Kiddie Academy made her and her partners feel welcomed when they visited corporate headquarters, and continues to provide support.

“Having worked in the corporate world, I have had to take many drug tests for employment purposes, so I understood the need for this type of business,” Glenda says. With franchising, much of the business infrastructure is already in place. “I realized that I could use my customer service, business development, and marketing skills to be successful.”

They’ve done so well that they became the first Fastest Labs franchisees to operate two locations simultaneously, says Dave Claflin, Fastest Labs CEO. The Stachowiaks are a prime example of how you don’t need medical experience to become a Fastest Labs owner. The home office provides all the training materials, resources, and knowledge you need to get up and running.
Fully Stocked

BY DOUG PETERSON

Crossword

Answers on page 114

Across
1. Sapphire or amethyst
4. Quick job for a barber
8. Watchdog’s warning
13. Log chopper
14. Used a rag on
16. Settle a debt with
17. Martini ingredient
18. Shaped like an egg
19. PR firm’s concern
20. Carnival game prizes, often
23. Granola morsels
24. Golfers hope to break it
25. Hard to find
28. Halloween decoration with an arched back
33. Sold-out theater or stadium
35. Underground asset
36. Bugs in hills
37. “Mind your ___ business!”
38. Lively dances
39. Friend of Piglet and Tigger
44. First Family of the early ’60s

Down
1. Stand-up comic’s material
2. Go offstage
3. Posting in a bistro window
4. Batman villain with a dual personality
5. Engrossed
6. Tablets featuring Siri
7. Prefix with physics or fiction
8. Anguished expression
9. Casual comment
10. Birthstone for many Libras
11. Friendly canine greetings
12. Heavy-duty cleanser
15. Sheltered place
21. Salad dressers
22. Hoppy brewpub orders, for short
25. ___ plug (auto part)
26. Paddles propel it
27. Follow, as a recommendation
28. Fruit Loops servings
29. Debussy’s “Clair de ___”
30. Piggy bank filler
31. Bicker
32. Reasons for cram sessions
34. Saintly
38. Hip, for example
40. Giving a sandwich to, say
41. Like some chatter
42. Branch off
43. They’re worn over slips
45. Tidy up
48. Less doubtful
49. The King of Queens actress Remini
50. “Hold ___ your hat!”
52. Throw in the towel
53. Questionable
54. Instrument similar to an English horn
55. Playful bites
56. November 11th honoree

Personal growth.
For them & you.

Looking to make a difference in your life, career, and in the community?
Now is the time!

• Average revenue of over $1,500,000*
• Vast educational child care demand
• Financial independence
• True work-life balance
• Option to own or lease

Learn what separates us from every other franchise opportunity

Call (410) 777-5352 or visit KAFranchising.com

Kiddie Academy
Educational Child Care

*As reported by 120 mature academies in item 19 of the current Kiddie Academy Domestic Franchising FDD. This advertisement is not an offering. An offering can only be made by a prospectus first filed according to state law and which complies with the FTC rules.
## Sudoku

BY GARETH MOORE

**How-To** / Fill in the blank squares so that the numbers 1 to 9 appear once in every row, column, and 3-by-3 box. There is only one solution per puzzle.  
*Answers on page 114*

### Warm-Up

<p>| | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td>7</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>4</td>
<td>3</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>9</td>
<td>2</td>
<td></td>
<td></td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>1</td>
<td></td>
<td>4</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>6</td>
<td>1</td>
<td></td>
<td></td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>3</td>
<td>9</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>4</td>
<td></td>
<td>9</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Easy

<p>| | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>3</td>
<td>7</td>
<td>2</td>
<td></td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>5</td>
<td>9</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>5</td>
<td>9</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>1</td>
<td></td>
<td>4</td>
<td>8</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>1</td>
<td>5</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>3</td>
<td>7</td>
<td>6</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>7</td>
<td></td>
<td>4</td>
<td>5</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>4</td>
<td>8</td>
<td>9</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Medium

<p>| | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>1</td>
<td>7</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>2</td>
<td></td>
<td>6</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>3</td>
<td>5</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>6</td>
<td>9</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>3</td>
<td></td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Hard

<p>| | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
<td>4</td>
<td>7</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>9</td>
<td>5</td>
<td>3</td>
<td>4</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>7</td>
<td>6</td>
<td>5</td>
<td>3</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>1</td>
<td>8</td>
<td>9</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>6</td>
<td>2</td>
<td>1</td>
<td>5</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td></td>
<td>7</td>
<td>4</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more brain-training games from Gareth Moore, visit braidedup.com
Find the right clothes for you.

Clothes hand-picked by a stylist to fit your life.

$25 OFF
Link below

BOMBFELL
Open and clothes.

1
Take the quiz so we learn your fit and tastes.

2
Preview your stylist’s picks before they ship.

3
Pay for the clothes you keep. Shipping and returns on us!

GET $25 OFF AT BOMBFELL.COM/TRAVEL
It's not just Land: it's a lifestyle and a Legacy.

Wild Horse Ranch at Lake Hattie

Wyoming's Only Lake Front Development!

Scenic 40 Acre Ranches adjacent to the magnificent Sheep Mountain from only $89,800*

Grab Wyoming's Best Land Ownership Opportunity! Selling Fast!

Developer is Currently offering No Qualifying Financing with 10% Down and No Closing Costs!

Whether you're planning to build right away, or to hold for an investment, or to just enjoy the good feeling of land ownership, nothing beats the Wild Horse Ranch.

15 Minutes west of Laramie, Wyoming off Highway 130. 2 hours from Denver.

Shown by Appointment 7 Days a Week

Better hurry, they won't last! Call Now:

877-547-4332

WHRanch.com

*Minimum 40 acre parcel. This offer is subject to availability. Brokers: Realty & Advisory Group. Steve Amock, Broker.
AMERICA'S PREMIER
LASIK & CATARACT SURGEONS

NASHVILLE, TN
Ming Wang, M.D., PhD
Wang Vision 3D
Cataract & LASIK Center
1801 West End Avenue
Suite 1150
Nashville, TN 37203
615-321-8881
Wangcataract@LASIK.com

ST. LOUIS, MO
Jason P. Brinton, M.D.
Brinton Vision
555 N New Ballas Road
St. Louis, MO 63141
314-375-2020
brintonvision.com
facebook.com/brintonvision

SAN ANTONIO, TX
Gregory D. Parkhurst, M.D., FACS
Parkhurst-NuVision
9725 Datapoint Drive
Suite 200
San Antonio, TX 78229
210-615-9358
sanantonio-LASIK.com

DETOUR, MI
Shabbir Khambati, M.D.
Lake Lazer Eye Center
35776 Harper Ave.
Clinton TWP. MI 48035
44000 W. 12 Mile Rd., #112
Novi, MI 48377
1800 N. Milford Rd., Ste. 300
Milford, MI 48381
877-USEMORE
USEMORE.COM

Baltimore, MD
Sonny Goel, M.D.
LasikPlus Baltimore
Annapolis – Columbia – Towson
855-521-2020
LasikPlus.com

SALT LAKE CITY, UT
Phillip C. Hoopes, Jr., M.D.
Hoopes Vision
11820 South State Street
Suite 200
Draper, UT 84020
877-30-LASIK
hoopesvision.com

OMAHA, NE
Lance Kugler, M.D.
Kugler Vision
17838 Burke Street
Suite 100
Omaha, NE 68118
402-658-2211
kuglervision.com

FT. MYERS, FL
Michael Collins, M.D.
Collins Vision
International Center
6900 Intl. Center Blvd.
Ft. Myers, FL 33912
239-936-4706
collinsvision.com

All M.D.’s listed in this ad are Board Certified in their specialties. Please refer to their practice’s website for accreditations and qualifications.
Los Angeles / Santa Monica, CA
LOCANDA DEL LAGO
231 Artesia Avenue - 310.451.3525
“Don’t miss the Ossoobuco alla Milanese” - Gourmet. “There’s no better place to people-watch than at the outdoor patio” - Frontera. Wine Spectator Award of Excellence, 2015. www.lagosanta Monica.com

When Lago opened in April 1991, the upscale Italian restaurant quickly established a reputation as having perhaps the only view in Los Angeles to focus on the cuisine of Bellagio on Lake Como in Northern Italy. Today, celebrating its 24th anniversary, Lago maintains that unique identity and attracts an eclectic crowd of foodies, celebrities, locals and travelers. With its warm, inviting interior, separate windows and a sidewalk patio overlooking Santa Monica’s colorful Third Street Promenade, the restaurant is consistently lauded for imaginative Italian cuisine spotlighting seasonal flavors and the freshest local ingredients. Co-owner West Hooker, who was born in Milan and has lived and worked in Bellagio, oversaw the popular restaurant with General Manager Megan Huntington, who has been with Lago since 1996.

Anaheim / Los Angeles
ANAHEIM WHITEHOUSE
867 South Anaheim Blvd - 714.772.1381

Chicago / Downtown
ITALIAN VILLAGE RESTAURANTS-Visit Italy right in Chicago
THE VILLAGE - 312.332.7005
71 W. Monroe Street
Chicago’s Oldest Family Italian Restaurant-At Capone was a regular. Guests dine in cozy rooms designed like a small Italian town. Celebrating our 88th anniversary this year. www.italianvillage-chicago.com
LA CANTINA - 312.332.7005
A premier Italian Steak and Chop House
YIVERE - 312.332.4040
A contemporary restaurant featuring “new” Italian cuisine from all regions of Italy. 2015 Wine Spectator Top Ten Italian Restaurants, 2015 DiRosa Award, 2015 Wine Enthusiast Ultimate Distinction Award

Disneyworld/Universal/Orlando, FL
CHRISTINI’S
CHRISTINI’S IS ONE OF THE MOST AWARDED ITALIAN RESTAURANTS IN THE UNITED STATES. www.christinis.com

Ft. Lauderdale / Boca Ratón, FL
CASA D’ANGELO
Boca Ratön
171 East Palmetto Park Rd. - 561.338.1703
 Ft. Lauderdale:
Sunrise Square Plaza,1201 N. Federal Hwy. - 954.334.1224
Wine Spectator Award of Excellence, 2015. Zagat America’s Top Restaurants. 2015. Rated as not only one of the best Italian restaurants in Florida, Casa D’Angelo has also been recognized in the industry as one of America’s finest Italian restaurants. www.casa-d-angelo.com

Tampa, FL
DONATELLO
232 North Dale Mabry - 813.875.6660
An Old World bistro in the heart of Tampa serving authentic Italian Cuisine since 1984. Every night Gado and Gene Izumi welcome you at the door and every lady will leave Donatello with a rose on her hand as a thanks for being there. You’ll love for yourself that hospitality that has ancient roots at Donatello. Full Bar, Private Lounge, Private Rooms. Wine Spectator Award 18 consecutive years, 2000-2016. Editor’s Note: The Finest in Tampa Bay. Try the Ossobuco and the Filet Mignone, they are over the top! www.donatellotampa.com

www.bestofthebestitalian.com
AMERICA'S LEADING
Minimally Invasive
Spine Surgeons
and Interventionalists
www.back-spineexpress.com

EDINA, MN
STEFANO M. SINICROPI, M.D.
Midwest Spine & Brain Institute
7373 France Avenue S,
Suite 408
Edina, MN 55435
651-430-3800
MidwestSpineandBrain.com
SinicropiSpine.com

TANPA, FL
SAMUEL A. JOSEPH JR., M.D.
Joseph Spine: Advanced Center
for Spine, Scoliosis and Minimally
Invasive Surgery
2727 W. Dr. Martin Luther King Jr. Blvd.,
Suite 550
Tampa, FL 33607
813-534-6269
josephspine.com

SAN DIEGO, CA
SANJAY GHOSH, M.D., FAANS
3590 Camino Del Rio North
Suite 200
San Diego, CA 92108
619-810-1010
SanjayGhoshMD.com

LAS VEGAS, NV
ANDREW M. CASH, M.D.
Desert Institute of Spine Care
9339 West Sunset Road
Las Vegas, NV 89148
702-930-3472
DiscLV.com

SEATTLE, WA
SOLOMON KAMSON, M.D.
Spine Institute Northwest
1629 220th St. SE
Suite 201
Bothell, WA 98021
206-557-6502
SpineInstituteNorthwest.com

BATON ROUGE/NEW ORLEANS, LA
KEVIN P. McCARTHY, M.D.
The Spine Center at Bone &
Joint Clinic of Baton Rouge
7301 Hennessy Blvd., Suite 200
Baton Rouge, LA 70808
5000 O’Donovan Blvd., Suite 306
Walker, LA 70785
833-SPINEBR
spinecenterbr.com

KANSAS CITY/MANHATTAN, KS
INTERVENTIONALISTS
STEVE PELOQUIN, MD
Board Certified in Pain
Management and Anesthesiology
Kansas Regenerative
Medicine Center
Adipose(fat)-Derived
Stem Cell Therapy
913-800-7555
KansasRMC.com

NEW YORK, NY
EZRIEL E. KORNEL, M.D., FAANS
Brain and Spine Surgeons of New York
903 Park Ave.
New York, NY 10075
Westchester Park Drive #4
White Plains, NY 10604
855-942-7769
EzrielKornelMD.com

All MD’s listed in this ad are Board Certified in their specialties. Please refer to their practice’s website for accreditations and qualifications.
**Madame Tussauds Las Vegas**

**Party with the Wolfpack**

The & Warner Bros. Entertainment Inc

**Snap and Save!**

Snap this page & Save 50%

50% saving valid at all U.S. Madame Tussauds locations on a standard entry ticket except New York where discount applies to standard and Super Hero tickets. An additional upgrade charge is required for GhostBusters Inspiration. To redeem: Take a photo of this page or bring it to any location box office and you’ll receive 90% off up to an $18 total admission. Not combinable with other offers, web or combo tickets. **GhostBusters** & 2019 Columbia Pictures Industries, Inc. Comic Book 2018 THE VGC LLC. All Rights Reserved. The images shown depict wax figures created and owned by Madame Tussauds. Offer valid until 12/31/18. Code: FWSS0

---

**Room to Roam**

Diamond B Ranch, Wyoming

Picturesque 40 Acre Ranches near Cheyenne, Wyoming from only $67,800*

The Wyoming Ranch Lifestyle You’ve Dreamed About!

Developer is Currently offering No Qualifying Financing with 10% Down. No Closing Costs!

25 Minutes NE of Cheyenne, Wyoming off Highway US-85. 2 1/2 hours from Denver.

**Shown by Appointment / Days a Week**

Better hurry, they won’t last! Call Now:

**855-718-5263**

WyomingDreamLand.com

*Terms & Prices subject to change. Please contact Sales Office or Advisor Group. Steel Jocks, Inc.
Our firm is seeking new projects! We are willing to amortize tooling over production runs, and offer no charge for tooling on high production runs. Nominal terms for parts is net 60. We offer the best prices and great service!

113 Railroad St. Elroy, WI 53929
WWW.NTMUSA.COM

email: ntm@centurytel.net
phone: (608) 462-5066
fax: (608) 462-8950
Want to purchase minerals and other oil/gas interests. Send details to: P.O. Box 13557 Denver, CO 80201

ELECTRONIC WART REMOVER
One 3 minute home treatment completely eliminates the wart
100% successful
Simple   Effective   Permanent
(800) 645 0234
info@wartabater.com

YOUR SPECIAL DATE
in Roman Numerals
August 12, 1998 = VIII XII MCMXCVIII

Your Legacy Brought to Life
Family Crest Research Included
JOHN-CHRISTIAN.COM 888.646.6466
Express Service Available!

Dental Care in a Carrot®
Buy One or More
Includes:
• Toothbrush
• Toothpaste
• Dental Floss
• Plastic Mirror
• Rinse Cup
• Instructions

CARES® Airplane Safety Harness
Kids Fly Safe with CARES® Airplane Safety Harness. The only FAA approved harness-type child restraint approved for taxi, takeoff, turbulence, and landing. It’s perfect for toddlers old enough to sit alone, but too small for the seatbelt. Since the child is comfortably secured, they will more likely stay seated and can’t kick the seat in front of them. CARES Airplane Safety Harness is portable, lightweight, and simple to install.
www.kidsflysafe.com

WhiteWalls.com
Whiteboard Steel Wall Panels
WhiteWalls.com  800 624 4154

Got Warts?

ELECTRONIC WART REMOVER
One 3 minute home treatment completely eliminates the wart
100% successful
Simple   Effective   Permanent
(800) 645 0234
info@wartabater.com

ELECTRONIC WART REMOVER
One 3 minute home treatment completely eliminates the wart
100% successful
Simple   Effective   Permanent
(800) 645 0234
info@wartabater.com

Your Legacy Brought to Life
Family Crest Research Included
JOHN-CHRISTIAN.COM 888.646.6466
Express Service Available!

Dental Care in a Carrot®
Buy One or More
Includes:
• Toothbrush
• Toothpaste
• Dental Floss
• Plastic Mirror
• Rinse Cup
• Instructions

CARES® Airplane Safety Harness
Kids Fly Safe with CARES® Airplane Safety Harness. The only FAA approved harness-type child restraint approved for taxi, takeoff, turbulence, and landing. It’s perfect for toddlers old enough to sit alone, but too small for the seatbelt. Since the child is comfortably secured, they will more likely stay seated and can’t kick the seat in front of them. CARES Airplane Safety Harness is portable, lightweight, and simple to install.
www.kidsflysafe.com

WhiteWalls.com
Whiteboard Steel Wall Panels
WhiteWalls.com  800 624 4154

Your Legacy Brought to Life
Family Crest Research Included
JOHN-CHRISTIAN.COM 888.646.6466
Express Service Available!

Dental Care in a Carrot®
Buy One or More
Includes:
• Toothbrush
• Toothpaste
• Dental Floss
• Plastic Mirror
• Rinse Cup
• Instructions

CARES® Airplane Safety Harness
Kids Fly Safe with CARES® Airplane Safety Harness. The only FAA approved harness-type child restraint approved for taxi, takeoff, turbulence, and landing. It’s perfect for toddlers old enough to sit alone, but too small for the seatbelt. Since the child is comfortably secured, they will more likely stay seated and can’t kick the seat in front of them. CARES Airplane Safety Harness is portable, lightweight, and simple to install.
www.kidsflysafe.com

WhiteWalls.com
Whiteboard Steel Wall Panels
WhiteWalls.com  800 624 4154

Your Legacy Brought to Life
Family Crest Research Included
JOHN-CHRISTIAN.COM 888.646.6466
Express Service Available!

Dental Care in a Carrot®
Buy One or More
Includes:
• Toothbrush
• Toothpaste
• Dental Floss
• Plastic Mirror
• Rinse Cup
• Instructions

CARES® Airplane Safety Harness
Kids Fly Safe with CARES® Airplane Safety Harness. The only FAA approved harness-type child restraint approved for taxi, takeoff, turbulence, and landing. It’s perfect for toddlers old enough to sit alone, but too small for the seatbelt. Since the child is comfortably secured, they will more likely stay seated and can’t kick the seat in front of them. CARES Airplane Safety Harness is portable, lightweight, and simple to install.
www.kidsflysafe.com
GET IN THIS SCENE ✯

New York City

1 At Southwestvacations.com®, book your flight to NYC through Newark (EWR) or LaGuardia (LGA).
2 Add on activities, like a tour of Ellis Island and the Statue of Liberty.
3 Eat something sweet at Brooklyn Ice Cream Factory’s Fulton Ferry Landing location.

DID YOU KNOW? Between EWR and LGA, Southwest serves 17 nonstop destinations.*

*Based on DOT published schedules for October 2018.
Fly Like a Pro
Check out these reminders to enjoy a stress-free travel experience.

SNACK PACK
We serve complimentary snacks,** but feel free to bring your own food onboard—you just can’t bring your own alcohol to consume onboard.

SAY CHEESE!
Please be respectful of Employees and Customers when capturing photos or videos onboard.

SMOKE-FREE
E-cigarettes are not allowed to be used in the cabin.

Permitted
Small portable electronic devices (PEDs) such as tablets, e-readers, and smartphones weighing less than 2 pounds may be used in AIRPLANE mode at all times on domestic flights, unless a Crew Member indicates otherwise. A small PED may be held in hand, attached to a person, or placed in clothing or a seat-back pocket. Devices and accessories may not block access to the aisle. Large PEDs such as laptops weighing 2 pounds or more must be stowed under the seat or in an overhead bin for taxi, takeoff, and landing. It is recommended that laptops be placed in a case when stowed under the seat.

On international flights, all PEDs must be turned off during taxi, takeoff, and landing at airports outside the U.S. and its territories. Please use headphones for all audio and video. Siempre puedes usar dispositivos electrónicos portátiles y pequeños (PEDs) tales como tabletas, lectores electrónicos y teléfonos inteligentes que pesen menos de 2 libras en modo AVIÓN en los vuelos domésticos, excepto si un Miembro de la Tripulación indica lo contrario. Puedes tener un PED pequeño en la mano, llevarlo encima, en la ropa o en un bolsillo en el respaldo del asiento. Los dispositivos y accesorios no pueden bloquear el acceso al pasillo. Los PEDs grandes como computadoras portátiles que pesen 2 libras o más deben de ser guardados debajo del asiento o en los compartimentos superiores mientras el avión avanza por la pista, durante el despegue y el aterrizaje. Se recomienda que las computadoras portátiles se guarden en un estuche debajo del asiento. En los vuelos internacionales, todos los PEDs deben permanecer apagados mientras el avión avanza por la pista, durante el despegue y el aterrizaje en aeropuertos fuera de los EE.UU. y sus territorios. Por favor use auriculares para cualquier sonido o video.

Smartphones (in AIRPLANE mode)
Tabletson inteligentes (en modo AVIÓN)
Laptops
Computers
Tablets or E-readers (in AIRPLANE mode)
Audio Players
Aparatos de audio
DVD/CD Players
Reproductores de DVD/CD
Digital Cameras
Cámaras digitales
GPS Receivers
Hand-Held Electronic Games
Juegos electrónicos portátiles
Satellite Radio
Radio por satélite
Video Camcorders
Videocámaras
Bluetooth Devices
Dispositivos Bluetooth

Sometimes Permitted
We understand you may want to document your travel on Southwest Airlines. Want to photograph and/or record Southwest Airlines Customers or Employees? Let them know first! The use of cameras and mobile devices is permitted onboard to capture personal events but can never interfere with the safety of a flight and should always respect others’ privacy. Entendemos que es posible que desees documentar tu viaje en Southwest Airlines. ¿Quieres fotografiar y/o grabar Clientes o Empleados de Southwest Airlines? ¡Hazles saber primero! El uso de cámaras y dispositivos móviles se permite a bordo para capturar eventos personales, pero nunca debe interferir con la seguridad de un vuelo y siempre debe respetar la privacidad de los demás.
On a Business Trip?

TAKE YOUR PICK
With Business Select®, you can be one of the first to board with priority boarding. Pick the seat you want and have room for your carry-on bags. Visit Southwest.com/businessselect.

CUTERIS
If you’re a Business Select Customer, your first drink is on us.†

WORK PERKS
Business Select Passengers can bypass long lines by taking advantage of our Fly By® priority check-in and security lane access (where available). For a complete list of available Fly By locations, visit Southwest.com/flyby.

Always Permitted Pueden usarse en todo momento del avión
Electronic nerve stimulators and other implanted medical devices are also permitted. Devices capable of transmitting data, unless otherwise noted, are never permitted. Never are permitted the dispositivos con capacidad para transmitir datos, excepto que se especifique lo contrario.

Electronic Watches Reloj de pulsera
Noise-Canceling Headphones Auriculares que asistan el ruido
Electronic Shavers Aparatos de afeitar eléctrico
Electronic Cigarettes and Smoking Devices not allowed for use in the cabin. No se permite el uso de Cigarrillos Electrónicos y Dispositivos para fumar adentro de la cabina.

Never Permitted Nunca pueden usarse dentro del avión
Alcoholic beverages not purchased in the day of travel. Bebidas no compradas el día de viaje.

PERSONAL DEVICES
Unapproved personal devices (e.g., Knee Defender, infant slings) may not be attached to any part of the aircraft. Dispositivos personales no aprobados (e.g., defensores de rodillas) no pueden sujetarse a ninguna parte de la aeronave.

CREW INTERFERENCE
Federal law prohibits any passenger from assaulting, threatening, or intimidating a Crew Member or interfering with a Crew Member’s duties. La ley federal prohíbe que los pasajeros ataquen, amenacen o intimiden a los Miembros de la Tripulación o que interfieran con los deberes de un Miembro de la Tripulación.

ALCOHOLIC BEVERAGES
All pets must stay inside their carriers and under the seat for the duration of the flight. Todavía las mascotas deben permanecer dentro de sus jaulas y debajo del asiento durante todo el vuelo.

PETS
All pets must stay inside their carriers and under the seat for the duration of the flight. Todavialas mascotas deben permanecer dentro de sus jaulas y debajo del asiento durante todo el vuelo.

CARRYON BAGGAGE
Customers are limited to one (1) bag per person, plus one (1) additional personal item. El límite es de una (1) maleta por persona y un (1) artículo personal.

LOST AN ITEM
Visit the Customer Service page on Southwest.com to report a lost item. Visita la página de Servicio al Cliente en Southwest.com para reportar un objeto perdido.

Southwest Airlines offers assistance to Customers with disabilities upon request. Southwest Airlines siempre ofrece asistencia para sus Clientes con discapacidades que así lo soliciten.

ELECTRONIC DEVICES
Cellphones and pagers may be used at the gate and after landing. Los teléfonos y localizadores pueden ser usados en la puerta y después de aterrizar.

DISABILITY ASSISTANCE
Southwest Airlines offers assistance to Customers with disabilities upon request. Southwest Airlines siempre ofrece asistencia para sus Clientes con discapacidades que así lo soliciten.

Note 7 Smartphone Samsung Galaxy

*Price depends on Customer’s itinerary; subject to availability. **Visit Southwest.com and click on “Special Assistance” at the bottom of the page for more information. †Early-Bird Check-In can be purchased at prices ranging from $15–$25 one-way per Passenger. ††Business Select Customers receive a free premium drink on the day of travel.
Getting Connected

Our entertainment portal is filled with exciting inflight options—from free live TV* to exclusive content—for you to enjoy.

Whether you want to catch your favorite TV show or need a restaurant recommendation, our portal has got you covered.

HOW TO CONNECT: SOUTHWESTWIFI.COM**

<table>
<thead>
<tr>
<th>Handheld Devices</th>
<th>Laptop</th>
<th>HOW TO CONNECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tap the Settings icon, and then choose the WiFi icon. Turn WiFi On with On/Off button.</td>
<td>Click the WiFi icon.</td>
<td>Tap SouthwestWiFi in the list of WiFi networks and confirm connection. Open your internet browser.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Our entertainment portal should load automatically. If not, click the address bar and type in Southewestwifi.com.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Select your entertainment option and enjoy.</td>
</tr>
</tbody>
</table>

*Limited time. Where available. **WiFi available only on WiFi-enabled aircraft.

MORE INFORMATION:
- Content and services are offered on WiFi-enabled aircraft only. We cannot guarantee that connecting flights will be WiFi-enabled.
- Service on flights to/from destinations outside the contiguous U.S. may not currently be available for the entire flight.
- Movies and select TV content require download of the free AirTime Player app.
- Pricing information can be found on the Inflight Entertainment Portal.
- In order to provide top-notch web browsing capabilities to all Customers using WiFi, we limit access to the following online activities due to high bandwidth consumption: telephony applications (VoIP), device/system/software updates, and certain video/audio streaming subscription services, applications, and websites.
Leinenkugel’s Oktoberfest

READY FOR A taste of fall? Available through October, this Märzen-style beer touts a toasted malt flavor and hints of hops. Up the experience by visiting Chippewa Falls, Wisconsin, where you can see how the brewery has grown since Jacob Leinenkugel, whose family emigrated from Meckenheim, Germany, founded it in 1867. Prost!

THIS ONE’S ON US
Business Select Customers receive a free premium drink† on the day of travel.

**COMPLIMENTARY BEVERAGES**
- Coca-Cola®
- Coca-Cola® Zero Sugar
- Diet Coke®
- Canada Dry® Lemon Lime Sparkling Water
- 7UP®
- Dr Pepper®
- Diet Dr Pepper®
- Seagram’s, Ginger Ale
- Seagram’s, Tonic Water
- Seagram’s, Seltzer Water
- Mr & Mrs T® Bloody Mary Mix
- Mr & Mrs T® Margarita Mix
- Mott’s® Tomato Juice
- Minute Maid® Cranberry Apple Cocktail
- Minute Maid® Orange Juice
- Minute Maid® Apple Juice
- Community® coffee
- Community® decaf instant coffee
- Community® tea
- Hot Chocolate
- Noncarbonated Purified Drinking Water
- Regular creamer available.

**BEER $6-$7**
- Miller Lite® ($6)
- Dos Equis® Special Lager ($6)
- Leinenkugel’s® Oktoberfest ($7)
- Lagunitas® 12th of Never Ale ($7)
- Blue Moon, Belgian White Ale ($7)

**WINE $6**
- Carmenet Cabernet Sauvignon
- Cruset Sparkling Wine
- Mossel Bay Chenin Chardonnay

**LIQUOR $7**
- Dewar’s® Scotch
- Jack Daniel’s®
- Wild Turkey
- Tanqueray® Gin
- Bacardi® Rum
- Baileys® Irish Cream
- Deep Eddy Vodka
- Deep Eddy Ruby Red Grapefruit Vodka
- Sauza® Gold Tequila

† You must be 21 years or older to drink alcoholic beverages. According to the U.S. Surgeon General, women who are pregnant or who may become pregnant should not drink alcoholic beverages because of the risk of birth defects. Images of the alcoholic beverage product do not reflect how it is actually served. Customer will not receive a beverage with a cap. In accordance with FAA regulations, Customers are prohibited from consuming alcoholic beverages onboard that are not served by Southwest Airlines.

Valid Southwest Rapid Rewards drink coupons, as shown here, are printed with expiration dates and the Member’s (or issuing group’s) name. Business Select drink coupons are valid for same-day use only. Valid Rapid Rewards and Business Select drink coupons will be accepted onboard for beer, wine, and liquor.

**RECYCLING**
We’re happy to take care of any recyclable items, including plastic bottles, coffee cups, newspapers, and food containers.

**RECEIPTS**
Customers can retrieve drink receipts at Southwest.com/beveragereceipts.
Need a hand? Southwest can help you when ...

... you’re feeling eco-friendly. With the Southwest Airlines app, you can save paper—and time—by using mobile boarding. Just present your mobile boarding pass at security checkpoints and during boarding.
... you need a Lyft ride. We’re partnering with Lyft to help Customers secure a rideshare through Southwest’s mobile app before and after your flight.

... you’re ready to celebrate. Love spooky spirit? From costume contests to CEO Gary Kelly’s super ensembles, Southwest goes all in when we celebrate Halloween.

... you want to save time. Checking in to your flight has never been easier. With EarlyBird Check-In (from $15–$25 one-way per Passenger), we check you in 36 hours before your flight so you receive a better boarding position.
Earn 50,000 Points!

Points. Perks. Priority. The new Rapid Rewards® Priority Credit Card has perks on perks on perks. Earn 50,000 points after you spend $2,000 on purchases in the first three months of opening your account.

Visit our Inflight Entertainment Portal at Southwestwifi.com to learn more about the exclusive 50,000 point offer.

Accounts subject to credit approval. Restrictions and limitations apply. Southwest Rapid Rewards® Credit Cards are issued by Chase Bank USA, N.A. 50,000 point offer is exclusive to the Southwest Inflight Entertainment Portal and airport kiosks (where available) and is subject to change. See Southwestwifi.com and click the Southwest Rapid Rewards Credit Card link for offer details. To learn more about the Rapid Rewards Priority Credit Card, visit Southwest.com. All Southwest Rapid Rewards® Program Rules and Regulations apply; please visit Southwest.com/rrterms.

Rapid Rewards Tiers and Companion Pass

A-LIST TIER BENEFITS
- 25 percent point-earning bonus
- Fly By® priority check-in and security lane access*
- Priority boarding to help you get on the plane faster
Southwest.com/ALstatus

A-LIST PREFERRED TIER BENEFITS
- All the perks of being an A-Lister
- Free inflight WiFi (where available)
- 100 percent point-earning bonus
Southwest.com/ALPstatus

COMPANION PASS
Every time you purchase a flight or redeem points for a flight, Companion Pass lets you choose one person to fly free of carrier charges* with you for an entire calendar year.
Southwest.com/companion

* Does not include taxes and fees from $5.60 one-way. Visit Southwest.com/rrterms for a complete list of Companion Pass rules.

Hotels

Paint the town red; then turn in at your favorite hotel and earn up to 10,000 Rapid Rewards points per night.† Book now at Southwesthotels.com in partnership with Booking.com.

A-LIST TIER BENEFITS
- All the perks of being an A-Lister
- Free inflight WiFi (where available)
- 100 percent point-earning bonus
Southwest.com/ALstatus

A-LIST PREFERRED TIER BENEFITS
- All the perks of being an A-Lister
- Free inflight WiFi (where available)
- 100 percent point-earning bonus
Southwest.com/ALPstatus

COMPANION PASS
Every time you purchase a flight or redeem points for a flight, Companion Pass lets you choose one person to fly free of carrier charges* with you for an entire calendar year.
Southwest.com/companion

* Does not include taxes and fees from $5.60 one-way. Visit Southwest.com/rrterms for a complete list of Companion Pass rules.

ROCKETMILES
Earn from 1,000 to 10,000 points per night for every hotel stay booked through Rocketmiles. Visit rocketmiles.com/southwest to book now.

† Book now at Southwesthotels.com in partnership with Booking.com.
Rental Cars
Speed up the earning with your next car rental. Earn 600 points per qualifying rental.† Visit Southwest.com/car-rentals to book now.

Shop, Dine, and More
From haute couture to haute cuisine, you can earn hundreds of Rapid Rewards points with every dollar you spend.

- Earn 3 points per $1 spent. Join Rapid Rewards Dining® for free today at rapidrewardsdining.com.
- Earn Rapid Rewards points for shopping at hundreds of your favorite online retailers. Visit rrshopping.southwest.com to learn more.

Make your points go further.
Close to a reward flight but need a few more points? You can buy points for yourself, give them as a gift, or transfer points from your Rapid Rewards account to another Member—all from one location. Visit Southwest.com/pointscenter to get started.

†Hotels and Rental Cars: Potential to earn additional points depending on applicable promotion. Partners are subject to change. All Rapid Rewards rules and regulations apply and can be found at Southwest.com/rrterms. ©2018 Southwest Airlines Co.
Boarding, Customs, and Immigration

1. **U.S. CUSTOMS DECLARATION FORM**
   - Who must complete this form:
     - All Passengers (or one Passenger per family with the same address) bound for the U.S.
   - How to complete this form:
     - Complete before arrival in the U.S.
     - Write in English, in capital letters.
     - Be sure to include the street name and number, city, and state of your address in the U.S.
     - If you are transiting through the U.S., you may write TRANSIT and your final destination country.
     - Lines 5 and 6 may be left blank if not using a passport.
     - On Line 9, enter WN for Southwest, followed by your specific flight number.
     - Please read both sides of the declaration.
     - Sign at the “X.”

2. **FAMILY DECLARATION FORM**
   - Read the instructions on the back of this form. Space is provided to list all the family members.
   - The primary purpose of this trip is business: Yes or No.
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.

3. **VISITORS DECLARATION FORM**
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
   - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
   - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
   - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.

4. **RESIDENTS DECLARATION FORM**
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
   - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
   - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
   - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.

5. **VISITOR'S DEPARTMENT DECLARATION FORM**
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
   - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
   - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
   - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.

6. **RESIDENT'S DECLARATION FORM**
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
   - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
   - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
   - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.

7. **VESSEL DECLARATION FORM**
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
   - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
   - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
   - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.

8. **DEPARTMENT DECLARATION FORM**
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
   - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
   - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
   - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.

9. **VISITOR'S DECLARATION FORM**
   - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
   - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
   - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
   - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.

10. **RESIDENT'S DECLARATION FORM**
    - The vessel name is (a) fruits, vegetables, plants, seeds, food, insects: Yes or No.
    - The vessel name is (b) meats, animals, animal/wildlife products: Yes or No.
    - The vessel name is (c) disease agents, cell cultures, snails: Yes or No.
    - The vessel name is (d) soil or have been on a farm/ranch/pasture: Yes or No.
NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Void where prohibited. Open to legal residents of 48 contiguous United States and the District of Columbia age 21 or older at time of entry. Limit one entry per person. All fields must be completed. Approximate retail value of prize: $4,300. For complete details and Official Rules, visit southwestvacations.com/WinCR. By submitting this entry, you agree to the Official Rules. By entering, information collected will be used in accordance with Sponsor’s Privacy Policy at southwestvacations.com/generalinformation/privacy-and-security-policy. Sponsor: The Mark Travel Corporation, doing business as Southwest Vacations, 8415 South Park Circle, Orlando, FL 32819. Enter by 11:59 p.m. CT on Oct. 31, 2018. Air travel does not include taxes and fees of at least $5.60 per one-way flight.

MEXICAN CUSTOMS DECLARATION FORM
Who must complete this form:
• All Passengers (or one Passenger per family with the same address) on flights bound for Mexico.
How to complete this form:
• Complete sections 1–6.
• Once completed, sign and date the form.

MEXICAN IMMIGRATION FORM
Who must complete this form:
• All Passengers (including children) who are not citizens of Mexico, on flights bound for Mexico.
How to complete this form:
• Complete sections 1–14 on the top portion of the form and sections 1–10 on the bottom portion of the form.
• Once completed, sign and date the top portion of the form.

What to do with this form:
• Sections on the form titled “USO OFICIAL” are for use by Mexican Immigration officials and should not be filled out by Passengers.
What to do with this form:
• The form will be separated as Passengers proceed through Mexican Customs.
• Make sure to retain the bottom portion of the form, which serves as your visa while in Mexico. It must be surrendered at time of check-in for your return flight. Passengers unable to present this form at time of departure will be fined by Mexican Immigration.

* Go to cbp.gov to download, fill out, and print this form before your next international flight.
Your Destination Awaits
Planning your next getaway? It’s a snap at Southwest.com.

You’re On Your Way
You can get to a number of other cities via Southwest destinations. Travel to Santa Fe via Albuquerque, Palm Springs via Ontario/LA, Galveston via Houston (Hobby), and more. Service between some cities/airports is not offered.

Las Vegas
Tucked inside Park MGM, Primrose serves tasty tipples like the Mistral, made with vodka, cranberry syrup, and frothy grapefruit juice.
**ATLANTA**
Football fanatic? Learn all about gridiron glory at the College Football Hall of Fame.

**TULSA**
At the Gilcrease Museum, explore the world’s largest collection of art of the American West.
Kathryn Hahn, what led you to write a children’s book?

I was asked to contribute to Lenny Letter, Lena Dunham and Jenni Konner’s online newsletter, and wrote a piece inspired by my then 6-year-old daughter, who was so proud in her own skin, so unapologetic. Consciously or not, I had lost some of that through society’s expectations and expectations I put on myself—I had learned not to take up as much space and not to trust myself. Scholastic asked me to turn it into a children’s book. I’m excited for women to read it with their daughters as a reminder of that spirit inside them.
To Family, Love, Stella Rosa

That’s why 15 years ago, we created Stella Rosa, a collection of semi-sweet, semi-sparkling wines like no other. We source our moscato, brachetto, and barbera grapes from the prestigious winemaking region of Piedmont, Italy, ensuring the highest quality. The Riboli family knows how important good wine is to any celebration, so we invite you to taste the magic of Stella Rosa for yourself and discover why it’s the number one imported Italian wine in the country.* Celebrate responsibly and a heartfelt cheers from our Stella Rosa family to yours!

- The Riboli Family of San Antonio Winery

We Believe in the Magic of Wine

Must be 21 to drink. Enjoy Responsibly.
NOW WITH ALL-WEATHER TRACTION CONTROL

The Rainy Day Founder delivers pure Hubbard comfort, along with a waterproof GORE-TEX® membrane and non-slip Davos® Ice Sole. Harsh weather? Bring it on.

SAMUELHUBBARD.COM
S H O E M A K E R S S I N C E 1 9 3 0

Free shipping and returns. Order online or call 844.492.4800.