

| Foreword by Bill Nye



Walking in West Seattle, you don't have to worry about asking directions. People there are happy to show you around. West Seattleites don't just like West Seattle—they love it. And no wonder. West Seattle is a special place. It's part of one of the world's most livable cities, but in its own zone—a little bit isolated, a little bit quirky. It's hard to get there without riding a big ol' bridge or an old road that has just enough hills, corners, and potholes to keep West Seattle off the beaten path. And Lori Hinton is the perfect gal to show you around ("gal" being the West Seattle way to say "charming woman").

I met Lori when we were both working on a TV show in Seattle, and I could tell right away that she had a comfort that comes from growing up in the West Seattle scene. Most of the scenes are stunning vistas. But the scene? It's ingrained. See, people don't leave West Seattle. The neighborhood and the people are soul mates. I've crossed the big bridge countless times in search of fresh bread, fabulous fish, and an amazing place to swim. There's fly fishing in the surf and kite flying on the beach with skyscrapers and salmon fisheries as a backdrop. I recommend spending some time among the only ancient, un-cut, old-growth trees in the city. It may be the only old-growth forest any of us will ever visit. West Seattleites get all this without leaving home.

In *West Seattle 101*, Lori shares West Seattle with us. Take her advice, and you'll do business with folks whose ancestors settled there generations ago. People like Lori have traveled, seen a great deal of the world, but they come home to live. Whether you are already part of West Seattle or are curious about it, do yourself a favor and try a few of these 101 things yourself. You'll meet your neighbors, make some new friends, eat some great food, and have a blast along the way. There's lots to do.

West Seattle isn't just a good place to do things; it's a great place to just be. Let Lori be your guide. I guarantee you'll live it up, West Seattle-style.

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