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MARCH 15, 2013

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(pg. 12)

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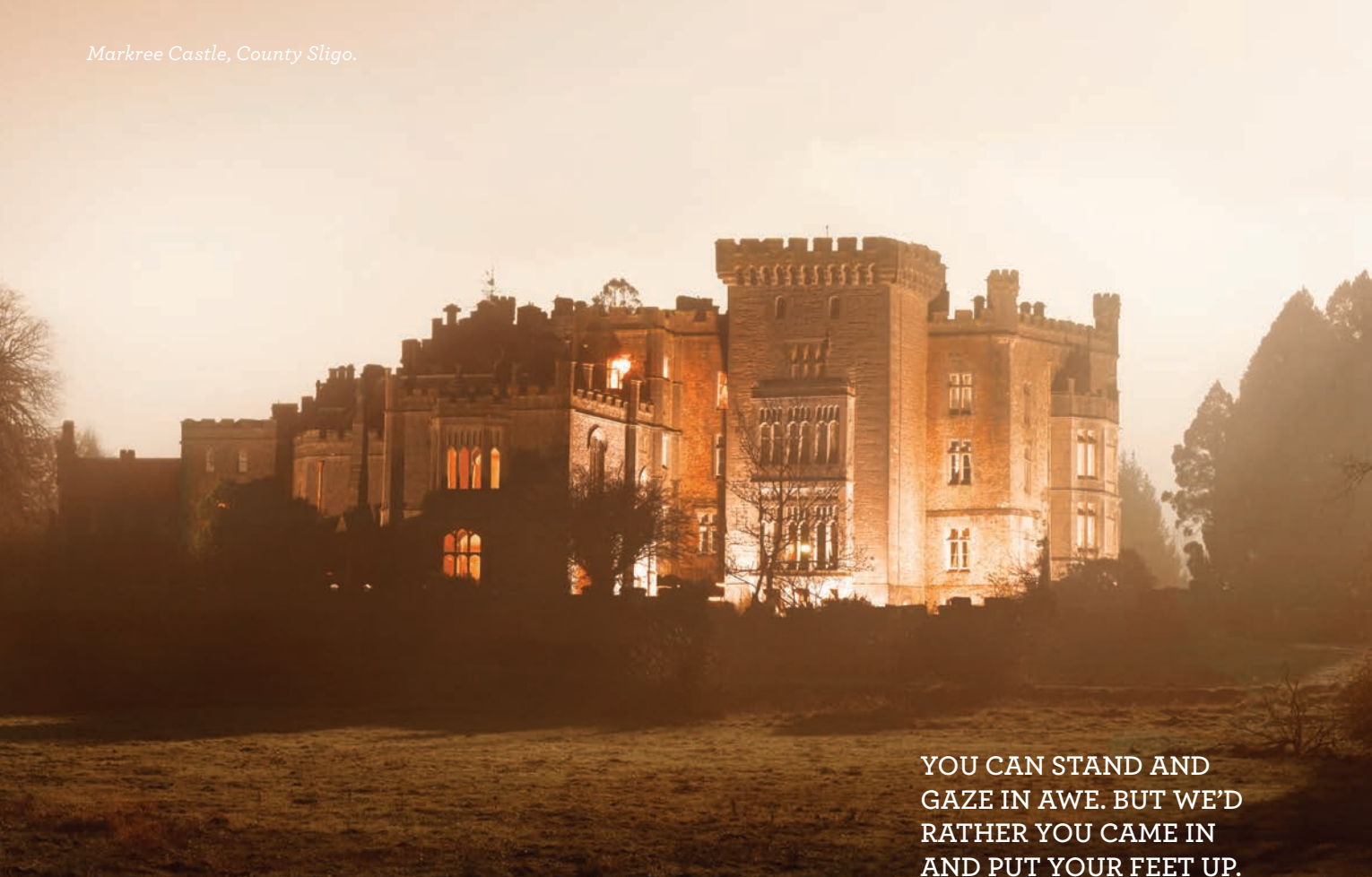
County Kerry? There is a festival for everyone in Ireland in 2013. From family clan gatherings to Irish culture there are thousands of ways to connect with your Irish roots. If you have ever wanted to come 'home', there's never been a better time to do it. Don't miss this once-in-a-lifetime chance - be part of it!



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Ireland

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**ON THE COVER**

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American Airlines Flagship Detroit DC-3 entered the fleet in 1937. Photograph courtesy Flagship Detroit Foundation.





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# Our New Look

**FROM THE WRIGHT FLYER** to the Mars rover, America's flying machines have represented discovery, exploration and, most of all, progress for more than a century. And for nearly that long, the continuously evolving American Airlines fleet has been driving progress in commercial aviation. This was most recently illustrated by the two Flagship Boeing 777-300 Extended Range aircraft we put into service in late January. As I described in my last column, the 777-300ERs are a leap forward when it comes to passenger comfort and operating capability — and they are but one component of the historic aircraft orders, placed in 2011, that will transform the American fleet into the youngest and most fuel-efficient fleet in the industry.

As we rapidly bring new airplanes into the fold, we are also refreshing and improving the interiors of our current planes in a variety of important ways. The new American Airlines fleet is going to look and feel much different — and much better. And while this is exciting, for us and for you, it also creates some interesting challenges. For instance, the world has come to know the planes of American Airlines as “silver birds,” owing to the

decision we made decades ago to polish rather than paint the aluminum skins of our aircraft. However, many of the next-generation airplanes on the way are made of composite materials that cannot be polished. Given the need to paint, and our desire to ensure that the outsides of our planes match the modern and clean feel of their interiors, we decided the time was right to unveil a new logo and livery, which you see emblazoned on the American aircraft pictured above.

This is the first update to the American Airlines look in more than 40 years, and our objective was to create a modern, clean image that is both progressive and respectful of our proud name and history. Since the polished-metal look was no longer an option, the importance of the paint selection became critical to honoring the silver-bird legacy. Silver mica paint was chosen as a way to maintain the silver look that so many of our people and customers love. As you can see, our core colors of red, white and blue have been boldly updated, with stripes flying proudly on the new tail, while our new flight symbol, an updated eagle, creatively melds many of the icons that people have come to associate with American, including the “A” and the star.

As you would imagine, updating our look across the American network will not happen overnight. It is a big job that will take place over time and that will touch, in addition to airplane interiors and exteriors, hundreds of airports, employee uniforms and technology platforms like aa.com and the American mobile apps.

Modernizing the look and feel of the American Airlines brand is not something we take lightly. My colleagues and I know that we are caretakers of one of the few brands widely considered to be true American icons. That said, we believe we have a unique opportunity to not just refresh the look and feel of our planes and facilities but to communicate to the world, through our words and actions, who we are and what we stand for.

We intend to lead the industry in every important way, from customer satisfaction to financial

performance, and that will require excellence and continuous improvement in everything we do. This means putting our customers front and center in every decision we make, because we understand that ultimately, our success is a byproduct of your success.

We take pride in the incredible role we play in connecting people, places and ideas around the world. And we embrace our responsibility, as American Airlines, to represent the very best of modern America. We are keenly aware that we are flying the flag of our country all over the world, and we are going to work hard to embody the values people think of when they think of America: freedom, progress, innovation and opportunity, to name a few.

My colleagues and I are excited about where American Airlines is headed. With each day, our momentum is increasing and our future is coming into clearer focus. We have great plans for the future, and I'll be able to share more details in future columns. For now, let me thank you on behalf of our entire team for flying with us today. Have a great trip!

**THOMAS W. HORTON**  
Chairman & CEO  
American Airlines

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**BE OUR GUESTS:** Adam with (from left) Mariella Swain, Flory D. Ellis, Kaitlin Backlund and Kelley Alison Smith, all enjoying the luxurious Grand Del Mar in San Diego

# Binding Tie

**THE 7:30 A.M. FLIGHT** from San Diego to Dallas/Fort Worth is always packed, and the other day, once comfortably seated and buckled, I noticed a lot of familiar faces. Or maybe they seemed familiar because we were all on the same inbound days earlier. Or maybe I didn't recognize them at all but I really wanted to know them because they were reading *American Way* cover to cover, and the smiles on their faces indicated they were enjoying what they were reading.

I was in San Diego for my favorite event of the year: the *American Way* Road Warrior Contest photo shoot. We flew our five winners and their guests to San Diego and put them up at perhaps the most spectacular resort in all of California: The Grand Del Mar. (Actually, we flew four of them and three of their guests, the exceptions being our second-place winner, Jerry Swain, and his lovely wife, Mariella — they live only four miles away, so they drove — and Ruban Selvakumar's wife, Chital. More on her later.)

My 7:30 a.m. flight out of there was scheduled to make a brief stop at DFW before flying on to LGA. I was en route to the *New York Times* Travel Show in New York City, where I'd be lecturing on whether print media — in the digital age — still matters. I was, therefore, acutely aware of who was reading print materials at the photo shoot, who was reading print materials on the airplanes, and who wasn't.

At the Road Warrior photo shoot, this group immediately connected. After our first meal together — and there'd be many more phenomenal dining indulgences enjoyed right there on the grounds of The Grand Del Mar — they were pulling practical jokes on each other, as well as on the *AW* staff.

Not surprisingly, I noticed during it all that Road Warriors and their guests are voracious readers. When you spend as much time up in the air as they do, you read everything you can get your hands on. And smart, well-read people clearly befriend and bring smart, well-read guests. Flory B. Ellis' mother, Flory D. Ellis, was almost never without her tablet. Michele Nishiguchi's guest, Kaitlin Backlund, read every single magazine in the suite, of which there was no shortage. Mariella Swain is so well read that whether the magazine articles were in English, Italian or her native Spanish, she absorbed them all.

And then there was our grand-prize winner, Gillian Smith. Her sister, Kelley Alison Smith, a writing instructor and project manager at Brown University, read everything from books to magazine stories to news updates on her phone to the ingredients on the soap. They knew I was studying their habits because I was trying to gauge whether they read only digital stuff or whether print still mattered to them. And it does. But hold that thought.

You might be wondering about Ruban Selvakumar's guest — well, she was a little busy. You see, Ruban and his wife, Chital, welcomed their first child into their lives a mere two weeks before the photo shoot, so Chital stayed home to care for baby Millan. But as the father of two, I'll venture an educated guess that she was at home reading *The Happiest Baby on the Block* whenever Millan went down for a nap. The Road Warriors' guests came from different backgrounds, were at different stages in life, had different careers — and had they not all been tossed together for this once-in-a-lifetime event, their paths may never have crossed. The Road Warrior experience, however, has a Crazy Glue effect on the winners and their guests. They bond in the beginning, then they indelibly stick.


This year was no different than the past 10. The Road Warriors bonded during their photo shoot, and the guests bonded while watching their loved ones mug for the camera.

Which brings us back to whether print still matters. After a week of high-society pampering at San Diego's gorgeous Grand Del Mar; after an incredible day of whale watching with Next Level Sailing; after an unforgettable tour of the USS Midway Museum; after an unparalleled dining experience at Top of the Market; and after luxurious car service provided by Avis, the guests agreed that print still matters. After all, were it not for print, none of their friends or family would have entered the Road Warrior Contest.

Blessed be the tie that binds.

  
ADAM PITLUK  
Editor

 **Want to talk to Adam?**  
Reach him at [editor@americanwaymag.com](mailto:editor@americanwaymag.com)

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*Jeff and Shauna Barison*

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**65%** of mothers with children under age 6 are in the workplace

\*Average based on 2011. As stated in Item 19 of our Franchise Disclosure Document. 155 of 358 (43.3%) of franchises in this group did as well or better than the average. Franchisor cannot predict individual earnings. \*\*Earnings Before Interest, Taxes, Depreciation and Amortization  
 All other material—Source: Marketdata Enterprises, Inc.

**W**hen Jeff and Shauna Barison first decided to start their own business, they had a few goals in mind. They wanted to make a difference, have an impact in their community, utilize their collective talents, have autonomy in decision making and create a legacy. Their search for the right business led them to The Goddard School<sup>®</sup>. Jeff and Shauna opened their first Goddard School in February 2008 and their second in November 2011. Both schools are located in Redmond, Washington.

Goddard Systems, Inc. (GSI), headquartered in King of Prussia, Pennsylvania, franchises The Goddard School. With 390+ Schools nationwide, GSI is the fastest growing preschool franchise in the United States, and was recognized as the “#1 Childcare Franchise” for the twelfth consecutive year by *Entrepreneur* magazine (January 2013).

Jeff says, “We felt a proven franchise would offer the best of both worlds—we could have our own business,

identity and culture, but also benefit from the back-office support of a major corporation. We would have never ventured out on our own to create a preschool from the ground up.”

*When we initially discussed opening a Goddard School, we focused on the family-friendly, lifestyle-oriented nature of the business.*

*Our family is very involved and supports our efforts in growing and maintaining our two Schools.*

*- Jeff Barison*

“The communication and support has been great. The best testament to that statement is the fact that we made the decision to construct and open a second school last year,” adds Shauna.

When asked to give advice to someone who is thinking of buying a franchise, Jeff answered, “If you are serious about making a difference through an impactful, community-based, family-oriented business, then The Goddard

School should be part of your decision. Take the time to really think about your desired lifestyle and how best to craft your legacy.”

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We enjoy hearing what you think about the magazine — so much so that **if your letter to the editor is published in a 2013 issue, you'll be entered into a drawing to win 100,000 AAdvantage miles.** Want a chance at the miles? Simply email your thoughts to us at [editor@americanwaymag.com](mailto:editor@americanwaymag.com)

## LOVE ACROSS THE AISLE

Sitting on an American Airlines flight on Nov. 4, 2012, I met the man of my dreams. I wasn't supposed to be on that flight, much less sitting in that seat. For some reason, I had been upgraded to First Class, and he was across the aisle. I assumed he was a frequent flier, which I later found out was true. I felt a strong desire to talk to this handsome gentleman, but my shyness got the better of me and I buried my head in the Nov. 1, 2012, edition of *American Way* and started reading a very interesting article on Alicia Keys ("Unlocked"). It took me by surprise when he leaned over and commented on the article. I looked up, only to be met by the most spellbinding eyes and contagious smile. Now I wake up to those eyes and smile every morning. Every time we fly together, we fly with American Airlines, and every time I pick up *American Way*, I smile to myself and reminisce on the day we met.

*Priya Maloni, Montreal*

**EDITOR ADAM PITLUK RESPONDS:** *I don't think any compliments make me happier than when American Way serves as the tie that binds (see "Editor's Note" on page 10).*

## ENJOYING DIVERSITY

I always enjoy perusing *American Way*, but the Dec. 1, 2012, issue was so outstanding that I had to write. My wife and I are volunteer missionaries on the island of Dominica, and after visiting our family in Boston, we were returning to Dominica when I saw the cover highlighting Steven Spielberg's latest movie, *Lincoln*. I love historical films and had wanted to see this one. The interview with Spielberg ("Pursuit of Perfection") provided so many fascinating details about the era that Lincoln lived in and the efforts to incorporate those details into the movie. I loved the article. I continued flipping and

found another article entitled "Joining the Jedis." The article was quite engaging and humorous in its description of Jedi sword training in New York City. A great read. What other magazine compiles such an amazing diversity of articles? From sci-fi to the history of a president, *American Way* provides immersive reading material.

*Jaime Shaw, Boston*

**ASSOCIATE EDITOR JESSICA JONES RESPONDS:** *We always try to bring attention to a wide range of topics and stories, Jaime, and we're glad that diversity struck a chord with you.*

## ROME BOUND

I really enjoyed reading "Past in Present" by Samuel G. Friedman in your Dec. 15, 2012, issue of *American Way*. I am a "holiday" flier and only read snippets here and there. All the articles were thoughtful and well written, but the one by Mr. Friedman led me to write this note. I have been considering making a European trip for my boyfriend and me for our 10-year anniversary in May. This wonderful article enticed me so much that Rome is now to be our last and longest stop in our cross-continental trip. The locations, the cuisine, the historical trivia and the photographs were all wonderfully done. Here's to the love of my life and my chance to experience *La Dolce Vita* in May.

*Ricardo Reyes, Goodlettsville, Tenn.*

**ASSOCIATE EDITOR JAN HUBBARD RESPONDS:** *It seems to me our greatest challenge is to get you on more planes during the year and, of course, that would give you more chances to read our magazine. Even if you remain a "holiday" flier, however, you can go to [aa.com/americanway](http://aa.com/americanway) to find digital editions of the magazine.*

## GOOD AGING

Coming back from spending holidays in Mexico, I was drawn to the Jan. 1 issue of

*American Way* by the gorgeous and elegant Andrea Bocelli on the cover. Well, I ended up reading the whole issue. One article after another transported me to a different adventure. One prevailing emotion I was left with after reading the magazine is this: How in the name of Father Time am I already over 50? But wait ... this was actually a good thought. I am enjoying midlife, and my youthful exuberance is — at least in my mind — still alive.

Then, reading "Going to Extremes" by Jessica Jones brought up a place I have always wanted to visit: New Zealand. I might not, like her, go bungee jumping (or maybe I will), but I have to go there while I am feeling energetic and adventurous. I love seeing the world, and my bucket list is still long.

*Martha Martinez, Baltimore*

**A.P. RESPONDS:** *This is an excellent outlook and approach on life, Martha. I don't know if I'll go bungee jumping anytime soon either (or maybe I will), but I probably won't.*

## THOROUGHLY EDUCATED

During my last flight from Seattle to Chicago, I read *American Way* and found it entertaining, educational and useful in my line of work. I teach English as a Second Language at Solex College in Wheeling, Ill., and in order to keep students engaged in class, I utilize a multitude of resources. The article about "L.A.'s geekiest creative collective" ("Pure Imagination," Dec. 15, 2012) is a valuable piece of information about an innovative and unusual company that I plan to use in the Business English class. And the article about fan fiction ("Choose Your Own Adventure") inspired me to create an assignment for students in the American Literature class.

*Dorothy Szlagor, Schaumburg, Ill.*

**SENIOR EDITOR ANNA K. FIALHO RESPONDS:** *We hope other passengers are as inspired by those pieces as you (and we) were, Dorothy. I also hope we can continue to keep you entertained, as well as produce a great educational tool in the process. It's nice to know that AW is making an impact in the classroom too.*

## AN EXCELLENT SURPRISE

In the past, I did not read *American Way* because I'd bring my own magazines, Sudoku and crossword puzzles. Recently, I accidentally checked in these carry-on items and had nothing to do for a three-hour flight to Dallas. So, I reached for the Jan. 15 issue,

{BLACK HISTORY MONTH REPRISÉ}



**REACTION to the Black History Month edition of *American Way* (Feb. 1) was spirited and diverse. Here are some examples of peoples' comments.**

**HISTORIC REMINDER**

I really enjoyed reading your article on Jackie Robinson in honor of Black History Month ("Jackie Robinson: American Hero"). For someone who was born in the 1970s, it helped put Robinson's achievements in perspective and it brought back fond memories of a historic trip of equality my dad and I took in December 2010. We started in Savannah, Ga., visiting plantations that highlighted the very disparate lives slaves led compared to their wealthy masters. Then we visited nearby Fort Pulaski, where the Union Army forced the Confederates to surrender. I left the area with a good feeling about how far African-Americans have come. But then I was hit with the reality at the site of the Woolworth sit-ins [in 1960], which is part of the International Civil Rights Center & Museum, in Greensboro, N.C. It was remarkable to me that although slavery had been abolished 100 years earlier, African-Americans couldn't sit at the same lunch counter as whites. Your article on Jackie Robinson not only brought his heroism to light but that of other civil-rights pioneers such as Martin Luther King Jr. and Rosa Parks. The article was a wonderful

walk through the civil-rights movement as well as a vivid reminder of a very moving trip.

*Rakhi Datta, New York*

**J.H. RESPONDS:** One of the enjoyable aspects of writing about Jackie Robinson was doing the research on what a strong and influential man he was. Historians agree his impact on race relations and baseball was profound. It was an honor to feature him in *American Way*.

**I BELIEVE IN MAGIC**

Being an immigrant from Turkey, not being raised with any color or race difference, I find Earvin Johnson Jr. "Magical." His sports career coincided with my first years in the USA. Magic Johnson was at the top of his career, and it was a pleasure to watch the Lakers. He is a real gentleman, a fantastic sportsman, and he made me love basketball.

*Loni Farhi, New York*

**A.P. RESPONDS:** That's a very interesting perspective, Loni, and one that resonates with all of us.

**TRAVEL PERFECTION**

FourSquare just awarded me the JetSetter badge, level 4, when I checked in at D/FW Airport — my 15th airport in a year. I am the guy who lives in airports and airplanes, visiting faraway cities for my company. When I travel, I always look in the seat pocket for *American Way*. Reading the Feb. 1 issue, I knew I could count on the magazine to provide me something inspiring ("Jackie Robinson: American Hero"), tantalizing ("Sweet Perfection") and engaging ("Holding Court") as I travel the country. Thanks for editing the perfect magazine to have with me in the travel zone.

*Larry Bodine, Tucson, Ariz.*

**MANAGING EDITOR TRAVIS KINSEY RESPONDS:** Being an avid baseball fan, I found this issue especially fun to work on,

with stories on the Dodgers of old (thanks to Jackie) and new (thanks to Magic). (All that said, I'm a Cleveland Indians fan.) With spring training in full swing and the season about to start, I'm especially excited about our upcoming April 1 all-baseball issue. Be on the lookout for it, Larry. Play ball!

and I was blown away. All of the above were in one magazine. Amazing. I first read a concise yet informative article about Columbus, Ga. ("Brief: Go") and am now contemplating a trip there using recommendations from the article. I read the more in-depth article on Shanghai ("Shanghai Wonder"), and now I dream about visiting that part of the world. I am keeping this article in my travel folder to reference when I take that trip. I capped it off with a couple of games, and as I finished solving the Sudoku puzzle the plane landed. It was the fastest three hours I can remember.

*Rickey I. Mittelberg, Miami*

**A.P. RESPONDS:** Welcome to *American Way*, Rickey, your new and improved one-stop shop for all your editorial and entertainment needs.

**A FUTURE WITH FARMS**

Cathy Booth Thomas wrote a great column on farming ("Kings of Cotton," Dec. 1, 2012). She could write a family story on each agricultural product and have a following.

*Tyler Krutzfeldt, Red Lodge, Mont.*

**COLUMNIST CATHY BOOTH THOMAS RESPONDS:** Tyler, I'm in "high cotton" just reading your compliment. I try to write a column a year on farmers. I have even written about friends with home gardens.

**FACT BETTER THAN FICTION**

On my short flight from Miami to Tampa, I was planning to scour your Jan. 15 issue to come up with a witty letter to the editor in the hopes I could have a chance of winning 100,000 AAdvantage miles. But instead of coming up with a contrived letter, I stumbled across the feature on Columbus, Ga. ("Brief: Go"). While we all dream of trips to Tuscany, the British Virgin Islands and Madrid (also featured in the issue), it is the destinations close to home that interest most of us. Keep the profiles of the quaint American cities coming. After all, they embody the *American Way*.

*Jeff Lam, Palmetto Bay, Fla.*

**J.H. RESPONDS:** There are many little-known great places to visit, Jeff, and we're dedicated to finding and writing about all of them.

@ **Missed it in the magazine?**

All *American Way* articles are available online at [aa.com/americanway](http://aa.com/americanway)

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MOZART FOR THE MASSES

STEPHAN PYLES' NEW STAMPEDE 66

DIANE KRUGER PLAYS HOST

+ MORE

# ITINERARY

{ MOVIES }

## Mac Daddy

Multitalented **DERMOT MULRONEY** helps bring Apple's origin story to light in the new film *JOBS*. ➤



JEFF VESPA/CONTOURBYGETTY IMAGES



{ MOVIES }

## Scaring Up Laughs

Legendary stage and film actress Ethel Barrymore said, “You grow up the day you have your first real laugh — at yourself.” In which case, the cornucopia of celebrities who have delivered self-deprecating cameos in the spoof-happy **SCARY MOVIE FRANCHISE** — the fifth installment of which is due next month — must be among Tinseltown’s most mature denizens. We look back at some of the memorable appearances.



**SCARY MOVIE** (2000)  
Dawson’s Creek alum James Van Der Beek, playing himself, peeps through a bedroom window — interrupting a young couple’s make-out session — then declares, “Wrong set!” He won an MTV Movie Award for Best Cameo.



**SCARY MOVIE 2** (2001)  
Marlon Brando was set to play a deranged exorcist in a brief bit, but when he fell ill, Emmy winner James Woods filled his formidable shoes.

**SCARY MOVIE 3** (2003)  
Jenny McCarthy, Pamela Anderson and Charlie Sheen all stop by for blink-and-you’ll-miss-’em moments, but the film’s real star cameo came in the form of an electrifying debut from the Toyota Prius, appearing for the first time in a movie, according to IMDb.



**SCARY MOVIE 4** (2006)  
When basketball superstar and notorious free-throw choker Shaquille O’Neal is captured with feel-good guru Dr. Phil McGraw, heads roll and laughter abounds. Shaq might be Kazaam, but he just can’t sink the shot — not even when his life depends on it.

**SCARY MOVIE 5** (2013)  
Mike Tyson and Ashley Tisdale are on hand to poke fun at themselves, but this installment’s big moment is a doomed lip-lock between a winning Sheen (back for more!) and Lindsay Lohan, taking deep digs at her recent public foibles. —J.R.



For Dermot Mulroney, there’s always room for cello. Even as he gears up for a robust 2013 on-screen schedule — starring opposite Ashton Kutcher’s Steve Jobs in the biopic *JOBS*, appearing in the twisted thriller *Stoker* and continuing his work on HBO’s *Enlightened* with Laura Dern — he stays close to the melancholy strings he’s played since the age of 7, contributing to the soundtracks of films like *Mission: Impossible – Ghost Protocol*. *American Way* spoke with the 49-year-old actor — who’ll play Mike Markkula, an early supporter of Steve Jobs, in next month’s eponymous film — about his hair, his music and his luck.

**AMERICAN WAY:** We’ve seen some promo photographs from *JOBS*, and it looks like you got the short end of the stick, hairwise.

**DERMOT MULRONEY:** [Laughs] Wigs were flying on that movie, man. But I’ll tell you this: I didn’t wear a single wig. That’s all me, man. We shot the movie chronologically, so I started with my hair dyed and grown out kind of long for the ’70s stuff, and by the time we were shooting the more recent stuff, it was my natural hair, gray and all. No special effects on me. It’s old school. My hairdresser will swear it’s the truth.

**AW:** Mike Markkula, your *JOBS* character, is an interesting guy.

**DM:** From my point of view, as under-the-radar as he is, he owns Steve Jobs, and he owned him

from the beginning. He bought him outright with a \$9,000 check in that garage in 1977, and he owned him every day after that. Now, Ashton sees it all a little differently. [Laughs.] But I had to play it like I was the big dog and nobody knew it.

**AW:** Have you had much time to play your music lately?

**DM:** Get this: I texted my friend Michael Giacchino, an Academy Award-winning composer, and asked him when they were recording the music for the next *Star Trek* movie. He called back and said, “What are you doing tomorrow?” So later today, I’m going to warm up on the old cello a little bit, drive over to the Sony soundstage, sit with 100 other musicians and play on the original Michael Giacchino score for *Star Trek 2*.

**AW:** In interviews, you often talk about luck and being lucky. Is there more to it than that?

**DM:** Maybe it’s an Irish thing. I don’t know. But what people forget about luck is there are two kinds of luck. Even if you’re depending on luck, you have to manage which way it’s trending. I think I’ve gotten a lot better at that. I’m definitely a very lucky guy. —J. RENTILLY



Cariwyl Hebert



{ CULTURE }

## Mozart Made Modern

**W**HAT WOULD COMPOSER Wolfgang Amadeus Mozart think about music and technology today? **SALON97** founder Cariwyl Hebert imagines his response through the *Mozart Does Stuff* online video series. In support of her nonprofit's mission to make classical music more accessible, the violinist dons a Mozart costume and does the dishes, dances to pop songs, hails a cab and even operates a cellphone. Salon97's quirky approach works — in the five years since Hebert set out to show how cool classical tunes can be, she's expanded the organization's offerings from free living-room listening parties, complete with wine and cupcakes, to public events at San Francisco's Conservatory of Flowers and events at New York's classical radio station, WQXR.

"My whole mission was to find the best way to share this with peers who don't really get it," says Hebert, who studied classical music. "But, I

often refer to it as the gateway drug to the symphony hall ... there are a lot of places to access this kind of music."

Salon97 presents monthly listening parties and film screenings throughout San Francisco. In addition to a fifth-anniversary celebration scheduled for May, the nonprofit is hosting several spring events in Boston and New York.

[www.salon97.org](http://www.salon97.org) —RENEE BRINCKS



**ALL ABOARD!** The Yosemite Mountain Sugar Pine Railroad takes riders on a 4-mile tour of the Sierra National Forest just outside Yosemite National Park.



CALIFORNIA

{ TRAVEL }

## Ring Around the Mountain

Our national parks are boundless in their beauty, but our vacations last only a limited time. The **MAJESTIC MOUNTAIN LOOP**, a network of self-guided excursions through Yosemite, Kings Canyon and Sequoia, helps you get the most out of your next getaway with suggested three-day itineraries that highlight the features of each California park and their gateway communities. The itineraries can be modified according to the season and kicked off from any of the three parks, depending on your most convenient starting point. Whichever route you follow, the Loop will lead you through a world of natural wonders — glaciers, waterfalls, canyons, caves and forests — while underscoring the appeal of the small towns you'll pass along the way.

From Visalia, for instance, a community known for the farm-fresh cuisine served at more than 60 locally owned restaurants, the Loop snakes into Sequoia National Park, home to the world's largest living tree — the General Sherman Tree — and to the rustic comforts of the stone-and-cedar Wuksachi Lodge. The next day, the route leads through the echoing and dramatic Kings Canyon, then into the charming Oakhurst-area towns that link Kings Canyon to Yosemite. Wineries, art galleries, museums and a ride on a historic railroad rank among the local draws. Last but far from least, Yosemite and its iconic landmarks (El Capitan, Half Dome) exceed

even your grandest expectations. Those are just a few suggestions. Can't get to them all? They'll still be here your next time through. [www.majesticmountainloop.com](http://www.majesticmountainloop.com)

—JOSH SENS

{ EAT }

## Flavor of the Town

Expanding her empire, *Top Chef* champ Stephanie Izard recently opened the **LITTLE GOAT** in Chicago's foodie-centric West Loop neighborhood. The slick yet comfortable retro eatery sits

a bar and a demo kitchen/classroom/private-dining space. The diner serves classic American comfort food, made with ingredients that are either locally produced or made in house — with a twist,

sandwich, with scallion pancake, house hoisin, bok choy salad and ginger-maple dressing. These are just slightly more mainstream than eats found at her premier location. “Growing up on the East Coast, I ate at diners all the time,” Izard says. “I’ve always wanted to recreate that classic feel but bring my passion for working with local, fresh ingredients to the diner world.” Perfecting her trifecta of goatdom, Izard has also launched her own product line. Aptly called *The Flavor* by Stephanie Izard, it’s inspired by recipes she uses in some of her most popular dishes. From marinades to rubs to accessories, her line is available for purchase at Little Goat and sold nationally via her website. [www.theflavorbystephanieizard.com](http://www.theflavorbystephanieizard.com), [www.littlegoatchicago.com](http://www.littlegoatchicago.com)

—LISA LUBIN



right across the street from her megasuccessful flagship eatery, *Girl & the Goat*. Little Goat encompasses a diner, an artisan bread/deli/coffee shop,

of course. Choose from dishes like Fat Elvis Waffles with banana, peanut butter-butter and bacon-maple syrup; and the Pork Belly Pancake

{ HOME }

## Space Saver

**T**HERE SEEMS TO BE A DIFFERENT pot or pan out there for any dish you could possibly prepare, yet no one has enough space in their kitchen to house them all. **CRISTEL**'s new “L” line of cookware provides a solution with its versatile, stylish pots and skillets. Each piece can be transformed from an efficient cooking tool into an elegant serving dish by merely removing the automatic locking handles, which come in a variety of pastel colors as well as sleek stainless steel. A frying pan

converts to an oven dish and then to a serving platter with a simple adjustment. In addition, these multifunction pans can be stacked alongside their corresponding flat lids to maximize storage space in the cupboard. Made with a high-performance three-layer base, the pans can be used on all heat sources — gas, electric and induction — and are available with a stainless-steel cooking surface or an Excalibur nonstick coating.

From \$38 to \$518, [www.cristelusa.com](http://www.cristelusa.com)

—LISA MARSH



{ EAT }

## DINNER RUSH

Known as a founding father of Southwestern cuisine, celeb chef Stephan Pyles recently opened his latest restaurant, **STAMPEDE 66**, in



Dallas. The fifth-generation Texan is celebrating 30 years in the industry and has nearly 20 openings under his belt buckle thus far. Inspired by his Lone Star roots and having learned to cook at his parents'

truck-stop restaurant, Chef Pyles has created what he refers to as “Modern Texas” cuisine, i.e., familiar Texas dishes reinterpreted with that ol’ contemporary twist. The upscale yet down-home Stampede 66 features gussied-up Tex-Mex favorites like mushroom-and-huitlacoche (a trufflelike corn fungus) tamales and fried-oyster tacos, as well as old-school Texas grub with a punch — think chicken-fried buffalo steak, venison meatloaf with mac ‘n’ cheese or the tongue-in-cheek “Freeto-chili pie” (house-made corn chips topped with classic Texas chili and a cheddar foam, served in a foil bag). There’s also a margarita-and-taco bar, but if you’re feeling a bit lazy, no worries — a margarita cart will come rollin’ along to serve up modern drinks with a just-over-the-top touch of liquid nitro.

[www.stampede66.com](http://www.stampede66.com)

—LISA LUBIN



DALLAS



{ TV }

## Parents and Parenting

Now a mom in real life, **SARAH CHALKE** is moving back in with hers on her new show.

**A**FTER YEARS OF CO-STARRING IN ensemble comedies, Sarah Chalke is finally getting the chance to headline her own sitcom, ABC's *How to Live With Your Parents (For the Rest of Your Life)*. The show stars Chalke as a single mom who moves back in with her long-suffering parents, played by Brad Garrett and Elizabeth Perkins. But just because she's playing the lead, don't assume the 36-year-old actress has positioned herself as the center of attention on set. That role would belong to her 3-year-old son, Charlie.

"He loves coming to work — he just does not know what to do about Brad," says Chalke, referring to her 6-foot-8-inch co-star. "The second Charlie sees him, he runs up and wraps his arms around Brad's leg, just climbing him."

Chalke admits that Charlie isn't the only one a little obsessed with Garrett, who formerly starred on *Everybody Loves Raymond*. "I have to literally stop takes because I'll snort with laughter," she says. "I can't get through a single take if Brad is looking at me. He's just that funny."

Some would say the same about Chalke. The Ottawa, Ontario, native cut her comedy teeth with Roseanne Barr and John Goodman as the petulant and pretty Becky on *Roseanne*. "Second Becky," corrects Chalke, who famously replaced Alicia Goranson in a controversial recasting. "That was my nickname on *Scrubs*. They'd just say: 'Second Becky on set!' That's seriously how they referred to me."



Her *Scrubs* stint, as Dr. Elliot Reid, was followed by roles in short-lived sitcoms like *Mad Love* and guest spots on *How I Met Your Mother* and *Cougar Town*. Now with a show of her own and a family to balance, Chalke (who's engaged to Charlie's father, entertainment lawyer Jamie Afifi) admits that her working life has definitely changed — for the messier. "I'm always walking into work with spit-up all over my shirt," she laughs. "There's no use trying to fight it. It's just inevitable."

When she's not working, she's either whipping up Thai green curry (her specialty) or dreaming of trips she can take Charlie on. The travel bug comes from her own childhood, as her parents have run the Vancouver-based Sunrise Adoption agency since 1997, which meant frequent trips to China, Thailand and other faraway places for Chalke and her two sisters. "It gave us a really unique perspective on how the majority of the world lives," Chalke says. "That's definitely something that I want to give to my kid." — SONA CHARAIPOTRA

{ TV }

## The Dark Side

According to actor **GIANCARLO ESPOSITO**, the key to portraying indelible bad guys is honesty. "Good and bad lies in every one of us," says the 54-year-old actor. "We need to be honest about the darkness and the light."

Of course, in the world of NBC's smash hit *Revolution* (below), in which Earth has endured a mysterious 15-year blackout, the only light to be found radiates from the sun above and from the occasional heroism of its band of rebels who clash against Esposito's militant Captain Tom Neville. While Esposito — an avid yogi, runner and outdoorsman — doesn't fear such a return to Luddite values, he admits he'd miss a few things should the power suddenly go out. With *Revolution* set to return this month, Esposito spills about the modern-day creature comforts that would be toughest for him to do without:



### CELLPHONE

"More and more, I like to leave my cellphone places and not retrieve it for a while, so I'm not a slave to technology. But if I really needed it and it was not available, I'm sure I would miss it."



### WASHING MACHINE

"I do yoga every day, so I'm constantly sweating and then doing laundry. I wash a lot of clothes by hand, because I am very conservation-minded, but I was just thinking last week, 'This stackable washer and dryer is a really great thing.'"

### HEAT/FIRE

"I'm an avid camper, and I can build a fire quickly, but having regular access to fire and heat for cooking and to reduce exposure to the elements would be, to my mind, quite vital."

— J. RENTILLY

{ MUSIC }

# Hard to Say Goodbye

Country superstar George Strait launched a **FAREWELL TOUR** in January, and Meat Loaf will do the same next month. After that, both will have lots of free time to play pinochle with semiretires like Glen Campbell, the Scorpions and Judas Priest, who finished their own good-bye tours last year.

But are any of these farewells for real?

Don't bet on it. In the concert business, "farewell tour" is fast becoming like "Good-night, Cleveland!" — just one more empty phrase bands say before they trot back out for an obligatory encore. Here's a look at five performers who bid fans farewell and sold their tour buses but just couldn't wait to get on the road again.

## The First Farewell

## The Return

KISS



They came to fame spitting fake blood, but bad blood was all too real among band members. They claimed their 2000-2001 tour would be their last.



Ace Frehley remained in retirement, but the others renewed their vows to "rock 'n' roll all night and party every day." They hit the road again in 2003.

OZZY OSBOURNE



After releasing *No More Tears*, he launched his "No More Tours" tour in 1993 and went home to attempt a no-more-drugs lifestyle.



He announced his "Retirement Sucks Tour" in 1995, followed by Ozzfest, the annual summer rock ritual featuring hordes of shirtless dudes showing off their beer bellies.

TINA TURNER



She enjoyed her 1990 farewell tour so much she kept performing until it was time to announce another farewell tour in 2000.



After eight years off, she still had plenty of legs on 2008's "50th Anniversary Tour."

THE WHO



Years of substance abuse and the death of Keith Moon left the band feeling awful cold; The Who said goodbye (before they got old) on their 1982 farewell tour.



Before a new generation of music fans could ask, "Who are you?", the band unretired in 1989.

FRANK SINATRA



As usual, the Chairman of the Board did it his way: no tour — just a single farewell concert in 1971 in Los Angeles.



He released *O' Blue Eyes is Back* in 1973 and toured into the 1990s, thrilling aging bobbysockers and mob capos everywhere.  
— THOR CHRISTENSEN

{ MUSIC }

# Fly Guy

Though **DJ VICE** (née Eric Aguirre) is based in Los Angeles, he doesn't spend much time there. Rather, the sought-after club DJ is constantly flying to gigs worldwide and to Las Vegas each week for his Saturday and Sunday residencies at nightclubs Tao and Lavo. Vice expects to be on the go for much of 2013 as well, with back-to-back tours planned in Europe and Asia. We asked the globe-trekking DJ, an Executive Platinum flier who logs thousands of miles with American Airlines each year, for his top three travel tips.



### 1 Charged Up

"I always pack my Belkin mini surge protector with USB charger because at an airport or hotel, there's often just one spare outlet, and I need to charge my two laptops, iPad and two cellphones."

### 2 Free Your Feet

"I own two shoe stores [CRSVR in Santa Barbara, Calif., and Las Vegas], so I know what works for my feet when I'm traveling: Nike Free. I can smash them up in my bag, then put them on for a sprint through the terminal if I'm late and work out in them the next day. Packing the Frees helps me get everything in my carry-on."



### 3 Know Thy Seat

"I've been using SeatGuru for eight years, long before TripAdvisor acquired it. It's run by travelers and lets me see which seats have plugs, which have in-seat entertainment and which might be hot or cold. Several times, I've found an economy row that's better but not more expensive."



—PHIL WHITE

LEFT COLUMN, FROM TOP: MICHAEL OCHS ARCHIVES/GETTY IMAGES (4); HULTON ARCHIVE/GETTY IMAGES  
RIGHT COLUMN, FROM TOP: MICHAEL OCHS ARCHIVES/GETTY IMAGES; WIREIMAGE; LORNE RESNICK/GETTY IMAGES; CHALKIE DAVIES/GETTY IMAGES; MICHAEL OCHS ARCHIVES/GETTY IMAGES



{ HOME }

## Finishing Touch

**T**HE HARDEST PART OF KEEPING furry friends in your home is cleaning up after them, especially when it comes to your furniture. Pet hair, slobber, dirt and more can stain, discolor or even ruin pieces that are expensive or, in the case of antiques, impossible to replace. **SURE FIT**, a manufacturer known for its slipcovers, has created a solution called Pet Covers. These covers for sofas, chairs and beds come in a variety of colors, textures

and fabrics (including soft suede, cotton and corduroy) to make them simple to incorporate into your existing decor. They're also easy to put on and take off, machine-washable and durable. The best part, though, is that they look great and are polished enough to leave on the furniture while entertaining guests. Sure Fit also has travel options, including covers that fit most automobiles. *Prices vary based on size and fabric, www.surefit.com* —LISA MARSH

{ TRAVEL + HEALTH }

## Naturally Beneficial

Feeling as if you have to eat poorly while traveling has become an excuse to eat whatever's within reach. Enter **NATUREBOX**, a service that delivers a box of 15 to 20 servings of healthy snacks monthly. The boxes differ with each delivery yet always feature five tasty packages of snacks (think veggie chips, trail mix and granola) that are free of trans fats and artificial



sweeteners, flavors and colors. Eating well with NatureBox is great for more than just your waistline too, because for every order, the company donates a meal to Feeding America, a nonprofit fighting hunger in America. *\$20 per box/month, www.naturebox.com*

—JENNIFER BRADLEY FRANKLIN

HOW TO

## Boost Your Metabolism

Some things are better fast: cars, roller coasters — and your metabolism. **THE FAST METABOLISM DIET**, a new book due out next month by star nutritionist Haylie Pomroy, aims to help accelerate your body's calorie-burning engine. Pomroy, a wellness consultant for 19 years who has advised Reese Witherspoon, Robert Downey Jr. and Jennifer Lopez, says, "I wanted to create a plan to enhance the rate of burn, relying on food as medicine." Her 28-day plan, described as "cross-training for your metabolism," has three phases each week: **Monday and Tuesday, you load up on carbs and fruit; fuel with proteins and vegetables the next two days; and Friday through Sunday, eat all of the above plus healthy fats.** The cycle repeats over 28 days, during which you can lose up to 20 pounds. Vroom, vroom!

**Pack And Go**  
Pomroy's best travel tips for keeping your metabolism moving as fast as you are.



### HYDRATE

Always drink half of your body weight in ounces, but on travel days, drink an extra eight ounces per hour of flight time to avoid dehydration.

### FUEL

Have a stash of lean, high-protein foods, such as turkey jerky and almonds, available as between-meal snacks, and eat every three to four hours.



### BE FRUITY

Add a piece of whole fruit to each meal; it can help lower stress hormones.



### DECAFFEINATE

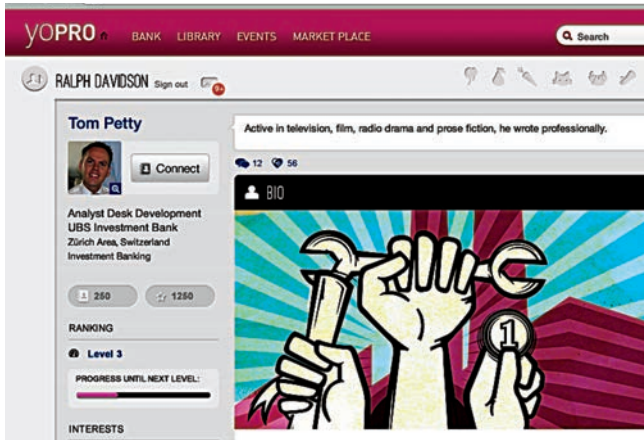
Lay off of caffeinated beverages, which can stress your adrenal glands while you're traveling.

### RISE AND EAT

On the day of travel, make sure you eat within 30 minutes of waking — no matter what time your flight.

—J.B.F.

@ Go to [www.fastmetabolismdiet.com](http://www.fastmetabolismdiet.com) to learn more.



{ BUSINESS + CAREER }

## A New Way to Network

When Ty Richardson's career took him from Washington, D.C., to Dublin, he found himself adjusting to a new country, a new culture and a new job all at once. He searched for a young-professionals group that might lend support but found none operating in the city. So, Richardson started one. Now he's using that experience to develop **YOPRO GLOBAL**, a social network that guides young professionals from college to the corner office.

After joining the site, YoPro Global members verify a pre-populated profile that highlights their expertise, interests and aspirations. Some also upload creative work or link to existing online résumés. YoPro Global stands apart from traditional job-search

sites by encouraging participants to proactively pursue their goals — and members earn points by being active on the site. The more points they have, the more benefits they receive, including more options to connect with other members. “This is purely designed around people connecting with other people,” says Richardson, who co-founded the group with Ronny Ellefsen and Drew Morrison. “We’re teaching people how to network for success.”

YoPro Global launches this month, and members will be invited to in-person professional-networking events in Miami, Chicago, London, Tokyo and other major cities.

[www.yoproglobal.org](http://www.yoproglobal.org)

—RENEE BRINCKS



*The scale is definitely not the best way to check your progress when embarking on a new workout plan. Tracking your daily measurements is time-consuming and almost never gives you encouraging visual feedback. However, **FITEO**, a new app, offers a solution. Each day, you follow the provided alignment guidelines for taking and uploading your photo. The app then creates a time-lapse log of your progress with side-by-side pictures that offer the perfect visual stimulation to keep you motivated to reach your goal. And just in time for beach season. Free, [www.fiteoapp.com](http://www.fiteoapp.com)*  
—LISA MARSH

### Luggage All-Star

Any road warrior worth his or her salt knows it's imperative to keep your luggage close — after all, you never know when the skies will call. But storing bulky suitcases, even those as small as a carry-on, can be challenging to those who are frequently on the go. Until now. **Road Warrior Luggage** offers a perfect solution with its space-saving, collapsible M Series collection (\$249 to \$479), which features 11 pieces (from spinners to a carry-on to an upright), as well as its new, more casual L Series line (\$199 to \$379). With the pull of several rip cords, each piece of luggage collapses to half its depth (less than 6 inches!) and neatly slips into a storage sleeve so it can be tucked under the bed, in a drawer or on a shelf — even hung in the closet. When the time comes, just grab the bag, pull the handle and, voilà, your bag is locked and loaded, ready to be packed for your next adventure.

[www.roadwarriorluggage.com](http://www.roadwarriorluggage.com)

—ANNA FIALHO



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{ MOVIES }

# Strong Spirited

Independent-minded **DIANE KRUGER** gets symbiotic instead in her new film, *The Host*.

In 2004's *Troy*, Diane Kruger broke out as Helen of Troy, the most beautiful woman in the world. Since then, however, with heralded turns in projects such as *Inglourious Basterds* and multiple foreign films, the Germany-born 36-year-old has proven that she's more than just a pretty face. This month, Kruger is back on the big screen in Stephenie Meyer's much-anticipated *Twilight* follow-up *The Host*. It's no surprise that, much like Kruger herself, her character is a strong, complicated woman (albeit an alien).

**AMERICAN WAY:** So, a Stephenie Meyer alien movie. We're intrigued.

**DIANE KRUGER:** It was definitely intriguing.



These types of movies are usually just about the bad guys, but in this one, the aliens, or "the souls" that come into our body, are actually good. People become very good to each other. It raises the question of what makes humans special, what sets us apart.

**AW:** Had you read the book before signing on?

**DK:** I hadn't read *The Host*, no, but I was a huge fan of *Twilight*, even though it's not quite intended for my age group. Stephenie Meyer has this particular talent to touch on our most romantic ideas of love, though *The Host* is a very different take on this. But my character is so interesting because you seem to know who she is, but there's so much more than what you initially think.

**AW:** How did you get started in the business?

**DK:** I've been on my own since I was 15 years old. I started out in drama school in France, and I come from a dance background, and then I modeled and got to travel the world.

**AW:** Has your independent nature been helpful in navigating your career?

**DK:** Sometimes it's helpful and, sometimes, not so much. Acting is wonderful and it's what I love doing, but I try not to make it all I have in life. There are other things I'm interested in, whether it's traveling or raising kids one day. So if acting stops, I won't have nothing.

**AW:** You've become well known for your sense of style. Have you always loved fashion?

**DK:** I have an appreciation of all things art, especially haute couture. I think it's a great way of expressing yourself, no different than the books you read or the car you drive. It's not superficial. It's the opposite of that. Why not try to be the best version of yourself? —ALLISON WINN SCOTCH



## LOOKING BACK

### Beetlejuice

Twenty-five years ago, Warner Bros. released a ghoulish, surrealistic comedy about a madcap evil spirit wreaking havoc on a married couple. Directed by newcomer Tim Burton and scored by Oingo Boingo frontman Danny Elfman — both blazing new trails after careers in animation and rock music, respectively — *Beetlejuice* became a pop-culture sensation, a box-office hit and was the start of one of cinema's great director-composer relationships. Here, the Oscar-nominated Elfman reflects on the film:

"One of the great things about working with Tim is he never analyzes anything. He either feels it or he doesn't, but you'll never hear him say, 'Well, that doesn't make sense.' So Tim showed me a rough cut of the movie. I told him I'd call him in two weeks when I had some music. I played it for him. We were all set.

But while I was working on the music, the studio started doing test screenings, and they were all

just disastrous. They thought about re-shoots and re-editing the movie but, to the studio's credit — maybe because the movie was so cheap to make — they ultimately said, 'Let's just put this out there and see what happens.' Of course, it went on to be a big hit, and Tim and I have worked together another dozen times. You don't know how rare that is, and terribly gratifying too."

—J. RENTILLY



**EXCLUSIVE!**

To celebrate the release of **THE HOBBIT** on Blu-ray and DVD, we're giving away 20 copies of the Blu-ray/DVD combo pack. One lucky winner will also receive a 32-inch flat-screen TV! To enter, go to [aa.com/americanway](http://aa.com/americanway) and click on "Promotions."

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# Man of Mystery

This month, best-selling author **HARLAN COBEN** is back with his 24th novel, and it's guaranteed to be a page-turner with more than a few twists.

**A**UTHOR HARLAN COBEN wants us to care so much about his characters that we lose sleep over them. The strategy is paying off — the 51-year-old writer, who's carved a niche for set-in-suburbia thrillers in which an average guy is thrust into extraordinary circumstances, currently has more than 50 million books in print. He initially gained notice with his award-winning Myron Bolitar mystery series, which featured a wisecracking, Yoo-hoo-drinking sports agent who solves crimes. But his first stand-alone thriller, *Tell No One* in 2001, catapulted him into the best-selling ranks. His 24th novel, *Six Years*, goes on sale March 19. And the third book in his young-adult mystery series, starring the nephew of Myron Bolitar, will be released later this year. Also in the works: film versions of his novels *Stay Close* and *Tell No One* and a TV show based on the Myron books. We caught up with the busy New Jersey author to find out what drives him to keep us reading past our bedtimes.

**AMERICAN WAY: Why set your books in the suburbs?**

**HARLAN COBEN:** The suburbs are the battleground of the American dream. It's where you go and get married, and you have kids and the car in the garage and the picket fence. It's where dreams come true, but they can also ripen into nightmares. It's a placid pool where even a drop of a pebble can cause reverberations.

**AW: How do you keep coming up with ideas?**

**HC:** I sit around and I think, and I constantly ask "What if?" *Six Years* started with how heartbreaking it would be for a man to be at the wedding of another man marrying a woman he loves.

**AW: So you're a little bit of a softie?**

**HC:** There's no question. While the books are classified as thrillers, a lot of them are love stories. They are novels about ordinary people trying to achieve their dreams, but something gets in the way. I don't write about serial killers who hack up people for no reason. I want the suspense to come more from the heart.

**AW: What do you hope readers take away from your books?**

**HC:** I try to write what I call the novel of immersion. It's the book you take on vacation, but you have to stay in your hotel room because you have to know how it's going to end.

**AW: You're skilled at twist endings, often hitting us with multiple surprises. Do you enjoy playing with us like that?**

**HC:** Oh, yes. I love to fool you. It's one of the most difficult things to do, but I love that feeling when it happens to me and I love giving readers that gasp-out-loud moment.

**AW: Do you feel pretty confident each time you turn in a manuscript?**

**HC:** No, never. Insecurity and angst are major parts of the writing process — so I always fluctuate between loving and hating every book, feeling like it's the best book ever and the worst book ever in the same 15 minutes.

**AW: What books have influenced you?**

**HC:** Philip Roth is my all-time favorite author. I'm inspired by things other than books. I'm inspired by a Hitchcock movie, a Springsteen song, an Edward Hopper painting.

**AW: What's next for you?**

**HC:** I want to keep writing better and better books. I want to find new ways of moving you and new ways of keeping you up all night.

**AW: Will Myron be back?**

**HC:** My guess is he will be back, but I never know.

GETTING TO KNOW:

**Harlan Coben**

**I WILL ALWAYS MAKE**

**TIME FOR:** my family and my writing

**RIGHT NOW I'M READING:** *The Hour of Peril*, by Daniel Stashower

**LAST THING I**

**BOUGHT:** a stand-up desk so I can write, uh, standing up

**GUILTY PLEASURE:**

corny love songs

**RIGHT NOW I'M COVETING:** I don't covet.

It's bad for you, and I already have more than I could ask for.

**SURPRISING FACT**

**ABOUT ME:** I have a tattoo. And no, you can't see it.

**LIFE MOTTO:** You bring your own weather to the picnic.

@ For more information on Coben and his books, visit [HarlanCoben.com](http://HarlanCoben.com)

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**CLOCKWISE FROM LEFT:** The Pennsylvania State Capitol was made for gawking. Enjoy a strong drink along with shrimp and grits at Sturges Speakeasy. Stay in style at City House Bed and Breakfast.



BRIEF: GO

@ Find contact information for all of the places mentioned in this story at [aa.com/americanway](http://aa.com/americanway); search keyword **Harrisburg**.

A WEEKEND IN ...

# Harrisburg, Pa.

Often overshadowed by bigger brethren Philadelphia and Pittsburgh, this **CHARMING NORTHEASTERN CITY** offers lots to love.

**Q**UICK: What's the capital of Pennsylvania? If you said Philadelphia, the people of Harrisburg would like to have a word with you. Not one to be overlooked, Pennsylvania's charming waterfront capital is rich with history, has a vibrant restaurant scene downtown, boasts museums galore and features an island playground where the Harrisburg Senators play minor-league baseball at Metro Bank Park. As a weekend getaway destination, Harrisburg more than deserves your vote.

**DO:** Take a free tour of the **Pennsylvania State Capitol**, described by President Teddy Roosevelt

as the "handsomest building" he'd ever seen. Modeled after St. Peter's Basilica in Rome, the gold-domed structure could inspire the most jaded politicians. The grand staircase in the main rotunda is patterned after the one in the Paris opera house, and the building is adorned with sculptures and murals. When you've grown heady from the halls of power, walk five blocks to the cavernous **Midtown Scholar Bookstore**, a modern-day Babylon for bibliophiles with more than 100,000 used and rare books on six floors. The renovated

**BONUS FACTOID:** On Labor Day, the **Harrisburg Kipona celebration** kicks off in Riverfront Park with arts and crafts, children's theater, sporting events and the popular Pennsylvania Chili Cook-off.

1920s theater building offers lots of hidden passageways, stained-glass windows and overstuffed chairs in which to settle down with a good read. To relax with family, drive across Market Street Bridge to **City Island**, where you can tour the 63-acre park by steam train, play miniature golf, hit the batting cages or rent a kayak or canoe. Facilities are open during spring and summer.

**EAT:** For a home-cooked Italian meal, check out **Alvaro Bread and Pastry Shoppe**, a cozy BYOB, family-run restaurant tucked along a side street in historic Old Uptown. All of the food is made from scratch by Lina Alvaro, who, along with her husband, Sal, opened the café and bakery in October 2003. Using nothing but fresh, authentic ingredients, the couple draws on old family recipes from its hometown of Mammola, Italy, to create daily specials of spaghetti and meatballs smothered in a savory tomato sauce, stuffed shells and crispy eggplant parmesan. Be sure to save room for dessert. Or head to **Restaurant Row** on Second Street, where more than 15 eateries offer everything from sushi to Indian fare to Spanish tapas. At **El Sol Mexican Restaurant** one street over, try the Molcajete Mixto, a combination of steak, chicken and shrimp in a volcanic rock bowl. Wash it down with one of the best margaritas north of the border.

**DRINK:** There's no shortage of places to swill near the capitol building. The **Sturges Speakeasy** is popular with locals for its friendly bartenders, strong drinks and innovative bar menu. (Shark tacos, anyone?) For a more upscale establishment, try **Café Fresco** and **Level 2** nightclub above it. **Shady McGrady's**, although a bit of a dive, gets everyone's vote for the most extensive selection of beer on tap. If you're feeling artsy, check out **Stage on Herr**, which offers live acts at night.

**STAY:** Nestled along the banks of the Susquehanna River, **City House Bed and Breakfast** is in the heart of downtown. Rooms in the restored mansion feature fireplaces, a stained-glass window and hardwood floors. The recently renovated **Sheraton Harrisburg Hershey Hotel** partners with Hersheypark, conveniently located for travelers looking to visit The Sweetest Place on Earth.



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## BASKETBALL

# Mastering the Easiest Shot

He says he was an average player. But after studying **FREE-THROW FUNDAMENTALS**, Gary Boren now teaches them.

**W**HEN MARK CUBAN PURCHASED the Dallas Mavericks in 2000, he was intent on making every facet of his team — players, coaches, the front office — more productive and efficient. Gary Boren, the free-throw coach, stood to benefit greatly. Cuban, he says, offered him an ideal seating position where he could watch players shoot free throws.

Any fan would have jumped at the offer of a courtside seat. Boren rejected it.

“For my purposes, the front row is not attractive,” says Boren, 73, “and behind the bench is worse because the players are sitting there and I can’t see anything.”

Instead, he asked for seats in the corner stands, where he could have a clear view of players’ feet at the free-throw line. Cuban agreed to Boren’s request, and it seems to have paid off. During the last 13 years, the Mavericks have led the National Basketball Association (NBA) in regular-season and playoff free-throw shooting at 80.5 percent, well above the league average of 75 percent. That variance might not seem major, but as Mavericks general manager Donnie Nelson says, “It is a very important component to winning playoff games.”

Boren believes that the free throw is a



**WHOOSH!** Boren helps Dallas Mavericks players, such as guard/forward Vince Carter (in the background), finesse their free throws.

mechanical, not mental, shot composed of 39 different motions. Compared to a jump shot, the free-throw shooting technique is as different as chipping is from putting.

To assess players, Boren films them shooting and then analyzes the tape with them. “The key is to get them to listen,” he says. “They’re probably thinking, ‘What if this bozo makes me worse?’”

He empowers them by telling them they serve as their own head coach — he’s simply the assistant. “Since I don’t control the player’s minutes, he and I become buddies,” Boren says.

A common problem for players is maintaining their balance from the time the shot is launched all the way through the release. Boren preaches steadiness. “It doesn’t make

sense that their body is swaying off to the side as they’re trying to throw this piece of leather dead straight,” he says.

Another issue is proper arc. Boren says the ball should fall from its parabolic peak to the basket at a 45-degree angle and enter two inches behind the center of the basket.

“People think the middle of the basket is the target,” he says. “The only time it is is if you know how to dunk.”

Boren advises against any lengthy pre-shot ritual. “Dribble once or twice and then get on with it before you can think,” he says.

To help the athletes manage a frenzied crowd, he puts the pressure in context. “I bet 100 of the 20,000 people in the arena are doctors that have been busy saving lives today,” he tells them. “And here you are shooting a free throw?”

Over the last 19 years, Boren says only



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one player — Mavericks guard Courtney Alexander in 2000 — turned down his instruction. The hotshot rookie had led the NCAA in scoring in 1999-2000 at Fresno State. “You can understand why he’d want to think about it a little bit,” Boren says. One week after Boren’s offer, however, Alexander asked Boren for help.

“As soon as players find out his history, they want to work with him,” says Nelson. “If they don’t, that means they won’t be as good of free-throw shooters as they can be.”

One player who benefited greatly from Boren’s guidance was center Shawn Bradley. When the 7-foot-6-inch human skyscraper arrived in Dallas in 1997, he had made 65.1

percent of his free throws. “He was blocking his right eye with his shooting arm,” Boren explains.

After clearing his line of sight, Bradley improved his free-throw shooting to 76.2 percent during the last nine years of his career.

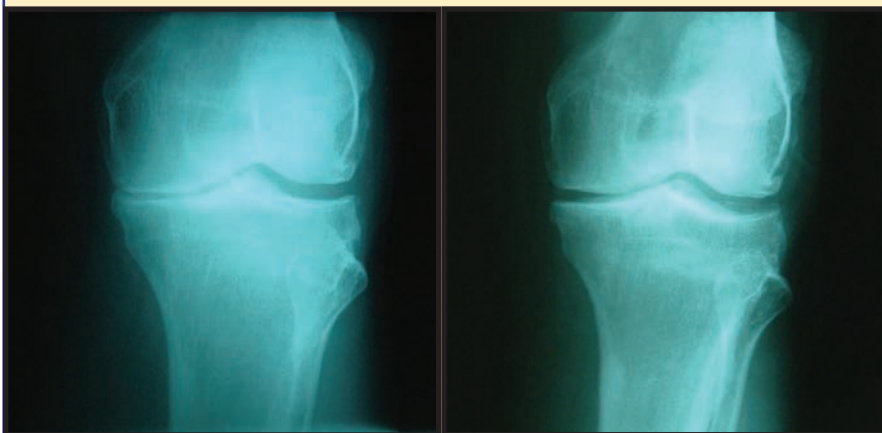
Today, each Mavericks player attempts at least 25 free throws at every practice. All-Star forward Dirk Nowitzki made 77.3 percent of his free throws during his 1998-’99 rookie season but improved dramatically. He has made better than 90 percent of his free throws three times and entered the current season at 87.8 percent for his career.

Seven of the Mavericks’ full-time players shot 79 percent or better last season. That accuracy can make a huge difference in a close game.

“If a team gets behind us by five or six points and thinks it can win by fouling us — we never lose those games,” Boren says.

By his own admission, Boren was an average player growing up. “There is a lot more

### THE CENTER FOR REGENERATIVE MEDICINE A NON-SURGICAL TECHNIQUE TO FIGHT AGAINST ARTHRITIS AND SPORTS INJURIES



**The Knee Diaries:** SJ is a 60-year-old male with the chief complaint of knee pain who visited The Center for Regenerative Medicine over a year ago. He was diagnosed with bone-on-bone osteoarthritis of the left knee, causing much pain and discomfort; at that point he was told only a total knee replacement could help him. He is otherwise healthy. On exam he had point tenderness to the medial side of the left knee (medical lingo: inner side). An X-ray showed severe arthritis of the knee (X-ray on the left). Patient started receiving treatments at The Center for Regenerative Medicine. Today he is feeling better (X-ray on the right).

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For more information and to read more on “The Knee Diaries”, please visit [www.arthritisusa.net](http://www.arthritisusa.net) or call (305) 866-8384.

“  
*It is a very important  
component to **WINNING**  
playoff games.*  
”

to basketball than shooting free throws,” he says.

Born in Oklahoma City, Boren now lives in Dallas. His day job is as the vice president of EquiCap Partners, an investment firm. He began attending Mavericks games 30 years ago to entertain clients. Between brokering deals, the bespectacled banker tried to understand why so many NBA players missed the unguarded 15-foot gimme.

He looked into the stats and says he discovered the league average had hovered at 75 percent for nearly 50 years. Boren figured because the basket always had been 15 feet from the free-throw line, the component that could make a difference was coaching. He took it upon himself to read every book on the subject and master the shot.

After testing different methods for 13 months, Boren devised his 39-point philosophy. But he needed someone to buy into it.

In 1994, he cold-called the Golden State

Warriors, the NBA's worst free-throw-shooting team during the 1993-'94 season. The operator declined to put him through to head coach Don Nelson (Donnie's father), he says, but Boren managed to connect with assistant coach Gregg Popovich (who since has coached the San Antonio Spurs to four NBA titles).

At Popovich's request, Boren sent his resumé, which he says included a letter of recommendation from Denny Price, Boren's college buddy. At the time, Price coached at Phillips University in Oklahoma, and his son Mark was on his way to becoming one of the NBA's career leaders in free-throw percentage (.904).

A few days later, Popovich told Boren to go to the airport and pick up a plane ticket to Milwaukee, where the Warriors were playing the Bucks the following night.

"I thought I was going for an interview, so I took enough clothes for one day," says Boren.

Upon arrival at the team's hotel, he walked the coaches through a three-hour tutorial that lasted until 1 a.m. Boren remembers Don Nelson ended the meeting by saying, "All right, you're hired. But if it doesn't work, you're fired."

The next thing Boren knew, he was on a 10-day NBA road trip and in desperate need of a change of clothes. His flexible work schedule allowed him to fly to games the rest of the season, and Boren eventually followed Don on the coaching carousel to the New York Knicks and then Dallas.

In 2005, Don stepped down as Mavericks coach and was replaced by Avery Johnson. Johnson retained Boren and when Johnson was fired in 2008, new coach Rick Carlisle also kept Boren on the staff. Boren has an office near the locker room and received a championship ring after the Mavericks won the 2010-'11 title.

Like many instructors, Boren says he's a better coach than he is a shooter, describing himself as "good but not great" at the line.

"Today I made 95 out of 100; yesterday 94 out of 100," he says, then admits: "I have only made 100 straight one time."

John Wooden, the legendary coach at UCLA, holds the record for most consecutive free throws made by a professional. As a member of the Indianapolis Kautskys, a team that played independently and in several leagues during the 1930s, Wooden nailed 138 consecutive free throws during one stretch. And he shot them underhanded,

which is also known as "granny style."

"From a physics standpoint, it is the best way to shoot," Boren says. "The ball is released farther in front of your body, therefore the peak of the arc is closer to the basket and the size of the target is larger."

He is quick to make a point, however, that granny style is not stylish enough for players.

"Players [today] won't accept teaching that includes granny style," he says, "so why try?" ❧

**MATT MCCUE** is a writer living in New York. He is the author of *An Honorable Run* and has contributed to *ESPN The Magazine*, *The Wall Street Journal* and *New York* magazine. When he was a boy, his mother always told him "free throws win ballgames." He can still hear her voice.

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FARMING



# Farm Fresh

From city life to farm life: a tale of **RURAL REVIVAL** in western New York

IN A SPRAWLING STONE HOME IN LOCKPORT, N.Y., JUST blocks from the stair-step Erie Canal locks that inspired the town's name, Rich Woodbridge describes keepsakes he found boxed up on his family's sixth-generation farm. Letters signed by President Grover Cleveland and then-Assistant Secretary of the Navy Franklin Roosevelt thank Woodbridge's great-great-grandfather for apples sent from his orchards. Dusty wooden crates bear the labels of an off-site winery operated by his great-grandfather. Receipts written in 1883 outline seed, flour and feed purchases, while others detail sales of cut ice hauled from the farm's pond to Philadelphia.

The relics suggest a thriving enterprise quite different from the 100 acres where Woodbridge, 35, spent his childhood summers. He didn't always recognize the historic significance of the property deeded in 1827 to Joel McCollum, his ancestor and one of Lockport's founders. "It's always been Grandma's house to me. It was never anything unusual," Woodbridge says.

While he and his wife, Bree, 34, have never taken the traditional path, their decision to trade international careers for an overlooked farm 30 miles northeast of Buffalo still came as quite a surprise to friends and

family. The couple met in San Francisco, where Rich, a New Jersey native, worked in market research after supervising archaeological digs in Honduras. Bree lived in Arizona before coordinating Russian business-exchange programs in San Francisco and Washington, D.C. Shortly after their wedding, she moved to Monterey, Calif., to earn a master's degree from the Monterey Institute of International Studies. Rich did the same at the University of California, San Diego, and community-development work reunited them in Chennai, India.

They were a month into their yearlong stay when Rich's grandmother passed away. Upon their return, the Woodbridges traveled to Lockport to pay their respects. Rich hadn't visited McCollum Orchards in years.

"We were driving through a residential neighborhood and, all of a sudden, this big farmland opens up. There's a 5,600-square-foot mansion standing in the middle and a barn, tractor shed, carriage house," he says. "It took our breath away."

The family's discussion of what to do with the farm continued as Bree and Rich considered their own next steps. They had applied for jobs in major cities but saw

**GREEN ACRES IS THE PLACE TO BE:** Rich and Bree Woodbridge and their old stone home at McCollum Orchards

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# PERSONAL

## 4 TIPS FOR MODERN DATING

→  
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IJL DATING  
EXPERT



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### 3 Boost Your Dating ROI

Who wants to spend hours sifting through online profiles and trying to connect via email, pokes and winks? You don't have time to waste playing digital guessing games and meeting the wrong people. With IJL's personalized match selection and date coordination, clients are able to save

valuable time and energy. "After we select your match, we'll describe the person to you and confirm a convenient time and place for you to meet. All you have to do is show up and have fun meeting someone new," Herington says. Less time searching equals more time dating.

### 4 Date Smarter

Herington reminds singles that they can have a career and a relationship. They just have to "date smarter." IJL helps you make time for the things that matter. Since It's Just Lunch matchmakers take care of all the dating details, you can focus on finding that elusive chemistry that many feel escapes them. Herington says that her clients often wished they had contacted her sooner. "Most of them didn't realize how easy and enjoyable It's Just Lunch dating can be," she says. All it takes is a simple phone call and conversation with an IJL dating specialist to jump start your dating life. Give them a call today and meet your match!

**B**elieve it or not, your computer screen may be getting in the way of your dating life. While we may use technology to stay "connected" to friends and family, when it comes to meeting potential partners, the digital world obscures the thing that matters most: **chemistry**.

To get a pulse on today's dating scene, we talked to Cindy Herington, one of the many dating experts at It's Just Lunch, the world's largest personalized matchmaking service. Here she explains why you should **ditch the laptop for the tabletop**.

### 1 Ditch the Laptop

The premise of It's Just Lunch is simple: a lunch date or drink after work is the ideal first date. It's a no pressure, relaxed setting where you can talk face-to-face. "Real chemistry happens in person," Herington says. "You may be having a great online relationship, but when you finally meet, you discover that the person you've spent so much time with in cyberspace is nothing like what you imagined." Replace those digital emoticons with a casual lunch date and you'll know immediately if you should take it to the next level.

### 2 Get a Wingman (or Wingwoman)

It's Just Lunch clients often refer to their matchmakers as their "dating wingwomen" because they handle all of the dating logistics. Herington describes her role, saying, "We're genuinely interested in understanding our clients. We get to know you and what you're looking for." Every IJL match is hand-selected.

It's Just Lunch Dating Specialists:



Amy Brinkman



Betty Sinclair



Sara Darling



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potential in the farm's overgrown orchards and crumbling stone structures. In 2011, after making a six-page list of pros and cons, the Woodbridges chose McCollum Orchards in Lockport over life in a big city. "Our parents thought we were crazy," says Bree, whose father managed the University of Arizona's citrus-research farm when she was a child. "They said, 'You have no idea what you're getting yourselves into. You have careers. Go on that path.'"

Still, their families offered support. Rich's father, an attorney, is co-owner of the farm, and the couple kicked off restoration projects before they even finished unpacking. The plumbing and electrical systems in the 1830s house hadn't been updated in 30 to 60 years. Layers of lead paint covered walls and staircases. And Bree and Rich donned respirators to sort through sheds filled with goods accumulated throughout some 100 years, then reinforced foundations and rebuilt the walls of several outbuildings. They completed much of the construction by hand (with the help of parents and friends) after researching a number of renovation techniques online.

As they freshened up the farm's buildings, the young entrepreneurs also prepared the surrounding land and planted gardens. A year later they were selling more than 40 herb and vegetable varieties at a late-season farm stand on the property. This year, they are expanding that market garden, with plans to open the stand by early June, as well as reviving the heirloom pear and apple orchards that flourished under the management of Rich's grandmother and his great-grandmother before her. And last fall, Bree and Rich harvested half an acre of hops, which is used in the beer-brewing process (it lends bitterness to beer).

While New York produced the bulk of the nation's hops in the early 1900s, pests, disease and declining demand during Prohibition destroyed the market. Today, the Pacific Northwest supplies most American hops. But Buffalo, N.Y.-area craft brewers wanted a local option, so Rich and Bree began touring established farms to learn the growing process. Before long, they were using logs from their own trees to create a 21-foot-high trellis system for producing hops. They planted seven varieties, retrofitted an apple-packing shed for processing and hosted a picking party last August.

Ten pounds of harvested centennial hops

went to Community Beer Works, a Buffalo nanobrewery that sells small batches of beer to area pubs. Brewer and co-owner Rudy Watkins says the local hops gave his American pale ale more pine and mint character than those sourced from across the country. But, he adds, it's about more than taste. "There is something super cool about knowing that your hops, or anything that you would buy at a farmers market, come from right nearby. You actually can meet and build a relationship with the people who grow those things," says the suburban-Buffalo native.

Lockport local Julie Blackman fosters many such food-based relationships. Like Rich Woodbridge, she is a sixth-generation farmer building on her ancestors' agricultural foundation. Her parents still own the

## Bountiful Buffalo

Sample the Niagara region's freshest flavors at these 10 stops.

**McCollum Orchards** sells more than 40 vegetable and herb varieties at its farm stand between June and October. [www.oldfarmnewlife.com](http://www.oldfarmnewlife.com)

**Bistro Europa** prepares dishes featuring regional produce, seafood and meat. [www.europabuffalo.com](http://www.europabuffalo.com)

**Blackman Homestead Farm** offers apple and pear "u-pick" September through November. [www.blackmanhomesteadfarm.com](http://www.blackmanhomesteadfarm.com)

**Blue Monk** serves up European pub fare and local beer. [www.bluemonkbflo.com](http://www.bluemonkbflo.com)

**Community Beer Works** produces craft beers poured only in the Buffalo region. [www.communitybeerworks.com](http://www.communitybeerworks.com)

**Elmwood-Bidwell Farmers Market** features local products, cooking demonstrations and entertainment from May to December. [www.elmwoodmarket.org](http://www.elmwoodmarket.org)

**Farmers & Artisans** carries fresh and prepared foods from nearly 50 New York vendors. [www.farmersandartisans.com](http://www.farmersandartisans.com)

**First Light Farm & Creamery** is known for small-batch cheeses crafted from goat and cow milk. [www.first-light-farm.com](http://www.first-light-farm.com)

**Niagara Wine Trail** is a downloadable self-guided-tour map that helps visitors explore this emerging wine region. [www.niagarawinetrail.org](http://www.niagarawinetrail.org)

**Singer Farm Naturals** specializes in cherries and garlic. [www.singerfarmnaturals.com](http://www.singerfarmnaturals.com)

160-acre Blackman Homestead Farm; in 1971, they first welcomed guests for seasonal "harvest-your-own" (or "u-pick") visits in the property's apple orchards. Following a 20-year career in physical therapy, Blackman returned to farming. She since has introduced a line of pie fillings, fruit butters and sauces made from her family's harvest.

As she got acquainted with neighboring producers, Blackman found that many wanted to sell their eggs, meat and other products even after seasonal farmers markets had closed. In response, she and local baker David Setzer opened Farmers & Artisans in 2009. This past January, the store, which carries staples, specialty items and prepared foods from nearly 50 New York producers, expanded into a more spacious location in Snyder, between Buffalo and Lockport. Whether they supply herbs, milk or other goods, Blackman's vendors recognize the value of niche production. "There seems to be a younger group willing to take the leap," she says. "They see farming as a viable way to make a living."

*Edible Buffalo* magazine editor and publisher Lisa Tucker co-founded the not-for-profit Field & Fork Network to connect producers, chefs, institutional food buyers and consumers in an eight-county zone surrounding Buffalo. She calls the region "an untapped jewel in terms of food," citing the diversity and quality of products coming from some 7,500 area farms. "More and more folks want to go out and pick their own apples or blueberries. As they do that, they become more connected to what farming means," she says.

In addition to offering fresh produce and future "u-pick" options at McCollum Orchards, the Woodbridges want to share the area's agricultural heritage with visitors. "You save a farm by farming it," Bree says. "This soil has been supporting farming continuously for over 200 years, which is pretty special." She and her husband also appreciate being able to plant their own roots while preserving the Lockport land for future generations.

"We saw a real opportunity here not just to start our own business and save the property," Rich says, "but also to be members of this community and have a real sense of place." ❧

**RENEE BRINCKS** is a freelance travel, food and lifestyle writer and frequent *American Way* contributor. She splits her time between San Francisco and rural Iowa.

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# The Wild Coast

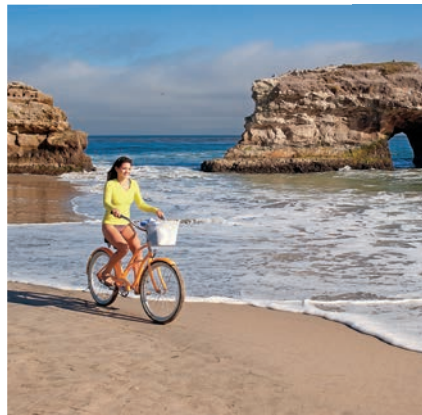
Just a short distance from popular tourist spots, the seaside stretch of California from **SANTA CRUZ TO MONTEREY** gives those who wander it the feeling of urban wilderness.

**W**ITH THE DELIGHTED SCREAMS of roller-coaster riders echoing in my ears, I trace a crescent shape from the Santa Cruz Beach Boardwalk to Monterey's Fisherman's Wharf on the map in my hand. The beaches along this stretch of coast a short drive from the San Francisco, San Jose and Monterey airports had been among my favorite haunts as a child. I thought I knew it all well, as do many who have visited the hot spots of Monterey Bay.

But while the region may be popular with visitors, not many have immersed themselves in the natural coastline beyond spending a few hours at the shore. With 15 state parks, beaches and refuges, everything is accessible for day-trippers. The bluffs and dunes also provide a buffer for those in search of lingering solitude.

It's this wild side of the bay that my husband and I are looking for on the map provided by Margaret Leonard, the owner of Slow Adventure self-guided walking tours, whose trip itineraries include lodging, most meals, luggage transfers and a loose schedule. All we have to do is walk the 40 miles from Santa Cruz to Monterey (although the itinerary is flexible enough that we could have opted for the reverse route).

Leaving the amusement-park chaos behind is easy. The four-day trek, while bookended by two popular tourist attractions that filled me with delight as a kid, is



**COASTING ALONG:** People (on foot or on two wheels) and pooches alike can enjoy the scenery up (or down) the California coast between Santa Cruz and Monterey.

all about what I desire as an adult — a quiet place where daily sounds are limited to bird-song, the crash of waves, the hiss of the surf as it runs up the beach and the crunch of my footsteps in the sand.

We walk south of the boardwalk along sidewalks and old railroad tracks. In Pleasure Point, we linger along East Cliff Drive to watch surfers catch a morning session. Past the brightly painted houses of Capitola, California's oldest seaside resort town, the

If you arrive by car, **SLOW ADVENTURE** can shuttle your vehicle from the start of the trek to the end point for an additional fee. Shuttles to and from **SAN FRANCISCO, SAN JOSE** and **MONTEREY** airports also can be arranged for a fee. The Monterey and San Jose airports are closest to the Santa Cruz-Monterey walking route.

stairway down to New Brighton State Beach allows me to shake the sounds of cars and the clatter of dishes in seaside restaurants. At low tide, the wide strip of sand near the water's edge is easy to walk on, and the number of people dwindles to a handful of dog walkers and fishermen surveying their lines.

It's impossible to distinguish where one named beach begins and ends, as New Brighton seamlessly transitions into Seacliff State Beach and Rio del Mar State Beach. The only landmark that tips me off that we've arrived at Seacliff is a wooden pier with a cement ship at its ocean end. The *USS Palo Alto*, a World War I-era supply ship, was used as an offshore casino and dance hall in the early 1930s. Now the *Palo Alto* is home to nothing more than hundreds of birds.

In Aptos, we climb onto the bluffs to the



Seascape Beach Resort, with suites and villas spread across the cliffs. Our bags are already in an ocean-view room. We leave our sandy shoes on the doorstep, clean up and head across the street to Palapas Restaurant y Cantina, where crisp margaritas and spicy shrimp tacos put the final touch on a relaxing day. We retire to our suite's balcony and listen to the crashing waves in the darkness.

The next morning, the same sound lures us back to the beach. As it was the afternoon before, it's nearly empty again today, except for the occasional fisherman or lone walker. Scanning the horizon beyond the breakers, I spy the water-vapor spout of a California gray whale and watch long enough to forget how much time I've taken.

Few old structures remain to give clues to the history of each community along

the way. The Van Laanan farm buildings at Sunset State Beach are a reminder of the once-typical landscape of the area, when farmland outnumbered subdivisions. The 1880s hotel and dancing pavilion of Camp Goodall at Palm State Beach are long gone.

Farther down the coast, the Pajaro River flows into the ocean across our path. We remove footwear, tuck everything into day-packs and wade from Santa Cruz to Monterey County. The water reaches only to our knees.



Through the small town of Moss Landing passes the Elkhorn Slough National Estuarine Research Reserve, an area of rich marsh and tidal flats that's home to fish, sharks, sea lions, sea otters and more than 340 species of birds. If we'd arrived earlier, we may have been able to paddle kayaks along the main channel, which winds several miles inland. Instead, we're content to gawk at the fuzzy flotillas of sea otters alongside fishing boats in the harbor.

Our home for the evening is the Captain's Inn at Moss Landing, built by the Pacific Coast Steamship Company following the 1906 San Francisco earthquake. Until sunset, I watch for marine life out the bedroom window with binoculars the innkeepers loaned to me. We wander through town to Phil's Fish Market & Eatery and listen to a live bluegrass band while enjoying dinner: frosty beer, garlic bread and huge bowls of steamed mussels. Even though we're among nearly 40 other diners, we feel the peace of the day's trek.

By the third morning, I stop looking at my watch. Between the area known as Moss Landing and the city of Marina, our only company is a variety of shorebirds. Sanderlings scoot with their windup-toy-like legs away from the waves, around us and then

back to the receding tide line. Marbled godwits and long-billed curlews join them on the beach, while black surf scoters bob in rafts just beyond the waves.

Ahead of us is the Salinas River, which doesn't often connect to the ocean. But it's early spring after a big rainstorm, and the mouth looks too deep for us to be able to wade across. A quick cellphone call to Margaret solves the problem. She shows up in her car to drive us around the river, and we're on our way again.

A short distance south, I stumble upon a gigantic rusty bucket from a dredge. In the 1950s, six mining operations harvested sand from the mouth of the Salinas River and the surf zone to produce concrete. After the U.S. Army Corps of Engineers issued regulations in the 1970s to cease shoreline mining because of erosion concerns, all but one factory stopped production.

We scout for our lodging, the Sanctuary Beach Resort, hidden up in the dunes. I rarely encounter other guests, which makes it easy to sit undisturbed on a patio lounge chair, watching the birds in the grasses and listening to the wind and surf.

Just off Highway 1, Kula Ranch Island Steakhouse fits the beach theme of our long walk along the coast, and I celebrate the near end of our trek with a mai tai. There are still about 10 miles to go tomorrow.

On the last day, we walk between the water and the Marina Dunes Preserve's mountainous sand dunes — some of the highest on the Central Coast. I spot footprints on the beach but never catch up to the person they belong to. At Fort Ord Dunes State Park, we head inland, stumbling upon a former firing range and storage bunkers from the park's days as a military base.

Monterey slowly comes into focus: the waterfront, the piers and the hotels. After seeing nobody all morning, we see the landscape ahead dotted with people, like a pointillistic painting. But as I near Fisherman's Wharf, a place that once lured me with its shiny souvenirs, soft-serve ice cream and constant noise, all I want to do is turn around and retreat toward the quiet moments I'd encountered back on the wild coast. 🍷

**JILL K. ROBINSON** is a freelance journalist who lives in the tiny California beach town of El Granada. Even though she loves the peace of the coast, she won't rule out a ride on the Big Dipper at the Santa Cruz Beach Boardwalk or a game of beach volleyball.

## If You Go ...

### Slow Adventure

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### Santa Cruz County Conference and Visitors Council

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### Seascape Beach Resort

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[www.seascaperesort.com](http://www.seascaperesort.com)

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[www.palapasrestaurant.com](http://www.palapasrestaurant.com)

### Monterey County Convention and Visitors Bureau

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[www.seemonterey.com](http://www.seemonterey.com)

### Elkhorn Slough National Estuarine Research Reserve

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# SPOILS OF THE VICTORS

With more than half a million miles flown among them in a calendar year, these five people know more than a thing or two about juggling the multifaceted life of a sky dweller — which is exactly why they've been crowned the winners of our 11TH ANNUAL ROAD WARRIOR CONTEST.



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DEL MAR

ROBERT'S ASSISTANTS: JEROME BRUA, KYLE ONG, JAIR FLORES, RYAN TORRES AND QUENTIN ANDERSEN; WARDROBE: DEVON BARNES; DEVON'S ASSISTANTS: JENNA BARNES AND LISA WINANS; MAKEUP: FLORA WADE; HAIR: AURORA DEWEY

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**By Anna Fialho**

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**Photography by Robert Dahey**

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**E**VERY JULY, on American Airlines planes around the world, readers just like yourselves crack open their laptops, bust out their tablets, snag their cellphones or even grab pens and paper (hey, whatever works, right?) to answer the questions and challenges put forth by us for our annual Road Warrior Contest. This year's prizes included 200,000 to 500,000 AAdvantage bonus miles, tech products from Bose and Samsung, Avis car rentals and, of course, the highly coveted Road Warrior cover photo shoot, which took place at the breathtakingly beautiful Grand Del Mar resort in San Diego.

From the thousands of entries we received, five unique individuals stood out from all the rest by, among other tasks, writing compelling essays (incorporating 10-plus idioms, per contest rules) explaining exactly why they deserved to be crowned this year's warrior of the skies. And the proof's in the pudding for our winners: They flew 502,097 miles among them in 2011 alone.

Somehow — between commuting from Miami to Boston, running a chocolate company, maintaining trade agreements for a major aerospace-and-defense company, collecting squid from around the world and juggling the birth of a first child — our five winners found the time to sit down with us and tell us a little bit about their lives, their passions, their travel secrets and, oh yeah, just exactly what they plan to do with all those hard-earned miles.

## GILLIAN SMITH

GRAND-PRIZE WINNER

**AMERICAN WAY:** You commute from Miami to Boston for your job with the nonprofit group City Year. Can you tell us more about this group?

**GILLIAN SMITH:** City Year is an education-focused, nonprofit organization that partners with public schools and teachers to help keep students in school and on track to succeed. We're in 24 cities across the United States, and we have teams of young people serving full time to provide individual support to students who need extra care and attention, focusing on attendance, behavior and course performance through in-class tutoring, mentoring and after-school programs.

**AW:** You've also had media/marketing positions with Coca-Cola and Burger King. How does working for a nonprofit differ from working for a big corporation?

**GS:** Ultimately, marketing is the same discipline whether it is

for a nonprofit or a for-profit. The biggest difference is that I have to be more resourceful in nonprofit because we have fewer financial means to effectively target the people we are trying to reach. It is certainly more rewarding to be able to go home and know that each day I'm helping improve students' lives — even if I no longer fly Business Class.

**AW:** We heard that *Grey's Anatomy* star Patrick Dempsey once got your phone number. What's the story there?

**GS:** Several years ago in a previous for-profit role, he and I met at a media event, and he was looking for a sponsor for his race team. I was overseeing large media budgets at the time, and we had done some NASCAR sponsorships — so he wanted to chat with me. His wife's name is Jillian (same pronunciation as mine), so he never forgot my name.

**AW:** Along with juggling a career with a commute, you have two sons. How are you training them to be Road Warriors?

**GS:** [My husband and I] got both of them AAdvantage memberships as infants, and • **INTERVIEW CONTINUED ON PAGE 53**

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### WARRIORS, ASSEMBLE:

- A** Michele Nishiguchi
- B** Ruban Selvakumar
- C** Gillian Smith
- D** Jerry Swain
- E** Flory Ellis

GRAND-PRIZE WINNER

# Gillian Smith

**OCCUPATION:** Chief Marketing Officer, City Year  
**HOME BASE:** Coral Gables, Fla.



# GETTING TO KNOW GILLIAN

**RIGHT NOW I'M READING:** some David Sedaris short stories and a travel guide about Iceland

**I NEVER LEAVE HOME WITHOUT:** my running shoes

**WORST JOB I'VE EVER HAD:** One summer during college I was a counselor (RA) at an overnight camp, and the teenage girls I was responsible for contracted lice.

**LAST THING I BOUGHT:** Seriously — I bought three of the dresses I wore in the Road Warrior shoot. I think I now need a personal stylist.

**BEST MEAL I'VE HAD ON THE ROAD:** Years ago, I had some steamed berberechos (they are like little clams/cockle shells) in Spain. I still think about them a decade later and wonder where I could get some fresh ones.

**FAVORITE HOTEL:** I must say that The Grand Del Mar was pretty fantastic.

**LAST SONG I LISTENED TO:** A mashup of Chubb Rock and Steely Dan called "Peg Me Right." Mashups keep me moving when I'm out for a run.

**BEACH OR MOUNTAINS?** We live near some spectacular beaches that we visit all the time, so we tend to vacation in the mountains.



**PLAYING FOR KEEPS:** The Grand Del Mar's 18-hole, 72-par, Tom Fazio-designed golf course boasts numerous features, including a trickling stream with a stunning 18-foot waterfall, a 4,200-square-foot putting green and scenic fairway views of the Los Peñasquitos Canyon Preserve.



**BON APPETIT!** Going hungry isn't possible at The Grand Del Mar, which offers six dining options ranging from Addison, an upscale haute cuisine French restaurant, to Amaya, a more relaxed (yet just as tasty) American-with-a-hint-of-Mediterranean eatery (its kitchen is pictured here). Amaya features a terrace from which you can enjoy panoramas of the golf course and Los Peñasquitos Canyon Preserve.

SECOND-PRIZE WINNER

# Jerry Swain

**OCCUPATION:** Founder and CEO, Jer's Chocolates  
**HOME BASE:** Solana Beach, Calif.

## GETTING TO KNOW JER

**BEST WAY TO UNWIND:** Spending time with my wife and children. They keep me busy, grounded and smiling.

**LAST THING I BOUGHT:** *Angry Birds* activity book for my son, Tinker Bell coloring book for my daughter

**FAVORITE HOTELS:** Hilton Los Cabos and The Grand Del Mar

**LAST SONG I LISTENED TO:** "Here Comes the Sun" by The Beatles

**FAVORITE PASTIME:** playing sports

**FAVORITE CANDY (BESIDES HIS OWN):** Peppermint creams. Also, my favorite food is ice cream — does that count?

**I JUST RETURNED FROM:** Argentina

**COCKTAIL OF CHOICE:** vodka and lemonade, or beer



THIRD-PRIZE WINNER

# Michele “Nish” Nishiguchi

**OCCUPATION:** Professor, New Mexico State University

**HOME BASE:** Las Cruces, N.M.

## GETTING TO KNOW NISH

**I NEVER LEAVE HOME WITHOUT:**

MacBook Air laptop, Mizuno running shoes (just ran my first 50k) and my iPod

**CHECK OR CARRY ON?** Check. I hate carrying luggage.

**LAST THING I BOUGHT:** Lululemon running shorts. They are the best.

**FAVORITE HOTEL:** Well, it's now The Grand Del Mar — we were absolutely spoiled there.

**FAVORITE PASTIME:** Listening to old music from the '70s and '80s — it brings back a lot of memories.

**FAVORITE CANDY (BESIDES JER'S CHOCOLATES):** Vosges bacon toffee

**I JUST RETURNED FROM:** Big Bend, Texas — remote, but gorgeous

**BEACH OR MOUNTAINS?** I'm a marine biologist — what do you think?

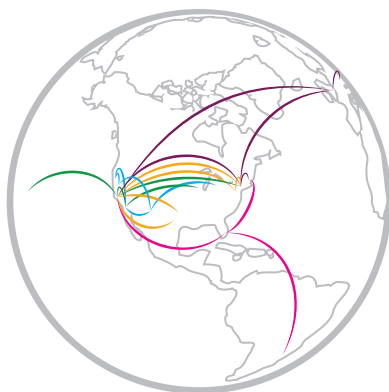


**THE MAIN ATTRACTION:** In addition to this 75-foot-long, 22-nozzle fountain (lined with gold, blue and white marble tiles), the resort also has four (heated) swimming pools, including one that's adults-only. Number of times we asked maintenance to adjust the height of the fountain just for this shot? Three. (And they never complained.)



## GLOBE-TROTTING

CATCH 'EM IF YOU CAN



- Gillian Smith
- Jerry Swain
- Michele Nishiguchi
- Flory Ellis
- Ruban Selvakumar

**CONTINUED FROM PAGE 47** • they've already traveled to four continents. We knew in order to get them comfortable with long flights, it was critical for them to begin traveling at young ages. They've become excellent travelers. When they know that we'll have a long flight ahead, they each pack their own backpacks with games, books and other forms of entertainment. (Now we have a tablet, thanks to Samsung.) We let them weigh in on where we are planning to take family vacations. Given their ages, sometimes there is something specific they'd like to see — like volcanos or penguins. My oldest son is 9 years old and has already logged more than 65,000 miles.

**AW: Your 9-year-old son has 65,000 miles? Really? He might hit Executive Platinum before you do.**

**GS:** My youngest son [7] even used the term *Road Warrior* in creating a personal user name for himself on a website a while back. They also get particularly excited when they get mail from American Airlines.

**AW: What are you going to do with the 500,000 miles you've won?**

**GS:** I'm donating all of my winning miles to City Year. I can think of a million places I'd like to go myself, but ultimately I know that the best use of them is to give some of the amazing young people we have serving in schools [the opportunity] to travel to other cities — and give them a chance to see another part of the country. It will mean a lot to them.

**AW: How did you drum up support and votes during the online voting portion of the Road Warrior Contest?**

**GS:** In addition to the typical social-media and friends-and-family outreach, I wasn't averse to introducing myself to strangers on my trips (including TSA), and I even handed out some of my kids' Halloween candy to fellow passengers in November (don't worry, they had an impressive bounty and got a lot for themselves). I also created a video that we sent to the City Year corps members and staff, and once they all heard I was going to donate the miles, lots of people started voting for me and encouraged their friends to do so too.

**AW: Speaking of TSA, I'm guessing that in traveling so much, you've developed quite a rapport with the flight attendants and TSA agents?**

**GS:** The folks at [Boston] Logan, in particular, know me quite well. I even introduced some of the TSA staff to my kids when we went through pre-check together. [And] two weeks ago, one of the agents said to me, "We were just talking about you, wondering when we'd see you today!" Apparently, I'm one of their regulars on Fridays.

### JERRY SWAIN

SECOND-PRIZE WINNER

**AW: You're a chocolatier, which might be the coolest job ever. How did this come about?**

**JERRY SWAIN:** I've always had a passion/craving for chocolate and sweets. One year, while I was home for Thanksgiving break from college, I was playing around in my parents' kitchen and created some chocolate-covered peanut-butter balls (now sold as Jer's Chocolates confections). When I brought these treats back to my friends at school, the response was overwhelming. Quickly, they became a popular and highly anticipated campus treat. For nine consecutive years after graduation, I threw an annual holiday party for 200-plus friends who flew in from around the country. Aside from seeing friends and enjoying the "balls," the party was goodwill-focused and raised money for the local food banks. During [that time], I was working at IBM and in the high-tech industry. Fast-forward several years ... I got the entrepreneurial bug and had a heart-to-heart conversation with my dad about my future and passions. His wisdom made me think about a lot of things, and it was then that I took the leap from high-tech to chocolate.

**AW: We're glad you did (although our waistlines aren't!) — we're addicted to your chocolates. Any chance you'll do something special with Jer's Chocolates to commemorate your Road Warrior experience?**

**JS:** Yes. One of the best things about the contest was

meeting the other winners. So, I started thinking: *How can we turn this good fortune and attention into something that can help others as well?* We decided to donate a portion of our website proceeds to the nonprofit City Year, the cause that Gillian [Smith, fellow RW winner] is committed to. After meeting and speaking with her during the Road Warrior trip in San Diego, I saw the synergy of the objectives of her charity and our Jer's Cares initiative. The focus on students and education is near and dear to my heart. So, we have created a campaign on our website, [www.jers.com](http://www.jers.com), where our company will donate a portion of proceeds from product sales [during the months of March and April] to City Year.

**AW: That's great! What chocolates will be available for this Road Warrior campaign?**

**JS:** The whole shebang. Our specialty is our award-winning, all-natural chocolate-peanut-butter collection that has 11 varieties, including peanut butter with creamy caramel, buttery toffee, salty pretzels, etc. That's our signature collection. However, any and all of our products will be available for the fundraising campaign — clusters, bars, Jer's Squares, etc.

**AW: The Jer's Cares initiative you mentioned — what exactly is it?**

**JS:** Our commitment to giving back is our core value; we live and breathe this through our Jer's Cares initiative. One example is that Jer's Chocolates is involved with the San Diego Food Bank, and each year we create a campaign that donates both product and proceeds to provide meals for people in need. ... I feel blessed that I can volunteer in local schools and give talks to students in the Southern California area offering insights on following your dreams, interviewing skills and the importance of staying in school.

### MICHELE "NISH" NISHIGUCHI

THIRD-PRIZE WINNER

**AW: As a professor of biology, you travel all over the world collecting squid to study in your lab in Las Cruces, N.M. What is it about the squid that you're studying?**

**MICHELE NISHIGUCHI:** Bobtail or dumpling squids, as they are commonly known, make great models to study the interactions between beneficial bacteria and animal hosts. These squids harbor bioluminescent bacteria in particular organs in their body cavity. They are not born with these bacteria but obtain them from the surrounding environment. They use these bacteria in a behavior termed "counterillumination." When squids come

THIRD-PRIZE WINNER

# Flory Ellis

**OCCUPATION:** Director, Export Management; Northrop Grumman  
**HOME BASE:** Playa del Rey, Calif.

## GETTING TO KNOW FLORY

**BEST WAY TO UNWIND:** facials

**WORST JOB I'VE EVER HAD:** I did odd jobs for this small company, and one day the owner told me to go garden her yard. I quit the same day.

**FAVORITE HOTEL:** The Ritz-Carlton

**AISLE OR WINDOW?** It depends where I am. Bulkhead equals window; anywhere else, aisle.

**FAVORITE CANDY (BESIDES JER'S CHOCOLATES):** I am not pandering. Right now, it is Jer's Chocolates.

**BEACH OR MOUNTAINS?** beach

**COCKTAIL OF CHOICE:** champagne



**CHECK MATE:** The Grand Del Mar's lushly landscaped grounds contain 10,000-plus mature trees, from Italian cypresses to tropical and native plantings. The resort's garden terrace is perfect for a round of croquet or bocce ball, which the resort will happily arrange for you.

# Day-Tripping

**B**ETWEEN A GLAMOROUS two-day photo shoot, luxe treatments at The Spa at The Grand Del Mar (detoxifying seaweed wrap, anyone?) and ogling movie stars (Eliza Dushku and Adam Rayner, who happened to be shooting the pilot episode of *The Saint* at the resort), we managed to whisk our Road Warriors off-site for a day of maritime fun. The first order of sea business was a **whale-watching excursion** on a replica of the historic *America*, the world's most famous racing yacht. (The America's Cup is, in fact, named after the schooner.) With the ocean before us, the wind in our hair and captain Troy Sears at the helm, we set sail (literally — we hoisted the sails) on a four-hour adventure to find gray whales. As luck (and the outstanding skill of the crew) would have it, two and a half hours later we were spotting gleaming, crusty backs, rainbow-tinged spouts (a rare sighting) and splashing tail fins. Upon our return, we compared notes and estimated we had seen between eight and 10 whales in all.

Ebullient with the joy of seeing some of Mother Nature's grandest creatures, we strolled down the wharf to the **USS Midway Museum**, where Scott McGaugh, director of marketing, was waiting to give us a personal tour of the USS *Midway*, an aircraft carrier commissioned just after the end of World War II. It served an unprecedented 47 years of service, seeing action in Vietnam and the Persian Gulf War, before being decommissioned in 1992. As we listened in awe to McGaugh's poignant tales of what life on the *Midway* was like, we couldn't help but think about — and silently thank — the thousands of men and women serving in our armed forces today. During its service, the 1,000-foot-long, 2,000-room, 18-deck carrier served an astounding 327 consecutive days at sea. Later, as we stood on the flight deck observing the tennis court-size space in which a plane had to land to catch its tail-hook on the arresting wire (bringing the plane to a halt), respectful murmurs of admiration could be heard.

The sun setting at our backs, we bid farewell to the USS *Midway* and set off for our final destination: the renowned **Fish Market**, located just around the corner. Famed for its fresh fish and convivial atmosphere, the restaurant has been a staple of San Diego since 1989. No trip to the city would be complete without eating here at least once. We headed upstairs to the eatery's **Top of the Market** restaurant and were immediately greeted with spectacular views of San Diego Bay. As the wine flowed and we dined on the likes of Ink Linguine with Sea Scallops and Prawns (one of the best dishes in the world), we reviewed the day's events. The consensus: Our oceanic excursion had been an overwhelming success.

[www.nextlevelsailing.com](http://www.nextlevelsailing.com), [www.midway.org](http://www.midway.org), [www.thefishmarket.com](http://www.thefishmarket.com)



**FROM LEFT:** chef Alfie Szeprethy from Top of the Market; Gillian and Jer hoisting the American flag on the *America* as we set off on our whale-watching adventure

out at night to feed, the down-welling moonlight will cast a shadow beneath them so that predators or prey can see them. The squids use the light from the bacteria to match down-welling moonlight, literally disappearing and hiding their silhouette. It's like the stealth squid device. I'm interested in why only certain bacteria colonize these squids and how the environment influences the evolution between the two different organisms.

**AW:** Why is that so important?

**MN:** As humans, we have a lot of bacteria (more than 2,000 resident bacterial species) that are in micro niches all over our bodies. These bacteria benefit from living on/in us, while we benefit from their presence as well. For example, these good bacteria help prevent nonnative pathogenic bacteria from invading our systems. So, if we can better understand this type of mutual relationship in a simpler model system, such as the squid-luminescent bacteria symbiosis, we can look at the relationship from genes to ecology to determine how micro-organisms can be used to help us maintain a healthy micro biome.

**AW:** Wow. That's amazing! How did you become so interested in this field?

**MN:** I've always been interested in associations and relationships between organisms (symbiosis, living together), and working with the baddest, coolest marine invertebrate (squid) makes it even more exciting. Besides, bacteria rule the Earth, and they are also the coolest organisms to work on. My other role model? Jacques Cousteau. How could you not love marine stuff when his show was on every Friday night?

**AW:** What sort of preparation do you have to take to fly with your squid?

**MN:** It's kind of a long process. For example, if we are heading back from Sydney, there is all the front prep work (export permits, collection

permits, quarantine permits, etc.). We go out and fish and keep them alive in marine tanks at the Sydney Institute of Marine Science until we are ready to ship. Then, I put them in plastic bags (just like the ones you get when you buy fish at the pet store). We usually put in one squid per bag — they are small, only about 4 to 6 centimeters in body size — and we place the bags in large shipping containers (ice chests, or as they say in Australia, eskis). Typically, we ship about 30 to 60 at a time, depending on how often we go down to collect. That whole process starts at about 2:30 a.m., and by 6:30 a.m., we are finished and we drive them over to an air-cargo shipper. The squids go out on the first Qantas manifest to LAX, and then I go out on the second one. By the time they arrive and are moved from the airplane to the air-cargo office in L.A., I am coming off the second manifest and am able to zip over to the air-cargo office, meet with the U.S. Fish and [Wildlife] officer, clear customs, pick up the animals and then put them back on another flight with American Airlines Air Cargo from L.A. to El Paso, Texas. They arrive, and we have a one-hour drive from El Paso to Las Cruces. By the time I get back here, it's been about 36 hours of travel door to door or, should I say, aquarium to aquarium.

## FLORY ELLIS

THIRD-PRIZE WINNER

**AW:** As the director of trade management for a major aerospace-and-defense company, your job sounds pretty intense — not to mention high-security. Are you allowed to tell us about it?

**FLORY ELLIS:** Ha! It actually sounds way more top-secret than it actually is, and it's a little hard to explain — but I'll try. You can imagine that it's important to the U.S. government to protect our technology and ensure that our fighting men and

THIRD-PRIZE WINNER

# Ruban Selvakumar

**OCCUPATION:** Co-head of the Alternative Investments Practice, GFT  
**HOME BASE:** Los Angeles

## GETTING TO KNOW RUBAN

**BEST WAY TO UNWIND:** an enthusiastic drive through the canyons

**LAST THING I BOUGHT:** infant-carrier adapter to use on my son's stroller. (The previous 50-plus purchases were for him as well.)

**BEST MEAL I'VE HAD ON THE ROAD:** It may not be Michelin-starred or exotic, but I love Patxi's deep-dish pizza in San Francisco.

**FAVORITE HOTEL:** Omni Hotels because its loyalty program is awesome. But, my favorite room just might be The Grand Del Mar due to the sheer opulence. And favorite room including the view and location is probably the Monte-Carlo Bay hotel in Monaco.

**COCKTAIL OF CHOICE:** My Brazilian colleagues introduced me to the caipirinha when I was in São Paulo last year. I've been obsessed with it ever since.

**GRAND GESTURES:** The resort's opulent, old-world aesthetic — think polished Italian marble, hand-painted ceiling frescoes, gilded-wood accents and sparkling chandeliers — was inspired by the plush 1920s Palm Beach and Boca Raton resort communities in Florida designed by renowned architect Addison Mizner. The BMW 7 Series pictured here was provided by Avis and is featured in its Cool Car Collection.



**EXTRAVAGANCE:** The Grand Del Mar's grand entrance; chef William Bradley, the culinary wizard behind the food at the resort's Addison restaurant

women have the very best equipment. Additionally, we want to make sure that our allies across the world have equipment that is interoperable with ours. The laws and regulations that govern who, what, when, where and why we can transfer defense technology and hardware are pretty complicated. My team and I are dedicated to facilitating the transfer of these items compliantly.

**AW: You accumulated more than a million miles before you were 35, and you've been to places like Kiribati in the central Pacific and Kyrgyzstan in Central Asia. What has been your favorite destination so far?**

**FE:** I haven't been there in more than 10 years — and when I was there, it was only for 24 hours — but I really enjoyed Sydney. I'm a big believer that every place has a "vibe," and the vibe in Sydney was one of a group of people who work hard, play hard and who are just about the most welcoming hosts in the world.

**AW: On your wish list of places to visit, do you have anywhere left?**

**FE:** Part of the reason I travel (for leisure) is that I want to see every place once — it's probably not going to happen, but it would be nice. That being said, top of my list are a couple of safaris — big game in Africa and tigers in India.

**AW: There's chatter that you shared some seriously great travel tips with your fellow Road Warriors. Care to share them with our readers?**

**FE:** The best shower in the world is at the Admirals Club at Dallas/Fort Worth's Terminal A. Also, on most AA flights, they sell this chocolate waffle that might just be the best thing (other than Jer's Chocolates) that I have put into my mouth. Oh — and Huntsville airport in Alabama has a secret Admirals Club-like space that's open to anyone on the second floor. Most people have no idea it's there.

**AW: You're an avid gamer — card, board and online. What are some of your favorites?**

**FE:** It depends on the medium. On my iPad (now

Samsung Galaxy Tab), I love, love, love *Where's My Water?* If we are talking cards, I'm a big fan of Skip-Bo — but with off-the-books rules that make it more strategic. And in the board-game area, most old-school games — Battleship, Monopoly and the Game of Life. I'm also a huge trivia buff, so Trivial Pursuit is a favorite.

## RUBAN SELVAKUMAR

THIRD-PRIZE WINNER

**AW: You're the co-head of a hedge fund-tech consulting team at GFT and part-owner of the software company G2 FinTech, yet you still managed to travel 139,153 miles in 2011. How do you do it all?**

**RUBAN SELVAKUMAR:** Well, there are two main drivers for why I travel so much: 1) I work in the financial industry, which is predominately based in the Northeast, but I live in Los Angeles. 2) GFT is a Germany-based company with offices in London, São Paulo and Barcelona [Spain], so any meetings with colleagues outside my immediate team require a bit more travel than the average commute. I think the key factor that's helped me survive the travel is that I can pretty much sleep anytime, anywhere. ... It allows me to recover from jet lag after the first night in a new time zone.

**AW: That's got to be paying off right now, then, since you recently became a father. Congratulations! Are you getting any sleep?**

**RS:** Not nearly as much as I'd like. Despite our best

efforts to change his schedule, 10 p.m. to 3 a.m. is still party time for my son. So, I finally went to sleep at 3 a.m. this morning and was up at 5:45 a.m. for a conference call with my New York and London colleagues. If [I sound] incoherent, now you know why.

**AW: Is having a child going to change your Road Warrior routine?**

**RS:** I'm not sure. The one thing I realized when I was at the Road Warrior photo shoot is that all five of us are like addicts. Each year, we say "*This is the year when I cut back on my travel.*" And then we end up traveling more than the previous year. So, I've promised myself — and, more importantly, my wife — that I'll cut back from traveling every one to two weeks to every three to four weeks. I hope I can keep that promise; I don't want to be an absentee father.

**AW: What will be the first thing you teach your son about being a Road Warrior?**

**RS:** Pack lightly. Not only is it great to avoid the hassle of checking a bag, but the rest of the world doesn't have massive SUVs and luggage-friendly ramps, escalators and elevators that we take for granted in the U.S.

**AW: Where do you dream of taking him someday?**

**RS:** Everywhere — to places where I've already been, such as the ice festival in Harbin, China, and the automotive factories in south Germany, and to places I've never been, such as Mount Everest and Marrakech, Morocco. 🌍

BY ARIELLE CASTILLO  
ILLUSTRATION BY SAM BOSMA

# RUNNING SCARED

A **MOCK**  
**ZOMBIE APOCALYPSE**  
sweeping the nation  
has people on the  
**RUN FOR THEIR LIVES.**

**A**BOUT AN HOUR AND A HALF into my first day undead, I start to realize that the afterlife as a freshly minted zombie is more challenging than I first assumed it would be. First, there's the brutal Florida sun slowly frying my carefully cultivated pallor as I crouch on a hill in an off-road park outside of Orlando. And there's all the red goop and mud covering me from head to toe. It pools on the brim of my neon visor and drips off, slowly bakes into my hair, then crusts and flakes off. ¶ Then, of course, there are the living. The fittest survivors crest the hill in batches, unbowed by a few miles of muddy obstacles. ➤



@ Get a first-person glimpse of the Run For Your Lives zombie frenzy at [aa.com/americanway](http://aa.com/americanway); search keyword **zombie**.



**THE UNDEAD COMES TO LIFE:** Our author (left) receiving her zombie makeunder so she can chase the living.

It's my job to follow them, running them down on their homestretch to safety. As a chaser zombie, I sprint after these humans — and fast. I growl. They shriek. I catch the unlucky ones. Frankly, it gets exhausting.

But as tiring as it is, I begin to understand the rush described by the veteran zombie friends I've made. And, of course, I know this is all make-believe — just another hour and a half and I'll score a shower, a medal and a cold draft beer.

As both a horror-movie fan and an on-and-off runner, I've enlisted as a volunteer zombie in the Clermont, Fla., edition of Run For Your Lives. The 5k-race series wisely combines two white-hot trends in pop culture: adventure-themed obstacle courses and a craze for everything zombie.

Runners traverse a course that's a little longer than three miles (and which is dotted perilously with mud pits, rope climbs and mazes) and, along the way, evade volunteer zombies. These zombies, in turn, are trained to go not for brains but for the runners' clip-on flag belts. If the runners make it through the race with at least one flag, they "live." Let the zombies snatch them all, and they're toast. (At least figuratively; everyone is allowed to finish the race.)

The first Run For Your Lives event hit the woods of Maryland — outside Baltimore, where the organization is based — in 2011, drawing some 12,000 participants and spectators. Since then, the series has spread across the country like, appropriately, a virus, with some 22 races planned for 2013 and less-organized imitators scrambling in its wake. The average run participants are, for the most part, what you'd expect: ranging from morbidly curious power walkers to überfast CrossFitters with sinewy pecs and shaved heads. The zombies, though, represent a different breed — a spirited one, one happy to escape into fantasy and possessing a special brand of humor.

"You have to have the spirit that you're kind of an actor and this is your role to play," says Ashley Watson, a 27-year-old from

Baltimore who, over the course of a year, channeled her inner zombie for two races in her own city, as well as one in Boston. "You get into the mindset of growling and not talking or really chasing people and acting like you're really hungry."

To Watson and other repeat zombies, something about the race jibes with an inner vibration. Run For Your Lives now boasts a subset of super-zombies, a devoted bunch who follow the race for the privilege of freaking out the squares. They even pay for the privilege to do so. Because each Run For Your Lives edition dolls up its zombies professionally with a small army of wardrobe and makeup artists, a turn costs \$35. (That also gets you a T-shirt, a medal, snacks, drinks and entry to an on-site, daylong "Apocalypse Party" after your shift.)

"We really try to design a whole experience that's a complete distraction," says Derrick Smith, a 29-year-old who co-founded the series with his friend Ryan Hogan. "The ridiculousness of zombies is something people can get into and forget completely about their workweek and have fun for a Saturday. There are different levels of fantasy. There are people who are really attracted to being part of the show."

Part of this may be because zombie lore, in particular, presents a blank canvas onto which fans can project any number of realistic worries, says Matt Mogk, the head of the Los Angeles-based Zombie Research Society and the author of *Everything You Ever Wanted to Know*



## Run Amok

Run For Your Lives events occur throughout the year in cities nationwide. Sign up early — the zombie spots, in particular, sell out fast. Visit [www.runforyourlives.com](http://www.runforyourlives.com) for details and to find additional race dates.

### UPCOMING RACES:

#### April 6

Chapmansboro, Tenn. (Nashville area)

#### April 6

Wright City, Mo. (St. Louis area)

#### April 27

Hialeah, Fla. (Miami area)

#### May 25

Logan, Ohio (Columbus area)

#### June 1

South Forney, Texas (Dallas/Fort Worth area)

#### June 8

Medford, N.J. (Philadelphia area)





skeptic need take just one look at the getup worn by fervent volunteer zombie Ken Rajtar, a friendly 53-year-old IT professional from Atlanta. Rajtar has spooked runners at some five Run For Your Lives races across as many cities. He's become something of a celebrity at these events. Fans instantly recognize him from yards away, though it'd be hard not to: His trademark costume features his own head between a zombie President Obama mask and a zombie Sarah Palin mask. (The zombie apocalypse will be bipartisan, apparently.) Thanks to an elaborate setup he built, his political cohorts' eyes glow red and their mouths spit green water, courtesy of a massive lawn sprayer Rajtar hides under a size 5XL hoodie.



**ZOMBIE ATTACK:** Runners duck, dodge and climb to keep out of the zombies' clutches at the inaugural Run For Your Lives event in Baltimore in 2011.

*About Zombies.* "You never just see one zombie. One zombie equals 10 zombies, which equal tens of millions of zombies, so it's synonymous with the end of the world," he says. "The end of the world to you could be, 'I'm out of college and I can't get a job,' or, 'The ice caps are melting and my town's going to be underwater in 10 years.' Either way, zombies fit with that."

What's more, zombies as a whole can't sell out as much as, say, vampires. "The catchall definition we use of a zombie is a relentlessly aggressive human or reanimated human corpse driven by a biological infection," Mogk explains. That means there's nothing potentially sexy about them, as opposed to the vampires of *Twilight* fame. But with the entire world order upended during a zombie apocalypse, it does leave a narrative premise ripe for gallows humor. Zombie comedies have, over the past couple of decades, formed their own special TV and movie sub-subgenre, represented in the mainstream by box-office hits like 2004's *Shaun of the Dead*, 2009's *Zombieland* and the upcoming *World War Z*, along with AMC's small-screen megahit, *The Walking Dead*.

For proof of the undead's comedic potential, any

adventure racer, Rajtar first caught the zombie bug in December 2011, when he reserved zombie slots for himself, his son, his son-in-law and his daughter as Christmas gifts. The day of the actual race arrived after a particularly rainy week in Georgia. "There were six to 10 inches of mud everywhere, but once you got over the ickiness, it was a lot of fun," he recalls. He soon found a reason for a business trip to Baltimore, where that city's second edition of the race was scheduled. And so it's continued, despite the fact that traveling with the costume is kind of a pain. "I have to pack it in the two largest suitcases [I can find]," he says.

Though Rajtar is an avowed fan of classic horror movies of the Lugosi/Karloff heyday, there's something about the adrenaline rush and the camaraderie that compels him to keep showing up. "The older I get, the more I want to push myself and the more thrills I want to experience," he says. "Then there's the feeling as you're waiting to go onto the course: Everybody's dressed as zombies, and we've got a common purpose."

Over the course of multiple races, Rajtar has developed a specific strategy, and fortunately for me, he has signed up for the same race and zombie shift that I have. Eager to learn from the master, I meet up with Rajtar in Clermont, where Run For Your Lives has taken over Revolution Off-Road, a lightly wooded, hilly all-terrain-vehicle park. Early on a Saturday morning, the park's cellphone-service black hole already seems apocalyptic.



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ZOMBIES



My fellow zombies and I have all signed up for individual three-hour shifts on the course, selecting whether we want to be “stumblers” or “chasers.” “Stumblers” creep slowly toward runners, while chasers can pursue at a full clip. “Zombies don’t have any clear ability beyond that of the human who once occupied the body,” Mogk says. Luckily for today’s living runners, the chaser zombie version of me will boast only the sprinting ability of a hobby jogger who remembers to throw in some speed work occasionally.

Run For Your Lives’ so-called “Zombie Transformation Center” is a large, efficient affair; more movie set than locker room. The race provides costumes for zombies, though you can bring your own, as I’ve opted to do. In keeping with my Central Florida surroundings, I’m dressed in my finest hideously neon souvenir-shop gear, fanny pack and all. Wardrobe assistant James Howard tosses me a robe and asks for my getup.

“I was waiting tables in D.C.,” says the 26-year-old as he expertly slashes my shorts and T-shirt with a pocketknife. “Now I’m a zombie expert.” Howard’s one of 30 full-time Run For Your Lives staff members and part of a smaller team that travels to each race. He and the wardrobe workers buy clothes by the pound from a Baltimore-area Goodwill and tote the stuff around in giant garbage bags. None of it gets reused after a race. “We haven’t figured out a way to wash all the goop out without ruining a washing machine,” he explains.

Next comes chaser makeup, courtesy of Kaylee Kehne, a 25-year-old makeup artist from Orlando. She scored her gig via Craigslist, “where all strange things happen,” she laughs before stippling my face with red paint, then splattering it with red, alcohol-based airbrush makeup. “The chasers are still running, so they’re more freshly infected and get a bloodier look,” she chirps with a smile. In another line, stumblers get grayed faces, sunken black eyes and elaborate latex wounds.

Then, we’re all let into a holding area, where I meet up with zombie vet Rajtar, his wife, his brother and his niece. Chasing the living, it seems, has become a family affair. “I think it’s ridiculous but also awesome,” Ellen Estes says of her husband. “And it keeps him out of trouble.”

Zombie costume interpretation varies widely — I see zombie schoolgirls, zombie housewives, zombie doctors — but we all get

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equally soaked with muck before we head out onto the course. This final stage at the Zombie Transformation Center involves one Run For Your Lives staff member spraying down the undead with a hose full of dirty water while another slops buckets of sticky, red slime on us. It feels and smells like frigid corn syrup.

After a brief motivational speech and a recap of the rules (no grabbing runners, no taking their flags if they're hurt or just plain exhausted, no following them into or onto the obstacles), we head to the course. Rajtar and I are assigned to Zone 17, one of the last stretches of the course that includes a dark shed full of treacherous-looking wires and a water slide that ends in a mud puddle. This is the best place to be, Rajtar assures me. "At the early zones, people still have energy and they're packed together," he says. "You want to get them at the end when they're tired!"

I score a place behind an outcropping of tall grass and wait. At the sign of the first healthy runners, I sprint and growl, arms extended toward their flag belts. Burly, tattooed men shriek. Packs of friends scatter like pigeons. I snatch a few flags, sprint and sprint again while some of my fellow chasers in the zone begin to wither.

Soon, the race — or maybe just the scorching sun — starts to reveal more about the human condition. Faced with the advancing undead, the living show their true colors. Some people heroically block their significant others from danger, losing their last flag in the process. Some friends laugh at their companions' ostensible misfortune. Some parents quickly leave whining adult children in the dust.

As a zombie, you get a firsthand glimpse of what Ashley Watson describes as the "sociological edge" of participating in the race. Plus, finding a socially acceptable way to get in costume and growl at people on a day other than Halloween is more than a little exhilarating for today's laptop jockey. That's clear by the hordes of zombies who, post-race, frolic in costume to a disc jockey and live bands on the festival ground, bowl on the lawn with plastic zombie heads or line dance to "The Cupid Shuffle." Whatever the reasons for this movement's quick spread across the nation, consider me infected. 

**ARIELLE CASTILLO** is a Miami-based arts and culture writer whose work has appeared in *Spin*, *Rolling Stone*, *Flaunt*, *Nylon*, AOL's *Spinner* and more. She prefers to run without red corn syrup in her hair.

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# Crossword: The Run for the Roses

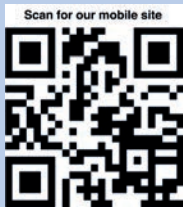
1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21					22	23				
			24				25		26					
27	28	29					30	31				32	33	34
35						36					37			
38					39						40			
41					42						43			
44				45					46	47				
			48				49	50						
51	52	53						54				55	56	57
58					59	60	61				62			
63					64						65			
66					67						68			

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### ACROSS

1. Pusher's nemesis
5. Sanskrit's language group
10. U2 frontman
14. Others, to Ovid
15. *Sans \_* (carefree)
16. Unfolds, poetically
17. Czech, for example
18. Satellite path
19. Spinnaker or jib
20. Battery partner (1946)
22. Son of Zeus and Leto (1882)
24. Puts onboard
26. Strain
27. Horse-drawn carriage
30. Invoice stamp
32. Be behind, in a way
35. *Three Sisters* sister
36. Sheriff of Orly County
37. Surrounded by
38. Harry of the Senate
39. Poet Conrad
40. Pasternak heroine
41. Just sitting there
42. Toga-party setting
43. "Sorry to interrupt ..."
44. Driving need
45. In the twinkling \_ \_ eye
46. Reproductive glands
48. Former ring king
49. \_ \_ living (bring home the bacon)
51. Think about (1949)

Stumped? Find the solution to this puzzle on page 72. Puzzle already worked? Check with the flight attendant to see if another copy is available.

54. Conifer leaves (1956)
58. Weaver's apparatus
59. Craze
62. Radames' beloved
63. Pound of poetry
64. Leaves
65. Gentlewoman
66. Noodle
67. Hold up
68. Times to remember

**DOWN**

1. Org. in *The Right Stuff*
2. "\_ fair ..."
3. Inlets
4. Ceremonial procession (1934)
5. Tristan's beloved
6. Canadaward, in Mexico
7. Put words in someone's mouth?
8. Here, in Marseille
9. Ticket or summons (1948)
10. Beantown nine
11. Libra's birthstone
12. Diamond or Simon
13. Chilly capital
21. Eg. and Syr., once
23. Steno's need
25. City in Washington (1889)
27. "You asked \_\_!"
28. \_\_ - France
29. Quick and graceful (1905)
31. Aid criminally
32. Nebraska Indian (1935)
33. Jittery from coffee, say
34. Dutch cheeses
36. Turkish tender
37. One of the Merry Men (1902)
39. Stated positively (1978)
45. Bullring bravo
46. Like fried foods
47. Washington bill
48. Copy cat?
50. Writer Loos
51. Low man at West Point
52. Muck
53. Asta's mistress
55. Pinocchio, e.g.
56. Scandinavian epic
57. Utters
60. Bunyan's tool
61. Zero, in soccer scores

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# Sudoku

To complete a Sudoku puzzle, fill in the grid so that every row, column and box contains the digits 1 through 9. However, no row, column or box can contain more than one of the same number. It's easy to learn but takes a lifetime to master. The answers are on page 72. Good luck! Puzzle already worked? Check with the flight attendant to see if another copy is available.

## GENTLE

			5	1				
9	1							3
2		7	6	4				5
7	9	6						
		1				7		
						9	3	2
				7	5	3		9
6							5	7
				9				

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## MODERATE

4			8					
	2	8			6			
5							3	4
		7				9		
			9	2				
		3				6	8	
6	3						1	
			2			4	6	
					9			2

## DIABOLICAL

	8			2			6	9
		3				7	2	
			5					8
	2			7	8			
								7
				1	6	2		8
					5			
	1	9				4		
4					9			1

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# Mensa Quiz

The following questions are provided by the folks at **American Mensa, the High IQ Society**. Can you provide the answers? If you find that you do need some help, the answers are on page 72. Puzzle already worked? Check with the flight attendant to see if another copy is available.

1. A community group has 500 people. At the March 1 dance, new members pay only \$14 for tickets whereas longtime members pay \$20. As a result, all of the new members attend but only 70 percent of the longtime members attend. How much ticket revenue is collected?

2. Change one letter in the title of a real magazine to find an imaginary title that matches each description below.

- a) A newly hired winery employee
- b) A magazine for underwater fans below the Mason-Dixon Line
- c) A rock that does opinion research

3. Find a six-digit number with the first digit two less than the second, the second digit two less than the third, the third digit two less than the

fourth and the fourth digit two less than the fifth. The first and the last digits are the same.

4. Find the word that fits the definitions that follow when it's a) a whole word and b) divided into two separate words.

- a) Whole word: a red color
- b) Two words:
  1. a means of transportation
  2. to dig for metals

5. Place the same three-letter word in each blank below to make four common words.

\_\_\_ REIN  
 \_\_\_ ORY  
 \_\_\_ OLOGY  
 \_\_\_ ME

6. What common words are represented below?

- a) b&st&d
- b) mu\*d
- c) ,ndo
- d) s+en
- e) :el
- f) #ened

**Bonus Question:** In each row, think of the five-letter answer to the clue on the left, then change one letter to make the five-letter answer to the clue on the right.

- 1) Hotel upgrade \_\_\_\_\_ Pretty
- 2) Team \_\_\_\_\_ Tentacled swimmer
- 3) Grazing area \_\_\_\_\_ Monster

American Mensa is an organization for people with IQs in the top 2 percent of the population. Members come from all walks of life and enjoy hundreds of opportunities to share ideas and meet new people each year. To learn more, visit [www.us.mensa.org/americanway](http://www.us.mensa.org/americanway), call us at (800) 66-MENSA or connect with us on Facebook at [www.facebook.com/americanmensa](http://www.facebook.com/americanmensa) or on Twitter at [www.twitter.com/americanmensa](http://www.twitter.com/americanmensa).

Dr. Abbie F. Salny was the supervisory psychologist for American Mensa and Mensa International for more than 25 years. Quiz © Dr. Abbie F. Salny and American Mensa from the *Mensa Page-A-Day Calendar* (Workman Publishing).

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PUZZLE ANSWERS

# Crossword

Puzzle on page 64

NARC	INDIG	BONO			
ALIA	SOU	OPES			
SLAV	ORBIT	SAIL			
ASSAULT	APOLLO				
	LADES	TAX			
FIACRE	PAID	OWE			
OLGA	LOBO	AMID			
REID	AIKEN	LARA			
IDLE	FRAIT	AHEM			
TEE	OFAN	GONADS			
	ALI	EARN			
PONDER	NEEDLES				
LOOM	MANIA	AIDA			
EZRA	EXITS	LADY			
BEAN	DELAY	ERAS			

# Sudoku

Puzzles on page 66

**GENTLE**

4	6	3	5	1	9	2	7	8
9	1	5	7	8	2	6	4	3
2	8	7	6	4	3	1	9	5
7	9	6	2	3	8	5	1	4
3	2	1	9	5	4	7	8	6
8	5	4	1	6	7	9	3	2
1	4	2	8	7	5	3	6	9
6	3	9	4	2	1	8	5	7
5	7	8	3	9	6	4	2	1

**MODERATE**

4	7	1	8	5	3	2	9	6
3	2	8	4	9	6	5	7	1
5	6	9	7	2	1	8	3	4
1	4	7	3	6	8	9	2	5
8	5	6	9	7	2	1	4	3
2	9	3	1	4	5	6	8	7
6	3	2	5	8	4	7	1	9
9	1	5	2	3	7	4	6	8
7	8	4	6	1	9	3	5	2

**DIABOLICAL**

1	8	4	7	2	3	5	6	9
5	9	3	6	8	1	7	2	4
6	7	2	5	4	9	1	3	8
3	2	5	9	7	8	6	4	1
8	6	1	3	5	4	2	9	7
9	4	7	1	6	2	3	8	5
2	3	8	4	1	5	9	7	6
7	1	9	8	3	6	4	5	2
4	5	6	2	9	7	8	1	3

# Mensa Quiz

Quiz on page 71

- \$7,000. Surprisingly, you don't have to know how many new members there are among the 500 in order to solve this problem. The calculation is  $R = \$14(N) + \$20(0.7)(T - N)$ .
- "The New Corker" (*The New Yorker*), "Southern Diving" (*Southern Living*), "Polling Stone" (*Rolling Stone*)
- 135,791. (The first five digits increase by twos so the only possibility for them is 13,579. Since the first digit equals the last digit, the answer is 135,791.)
- a) *carmine* b) 1. *car* 2. *mine*
- The (*therein, theory, theology, theme*)
- a) *bandstand* b) *mustard* c) *commando* d) *sadden* e) *colonel* f) *sharpened*

For the answer to the **Bonus Question**, please visit our website, [aa.com/americanway](http://aa.com/americanway)

Did you find an alternate answer? Send it to [americanway@americanmensa.org](mailto:americanway@americanmensa.org)

AA TRIVIA

**Q:** In the spring of 1982, American Airlines launched service between two cities nearly 5,000 miles apart. What were the cities?

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Charles Armstrong, TourWrist founder and CEO, shows off the TourWrist app on his phone.

## The TourWrist Photographer

A new app helps capture amazing panoramic photos.

TourWrist gives casual photographers a chance to take their images to the next level. On your next trip, don't just shoot digital images of the amazing places you're visiting. Take stunning 360-degree panoramas that capture the exact moment in time and detail a more realistic recording of your scenic surroundings. TourWrist is a free app to use with your iOS device (Android users can look for a compatible app later this month).

"If a photo is worth a thousand words, then a panorama is worth a thousand photos," TourWrist founder and CEO Charles Armstrong says. "TourWrist empowers travelers to shoot, view and share 360-degree panoramas via smartphones, tablets and computers. It turns a mobile device into a movable window — like a portal through space."

But these panoramas, or panos as they're also known, have other applications as well. Armstrong sees them as the perfect tool in helping travelers research and plan out their upcoming trips. "This augmented reality-style experience is the perfect way to get there before you go, previewing hotels, cruise ships and places of interest in a very immersive way," he says. "Anyone with Photoshop skills can make a three-star hotel look like a five-star hotel, so there's great value in being able to deliver an honest, neither cropped nor patched image."

Travel-related enterprises such as Viator and Queensland Tourism are also reaping the benefits of TourWrist's technology. The travel sites use it to provide virtual tours of hotels, restaurants, destinations or venues,

which, in turn, boosts traveler confidence and ultimately results in added bookings.

Armstrong uses the TourWrist platform when traveling, of which he's been doing a lot of lately to speak at the Travel Innovation Summit at the PhoCusWright Confer-

For more information on TourWrist and to download the free mobile app, visit [tourwrist.com](http://tourwrist.com).

ence in Fort Lauderdale last November or at the 2012 Macworld/iWorld Conference & Expo in San Francisco, where TourWrist was named a "Best of Show" winner and acclaimed by CNN as one of the "50 new tech tools you should know about."

Want to integrate the TourWrist technology into your apps and websites? Visit [tourwrist.com/aa](http://tourwrist.com/aa) by Dec. 31, 2013, and receive 25 percent off their commercial technology licenses when you mention American Airlines.

### How TourWrist works

Follow these four easy steps to shoot, upload and share your panoramas using iOS 6 and the TourWrist app:

1. Shoot a panoramic photo using the iPhone camera app (select "Options" and then select "Panorama").
2. Open the TourWrist app and sign in.
3. Select "Upload" to choose the pano you just shot, name it and upload it. In a moment, your pano will be ready for you and others to enjoy.
4. Select "Share" to share it via email, Twitter or Facebook. Or go to [TourWrist.com](http://TourWrist.com) to grab the embed code to share it via Pinterest and Google+.



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- To book reservations, log on to [aa.com](http://aa.com) or call Reservations at (800) 433-7300.
- American would love to hear what you think about our airline and our employees. Please write to us at [aa.com/customerrelations](http://aa.com/customerrelations).

# Becoming a new American.

As we advance toward becoming a new American, we're moving forward with great purpose and respect for our history — challenging ourselves to progress, to modernize, to innovate and to place you at the center of all that we do.

## Our new look: Truly American

The new look and feel of our planes is a bold symbol of our origin and our name. The updated exterior reflects the innovative spirit of modern America. The transformation continues on the inside, as we bring you a more modern, comfortable and connected experience. We're adding an average of three or more planes to our fleet each month, building toward the industry's most modern fleet.

## A new experience: Fly in comfort

Experience a new level of comfort with fully lie-flat, all-aisle access First and Business Class seats — now available on our new Boeing 777-300ERs — and rolling out soon across our international dual-aisle airplanes.

## A truly premium journey

Stay connected. Plug in and catch up with inflight Wi-Fi, now available to every customer on nearly all U.S. flights and on select international flights starting in early 2013.

Be entertained. Choose from a vast selection of movies, TV programs, audio selections and games with our personal, in-seat entertainment — available throughout the aircraft on all new planes.

Experience First and Business Class cabins. Enjoy personalized service, quieter cabins, new amenities and updated menu options when you travel in First and Business Class on international flights.

## The beginning of a great journey together.

This marks more than a new look, it's a new beginning of an ongoing transformation. From the new look to upgrading onboard environments, American is rethinking the passenger's experience.



We want you to be a part of the journey. Tell us what you think at [American Airlines on Facebook](#) and [@americanair on Twitter](#).



## Ski discovery

American teamed with Texas Scottish Rite Hospital for Children to send 13 teenage amputee patients on an all-expense-paid ski adventure at Winter Park's National Sports Center for the Disabled in Colorado in February. Kids were paired with instructors to learn to ski, tackling challenges such as carrying skis in snow while wearing a prosthetic. The experience helps foster a sense of self-confidence, independence and discovery. Learn more about American's Kids In Need program at [aa.com/joinus](http://aa.com/joinus).

## More seats, better fit

American signed a 12-year deal with Republic Airlines to provide large regional flying with Embraer E-175 jets. The larger regional jets feature a two-class cabin of 76-seats and will be delivered over the next three years. Designed to offer customers more choices when flying, the agreement is a significant milestone that strengthens service from the company's hubs while increasing regular traffic to key markets throughout the day.



## First flight

Marking the first time a U.S. carrier has flown the 777-300ER (Extended Range), American Airlines Flight 963 departed Dallas/Fort Worth Jan. 31 on its inaugural flight to Sao Paulo. "Welcoming our first 777-300ER into our fleet



is a great reminder of American's proud past and promising future," American's Chief Commercial Officer Virasb Vahidi said. Loaded with new inflight enhancements such as fully lie-flat seats, a walk-up premium cabin bar and a sophisticated entertainment system offering hundreds of hours of audio and video programming, the newly painted American plane offers an elevated flight experience. To get an inside peek, visit [aa.com/fly777](http://aa.com/fly777).

**DID YOU KNOW? AMERICAN PLANS TO TAKE DELIVERY OF 20 BOEING 777-300ERS**

## American Service



Diane Black and her family

## Social responsibility

Diane Black began her career with American 22 years ago in Reservations. She now serves as a Passenger Sales specialist in corporate and channel sales in Raleigh-Durham, N.C.

Black is responsible for building and managing business relationships with Raleigh-Durham-based corporations and travel agencies. "I love connecting with people and promoting the American Airlines brand," she says.

Black helps plan fundraisers for American — such as the Comedy for Kids Dinner and the RDU Golf Classic — securing sponsors, procuring items for silent and live auctions and coordinating other employees and retirees who serve as volunteers for the events.

She is not only dedicated to her customers but is also committed to her community. She works with the Boy Scouts of America, Walk for Hope (which supports research and awareness for mental health) and has a leadership role with the American Airlines Kids Are Something Special endowment. The endowment, managed by the Triangle Community Foundation, has given more than \$773,000 in grants to more than 150 local nonprofit organizations that support children and families.

"We usually support smaller, grass-roots organizations that don't have the means that many larger nonprofits have," she says.

Black's three sons are all involved with Boy Scouts of America, a group that reinforces the community values to which Black and her husband, who is an Eagle Scout, are dedicated. "It's important to give back to the community by sharing our time, talent and services. There are many organizations that do wonderful things for those in need. It warms my heart to pitch in."

# Tips for Assistance When Your Flight Has Been Delayed or Canceled

We expect, as you do, that American Airlines and American Eagle will operate flights on time. On occasion, the weather or other challenges can make it difficult, if not impossible, to stay on schedule. When a delay or a cancellation does occur, our goal is to get you to your destination safely and as quickly as possible.

## GETTING ON ANOTHER FLIGHT

In some cases, when a flight cancels, our system may confirm you on another flight a short time after the disruption. You can check to see whether you're confirmed on another flight and access the details in the following ways:

- If you are an AAdvantage member, the new aa.com Notification Center enables you to set preferences just one time to automatically receive flight-status notifications for all your flights.
- If you booked on aa.com and are able to access the Internet, visit aa.com and select My Reservations.
- If you booked your flight through a travel agency, call their office directly.
- Call Reservations at (800) 433-7300.
- Visit one of our Rebooking Centers at Los Angeles, Dallas/Fort Worth, Chicago O'Hare, Miami or New York (JFK and LGA) airports.
- See an agent at the airport.

During busy travel times, there may be more customers waiting to be accommodated than there are open seats on the next flight. We manage these situations by creating a standby list. (Tip: You can do this on a Self-Service Check-In machine at some airports, or a customer-service agent can place your name on a flight's standby list.) Here's what to expect at the gate if you are standing by for a flight:

- Customer-service agents will board passengers who have previously confirmed reservations and reserved seats.
- About 15 minutes before departure, if seats are available, agents will begin to call standby passengers.
- After the last standby passenger boards and the door at the gate is closed, agents need five to 10

minutes to finish up their work for that flight. Afterward, they will move all unaccommodated passengers, in order, to the standby list of the next flight. They will make an announcement about that flight's gate and scheduled departure time.

## POSTPONING OR CANCELING YOUR TRIP

If your trip can be rescheduled, postponing or canceling may be an attractive alternative to waiting for an indeterminate length of time.

- If you decide to travel at a later date, call your travel agent or call Reservations as soon as possible for details on how to reuse your ticket. Generally, tickets must be used no later than one year from the date of purchase. Some changes may require a fee and/or an additional fare payment.
- If your originally scheduled flight was canceled and you decide not to travel, you can receive a full refund. To arrange for a refund, visit aa.com, call your travel agent or call Reservations.

## SPENDING A NIGHT AWAY FROM HOME

When bad weather causes a flight cancellation or a delay stretches overnight, we may be able to help defray some unexpected expenses. A "distressed-passenger rate" voucher — good for a discounted rate at an approved local hotel — may be available through customer-service agents to help you with overnight accommodations. The discounted-room charge and incidental charges (such as meals, telephone calls, transportation, etc.) are not covered by the airline and are at the traveler's expense.

Other options available to you:

- Check aa.com for overnight options that may exist in the area.
- See whether the airport you are in has a phone bank for local hotel and transportation options. (Tip: Some hotels provide a free shuttle service to and from the airport.)

## RETRIEVING CHECKED LUGGAGE

When you have to spend a night somewhere other than where you had planned, having your bags with you can make the situation a bit more tolerable. In some cases, however, circumstances can make it impossible for us to retrieve your luggage.

- If our airport personnel cannot retrieve your luggage, it will continue on to your scheduled destination and will be held there.
- If we can retrieve your luggage, it will be made available in the baggage-claim area of the airport.
- If you are spending the night in a local hotel, ask for an Overnight Amenity Kit.

## TRIP INSURANCE

Many travelers find trip insurance to be an affordable way to offset expenses associated with delayed or canceled flights. If you have purchased such coverage for this trip, please contact your insurance provider. If you are not familiar with trip insurance, please visit aa.com/tripinsurance to learn more or to purchase coverage.

## American Airlines website: aa.com

Find aa.com to be a valuable resource during travel, especially when plans have to be changed. Visit aa.com/airporthelp for information. Here's what you'll find:

- Flight schedules and Flight Status Notifications
- Self-Service Check-In availability
- Airport terminal maps and hours
- Official airport websites (to learn about specific amenities at certain airports)
- Weather information

## ABOUT SAFETY

If it concerns your safety, American Airlines and American Eagle will delay, reroute, divert or cancel a flight, even if it means some inconvenience. We ask for — and very much appreciate — your understanding of our ultimate responsibility to you.



# TRAVEL THE WORLD WITH AADVANTAGE MILES.

## EARN MILES WHEN YOU FLY

One of the quickest ways to rack up miles is up in the air. Earn miles as an AAdvantage® member when you buy an eligible ticket and fly on American Airlines, American Eagle® or the AmericanConnection® carrier. You can also earn miles on more than 20 participating airlines, including all 11 airlines in the oneworld® alliance\* — serving over 950 destinations worldwide.

## EARN MILES EVERY DAY

You don't have to fly to earn miles. You can easily earn miles when making everyday purchases such as dining out, sending flowers, renting movies, paying your electric bill and using your credit card. You can also earn miles when buying a home or opening a checking account. As an AAdvantage member, you'll find countless ways to earn miles and soon you will have enough miles to claim a well-deserved travel award. Check out all the ways to earn miles at [aa.com/earn](http://aa.com/earn).

## USE YOUR MILES TO GET AWAY

AAdvantage members have more choices than ever before when it comes to using miles. And it doesn't take as many miles as you think to say "Bon voyage!" One-way flight awards start at just 12,500 miles (plus fees of up to \$5), and you can book car rentals or hotel stays at more than 10,000 locations worldwide, starting at 1,000 miles plus cash. You can also redeem miles for flight upgrades, vacation packages, retail products and more! See all of your award options at [aa.com/redeem](http://aa.com/redeem).

## ELITE STATUS

Imagine if every time you traveled, you had special check-in privileges at the airport, preferred seating on your flight, mileage bonuses, complimentary upgrades and other perks. Well, good news. As an AAdvantage Executive Platinum, AAdvantage Platinum or AAdvantage Gold member, you'll receive extras that make your travel more enjoyable, rewarding and relaxing. Visit [aa.com/elitebenefits](http://aa.com/elitebenefits) for more information.

## NOT AN AADVANTAGE MEMBER?

Why not? It's easy and free to join. Enroll in flight at [aa.com/enroll](http://aa.com/enroll) with complimentary† in-flight Wi-Fi access. Or, when you land, text "join" to FLYAA (35922).\*\* Start earning miles today and turn your flights and everyday purchases into lifetime memories.

## MULTIPLY YOUR MILES FOR EVERY FLIGHT!

You can earn more miles for every flight when you check in and purchase the AAdvantage Mileage Multiplier product, throughout the U.S., Puerto Rico and the U.S. Virgin Islands. With no annual limits, Mileage Multiplier is a great way to reach your next travel award even faster. Visit [aa.com/mileagemultiplier](http://aa.com/mileagemultiplier) to learn more.



\*Mexicana remains an inactive member of the oneworld alliance.

†Complimentary Wi-Fi available only for accessing AA.com.

\*\*Msg&Data Rates apply. Msg frequency depends on customer selections. For help, text **HELP** to 35922 or call 1-800-222-2377. To cancel, text **STOP** to 35922 at any time. Participating carriers include (but are not limited to) AT&T, Sprint, Verizon Wireless, U.S. Cellular®, T-Mobile®. Privacy policy: [aa.com/privacypolicy](http://aa.com/privacypolicy)

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# AA Products & Services



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American Airlines now flies daily nonstop from Dallas/Fort Worth to Beaumont, Texas, and Fargo, N.D. These routes are operated by our American Eagle partner, ExpressJet using the CRJ200 aircraft. Columbia, Mo., is also new to the family, with daily nonstop flights from both DFW and Chicago O'Hare. Service on these routes is provided by American Eagle Airlines using the Embraer 145. For more info, please visit [aa.com](http://aa.com).



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With nearly 40 club locations worldwide, the Admirals Club lounge allows you to remain productive while on the road for business or to relax before an overdue vacation. Members enjoy an excellent club network, business amenities, complimentary Wi-Fi, cybercafes, alcoholic beverages, light snacks and more. To purchase an annual membership, a 30-day membership or a One-Day Pass, please visit [aa.com/admiralsclub](http://aa.com/admiralsclub) or call (800) 237-7971 (in the U.S., Canada and Puerto Rico) or (817) 963-6100.



American Airlines has expanded the list of items available in our Food for Sale program on all domestic flights over 2.5 hours. In addition to the snacks currently offered, we are adding our popular sandwiches, fruit and cheese plate, and other fresh items that were previously available only on flights over 3 hours. Visit [aa.com/dining](http://aa.com/dining) for more details.



American Airlines offers a suite of products designed specifically for small businesses. The Business Suite includes the AAirpass program, which offers discounted fares on last-minute travel, and Business ExtrAA, which rewards businesses when their employees fly on AA. Redeem reward points for flights, Admirals Club memberships and more. The Business Suite also includes a cash-rebate credit card and discounts for group travel. Visit [aa.com/business](http://aa.com/business).



With the Business ExtrAA program, companies of any size can earn reward points every time their employees travel with American. Business ExtrAA points can be redeemed for flights, upgrades and even Admirals Club One-Day Passes. There is no cost to join, and while your company earns points, your employees earn their AAdvantage miles. For details or to enroll, visit [aa.com/businessextraa](http://aa.com/businessextraa).



Any group of 10 or more people can save money by calling American Airlines Group & Meeting Travel professionals. We'll work with you from start to finish — everything from airline reservations, group discounts, domestic or international travel to special car-rental rates with Avis. Call us at (800) 221-2255 and we'll explain how it all works. Or visit [aa.com/group](http://aa.com/group) to learn more.



American Airlines welcomes Malaysia Airlines, who became an official member of the oneworld Alliance on Feb. 1, 2013. Malaysia Airlines is one of Asia's most recognized and awarded carriers, having won Skytrax's World's Best Cabin Crew award in six of the past 10 years and having been one of only six airlines to be given five stars by the Skytrax airline quality ratings agency. Malaysia Airlines serves 60 destinations in nearly 30 countries throughout Asia, the Pacific, Europe, and Africa. AAdvantage members can now enjoy additional mile accrual and redemption benefits, as well as access to premium lounges around the world on Malaysia. Go to [aa.com/oneworld](http://aa.com/oneworld) to learn more.

# AUDIO

AVAILABLE ON SELECT FLIGHTS

04  
BRUNO  
MARS06  
KEITH  
URBAN

## 01 SYMPHONY HALL

Let the orchestra come to you with some of the greatest classical works, including notable pieces by Beethoven, Vivaldi and Mahler.

## 02 JAZZ MIX

Feed your ears with a generous helping of cool beats and jazz rhythms from top musicians like Frank Sinatra, Count Basie, Kenny Burrell and Nat King Cole.

## 03 THE VAULT

No need to dust off the vinyl — The Vault has rock hits from the '60s and '70s from bands like Rush, Pink Floyd, The Eagles and Fleetwood Mac.

## 04 THE HIT LIST

Plug into the hottest music on today's worldwide pop charts including tracks from Maroon 5, Bruno Mars, Rihanna and Pitbull.

## 05 AMERICAN JUKEBOX

You don't need a nickel or quarter to punch up A-1 on our jukebox. Find all the classics here, including songs from the Beach Boys, Carl Perkins and Chuck Berry.

## 06 COUNTRY ROADS

Two-step to the top of today's country charts and remember country music's roots with songs from Keith Urban, Brad Paisley, Buck Owens and Eli Young Band.

## 07 ON THE EDGE

Alternative, modern and indie bands rock this channel with tracks from Metric, Soundgarden, Nirvana and Rage Against the Machine.

## 08 TOTALLY '80S

Crimped hair and neon are back, and so are the tubular hits of the '80s, including tracks from Michael Jackson, U2, The Cars and Madonna.

## 09 TALK BUSINESS 360

Hear one-on-one interviews with industry innovators who are making a difference in today's business world.

## 10 LATIN SHOWCASE

Listen to the hottest Latin artists with songs from Enrique Iglesias, Daddy Yankee, Prince Royce and Don Omar.

## 11 LONDON CALLING

Oi! Take a musical trip to the U.K. and rock out to some great Brits, including David Bowie, The Kinks and Paul Weller.

## 12 PEACE

Take a peaceful, relaxing journey with calming tracks from Suzanne Ciani, David Sun and Will Ackerman.

## 13\* JAPANESE HORIZONS

With sounds as unique as Japan, this channel features catchy tunes from Motohiro Hata and Kyary Pamyu Pamyu.

## 14\* SMOOTH

Relax to a comfortable mix of the classic and the contemporary, with songs from Emile Sande and The Civil Wars.

## 15\* CHILL

Close your eyes and take in the emotional grooves of Way Out West, Ivy, Delerium, Massive Attack and Sarah McLachlan.

## 16\* MANDARIN MIX

Enjoy a selection of some of the greatest music from China, with Elleya Tao, Softhard, Anson Hu and Eric Lin and Coke Lee.

## 17\* METRO

Hit the international dance floor with remixes, electronic beats, house, techno and dubstep. This month, we feature Swedish House Mafia and Kylie Minogue.

## 18\* CELEBRITY PLAYLIST

Hear bands who have played at South by Southwest's in the past 27 years, including artists like Jack White, Atlas Genius, the Kills and Vampire Weekend.



18

VAMPIRE WEEKEND

### TALK BUSINESS 360 CHANNEL 09

### >> TALK BUSINESS 360

Listen in on conversations with those on the leading edge of a wide variety of industries, including representatives from:

John Tesh  
Kathie Lee Gifford  
BankersAccuity®  
IP Services  
Spencer Technologies  
MI9 Business Intelligence Systems, Inc.  
Marina Bay Sands  
Morrison Vein Institute  
Page International, Inc.  
Rosa Mexicano Restaurants  
Select Investment Group  
Applied Management Services  
Intetics Co.  
Knoxville Raceway  
Legacy  
OptionEase, Inc.  
Manchester Business School

Exar Corporation  
Greater Fort Lauderdale Alliance  
Sjögren's Syndrome Foundation, Inc.  
Security Engineered Machinery  
Robert Wood Johnson Foundation  
GlobaFone  
Ultimate Lead Systems, Inc.  
Whyte & Mackay Americas  
Criterium Inc.  
Accent-American  
Bingham Memorial Hospital  
T.R. Ellis Group  
GLORY (U.S.A.), Inc.  
Lean Logistics, Inc.  
Simple Innovations Business Coaching  
PowerTrunk  
National Instruments Corporation

**SPECIAL THANKS:**  
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holagrandfarooscabos.com

Print and Radio  
printandradio.com

#### FOR MORE INFORMATION:

[TALK BUSINESS 360](#)

Talk Business 360  
info@clearwindmedia.com  
talkbusiness360.com  
Some guests may have a fee to appear.

\* ADDITIONAL CHANNELS AVAILABLE ON SELECT 777 FLIGHTS. FOR A COMPLETE SET LISTING, PLEASE VISIT [AA.COM/MUSIC](http://AA.COM/MUSIC).



# VIDEO

## NOW SHOWING

### ARTHUR

**Russell Brand, Jennifer Garner** » On the wake of an arranged marriage, unmotivated rich playboy Arthur falls head-over-heels for quirky tour guide Naomi. Now he must choose between love and his lavish lifestyle.  
**1:50 minutes // Comedy**

### CHASING MAVERICKS

**Gerard Butler, Elisabeth Shue** » When 15-year-old Jay wants to surf the mythic Mavericks surf break, he enlists the help of local legend Frosty Hesson.  
**1:55 minutes // Drama**

### DOLPHIN TALE

**Harry Connick Jr., Ashley Judd** » A young boy befriends Winter, a dolphin with no tail, and comes up with a plan to save her.  
**1:53 minutes // Drama**

### HERE COMES THE BOOM

**Kevin James, Salma Hayek** » A physics teacher takes up fighting in MMA matches in order to raise money to save the music program at his school.  
**1:44 minutes // Comedy**

### HITCHCOCK

**Anthony Hopkins, Scarlett Johansson** » Alfred's relationship with his wife Alma — as much of a creative collaboration as a marriage — is tested as he makes his thriller, *Psycho*.  
**1:38 minutes // Drama**

### LIFE OF PI

**Irrfan Khan, Suraj Sharma** » After a catastrophic accident, Pi is cast adrift on a lifeboat in the Pacific Ocean with a Bengal tiger as his only companion. With their mutual survival at stake, Pi makes an unexpected connection with the fearsome beast, before the two complete a remarkable journey of adventure and discovery.  
**2:08 minutes // Action/Adventure**

### RISE OF THE GUARDIANS

**Alec Baldwin, Isla Fisher** » Jack Frost is called to join the Guardians when an evil spirit threatens the hopes and imaginations of children everywhere.  
**1:41 minutes // Animation**

### SILVER LININGS PLAYBOOK

**Bradley Cooper, Jennifer Lawrence** » Pat, a divorced writer forced to live with his Eagles-obsessed parents after a stint in an institution, meets Tiffany, a mysterious girl who offers to help him reconnect with his wife if he'll do something for her in return.  
**2:00 minutes // Drama**



LIFE OF PI

MAIN SCREEN VIDEO AVAILABLE ON 737, 757 AND 767 AIRCRAFT.  
 FOR 777 AIRCRAFT, SEE ON-DEMAND PROGRAMING ON YOUR SEATBACK MONITOR.

FLIGHTS	FLIGHT DIRECTION	
	DOMESTIC // CANADA	EASTBOUND, SOUTHBOUND
March 1 to 15	<i>Hitchcock</i> [E] [LS]	<i>Silver Linings Playlist</i> [E] [LS]
March 16 to 31	<i>Rise of the Guardians</i> [E] [LS]	<i>Life of Pi</i> [E] [LS]
<b>HAWAII* // ALASKA</b>	<b>TO</b>	<b>FROM</b>
March 1 to 15	<i>Life of Pi</i> [E] [LS]	<i>Rise of the Guardians</i> [E] [LS]
March 16 to 31 *Second Feature (from DFW and ORD only)	<i>Silver Linings Playlist</i> [E] [LS] * <i>Dolphin Tale</i> [E] [LS]	<i>Hitchcock</i> [E] [LS]
<b>SAN JUAN // CARIBBEAN // MEXICO</b>	<b>TO</b>	<b>FROM</b>
Feature	<i>Chasing Mavericks</i> [E] [LS]	<i>Here Comes the Boom</i> [E] [LS]
<b>UNITED KINGDOM // IRELAND</b>	<b>TO</b>	<b>FROM</b>
First Feature	<i>Chasing Mavericks</i> [E] [LS]	<i>Here Comes the Boom</i> [E] [LS]
Second Feature (may not be available on all flights)	<i>Dolphin Tale</i> [E] [LS]	<i>Arthur</i> [E] [LS]
<b>GERMANY // SWITZERLAND</b>	<b>TO</b>	<b>FROM</b>
First Feature	<i>Chasing Mavericks</i> [E] [G]	<i>Here Comes the Boom</i> [E] [G]
Second Feature	<i>Dolphin Tale</i> [E] [G]	<i>Arthur</i> [E] [G]
<b>FRANCE // MONTREAL*</b>	<b>TO</b>	<b>FROM</b>
*First Feature	<i>Chasing Mavericks</i> [E] [F]	<i>Here Comes the Boom</i> [E] [F]
Second Feature	<i>Dolphin Tale</i> [E] [F]	<i>Arthur</i> [E] [F]
<b>SPAIN</b>	<b>TO</b>	<b>FROM</b>
First Feature	<i>Chasing Mavericks</i> [E] [CS]	<i>Here Comes the Boom</i> [E] [CS]
Second Feature	<i>Dolphin Tale</i> [E] [CS]	<i>Arthur</i> [E] [CS]
<b>CENTRAL AND SOUTH AMERICA // HAITI</b>	<b>TO</b>	<b>FROM</b>
Feature	<i>Chasing Mavericks</i> [E] [LS] [F]	<i>Here Comes the Boom</i> [E] [LS] [F]
<b>BRAZIL</b>	<b>TO</b>	<b>FROM</b>
Feature	<i>Chasing Mavericks</i> [E] [P]	<i>Here Comes the Boom</i> [E] [P]
<b>ITALY</b>	<b>TO</b>	<b>FROM</b>
Feature	<i>Chasing Mavericks</i> [E] [I]	<i>Here Comes the Boom</i> [E] [I]
Second Feature	<i>Dolphin Tale</i> [E] [I]	<i>Arthur</i> [E] [I]

[CS] Castilian Spanish [E] English [F] French [G] German [I] Italian [LS] Latin Spanish [P] Portuguese



MOVIES ARE EDITED FOR CONTENT. FOR MORE INFORMATION ON ALL AMERICAN AIRLINES INFLIGHT ENTERTAINMENT, LOG ON TO AMERICANAIRLINESENTERTAINMENT.COM.

# Onboard Our Flights

## SafeTravel

SAFETY TIPS FOR TRAVELERS  
[HTTP://SAFETRAVEL.DOT.GOV](http://safetravel.dot.gov)

American Airlines supports FAA efforts to keep passengers and crew safe when traveling.

### What's in Your Baggage?

Common items used every day may seem harmless. However, when transported by air, they can become dangerous. During flight, variations in pressure and temperature can cause items to leak, generate toxic fumes or ignite.

**The list of items prohibited by the FAA includes:** aerosols, pepper spray/Mace, fireworks, black powder, model-rocket motors, explosive primers, strike-anywhere matches, fuels, camping gas, lighter refills, paints, solvents, alcohols, nail polishes/removers over half an ounce, bleaches, drain cleaners, acids, lead-acid batteries, flares, gas-powered tools and self-heating meals. Such items are confiscated by the TSA and reported to the FAA.

**Lithium and lithium-ion batteries** catch fire when improperly handled and are prohibited in checked baggage. They're allowed in carry-on baggage only, not exceeding 160 watt-hours each (limit two over 100wh). [Safetravel.dot.gov](http://safetravel.dot.gov) provides battery-size guidance. Carry batteries in original packaging, in separate plastic bags or with electrical tape on contacts. **Do not use aircraft powerports to charge batteries when not in use.**

**Carrying prohibited items on aircraft violates U.S. federal law.** Violators are subject to imprisonment and penalties of \$250,000 or more. For more information, consult an agent or visit [Safetravel.dot.gov](http://Safetravel.dot.gov) or [aa.com](http://aa.com).

## Things You Need to Know to Make Your Trip Safe and Comfortable

■ **Check-In** We advise customers to check in 90 minutes before their scheduled departure for domestic flights when checking bags, 60 minutes with no bags and two hours for international flights. (Please refer to the Travel Information section on [aa.com](http://aa.com) for cities where earlier check-in is recommended.) This will help ensure your reservation and seat assignment. Please be onboard and in your seat with your seat belt fastened 10 minutes prior to departure time.

■ **Luggage** For domestic economy-class tickets (including to and from Puerto Rico and the U.S. Virgin Islands) purchased on or after Feb. 1, 2010, a \$25 charge applies for the first checked bag and a \$35 charge applies for the second checked bag. The same charges apply for economy-class tickets between the United States/Puerto Rico/U.S. Virgin Islands and Canada purchased on or after March 29, 2010. For economy-class tickets between the United States/Puerto Rico/U.S. Virgin Islands and Europe or India purchased on or after Sept. 14, 2009, the first bag may be checked at no charge and a \$50 charge applies for the second checked bag. For economy-class tickets between the United States/Puerto Rico/U.S. Virgin Islands, Europe or India and Mexico purchased on or after May 3, 2010, the first bag may be checked at no charge and a \$30 charge applies for the second checked bag (exceptions apply for all baggage charges). Passengers may carry one piece of luggage and one personal item onboard. Carry-on items, including laptop computers, must be placed in the overhead bin or under the seat in front of you. To avoid additional charges, all luggage must meet size and weight requirements. Liability for loss, delay or damage to baggage is limited, so carry valuables onboard with you. Visit [aa.com/baggage](http://aa.com/baggage) for more.

■ **Beverage Service** Only alcohol served by a flight attendant to

customers age 21 or older may be consumed onboard. By FAA rule, we may not serve alcohol to customers who appear intoxicated.

■ **Smoking** is not permitted. Also, smokeless/e-cigarettes may not be used at any time while onboard.

■ **Seat Belts** Turbulence is air movement that cannot be seen and that often occurs unexpectedly. While we do everything possible to avoid turbulence, it is the most likely threat to your in-flight safety. Unless you must leave your seat, keep your seat belt fastened at all times, even when the seat-belt sign is off.

■ **Disability Assistance** Customers who need assistance with disabilities, including obtaining wheelchairs, should contact an American representative. Per government regulations, service animals traveling in the cabin to assist passengers with physical or emotional needs are not required to travel in a kennel. If you are in a bulkhead seat, you may be asked to move to another seat to accommodate a service animal. To give feedback on how well American provided disability-related services, call (817) 967-3000.

■ **Carry-on Pets** must stay in their closed and/or zipped kennels and under the seat in front of you at all times. American assumes no liability for the well-being of carry-on pets.

■ **Powerports** On most aircraft, there is a DC cigarette-lighter-style outlet at each seat in First and Business Class and in select rows in the Main Cabin for powering approved electronic devices. For information about powerports, visit [aa.com](http://aa.com). New B737 aircraft offer 110V AC power outlets in every row. Only one device per outlet is allowed.

**Federal law prohibits passengers from threatening or intimidating the flight crew or interfering as crew members perform their duties.**

■ **Electronic Equipment/Personal Devices** Personal electronic devices may be used during boarding until the flight attendant's announcement to switch them off. After the announcement, all portable electronic devices must remain off and properly stored (electronic devices include but are not limited to e-books). During this period, noise-canceling headsets may be worn while switched off and devices without power switches (e.g., some PDAs) must be stored and remain in the sleep mode. During flight, your flight attendant will inform you when approved devices may be used. Cellular PDAs (provided they are in airplane/flight mode) are permitted. Audio and video equipment may be used only with headsets, and noise-canceling headsets may be activated. The use of still and video cameras, film or digital, is permitted only for recording of personal events. Unauthorized photography or video recording of airline personnel, other customers, aircraft equipment or procedures is strictly prohibited. Never activate two-way pagers, radios, TV sets, remote controls, cordless computer mice or commercial TV cameras. All devices with transmitting capabilities must be switched off except Wi-Fi 802.11. Wi-Fi 802.11 devices may be used (when authorized) only on aircraft equipped with in-flight Internet service. If in-flight Internet service is provided, it is intended for customer access to the Internet, email and VPN only. Any voice, audio, video or other photography (motion or still), recording or transmission while on any American Airlines aircraft is strictly prohibited, except to the extent specifically permitted by American Airlines. Before landing, your flight attendant will announce when to switch off and store all electronic devices. These devices must remain off until the plane is at the gate and the seat-belt sign has been switched off.

The electronic-device policy may vary on American Eagle and AmericanConnection. Please see a flight attendant for specifics.

# Staying Connected



## Wi-Fi in the Sky

Experience connection speeds in the air similar to mobile broadband Internet service on the ground. Stay connected using any Wi-Fi-enabled device, including smartphones (in airplane mode).

### Domestic Wi-Fi

(available on most American Airlines flights)

1. Enable Wi-Fi on your device
2. Search and connect to the "gogoinflight" signal
3. Launch browser and Create an Account or Login International Wi-Fi (777-300 aircraft)

1. Enable Wi-Fi on your device
2. Search and connect to the "AA Inflight" signal
3. Launch browser and choose Sign In or Connect Find out if Wi-Fi is available on your next flight on aa.com (under Flight Status tab) or by locating the Wi-Fi symbol on your boarding pass.

**Protect yourself from fraudulent emails.**  
Learn more at [aa.com/phishing](http://aa.com/phishing)

## Cellphones

You may use your cellphone onboard until the flight attendant advises that it must be switched off. During flight, cellphones may be activated only in the airplane/flight mode, with the cellular transmitting function switched off. After landing in the United States, the U.S. Virgin Islands and Puerto Rico, cellphones may be used (when authorized) on certain aircraft.\* If you plan to use your phone after landing, keep it available, as FAA regulations require passengers to remain seated and all carry-on baggage to remain stored until the seat-belt sign has been switched off.

\*Does not apply to American Eagle ATR aircraft flights.

## PEANUT ALLERGY

**American recognizes that some passengers are allergic to peanuts. Although we do not serve peanuts, we do serve other nut products, and there may be trace elements of unspecified peanut ingredients, including peanut oils, in meals and snacks. We make no provisions to be peanut-free. Additionally, other customers may bring peanuts onboard. Therefore, we cannot guarantee that customers will not be exposed to peanuts during flight, and we strongly encourage customers to take all necessary medical precautions to prepare for the possibility of exposure.**

# Your Personal Health: Deep Vein Thrombosis (DVT)

Our customers sometimes ask us about medical conditions and air travel. American Airlines appreciates its customers' interest in health topics and encourages passengers to consult with their doctors before traveling.

## What Is DVT?

A deep vein thrombosis (DVT) is a blood clot that develops in a deep vein, usually in a leg. This is a serious condition. Sometimes these clots can break away and travel through the bloodstream to vital organs and can cause severe injury or death.

## Possible Risk Factors of DVT

Prolonged physical immobility, such as sitting for an extended period, is considered in the medical community to be a risk factor associated with DVT. People with certain medical conditions or who are taking some medications may also be at higher risk of developing a DVT, including conditions or medications that affect blood flow, alter normal blood-clotting mechanisms or cause blood-vessel damage. Some of these are:

- Blood-clotting disorders
- Cancer
- Increasing age or smoking
- Major illness with hospitalization
- Obesity or heart disease
- Oral contraceptive use or hormone therapy
- Personal or family history of a DVT
- Pregnancy
- Recent major surgery or trauma

## Possible Symptoms of DVT

Many DVTs do not produce any symptoms. If symptoms occur, they may include pain, swelling or redness in the affected area. Severe chest pain or problems breathing may indicate that a clot has traveled to the lungs. Any concern should be evaluated by a physician immediately.

## Possible Ways to Reduce the Risk of DVT

American encourages all passengers to consult with their doctors about DVT and other personal health issues before flying. Because the cause of a DVT is often not known, the best methods of preventing DVTs are still uncertain. To try to reduce the risk of DVT, many passengers may be advised by their doctors to take the following measures in flight:

- Regularly change leg position, and periodically move and stretch your legs and feet while seated. Your doctor may suggest leg exercises — such as those described in the box below — at regular intervals (at least every hour or so).
- If conditions allow and the aisles are clear, you may want to occasionally get up and walk around. But remember that you must remain seated when the seat-belt light is on and should remain in your seat with your seat belt fastened whenever possible, because of the possibility of turbulence. And all passengers are required to comply with crew-member and/or FAA instructions — especially those relating to remaining seated.
- Avoid crossing the legs at the ankles or knees.
- Stay hydrated; drink adequate nondiuretic fluids — such as water, juice and milk — and minimize alcohol and caffeine intake.
- Wear loose-fitting clothing.
- Wear graduated-compression stockings.

It is possible that no measure intended to prevent DVT will be effective. It is also possible that some of the measures listed above may not be recommended for some passengers, depending on their health situations as assessed by their doctors.

There are many sources of general information about air travel and health. For more information, visit [www.aa.com](http://www.aa.com) and type "personal health" in the search box.

## Possible In-Flight Exercises

**Ankle circles:** Lift your foot off the floor and draw a circle in the air with your toes pointed, alternating direction. Continue for 30 seconds. Repeat with your other foot.

**Foot pumps:** While keeping your heels on the floor, point your feet up as high as possible

toward your head. Put both feet back flat on the floor. While keeping the balls of your feet on the floor, lift both heels high. Continue for 30 seconds.

**Knee lifts:** While seated, march slowly in place by contracting each thigh muscle. Continue for 30 seconds.

**Knee to chest:** Hold your left knee and pull up toward your chest. Hold for 10 to 15 seconds. Slowly return to floor. Alternate legs 10 times.

These exercises should not be performed if they cause pain or discomfort or if they are not recommended by your doctor.

## Respiratory Conditions

If you have a respiratory condition such as chronic obstructive pulmonary disease (COPD), travel by air is not impossible; it just takes some advance planning and coordination. Before you travel, it's important that you talk with your physician to address any concerns. When you book your American Airlines or American Eagle flight, let us know about any needs you have for special services (such as a wheelchair, therapeutic oxygen or a portable oxygen

concentrator) so that a special-assistance coordinator can help you with your request. Make sure you contact your home oxygen supplier to provide therapeutic oxygen before and after your flight or during any connections, if required. For more information about living and traveling with chronic obstructive pulmonary disease, contact the COPD Foundation for their Big Fat Reference Guide at (866) 316-2673 or go to [copdfoundation.org](http://copdfoundation.org).

# Airline Partners

## oneworld® Alliance

As a member of the oneworld global airline alliance, American works with 10 of the world's best airlines and more than 20 of their affiliate carriers to offer rewards and benefits no single airline could deliver on its own. When traveling on eligible oneworld flights, AAdvantage members may earn, redeem and receive elite-qualifying miles, and after qualifying for elite status, they enjoy special benefits such as priority check-in, seating and standby as well as lounge access to some 550 airport lounges worldwide. Serving some 800 destinations in 150 countries with around 9,000 daily departures, oneworld revolves around you.

For more details about oneworld, visit [aa.com/oneworld](http://aa.com/oneworld).



Airline Partner	Based In	Earn Miles	Earn Elite-Qualifying Miles	Redeem Miles
airberlin	Europe	X	X	X
American Airlines	North America	X	X	X
British Airways	Europe	X	X	X
Cathay Pacific	Asia	X	X	X
Finnair	Europe	X	X	X
Iberia	Europe	X	X	X
Japan Airlines	Asia	X	X	X
LAN	South America	X	X	X
Malaysia Airlines	Asia	X	X	X
Qantas	Australia	X	X	X
Royal Jordanian	Middle East	X	X	X
S7	Europe	X	X	X <sup>1</sup>

<sup>1</sup>Destinations in eastern Russia are not valid for redemption using the AAdvantage Participating Airline Awards. Mexicana remains an inactive member of oneworld.

## Other Airlines

American also has marketing agreements with select airlines, expanding the opportunities for customers.

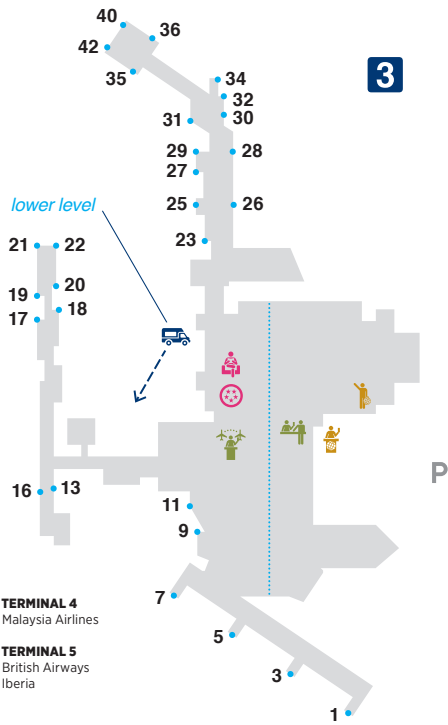
For more information, visit [aa.com/participantairlines](http://aa.com/participantairlines).

### Notes:

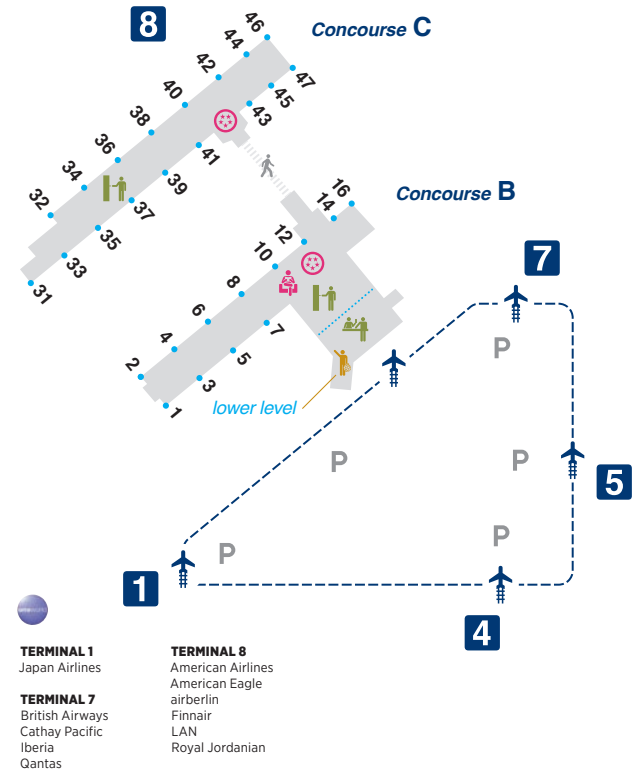
- \* When booked as AA flight number
- † When booked as Etihad flight number, select flights only
- ‡ Earn miles only on select domestic markets from New York (JFK) and Boston (BOS).
- ^ Mileage accrual is not permitted on flights between North America and Brussels (BRU).

Airline/Rail Partner	Based In	Earn Miles	Earn Elite-Qualifying Miles	Redeem Miles
Air Pacific	Pacific	X		X
Air Tahiti Nui	Pacific	X*	X*	X
Alaska Airlines/Horizon Air	North America	X	X	X
Cape Air	North America	X*	X*	X
EL AL	Middle East	X		X
Etihad Airways	Middle East	X <sup>†</sup>	X*	X
EVA Air	Asia	X*	X*	
Gulf Air	Middle East	X	X*	X
Hainan Airlines	Asia	X*	X*	
Hawaiian Airlines	North America	X	X*	X
Jet Airways	Asia	X <sup>^</sup>	X*	X
JetBlue	North America	X <sup>‡</sup>		
Jetstar	Australia	X*	X*	
WestJet	North America	X	X*	

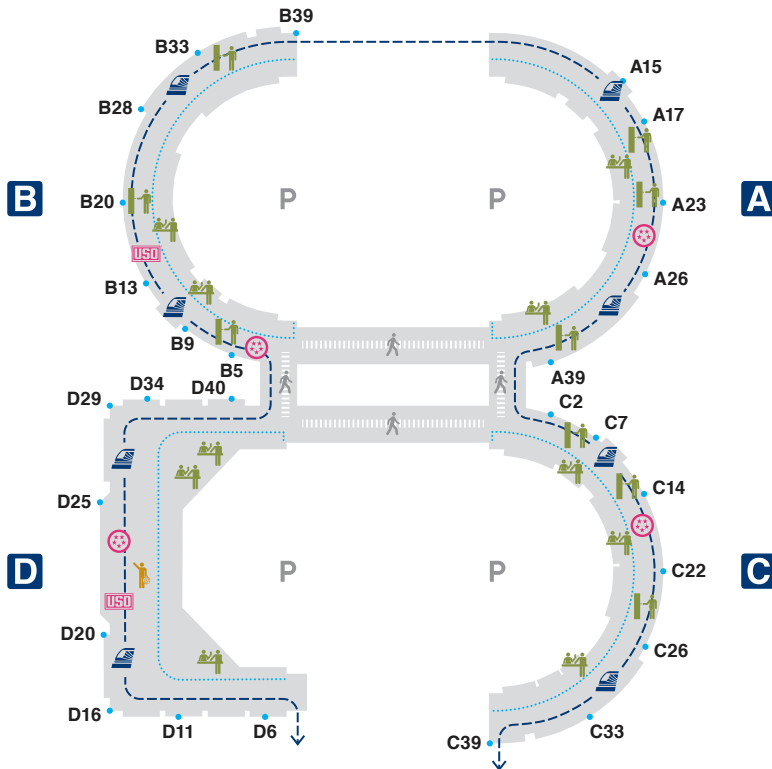
**LONDON HEATHROW (LHR)**



**NEW YORK JOHN F. KENNEDY (JFK)**



**DALLAS/FORT WORTH (DFW)**

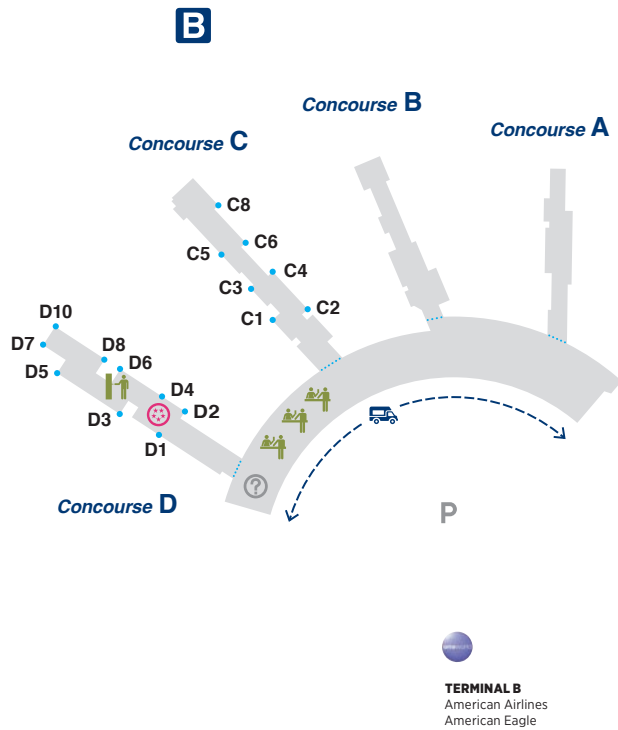


**LEGEND**

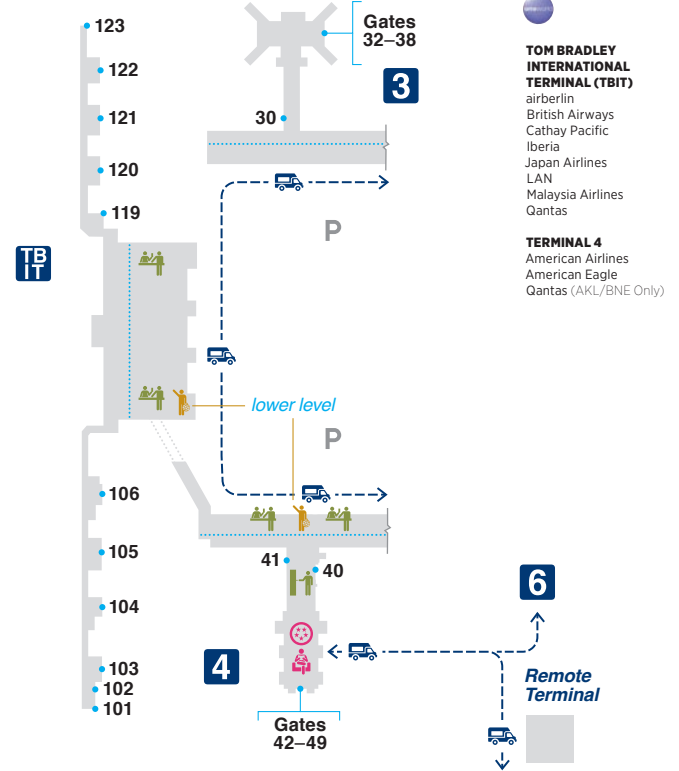
LHR / JFK / DFW

- TICKET COUNTER + SELF-SERVICE CHECK-IN
- TRANSFER DESK
- REBOOKING CENTER
- INTERNATIONAL ARRIVALS
- FLAGSHIP CHECK-IN
- SECURITY WALL
- UNITED SERVICE ORGANIZATIONS
- FLAGSHIP LOUNGE
- ADMIRALS CLUB
- JFK AIRTRAIN
- DFW SKYLINK
- TRANSFER BUS
- MOVING SIDEWALK
- PARKING

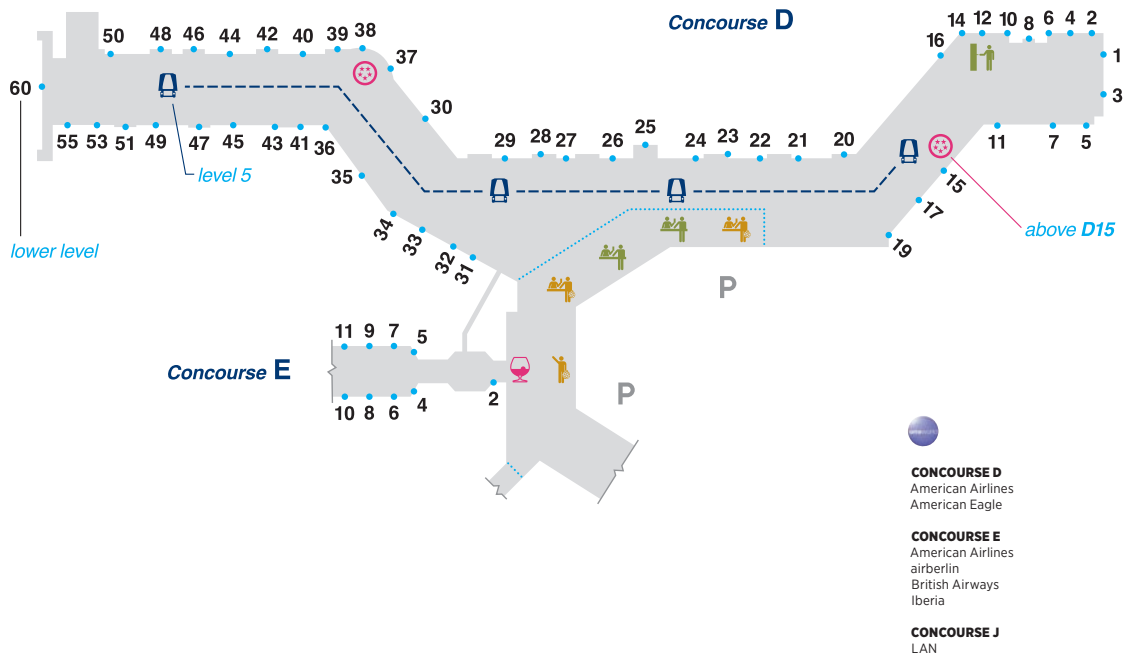
**NEW YORK LAGUARDIA (LGA)**



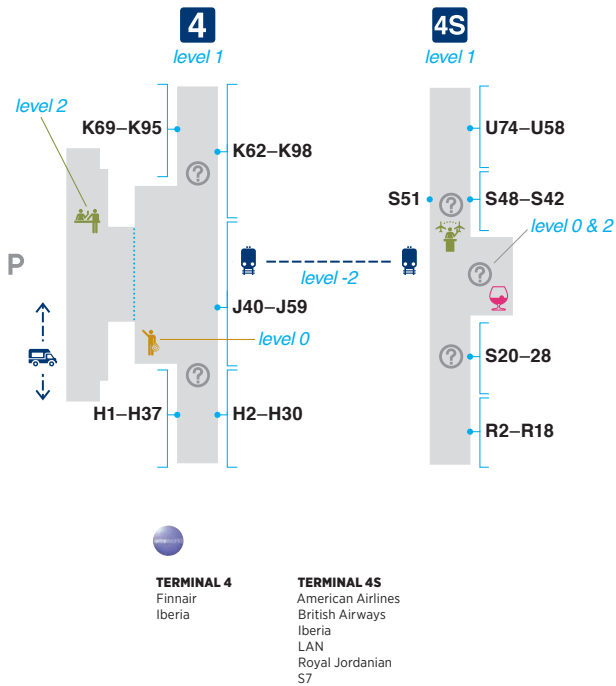
**LOS ANGELES (LAX)**



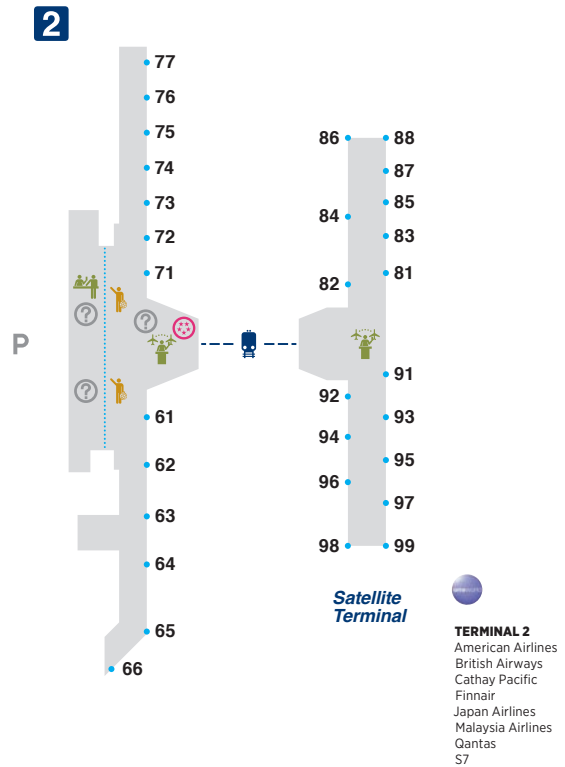
**MIAMI (MIA)**



**MADRID-BARAJAS (MAD)**



**TOKYO NARITA (NRT)**



**CHICAGO O'HARE (ORD)**



**LEGEND**

LGA / LAX / MIA  
MAD / NRT / ORD

- TICKET COUNTER + SELF-SERVICE CHECK-IN
- TRANSFER DESK
- REBOOKING CENTER

- INTERNATIONAL ARRIVALS
- INTERNATIONAL ARRIVAL RECHECK COUNTER

.... SECURITY WALL

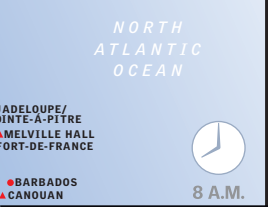
- LOUNGE
- FLAGSHIP LOUNGE
- ADMIRALS CLUB




- AIRPORT TRAIN
- MIA SKYTRAIN
- TRANSFER BUS

- INFORMATION
- PARKING








- American Airlines and American Eagle and/or AmericanConnection service
- ▲ American Eagle and/or AmericanConnection service
- ◆ Codeshare service with oneworld Alliance partner\*
- Codeshare service with non-oneworld Alliance partner\*
- ◆ oneworld Alliance destinations
- ★ Admirals Club
- \* Seasonal cities

\*For details, see American's Airline Partners within this section.



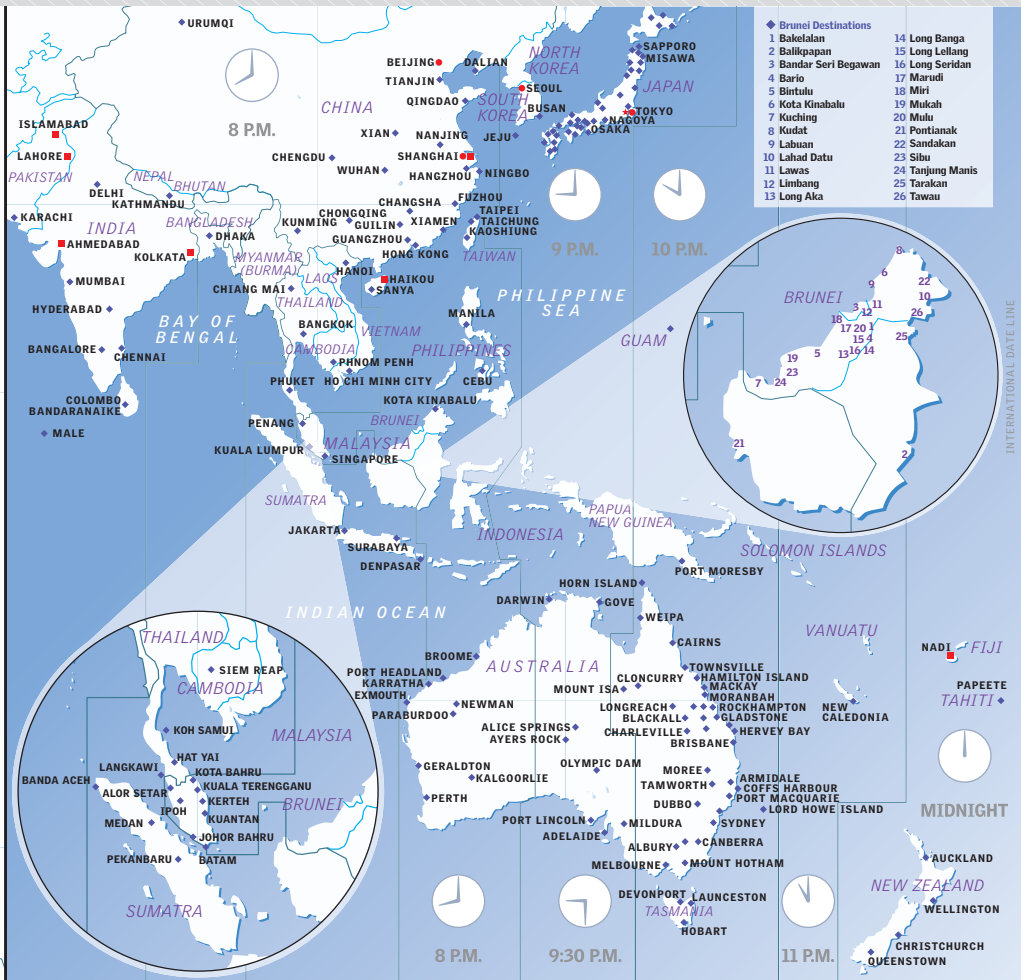


- American Airlines cities
- ◆ Codeshare service with oneworld Alliance partner\*
- Codeshare service with non-oneworld Alliance airline partner\*
- ◆ oneworld Alliance destinations
- ★ Admirals Club
- \* Seasonal cities

\*For details, see American's Airline Partners within this section.

Time zones indicate Standard Time







# I-94 Form

## Sample Form

### English

This form must be completed by all persons except U.S. citizens, returning resident aliens, aliens with immigrant visas and Canadian citizens visiting or in transit. Type or print legibly with pen in ALL CAPITAL LETTERS. Use English. Do not write on the back of this form. This form is in two parts. Please complete both the Arrival Record (items 1 through 17) and the Departure Record (items 18 through 21). When all items are completed, present this form to the CBP Officer. Item 9 — If you are entering the United States by land, enter LAND in this space. If you are entering the United States by ship, enter SEA in this space.

1. Family name
2. First (given) name
3. Birth date (DD/MM/YY)
4. Country of citizenship
5. Sex (male or female)
6. Passport issue date (DD/MM/YY)
7. Passport expiration date (DD/MM/YY)
8. Passport number
9. Airline and flight number
10. Country where you live
11. Country where you boarded
12. City where visa was issued
13. Date issued (DD/MM/YY)
14. Address while in the United States (number and street)
15. City and state
16. Telephone number in the U.S. where you can be reached
17. E-mail address
18. Family name
19. First (given) name
20. Birth date (DD/MM/YY)
21. Country of citizenship

### Japanese

この書式は、米国市民、帰国する米国居住外国人、永住権保持者、および訪米または乗り継ぎ通過するカナダ市民を除く全員が記入すべきものです。すべて大文字で、タイプまたはペンを使って活字体ではっきりとお書きください。英語で記入してください。この書式の裏面には記入しないでください。この書式は二つの部分から構成されています。到着記録（1から17まで）と出国記録（18から21まで）の両方を記入してください。全項目の記入を終えたら、この書式を米国税関国境保護局の検査官に提示してください。第9項目—陸路より米国に入国する場合は、この欄に「LAND」と記入してください。船舶で米国に入国する場合は、この欄に「SEA」と記入してください。

1. 姓
2. 名
3. 生年月日（日/月/西暦年）
4. 国籍
5. 性別（MALEまたはFEMALE）
6. 旅券発行年月日（日/月/西暦年）
7. 旅券有効期間満了日（日/月/西暦年）
8. 旅券番号
9. 航空会社名および便名
10. 居住国
11. 搭乗地（国）
12. 査証発行地（市）
13. 査証発行日（日/月/西暦年）
14. 米国滞在中の住所（番地、通り）
15. 米国滞在中の住所（市、州）
16. 連絡先となる米国内の電話番号
17. Eメールアドレス
18. 姓
19. 名
20. 生年月日（日/月/西暦年）
21. 国籍

### Português

O formulário I-94, Registro de Chegada/Saída, deve ser preenchido por todas as pessoas, exceto cidadãos americanos, estrangeiros residentes nos Estados Unidos, estrangeiros com vistos de imigrante e cidadãos canadenses em visita ou em trânsito. Este formulário registra a chegada e saída de visitantes aos Estados Unidos. Escreva apenas na parte da frente, em inglês e em letras maiúsculas. Guarde este formulário até a sua saída dos Estados Unidos. Agradecemos a sua colaboração.

1. Sobrenome
2. Nome
3. Data de nascimento (dia/mês/ano)
4. País de cidadania
5. Sexo (masculino ou feminino)
6. Data de emissão do passaporte (dia/mês/ano)
7. Data de vencimento do passaporte (dia/mês/ano)
8. Número do passaporte
9. Companhia aérea e número do voo
10. País de residência
11. Cidade de embarque
12. Cidade da emissão do visto
13. Data da emissão (dia/mês/ano)
14. Endereço enquanto estiver nos Estados Unidos (Número e rua)
15. Cidade e Estado
16. Telefone onde poderá ser localizado nos EUA
17. Endereço de e-mail
18. Sobrenome
19. Nome
20. Data de nascimento (dia/mês/ano)
21. País de cidadania

### Français

Tous les ressortissants étrangers, à l'exception des ressortissants américains, des résidents permanents de retour aux États-Unis, des étrangers en possession de visa d'immigration, ainsi que des ressortissants canadiens en visite ou en transit, doivent compléter le formulaire d'Arrivée et de Départ I-94. Ce formulaire enregistre l'arrivée et le départ des visiteurs aux États-Unis. Veuillez remplir seulement la première page du formulaire en anglais et en majuscules. Veuillez garder ce formulaire jusqu'à votre départ des États-Unis. Nous vous remercions de votre collaboration.

1. Nom de famille
2. Prénom
3. Date de naissance (jour/mois/année)
4. Pays de nationalité
5. Sexe (masculin ou féminin)
6. Date de délivrance du passeport (jour/mois/année)
7. Date d'expiration du passeport (jour/mois/année)
8. Numéro de passeport
9. Ligne aérienne et numéro de vol
10. Pays de résidence
11. Ville où vous avez embarqué
12. Ville où le visa a été délivré
13. Date de délivrance (jour/mois/année)
14. Adresse lors de votre séjour aux États-Unis (Numéro et rue)
15. Ville et état
16. Numéro de téléphone aux États-Unis permettant de prendre contact avec vous
17. Adresse électronique
18. Nom de famille
19. Prénom
20. Date de naissance (jour/mois/année)
21. Pays de nationalité

### Español

El formulario I-94, Registro de Llegada/Salida, debe ser llenado por toda persona (excepto ciudadanos de los Estados Unidos, extranjeros residentes en Estados Unidos que están regresando, extranjeros con visa de inmigrante, y ciudadanos de Canadá de visita o de tránsito). Este formulario registra la llegada y salida de visitantes a los Estados Unidos. Escriba en el anverso solamente, con letra mayúscula y en inglés. Guarde este formulario hasta que salga de los Estados Unidos, y gracias por su cooperación.

1. Apellido paterno
2. Primer nombre
3. Fecha de nacimiento (día/mes/año)
4. País de ciudadanía
5. Sexo (masculino o femenino)
6. Fecha en que se expidió el pasaporte (día/mes/año)
7. Fecha en que expira el pasaporte (día/mes/año)
8. Número de pasaporte
9. Línea aérea y número de vuelo
10. País donde Ud. vive
11. Ciudad donde abordó el avión
12. Ciudad donde se emitió su visa
13. Fecha emitida (día/mes/año)
14. Su dirección mientras esté en los Estados Unidos (Número y calle)
15. Ciudad y Estado
16. Número telefónico dónde localizarlo en Estados Unidos
17. Dirección electrónica (email)
18. Apellido paterno
19. Primer nombre
20. Fecha de nacimiento (día/mes/año)
21. País de ciudadanía

## Electronic System for Travel Authorization (ESTA)

All eligible travelers who wish to travel to the U.S. under the Visa Waiver Program must apply for an authorization online through the ESTA website prior to travel. The following countries participate in the Visa Waiver Program:

ANDORRA	FINLAND	JAPAN	NEW ZEALAND	SPAIN
AUSTRALIA	FRANCE	LATVIA	NORWAY	SWEDEN
AUSTRIA	GERMANY	LIECHTENSTEIN	PORTUGAL	SWITZERLAND
BELGIUM	GREECE	LITHUANIA	SAN MARINO	TAIWAN
BRUNEI	HUNGARY	LUXEMBOURG	SINGAPORE	UNITED KINGDOM
CZECH REPUBLIC	ICELAND	MALTA	SLOVAK REPUBLIC	
DENMARK	IRELAND	MONACO	SLOVENIA	
ESTONIA	ITALY	NETHERLANDS	SOUTH KOREA	

**Import Restrictions:** There are strict procedures and veterinary controls on the introduction of products of animal origin into the European Union. Travelers must surrender these products to Customs in order to avoid fines and/or criminal prosecution. Please check notices in the baggage hall for additional information.



**HISTORIC HOTEL:**  
The Mobley Hotel in  
Cisco, Texas, is nearly  
100 years old.

# Flophouse to Penthouse

**BARRING A LONG-OVERDUE** notification from the Publishers Clearing House Sweepstakes, great fortune is destined to pass me by. Our lot in life is to stand aside, keep the mortgage payments current and enviously admire history's great entrepreneurs like the Rockefellers, the DuPonts, the Hearsts and the Carnegies. And, of course, legendary hotel-empire builder Conrad Hilton.

It was the latter's remarkable success story that recently drew me to the edge of the small Texas town of Cisco (population 3,899) — just a couple hours' drive southwest of Dallas — for a look at the Mobley Hotel, which has stubbornly survived since it was built in 1916. The boxlike, two-story, red-brick structure's first purpose was to accommodate weary laborers during the region's historic oil-boom days.

Hardly an architectural wonder, once called "part flophouse, part gold mine," it is where Hilton began his remarkable career. The old Mobley, with its 31 cracker-box rooms and a small dining

area, was the first hotel he owned, launching what would grow into a glitzy international chain.

The dynasty was not so much planned as the result of a fortuitous turn of events.

As the story is told by local historians and Hilton himself in his *Be My Guest* autobiography, the 31-year-old New Mexico native had traveled to Cisco in 1919 with plans to buy the town's bank. Upon his arrival, the owner upped the previously agreed-upon asking price. Hilton balked, said no thanks and angrily went in search of a night's lodging before catching a train back home.

He couldn't even get in the front door of the nearby hotel. Exhausted oil-field workers were renting rooms in eight-hour shifts. Some even slept heads down on the dining-room table or in the chairs in the small lobby.

Fascinated by what he saw, Hilton sought out proprietor Henry L. Mobley and learned he had grown weary of running the hotel and wanted to seek greater fortune in the oil business. Conrad

offered him a reported \$40,000 — just over half of what he'd planned to spend on the bank — and suddenly became a hotel owner. For the next four years, he resided in Cisco, learning the innkeeping trade and soon began to envision a chain of hotels that ultimately would spread to Dallas, New York, Los Angeles and then internationally. In time, the Hilton name became the gold standard of the industry.

It was, however, not so much the resounding success Hilton would enjoy in his colorful lifetime that fascinated me. Rather, it was the artifact of his beginning.

Today, the 97-year-old Mobley Hotel stands proudly at the end of what is now Conrad Hilton Avenue, refurbished, spit-polished and serving as a museum, community center and office of the local Chamber of Commerce. It is now listed on the National Register of Historic Places.


But not before it suffered through woefully hard times. In the years after the demise of the oil boom and Hilton's departure to bigger and better things, it was sold and resold, serving briefly as a boarding house, a retirement home and even the winter residence of an Alaskan gold miner. In time, however, it fell vacant and unwanted, a weed-guarded eyesore.

Coming to the rescue was a generous grant from the California-based Conrad N. Hilton Foundation, which joined with Cisco's history-minded city fathers to begin rehabilitating the building into a lasting monument to the hotel-business legend. With proper small-town pomp and circumstance, it reopened in 1986.

Sitting in his office, where the old hotel's dining room was once located, museum curator John Waggoner dispatches encyclopedic knowledge of Cisco's bygone days. He can recite the history of the old hotel, down to some of the famous people, like band leader Lawrence Welk, who launched his career in Cisco.

And, Waggoner says, visitors from throughout the U.S. and 20 foreign countries have stopped in. Among them, Hilton's son Eric, grandsons Conrad III and Steve and, most recently, granddaughter Linda, who is now director of culture and values for Hilton Worldwide.

And how did they react upon seeing the birthplace of the family patriarch's dream? "After Linda toured the museum," recalls Waggoner, "she sought me out and gave me a big hug."

It was enough said. 

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