

Publisher's Note

Hello and welcome to summer.

I feel like every issue just keeps getting better. I hope you feel the same. We're very excited to have our first of many thoughtful Q&As with Dr. Wallace J. Nichols, author of the groundbreaking book *Blue Mind* in this issue. We met J. at a talk he gave last summer in celebration of the 10th anniversary release of his book about how being on, in or near the water has incredible impacts to our mental and physical health. No one on the planet has given more thought to the influence and power that water has over us psychologically, emotionally, physically and spiritually. We couldn't imagine a more like-minded partner (and friend) to check in and educate us on the many benefits we experience when connected to water.

Dylan Stott is back to talk about his fandom of the elusive Ryan Watts, who he does or doesn't know all that well. Stott explores what it means to know someone especially when that someone is most comfortable when not being known.

If you don't know her now, you soon will: Lucy Jarrard is a 22-year old Samoan-Hawaiian surfer living in Makaha who is vying for a bid to surf in the Olympics for the nation state of Oceania. Lucy recently competed in the last of the qualifying series in Arecibo, Puerto Rico two months ago and is patiently waiting to find out whether she should be making travel plans to Teahupo'o in late July. This young, talented female surfer certainly has the skills and mental state of mind to paddle out with the best in the world. We're all hoping she gets a chance to prove that this summer on the biggest sporting stage in the world.

Our SPRING24 cover model and uber-talented surfer, Leah Dawson, goes from subject to contributor as she shares Rochelle Ballard's early relationship with big barreling waves

and the elusiveness of Pipeline in women's pro surfing. Dawson explains how Ballard had laid the groundwork for this year's Pipeline Pro where the top female surfers in the world competed for the first time in the "stadium's" history. Additionally, Ballard's experience with the movie *Blue Crush* will have you re-watching that cult classic to get Hollywood's perspective on how it all went down.

From the middle of the Pacific, we bounce over to the Caribbean for a winging adventure through the British Virgin Islands with some of my buddies from Puerto Rico. Long downwind runs through the various islands of the BVI's with the support of a live-aboard catamaran was a visualization exercise that finally manifested itself in late March. The cerulean blue Caribbean waters and paradisaal volcanic mountain tops lived up to the visual stimulation and hype you come to expect from the BVI's. Add a wind and swell forecast that cooperates perfectly with your loosely-planned itinerary, and you have a formula for an epic winging adventure.

As always we can't thank you enough, water-loving readers, for your support through this process. We deeply appreciate your commitment to being here with us for every issue and for the feedback that keeps us sharp and passionate. We certainly hope you enjoy this latest issue and that it inspires you to stay connected to the water in whatever way is most meaningful for you.

-Russ

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