

IN THIS ISSUE FOREST BATHING / ELEVATED ESCAPES / HIGH DINING / TREEHOUSES TO TRADITIONS

# tattle

M A G A Z I N E

## NEW HEIGHTS

EVERYTHING CHANGES WHEN YOU CHANGE THE VIEW

SUMMER  
ISSUE



VOLUME 5 ISSUE 16



INTERVIEW  
WITH  
JEFF KREMER  
& A LOOK  
INSIDE THE  
CONSERVATION  
GAME

everyone wants  
to live on top of the  
mountain,  
but all the  
happiness and  
growth  
occurs while you're  
climbing it.

ANDY ROONEY

EVEREST

H: 8848 M • L: 4904 KM

ACONCAGUA

H: 6962 M • L: 13826 KM

DENALI

H: 6190 M • L: 7451 KM

KILIMANJARO

H: 5895 M • L: 5883 KM

ELBRUS

H: 5642 M • L: 878 KM

MONBLAN

H: 4810 M • L: 2229 KM

# THE SUMMER ISSUE

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SKY LIVES OF  
BUTTERFLIES



## INTERVIEW WITH JEFF KREMER

Animal Advocate and  
Co-Producer of  
*The Conservation Game*

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MONARCH BUTTERFLIES IN  
MICHUACÁN, MEXICO



Reach out to a friend about  
their mental health.

Find more ways to help at [SeizeTheAwkward.org](https://SeizeTheAwkward.org)

**SEIZE THE AWKWARD**



American  
Foundation  
for Suicide  
Prevention



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*note  
for you*

**HIGHER GROUND STARTS HERE**

There's a kind of clarity that comes with altitude. When you rise above the noise, whether it's by hiking into the hills, standing among tall trees, or simply taking a moment to shift your view, things begin to make sense in a different way. This issue is an exploration of that shift. Of elevation, perspective, and what it means to climb toward something that matters.

Sometimes that climb is literal. Sometimes it's personal.

In our interview about *The Conservation Game*, Jeff Kremer reminds us that advocacy doesn't always look like protest signs and megaphones. Sometimes it starts with a question. A hunch. A quiet but relentless pursuit of truth. His story, and the film it supports, sheds light on what happens behind the scenes in the world of celebrity wildlife—and what it takes to challenge systems that don't always have the animals' best interests at heart. It's not easy work. But it's important. And it's brave.

The articles throughout this issue carry that same spirit of courage, curiosity, and seeking out the view from above. You'll find national park adventures, unexpected perspectives, and conversations that stretch beyond the obvious. There are nods to climbing higher, standing taller, and tuning in to what calls you forward.

Because *New Heights* isn't just about elevation. It's about transformation. About daring to see more, care more, and be more, whatever that looks like for you.

So here's to higher ground. To deeper integrity. And to the people who choose to rise.

inspiration for  
this issue



*Jennifer  
Dufek*



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WHEN YOU REACH THE PEAK YOU'LL REALIZE THE  
MOUNTAIN WASN'T THE OBSTACLE.  
YOU WERE.

# AIRPLANE MODE MOMENTS

What happens when we unplug... and actually look up.

There's a peculiar freedom in flipping that little switch to airplane mode. Like hanging a Do Not Disturb sign on the door of your digital life. No texts. No pings. No doomscrolling rabbit holes that start with a weather check and end in existential dread.

Just you—and someone you care about—sitting in the quiet. Or laughing. Or noticing the way the sky looks before it forgets to hold back the stars. This isn't about tech shaming. It's about making space.

One hour. That's it. Not forever, not some off-the-grid manifesto. Just 60 minutes without a screen between you and the moment. You'd be surprised what fits into that tiny pocket of time.

With a partner, it might be a slow walk through the neighborhood, no phones in hand, just that old-school practice of talking and listening

without scrolling.

With a child, it could look like building the world's worst (and best) blanket fort, lit by battery-powered stars. With a friend, it might be nothing more than sipping something warm and letting silence be the background music.

The magic doesn't come from what you do—it's what you don't do. You don't check out. You don't half-listen. You don't live somewhere else while pretending to be here.

Airplane mode isn't disconnection. It's re-connection. And in a world that begs for your attention every second, maybe the most rebellious thing you can do is give it, fully and freely, to someone you love. ■



Put down the phones, pick a card (or a question), and go wherever it takes you.

What's something you've always wanted to try but haven't yet?

If today had a soundtrack, what song would be playing?

What's your earliest memory of us together?

What do you think your 10-year-old self would think of you now?

If we had 24 hours with no obligations, what would we do?

# 3

## THINGS WE LEARNED THIS ISSUE

### 1

#### SNOW BLINDNESS IS A THING

Snow blindness is real and painful. It's what happens when sunlight reflects off snow and burns your eyes, like a sunburn on your corneas.

Climber Brian Dickinson found out the hard way. He summited Everest solo, already a jaw-dropping feat, but on the way down, his vision suddenly blurred. Everything went white. He was completely snow blind. With no guide, low oxygen, and no way to see where he was stepping, Brian had to feel his way down the world's tallest mountain by memory alone.

He survived. But it's a wild reminder: even the smallest choices (like your eyewear) can matter a lot.

### 2

#### NOT ALL WILDLIFE PHOTOS ARE WILD

That stunning photo of a snow leopard mid-pounce? It might've been staged. We learned that many so-called "wild" animal images are taken in controlled settings or game farms—raising serious questions about ethics, authenticity, and how we define "wild."

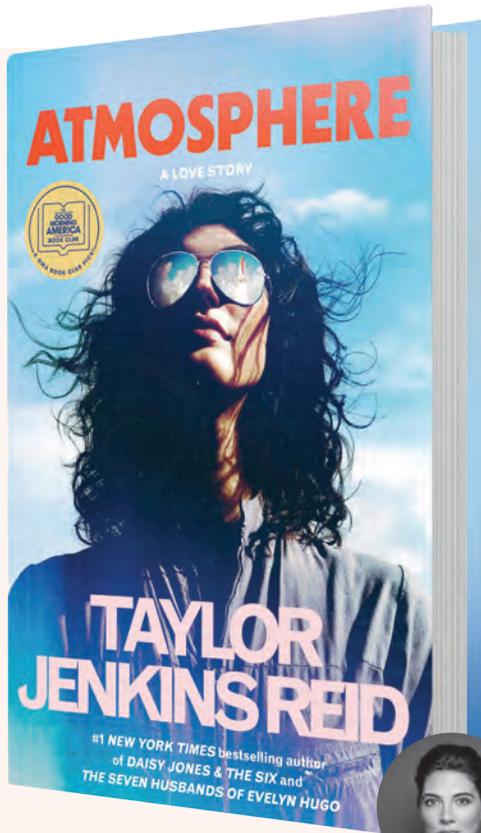
### 3

#### ZUCCHINI'S SECRET BLOOM

You can eat the flowers. Yes, really. Zucchini blossoms are not only edible—they're delicate, buttery, and slightly sweet, making them perfect for stuffing or lightly frying. It's proof that sometimes the most unexpected part of a plant ends up being the showstopper. ■

## BEST NEW BOOKS

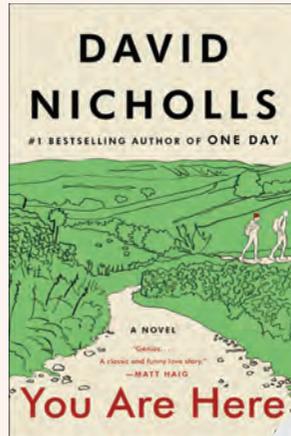
A professor-turned-astronaut chasing her dream among the stars, a woman determined to solve her own murder before time runs out, and two lost souls finding each other on a life-changing hike—three compelling stories of transformation, love, and the extraordinary journeys to reclaim what truly matters.



### ATMOSPHERE

by Taylor Jenkins Reid

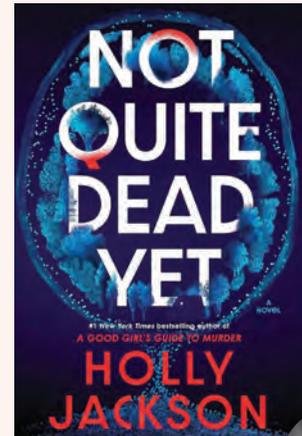
A reserved professor, Joan Goodwin, is selected for NASA's space shuttle program in 1980. Amid intense training with fellow astronauts, she discovers unexpected passions and love. As they prepare for their first flights, Joan's journey of self-discovery reaches a pivotal moment during mission STS-LR9 in 1984. *Atmosphere* is a fast-paced, emotional tale of love and transformation among the stars.



### YOU ARE HERE

by David Nicholls

Michael, reeling from his wife's departure, and Marnie, hiding from her past, are reluctantly thrown together on a ten-day hike. As they struggle through the journey, they unexpectedly discover what they've been searching for—a chance at love and healing, and the possibility of a bright future together.



### NOT QUITE DEAD YET

by Holly Jackson

Jet Mason, a wealthy 27-year-old, is brutally attacked on Halloween, leaving her with a deadly head injury. With just seven days to live, she's determined to solve her own murder. As her condition deteriorates, she unravels shocking secrets, with only her childhood friend Billy by her side.



## PRESS PLAY, GO HIGHER

Stories of awe, exploration, and wild ideas—tune in and let your imagination head for the hills.



### OUTSIDE PODCAST

Averages 45 minutes per episode with over 2,000 episodes

Real stories from the edge of adventure and endurance, exploring how wild places and bold moments shape our bodies, minds, and hearts.



### SHE EXPLORES

Averages 30 minutes per episode with over 800 episodes

Stories of women on trails, peaks, and personal journeys. These voices find connection, courage, and clarity through time spent outdoors.



### WILD IDEAS WORTH LIVING

Averages 25 minutes per episode with over 1,000 episodes

Inspiring conversations with people who turned big dreams into reality through adventure, creativity, or simply daring to live a little wilder.



### THE ATLAS OBSCURA PODCAST

Averages 15 minutes per episode with over 1,500 episodes

Quick trips into the world's most unusual and awe-inspiring places. These stories remind us wonder is everywhere if you know where to look.

**SMOKEY**

# 80 YEARS

— OF PREVENTING —  
WILDFIRES TOGETHER

**KEEP A SHOVEL AND BUCKET OF WATER NEARBY  
TO EXTINGUISH YOUR CAMPFIRE**



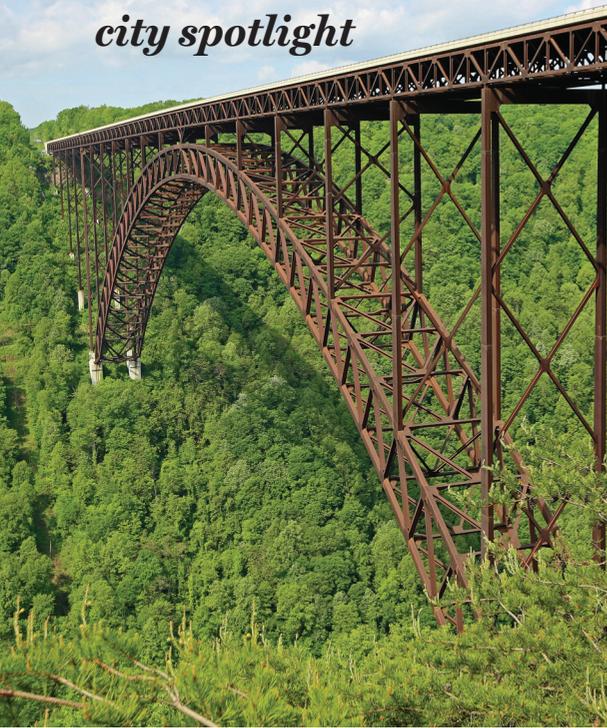
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TUNNEY HUNSAKER BRIDGE  
(ALSO KNOWN AS THE  
FAYETTE STATION BRIDGE)

CITY SPOTLIGHT  
**FAYETTEVILLE,  
WEST  
VIRGINIA**  
CITY SPOTLIGHT  
CITY SPOTLIGHT  
CITY SPOTLIGHT





# A WEEKEND IN Fayetteville, WV

This tiny town might be best known for its iconic bridge and wild outdoor adventures, but Fayetteville is serving up way more than just scenic views. From quirky art and craveable eats to nearby hidden gems worth the detour, here's your ultimate hit list for a weekend that's equal parts thrill and chill.



## NEW RIVER GORGE BRIDGE

America's third-highest bridge, and the queen of Fayetteville's skyline. Walk the catwalk beneath it (if you dare), snap some Insta-worthy shots, or just stand in awe. Bonus: Come for Bridge Day in October for BASE jumping madness.

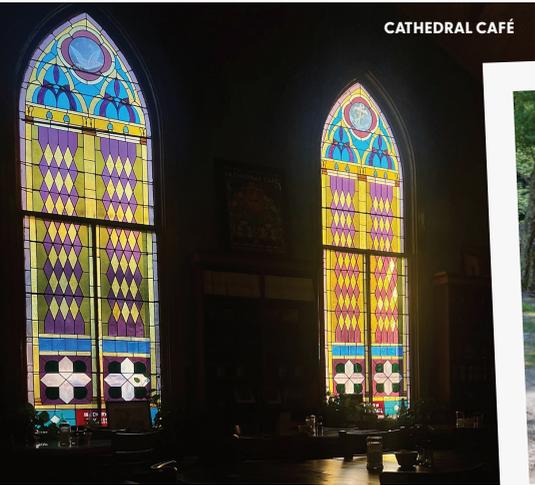


## FAYETTE THEATER

This gorgeous 1938 Depression-era gem has been lovingly restored and now brims with small-town spirit through plays, musicals, concerts, and seasonal events—often up to ten a year. The volunteer-led troupe fills the 400-seat house, showcasing local talent beneath vintage projectors and historic art. Free tours run Fridays from May to October.



CATHEDRAL CAFÉ



## THE HANDLE BAR + KITCHEN

A funky, colorful hangout sling next-level tacos, brews, and bikes. Equal parts après-adventure hub and low-key party spot. Grab a seat on the patio, order a local beer, and swap trail stories with fellow adventurers while the live music plays on.



## ARROWHEAD BIKE FARM

Even if you're not a biker, this spot is pure good vibes. Rent a cruiser, hang in the hammock garden, sip a local beer, and pet the goats. Yes, there are goats.



⬆️ **NEW RIVER**

The New River is a playground in motion. It's older than the Appalachians and twice as wild. You can whitewater raft its Class V rapids (not for the faint of paddle), float a gentle section in a kayak, or fly fish for smallmouth bass in the early morning mist. Add in rock climbing along its sandstone cliffs and backwoods hiking with panoramic payoffs, and you've got an all-access pass to nature's greatest hits.



⬆️ **BABCOCK STATE PARK**

Home to the most photogenic grist mill ever. Hiking trails, waterfalls, and peak West Virginia magic. It's giving "I just stepped into a painting" energy—with extra brushstrokes of golden leaves in fall and misty romance in the mornings.



**TAMARACK MARKETPLACE  
(45 MINS, BECKLEY)**

An upscale artisan shopping dream where everything is made in West Virginia. From handcrafted pottery to gourmet fudge, this is where mountain chic meets your wallet — and you'll probably leave with a handwoven scarf and a deep need to redecorate.



**SUMMERSVILLE LAKE  
(45 MINS)**

West Virginia's version of the Caribbean—with cliffs to jump, paddleboards to rent, and crystal-clear water that'll make you forget you're in the mountains. It's the kind of spot that turns a quick dip into an all-day float-and-sunset situation.



**EXHIBITION COAL MINE  
(50 MINS, BECKLEY)**

Tour a real coal mine with a retired miner as your guide. It's immersive, a little eerie, and a major nod to the area's deep roots—with vintage equipment, underground stories, and a glimpse into the grit that built the region.



**THE DISH CAFÉ  
(40 MINS, DANIELS)**

A fresh, farm-to-fork foodie haven with laid-back vibes and locally loved burgers. You'll leave full, happy, and slightly obsessed—especially after trying their sweet potato fries with honey drizzle.



## **SPRUCE KNOB, WEST VIRGINIA**

High above the fog and forest floor, Spruce Knob reigns as the tallest peak in West Virginia and the Alleghenies. With winding roads, rolling mist, and a summit that feels more sky than land, it's a must for mountain chasers. Wander the Whispering Spruce Trail, soak in panoramic views, and let the silence speak for itself. This is peak Appalachian magic.



Monongahela  
National Forest,  
West Virginia

**Spruce Knob**  
**HIGHEST POINT**  
**IN WEST VIRGINIA**  
**MONONGAHELA**  
*National Forest*

U.S. DEPARTMENT OF AGRICULTURE



GREAT THINGS  
ARE DONE BY A SERIES  
OF SMALL THINGS  
BROUGHT TOGETHER.

- VINCENT VAN GOGH



# forest bathing

Say hello to forest bathing — Shinrin-yoku if you're feeling fancy. It's the ultimate nature therapy out of Japan. No water required, just you, the trees, and a whole lot of deep breaths.

There's something quietly defiant about slowing down. In a world that claps for hustle, Shinrin-yoku — the Japanese practice of forest bathing — suggests the opposite: that stillness might be the most radical thing you do all week.

Born in Japan during the 1980s, Shinrin-yoku wasn't created as a wellness trend. It was a response to rising stress and disconnection — a national prescription to simply be among trees. No steps to track, no gear to buy, no destination to reach. Just an invitation to show up, breathe, and let the forest do what it's always done.

Study after study backs it up: time spent under a canopy lowers cortisol, softens

anxiety, balances blood pressure, and even strengthens the immune system. It's like nature saw how chaotic things were getting and whispered, *come here, sit down, take a minute.*

Forest bathing isn't hiking. It isn't cardio. It's a homecoming. The kind that asks nothing of you but your presence. A slow exhale. A way to remember what it feels like to move without urgency, to listen without reacting, to notice the difference between rustling leaves and your own restlessness.

What stays with you afterward may not be easy to name. Maybe it's the way light filtered through the canopy like stained glass. Maybe it's the realization that your

shoulders had been up to your ears for months. Or maybe it's the brief but unforgettable moment a squirrel met your gaze and didn't flinch.

No screens. No noise. No rush.

Just you and the trees, taking each other in.



## FOREST FACTS TO BREATHE IN

Studies show that trees like cypress and pine release compounds called phytoncides. These not only smell amazing, but can also boost immune function just by breathing them in.

## HOW TO SHINRIN-YOKU

### LEAVE YOUR PHONE BEHIND

This isn't a "snap a pic and tag it #zen" kind of walk. Power down. Pocket it. Pretend it's 1994.

### MOVE LIKE YOU'VE GOT NOWHERE TO BE

Forest bathing is the anti-errand. Meander. Linger. Step over a root like it has a story to tell. The slower you go, the more the forest shows up.

### BREATHE LIKE YOU MEAN IT

In through the nose. Down past the ribs. Out slowly, like you're exhaling a sigh you've been holding for years. Twice as long out as in, if you can. That's where the calm lives.

### GIVE YOUR NOSE A FRONT-ROW SEAT

Ever smelled sunlight on bark? You will. Pause and sniff around like a curious fox. Sap, soil, leaves in late-afternoon light—this is forest perfume at its finest.

### LOOK, LISTEN, TOUCH, REPEAT

Run your fingers over tree bark. Watch the wind write poetry in the leaves. Listen like the birds might be talking to you (they might be). This is the part where your senses remember they're alive.

### SIT AND BE STILL (NOT BORED)

Find a rock, a log, or a patch of moss that speaks to you. Sit. Watch. Wait. The forest has a way of revealing itself when you stop trying to catch it.

### LET THE GREENS AND BLUES WORK THEIR MAGIC

Science says they calm the brain. Your body already knows. Just look up.

### NO TIMER NECESSARY

Stay until your shoulders drop. Until the quiet feels like company. A good forest bath lasts two hours, but even fifteen minutes can shift something. Stay as long as the trees will have you. ■

# The Art of the Climb

Finding grace through effort, and perspective through patience.

There's something arresting about a leopard in a tree. The stillness. The strength. The way it doesn't question its right to be up there. It climbed because it could, and now it rests in a place where the air is quieter and the view is its own.

We talk a lot about climbing in life. Career ladders. Social steps. Personal growth. But the climb we're really after isn't about chasing status; it's about rising into who we're becoming. And just like the leopard, sometimes the most powerful move is to go higher... and then pause.

The truth? Climbing isn't always graceful. It's slipping on bark. It's awkward angles and overthinking your next foothold. It's getting scratched up by branches on your way to the light. But it's worth it, not just for the view, but for what you learn on the way up.

There's wisdom in pacing yourself, in finding your own tree, in knowing when to rest and when to rise. You don't need applause to validate your elevation. You need trust in your own instincts, strength in your stretch, and a little wild in your spirit.

So go ahead. Climb the tree. Pause on a limb. Catch your breath. And take it in – you made it here. ■



## WILD LESSONS FROM THE LEOPARD

### WHY THIS BIG CAT IS THE ULTIMATE ROLE MODEL FOR CLIMBING YOUR OWN WAY.

#### MOVE WITH INTENTION

No wasted motion. No performing. Just powerful, quiet purpose. You don't need to roar to be heard.

#### CLIMB FOR CLARITY

Leopards don't go up just to escape – they go up to get perspective. What if your next move was about peace, not proving something?

#### REST LIKE YOU MEAN IT

A leopard can nap for hours after a hunt. Hustle matters – but so does knowing when to be still.

#### OWN YOUR PERCH

Don't shrink when you rise. You worked for this view. You belong up here.



## whispers in the canopy

*I climbed a tree at eventide,  
Its limbs like bones so stark and wide,  
It beckoned with a ghostly grace,  
A throne of bark in twilight's place.*

*The winds did moan through branches bare,  
Like ancient souls still dwelling there.  
Each creak and crack beneath my tread  
Did echo names the forest bled.*

*Above the world, yet not alone,  
I heard the tree in somber tone—  
It whispered truths not taught below,  
Of dreams we plant, and roots we grow.*

*Its fingers clawed the dying light,  
A silhouette against the night.  
And as I perched in shadows deep,  
The earth below fell fast asleep.*

*No eagle soared, no stars were stirred—  
Just leaves that murmured one last word:  
"Climb not to flee, but understand—  
The heights you seek lie close at hand."*

LIKE THE MOON, YOU ARE ALLOWED TO REST AND RISE.



# Love That Rises With You: Relationships in Seasons of Growth

Because it's possible to bloom and not break.



## REMINDEACH OTHER OF THE ROOTS

Why you started. What you built. The late-night snack runs, the shared playlists, the inside jokes. Growth looks good on you, but the foundation is what holds it all up.

Here's the thing they don't tell you about love: the best kind doesn't stay the same.

It changes. It stretches. It outgrows the pot you planted it in.

One day, you're both binge-watching the same show on the same couch with the same takeout order every Friday. The next, someone's signing up for night classes. Or starting therapy. Or training for a half marathon in some early morning version of themselves you've never met. And suddenly, the quiet between you feels different.

Growth can be loud. It can be lonely. But it doesn't have to be.

Here are a few ways to keep rising without losing your footing together.

## CHEER LOUDER

Even if you don't understand their newfound obsession with watercolor painting or rock climbing or journaling with moon phases. Show up. Ask questions. Be the ride home or the person who remembers what color their first painting was.

## DON'T FLINCH AT CHANGE

It's not a threat. It's a shift. And sometimes, it's the exact thing that brings out a version of them—and of you—you didn't know you were lucky enough to meet.

## MAKE SPACE, NOT DISTANCE

Let each other breathe. Let each other be. But keep one eye on the same North Star, so the growth is parallel and not polar.

## CELEBRATE THE AWKWARD MIDDLE

The part where one of you is blossoming and the other is just trying to keep a houseplant alive. That's still love. That's still connection. Keep watering it.

Because real love isn't static. It climbs, it stumbles, it gets calloused hands. But the view from growing together? That's the kind of summit worth chasing. ■

# THE VIEW FROM ABOVE

Changing your perspective won't magically solve everything, but it just might change the way you carry it.

Sometimes all it takes is a little elevation—physical or mental—to shift everything. From above, the noise dulls, the urgency fades, and what felt overwhelming starts to arrange itself into something more manageable. You don't have to climb a mountain or flee to the forest to get there.

A new perspective might be waiting on a rooftop, a trail overlook, or even in the pause between one breath and the next. What matters isn't how high you climb. It's what you're willing to see differently once you're there.

There's something about standing at the top of a mountain or gazing out from a treehouse balcony that quiets the noise in your head. Up here, the chaos of the day-to-day feels small, like tiny dots scattered across a map. Perspective—literal or metaphorical—has a funny way of shaking loose the clutter we carry.

Psychologists talk about "cognitive reframing," a fancy term for seeing your problems from a different angle. But nature figured that out long before humans gave it a name. The hawk doesn't stress over what's happening on the forest floor; it rises above, views the world in its entirety, and decides what truly deserves its energy.

Maybe you're not climbing Everest this weekend, but you don't have to. Sometimes a higher perspective is found on a rooftop at sunset, a hilltop overlooking your town, or even just standing on a chair to change a lightbulb and realizing—hey, the ceiling fan is filthy.

Perspective isn't about escaping your problems; it's about giving yourself the space to see them differently. Up high, things slow down. Your breathing steadies. Your mind clears. And when you return to ground level, you bring a little of that stillness back with you.

So go ahead—find your lookout point. Climb a hill, a ladder, or even just mentally elevate yourself above the noise.

Sometimes the best way to handle life's tangles is simply to rise above them and see the bigger picture. It might not solve everything, but it'll sure make it easier to start.

## ELEVATE YOUR PERSPECTIVE

You don't always need a mountain peak or a treehouse to rise above the mental clutter. Sometimes, elevation is an internal shift—a quick mental climb when the ground feels shaky.



### BREATHE LIKE YOU MEAN IT

Try box breathing. Inhale for four counts, hold for four, exhale for four, hold again. Repeat. Instant altitude.



### CHANGE YOUR VIEW

Step outside. Look at the horizon, the sky, or even just out a window. Distance creates perspective.



### MINI MEDITATIONS

Close your eyes for one minute. Picture yourself high above ... on a mountain, in a hot air balloon, floating weightlessly.



### THE 'WILL THIS MATTER IN A YEAR?' TRICK

Ask yourself if the thing consuming your mind will still feel important in 12 months. If not, let it shrink.



### GRATITUDE CHECK

List three things you're grateful for — big or small. Gratitude is like emotional oxygen at high altitudes.

Elevation isn't always about going  
somewhere. Sometimes, it's simply about  
seeing things differently.



# LET THE OUTDOORS IN

Scents that capture fresh air, tall trees, and a hint of adventure.



**Mountain Summit**  
Shopee 815, \$32



**Redwood Mist Essential Oil**  
Juniper Ridge, \$15



**National Park Candles**  
Created by Megan McLaughlin, \$26



**Forest Candle**  
Particle Goods, \$36



**Forest Bathing**  
Slow North, \$36

I climbed  
the tree  
to see the  
world



Olmsted Point,  
Yosemite National Park,  
California

# 1

## YOSEMITE NATIONAL PARK GLACIER POINT, TUNNEL VIEW, SENTINEL DOME, OLMSTED POINT

Yosemite offers no shortage of iconic stops for those chasing views from above:

**Glacier Point** offers panoramic vistas of Half Dome, Yosemite Valley, and beyond.

**Tunnel View** delivers that iconic framing of El Capitan, Half Dome, and Bridalveil Fall.

**Sentinel Dome** provides a 360° plateau – ideal for stargazing and sunrise.

**Olmsted Point** overlooks Tenaya Canyon, where granite and road merge in a sculpted tableau.





# ELLEVATED ESCAPES

13  
SCENIC BRIDGES,  
SKYWALKS,  
& OVERLOOKS  
WORTH THE CLIMB



**"EVERY PEAK, EVERY TREETOP, EVERY  
SMALL STEP UP — EACH ONE CHANGES  
THE VIEW."**



## ADIRONACKS WILD WALK AT THE WILD CENTER

Deep in the Adirondacks, Wild Walk leads you through interlaced bridges, forest towers, and a bald-eagle nest high above—the smell of spruce and the vast wilderness bleeding into your senses.

## 4 SEQUOIA PARK ZOO REDWOOD SKY WALK

Suspended within the redwood canopy at Sequoia Park Zoo, this series of bridges threads between trunks 100 feet tall. You're no longer looking up—you're walking sideways through titanic limbs, caught somewhere between earth and sky.

## 5 SMOKY MOUNTAINS (NEAR FOOTHILLS PARKWAY) LOOK ROCK TOWER

Though smaller in scale, Look Rock's open-air metal tower places you snug into the canopy, with Tennessee haze rolling through pines and distant peaks unfurling beyond.

## 6 JOSHUA TREE NATIONAL PARK KEYS VIEW

An often-overlooked portal, Keys View soars above Coachella Valley and the San Andreas Fault. Gaze eastward toward the Salton Sea and distant peaks—an elevated desert prayer.

## 7 MYAKKA RIVER STATE PARK CANOPY WALKWAY

Florida's trail through a palm/oak hammock includes a suspended arbor walkway—quiet elevation above gators and wading birds, watching the tangle of swamp ecology from above.



## NEW RIVER GORGE BRIDGE WALK

On Bridge Day or through guided tours, travelers tethered beneath the New River Gorge Bridge can venture along its maintenance catwalk. The narrow path stretches 3,030 feet of steel, suspended 876 feet above the rapids, leaving you feeling small against the monumental stone around you.

# 8

## GREAT SMOKY MOUNTAINS SKYBRIDGE & SKYDECK

Just outside Gatlinburg, the SkyBridge stretches nearly 700 feet across a hidden valley, earning its title as North America's longest pedestrian suspension bridge. A section of glass flooring offers vertigo-laced glimpses into the forest below. Nearby, the SkyDeck and Tulip Tower rise above the trees, offering a fitting first look at the layered ridges of the Smokies.



### TIPS FOR REACHING NEW HEIGHTS

**ASK AHEAD**  
Some overlooks require shuttle or tribal permits (Grand Canyon, New River Gorge).

**MIND SEASONS**  
Sierra snow, Smoky fog, Adirondack bugs – heads-up.

**BRING LAYERS**  
Elevation equals wind, cold, unexpected weather.

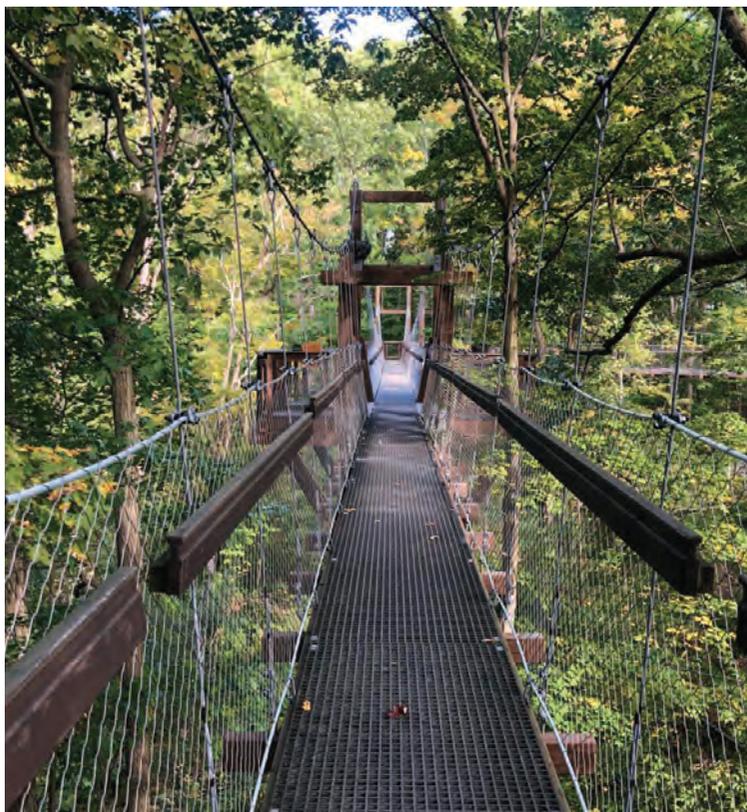
**SLIP-FREE FOOTWEAR**  
Sky bridges get slick when wet.

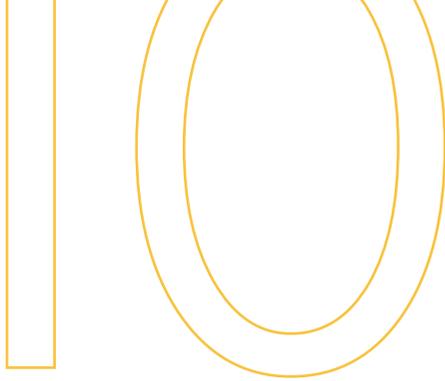
**STAY PRESENT**  
Phones are fine – but don't miss this swap of horizons.



## THE HOLDEN ARBORETUM MURCH CANOPY WALK

A bit beyond typical park boundaries, this 500 ft elevated walk tops out at 65 ft above a tributary, offering an intimate treetop pulpit.





## SHENANDOAH NATIONAL PARK SKYLINE DRIVE OVERLOOKS

Seventy-plus overlooks stretch along 105 mi of ridge-top roadway. Hawksbill, Spittler Knoll, Timber Hollow – each one pulling you upward and outward into the flow of the Blue Ridge, with elevated panoramas punctuating quiet forest drives.



## THE GIANTS OF BERNHEIM

Towering quietly among the trees, Bernheim's Forest Giants invite visitors to slow down, look closer, and see the woods with a little more wonder. Crafted from reclaimed wood and full of personality, these gentle figures turn an ordinary forest walk into something straight out of a storybook – and you won't want to miss them this summer.



## BERNHEIM ARBORETUM & RESEARCH FOREST CANOPY TREE WALK

A seventy-foot boardwalk curves through Kentucky oaks—though not NPS land, it channels that elevated park spirit, breathing deep on knob-country forests.

## SEQUOIA NATIONAL PARK

### MORO ROCK

A granite monolith rising above the Giant Forest, Moro Rock rewards those who climb its 400 carved steps with sweeping views of the Great Western Divide and the vastness of the Sierra Nevada. From the summit, layers of peaks roll out in every direction, stitched together by canyons, clouds, and the winding Generals Highway far below.



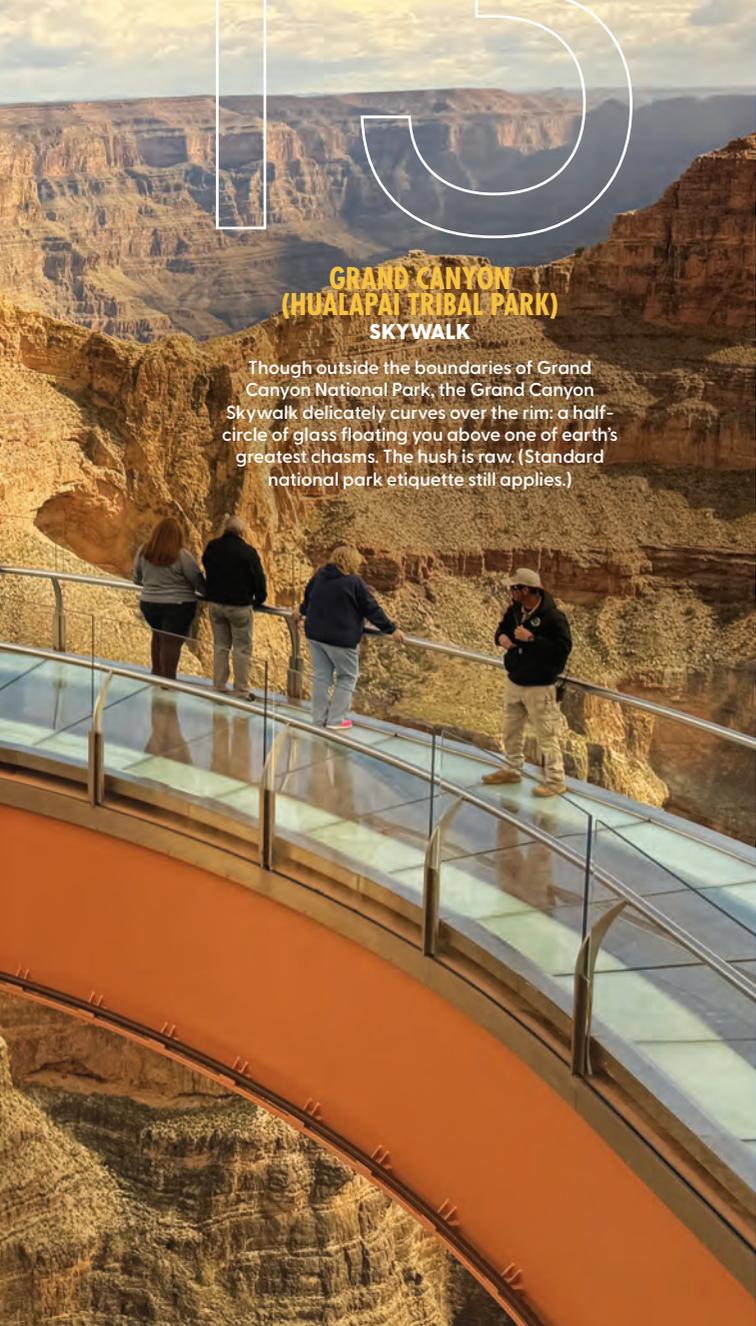




# 15

## GRAND CANYON (HUALAPAI TRIBAL PARK) SKYWALK

Though outside the boundaries of Grand Canyon National Park, the Grand Canyon Skywalk delicately curves over the rim: a half-circle of glass floating you above one of earth's greatest chasms. The hush is raw. (Standard national park etiquette still applies.)



"ALTITUDE IS A GREAT TEACHER. THE HIGHER YOU GO, THE QUIETER IT GETS."

### Holocene

Bon Iver

### Ends of the Earth

Lord Huron

### Rivers and Roads

The Head and the Heart

### To Build a Home

The Cinematic Orchestra

### Motion Picture Soundtrack

Radiohead

### Feathered Indians

Tyler Childers

### All the Pretty Girls

Kaleo

### Ophelia

The Lumineers

### Mt. Washington

Local Natives

### Lost in My Mind

The Head and the Heart

### Northern Sky

Nick Drake

### First Day of My Life

Bright Eyes

### Sedona

Houndmouth

### Slow Show

The National

### The Stable Song

Gregory Alan Isakov

You can find the entire **Above It All** playlist on Tattle's Spotify profile



**THE  
SKY  
IS THE  
LIMIT.**

# Up, Up, and... Wait, How Far?

A Friendly Guide to Everest's Elevation & Camps

LOCATION	ELEVATION (FT)	WHAT'S HAPPENING
Lukla (Airport)	9,300	Tiny runway. Big butterflies (in your stomach).
Namche Bazaar	11,286	Teahouses, yak trains, and acclimatizing vibes.
Base Camp	17,598	Home sweet home for the next two months.
Camp 1	19,900	Through the Khumbu Icefall. Like walking on Jell-O.
Camp 2	21,300	Advanced Base Camp. Real food! Almost.
Camp 3	23,500	Sleep on a ledge. Try not to roll over.
Camp 4 (South Col)	26,000	The "Death Zone" begins. Oxygen is a must.
Summit	29,032	You made it. Snap the photo. Don't hang out long.





(ABOVE) A YOUNG FEMALE SHERPA PORTER CARRYING HEAVY BOXES AND SACKS IN THE HIMALAYAS AT EVEREST BASE CAMP TREK

(BELOW) VIEW OF MOUNT EVEREST AND NUPTSE WITH BUDDHIST PRAYER FLAGS FROM KALA PATTHAR IN SAGARMATHA NATIONAL PARK IN THE NEPAL HIMALAYA



**CALORIES ON THE ROCKS**

Climbers burn 10,000 calories per day near the summit. That's roughly 33 cheeseburgers.

# MOUNT EVEREST: WHERE THE AIR GETS THIN

HIMALAYAN MOUNTAIN CAMP IN NEPAL



## ALTITUDE IS A STRANGE BEAST

At 29,032 feet, Mount Everest isn't just a mountain. It's a myth. A wall of ice and rock and legend that punches into the sky like it's trying to high-five the moon. And yet, every year, hundreds of people line up like it's Space Mountain, hoping to reach the top of the world, even if their noses bleed and their brains feel like microwaved soup in the process.

This is the place where water boils at 160 degrees, sunscreen freezes in your pocket, and your thoughts wander off mid-sentence and forget to come back.

## THE CLIMB AND THE CROWD

Everest used to be the exclusive playground of elite alpinists with wind-burned faces and questionable snacks. Now, it's also home to bucket-listers, influencers, and hedge fund execs who've trained on stair climbers in air-conditioned gyms. And there's a reason — modern gear, high-priced guides, and acclimatization hacks (hello, xenon gas chambers) have made the mountain more "accessible."

But accessibility has a side effect: traffic jams in the death zone. There are literal lines of people waiting to summit, roped in like a conga line of oxygen-starved zombies. Some don't make it back down.

## ENTER THE SHERPAS: THE REAL MVPs

The soul of Everest lives in the people who call these mountains home. Sherpas — strong, wise, wildly under-credited — carry loads, fix ropes, and sometimes save the very climbers they were paid to guide.

Kami Rita Sherpa recently summited Everest for the **31st time**. That's not a typo. He's basically the Michael Jordan of mountains, minus the sneakers and Gatorade deal.

## LUXURY AT THE TOP OF THE WORLD?

For those with means (read: \$500k to burn), Everest has become a glacially cold version of glamping. Champagne base camps. Wi-Fi near the icefall. Someone to carry your GoPro while you hallucinate at 28,000 feet. But it begs the question... if Everest is no longer wild, is it still Everest?

## STILL, THE PULL REMAINS

Why do we keep going up there? Why risk frostbite, avalanches, and the possibility of turning into a popsicle forever perched in the clouds?

Because something in us needs to see what we're made of. Needs to stand somewhere most humans never will. Needs to say, "I was here," even if it's whispered through chapped lips in a wind that never stops blowing.

Everest is still Everest. Beautiful. Brutal. Bigger than any of us. And if there's one thing it teaches over and over again, it's this: sometimes, reaching new heights is less about getting to the top and more about learning who you are on the way up. ■



SHERPA CARRYING A HUGE CARGO WITH THE TRADITIONAL METHOD ON THE FOREHEAD DURING MERA PEAK CLIMBING

# THE STORIES GET THICK



SLOW IS FAST.

## SHERPA WISDOM

Three lessons from those who know the mountain best:

**“The mountain decides.”**

Translation: no ego here.

**“You don’t conquer Everest. You cooperate with it.”**

**“Slow is fast.”**  
Especially above 26,000 feet.



## EVEREST BY THE NUMBERS

Quick stats to make your knees wobble.

**29,032 ft**  
Everest’s official height

**-60°F**  
Typical summit temps

**66% less**  
oxygen at the top compared to sea level

**1953**  
Year Hillary and Norgay made it first

**31**  
Times Kami Rita Sherpa has summited

**~800**  
Climbers reach the summit each year

**2 months**  
Average length of an Everest expedition



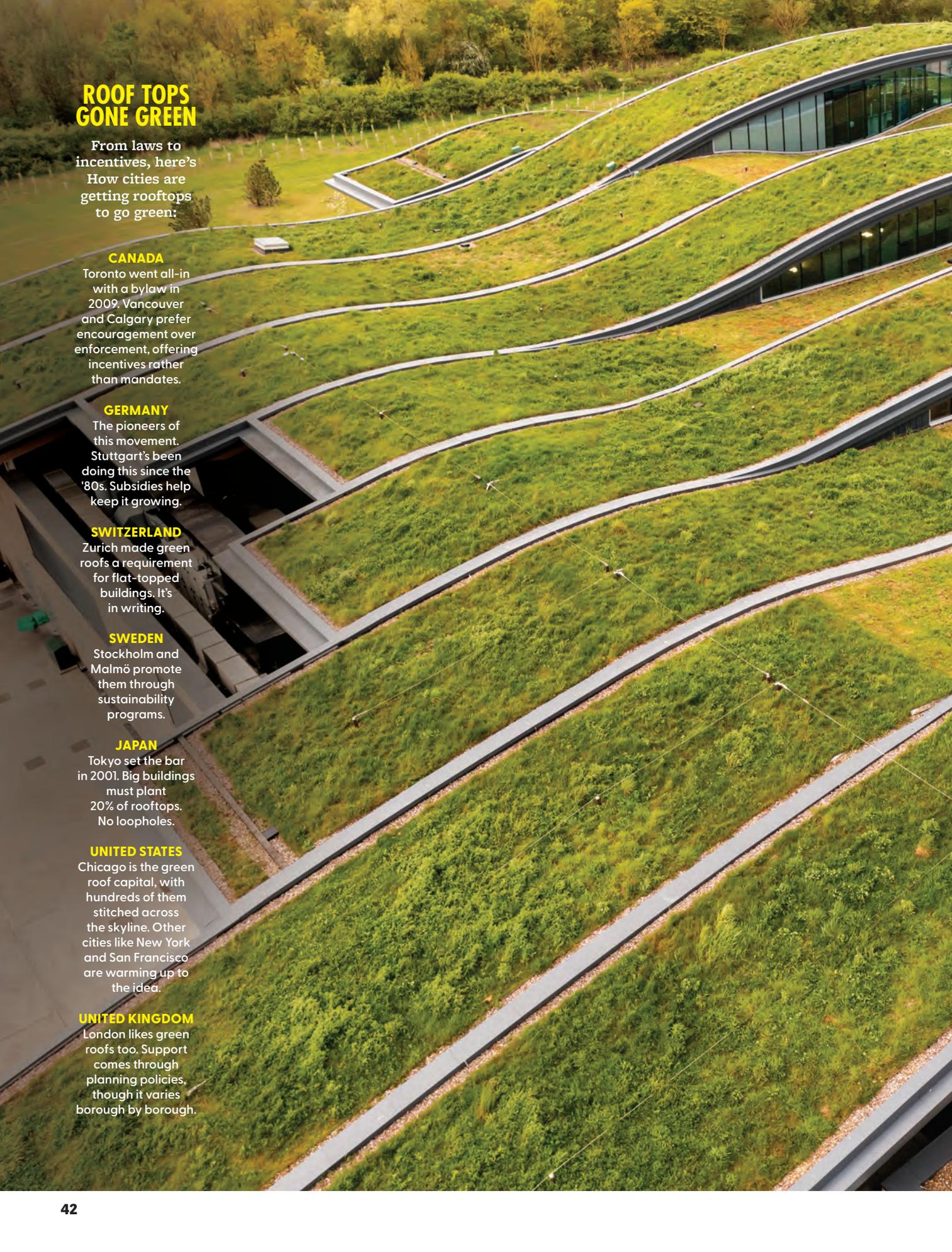
**SOMETIMES, ALL  
YOU NEED TO DO  
IS LOOK UP**

THE BOSCO VERTICALE (VERTICAL FOREST) IS A COMPLEX OF TWO RESIDENTIAL SKYSCRAPERS IN MILAN, ITALY



How  
Buildings  
and  
Rooftops  
Got a Green  
Glow-Up  
While We  
Weren't  
Looking

# ON THE UP + UP



## ROOF TOPS GONE GREEN

From laws to incentives, here's how cities are getting rooftops to go green:

### CANADA

Toronto went all-in with a bylaw in 2009. Vancouver and Calgary prefer encouragement over enforcement, offering incentives rather than mandates.

### GERMANY

The pioneers of this movement. Stuttgart's been doing this since the '80s. Subsidies help keep it growing.

### SWITZERLAND

Zurich made green roofs a requirement for flat-topped buildings. It's in writing.

### SWEDEN

Stockholm and Malmö promote them through sustainability programs.

### JAPAN

Tokyo set the bar in 2001. Big buildings must plant 20% of rooftops. No loopholes.

### UNITED STATES

Chicago is the green roof capital, with hundreds of them stitched across the skyline. Other cities like New York and San Francisco are warming up to the idea.

### UNITED KINGDOM

London likes green roofs too. Support comes through planning policies, though it varies borough by borough.

Rooftop gardens used to feel like some distant, unattainable dream. The stuff of architectural coffee table books. Or maybe where a movie character goes to contemplate life, barefoot, watering a suspiciously lush herb garden with a skyline view. Reality was usually closer to gravel, vents, and maybe a forgotten folding chair.

But lately? Things are looking up. Literally.

From Tokyo to Toronto, rooftops are getting greener by the day. Wildflowers, vegetables, tiny trees, and herbs all finding homes somewhere between the clouds and the concrete. It's not a trend, it's survival. Turns out, sticking a garden on top of a building comes with actual benefits. Less rainwater clogging up the streets. Cooler buildings. Cleaner air. Happier bees. Even roofs themselves last longer with a little greenery on top, go figure.

Some cities aren't just encouraging it – they're requiring it. Tokyo's been telling builders to set aside rooftop space for plants since 2001. Not a friendly suggestion, an actual rule. As a result, over 300 hectares of green roofs now scatter across the skyline. Concrete jungle, meet actual jungle.

Canada's taking a softer approach. Toronto made green roofs a legal thing back in 2009, but elsewhere cities

are offering rebates and incentives instead of mandates. Vancouver, Calgary, they're nudging folks in the right direction. "Here's some money, now please go plant something." Seems to work.

Why? Because science says so. Green roofs trap rainwater before it floods the streets, help keep cities from turning into ovens during heatwaves, and lower energy bills. Plus, and this is important, they just make life look and feel a little better. Who wouldn't rather look out the window and see sunflowers instead of tar paper?

Of course, not every rooftop is a candidate. Some buildings can't hold the extra weight, some lack proper drainage. But with the right setup, that boring slab of concrete can become a tiny ecosystem all its own. Birds, bees, butterflies, and maybe even a tomato or two.

Cities are catching on fast. Rooftops aren't just wasted space anymore. They're tiny green lifeboats, floating above the sidewalks.

And yes, pigeons still get to enjoy them too. ■

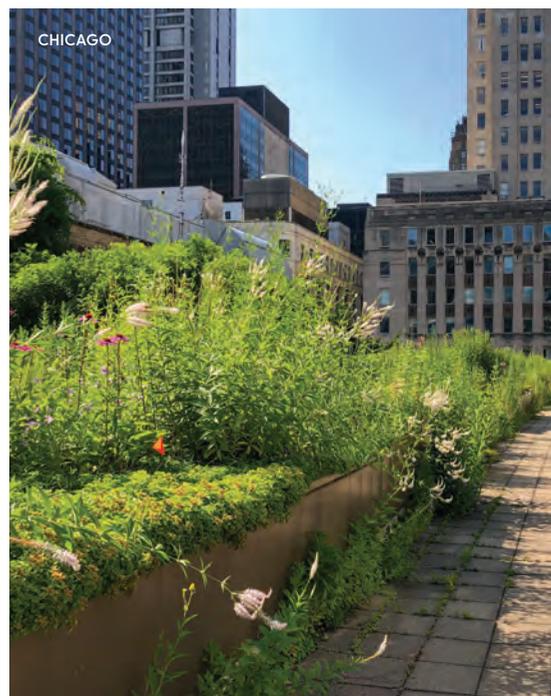


MYKINES, FAROE ISLANDS

THE EARTH IS WHAT WE ALL HAVE IN COMMON.



TOYKO



CHICAGO

There's a restaurant in Sweden that serves a seven-course tasting menu suspended in a treehouse. There's another in Thailand where you eat your meal hoisted into the canopy like a sack of coconuts while waiters zipline your dessert over on a tray. Even here at home, more chefs are looking up, quite literally, for what's next on the menu.

Treetop to table isn't a trend. Not yet. But it's a delicious thought. Imagine ingredients that didn't travel cross-country in a truck but instead were plucked by hand, with dirt still under the fingernails, from the nearest branch, bush, or vine. The leaves above you shade your salad. Your wine pairs with the view. Call it elevated dining, sure, but this goes beyond rooftop bars and skyline selfies. This is about connecting to where your food really comes from: up.

There's poetry to it. Figs, papayas, cherries, olives — some of the world's oldest and most celebrated foods are tree-born. Whole cultures revolve around harvest seasons for things that don't grow politely in rows at eye level. And yet, when we think of "local," we rarely think vertical.

What if we did? What if we saw the treetop as more than scenery? There's a kind of reverence that comes from eating something in the shadow of where it grew. It grounds you. Or rather, it lifts you.

Menus could read like trail maps. Your starter: forest mushrooms kissed with rain. Your entrée: cedar-planked trout with a garnish of spruce tips. Dessert: something sticky and sweet served beneath a canopy of maple.

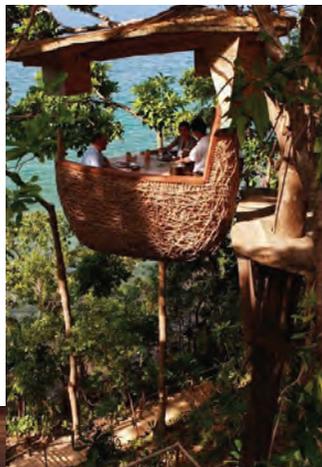
It's not just about the novelty. Sure, dining in a treehouse sounds like something out of a childhood daydream, but it's really about leaning into the natural world in a way that feels more immediate. Let the trees set the scene, let the breeze do the heavy lifting, and let the meal remind you how good simple things can be when you meet them where they grow.

Eat well. Look up. And maybe don't wear heels. ■



# high dining

For those who believe good meals and good views should go hand in hand — or branch in branch.



## TREEPOD RESTAURANT

KIRI PRIVATE RESERVE  
(FORMERLY SONEVA KIRI), KOH KOOD, THAILAND

At this luxury eco-resort on the island of Koh Kood, you're invited to climb into a bamboo "treepod" hoisted 16-26 feet above the rainforest canopy. Servers—trained in ziplining — deliver gourmet Thai or continental dishes via harness and cable, all while you take in sweeping views of the Gulf of Thailand. Treepod Dining remains one of the resort's signature experiences, offering meals with a side of sky and plenty of wonder.

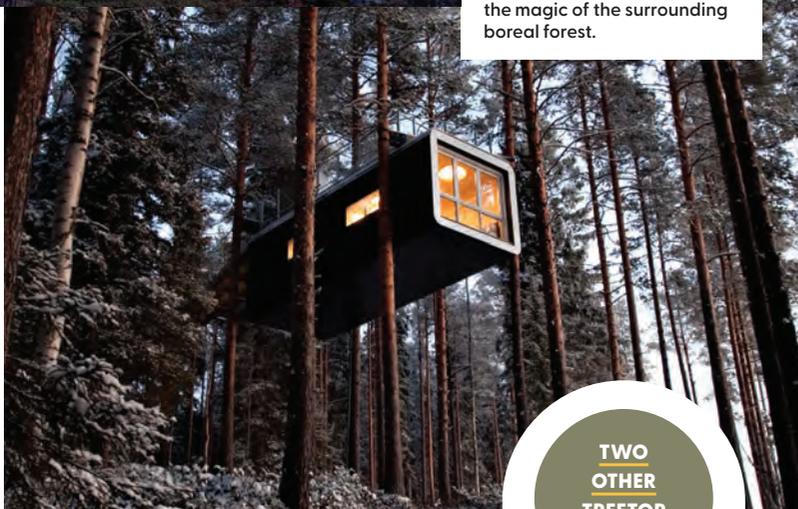




### TREEHOTEL

HARADS, SWEDISH LAPLAND

Located in the remote north of Sweden, Treehotel offers a one-of-a-kind escape with treerooms suspended in the forest canopy—each designed by leading Scandinavian architects, from mirrored cubes to UFOs. Down on solid ground, their Guesthouse Restaurant serves up a curated, locally sourced tasting menu highlighting Nordic flavors and seasonal ingredients. While you won't dine among the trees themselves, meals often spill outdoors under the open sky or onto a frozen lake in winter, pairing inventive cuisine with the magic of the surrounding boreal forest.



**BETWEEN THE LEAVES AND THE SKY IS A GOOD PLACE TO SPEND AN AFTERNOON.**



### TREE TOPS SIGNATURE DINING

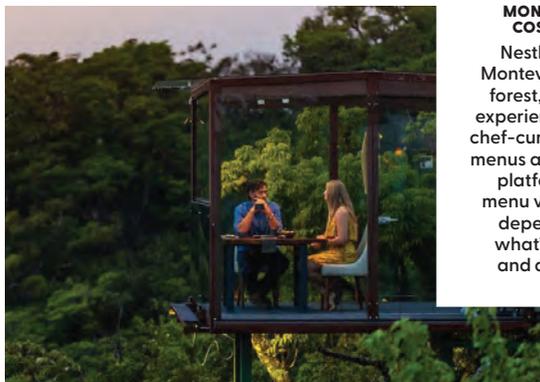
KOH SAMUI, THAILAND

Perched in a 120 year old tree at a resort in Chaweng, this cliffside restaurant offers private salas overlooking the sea. Guests enjoy multi course menus featuring premium local ingredients and a curated wine list.

### SAN LUCAS TREETOP DINING

MONTEVERDE, COSTA RICA

Nestled in the Monteverde cloud forest, this rustic experience delivers chef-curated tasting menus atop wooden platforms. The menu varies daily, depending on what's freshest and available.



Playlist #2: Table for Two (In a Tree)

### Banana Pancakes

Jack Johnson

### Flightless Bird, American Mouth

Iron & Wine

### Harvest Moon

Neil Young

### Old Pine

Ben Howard

### The Gardener

The Tallest Man on Earth

### Meet Me in the Woods

Lord Huron

### Half Moon

Blind Pilot

### Rivers and Roads

The Head and the Heart

### Poison & Wine

The Civil Wars

### Emmylou

First Aid Kit

### Feathered Indians

Tyler Childers

### Cherry Wine

Hozier

### Bloom

Paper Kites

### Follow the Sun

Xavier Rudd

### Peach Fuzz

Caamp

You can find the entire **Table for Two (In a Tree)** playlist on Tattle's Spotify profile



*in season*



# a good squash goes a long way



## NUTRITIONAL NINJA MOVES

One medium zucchini clocks in at about 33 calories. That's it. And yet it's stacked with vitamin C, potassium, manganese, vitamin B6, and fiber. Basically, it's doing the most while asking for very little. Antioxidants? Present. Hydration? You bet — zucchinis are about 95% water, which makes them excellent sidekicks during summer heat and hydration slumps.

## YOUR GUT'S GREEN BEST FRIEND

Zucchinis bring the fiber without making it a whole thing. Soluble fiber, especially from the skin, helps keep blood sugar steady and supports healthy digestion. In plain terms: they help keep the train on the tracks without turning dinner into a dietary lecture.

## THE SKIN-GLOW LOOPHOLE

The vitamin C in zucchini isn't just for fending off colds. It helps collagen production, meaning your skin gets a little more bounce and glow. We're not saying it's a facial in vegetable form, but... we're also not saying that.

## EASY TO LOVE, HARD TO MESS UP

Maybe the best part of zucchini is how effortlessly it plays well with others. You can fry the flowers. You can grate it into pancakes. You can pretend zoodles are fettuccine if you squint. It's the definition of low-maintenance wellness.

Slice it, sauté it, love it — zucchini's the squash that keeps showing up and showing off.

Zucchinis aren't out here trying to be the star of the show. No loud colors. No weird shapes. Just quiet, green, and consistently useful.

You've probably sliced one without thinking twice — tossed into stir-fries, baked into bread, spiraled into noodles you pretended were pasta. But this humble veggie is pulling some serious weight behind the scenes.



### THE FLOWER'S EDIBLE TOO

Zucchini blossoms can be stuffed, fried, or sautéed. A delicacy in Italy — and your garden.



### ZUCCHINIS ARE TECHNICALLY FRUITS

Botanically, they're classified as a type of berry called a pepo. Yes, really.



### ONE ZUCCHINI PLANT = SUMMER TAKEOVER

Just one plant can yield 10+ pounds of zucchini in a season. Good luck keeping up.

# zucchini bread

## INGREDIENTS

- 1½ c grated zucchini (don't wring it out—moisture = gold)
- 1½ c all-purpose flour
- ½ t baking powder
- ½ t baking soda
- ½ t salt
- 1 t ground cinnamon
- ¼ t nutmeg
- 2 eggs
- ½ c brown sugar, packed
- ½ c granulated sugar
- ½ c canola or vegetable
- 1 t vanilla extract
- ½ c chopped walnuts or pecans (optional)

## DIRECTIONS

**1** Preheat oven to 350°F. Grease or line a 9x5" loaf pan.

**2** In a medium bowl, whisk flour, baking powder, baking soda, salt, cinnamon, and nutmeg.

**3** In a large bowl, beat eggs with sugars until smooth. Add oil and vanilla. Stir in the zucchini.

**4** Gently fold dry ingredients into the wet mixture. Add nuts if using.

**5** Pour into prepared pan and bake for 50–60 minutes, or until a toothpick comes out with just a few moist crumbs.

**6** Let cool (or don't—warm slices with a pat of butter are unbeatable).



### SWEETEN THE DEAL

Want to turn your humble zucchini loaf into dessert territory? Toss in ¼ cup of semi-sweet chocolate chips right before baking.

# ricotta stuffed zucchini flowers

## INGREDIENTS

### For the filling:

1 c ricotta cheese (drain if very wet)  
2 T finely chopped fresh parsley  
1 small garlic clove, finely grated (optional)  
zest of ½ lemon  
Salt and freshly ground pepper to taste

### For the batter:

¾ c all-purpose flour  
¾ c sparkling water (ice cold)  
pinch of salt

### For the flowers:

12-15 fresh zucchini flowers, stamens gently removed  
Vegetable oil, for frying (sunflower or grapeseed recommended)  
Flaky sea salt, to finish

## DIRECTIONS:

**1** In a bowl, combine ricotta, parsley, lemon zest, and garlic (if using). Season with salt and pepper. Stir until creamy and smooth. Transfer to a piping bag or a zip-top bag with a corner snipped off

**2** Gently open each flower and pipe about a tablespoon of the ricotta filling inside. Twist the tops lightly to seal them shut like a little parcel of sunshine.

**3** Whisk flour, sparkling water, and a pinch of salt together until just combined. A few lumps are okay, don't overmix.

**4** Heat 1½ inches of oil in a deep pan until it shimmers (around 350°F). Dip each stuffed flower into the batter, let excess drip off, and gently place into the oil. Fry 3-4 at a time, turning once, until golden and crisp (about 2 minutes per side).

**5** Transfer to a paper towel-lined plate. Sprinkle with flaky sea salt while still hot. Serve immediately, because crispy waits for no one.



# crispy zucchini fries

## INGREDIENTS

2 medium zucchini, cut into fry-like sticks  
2 large eggs  
½ c all-purpose flour  
(or almond flour for gluten-free)  
¾ c panko breadcrumbs  
¼ c grated Parmesan cheese  
1 t garlic powder  
½ t smoked paprika  
½ t salt  
¼ t black pepper  
olive oil spray

## DIRECTIONS

**1** Fire up the oven to 425°F (or air fryer to 400°F). Line a baking sheet with parchment paper and give it a quick mist with olive oil spray.

**2** Set up three bowls – one with flour, one with beaten eggs, and one with panko, Parmesan, garlic powder, paprika, salt, and pepper.

**3** Dip each zucchini stick in flour, then egg, then give it a crunchy panko coating.

**4** Lay the fries in a single layer on the sheet. Spray the tops lightly with olive oil for extra crisp. Bake 18–20 minutes, flipping halfway through, until they're golden and crispy. (Air fryer? Try 8–10 minutes.)

**5** Serve Hot with the yogurt dip. Or ranch. Or marinara. Or all three. No judgment.



### ZESTY YOGURT DIP

Whip up a quick dipping sauce with ½ cup Greek yogurt, 1 tbsp lemon juice, a pinch of garlic powder, and (if you're feeling fancy) a little chopped fresh dill. Stir until smooth and serve chilled.



# lemon ricotta zucchini pizza

Grab your favorite pizza crust, store-bought or homemade, and preheat the oven to 425°F. Smear on a generous layer of creamy ricotta cheese as your base, then drizzle lightly with olive oil and a touch of lemon zest for brightness. Next, layer on thinly sliced zucchini (green or yellow squash both work beautifully), overlapping just a little like edible roof tiles. Sprinkle with flaky sea salt, cracked black pepper, and a whisper of garlic powder or shaved garlic for depth. Add finely grated Parmesan for a nutty finish and scatter fresh thyme leaves or torn basil across the top. Bake until the crust is golden and the squash edges are just kissed with color, about 12–15 minutes. Just before serving, shower it with microgreens or arugula for a peppery crunch. Slice, serve, and let summer sing on your plate.





# garlic butter zucchini & rigatoni

## INGREDIENTS

12 oz rigatoni  
2 medium zucchini, halved lengthwise and sliced into half-moons  
2 T olive oil  
2 T unsalted butter  
3 garlic cloves, finely sliced  
1 t dried basil  
½ t sea salt  
¼ t cracked black pepper  
⅓ c grated Parmesan cheese (plus more for topping)  
fresh basil leaves, chiffonade-cut (for garnish)

## DIRECTIONS

- 1 Cook your rigatoni in well-salted water until just al dente. Reserve ½ cup pasta water before draining.
- 2 While the pasta's going, heat olive oil in a large skillet over medium heat. Add the zucchini and let them get golden and soft—about 5-7 minutes. Stir occasionally, but let them sit long enough to get a little caramelized.
- 3 Toss in the butter, garlic, and dried basil. Stir until the butter melts and the garlic turns fragrant and just starts to toast—careful not to brown it too much.
- 4 Add the drained pasta to the skillet. Toss to coat, and drizzle in a splash or two of reserved pasta water to create a silky glaze.
- 5 Turn off the heat, toss in the Parmesan, salt, and pepper. Mix until everything's glossy and well coated.
- 6 Sprinkle in a chiffonade of fresh basil just before serving and save a few ribbons for the top.



## TWO BASILS ARE BETTER THAN ONE

Dried basil brings warmth to the base, while fresh basil chiffonade finishes it off with a bright, herbaceous kick. No sauce needed – this one dresses up in flavor, not cream.

# zucchini noodles (zoodles)

## INGREDIENTS

2 medium zucchinis  
1 T olive oil  
pinch of salt  
marinara sauce, warmed,  
for serving  
fresh basil or shaved  
Parmesan, optional

## DIRECTIONS

**1** Use a spiralizer to turn your zucchini into long, spaghetti-style noodles. No spiralizer? A julienne peeler or mandoline works too. Just aim for strands that are even in size so they cook consistently.

**2** If you like your zoodles with a bit of bite, skip the stove and serve them raw. For something warmer, heat olive oil in a skillet over medium heat and toss in the zoodles. Sauté for just 2–3 minutes, stirring gently. Any longer and they'll go from al dente to watery.

**3** After cooking, transfer zoodles to a paper towel-lined plate and give them a gentle blot.

**4** Plate the zoodles, spoon warm marinara over the top, and finish with a sprinkle of basil or Parmesan.



## in the kitchen

**AirPerfect Non-Stick  
14" Pizza Pan**  
GoodCook, \$16



**Electric Vegetable  
Spiralizer**  
Shine Kitchen Co., \$60



**Nonstick  
Standard Bread  
Loaf Pan**  
USA Pan, \$21

**Wooden Serving  
Bowl Set**  
Folkulture, \$60



**Ceramic Dipping  
Bowls, Set of 6**  
K KitchenTour, \$18



# LET'S GET COOKIN'

Looking for kitchenware to help you create the recipes in this issue or products that are just inspired by what's in season? We've got you!



**Reusable Nonstick  
Loaf Pan Lifters**  
King Arthur Baking  
Company, \$20



SUMMERTIME IS ALWAYS THE BEST OF WHAT MIGHT BE  
CHARLES BOWDEN



Climb higher. Leave lighter. Don't forget your reusable water bottle.

# 100 SMALL WAYS TO LIVE TALLER

(AND KINDER TO THE PLANET)



## EVERYDAY EDITS

(Tiny house-keeping tweaks that add up to mountain-size impact)

- 1. Switch to bar soap.** Less plastic, more lather, and a nostalgic apothecary vibe.
- 2. Turn the water off while brushing.** Your teeth aren't impressed by Niagara Falls.
- 3. Hang your laundry to dry.** Bonus: everything smells like sunshine.
- 4. Unplug phantom devices.** Electronics still sip power when the red light's glowing.

- 5. Swap to LED bulbs.** They last longer than most celebrity marriages.
- 6. Install a low-flow showerhead.** Same sing-along, half the H<sub>2</sub>O.
- 7. Use wool dryer balls.** They bounce around so you don't have to buy dryer sheets.
- 8. Keep a "use-this-up" bin in the fridge.** Honor the aging spinach before it writes its will.
- 9. Compost food scraps.** Even banana peels dream of becoming soil someday.

- 10. DIY your cleaning spray.** Vinegar + citrus peels = countertop sorcery.
- 11. Insulate your water heater.** A cozy jacket for the hardest-working appliance.
- 12. Batch your errands.** One car trip, many quests, fewer fumes.
- 13. Collect rainwater for plants.** Houseplants like sky juice best.
- 14. Ditch paper towels for rags.** Super-hero capes for your countertops.

**15. Use cold water for laundry.** Your jeans prefer the polar plunge.

**16. Add door sweeps.** Keep drafts (and energy bills) from sneaking in.

**17. Rechargeable batteries only.** Because single-use ones are the diva of disposables.

**18. Turn lights off when you leave a room.** You're not a lighthouse keeper.

**19. Skip printed receipts.** Thermal paper is basically cash register confetti.

**20. Start a windowsill herb garden.** Fresh basil, zero food miles.

## WHAT'S ON YOUR PLATE

(Fork-sized decisions with planet-sized ripple effects)

**21. Actually eat the leftovers.** Don't let tomorrow's lunch become a science fair.

**22. Make one meatless meal a week.** Start with tacos. Always tacos.

**23. Try a plant-based milk.** Oat milk foams up like a fluffy cloud.

**24. Buy local produce.** Your tomatoes shouldn't have frequent-flyer miles.

**25. Eat seasonally.** Strawberries aren't supposed to be eternal.

**26. Freeze aging fruit for smoothies.** Bananas love cryogenic spa days.

**27. Turn veggie scraps into broth.** Free soup stocks never tasted so smug.

**28. Shop the bulk bins.** Fewer bags, more oats, treasure-hunt vibes.

**29. Pack snacks in reusable tins.** Because crinkly plastic never looked chic.

**30. Grow something edible.** A patio tomato counts as agriculture.

**31. Skip single-use cutlery.** Your glovebox deserves a travel spork.

**32. Bring your own mug for coffee.** The barista will remember your name.

**33. Write down your food waste each week.** Gentle horror = better habits.

**34. Support small farms & CSAs.** Real people, real dirt under nails.

**35. Make sparkling water at home.** Fizzy, minus the mountain of cans.

**36. Host a pantry swap with friends.** Trade your surplus quinoa for their rogue chickpeas.

**37. Ferment something.** Sauerkraut is a time-traveling cabbage.

**38. Choose reef-safe sunscreen on beach days.** Protect your skin and the coral dance floor.

**39. Skip glitter sprinkles on desserts.** Microplastics in drag — let the cake shine on its own.

**40. Celebrate "ugly" produce.** A crooked carrot is still Carrot Enough.

## CLOSET & PERSONAL CARE

(Dress lighter, feel brighter)

**41. Thrift like it's a treasure hunt.** Because it is.

**42. Say no to fast fashion.** Unless it's secondhand fast fashion, then maybe.

**43. Mend that hole.** Your grandma would be proud.

**44. Host a clothing swap party.** Free wardrobe, questionable karaoke.

**45. Invest in quality pieces.** Buy it once, love it forever.

**46. Wash clothes on cold & line dry.** Extend fabric life, save energy.

**47. Use a safety razor.** Old-school cool, zero plastic.

**48. Refillable deodorant & toothpaste tabs.** Bathroom banishment of tubes.

**49. Choose natural fibers.** Linen breathes; synthetics wheeze microfibers.

**50. Skip the micro-trend frenzy.** Be timeless. Be weird.

**51. Upcycle worn tees into cleaning rags.** Retirement plan for cotton icons.

**52. Donate or responsibly recycle old electronics.** No drawer deserves e-waste purgatory.

**53. Opt for bar shampoo & conditioner.** Suds without sudsing up the sea.

**54. Try bamboo toothbrushes.** Morning routine, panda-approved.

**55. Use reef-safe makeup with refillable tins.** Beauty minus the baggage.

## OUTDOORS & OFF-GRID

(Because nature still throws the best parties)

- 56. Ride a bike for short trips.** Wind therapy, zero emissions.
- 57. Take public transit when you can.** Secret people-watching theatre.
- 58. Carpool to work.** Turn traffic into talk radio with friends.
- 59. Offset your flights' carbon.** Frequent flyer, meet frequent fixer.
- 60. Plan a low-stuff camping trip.** Pack less, notice more stars.
- 61. Volunteer for a habitat restoration day.** Free workout, muddy high-fives.
- 62. Plant native trees.** Rooted in place, thriving on your watch.
- 63. Pick up litter on walks.** Instant karma workout.
- 64. Use solar-powered chargers.** Sunshine straight to your phone.
- 65. Skip single-use propane canisters.** Refillable tanks for camp-cooking legends.
- 66. Choose trails & parks that reinvest in conservation.** Vote with your hiking boots.
- 67. Practice leave-no-trace picnicking.** Ants don't need your granola wrappers.
- 68. Collect seeds from heirloom veggies.** Grow a legacy garden.
- 69. Turn off porch lights during migration season.** Birds navigate by stars, not LEDs.



**70. Build a backyard bee hotel.** Pollinators need pillow mints too.

## MINDFUL MOVES

(Headspace hacks that lighten the footprint)

- 71. Read more, scroll less.** Paperbacks can't track your cookies.
- 72. Practice "want less, appreciate more."** Contentment is the ultimate upcycle.
- 73. Do a digital declutter.** Cloud storage gobbles unseen energy.
- 74. Wait 24 hours before impulse buys.** Desire has a short half-life.
- 75. Share books, tools, and rides.** Community is the original subscription model.
- 76. Set a "carbon budget" like a financial one.** Track, tweak, triumph.
- 77. Meditate outdoors.** Free soundtrack: wind through leaves.
- 78. Celebrate progress, not perfection.** Guilt is a lousy fuel.
- 79. Teach a kid to recycle.** Next-gen heroes in training wheels.



**80. Journal your sustainability wins.**

Positive reinforcement in ink.

**81. Schedule screen-free evenings.** Candlelight, board games, analog laughs.

**82. Host a documentary night.** Popcorn plus planet epiphanies.

**83. Choose experiences over stuff.** Memories have zero landfill footprint.

**84. Learn one new repair skill a month.** YouTube universities, here we come.

**85. Talk about sustainability casually.** Not preachy – just sharing trail snacks.

## COMMUNITY & BIGGER PICTURE

(Because "we" is mightier than "me")

**86. Support B Corporations.** Businesses that give a damn.

**87. Vote for eco-minded policies.** Ballots are powerful compost.

**88. Join a local co-op.** Groceries with a handshake attached.

**89. Start or join a neighborhood tool library.** Power drills love new friends.

**90. Donate to environmental justice orgs.** Green should include everyone.

**91. Write to brands about packaging.** Polite rantos move mountains.

**92. Back crowd-funded clean-tech projects.** Early adopter, later bragging.

**93. Organize a town clothing swap.** Civic thrift fiesta.

**94. Support renewable energy through your utility.** Green electrons on tap.

**95. Celebrate car-free days in your city.** Streets are for people, not exhaust.

**96. Mentor someone on sustainability basics.** Pass the torch, not the trash.

**97. Help plant a community garden.** Vegetables thrive on gossip too.

**98. Lobby for better bike lanes.** Pedals over pistons.

**99. Host a repair café event.** Broken toaster? Hold my wrench.

# 100.

Keep the conversation rolling. Sustainability spreads best by word of mouth—so speak up, listen up, and climb higher together. ■

A photograph of a single, leafy tree standing on a rocky, grassy hill. The background is a clear, bright blue sky. The foreground is filled with out-of-focus green and purple foliage. Overlaid on the right side of the image is white, handwritten-style text.

the best time  
to plant  
a tree  
is 20 years  
ago  
the second  
best time  
is NOW



THE WORLD CHANGES WHEN WE CHANGE OUR PERSPECTIVE.



# AFRICA FROM ABOVE

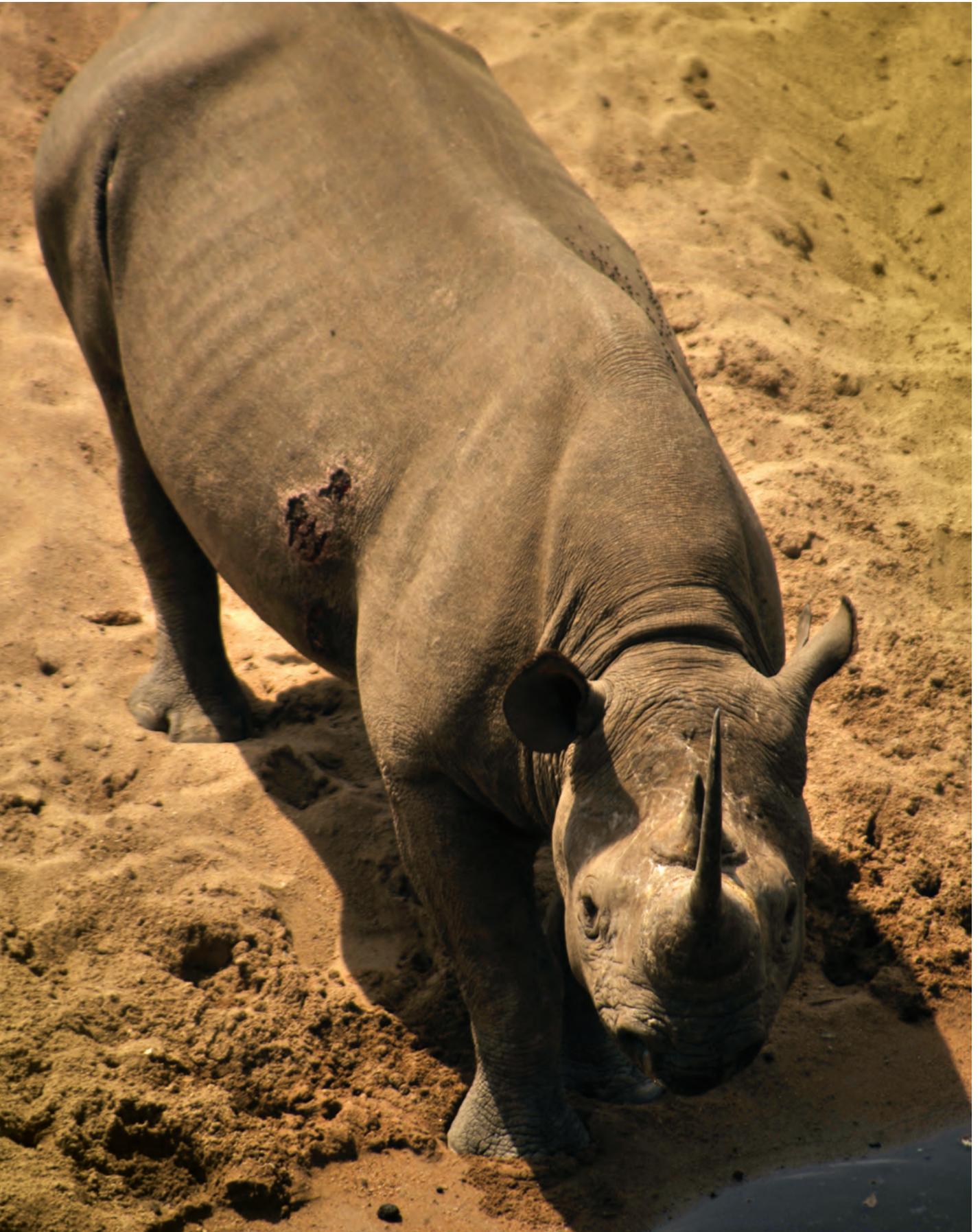






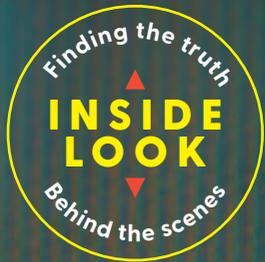






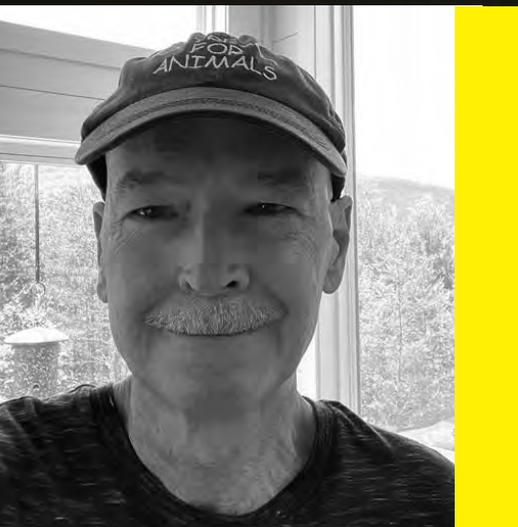
**THE WORLD  
ISN'T BLACK  
AND WHITE.  
IT'S GRAY.  
AND WHEN WE  
START SEEING  
IT THAT WAY,  
WE OPEN  
OURSELVES  
UP TO REAL  
SOLUTIONS.**

**JEFF KREMER**



# THE CONSERVATION GAME

ANIMAL ADVOCATE AND  
CO-PRODUCER OF THE CONSERVATION GAME  
JEFF KREMER



➔ What if everything you thought you knew about animal education on TV was only half the story? *The Conservation Game* pulls back the curtain on celebrity conservationists, exotic animal exploitation, and the quiet investigators working behind the scenes. We spoke with Jeff Kremer about his role in the documentary — and how a research project became a personal mission to change the world of wildlife entertainment.

Released in 2021, *The Conservation Game* exposed a side of wildlife entertainment few were ready to confront.

One unexpected phone call and a four-year journey later, Kremer found himself at the heart of *The Conservation Game*, an investigative film that shook the public's trust in wildlife television and cracked open a world most people didn't even know existed.

It started with a moment: an exotic animal auction, where filmmaker Michael Webber spotted Jared Miller – a familiar face from morning shows – shopping for wild animals. That single encounter planted a seed that grew into a sweeping investigation, revealing how many “celebrity conservationists” had ties to shady roadside zoos and unaccredited breeding facilities.

Webber knew he had a story. But he needed a tracker – someone who could help follow the trail of cats and their handlers across years of footage, appearances, and transactions. That's where Kremer came in.

“I never planned to be in the movie business,” Kremer said. “But two years in, Mike called and said, ‘People are going to want to know how we're doing this. I think we need to put you on camera.’”

The film quietly but powerfully exposed how exotic animals, especially big cats, were being bred, passed around, and used for entertainment under the guise of education. Kremer linked cats to handlers, handlers to shows, and shows to zoos. He could identify individual tigers just by the patterns in their stripes.

“Tiger stripes are like fingerprints,” he explained. “Unique to each cat. That's how we tracked them.”

Some of the discoveries were heartbreaking. Cubs taken from mothers just days after birth. Tigers kept in hotel lobbies and transported in cars. Beloved TV personalities like Jack Hanna sourcing animals from facilities that were anything but ethical.

The backlash was swift but mostly quiet. Jack Hanna retired from public life just days after the film premiered at the Santa Barbara International Film Festival. Other high-profile figures stopped appearing on TV with animals. Entire shows vanished. The Association of Zoos and Aquariums, which had long opposed

legislative changes, suddenly reversed course and supported the Big Cat Public Safety Act.

“That alone was worth everything,” Kremer said. “To see those policy shifts and behavioral changes, even if nobody ever said our film was the reason.”

For Kremer, the mission was never about canceling people. It was about progress. He's quick to point out that not every unaccredited zoo is harmful and not every animal keeper is careless. But transparency matters. Accountability matters.

“The world isn't black and white,” he said. “And when we start seeing it that way, we open ourselves up to real solutions.”

He knows people love animals. He does too. He and his wife saw firsthand how even well-intentioned institutions could be deeply flawed, divided between the business side of zoos and the actual welfare of animals. They worked to shine light on hidden practices.

That passion followed them to Big Cat Rescue, where Kremer became the sanctuary's first Director of Donor Appreciation. From there, the groundwork was laid for what became *The Conservation Game*.

“I firmly believe the universe puts you in the right place at the right time,” Kremer said. “If we had rushed the process, we would've missed some of the most critical footage.”

He continues to track cats to this day. Some, he says, haunt him – especially the ones he can't find. There are white tigers like Yuki, names and faces long changed, hidden in facilities under new identities. Others, like Olive the tiger from the football game scene, he's tracked down by matching stripes.

His work doesn't end with big cats. He's helping with other investigative films, supporting international law enforcement, and speaking to students and universities. He's taken Zoom calls with filmmakers in the UK, screened at Harvard, and mentored new voices in the advocacy space.

What gives him hope?

“Every time someone watches the film and asks, ‘How can I help?’” he said. “That gives me hope.”

He's quick to point out that small changes matter. You don't have to swear off every zoo. But you can start by asking questions. Googling a facility before you go. Taking the behind-the-scenes tour. Not supporting places that offer cub petting or direct animal interaction. Reporting what feels off.

“It's about degrees of good,” Kremer said. “Every positive decision adds up.”

He's seen how far things have come and how far they still need to go. Sanctuaries are stepping into bigger roles. Big Cat Rescue has shifted its focus to supporting in-the-wild conservation work around the globe. The public is asking harder questions. People are paying more attention.

But as he puts it, the only way we lose is if people stop caring.

“Apathy is the biggest threat,” Kremer said. “Not ignorance. Apathy.”

And so, he keeps going. Following leads, identifying animals, and helping empower people with information. Because for Jeff Kremer, the goal isn't perfection. It's progress.

SANTA BARBARA  
INTERNATIONAL FILM FESTIVAL



## Following the story of *The Conservation Game*, Jeff Kremer joined us for a candid Q&A about the investigation, the animals, and the change still needed.

**Tattle Magazine:** You had mentioned the *The Conservation Game* was a four-year journey – was it worth the wait? What did that time make possible?

**Jeff Kremer:** You know, I remain a firm believer – and it's true in this case – that the universe puts you in the right place at the right time. Everything happens for a reason, and if you try to rush it, sometimes you don't make the best decision. So, by this film taking so long to produce, we actually got invaluable content that would have never made the film if we finished it at two or three years. It was just... it was all serendipitously driven, universally driven, to lay it out in that timeframe.

**TM:** Was there anything during the making of the film that truly surprised you? That you didn't expect?

**JK:** I think I expected it. I had no realm to the idea of how long-standing and deep the nefarious market was ... Jack's in the film and he's on stage at Columbus and he's preaching to the crowd, and that's when Tim was in the audience, I think. And he says, while the snow leopards were crying ... the babies ... and Jack just shouts out that, "Oh no, don't you worry. If you think that we take these cubs away from their mothers – we don't do that. That's not something we do."

I captured a video... and I kept the clip. It didn't make the film. But I caught a clip of almost all of the snow leopards that Columbus Zoo exploited. Almost all of them came from Tanganyika Wildlife Park in Kansas. And I caught one of the female keepers with a snow leopard so young that it looked deceased to me. And there was a father and a young boy, and they asked something like, "Where's its mom?" And the keeper says, on camera, "Oh, they don't stay with their mothers past seven to ten days after birth. We pull them so we can raise them."

Human imprinting. That's the practice. So Jack standing up there saying, "We don't do that" – they were doing it. Exactly that.

**TM:** What's one change you'd love to see in how zoos operate today?

**JK:** Zoos don't have to go out of business, but we can just evolve, right? I think one of the things you can bring to zoos is ... just Google 'new zoo expansion cost' and see how many articles come up. Some of these enclosures, these new exhibits that the zoos build, are 5 million, 10 million, 20 million, 30 million. And I believe – and I would like to see – those animals that they're holding captive be given the greatest comfort and quality of life. But instead of building maybe a 20-million-dollar exhibit, hey, how about you build a 10-million-dollar exhibit and you donate that other 10 million to saving that species in the wild? To preserving habitat and hiring rangers to protect that species. We need to save habitat. That's the most important thing.

**TM:** Were there any animals you tracked during the film that still stay with you?

**JK:** Some haunt me because I did find them – like when you see them in the film and you see the tiger Gus that was at the hotel lobby and you see that really eerie scene of the iridescent eyes because of the lighting. That was one of the ones I'd been tracking, and when I found that, it just broke my heart. My white whale is a white tiger I've never been able to find – Yuki. I've spent so much time looking for her. Most of these nefarious people, when they're done with these animals, they dump them off somewhere else and rename them. Yuki might still be alive today under another name in another state, and I'll never know.

**TM:** What advice would you give families when visiting zoos or wildlife parks?

**JK:** If you see a flyer that says, 'Come feed a giraffe' or 'Pet a bison,' go back to your hotel and Google the place. Look up the name of the facility and then type in words like 'controversy' or 'violation.' These unaccredited facilities often have a history, but most people don't know. I tell

people – vet the place before you support it. And if you don't have that chance and you find yourself there, take photos. If something feels off, report it. There are easy online forms through the USDA, Fish and Wildlife, or your local state wildlife agency. If you've got a gut feeling something isn't right ... trust it.

**TM:** After everything you've seen, what still gives you hope?

**JK:** What inspires me is every single film screening I go to, or every Zoom meeting like this, or every podcast, is when I meet like-minded people that keep asking, "How can I make a difference?" And it's the next generation – that's the hope for all these species, right? I'm not going to be around forever. So, when I meet the younger generation, whether they're in their teens or their twenties, or thirties ... or their forties, it gives me "great hope to meet other like-minded people that are like, hey, listen, I just want to make a difference, how can I do that?" ■



**NOW  
STREAMING**

Available to stream on Peacock, Apple TV, Prime Video, Google Play, YouTube, Vudu

[theconservationgame.com](http://theconservationgame.com)

PHOTO CREDIT: NIGHTFLY ENTERTAINMENT



## DON'T JUST VISIT — KNOW WHAT YOU'RE SUPPORTING

A few thoughtful questions Jeff Kremer encourages visitors to consider, whether you're heading to a zoo, sanctuary, or any animal facility, because curiosity can lead to change.

**KNOW  
BEFORE  
YOU GO**

### THE CREDENTIALS

Is it accredited by AZA or GFAS?

### THE BREEDING

Are animals bred for photos or shows?

### THE INTERACTION

Does it allow cub petting or selfies?

### THE OFF HOURS

Where do the animals go when they're not on display?



# flight school

How birds remind us to trust the wind, move with the seasons, and take up sky.

Birds don't overthink it. They don't make pro-con lists or spiral about whether it's the right time to move on. They just know. When it's time to migrate, they go. When it's time to nest, they stay. When the winds shift, they shift too—gracefully, wordlessly, without checking the forecast or asking for a sign.

And somehow, it works.

Some birds fly thousands of miles without a map, powered by instinct and tailwind. Others stay close to home, tending to their branches and teaching the next batch of tiny winged things how to live. Some ride solo. Others fly in tight, coordinated formations, because they know life's a little easier when you take turns breaking the wind.

And maybe, if we're paying attention, there's something to learn in that.

About timing. About trust. About letting go when the season calls for it, or sticking it out when your gut says "wait."

Birds don't apologize for taking up sky. They don't need a plan to soar. Maybe the lesson isn't in the feathers or the flight patterns—it's in the quiet confidence of knowing when to rise, when to rest, and when to ride the air just for the joy of it.

So if you've been circling something new, waiting for the perfect moment to leap—consider this your sign. Flight school's in session. ■

## BAR-HEADED GOOSE

**LOCATION**  
Central Asia

**HEIGHTS REACHED**  
Up to 29,000 feet

Flies over the Himalayas during migration. Their secret? Special hemoglobin and lungs that make Everest look like a speed bump.



# BIRDS THAT FLY HIGHER THAN YOU'D THINK

## WHOOPER SWAN

**LOCATION**  
Europe & Asia

**HEIGHTS REACHED**  
27,000 feet

Large, elegant, and surprisingly capable of jet-stream cruising.

## COMMON CRANE

**LOCATION**  
Eurasia

**HEIGHTS REACHED**  
20,000+ feet

They fly in beautiful V formations and know how to harness air currents like pros — often crossing mountain ranges in migration.

## ALPINE CHOUGH

**LOCATION**  
Europe (Alps, Pyrenees)

**HEIGHTS REACHED**  
26,500 feet

A daring flier often seen near ski resorts or gliding between snowy peaks, this glossy blackbird thrives where humans need puffer jackets and goggles.

## RÜPPELL'S GRIFFON VULTURE

**LOCATION**  
Africa

**HEIGHTS REACHED**  
Highest recorded bird in flight:  
37,000 feet

The undisputed champ. A jet collided with one over West Africa in the 1970s, confirming it really was up there. That's high — like, cruising altitude of a 747 high.

## BAR-TAILED GODWIT

**LOCATION**  
Alaska to New Zealand

**HEIGHTS REACHED**  
Around 20,000 feet  
(and crazy long distances)

This champion doesn't just fly high—it flies far. One was tracked flying nonstop for over 7,000 miles. No layovers. No snacks. Just vibes.





**MALLARD DUCK**

**LOCATION**  
Worldwide

**HEIGHTS REACHED**  
21,000 feet

Yep, your average pond duck has been radar-tracked at extreme heights. Don't underestimate the quackers.

**BEARDED VULTURE (LAMMERGEIER)**

**LOCATION**  
Europe, Africa, Asia

**HEIGHTS REACHED**  
24,000+ feet

Massive wingspan. Diet of bones. Face like folklore. These sky beasts cruise through mountain passes like they own them.

**ANDEAN CONDOR**

**LOCATION**  
South America

**HEIGHTS REACHED**  
Up to 21,000 feet

With a wingspan that can reach 10 feet, this mountain monarch rides thermal updrafts like a feathered hang glider. They don't flap – they soar.



**Learning to Fly**

Tom Petty

**Free Bird**

Lynyrd Skynyrd

**Come Fly With Me**

Frank Sinatra

**Fly**

Nicki Minaj feat. Rihanna

**Weightless**

Natasha Bedingfield

**Sky's the Limit**

Notorious B.I.G. feat. 112

**High**

Sir Sly

**Bird Set Free**

Sia

**Fly Away**

Lenny Kravitz

**Into the Mystic**

Van Morrison

**Wings**

HAERTS

**Fly Me to the Moon**

Julie London

**Up in the Clouds**

Darwin Deez

**Float On**

Modest Mouse

**Home**

Edward Sharpe & The Magnetic Zeros  
*(because even birds have to land eventually)*

You can find the entire **Airborne Anthems** playlist on Tattle's Spotify profile



## **FORMATION MAGIC: THE BIRDS WHO FLY TOGETHER**

**Teamwork that puts  
carpool lanes to shame.**

### **CANADA GEESE**

V-formation pros. They rotate who leads, drafting off each other to save energy. Life lesson: don't be afraid to let someone else take the front for a while.

### **EUROPEAN STARLINGS**

Known for murmurations, which are synchronized dances in the sky. No leader. Just unity and trust. And it's breathtaking.

### **PELICANS**

These hefty birds fly in lines over water, gliding low to ride updrafts. Efficient, elegant, and quietly brilliant.



**Flying together  
isn't about  
matching speed.  
It's about  
sharing lift.**



# High Fliers: The Secret Sky Lives of Butterflies

When you think “migrating high-altitude traveler,” you probably picture something with talons or jet fuel. Not a paper-thin bug with wings that look like stained glass windows. And yet, here we are. Monarch butterflies, weighing roughly the same as a single rose petal, make one of the most impressive migrations on Earth, and they do it sky-high.

Every fall, millions of monarchs take off from Canada and the northern U.S. and head south toward Mexico, clocking in at around 2,500 miles. Some of them ride the wind at altitudes as high as **10,000** feet. That’s nosebleed territory. That’s up-there-with-some-clouds territory. That’s the kind of place where you’d assume something this fragile wouldn’t stand a chance.

And somehow, they do it with no map, no phone, no snacks. Just instinct. Maybe a little courage, too.

Even wilder? The monarchs who arrive in Mexico aren’t the same ones who left the U.S. It’s a generational relay, with each butterfly going as far as it can before the next picks up the journey. They’re not just flying. They’re carrying legacy. Wings, wind, and something that feels an awful lot like purpose.

Next time you see a butterfly lazily flutter by your garden, know this: you might be watching a creature that’s seen more of the country than your car has. A tiny reminder that flight doesn’t always require feathers, and journeys don’t need to be loud to be legendary. ■



## NAVIGATION MYSTERY

Monarchs use the sun as a compass, and even on cloudy days, they rely on Earth’s magnetic field to stay on course. Scientists are still unraveling exactly how they do it.

## Teaching Kids to Look Up

There's a certain kind of stillness that comes when a kid lies on their back in the grass, eyes skyward, whispering that the cloud above looks like a flying narwhal. Not a unicorn. Not a dolphin. A flying narwhal. The kind of stillness you don't get from screens or schedules or snack wrappers crinkling in the backseat. It's the kind of stillness that buzzes with something ancient and big. Wonder.

Kids come pre-programmed to marvel at things adults have learned to scroll past. But even wonder, it turns out, needs a little invitation sometimes.

Especially in a world where up is usually where the Wi-Fi signal lives.

So, here's to helping kids remember to look up. At clouds shaped like dragons. At trees taller than stories. At stars we can't quite name but pretend we can. Not to teach them facts – but to remind them how to feel small in the best way.

And maybe, if we're lucky, in watching them wonder, we remember how to do it ourselves. ■

### SKY GAMES & WONDER PROMPTS

BECAUSE THE SKY'S ALWAYS BEEN THERE, WAITING, SOMETIMES, IT JUST TAKES A LITTLE NUDGE TO REMEMBER TO LOOK.

#### CLOUD SAFARI

Lie on your back and take turns spotting and describing clouds. No corrections allowed – if it's a llama wearing sneakers, it's a llama wearing sneakers.

#### TALL TREE CHALLENGE

Pick a tree and guess how many kids stacked end-to-end would match its height. Bonus points for naming the tree like it's a ship or a pet.

#### STAR WHISPERING

Go outside at night and "name" three stars after something silly (The Great Cheese, Captain Sparkleboots, etc.). Look for your stars again next week.

#### ONE-MINUTE SILENCE

Sit together and listen to what's above—the breeze, the birds, maybe even a passing plane. After, share the weirdest or prettiest thing you heard.

#### BIG IDEA JAR

Keep a jar or box and drop in "big questions" you hear or think of. Why is the sky blue? How high is high? On rainy days, pull one out and wonder together.

#### TREE TIME

Hug one. Climb one. Draw one. Name one. Sit under one. Tell it a secret. Trees don't tell.



#### SKY SIGHTING

Those saucer-shaped clouds that look like UFOs? They're called *lenticular clouds*. Formed when moist air flows over mountains, they often hover in place. So still and strange, they've sparked more than a few alien rumors.





Selva Di Val Gardena,  
Wolkenstein In Groeden,  
Italy



**CLOUD  
CURIOSITY**

Mammatus clouds look like pouches or bubbles hanging from the sky. Often seen after a storm, they are more dramatic than dangerous and downright stunning when lit by the setting sun.

## HONORABLE MENTIONS

### The Kings of Summer

An entire forest hideaway built out of stubborn independence and stolen 2x4s.

### The Ewok Adventure (yes, there's more)

Double the treehouse, double the spears.

### The Spiderwick Chronicles

A rundown treehouse becomes the portal to a world of sprites, secrets, and sibling bravery.

# THE BEST TREEHOUSES ON SCREEN

There's something sacred about a treehouse. A little high-rise rebellion built of planks, rope, and imagination. On screen, they're not just structures.

They're symbols. Of escape. Of childhood. Of belonging, or daring to dream up something better (and higher) than the ordinary. And whether you grew up in the suburbs or deep in your own head, chances are, one of these airborne hideaways lives rent-free in your memory.

Here's a roundup of some of the greatest treehouses ever to grace the screen, each one perched somewhere between fantasy and freedom.

### SWISS FAMILY ROBINSON (1960)

The gold standard. An engineering marvel hanging from the jungle canopy, complete with a bamboo sink and coconut bowls. Forget Wi-Fi. This place had a spiral staircase made of palm trunks. It wasn't just shelter. It was a statement. Nature meets know-how. Gilligan, eat your heart out.

### BRIDGE TO TERABITHIA (2007)

Less of a mansion, more of a mindset. A simple forest fort turned launchpad for royal rule in a world made up entirely of belief. It was more than wood and nails. It was armor for soft hearts.

### THE SANDLOT (1993)

Held together with dreams, flashlight batteries, and probably a good bit of duct tape. This isn't the treehouse of blueprints. It's the treehouse of boyhood, of whispered ghost stories, and sneaking s'mores while avoiding The Beast. Also, it explodes in a scene so chaotic it belongs in a fireworks safety video. And we love it for that.



### WHY THEY STILL MATTER

Treehouses on screen tap into something primal: our urge to rise above. Whether it's escaping chores, the Empire, or just gravity itself, they remind us that we were made to climb, to create, to claim the canopy. They're not just play spaces. They're declarations.



### Captain Underpants

The DIY, comic-book-filled lair of George and Harold.

### Hook

The Last Boys' epic treetop compound – part jungle gym, part rollercoaster, all imagination.

### The Simpsons Movie

Bart's beer-fueled escape hatch.

### Lemony Snicket's A Series of Unfortunate Events

Violet's treetop lab is a quietly brilliant engineering hub nestled in the canopy.

### TARZAN (DISNEY, 1999)

Built by shipwrecked humans, claimed by apes, and later the meeting place between Tarzan and Jane. This treehouse had Victorian flair wit jungle street cred. A little tragic, a little magical, and a lot of vines.

### OVER THE GARDEN WALL (2014)

A brief, blink-and-you'll-miss-it treetop moment. But it counts—because in this surreal, dusky autumn dreamscape, even the smallest hideout in the trees feels like a safe place in a world that doesn't always make sense.

### TREEHOUSE MASTERS (2013–2018)

Let's get real. Pete Nelson and his crew on this reality series took the childhood dream and ran straight to the lumber yard with it. These aren't treehouses, they're tree mansions. Kitchens. Fireplaces. Hot tubs. Do you need a hot tub 25 feet off the ground? No. But once you see one, you'll want one.

### RETURN OF THE JEDI (1983)

Ewoks. Built an entire village in the trees. No Home Depot. No architectural degrees. Just a band of small, furry revolutionaries suspending walkways, homes, and traps in the forest canopy of Endor. These weren't just cute huts – they were war-ready platforms with catapults. The rebels may have had the Force, but the Ewoks had treehouse infrastructure that could take down the Empire. ■



### BUILD YOUR OWN MOVIE-WORTHY TREEHOUSE (IN YOUR HEAD, AT LEAST)

A quick checklist of elements every iconic on-screen treehouse seems to have:

- A rope ladder (because stairs are for adults)
- A secret entrance (trapdoors preferred)
- A nameplate (“No Grown-Ups Allowed” optional, but encouraged)
- An improbable pulley system for snacks or buckets of water
- A lookout perch for spying on neighbors, friends, or the Empire
- Lighting (string lights, fireflies, or an old flashlight with low batteries)
- A tiny window for dramatic stares into the distance

# from treehouses to traditions

BY LIZ MONTGOMERY

There's a quiet kind of magic in repetition. Not the kind that makes your eyes glaze over during a routine Monday, but the sort that anchors you when the rest of the world feels like it's spinning too fast.

Some families build literal treehouses. Some build them out of time.



Welcome to the elevated art of ritual: those small, sacred somethings that become the scaffolding of childhood memories and the glue of togetherness. We're not talking about chore charts or the obligatory Sunday call to Grandma (though, bless her). We're talking pancake Saturdays, where the batter ends up on noses and the kitchen turns into a maple-syrup-scented dance floor. Or the end-of-day porch recap, where no problem is too small for a rocking chair and a popsicle.

There's the ritual of the post-dinner "gratitude walk," a slow loop around the block with flashlights and a running tally of what didn't suck today. Or maybe it's moonwatching on Thursday nights, where someone inevitably falls asleep wrapped in a blanket, under a sky that doesn't rush.

These rituals aren't flashy. They won't trend. But they stick. They're what kids carry with them long after the dishes are done and the Legos are vacuumed up.

Maybe we build a tradition of looking up: toward the treetops, toward the stars, toward each other. Elevated not by complexity, but by intention.

And if you don't have a ritual yet? Pancakes are a pretty good place to start. ■



## FIVE ELEVATED RITUALS TO TRY THIS WEEK

(No ladders required.)

### Pancake Saturdays

Let the kids stir. Let the batter spill. Let it be imperfect and delicious. Add whipped cream when in doubt.

### Gratitude Walks

After dinner, take a slow stroll. Each person names three things they're thankful for—even if it's just surviving math homework

### Porch Recaps

Before bed, sit outside (or by a window if it's cold) and do a family recap: What was your high? Your low? Your weirdest moment?

### Moonwatching Thursdays

Pick one night a week to lie under the stars. No agenda, no phones. Just sky and quiet and maybe a little existential wonder.

### "Just Because" Notes

Slip a surprise sticky note into a lunchbox or pillowcase. Something funny, kind, or totally random. Let them find it and smile.





WE DIDN'T KNOW WE WERE  
MAKING MEMORIES.  
WE JUST THOUGHT  
WE WERE BUILDING  
A FORT.

KITT

R.A.I

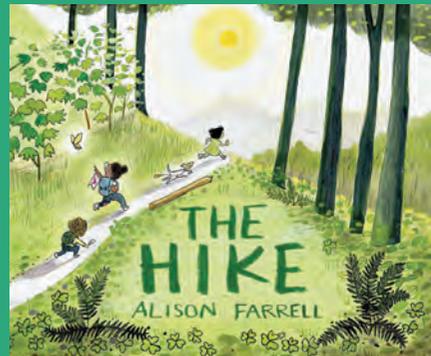
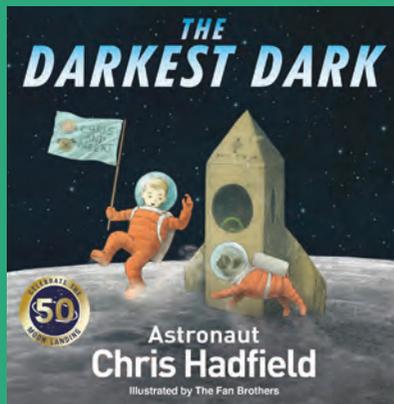
# TREETOP TALES & SKYWARD STORIES

A collection for curious climbers, bold dreamers, and nature-loving readers.

## The Darkest Dark

Written by Chris Hadfield  
and Kate Fillion  
Illustrated by  
The Fan Brothers

Chris is scared of the dark until space exploration helps him see darkness as full of wonder. A true story of bravery and big dreams.



## The Hike

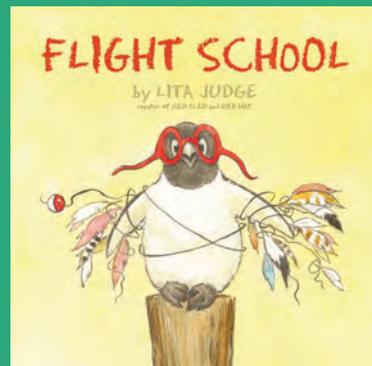
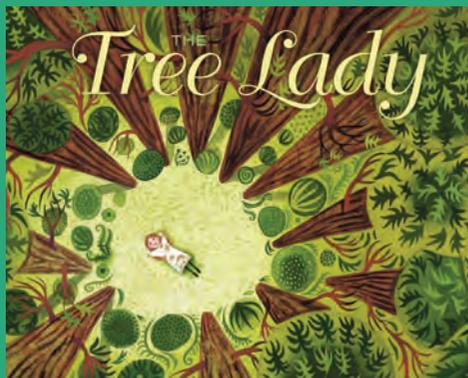
Written by  
Alison Farrell

Three adventurous girls set off into the woods with curiosity, creativity, and courage. They map, explore, get lost, and find joy in every wild step.

## The Tree Lady

Written by  
H. Joseph Hopkins  
Illustrated by Jill McElmurry

Kate Sessions transformed dry, dusty San Diego into a leafy paradise by planting trees and daring to dream green. A story of vision, grit, and growing upward.



## Flight School

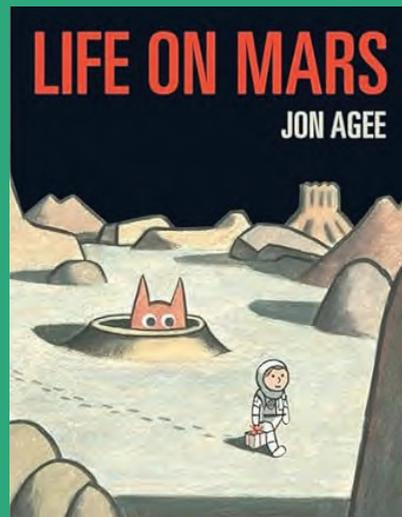
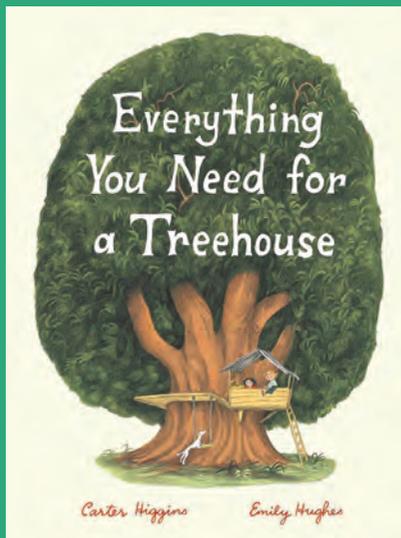
Written by  
Lita Judge

A determined penguin believes he can fly. With heart and a little help, he takes to the sky. A sweet tale of perseverance and belief.

## Everything You Need for a Treehouse

Written by  
Carter Higgins  
Illustrated by  
Emily Hughes

Treehouses become magical hideaways full of imagination, nature, and friendship. A poetic celebration of dreaming high and building worlds above the everyday.



## Life on Mars

Written by  
Jon Agee

A young astronaut explores Mars searching for signs of life. He thinks he's alone but misses what's right behind him in this clever, cosmic adventure.



**FOLLOW US!**

For kids' arts & craft  
inspiration and how-tos  
inspired by this issue,  
follow us on Pinterest!





**The Very Sunny Day! Book and Musical Bubble Wand Sound Book Set**  
World of Eric Carle, \$17.99

Sing, read, and blow bubbles with this sunny Eric Carle set! Includes a board book with lyrics and a music-playing bubble wand. Bubble recipe and songs add extra fun.

[amazon.com](https://amazon.com)



← **The Very Hungry Caterpillar: Ready to Grow Garden**  
Creativity for Kids, \$16.99

reate your own apple-shaped terrarium inspired by *The Very Hungry Caterpillar!* Includes chia seeds, stickers, and a caterpillar toy. Seeds sprout in days for fast, fun gardening.

[amazon.com](https://amazon.com)



**Kids Organic Long Sleeve PJ Set** →  
Lovedbaby x World of Eric Carle, \$45

Cozy up in this 100% organic cotton PJ set inspired by *Brown Bear, Brown Bear*. Snug-fitting, tagless, and toddler-friendly with a soft waistband and comfy crew neck.

[lovedbaby.com](https://lovedbaby.com)



↑ **The Very Hungry Caterpillar Rainbow Picnic**  
World of Eric Carle, \$16.99

Race to fill your rainbow with colorful food tokens in this Eric Carle–inspired game! A fun, screen-free way to build color recognition and matching skills for preschoolers.

[amazon.com](https://amazon.com)



**Very Hungry Caterpillar Toddler Sheet Set**  
Eric Carle x Nestig, \$55

Part of the Eric Carle x Nestig collaboration, this sheet set features *The Very Hungry Caterpillar™* illustration. It includes a GOTS-certified organic cotton fitted crib sheet and toddler pillowcase, handcrafted in Brazil with OEKO-TEX certified, non-toxic dyes.

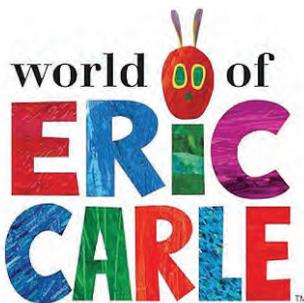
[nestig.com](https://nestig.com)



**The Very Hungry Caterpillar Sensory Bin**  
World of Eric Carle, \$22.99

Dive into hands-on fun with this *Very Hungry Caterpillar* sensory bin! Includes sand, toys, stamps, and clings to spark imaginative, tactile play for toddlers ages 3 and up.

[amazon.com](https://amazon.com)



# CHASING FIREFLIES & BIG DREAMS

A playful summer list: 26 ways for families to look up, wander far, and slow down.

- 1 Visit the tallest thing nearby – a lighthouse, lookout tower, or even a Ferris wheel.



2

Try “silent mornings” in a hammock—books optional, birds welcome.

3 Build a tree swing and take it for a spin.

4 Stargaze on a blanket and count satellites like shooting stars.

5 Have an ice cream taste-test road trip. Vote for your favorite scoop.

6 Watch the sunrise from a mountaintop or hilltop.

7 Host a family water balloon battle royale.

9 Start a rock-skipping competition. Winner gets bragging rights forever.

10 Make flower crowns or leafy superhero capes from things you find on a nature walk.

11 Catch a movie at a drive-in—or make your own backyard version.

12 Paint rocks with kind messages and leave them for someone to find.

13 Climb something—tree, tower, trail. Bonus points for epic views.



8

Chase fireflies barefoot. (Classic. No notes.)

**BLINK AND YOU'LL MISS IT**

14

Camp under the stars (even if it's just your backyard).



15 Keep a summer dream journal. Let the kids draw the big ideas.

16 Roast s'mores with unconventional fillings (hello, peanut butter cups).

17 Collect postcards from places you go—or make your own.

18 Create a “yes day.” Say yes to mini adventures all day long.

19 Go cloud-watching and name your favorites.

20 Fly kites at sunset.

21 Explore a new-to-you park, trail, or hidden swimming hole.

22 Cook a meal entirely outdoors—campfire, grill, or picnic spread.

23 Hunt for constellations with a stargazing app.

24 Write future letters to yourselves. Open them next summer.

25 Visit a fire tower or treetop walk if there's one nearby.

26 End with a family wish lantern or sparkler ceremony.

**FIREFLY FACTS THAT PROVE TINY LIGHTS CAN HOLD BIG MAGIC.**

**ANCIENT GLOW**

Fireflies have been around for over 100 million years.

**SECRET FLASH CODES**

Each species has its own blinking pattern to find a mate.

**TRICKSTERS EXIST**

Some females mimic other species' flashes to lure in prey.



**FOLLOW US!**

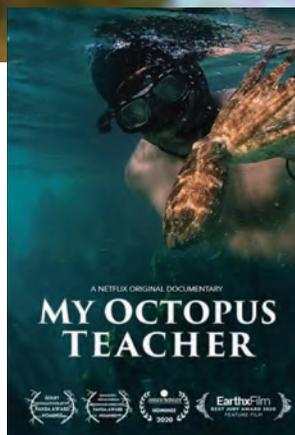
For craft & decor  
inspiration and how-tos  
inspired by this issue  
follow us on Pinterest!



# WHAT TO WATCH



Stories of nature, resilience, and wonder — all ready to stream.



## MY OCTOPUS TEACHER

2020 | NETFLIX

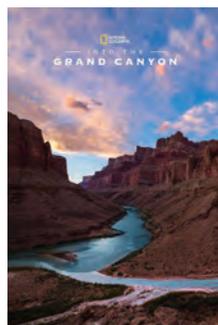
An intimate and emotional story of connection between a filmmaker and a wild octopus in South Africa. Ocean magic meets personal growth.



## PLANET EARTH II

2016 | BBC / MAX

An iconic follow-up that takes nature's drama sky-high — featuring eagles, monkeys leaping across cityscapes, and breathtaking cinematography. From jungles to mountaintops, it's a stunning reminder of the wild world around us.



## INTO THE CANYON

2019 | DISNEY+ / NAT GEO

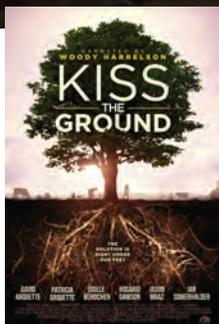
Two friends hike the entire length of the Grand Canyon. A story of friendship, awe, and what it means to truly see a place.



## CHASING ICE

2012 | PRIME VIDEO

Photographer James Balog captures vanishing glaciers through time-lapse photography — stunning and sobering, but oddly full of hope.



**KISS THE GROUND**

2020 | NETFLIX

A hopeful doc about soil. Yes, soil—but it's incredibly empowering, tying into climate healing, regeneration, and nature as the original problem-solver.



**THE BLUE PLANET II**

2017 | BBC / DISCOVERY+

Deep dives into the ocean's mysteries – from kelp forests to coral reefs. Family-friendly and awe-inducing.



**WILD BABIES**

2022 | NETFLIX

An adorable, educational, family-friendly series featuring baby animals navigating life in the wild. Think New Heights, but with tiny legs and lots of courage.



**THE YEAR EARTH CHANGED**

2021 | APPLE TV+

Narrated by David Attenborough, this hopeful, stunning doc captures how wildlife thrived during the global pause of the pandemic. A fresh take on stillness and nature's resilience.



**FANTASTIC FUNGI**

2019 | NETFLIX

A visually mesmerizing deep dive into mushrooms, mycelium networks, and how the forest floor teaches us about interconnectedness, healing, and hidden worlds.



## ***publisher's picks***



### **Wireless Facial Humidifier** *hey dewy, \$60*

This portable, wireless humidifier hydrates your skin on the go. With every purchase, 10% of sales support clean water initiatives, including The Water Project, helping to provide clean water to communities in need.



These gifts do more than delight — they support causes that make a lasting impact, from planting trees to protecting wildlife and providing clean water. Give with purpose, and watch the world grow.

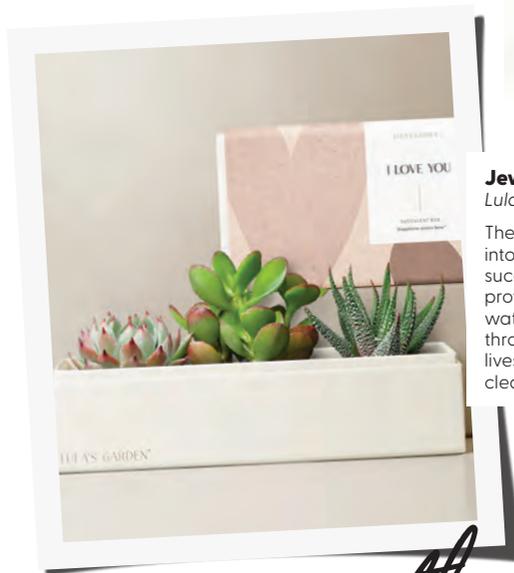
### **Protect the Animals Mugs** *Created by JoAnn Stratakos, \$45*

Handmade stoneware mugs by JoAnn Stratakos showcase detailed endangered animals. For each mug sold, \$5 is donated to Re:wild, supporting wildlife conservation efforts to protect and restore endangered species and their habitats.



### **Jewel Garden** *Lula's Garden, \$46*

The Jewel Garden brings nature into any space with beautiful succulents. Each purchase provides six months of safe water for someone in need through [water.org](http://water.org), improving lives by providing access to clean water.



### **Candles for Good - Protect / Forest Pine Scent** *Goods that Matter, \$38*

Hand-poured into recycled glass jars, this pine-scented candle supports the National Park Service. With each purchase, 10% of proceeds help preserve national parks, ensuring they remain beautiful for future generations.

*gifts with a lasting impact*

### **Butterfly Bouquet Pop Up Greeting Card** *Uncommon Goods, \$13*

This 3D pop-up card features a vibrant bouquet of butterflies made from recycled paper. It's a beautiful, eco-friendly gift that plants a tree with every purchase through 1% for the Planet.



### **Wood Field Notebook - ROAM MORE** *Woodchuck USA, \$8*

This handcrafted notebook is perfect for nature lovers. With every purchase, a tree is planted, helping to restore forests. It's a compact, eco-friendly companion for your outdoor adventures.

An aerial photograph of a lush green lawn with several trees that have vibrant purple leaves. The scene is brightly lit, casting soft shadows. Overlaid on the lawn is a quote in white cursive script.

unless someone  
like you  
cares  
a whole  
awful lot,  
nothing  
is going to  
get better.  
it's not.

dr. seuss

