2020 ADVENTURE ISSUE

EPIC TRIPS ON ALL 7 CONTINENTS

MEN'S JOURNAL®

APRIL 2020 Vol. 29, No. 3

SAM ROCKWELL

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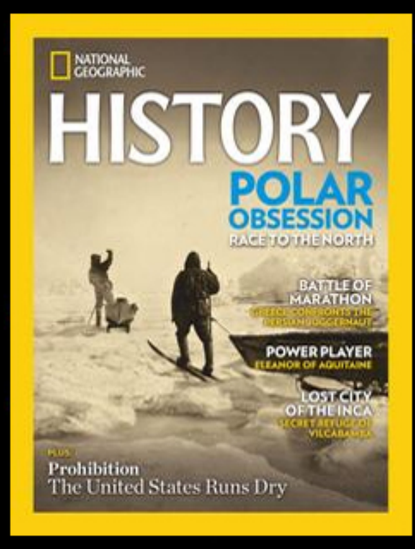








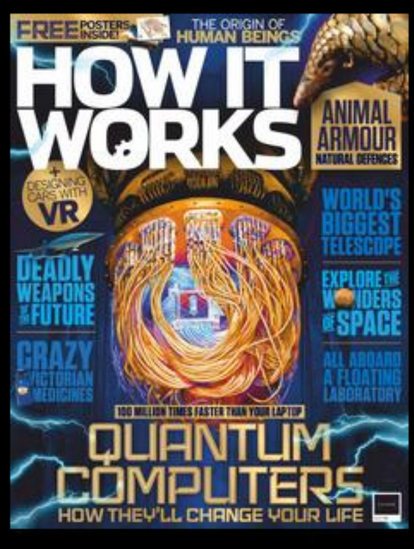














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EXCUSE #77 We have weasels in the crawl space. EXCUSE #78 I'll be having an out-of-body experience. EXCUSE #79 I'm stuck behind a zamboni. EXCUSE #80 I got glitter in my ear canal. EXCUSE #81 I need to go sit in a hot tub on top of a mountain. EXCUSE #82 I'm teaching my cat to swim that day. EXCUSE #83 I would but I only get up early for early ups. EXCUSE #84 My kids are gonna need some "back in the day" stories. EXCUSE #85 We're upgrading our rotary phone this weekend.

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Sam Rockwell photographed for *Men's Journal* by Michael Schwartz on February 8, 2020, in New York City. Styling by Michael Fisher for the Wall Group. Grooming by Kristen Serafino for Tracy Mattingly. Production by 2D Creative. Rockwell wears jacket by Levi's MCI. T-shirt by Truth Alone.

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FROM LEFT: COURTESY OF LEXINGTON TOURISM; CHRISTOPHER TESTANI; JUSTIN STEELE



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Letter From the Editor



OVER TWO decades ago, I chased after my now wife across the globe. I learned a lot about love—but I learned even more about how freaking big this blue ball we live on is. Young and without a lot of travel experience, I flew blindly from New York to Tokyo, from Tokyo to Singapore, from Singapore to Jakarta, and from Jakarta to Bali.

Landing in Bali, 36 hours after leaving home, I didn't know what to expect. There were no travel blogs to point me to the hip restaurants and bars, no Google Maps to help me find the hostel, and perhaps most frighteningly, I wasn't even sure the girl would be there to meet me at the airport. (Communication wasn't so easy back then.)

I think we were both surprised. Her by ultimately not minding me crashing her own adventure, and me by what an instant adventure it was. My first memory of this new country was a strange toilet and my lack of understanding of how to even "operate" it. (Google "mandi" for more detail.)

The mundane surprises were replaced by more divine ones, like riding motorbikes through endless rice paddies, snorkeling crystal clear waters off hidden cove beaches, and slurping down ungodly spicy goat curry until tears streamed down our faces. There is a lot to discover 10,000 miles away from home.

In that spirit, for this year's annual adventure issue, we decided to highlight epic trips in every corner of the big blue ball. No surprises, we uncovered an embarrassment of riches: From camping with the Mursi tribe in remote Ethiopia to cruising with whales near the South Pole to surfing giant waves in Tasmania, we collected stories of adventure from all seven continents.

Of course, in any issue of MJ, the epic journeys are just the tip of the iceberg. This month, you can also read about alternative Italian wines, stylish travel gear, the state of hybrid cars, the newest stars of Major League Baseball, and how Daniel Craig got ripped (again) to play James Bond. To top it off, contributing editor Jesse Will profiles the great actor Sam Rockwell, an iconoclast who is finally getting his due.

It's a big, big world—get after it.



GREG EMMANUEL
Chief Content Officer

MEN'S JOURNAL

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Field Notes

Feedback



As a new subscriber, I want to commend MJ for the good stories in the January/February 2020 issue. Many other men's magazines seem to have lost their way. I hope MJ will continue to defy this trend by providing real guidance and inspiration to men.

GARY C. KUNCL
EXETER, CA

BREAKING POINT
The Jan/Feb cover declares Aaron Paul is "finally breaking big." *Finally* suggests difficulty or delay—which doesn't fit Paul's career: His success isn't newfound. Fortunately, Amy Spencer set the record straight in her delightful story.

ANDY ZION
BRADENTON, FL

GROWING PAINS
"Flower Power," by Adam Bluestein, left a sour taste in my mouth. I read MJ for ways to stay healthy and be adventurous, and a weed story seems out of place, given the drug's potential health effects.

GREG ALLEN
FLORENCE, KY



BOURBON BONUS TIP
"Maker's Mark is the house bourbon in my family," says Nashville-based writer Elizabeth Hutchison Hicklin, who wrote our Kentucky travel guide (page 20). **"But if you're after something special, pick up a bottle of Weller Full Proof. Released in 2019, it can be hard to find and pricey, but, at 114 proof, it's absolutely worth it."**



Contributor's Notebook

For this issue, MJ regular Devin Gordon profiled slugger Pete Alonso, a bright spot for the famously misfortunate Mets—as Gordon well knows. His book ***So Many Ways To Lose: The Amazin' True Story of the New York Mets, the Best Worst Team in Sports*** (out in August) recounts the franchise's history of blunders. We asked him to pick his top three Mets whiffs, but he said, "This is like having 9,000 children and being forced to choose three of them." Still, Alonso gives him and other Mets fans "something to be stupid and naively optimistic about."

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Notebook

DISPATCHES FROM A WILD WORLD

Shock Wave

A **WAVE CAN BE** both a dream and a nightmare. In January 2019, at Pipeline, on Oahu's North Shore, 42-year-old surfer Kohl Christensen caught an ideal swell (seen here)—the sort of wave that "sums up why we surf," as the legendary Kelly Slater later put it. A surfer can spend years in the water and never get a ride like that, recalls Christensen, who lives down the road from the break. "Then, all of a sudden, it's almost like the wave comes to you." The thing is, a wave can turn deadly just as quickly. In December, less than a year after this photo was taken, Christensen was out at Pipeline again. He pulled into a tube but wiped out, flying headfirst into the water and cracking his head on a reef. Lifeguards rushed the unconscious surfer to a hospital, where he underwent brain surgery. He expects to make a full recovery and hasn't lost the desire to go after monster surf. That said, "Now I feel totally at peace just hanging out with my daughters and watching the waves. I never felt that way before. I never felt that calm."

—AMBROSE MARTOS



photograph by **DANIEL RUSSO**





The Baja 1000, the "granddaddy of off-road races," attracts riders from around the globe, including Rick Thornton.

True Grit

The Baja 1000 is one of the world's toughest off-road races, and few are talented (and crazy) enough to run it solo on two wheels. We follow along as one madman goes for glory. **by JASON MOTLAGH**

RICK THORNTON IS fuming. Over the past 18 hours, the veteran dirt bike rider has covered more than 500 miles of hard terrain, carving his way through a relentless gauntlet of sandy washes, ruts, and steep mountain passes that combine to make the Baja 1000 arguably the toughest off-road motorsport race in the world. Whereas most other pro motorcycle racers are competing on teams of four, Thornton, 52, is trying to "Ironman it"—complete the race solo. Having ridden more or less nonstop since the race's predawn start, he just battled two rivals over a nasty section of bumps to give himself a cushion coming into the most important pit stop on the course. And he can't find his crew.

"I'm pissed off, my mind is playing tricks on me, and I need a break," he says. "Where is my team?"

His hands are numb, and his knees are buckling from constantly riding up in the attack position. The bike is even worse off: His front brake is slipping, and the taillight and GPS are busted. Then there are the damned trucks. Released seven and a half hours behind the motorbikes, the trophy trucks, as they're called—each one a growling 1,000-horsepower juggernaut—would be catching up any minute now, thrashing an already sinister racecourse.

A fast-talking Oklahoman with cool-blue eyes and a grizzled goatee, Thornton has proven reserves of willpower. As a 5'11" freshman in college, he'd walked onto the 1985 University of Oklahoma football team, the year they won the NCAA title. In his 30s, he picked up competitive jiu-jitsu and, at 45, took gold in a world championship event. The first time he ran the Baja 1000, in 2006 with his brother, his team winged it and finished strong after going out and drinking "more than a few beers" the night before.

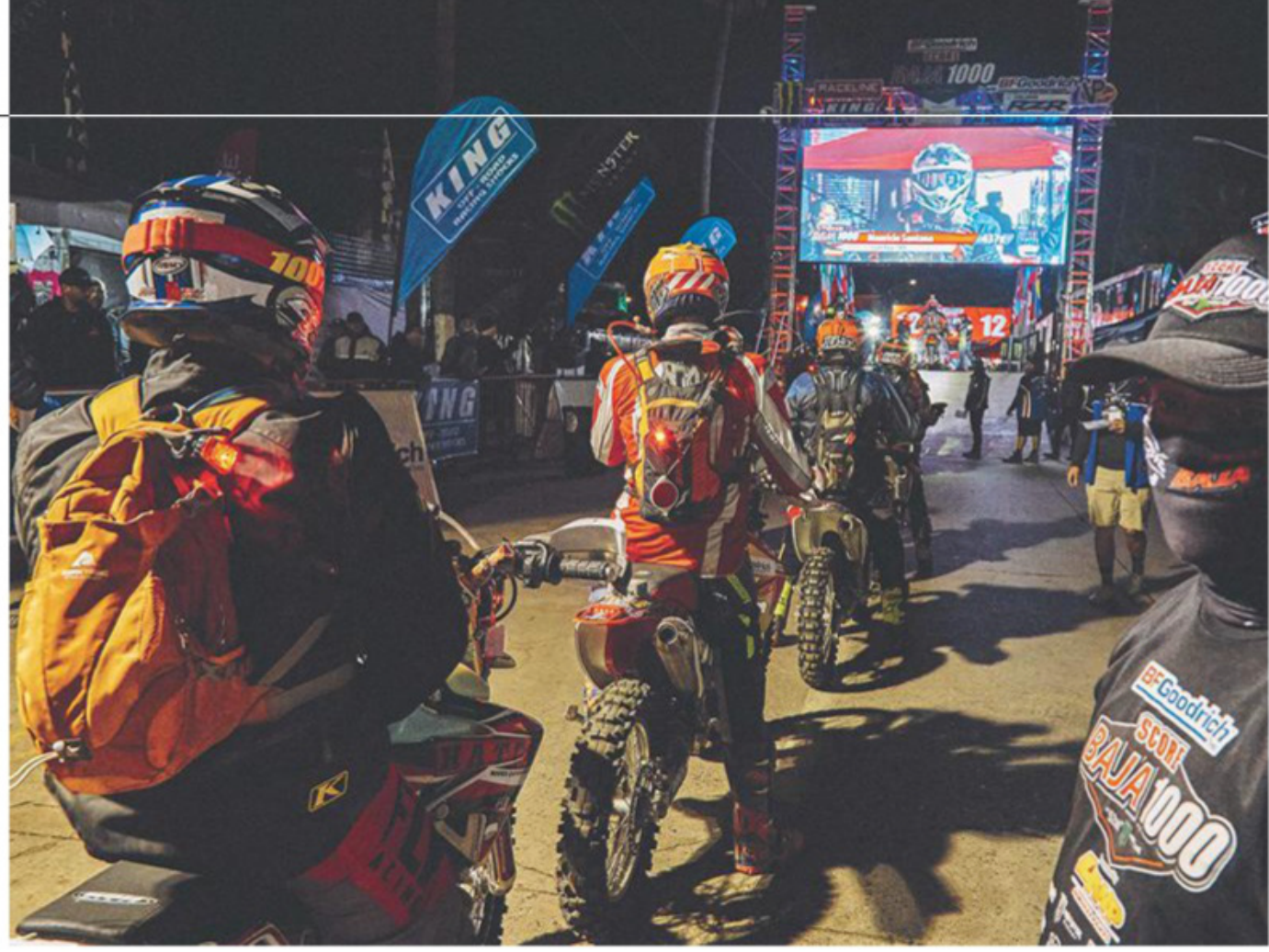
But two previous attempts at running it solo had taught him that success demanded more than a never-say-die attitude: The first ended in physical collapse and near death; the second in disqualification for finishing over the allotted 36-hour time limit after one too many crashes.

Now he scans shadowy roadside camps for a familiar face. "I'm pretty much screwed," he says, with another 300 miles to go before the finish line.

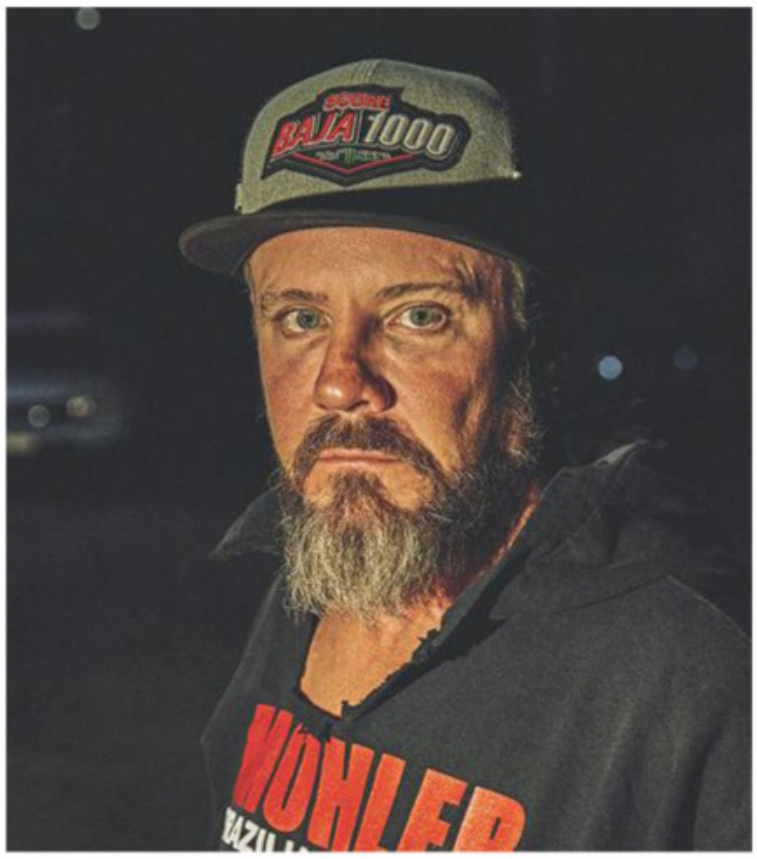
SOMEWHERE BETWEEN an ultramarathon on wheels and a fever dream, the SCORE Baja 1000, as it is officially called, is an infamous race through the Mexican backcountry where anything still goes. Inspired by a company-sponsored project to test the durability of Honda motorcycles, the "granddaddy of off-road races" has been run on the namesake peninsula since 1967. It has attracted top competitors from around the world and Hollywood motorheads including Paul Newman, James Garner, and Steve McQueen.

Big-brand sponsors and cameras have followed, but the rogue, egalitarian spirit

COURTESY OF SCORE INTERNATIONAL/ART EUGENIO



Riders start in the dark, struggling to keep upright until daylight, when the harder sections begin. Below, Thornton before the starting gun.



JASON MOTLAGH (3)

endures. Million-dollar trophy trucks share the course with motorcycles, quads, and stock Volkswagen bugs. Public roads are never shut down, meaning any local hero can jump onto the course. Nearly half of the competitors who start it don't finish, and the prize money is a pittance. Yet every November, top riders, among them champions from NASCAR and Formula One, continue to flock to this desert crucible.

"When you finish a race in Baja, it's like you've lived 100 lives," says Roger Norman, the 2008 trophy truck champion and owner of SCORE (Southern California Off-Road Enthusiasts) International, the promotion company that organizes the race. "There's nothing so exhilarating as doing something extremely dangerous and surviving. If this was super safe, all these guys wouldn't be here."

In the days before the race, downtown Ensenada, its starting point, becomes a raucous carnival. Thousands of fans throng streets thumping with cumbia music and the rumble of supercharged engines. The sweet smell of hot churros mingles with racing fuel as competitors go through final checkups and parade down the main strip to shouts and whistles.

"These men are playing with their lives," says Jesus Romero, 47, a sombrero-wearing restaurant owner from Ciudad Juarez who comes out for the race every year.

The Baja 1000 is run either as a point-to-point, north-to-south race or a northern loop that starts and ends in Ensenada. The 2019 running is an 800-mile loop, and it's shaping up to be a bruiser. Rains lashed the region for four straight days, forcing a delay for only the second time in 52 years. Entire sections of the course are washed out, some of them underwater.

The night before, all the teams convene at a luxury hotel to learn the details of this year's race. There are 264 entrants in the contest, and the lobby is abuzz with speculation about course changes and further delays. Amid the swarm of hoodies and ball caps is Robby Gordon, the former NASCAR bad boy, trailing an entourage. Mark Samuels, of the winning 2018 Honda pro moto team, is walking unaided after breaking both femurs in a race seven weeks back. He gets some friendly ribbing from Toby Price, an Australian phenom who won the 2019 Dakar rally with a broken wrist.

Meanwhile, Rick is at his Airbnb rental sleeping (or at least trying to) with an IV pumping saline into his arm. He figured, correctly, that the race would proceed in the morning, and he needs every edge he can get to compete with guys half his age. In 2017, on his first Ironman attempt, he'd managed to complete 80 percent of the race with a broken foot and was on track for a top-three finish, until his kidneys started failing due to overexertion. When his crew found him, Thornton was going blind and barely able to move, still trying to climb back on the bike.

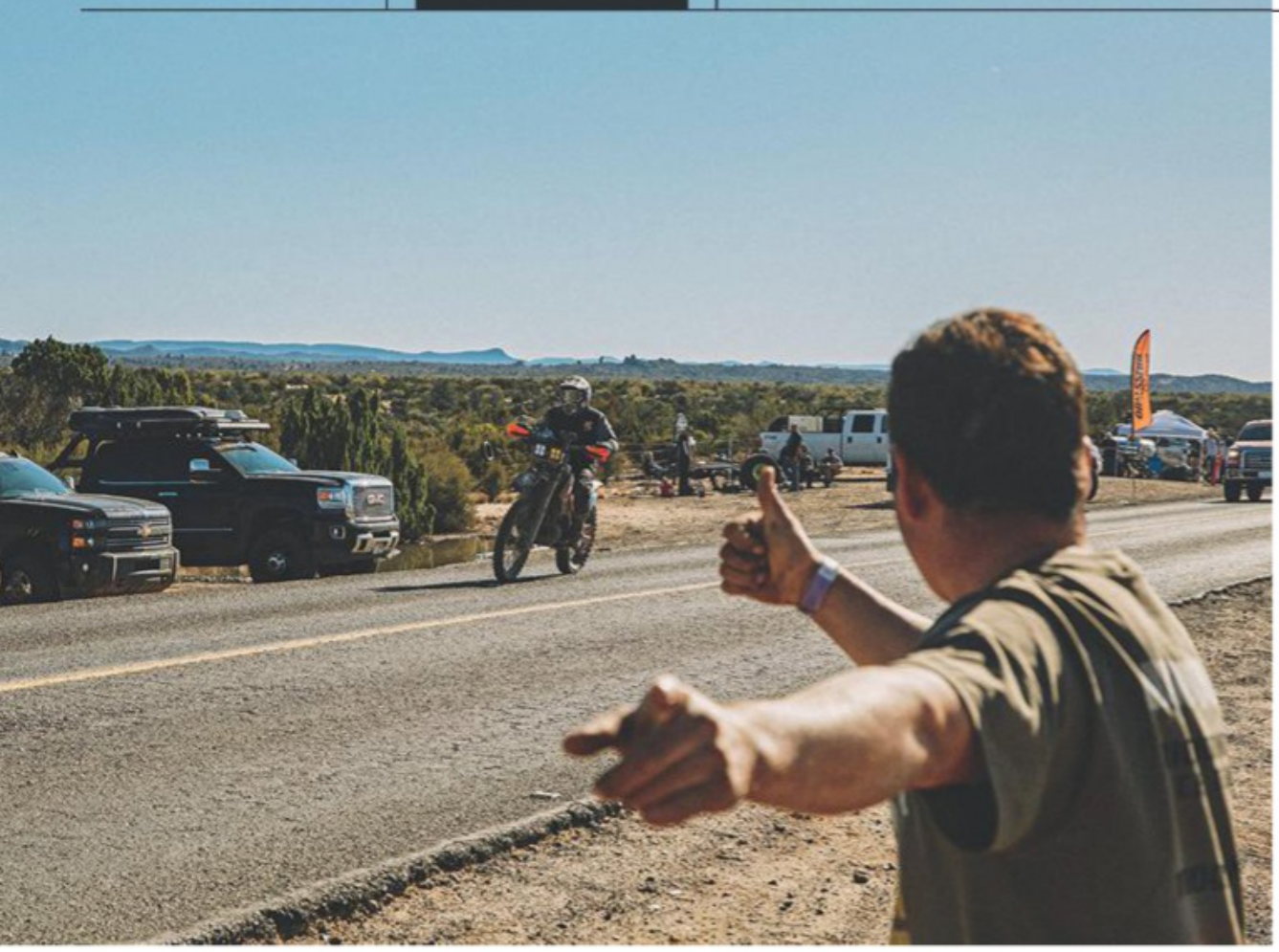
BRAAAP BRAAAAAP. Racers are taking off every minute into the predawn chill. No crowds, no hype, just revving engines and hard stares. "A lot of tough guys out here," says Thornton, edging up to the starting line. "Let's get it on." At 3:17, he gets a green light and vanishes around the corner.

The first stretch is a 200-mile dash down the peninsula. Thornton settles into a steady groove to avoid early mistakes. After passing several racers early on last year, he got carried away and hit a jump at around 60 miles per hour, landing on a rock and dumping face-first. The crash cracked his helmet, bent his handlebars, and had blood squirting out the IV hookup in his arm, "like a stuck hog." He kept going but never fully recovered mentally. This year, the heavy mud is pulling on the bike, a grind that Thornton is well prepared for.

For the last six months, he'd held to a regimen of long desert rides, weight training, and beach runs to build up his endurance. He kneaded rice to harden his grip, an old jiu-jitsu trick. And he packed on an extra 10 pounds of padding to avoid a kidney-failure relapse. His bike, by contrast, is lean. Thornton races a bored-out 2016 KTM 300cc two-stroke, stripped down to 214 pounds, about a hundred pounds lighter than the standard four strokes.

The real racing begins at around mile 220: a grueling, technical mountain traverse that climbs 7,000 feet over a hundred miles. "If you're weak mentally," he says, "you'll break your ass or fall off a cliff." On the ascent, he starts "swapping paint," or dueling, with another game Ironman racer.

I ride in the chase truck with his crew. Chad Newman, a nine-time Baja 1000 mechanic, is at the wheel. After a quick pit stop at the start crossover, we have several hours to shoot back up and over the mountains to meet Thornton on the Sea of Cortez side, a tight window that has





Thornton's team repaired his bike multiple times at six pit stops along the course, right.

us running a breakneck race of our own. We've already blown past police checkpoints and detoured through a construction site when I spot a swarm of helicopters in the near distance. Suddenly, a streak of dust zigzags up the ridge on our left, like the choppers are strafing it with machine guns.

The trophy trucks have been unleashed. The Baja 1000 is now full tilt.

IN THE PIT STOP area around mile 542, a *Mad Max*–style spectator party has popped up in the desert blackout. Floodlit trophy-team stations with six-man crews and hydraulic tools await the trucks, while speaker boxes blare 50 Cent and ranchero ballads and more than a dozen bonfires rage, surrounded by revelers. The Baja remains a free-for-all where anyone can stake out a place along the racecourse and get dangerously close to the action.

"This race is for the people," says Fernando Amao, 52. Seated with his 11-year-old grandson, he says he's been coming here since he was the boy's age.

Around 9:30 p.m. the first trophy truck screams past in a storm of dust. Everyone cheers. But still no sign of Thornton. We'd expected him to arrive a half-hour before, and his team is getting worried. "This is catastrophic," one member whispers. His wife, Brandie, paces back and forth. Momentum is everything on such a long, sleepless haul. Lose your way, or stop too long, and you might never recover.

I walk over to a race tent and eavesdrop. We got a bystander hit by a trophy truck, crackles a voice on the radio. Fans are injured as frequently as racers, though no one is immune: During the 2013 race, champion racer Kurt Caselli died after colliding with an animal. Minutes later, a young man from Colorado walks up to report his teammate has just had a high-speed crash in a remote area, breaking his collarbone and several ribs. The radio operator scrambles an ambulance to pick him up but warns it could take hours given the road conditions.

After another 30 minutes, Thornton shows up, and Brandie, a registered nurse, puts him in her truck's cab and starts administering an IV drip to combat dehydration. Unable to find us after two hours of scanning and yelling out, Thornton had stopped further down the road and asked another crew to call Brandie. Six men tried to reach her, and one eventually got through. Turns out the team was just two miles away. Thornton blew up. "It's frustrating," he vents. "I hate being lost."

He's cooled off some by the time another trophy truck surges by, while he waits for his bike to get tooled up. He gives it the finger. "I love trophy trucks," he says.

> **WHEN YOU FINISH A RACE IN BAJA, IT'S LIKE YOU'VE LIVED 100 LIVES. THERE'S NOTHING SO EXHILARATING.**

AT THE FINISH LINE, racers have been staggering in all morning, vehicles in various states of disrepair. We wait past noon, and Brandie is beginning to worry again. The night before, his GPS conked out a second time, and when we met him at the penultimate pit stop, he mentioned two crashes. "I'm tired, I'm hurting, I need more pain pills for my knees," is about all he managed to grumble.

As we consider the worst, he rounds the final bend and in short order crosses the finish line. Thornton's time of 32:09:26 is enough, when the official results are later tallied, for fifth place in his class. On the big stage, he hugs out the team and receives a finisher medal.

Thornton buys a beer from the first vendor he sees and takes a slow walk back to his truck, past street plaques honoring Baja champions. He's now a bona fide Ironman.

"I've done some tough races, but that was the gnarliest Baja I've ever ridden," Thornton tells me three weeks later, shaved and chatty again. He ran a clean race for the first half and figures the lost time that night in the pits cost him a top-three finish. The thought still gnaws at him. "I have only myself to blame," he says.

What about next year? The 2020 race, I remind him, is going to be the classic Baja point-to-point. "I'm getting old, man," Thornton sighs. "At my age, it's such a challenge." The endless months of prerunning, the hills and sand sprints, the toll on his joints. "Plus," he deadpans, "Brandie might divorce me."

Thornton still hasn't answered the question. I ask again. "I'm retired," he says, flashing a mischievous smile, "until I change my mind." ■

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Dolly Sods



The 133-year-old, recently renovated distillery of bourbon-maker Castle & Key.

FOUR-DAY WEEKEND

The Bourbon Excursion

Kentucky's two largest cities, Louisville and Lexington, are renowned for their booze. But a road trip between the two proves that spirits are just a starting place. **by ELIZABETH HUTCHISON HICKLIN**

THE LOUISVILLE-Lexington rivalry is fierce, both on the basketball court and off. Just 70 miles apart, Kentucky's two largest cities differ as much as the landscapes that define them. Lexington, the smaller and slower-paced of the two, sits among the gently sloping hills of horse country, while Louisville—bigger, grittier, and altogether more urban—is perched on the banks of the powerful Ohio River. The great unifier is bourbon. Both cities boast vibrant dining scenes, buoyed by local booze. Taken together, the cities showcase the best of the Bluegrass State. Here's how to pull off a top-shelf Kentucky weekend.

DAY 1
A DAY AT THE RACES

Some of the nation's most idyllic countryside surrounds downtown Lexington, but the city itself is a gem. For easy walking access to top in-town attractions, including the historic Gratz Park neighborhood, start your weekend at **21c Lexington**. Opened in 2016, inside a stately former bank, the 88-room boutique hotel doubles as an art museum.

Though the Kentucky Derby is held in Louisville, Lexington is arguably the bigger horse town, in no small part thanks to **Keeneland Race Course**, just a short drive from downtown. Encircled by world-class horse farms, the storied 84-year-old track begins its 16-day Spring Race Meet on April 2, affording a preview of the year's top Derby contenders. Grandstand seating goes for just $10 a person. If the horses aren't running, the Keeneland grounds still warrant a visit. Over breakfast at the **Track Kitchen** (open daily), you can eavesdrop on jockeys and owners while scarfing down biscuits and gravy.

After Keeneland, swing by **Wallace Station Deli and Bakery**, in Versailles. It's run by chef Ouita Michel, the queen of central Kentucky cuisine and an early champion of the local slow-food movement. An Inside Out Hot Brown is a must; the sandwich is stacked high with turkey and bacon,

CHRIS RADCLIFFE







Clockwise from above: Horses in full stride at Keeneland Race Course; bourbon barrels at Woodford Reserve; s'mores sundae at Crank + Boom.

CLOCKWISE FROM LEFT: COURTESY OF LEXINGTON TOURISM; COURTESY OF WOODFORD RESERVE; COURTESY OF THE SUMMIT AT FRITZ FARM

smothered in Mornay, and broiled until the sauce bubbles and browns.

Once back in Lexington, if you've somehow mustered an appetite for dinner, hit the Summit at Fritz Farm's new food hall **The Barn**. The lineup of all-local restaurants includes chef Dan Wu's noodle shop, **Atomic Ramen**, and the regionally beloved ice-creamery, **Crank + Boom** (go for the coconut).

DAY 2
BOURBON RUN

You'll need a solid base for a day of whiskey tasting, so before leaving Lexington and driving toward Louisville, grab breakfast at **DV8 Kitchen**. Locals line up early for the cinnamon rolls made of croissant dough.

There are 37 distilleries along Kentucky's Bourbon Trail, and though each deserves a stop, time won't allow it on one trip. **Woodford Reserve** and **Castle & Key** are good starting places, since they represent two sides of the bourbon-making business—big brand and craft, respectively—and deliver first-class tasting experiences.

Be sure to take U.S. 60 out of Louisville. The 30-minute drive to Woodford is a blur of paddocks, pastures, and white-plank fencing. Though Woodford is relatively young (est. 1996), its distillery site is among the state's oldest, dating to 1812. The Scottish-style limestone rickhouses and 100-year-old cypress wood fermenters testify to the site's age.

Three miles up the road is the equally striking Castle & Key. The distillery is housed in a limestone castle built in 1887 by E.H. Taylor, the godfather of Kentucky bourbon. For four decades, the 113-acre site sat abandoned, but it reopened in 2018 following massive renovations, including a complete overall of its gardens by famed landscape designer Jon Carloftis.

Once in Louisville, check in at **Hotel Distil**. It's one of the newest boutique lodgings on Whiskey Row, which was home to the bourbon industry in the 1800s.

Louisville's food scene is on the rise, but when it comes to dinner, a steak and Manhattan at **Jack Fry's** is still hard to top. Established in 1933, the white-tableclothed restaurant is a local institution, complete with a resident piano man, a perfect wind down after a day of driving.

DAY 3
PARKS + PAPPY

In the late 1800s, Louisville was largely industrial. Fortunately, city officials had the good sense to hire the firm of landscape architect Frederick Law Olmsted, of Central Park fame, to design a network of 18 parks around the city. Nowadays, it's still hard to top a morning walk or run through Olmsted's 400-acre **Cherokee Park**, where hiking paths abound, including the paved 2.3-mile Scenic Loop. If you prefer two wheels, **Parkside Bikes** rents mountain bikes for those who want to explore the 13 miles of flowing singletrack between Cherokee Park and the adjacent Seneca Park.

After a morning in nature, hit Louisville's **East Market Street**. A decade ago, the storefronts there were mostly empty. Today, the downtown-adjacent neighborhood (now called NuLu) is filled with new restaurants, shops, and art galleries. At **Please & Thank You**, spring for the chive-flecked biscuit sandwiches. For shopping, nearby **Pappy & Company** sells assorted Pappy Van Winkle–brand goods, along with apparel, barware, cigars, cocktail books, and specialty foods.

A perk of visiting Kentucky in April is that the evenings will already be warm. The patio at **Garage Bar**, a pizza place inside an old body shop, is strung with cafe lights and outfitted with ping-pong tables, the ideal place to take in a southern spring night.

DAY 4
PADDLING THE FORK

Nearly 130 years after commissioning Olmsted, Louisville still puts a premium on green spaces. The city is currently home to one of the nation's largest metropolitan parks projects, the **Parklands of Floyds Fork**, a four-park, 4,000-acre system that runs along the Floyds Fork creek. **Blue Moon Canoe and Kayak of Kentucky** will make a half-day paddle on the waterway a breeze, with rentals and round-trip shuttle service.

After lunch, squeeze in one final bourbon tour at the historic **Stitzel-Weller Distillery**, then end your trip on a decadent high—with the six-course tasting menu at **610 Magnolia**. Like a trip through the Bluegrass State, 610, led by the recently appointed executive chef Jeff Potter, educates, satisfies, and surprises. ■



CHEF AT HOME

Keeping It Simple

Teague Moriarty makes Michelin-starred food at Sons & Daughters in San Francisco, but at home he's all about batching chicken thighs and eating his mom's special pesto with the family.

as told to ADAM ERACE



COOKING FOR KIDS PESTO

My daughter is 7 years old and a tough critic. Her favorite thing for dinner is store-bought ravioli with my mom's pesto. Since I was a kid, my mother has kept a huge garden, and every fall she makes big batches of pesto from her basil plants and always saves me a quart. My daughter, my fiancée, and I have the pesto at least once a week, usually with some boiled broccoli and butter.



MOCKTAIL TIME SEEDLIP

I got sober when I was 24, after getting fired from my job. I drink a lot of LaCroix, and when I want more of a cocktail, Seedlip is great. It's an herbal mixer that's distilled like a spirit but has no alcohol. It's like the gin in my gin and tonic.



FASHION STATEMENT HILL CITY PANTS

We did a video with the clothing company Hill City, and now everyone in the kitchen wears Everyday Tech Pants. They're very breathable, stretch just the right amount, and are water-resistant, so anything that spills on them rolls off.

OFF DUTY SURFING

I grew up surfing as a kid in Santa Cruz but got back into it about seven years ago. Now I surf almost every day. I go to Ocean Beach, where the waves can hit eight to 10 feet. Being out there is pure joy. I would say I'm a solid average surfer. I used to run, but after completing a third marathon, I felt like I peaked. With surfing, I feel like it's something I can do my whole life and continue to improve on. It's also a great way to disconnect; you can't really have your phone out there.





SECRET INGREDIENT MSG

I always keep a bottle of Ajinomoto MSG at home. Since it's basically salt with an amino acid in it, it's pretty interchangeable as an addition to anything you use salt in: soups, sauces, braised dishes—anywhere that umami flavor needs a boost.



RECIPE EVERY MAN SHOULD MASTER BRAISED CHICKEN THIGHS

I make a big batch on a Monday and use different iterations throughout the week. It's great by itself over rice, but we also make tacos with it, have it with beans and veggies, or a box of shells with butter, oregano, and thyme.

CLOCKWISE FROM LEFT: JOSEPH PHILLIPS; COURTESY OF HILL CITY; SHUTTERSTOCK; MAGONE/GETTY IMAGES

illustrations by **DANILO AGUTOLI**

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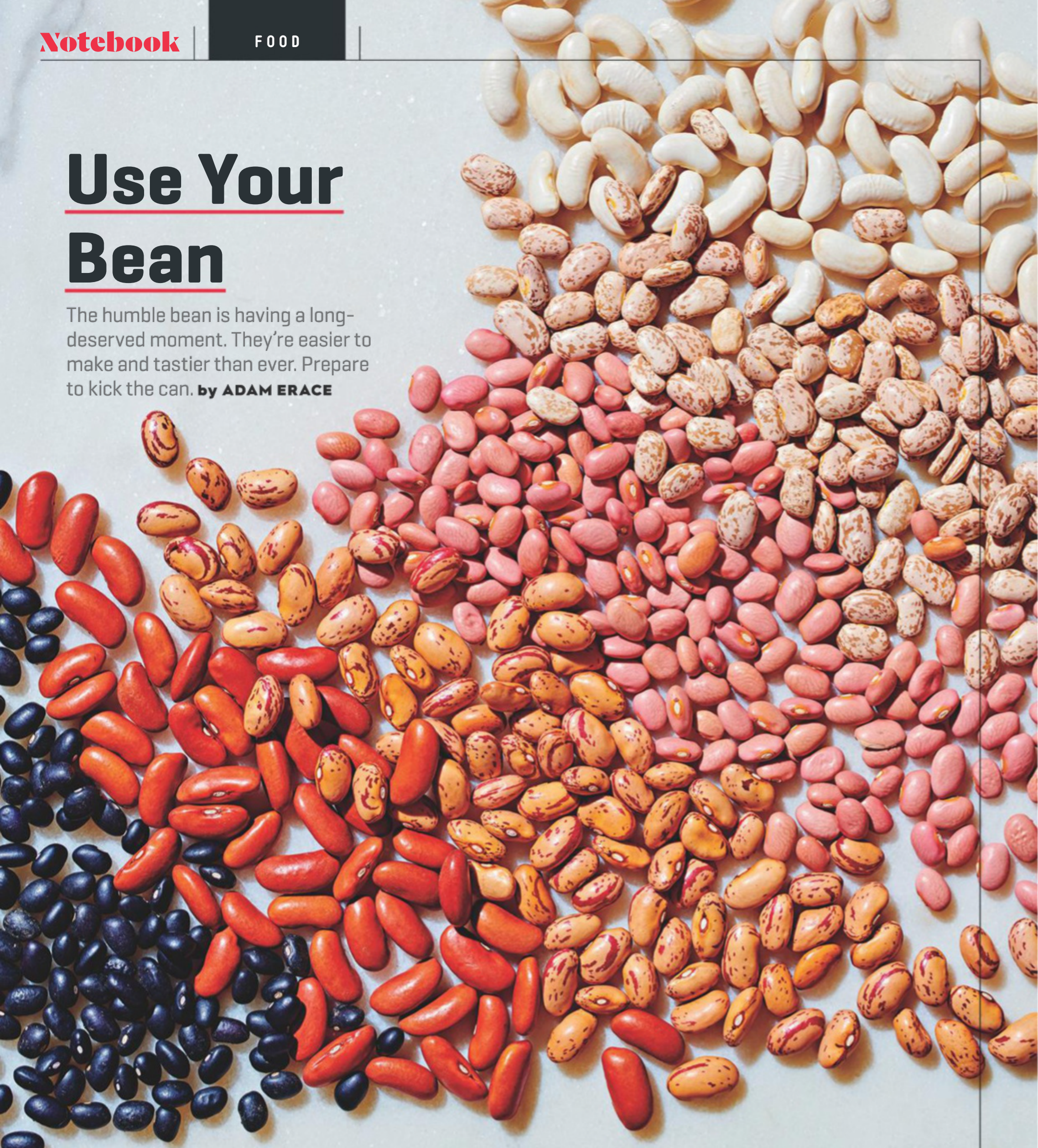


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Use Your Bean

The humble bean is having a long-deserved moment. They're easier to make and tastier than ever. Prepare to kick the can. **by ADAM ERACE**



IT'S NO SECRET that homemade always trumps store-bought or packaged. And that's especially the case with beans. It's also the case that making beans from scratch is a serious pain. First, you have to soak the suckers. Then there's the long slow simmer, which renders them a no-go for weeknights. It's no wonder you find yourself reaching for the can opener.

So let's give yet another round of thanks for the kitchen device du jour—the electric multicooker, which makes working with dried beans as easy as pushing a button. "Dried beans are having a moment right now because of two words: Instant Pot," says Joe Yonan, author of the recent cookbook *Cool Beans*. The recipes that follow are all specially designed for multicookers, which get dried beans tender and creamy three times faster than doing it the old-fashioned way on the stove. Start stocking your pantry now.

photograph by **TED & CHELSEA CAVANAUGH**

Jimmy Dean ONCE SAID:

"WARM the WHOLE body UP & GET IT goin'."

Jimmy Dean



TODAY'S YOUR DAY TO Shine on™

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SPICY CHORIZO BLACK BEANS "AL PASTOR"

Serves 8

2 tbsp extra-virgin olive oil
1 lb chorizo, uncased
2 tsp chili powder
1 tsp dried oregano
½ tsp cinnamon
½ tsp garlic powder
1 white onion
2 large garlic cloves
1 lb dried black beans
2½ tsp Diamond Crystal kosher salt, divided
3 cups water
½ cup finely diced pineapple
4 tbsp chopped cilantro, divided
Juice of 1 lime, divided
Sour cream, for serving
Crumbled cotija cheese, for serving

1. Heat olive oil in bowl of an Instant Pot or other multicooker with the sauté function. Add and brown chorizo, breaking it up with a wooden spoon. Cook completely through, about 8 minutes. Remove and reserve.

2. Turn off the sauté function and add the spices, stirring 30 seconds to gently bloom. Cut onion in half. Finely dice one half and reserve for salsa. Chop other half and add to bowl of pressure cooker along with garlic, beans, 2 tsp salt, and water. Cover and cook on high pressure 30 minutes. Allow pressure to release naturally.

3. While waiting for beans, make salsa by stirring together the reserved onion, pineapple, half of the cilantro, half of the lime juice, and remaining salt. Reserve for serving.

4. When beans are finished, stir in remaining cilantro, lime juice, and reserved cooked chorizo. Transfer to a serving bowl, top with sour cream, al pastor salsa, cotija cheese, and serve.

A MAGICAL FRUIT

Five heirloom varieties you've never heard of—and need to try.



Tarbais
Dense and meaty, perfect for your next cassoulet.
COOK TIME: 40 minutes



Scarlet Runner
Black with pink markings; popular with chefs and great in bean salads.
COOK TIME: 25 minutes



Christmas Lima
This large, flat Peruvian lima revs up summer succotash.
COOK TIME: 20 minutes



Ayocote Morado
A Oaxacan variety beefy enough to sub for meat in vegetarian chili.
COOK TIME: 25 minutes



Vaquero
Starchy and sturdy, with black-and-white mottling that pops in a pot of soup
COOK TIME: 40 minutes

FROM TOP: ALAMY STOCK; SHUTTERSTOCK; ALAMY STOCK; GETTY IMAGES; SHUTTERSTOCK

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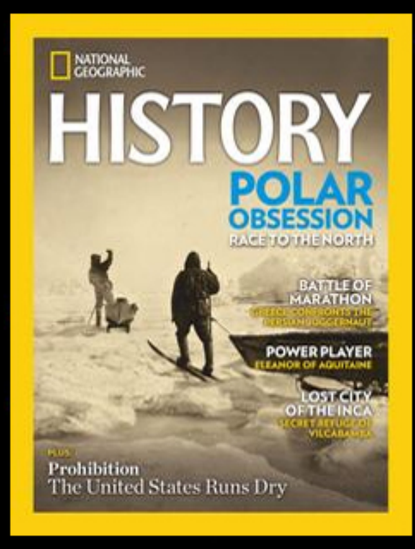








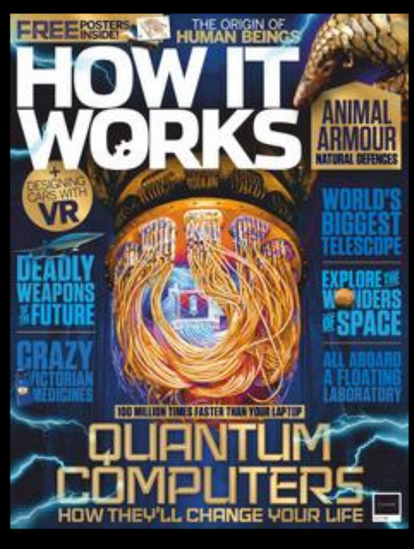














CREAMY KALE AND WHITE BEANS WITH PESTO AND PARMESAN

Serves 8

1 Parmigiano-Reggiano rind
1 yellow onion, chopped
2 large garlic cloves
2 bay leaves
1 fennel bulb, chopped
1 tbsp fennel seeds
Pinch red pepper flakes
1 tbsp Diamond Crystal kosher salt
1 lb dried great northern beans
6 cups chicken stock
1 head Tuscan kale, stripped from stems, chopped and divided
1 bunch basil leaves
⅓ cup pine nuts
⅓ cup grated Parmigiano-Reggiano, plus more for serving
½ cup extra-virgin olive oil
Zest of ½ lemon
⅓ cup heavy cream
Freshly ground black pepper, for serving

1. Add rind, onion, garlic, bay leaves, fennel bulb and seeds, red pepper, salt, beans, stock, and half the kale to bowl of a multicooker. Cook on high pressure 30 minutes. Allow pressure to release naturally.

2. Make pesto by combining basil, pine nuts, Parmigiano, olive oil, and lemon zest in a food processor or blender. Pulse to combine and reserve.

3. When beans are finished, stir in heavy cream and remaining kale. Transfer to serving bowl. Drizzle pesto over top, garnish with grated Parmigiano and black pepper, and serve.

HOMESTEADER'S NEW ENGLAND BAKED BEANS

Courtesy of *Cool Beans,* by Joe Yonan

Serves 8

1 lb dried cranberry or pinto beans
Water
2 [3- by 5-inch] strips kombu
1 small yellow or white onion, sliced
¼ cup molasses
⅓ cup maple syrup
2 tsp Diamond Crystal kosher salt, plus more to taste
2 tsp dry mustard
1 tsp Spanish smoked paprika
½ tsp ground ginger
¼ tsp freshly ground black pepper
2 tbsp apple cider vinegar, plus more to taste

1. Combine beans with enough water to cover by 2 inches bowl of multicooker. Add kombu. Cover and cook on high pressure 25 minutes. Use the quick-release function to release steam. Remove and discard kombu. Stir in onion, molasses, maple syrup, salt, mustard, paprika, ginger, and pepper. Cover and cook on low pressure 15 minutes. Allow pressure to release naturally.

2. Remove lid and turn cooker to sauté function, on high. Bring mixture to a gentle boil and cook until liquid has reduced and thickened and the mixture no longer seems watery, about 15 to 20 minutes. Stir in vinegar, taste, and adjust acid and salt as needed. Serve hot, either as a side dish or—for a true Maine homesteader's meal—over roasted potatoes with a garden-fresh salad. Cover and refrigerate for up to 1 week, or freeze for up to 3 months.



FOOD STYLING BY SUE LI FOR HELLO ARTISTS; PROP STYLING BY MEGAN HEDGPETH

Old-Fashioned Italians

Chiantis and Barolos are *buonissimo,* for sure. But Italy has hundreds of lesser-known native grape varieties that local vino drinkers have served for generations. Here are four to try. **by AMY ZAVATTO**

1/ GAGLIOPPO

This is the flagship grape of Calabria, the region in the "toe" of Italy, and it's a robust yet giving red that can range from young and juicy to savory and herbaceous. Look for versions from quality producers like Librandi and Ippolito, as well as the **2017 Cirò Rosso** ($16) from **Enotria**. It's rife with aromatics that hint at pine and sweet mint notes, with a mouthful of dark plum and fresh fig flavors. It's an excellent match for grilled sausages and sautéed dark, leafy greens.

2/ CARRICANTE

From Sicily, carricante is a medium-bodied white grape that thrives in the volcanic, mineral-rich soil near Mount Etna. It's often bottled straight, without blending, and labeled as Etna Bianco. It tastes as if a crisp riesling was married with a complex chardonnay. I Vigneri and Ciro Biondi are excellent vineyards, although their output is on the small side. Easier to find is **Planeta's 2017 Etna Bianco** ($35), a white that tastes of lemon zest and dried pineapple with a tiny pinch of sea salt.

3/ PUGNITELLO

Tuscan wine is synonymous with sangiovese, and its popularity has overshadowed other grapes like pugnitello. But this red varietal, named for the tight bunches it grows in, has blossomed since the 1980s. Excellent producers like San Felice, Nino Sequerciano, and **Santa Vittoria Leopoldo** are to thank. The latter's 2013 vintage ($26) spent a year in oak barrels developing the grape's trademark black olive notes with a lip-smacking finish, which is similar to a cabernet franc.

4/ SCHIAVA

Alto Adige, Italy's northern enclave next to Austria, tends to make waves with its whites. But schiava (pronounced *ski-AH-vah*) is an easygoing sipper, perfect for a backyard barbecue or a weekday supper. Vintners like Elena Walch and Abbazia di Novacella make excellent bottlings, but keep your eyes peeled for **Peter Zemmer's 2018 Vernatsch Schiava** ($16), an immaculate version that tastes like a mouthful of crushed cherries and strawberries but finishes dry and slightly spicy.

PROP STYLING BY CARLA GONZALEZ-HART; DRINK STYLING BY BARETT WASHBURN

photograph by CHRISTOPHER TESTANI

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First Class All the Way

Wherever you go, the luxe new travel accessories splashed over the next few pages will make you feel (and look) like you deserve to stay in the penthouse suite.



From left: **Globe-Trotter** Safari 30" Extra Deep Suitcase ($2,410, *globe-trotter.com*); **Ermenegildo Zegna** Pelletessuta Black Cabin Trolley ($3,995, *zegna.us*); **Rimowa** Original Check-In M ($1,230, *rimowa.com*).

photographs by **JAMIE CHUNG**

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EROS FLAME

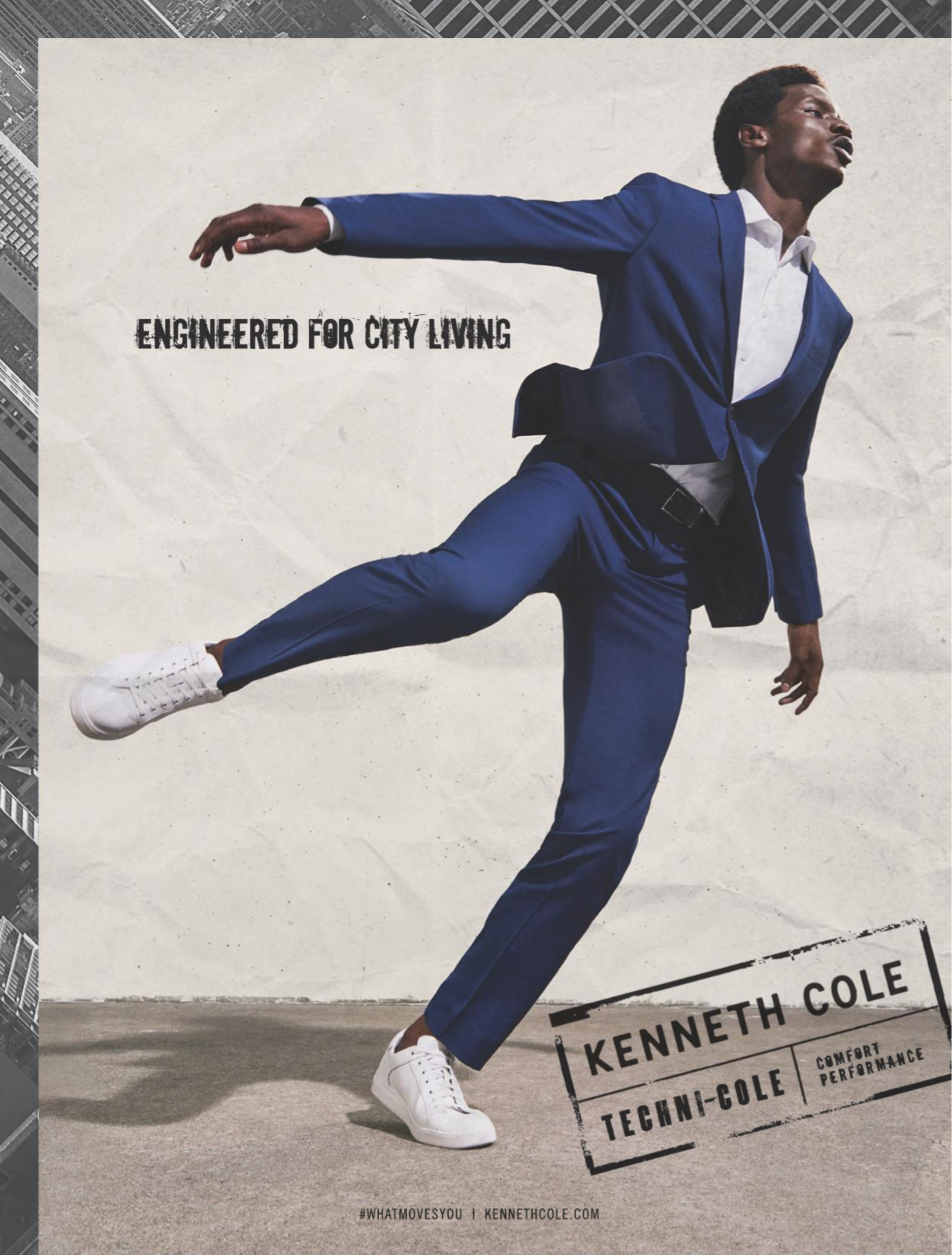


POVR HOMME

BLOOMINGDALE'S DILLARD'S MACY'S

From top: **Ray-Ban** Aviator Olympian ($215, *ray-ban.com*); **Burberry** BE3112 ($254, *sunglasshut.com*); **Bottega Veneta** ($440, *bottegaveneta.com*); **Saint Laurent by Anthony Vaccarello** ($380, *ysl.com*); **Montblanc** ($450, *montblanc.com*).

PROP STYLING BY ALEX GRANNIAN FOR ART DEPARTMENT


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Leatherology Eye Mask ($25, *leatherology.com*); **Ermenegildo Zegna** Felt Hat ($455, *zegna.us*); **Berluti** Leather Smart Charger Kit ($840, *berluti.com*); **Berluti** Nino Biker Large Leather Document Holder ($2,440, *berluti.com*); **Leatherology** Tie Case ($130, *leatherology.com*); **Dooney & Bourke** Florentine Toscana Passport Case ($88, *dooney.com*); **Smythson** Mara Money Clip Wallet ($355, *smythson.com*); **Thom Browne** Small Tablet Holder ($790, *thombrowne.com*); **Salvatore Ferragamo** Gancini AirPods Case ($295, *ferragamo.com*).

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The Humble Hybrid

While EVs grab headlines, a gas-electric ride is probably a more practical choice. **by JESSE WILL**

ELECTRIC VEHICLES get all the love. Driving a gas-electric hybrid might have made you the greenest guy on the block a few years ago, but times have changed. Pure plug-in electrics now hold the moral high ground, and manufacturers like GM and Volkswagen are doubling down R&D dollars on them—and leaving hybrids behind.

But the gas-electric engine isn't dead yet: Take the 2020 Toyota Highlander Hybrid, above, a family hauler that competes in the packed midsize SUV segment. These beasts are tasked with devouring miles on the way to soccer games, or Quidditch matches for contrarians. Of the nearly 30 on the market, none sniff the Highlander Hybrid's 35 mpg with up to 601 miles per tank—all while carrying eight.

That's a massive 28 percent improvement in fuel economy from the outgoing model, thanks mostly to a 360-pound weight savings. While the Highlander Hybrid doesn't offer thrilling acceleration, its 243 horsepower is just enough for the task at hand. And a family hauler's other task is to alleviate road trip boredom, so there's a giant 12.3-inch touchscreen and 1,200-watt stereo, both of which are controllable by voice through Alexa.

Fair warning: Let the kids in back talk to her and you might hear the *Frozen II* soundtrack on repeat during long drives, but at least it'll end quickly, considering you won't be stopping for gas too often. ■

FUEL EFFICIENCY, STEPPED UP

Between commuter cars and three-row haulers is a growing class of hybrid small SUVs and crossovers.

FORD ESCAPE HYBRID

The new version of this five-seater SUV has better manners and fuel economy: 41 mpg combined. *From $33,550*



LEXUS UX 250H

A sporty, small crossover with a smart, techy interior that's as thrifty as the Ford. *From $34,500*



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Recovery Tools

After a workout, you want to feel like you've gotten a good sweat—not look it. Here are the products that'll have you office-ready, faster. **by MARJORIE KORN**



The basic shampoo-conditioner-bodywash your gym stocks will de-grime you and not much more. If you need to look presentable after having really gotten after it, you'll need additional top-to-tail help. Here's how. [1] It's common to continue sweating an hour or two after a workout, since body temps take a while to settle back to normal—including on the scalp. **Duke Cannon News Anchor Quick Fix Dry Shampoo** [$15] has tapioca starch to sop up oil and wheat protein to strengthen hair. [2] Wash your face in 10 seconds using a textured **Koa Balancing Toner** [$22] pad, which exfoliates skin and helps kill bacteria that can lead to breakouts. [3] **Susanne Kaufmann After Shave Balm** [$74] has witch hazel to calm redness and inflammation from shaving with cheap, disposable razors, plus marigold extract for moisture. [4] To avoid sweating through a dress shirt, fast-absorbing **Lululemon Self-care Speed Up Cool Down Body Lotion** [$34] helps chill you down while hydrating skin. [5] A dollop of **Triumph & Disaster Ponsonby Pomade Little Puck** [$12] keeps hairstyles in place, and flax oil balances out the scalp. [6] **Bravo Sierra Deodorant** [$10] may be all natural, but the woodsy-smelling stuff is strong, so you won't be sneaking to the work bathroom to reapply.

PROP STYLING BY ALEX SILVA FOR BERNSTEIN & ANDRIULLI


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Q+A



WE'RE WITH HER

Alison Brie

The Golden Globe–nominated star of *GLOW* and this month's revenge thriller *Promising Young Woman* talks being a clown for hire and returning to her nudist roots. **by SARAH Z. WEXLER**

You have one season left playing a wrestler on *GLOW*. What will you miss about the role?

Oh my God, everything. I think what I will miss the most, which I'm nervous that will never happen again in any other job ever, is getting to play such a myriad of levels.

Levels?

Getting to do it all: broad, hammy comedy and very serious, nuanced drama, all within the same episode. Plus, we have wrestling, which lets me work other muscles—figuratively and quite literally.

How have you enjoyed the process of getting into wrestling shape?

I've become so addicted to lifting heavy weights and working my body in the gym. Wrestling really has changed the way that I view my body, and strength training goes hand in hand with that.

How so?

You stop thinking about yourself as an actress, trying to be skinny for roles. You start thinking about yourself as an athlete, wanting to be really strong to execute these moves on the show.

Speaking of body stuff, *GLOW* is the first time you've done nudity onscreen. Was that weird?

It wasn't weird at all. It was actually freeing and fun. I've always been a naked person.

A naked person?

In college, I was a bit of a nudist. I have no problem with nudity. But at the same time, it's not something I took lightly. I never made a steadfast rule that I'm not going to do nudity, but everything that came my way that involved nudity just didn't seem to merit it to me. I'm glad that I waited—because I got to do it for the first time on a project that was created by women, that was celebrating women's bodies.

Sorry, but I have to ask: What do you mean that you were a nudist in college?

I went to Cal Arts and studied theater. It's always been a very experimental school that enables students to feel boundary-less in their art. When I was there, clothing was only required in the cafeteria. I would exercise my right to be naked—taking a jog through school naked, or making my roommate laugh by hanging naked from the tree outside our dorm. It was just funny to me. Kind of still is.

Were you always a kind of class clown?

I was a literal clown—a birthday-party clown as a summer job between high school and college. It actually helped me as an actress in terms of fearlessness when going into auditions, because there will be nothing scarier than entertaining a group of 20 seven-year-olds for an hour.

THE BASICS

Age
37

Hometown
Los Angeles

Top 5 Flowers to Buy for Your Sweetie
1. Ranunculus
2. Hydrangeas
3. Roses
4. Lisianthus
5. Daisies

You've talked about not wanting to have kids. Is that because of those seven-year-olds?

I've never really wanted to have kids, and I still feel that way. And I'm lucky that I'm married to a man [actor Dave Franco] who also is not interested in having kids. But we do reserve the right to change our minds.

***Promising Young Woman* is a thriller about a very different type of man, and a woman's gruesome revenge. What drew you to the project?**

The concept is extremely timely—looking at the different ways that men and women have defined sexual consent, and how we can all get on the same page. Yet the film does it in such a delicious way that it's compelling and fun to watch.

What does romance mean to you?

I think everyone wants to feel appreciated, understood, and empathized with. A lot of the time men feel like they need to solve every problem for a woman, but women just want to be listened to and appreciated. Sometimes it's just enough to acknowledge, "Thank you for making dinner; it's delicious." Washing the dishes is always a good thing. Getting a woman flowers will never get old. ■

WASHING THE DISHES IS ALWAYS A GOOD THING. AND GETTING A WOMAN FLOWERS WILL NEVER GET OLD.

CORINA MARIE HOWELL/AUGUST IMAGE



ACCORDING TO

Alexander Ovechkin

The captain of the Washington Capitals—and a top 10 all-time NHL scorer—discusses a trip to China, Michael Jordan highlight reels, and other recent obsessions.



TRAVEL Last summer, I went on a five-day trip to China. It was an incredible experience: I helped put on some hockey clinics, met a lot of great people, and ate Peking duck roast and a bunch of other delicious food. The **Forbidden City** was a highlight in Beijing. It was unreal.



DINING I've lived in Washington since 2005, and there are some Italian places, including Cafe Milano, and a sushi spot that I really like. But my favorite restaurant is probably the steak place **J. Gilberts.** I love a good rib eye, and it serves them wood-fired.



SPORTS I'm a big basketball fan, and I still really like watching old highlight reels of **Michael Jordan.** He's unbelievable. He was a winner and a leader, and made people around him better. That's a great example for me. I'd love to meet him one day.



TELEVISION My wife and I have been watching ***The Blacklist.*** It's about a criminal (James Spader) who turns himself in, then helps the FBI capture other criminals. He's funny and knows everything.

—AS TOLD TO J.R. SULLIVAN

FILM

CRIME DOC DOUBLE FEATURE

Two new HBO documentaries revisit notorious cases.

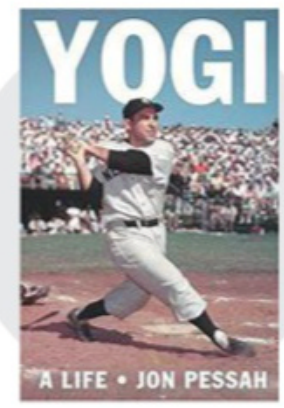


Atlanta's Missing and Murdered: The Lost Children
From 1979 to 1981, a serial killer terrorized Atlanta, murdering 20-plus children. The crimes went unsolved, but a 23-year-old man was eventually convicted of killing two adults, and police suspected he also murdered the children. This docuseries uncovers new evidence in the recently reopened cases.

The Art of Political Murder
Between 1960 and 1996, some 200,000 people died during Guatemala's civil war. Afterward, the Catholic Church tasked Bishop Juan José Gerardi with writing a report on the atrocities. His findings were critical of the government—and two days after making them public, in 1998, Gerardi was murdered. A young investigative team then set out to uncover his killer.

BOOKS

NOTABLE QUOTABLE



Jon Pessah, a former *ESPN the Magazine* editor, delivers the definite biography on the catchphrase-making catcher.

TELEVISION

A *FARGO* REFRESHER

FX's hit series returns April 19. Here's how each prior season loosely connects.

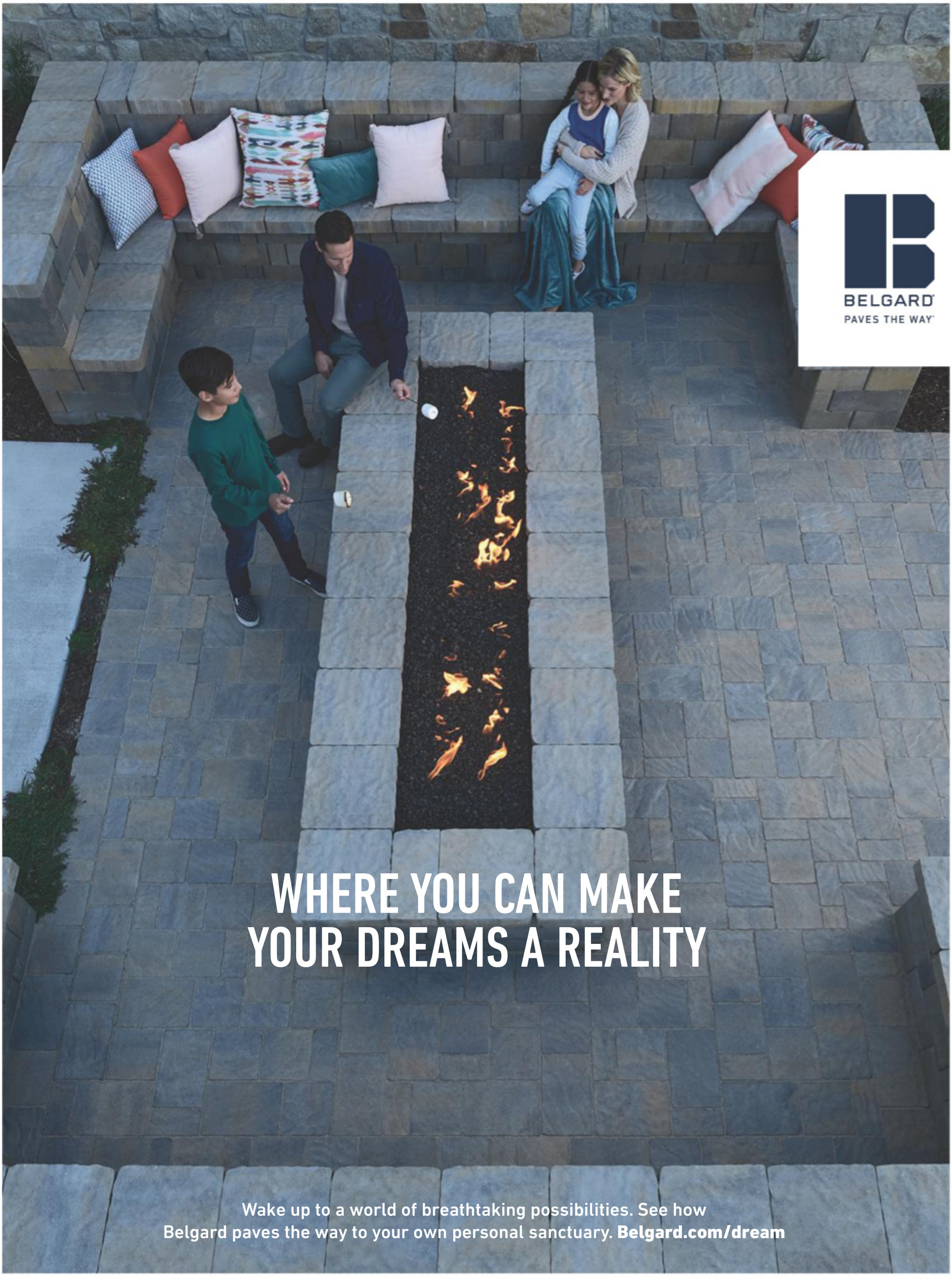


SEASON 1
Small-town Minnesota cop Molly Solverson investigates the murder of a trucking-company owner. She links the crime to a henpecked local insurance broker—and is soon in pursuit of a contract killer.

SEASON 2
Leaping back in time from 2006 to 1979, Season 2 focuses on Molly Solverson's dad, Lou. A state trooper, he tries to solve a triple murder at a waffle place and ends up on the wrong side of a local family crime syndicate.

SEASON 3
Season 3 returns to modern-times Minnesota but abandons the Solversons, centering instead on the rivalry between brothers Emmit and Ray Stussy. Hit man Mr. Wrench is one of the few ways Season 3 ties in with the others.

OVECHKIN: HARRY HOW/GETTY IMAGES. FORBIDDEN CITY: FRÉDÉRIC SOLTAN/CORBIS VIA GETTY IMAGES. MICAHEL JORDAN: GETTY IMAGES. THE BLACKLIST: DAVIS ENTERTAINMENT/ALAMY STOCK PHOTO. DOCUMENTAIRES: EASTHAMPTON STAR/COURTESY OF HBO. FARGO: ELIZABETH MORRIS/FX


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ESSENTIALS FOR THE WELL-EQUIPPED MAN

Outsmart the Storm

Spring's fluctuating skies can make gearing up tricky, whether you're heading to work or nailing weekend errands. But the best new rain gear will keep you sheltered from the storm without leaving you clammy—or looking like the Gorton's fisherman.

by JESSE WILL



DREW SMITH

Slim Dungarees

Outlier

Sharp enough to wear to the office, these jeans hit a trifecta: comfortable, composed, and rugged. The fabric is an outer tough-wearing nylon with a softer nylon-polyester blend next to the skin. A water-resistant treatment resists pop-up showers and puddle splashes. ***$198; shop.outlier.nyc.com***



One Parka

Houdini

The One keeps you looking smart no matter how sloppy the weather gets. The longer, just-above-the-knee cut; ample, adjustable hood; and waterproof, breathable polyester hardshell form a nearly 360-degree barrier against rain. The relaxed fit is just slim enough for urban missions. ***$470; houdinisportswear.com***





Backpack

Rains

Proof that not every waterproof backpack needs to look like an overbuilt dry bag. The 13-liter Rains hauls a select amount of stuff safely and tastefully. Your laptop and phone get dedicated pockets, protected by a hardcore polyester and polyurethane fabric, and waterproof zippers and closures that keep water out. ***$110; us.rains.com***

THE WORKING STIFF

Overcast Chelsea

Bogs

The waterproof Chelsea keeps your feet bone-dry with an EVA midsole that's sneakerlike comfortable. The rubber boot toes the line between fashion and function, doing much of the work of galoshes without the bulk. ***$70; bogsfootwear.com***





WATERPROOFING—THE MEANING BEHIND THE LABELS

There are a lot of products out there that claim to keep you dry. Most nylon or polyester water-resistant jackets are sprayed with a durable water repellent (DWR) that encourages rain to roll off (although you don't want to get caught in a squall). With wear, the DWR becomes less effective, and eventually rain moves in. Water-resistant builds are generally more breathable than waterproof ones, making them ideal for commuting or the occasional run in the rain. But when staying dry is paramount, you need a fully waterproof jacket. While these multiple-layered coats often use the same fabrics and DWR, the seams are sealed watertight. To increase breathability, manufacturers use various membranes under the shell to prevent rain from penetrating while venting sweat vapor out, so it won't feel like you're wearing a sauna suit. But while these (relatively expensive) jackets are more breathable than ever, you shouldn't expect to be totally sweat-free when cranking.

THE BIKE COMMUTER

Monsoon WxB Hooded Jacket

Pearl Izumi

Unlike your svelte cycling jacket, the roomier Monsoon WxB fits over a sport coat without excess bulk. And it still packs in essential commuter elements, like sealed seams, a helmet-compatible hood, a longer tail to cover your rear, and reflective trim. ***$150; pearlizumi.com***





AT Slim Pant

Western Rise

While they look like a pair of chinos, the AT Slim is made from tough, stretchy nylon canvas—with spandex mixed in—treated with durable water repellent (DWR), which you can reapply as needed. A gusseted crotch moves with you without the bulky lump normal pants have. Bonus: Coffee spills roll right off. ***$128; westernrise.com***



SH-CT500

Shimano

If you want to avoid tap dancing while wearing clip-ons, the SH-CT500 conceals an inner shank compatible with SPD or CLICK'R pedals under a low-profile minimalist sneaker. The best part: not having to stash a change of kicks under your desk. ***$85; bike.shimano.com***

THE WEEKEND WARRIOR



Air Force One Gore-Tex

Nike

The 1982 Nike classic gets a valuable, all-season upgrade: These AF1s have a Gore-Tex inner bootie that keeps toes dry and warm with a cushiony midsole and grippy rubber treads. ***$150; nike.com***



Mission Jeans

Mission Workshop

By blending cotton with a hefty dose of nylon and Elastane, the four-way-stretch Mission gives you maximum movement. DWR finished, the fabric maintains its shape without sagging. ***$285; missionworkshop.com***

Torrentshell

Patagonia

A favorite for everyday wet adventures, the new Torrentshell has a more durable three-layer build that's warmer and still all-day comfortable. When the clouds part, it stuffs into its own pocket. ***$129; patagonia.com***



Outfit an Adventure Dog

Sharing epic trips with your pup requires training—and the right gear. Here's how to keep your pet pal safe and comfortable. **by ADAM BIBLE**

CAMPING





NiteDog Rechargeable LED Dog Collar

Nite Ize

If Rex can't resist chasing critters into the woods, make sure he's easy to spot with this rechargeable LED collar—a button activates a bright glow for 6.5 hours. ***$25; niteize.com***

Highlands Sleeping Bag

Ruffwear

You may love your pooch, but you don't want to sleep with her. This synthetic-down bag opens into an oval mat during the day, zips closed at night, and packs into its own stuff sack. ***From $100; ruffwear.com***

TRAIL RUNNING



Hands-Free Dog Leash

Tuff Mutt

Cruising down gnarly trails gets dicey with wildlife and hikers distracting your dog, who might pull you off-balance. This hands-free 48-inch-long leash's bungee cord absorbs sudden tugs, keeping you upright. ***$25; tuffmutt.net***

K9 Backbowl

Mountainsmith

Most portable bowls are easy to carry but fussy and prone to tip. This foldable, 2.7-ounce, TPU-coated-nylon version tucks into a hydration vest or pocket yet is sturdy—snaps at the corners form a pan that holds 1.25 liters of water. ***$13; mountainsmith.com***



SUP



Surf N Turf Dog Life Jacket

Kurgo

Don't let doggy paddling fool you; not all breeds swim like a Lab. Before going onto the water, strap a flotation jacket on your dog. This versatile coat has two tethering points and big carrying handles so you can yank your pooch out of the drink. The foam layer is removable, making the shell usable as a raincoat. ***From $46; kurgo.com***

Lavasox Summer Boots

Saltsox

The noses of most paddleboards lack texture, so dogs who love to perch out there benefit from a better grip. These airy dog boots have a grippy rubber bottom that will keep your dog steady and double as protection against scorching summer pavement. ***$60; saltsox.com***





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Open Grate Smokeless Grill

George Foreman

Only the Breville has more capacity than the Foreman's 172-square-inch surface, which left defined grill marks on chicken, burgers, and veggies. The heating element is molded into the grill grate for consistent edge-to-edge temperature control. ***$100; georgeforemancooking.com***

The Fire Inside

When firing up the grill is too much hassle for a couple of burgers, countertop options claim to deliver the same char. We tested to see which ones would do our patties proud. **by SAL VAGLICA**



Sear & Press Grill

Breville

The Breville's reversible plates both grill and griddle, with a clamshell design that crisps paninis. A sear button reaches 500 degrees for good browning, and it had the best nonstick performance. ***$180; breville.com***



Smokeless Indoor Grill

Krups

While we like the two cooking zones and smoke control, the Krups was stymied by slow preheating and inconsistent temperatures. The base was difficult to clean after cooking fatty burgers. ***$100; krupsusa.com***



City Grill

Kenyon

Cooking on this chunky grill felt like the real deal with a 155-square-inch grate that hit 500 degrees. It charred chicken and burgers while a water-filled drip pan nixed nearly all of the smoke. ***$475; cookwithkenyon.com***



Smokeless Indoor Grill

Philips

Like a toaster, this grill uses infrared heat to hit 446 degrees in about a minute. Its design and consistent heat produce little smoke, but with one grill temperature, it's easy to torch veggies. ***$330; usa.philips.com***

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The Pearly Protectors

We tested the newest batch of electric toothbrushes to find the one true king of clean. **by JESSE WILL**



Sonic Toothbrush

Burst

The diamond-patterned handle and charcoal-coated bristles give your morning routine a shot of style; we like the one month between recharges, too. Looking for ultrasoft bristles? This model's for you. ***From $70; burstoralcare.com***



Electric Toothbrush

Quip

Since it uses an AAA battery, the Quip is compact and charger-free, preserving space in your Dopp kit. Its vibrations are so gentle, though, that we started brushing as vigorously as if it were a manual toothbrush. ***From $25; getquip.com***



Genius X

Oral-B

If you're into analytics (or in dental school), this brush might be for you: It connects to an app to show where you're using too much pressure. While this powerful rotary unit gives a deep-feeling clean, it's loud enough to wake a dog. ***$220; shop.oralb.com***



Sonic Toothbrush

Shyn

For the price, this streamlined unit overdelivers on features, from an audible pressure sensor to four brushing modes. The bristles didn't hold their shape as well as the Sonicare's, but they're cheaper to replace. ***$50; shyn.com***



Sonicare ProtectiveClean 6100

Philips

With three modes and three intensity settings, the 6100—quiet, with a svelte head—has your brushing sweet spot. Our teeth felt dentist-office clean, but replacement brushes are pricier than most. ***$100; usa.philips.com***

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Plastic's Second Act

As efforts to clean up our oceans and beaches (thankfully) increase, some of our favorite gear companies are making use of plastic waste before it lands on the shore. **by BERNE BROUDY**



Ahi Performance Cruiser Skateboard

Buero

The 27-inch deck is made from recycled fishing nets, and the swiveling surf-skate trucks allow you to pump up the speed while carving tight turns. ***$195; bureo.co***



Terrex Two Ultra Parley Trail Running Shoe

Adidas

Built over a springy midsole, the upper incorporates ocean plastic while a toothy outsole adds steady grip. On longer runs, you'll dig the wider fit. ***$180; adidas.com***



Baffin Sunglasses

Costa

These recyclable matte frames use the same fishing net plastic as Buero. While they can be fitted with any of four lens colors, green is best for in-shore fishing under mixed light. ***From $199; costadelmar.com***



Elite Dragonfly

HP

Eighty-two percent of the guts in this laptop is recycled, including the plastic speaker housing, but all you'll notice is the vivid 13.3-inch touchscreen, all-day battery, and totable weight. ***From: $1,699; store.hp.com***



Apex Trunks

Outerknown

These Kelly Slater–designed poly and spandex surf trunks use about 12 plastic bottles. The four-way stretch means maximum mobility on the board with laser-cut holes for faster drying. ***From $125; outerknown.com***

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Easy Haulers

Standard canvas tote bags aren't much good beyond the beach, but thanks to sturdier fabrics and smarter features, these upgraded versions are ready for everyday carry. **by CLINT CARTER**

BEST FOR
FARMERS MARKETS

Transit Packable Tote Bag

Matador
Made from waterproof Cordura nylon, the 3.5-oz Matador hauls 18 liters of bread and broccoli rabe. But it's overbuilt with sealed seams and water-resistant zippers to stand up to any adventure, and it packs down to the size of a baseball. ***$40; matadorup.com***

BEST FOR
CARRYING TECH



Everyday Totepack

Peak Design
With maximum organization, this versatile 25-liter bag's tech sleeve stores a laptop and tablet while flexible dividers hold bulkier gear like cameras. ***$180; peakdesign.com***

BEST FOR
CITY COMMUTING



Norrvåge Briefpack

Fjällräven
Handsome wool with metal zips combine for a sharp-looking bag ready for the office. Leather handles make this svelte 15-liter tote easy to hold, even with a 15-inch laptop loaded into its sleeve. ***$190; fjallraven.com***

BEST FOR
TRAVEL



Catalina Deluxe Tote

Lo & Sons
Under its humble appearance, the 27-liter Catalina hides two smart features: a sleeve that slips over a roller bag's handle and a zippered base to keep shoes and dirty clothes separate. ***$128; loandsons.com***

BEST FOR
THE GYM



Yatra Tote

Sherpa
Like a duffel, the Yatra's 10-liter hull lets you cram in sneakers and workout gear, and its internal pockets prevent smaller things—like keys or a smartwatch—from getting lost. ***$60; sherpaadventuregear.com***

LANDS UNCOMPROMISED

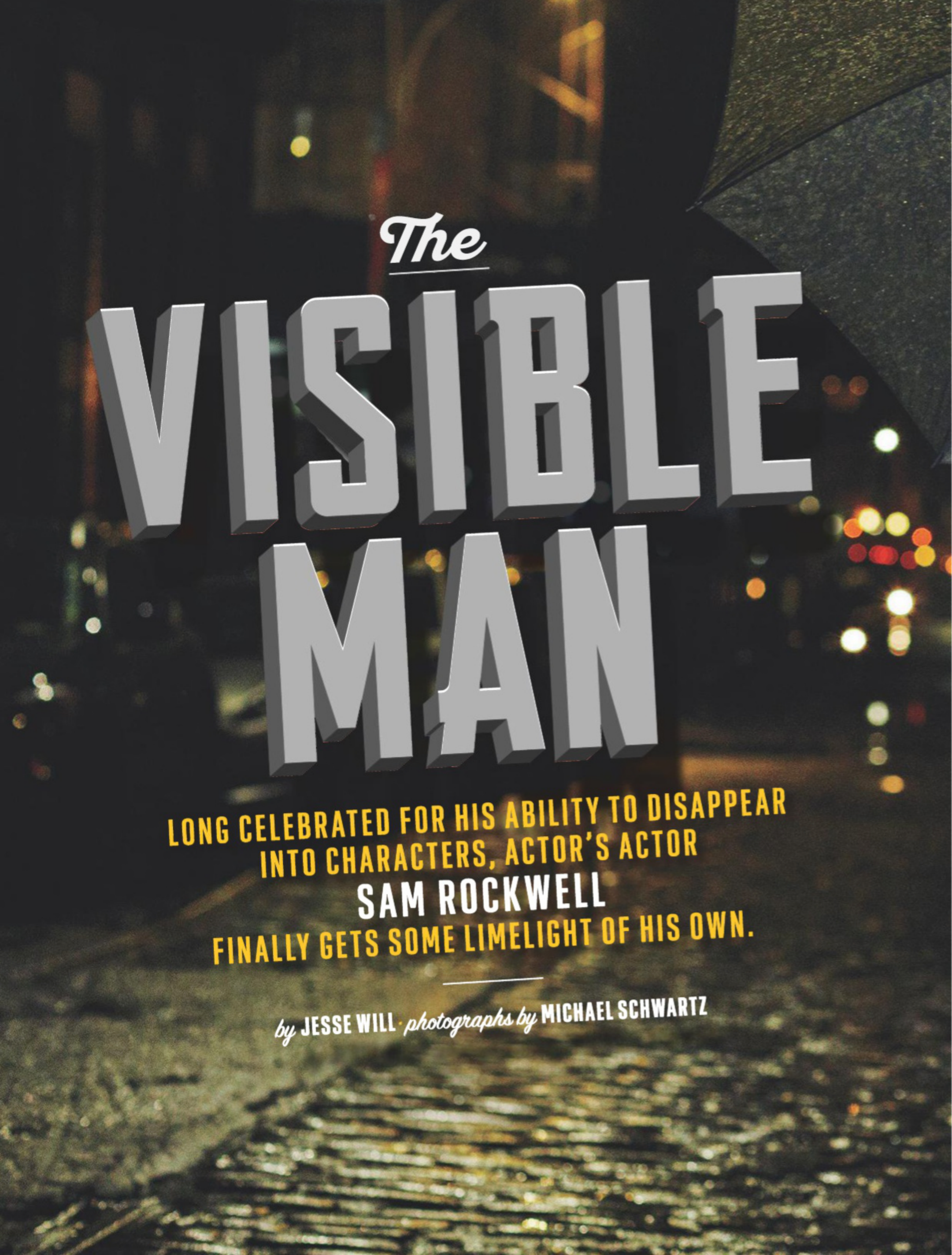
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MEN'S JOURNAL


The
VISIBLE
MAN
LONG CELEBRATED FOR HIS ABILITY TO DISAPPEAR
INTO CHARACTERS, ACTOR'S ACTOR
SAM ROCKWELL
FINALLY GETS SOME LIMELIGHT OF HIS OWN.
by JESSE WILL · photographs by MICHAEL SCHWARTZ

Jacket by A.P.C.
Shirt by Truth Alone.
Pants by Missoni.

THE ATRIUM OF THE BOWERY HOTEL IN Lower Manhattan is extremely dim, aside from a few spots, including the glowing iPhone Sam Rockwell holds in his palm. It's a Friday evening, and he's giving me a rodeo demonstration of a sort, showing me a slow-motion video of some downtime on the set of the Nazi farce *Jojo Rabbit*. Rockwell plays a closeted gay officer in the film, disillusioned with the regime; in the video on his phone, the actor appears in half costume, standing in jodhpurs on a windy hilltop outside Prague, rope in hand, churning a lariat in an even circle.

"You have to make your hand like a cobra—keep your palm down, see?" the actor tells me. "This is a head rope, here—I'm not sure I could do a heel rope." Seconds later, the video shows Rockwell flinging the loop, landing it cleanly around the torso of Roman Griffin Davis, *Jojo*'s toothy, tousled 12-year-old lead, costumed in his character's Hitler Youth getup. Davis, hands at his sides, giggles as he's caught.

"There you go. Roping Nazis." Rockwell says, setting down the phone.

The scene is surreal and suitably Rockwellian: There's no lassoing in *Jojo Rabbit*. Between takes, the actor was just brushing up on some of the myriad of strange skills he has picked up over the course of 70-plus films, in which he has portrayed spacemen, politicians, psychopaths, dirty cops, and, of course, cowboys, most of whom dwell in the dusk between good and evil.

In early 2018, Rockwell hosted *Saturday Night Live,* and in his opening monologue joked that he was "that guy from that movie—not the main guy, but the other guy." Since then, things have been different: He won an Oscar, for one, and a hot streak of high-profile projects has followed. Everybody seems to know Sam Rockwell now. And he's still getting used to it.

THIS EVENING, ROCKWELL looks relieved. The weekend is here, and he's lounging on a wicker settee, allowing himself a break from memorizing lines for *American Buffalo*, the 1975 David Mamet play, which opens on Broadway in a few weeks. Rockwell will play Teach, a small-time crook, a character previously portrayed by Al Pacino and Robert Duvall—actors against which this 1970s cinephile has surely benchmarked himself.

"It's definitely a big piece of meat to chew on. Real talky," says Rockwell, pulling the thick photocopied script out of a ballistic-nylon backpack. He thumbs through it, and the margins are littered with handwritten notes.

When he speaks, Rockwell intonates animatedly, as if in every sentence, he's saying "wowie wow" while his brows, somewhat hidden, rise above the ridge over his eyes. The actor is wearing duck boots, dark jeans, and a striped short-sleeved nylon shirt; his glasses are tossed on the sofa at his side. He orders a Ferrari—half Campari, half Fernet-Branca, rock, twist—and sips water as he explains his return to Broadway after five years.

Performing onstage, he tells me, is like going to the gym. "It's a tuneup," he says. "It scares the shit out of you because there's nowhere to hide."

Fear, as it happens, comes up several times in our conversation: It's part of what attracts him to a role, be it on stage or screen. "You get motivated and freaked out," he says. "Then you either rise to the occasion or you're drowned."

Take Rockwell's hilariously pitch-perfect and surprisingly sympathetic portrayal of George W. Bush as a man out of his league in Adam McKay's 2018 film, *Vice*. It's one thing to attempt to play a real-life person; it's another thing to play one of the most familiar figures on the planet. The performance landed Rockwell an Oscar nomination. "When I met Adam McKay," he says, "I said to him very plainly, 'I'm really arrogant—and terrified at the same time to tell you that I think I could play George Bush.' Then he laughed, and agreed."

I cannot resist asking: Would he be able to take on the challenge of portraying our current president? "Sure, I could play Trump, why not?" Rockwell says. "I don't know if I'd want to. I bet you I probably could figure it out though. Might be fun."

Fear also played a role in Rockwell's most recent triumphs: a SAG award and an Emmy nomination for his performance in the 2019 FX limited series *Fosse/Verdon*. As with Bush, this was another real-life character: Bob Fosse, the famous choreographer and dancer, opposite Michelle Williams, who plays the dancer Gwen Verdon, Fosse's collaborator and lover. "Michelle and I were just, 'What the hell did we just say yes to?'" says Rockwell.

Below left: Rockwell co-stars with Scarlett Johansson in *Jojo Rabbit*. Right: With Frances McDormand in *Three Billboards Outside Ebbing, Missouri*.





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Jacket by Dior.
Shirt by Sandro.
Pants by Missoni.
Shoes by Louboutin.

"These people were at the Gene Kelly, Michael Jackson level of dance—Olympic-level athleticism. It was the hardest thing I've ever done on film."

Though Rockwell has a reputation for shaking a leg onscreen—his ankle-wagging, smoking, Coke-sipping boogie in *Charlie's Angels* in 2000 set the stage for many subsequent onscreen dances to come—*Fosse/Verdon* presented a more formidable physical challenge. Aside from working to master Fosse's moves, Rockwell boxed, lifted weights, and did circuit training, Soul Cycle, and hot yoga to get pliable.

"I knew enough about Bob Fosse to say, 'Oh, I think I could do that,'" he says. "I thought I could dance. But the whole thing was a transformation."

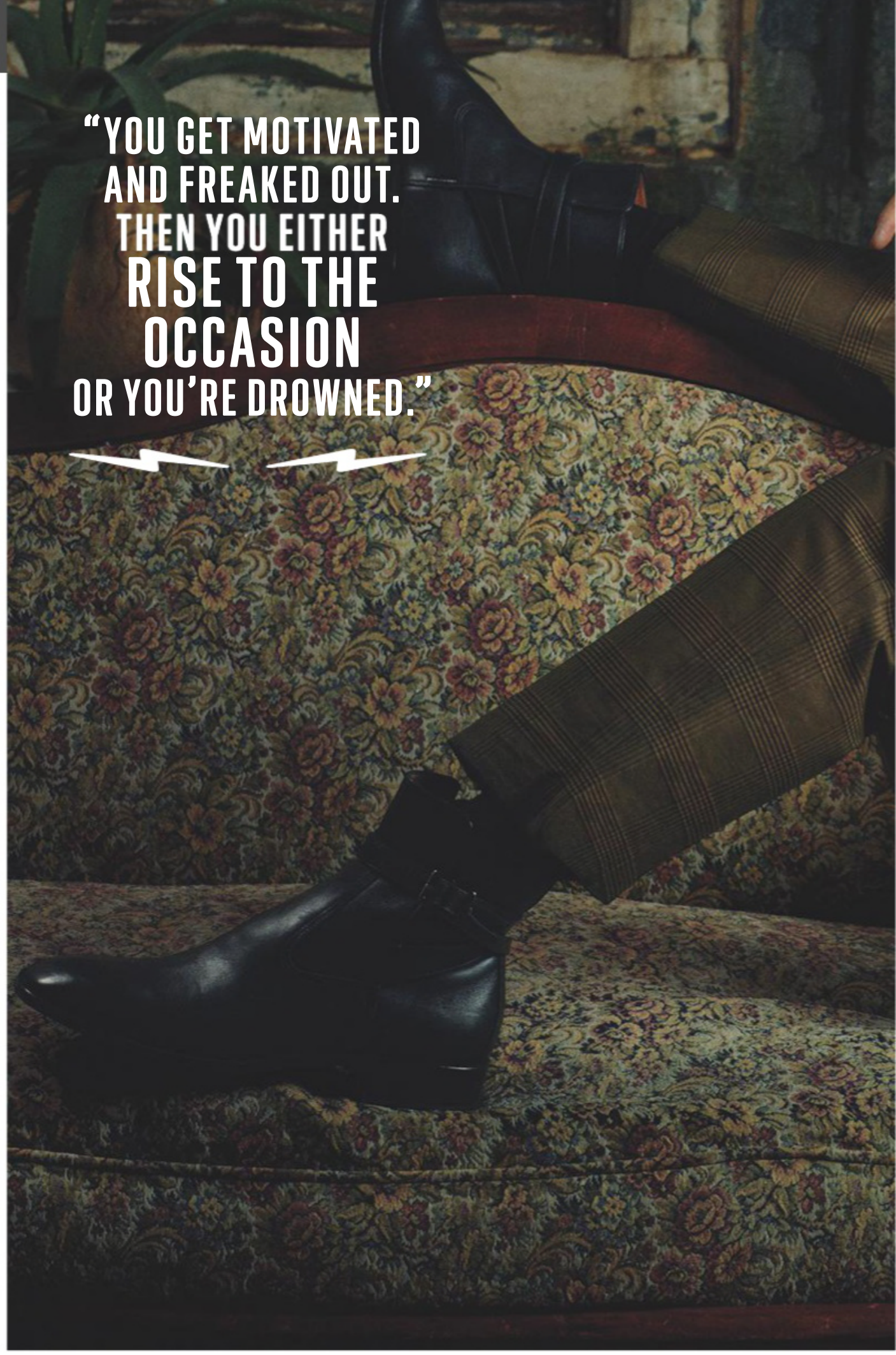
AS THE CLAMOR OF FRIDAY NIGHT grows around us, Rockwell explains why he's no stranger to outlandish characters: He grew up around them. In his youth, he says, he was surrounded by "kooky, kooky people."

"I saw a lot of weird shit," he says. "I wasn't policed like a lot of kids were."

Rockwell's father, Pete, was an actor and later a union organizer; now he's head of the Democratic Party in Culver City, California. His mother, Penny, was an actress; now she's a painter. The two split when Sam was 5, and he was raised mostly by his father in San Francisco. As they bounced between neighborhoods, Rockwell was forced to make new friends, over and over. "I was definitely a weirdo," he says. "I got fucked with because I was a theater kid; I had to fight. Sometimes I got my ass kicked, sometimes I won. Sometimes I was the class clown."

During the summer, he'd stay in New York City, where his mother was in an improv troupe. Sam was performing on stage with them by the time he was 10.

As a result of that slightly less-than-traditional upbringing, Rockwell says, what he thinks might be funny or appropriate might be different than most people. "I'm not easily shocked, you know what I mean?" he says. "There's something a little off about me, Chris Walken, Christian Bale. We were all child actors. It's hard to put my finger on it, but we're...carnival kids."



WHILE ROCKWELL DREW ACCLAIM from performances in *Confessions of a Dangerous Mind* (2002), *Moon* (2009), and *Seven Psychopaths* (2012), it was his role as a racist cop who takes a turn toward vigilante justice in 2017's *Three Billboards Outside Ebbing, Missouri* that changed everything for the actor. Rockwell won an Oscar for the performance and found a new level of fame.

"I've always been a workhorse," he says. "I started professionally at 18 and did 10 years of hand-to-mouth. It's weird because I've always been an underdog.... Then you get legitimized and start to think, 'Oh, now I'm part of the club? What does that mean?'"

In part, it means new opportunities, such as a lead role in last year's Clint Eastwood–directed biographical drama, *Richard Jewell*. "I don't think Eastwood would've come around unless [the Oscar] had happened," says Rockwell. "It's all weird, because I've been working for such a long time." Some time after the shoot, Rockwell found himself having a beer with Eastwood in a Burbank dive bar. This is something that happens now.

On a red carpet or at an awards ceremony, you don't have to look hard to find Rockwell's fiercest supporter—actress and longtime girlfriend Leslie Bibb, who in interviews has said that the recognition is "so long in coming" for Sam—and who was captured on television violently pounding Rockwell's chest when his name was called for the SAG award.



Jacket by Levi's Made & Crafted. T-Shirt by Truth Alone. Pants by Missoni. Boots by Louboutin.

"She loves to hit me at those things; it's her way of showing love," Rockwell says. Bibb, he tells me, is currently at home, a few blocks away, with their 13-year-old German shepherd, Sadie. Bibb is making dinner, so he's gotta cut out.

Before he leaves, I tell Rockwell that I was curious about his high school improv troupe, called Batwing Lubricant, which he was in with future comedian/actresses Margaret Cho and Aisha Tyler at the San Francisco School of the Arts. On YouTube, I found some VHS footage from 1986, with a few thousand views: There's a funny bit between a teenage Rockwell and Cho onstage, pretending to be former lovers reconnecting on a cruise ship.

"You got an ethnic change, didn't ya," says Rockwell to Cho. Seconds later, the footage cuts and finds Rockwell alone on stage. A voice offscreen asks, "Sam, what do you want to be?"

The teenager shifts and thinks for a second. "I want to go out and...I dunno, seek adventure," he finally says.

Thirty-four years later, present-day Rockwell laughs. "Oh God, yeah, I've seen that. Well, I found an adventure. It's exceeded my expectations, I guess. Such a weird path."

The actor zips up a blue "Welcome to Ebbing" hoodie, acquired during the *Three Billboards* shoot, presumably. As he rises to leave, a group of three women sitting next to us pounce; they've been biding their time. "I'm sorry, but..." one starts in. And just like that, the actor known for disappearing has been spotted. Happens a lot these days. MJ

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With 10 grams of high-quality protein packed into delicious candy-coated pieces of chocolate, the new Protein Candies from MusclePharm work hard to deliver you a powerful, healthy snack in a unique way that's sure to satisfy any sweet cravings you may have. What better way to get the best of both worlds: the taste you want and the nutrition your hardworking body needs.



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NO GMOs, NO BS

With milk chocolate and pea protein as their primary ingredients, you know you're getting complete nutrition without any additives, fillers, GMOs, trans fat, or gluten.

DESTROY YOUR GOALS



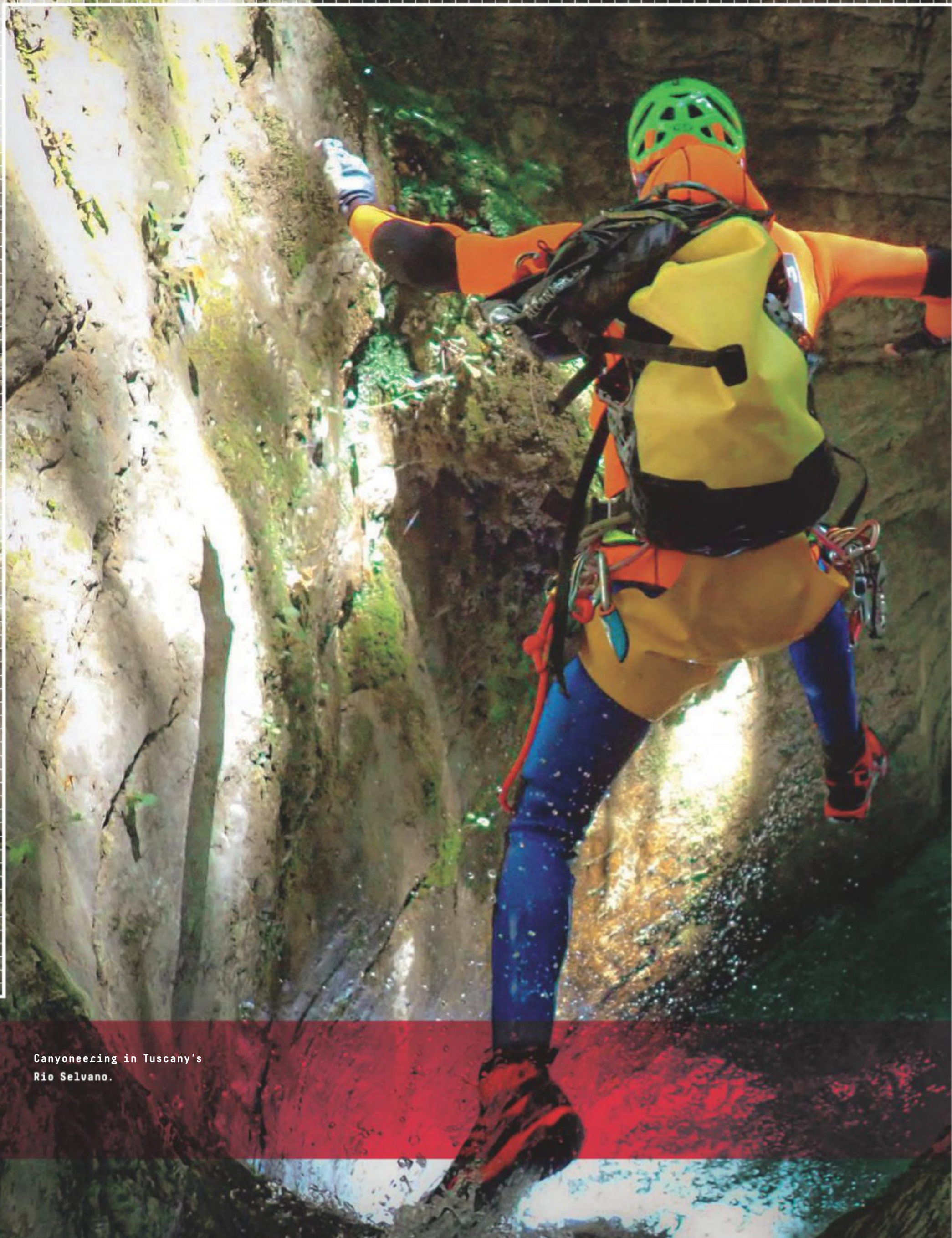
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Canyoneering in Tuscany's
Rio Selvano.

A WORLD OF ADVENTURE

Epic Trips on All Seven Continents

GLOBAL ADVENTURES 2020

TUSCANY, ITALY

AN ADVENTURE RENAISSANCE



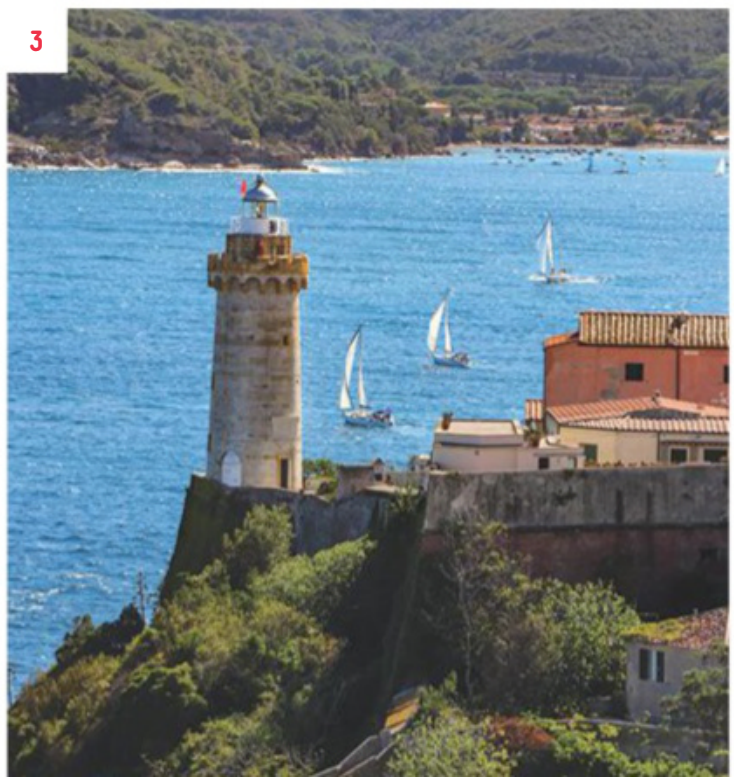
EVEN JUST saying the word *Tuscany* feels relaxing. But don't mistake this part of Italy for being *only* about vineyard tours and villa escapes. The region has long been an under-the-radar haven for plucky Italians seeking out an adrenaline buzz, as I learned last year.

Mountain ranges like the dramatic Apuan Alps, which rise 6,000 feet from the Mediterranean Sea, and dormant volcanoes like Monte Amiata provide thrilling downhill mountain-bike runs and networks of forest hikes. There are quiet roads and gravel trails for road cycling, plenty of crags and ridges for climbing, and even canyoneering in narrow river canyons. Tuscany also has 140 miles of coastline for sailing, kayaking, or SUPing. Best of all, the region is chock-full of geothermal activity, meaning it's littered with (mostly free) hot springs like those in the town of Saturnia, where hot sulfur pools are perfect for sore muscles. And yeah, there's no shortage of vino to relax with, too. —**YVONNE GORDON**

1



2



3

1. BIKE PARKING

Monte Amiata ski resort has a beech forest with, come summer, 22 miles of downhill trails. Stay at the Hotel Le Macinaie ($55 per night), across from a local bike park.

2. ESTATE PLANNING

If you're headed to Tuscany, R&R is a must at some point, and there's no better place than Villa Barberino, which dates to the 14th century and has a pool and gardens overlooking a peaceful valley.

3. AN ELBA ESCAPE

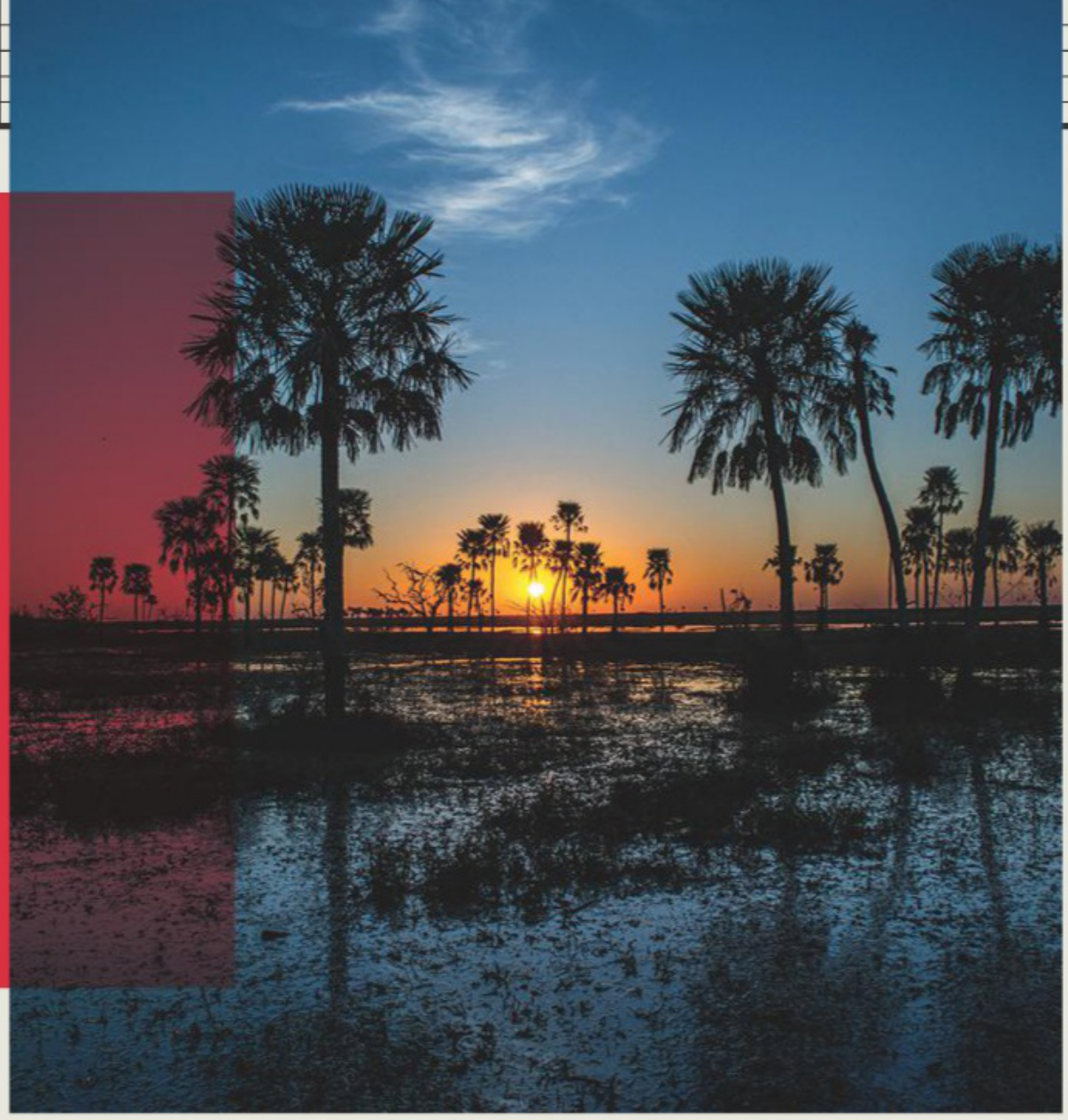
The Ligurian Sea coastline is stunning, with the Tuscan Archipelago's seven islands just offshore. You can sail to the largest, Elba, by taking a boat from Piombino, then hike to the top of 3,343-foot Monte Capanne. It may be the Mediterranean's best view.

PREVIOUS SPREAD: CLAUDIA MAGNANI. THIS PAGE FROM TOP: CARLOS DE SANTIS; COURTESY OF VILLA BARBERINO; YVONNE GORDON



IBERÁ NATURE RESERVE, ARGENTINA

Rewilding in Remote Argentina



▲ Iberá's wetlands, above, may soon be one of the best places to see jaguars in the wild, right.



THIS WINTER, while snapping a photo of a caiman—basically a South American alligator—in northern Argentina's Iberá Nature Reserve, I was reminded of why this part of the world is so, well, wild. While stretching out my arm to snap a pic of the animal, which was maybe 10 feet away, I realized that my extended hand was hovering a foot above an even bigger caiman, obscured by the water. I nearly upended the kayak recoiling at its murky marble eyes.

But instead of chomping the iPhone out of my hand—and my arm along with it—it didn't even seem to notice me. And that was my experience with nearly all of the animals I witnessed: curiosity rather than concern. This was undisturbed nature, where human presence is a novelty—and a sign that years of dedicated conservation work has paid off.

Iberá, a labyrinth of forests, grasslands, and shallow lagoons, is one of the world's largest wetlands. Yet its name barely even registered two years ago, when a huge swath of it became a national park. Now tourists are catching on that there's a swampy slice of Argentina that's ripe for safari-style adventures to see giant anteaters, marsh deer, and capybaras, the world's largest rodents.

When I arrived after an overnight bus ride from Buenos Aires, the sun burst out of the pancake-flat wetlands as we raced rheas, a cousin of the ostrich, down red-dirt roads. The HQ for the nonprofit behind Iberá is Rincón del Socorro, a grand old estancia outfitted with timber furnishings and thick-framed animal portraits on the walls. It is the creation of Kris Tompkins, the former CEO of Patagonia, and her late husband, Doug, the co-founder of the North Face. Together, over two decades, they acquired private land that was ultimately donated to the federal government to create the park.

What were once rice fields and cattle ranches is now ground zero for the largest and most ambitious rewilding project in the Americas. Five locally extinct or endangered native species—including the pampas deer, giant anteater, and green-winged macaw—have been reintroduced since work began in 2007. The project will enter its next phase this year when as many as five young jaguars are released on the remote San Alonso Island. It'll be the first time in over half a century that the wild cats have roamed this part of Argentina.

The project's communications director, Rafael Abuin Aido, says that reintroducing the apex predator will be the ultimate test of the ecosystem's health. If it works, he says, "Iberá has the potential to become the best destination in the world to see a jaguar in the wild."

> **THIS IS UNDISTURBED NATURE, WHERE HUMAN PRESENCE IS A NOVELTY.**

While staying there, I contented myself with evening paddles to the floating reed islands of Fernández Lagoon, where I tracked marsh deer and stumbled upon capybara mud baths. Mornings, I hiked along the 6.5-mile Sendero Lobo Cua, which skirts through a palm forest pulsating with the guttural roars of howler monkeys.

The air in the park was thick and herbaceous. More than once, I was tempted to dip my feet into one of Iberá's 75 lagoons, but then thought better of it, remembering stories I heard in the lodge of old hunters who cooled off in the waters only to reemerge half-eaten by piranhas. Yes, this is unspoiled nature—in all its savage beauty. —MARK JOHANSON

FROM TOP: RAFAEL ABUIN; KARINA SPORRING

GLOBAL ADVENTURES 2020



OMO RIVER, ETHIOPIA

Camping With Remote Tribes

WHEN YOUR dance partner has an AK-47, you choose your moves carefully. I learned this on my fourth night in Ethiopia's Omo Valley, where a local people, the Mursi—known for the plates the women put in their lips—have decided to throw an impromptu dance party. A bonfire is ablaze, and a circle forms. I don't understand the words of the songs, but I clap along to the rhythm. It doesn't take long before a statuesque man, face painted white, approaches and begins to stamp the butt of his gun at my feet. I look around alarmed, then realize that this is the Mursi gesture for "Do you want to dance?"

Only a tiny number of travelers—just a few thousand—come to the Omo Valley each year, and the majority descend on markets and villages east of the Omo River to snap a few photos of the area's famously adorned tribes (and often pay for the privilege). Then there are the 50 or so visitors, like myself, who take a boat to the remote, crocodile-infested Omo Delta and stay at Lale's Camp, the only seasonal tourist camp in the valley. The fig-shaded camp—a sustainable tourism collaboration between outfitter Journeys by Design, Wild Expeditions, and Lale Biwa, a member of the local Kara people—offers what may be Africa's most unique cultural experience: one where village life goes on around you, not for you.

A trip to the area starts in the capital of Addis Ababa, followed by a charter flight to the Omo Valley. After a boat ride up the river, seven spacious tents await, each equipped with running water, electricity, and flush toilets. It's a cushy base for being so remote, but the real luxury is the location next to Dus, one of three settlements belonging to the Kara community. When our boat docks at Lale's Camp, dozens of curious children escort me to shore, where a body-painting ceremony is already taking place. The adults, so engrossed in drawing ocher dots and charcoal stripes on each other, barely acknowledge my presence.

During my five-day stay, I also visit neighboring communities. A 4x4 ride from Lale's Camp to a nearby Hamar village doubles as a wildlife safari, with Lale pointing out a leopard tortoise and dik-diks, tiny African antelopes. Similar to the Kara, the Hamar are known for decorating themselves with elaborate beads and body paint. Lale invites me into a hut where the men are passing around of gourd filled with a fermented brew. The homemade hooch is a staple of the Kara's bull-jumping ceremony, a rite of passage where young men run naked over the backs of bulls lined up in a row.

To meet the Mursi, we travel three hours upriver by boat to a no-frills camp.

▾
A family in the Dassanech tribe outside their home.



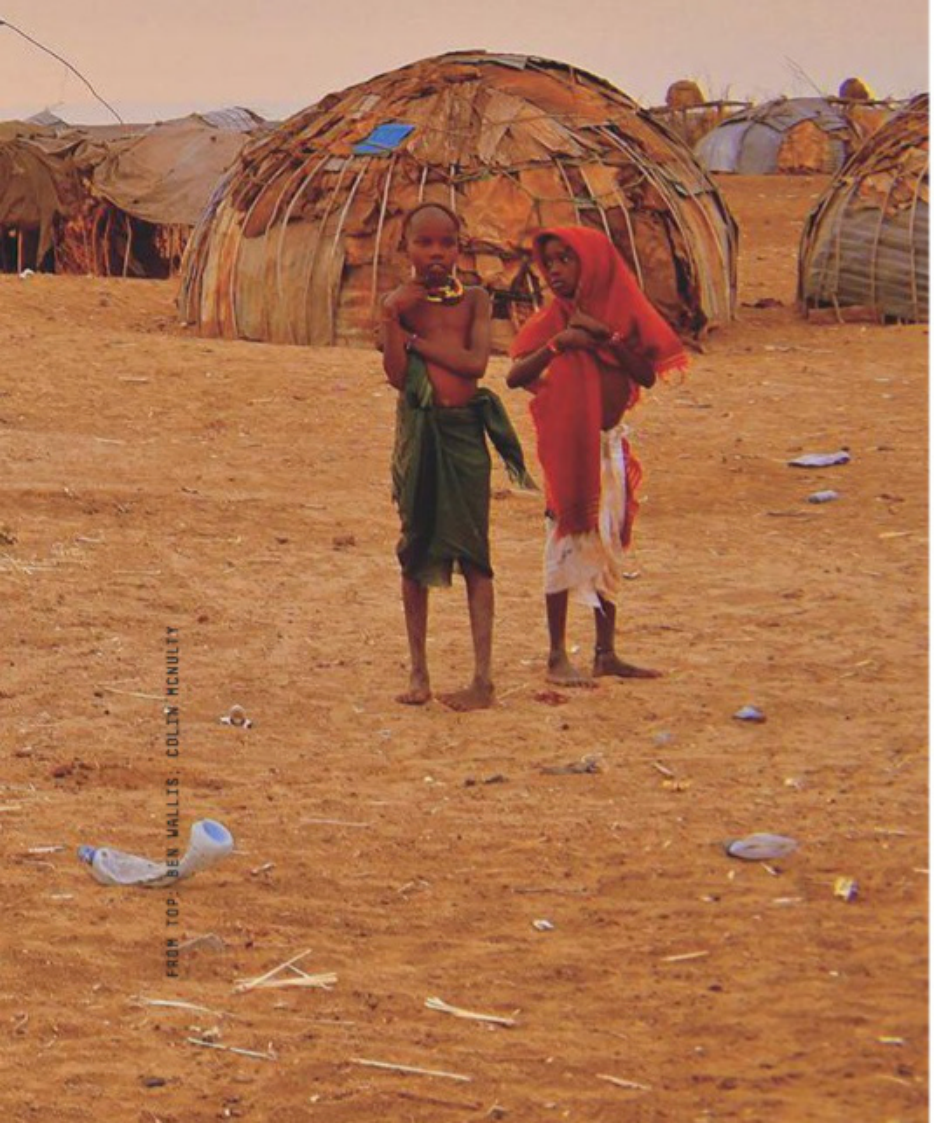
CHRIS TINKLER

> **THE REASON TRAVEL IS SO TRANSFORMATIVE IS NOT THE LOCATION: IT'S THE PEOPLE.**

The Mursi walk eight hours down from the mountains and set up camp alongside us. In return for this meeting, Lale has brought them razor blades (used for scarification), food, and other supplies. The morning after our dance party, while walking among our hosts, I notice the women giggling while mimicking my terrible dancing. When one girl slips a plate into her stretched-out lower lip, I instinctually grab for my iPhone, then stop. Photos are discouraged here to help prevent locals from pandering to people like me. But the practice is beneficial to tourists, too. Standing there laughing with the women would not have been possible if I was focusing my gaze through a lens. Instead, I was able to fully immerse myself, to laugh along with them.

The reason travel is so transformative, after all, is not the location. It's the people we meet and our candid interactions with them—even if it's only through smiles, gestures, and, yes, some bad dance moves.

—JEN MURPHY

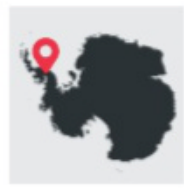


FROM TOP: BEN WALLIS; COLIN MCNULTY



ANTARCTIC PENINSULA

SAILING THE COAST OF THE LAST CONTINENT

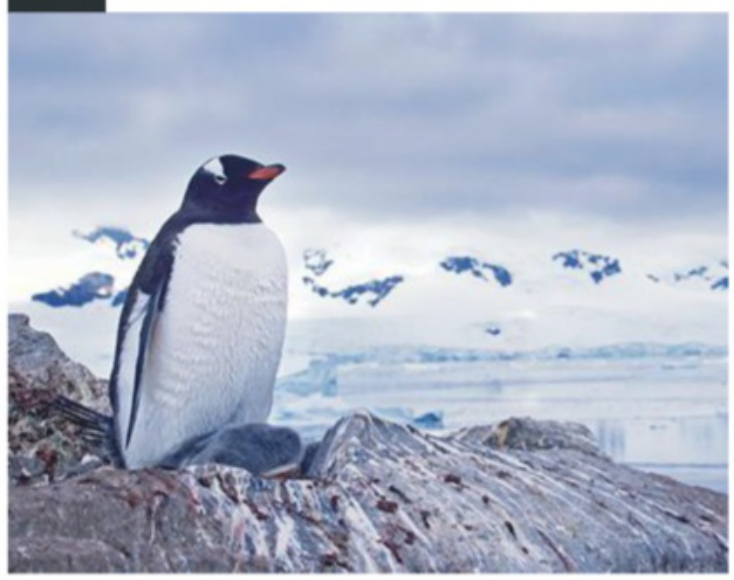


DECEPTION Island, off the northern tip of Antarctica, must count as one of the planet's most freakish places. The hulls of 1900s whaling boats rest in the black sand while big blubber boilers fade on the beach like props in a steampunk dream. It's a doughnut of land, a flooded caldera with a bay in the center where the active volcano there once heated the water high enough to strip the paint off ships.

A trip to this part of the Antarctic Peninsula—an 800-mile-long pinkie ringed with crabeater seals, chinstrap penguins, and colossal ice—is all about the boat, and ours was exceptional. The *SV Australis* was a 75-foot yacht with just 11 souls aboard, and Deception was one of the first stops on a 17-day journey. While using the ship, operated by outfitter Natural Habitat Adventures, as our floating home base, we paddled around icebergs glowing an alien green in Paradise Harbor. We took Zodiacs to rocky beaches for snoozes in the sun. With no real schedule to keep, we'd cut the engines to listen to minke whales chuffing through the channel and camped for a night on a dollop of ice no bigger than a rink.

In the end, though, simply being onboard proved the most memorable. Many afternoons I'd climb into the crow's nest to watch the ice slide around the bow or hang out on the bridge as hourglass dolphins played to starboard. Come evenings, we'd sit around a large table in the stern and eat lasagna and fish prepared by a French chef. Back home, I could hardly talk about it without getting choked up. Such is the power of Antarctica.

—TIM NEVILLE



GLOBAL ADVENTURES 2020

GANGES RIVER, INDIA

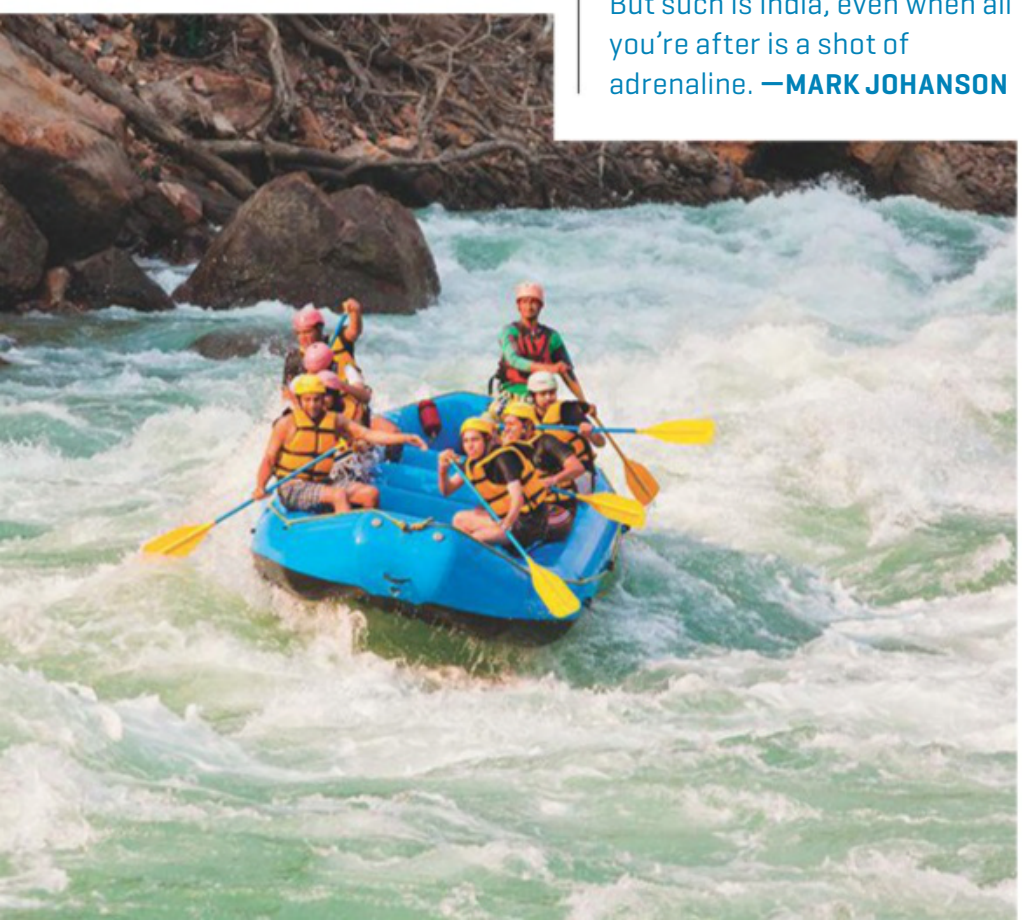
RAFTING THE WORLD'S HOLIEST RIVER



IN INDIA, the Ganges River is sacred water, almost a deity unto itself. It may also be toxic and full of rotting bodies by the time it empties into the Bay of Bengal. But as it gushes from its source near the Tibetan border, it's something else entirely: wild, unspoiled, and as blue as toothpaste. Outside the Himalayan town of Rishikesh, there's a 25-mile section perfect for rafting, too, offering challenging Class III and IV rapids, as I discovered in December.

Rishikesh is often called the yoga capital of the world. Five decades ago, the Beatles traveled here for a course in transcendental meditation and inspired a generation of seekers to the area. These days, though, it's more about adventure. "The type of people who came here in the past were looking for some sort of spiritual enlightenment, but the perception has changed," said Deeya Bajaj, my guide at the rafting company Snow Leopard Adventures. The outfit operates three tented camps along the Ganges and has become the de facto operator for all things outdoors in this area of the country. In addition to rafting, there are a labyrinth of mountain paths for trekking, zip-line tours across canyons, and, farther afield, wildlife safaris to see Asian elephants and even Bengal tigers.

Of course, as you travel here, you pass constant reminders of the Rishikesh of yore. There are the Westerners plucking sitars at an ashram dedicated to the late, infamous guru Osho (of *Wild Wild Country* fame) or the sadhus (Hindu ascetics) laundering orange robes on the river's edge. When you wash up in town, just below the now-abandoned "Beatles ashram," it feels as if some form of enlightenment—be it in mind, body, or spirit—was an inevitable part of the journey. But such is India, even when all you're after is a shot of adrenaline. **—MARK JOHANSON**



TASMANIA, AUSTRALIA

DOWN UNDER'S WILD ISLAND

1





I'VE ALWAYS associated an Australian adventure with the outback, but the inside scoop some Aussie friends recently showed me is that the island of Tasmania may be the truly wild place down under. Mainlanders have long trekked to the 26,000-square-mile state to commune with nature, but it has become increasingly accessible to foreigners, with regular flights into the capital city of Hobart.

Nearly half of the island state is protected in 20 national parks and over 800 nature reserves. You won't see any koalas, but wallabies, platypuses, and wombats abound—and you might just glimpse a rare Tasmanian devil if you keep your eyes peeled at night. The community vibe is hospitable yet also gritty and resourceful, dating back to the arrival of convict ships from England in the 19th century. The Launceston region in the north smacks of Napa, while Hobart, on the south shore, is like a scaled-down San Francisco. For a blend of history, art, diverse landscapes, and great food and wine—plus opportunities to sail, hike, bike, golf, surf, and fish—you'd be hard-pressed to find a more mesmerizing island anywhere. **—KIRK DEETER**

FROM LEFT: IMAGEDB/ALAMY STOCK PHOTO; COURTESY OF TOURISM AUSTRALIA & SAMUEL SHELLEY; STEVEN OOI; COURTESY OF SAFFIRE FREYCINET; VAN HOLMES



1. SURFING SHIPSTERN
It's numbingly cold and a four-mile hike to the water, but when it's on, Shipstern Bluff churns one of the world's most challenging big waves. "Tassie" also offers numerous gentler breaks, like Clifton Beach, Eaglehawk Neck, and Bruny Island—all within a 90-minute drive from Hobart.

2. LAKE REGION TROUT
The best sight fishing on the planet is found in Tasmania's Western Lakes region. Here, seven-pound browns cruise gin-clear creeks and tarns, devour small frogs, and (if you can make a perfect cast) might even inhale your dry fly.

3. UPSCALE DIGS
Set above the white sands of Great Oyster Bay, Saffire Freycinet is one of the best small hotels in all of Australia. It's an ideal base camp for wildlife-watching hikes and kayaking or simply chilling, sampling local oysters, and sipping Tassie vintages.







YELLOWSTONE NATIONAL PARK, WYOMING

LLAMA-PACKING INTO GRIZZLY COUNTRY



THERE'S a reason 4 million people visit Yellowstone National Park every year: It's simply incredible. Bison, geysers, grizzly bears, wolves—the 2.2-million-acre park has them all. The bulk of visitors, however, don't experience just how truly mind-blowing Yellowstone is. For that, you need to trek deep into the backcountry, and the best way to do that is via llamas—goofy, wily, lovable llamas.

Last summer, nine companions and I hiked 10 miles along Cache Creek, near the Lamar Valley, with a dozen of the animals. We caught cutthroat trout by the dozen, trekked high through pristine mountains, drank beer around campfires, and swam in frigid creeks. Mostly, though, we moved from camp to camp.

THE BEST WAY TO EXPERIENCE THE BACKCOUNTRY IS BY LLAMA—GOOFY, LOVABLE LLAMAS.

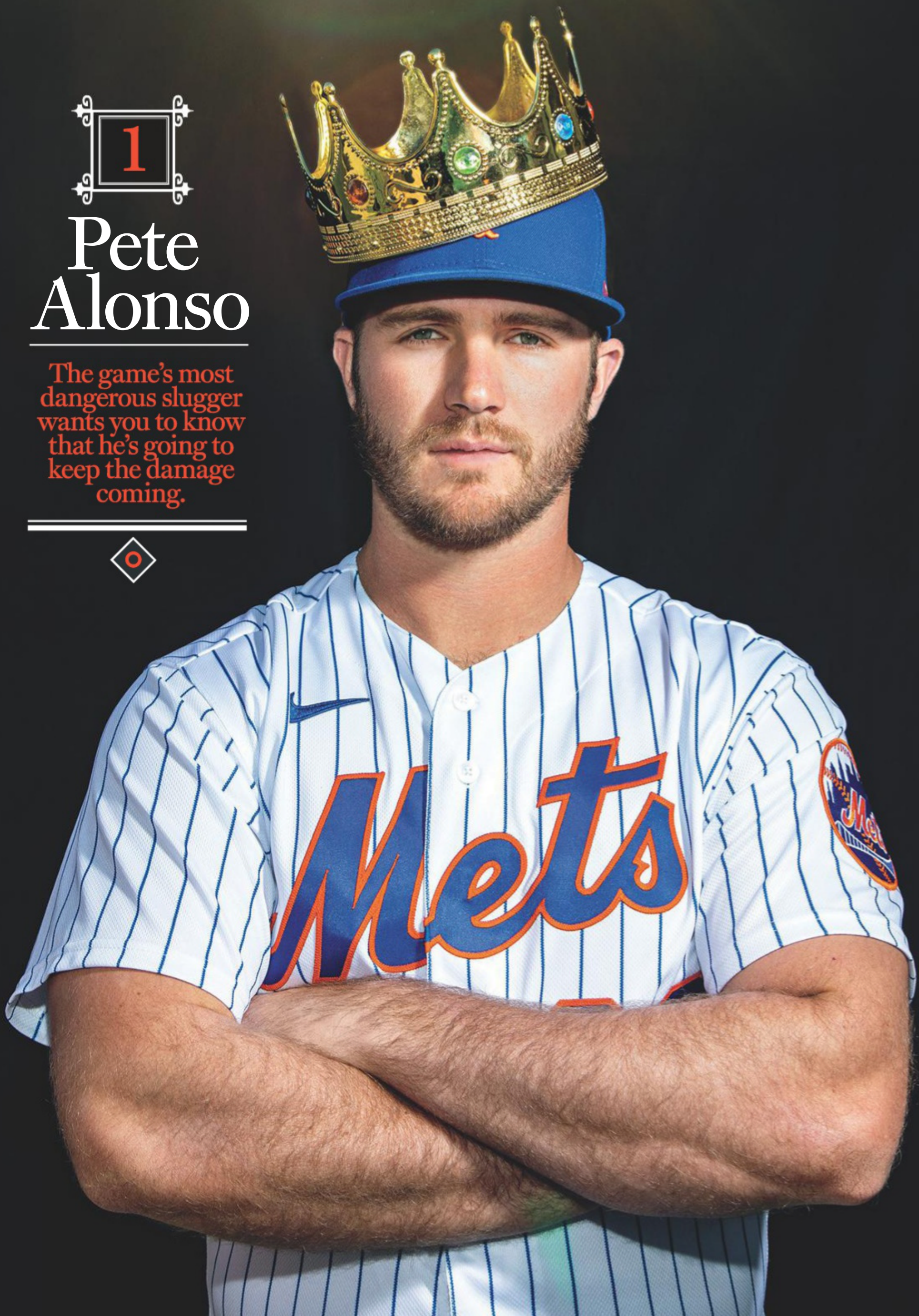
Llamas, which are bred to haul heavy stuff, proved precisely docile enough and just stubborn enough for the task. Low impact and low fuss, they knew exactly one command—"stand"—and they each schlepped 60 pounds of gear. They also had enough wherewithal to bark if they saw or smelled a predator nearby, making them an ideal guard for camp. "I sleep well with them surrounding us," explained our guide, Thomas Baumeister, of Access Wild, a Yellowstone llama outfitter.

The llamas' alertness came in handy on evening three. As our group sat around a campfire, the llamas, staked around camp, started to bark. We were grizzly-ready, having seen plenty of scat and other signs. We glassed the distant ridges. Nothing. An hour later: more barking. More glassing. Then a big male bison came sauntering down a bluff. False alarm. Damn llamas! Then, as we settled back in around the fire, the yips and howls of wolves floated into camp. They were far off and of no real concern. But at least we knew. The llamas, meanwhile, just stood there, sort of barking, sort of brilliant. **—J.R. SULLIVAN**

1

Pete Alonso

The game's most dangerous slugger wants you to know that he's going to keep the damage coming.



The New Kings of Summer

Forget the sign-stealing scandal. A new wave of physically dominant, swaggering stars will restore your love for Major League Baseball. Meet the starting nine of 2020.

BY DEVIN GORDON • PHOTOGRAPHS BY ANDREW HETHERINGTON



LET ME GET THIS STRAIGHT, Pete Alonso is saying to a director for *Jimmy Kimmel Live!* The 25-year-old Mets first baseman is standing in Brooklyn's Grand Prospect Hall, an ornate French Renaissance–style ballroom about half a century past its heyday. He's dressed to the nines in a svelte black tuxedo that makes his blue eyes twinkle like a disco ball. He is also enormous—6-foot-3, 245 pounds, what used to be called "country strong," which is fitting, since he was born and bred in the country parts of Florida, not the bikini parts—and he's gripping a baseball bat.

You're gonna toss me a baseball, he repeats to the director, *and you want me, Pete Alonso, aka the Polar Bear, the National League Rookie of the Year, the basher of a major-league-rookie-record 53 home runs, the most by any first-year player, ever, in the history of baseball—me—to swing at it? In here? Are you sure?*

The cameraman looks at the director. The director looks at the segment producer. The segment producer looks over to Mr. and Mrs. Halkias, two Greek-Americans who bought Grand Prospect Hall in 1981 and whose hearing is spotty. Everyone looks at someone else and blinks. "I'm just letting you know," Alonso says, "shit is going to get broken."

The Grand Prospect Hall has a rich underworld history from the Prohibition era, but these days it's legendary among born-and-bred New York sports fans, like Jimmy Kimmel, thanks to a pair of no-budget TV ads, produced by Mr. and Mrs. Halkias, starring Mr. and Mrs. Halkias. The first began airing in 1986 and ran roughly 35 times a day, every single day—most notably during Mets broadcasts—until 2009, when the Halkiases rebooted it with modern visual effects, and that version has aired 35 times a day every day since. Today, with the help of Alonso, the Halkiases are starring in a very special third installment, produced by *Jimmy Kimmel Live!*

Don't get the Polar Bear wrong—he would be delighted to break some shit. Who among us hasn't fantasized about crushing baseballs in a place totally inappropriate for crushing baseballs, just to see what happens? Unfortunately, Alonso, like a superhero who knows all too well that he can melt faces with a passing glance, is going to need much clearer authorization before he starts swinging a bat in here. "I'm a bull in a china shop, and this"—he gestures around the room—"is as close to a china shop as there is."

He glances over at Mr. Halkias. Until this moment, the older gentleman has seemed at least mildly bewildered by everything happening in his ballroom today. But his expression changes when he hears Alonso say the words *broken* and *bull* and *china shop*. Coppola filmed *The Cotton Club* here. Al Capone reportedly earned his famous facial scar here. No one is hitting any baseballs in here.

Alonso notes Mr. Halkias' stricken look and concludes, *Yes, hitting a baseball in this pristine antique ballroom would be dumb.* His life mantra is "keep it simple," and hitting *anything* in here would definitely complicate matters.

OK, the segment director says, thinking quickly. How about this: What if the crew tosses the ball to Alonso and he only fakes as if he's going to swing? Like, *psyche!* "Well..." Alonso says. "But then I'm gonna wanna hit it."

IN NOVEMBER 2018, Brodie Van Wagenen, in his first official act as the new general manager for the New York Mets, flew to Arizona to take Pete Alonso to dinner. "I think I was on the job for 48 hours," Van Wagenen recalls. Alonso had carried the

PROP STYLING BY MELISSA MCNERNEY

Florida Gators to the College World Series in 2016, clubbed his way up the minor-league ranks in two seasons, and earned himself an invitation to Scottsdale as the starting first baseman at the annual minor-league Fall Star Game. "I don't remember where we went," Alonso says, "but I remember what I had to eat: lamb adobo."

He savored the meal with Van Wagenen as much as he seems to savor saying *adobo*: "It was awesome." Even in everyday conversation, Alonso is a bundle of energy, abounding with Chris Prattian good cheer, the words tumbling out of his mouth like they can't wait to taste the air. For Pete Alonso, everything is awesome.

Alonso had an affinity for Queens even before he entered the Mets system. When his grandfather, Peter Conrad Alonso, fled the Spanish Civil War for the safety of America, he landed in the NYC borough. His son, Big Pete, ultimately moved to the Tampa area, which is where he and his wife raised the third Pete, who is now bigger than Big Pete.

Van Wagenen made the meal with Pete III his "number one action," because he knew their baseball futures depended on each other. If Van Wagenen was going to do his job and bring a title to Queens, Alonso would have to do his job and become the best hitter ever to wear a Mets uniform. While the big kid feasted, the rookie GM made him a promise: If he earned a spot in spring training, he would be on the Mets' 2019 Opening Day roster. No more minor leagues. *The first-base job is open,* he told Alonso. *Go take it.*

"What I've learned about Pete," Van Wagenen says, "is that he rises to every challenge put in front of him. He knew people questioned his defense, and he wanted to prove that he was capable of being not only a major-league first baseman but a Gold Glove-caliber first baseman. He has a burning desire to be great."

Alonso applies his "keep it simple" mantra to choosing hobbies (fishing), getting dressed (T-shirts, jeans), and finding love (engaged to his longtime boo). "If things are complicated," he explains, "it's a tougher situation to deal with. Things are better when they're simple." It's an easy thing to say but much harder to do. Yet Alonso brings a clarity of purpose to everything he does that belies his years.

He made the Mets' Opening Day roster, hit his first career home run on April 1, and never stopped. Most rookie sluggers have sine-wave seasons—boom, bust, boom, bust. Not the Polar Bear. There was no wave, only booms, every week, every month, all season long.

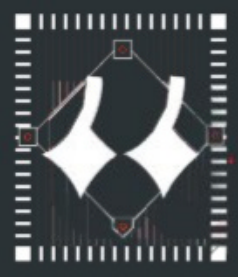
He broke the Mets' rookie home-run record, previously held by Darryl Strawberry, on June 23—just 77 games into the season.

On July 8, he won the Home Run Derby, earning a $1 million prize, which was nearly double his 2019 salary.

On August 26, with a month left in the season, he broke the Mets' single-season home-run record.

On September 20, he hit his 50th homer, and then, on the next-to-last day of the season, he set an MLB record with No. 53.

Even if Alonso had hit a mere 35 home runs, the tale of that lamb adobo dinner with Van Wagenen would get told in articles like this one. But do you know how many Hall of Fame power hitters never hit 53 home runs in a single season? Pretty much all of them. Only 17 men in baseball history have hit more home runs in any season. Yet somehow the flat numerical digits of Alonso's final tally don't do justice to the experience of watching him smack all those homers. Alonso bashes balls so hard that they leave the stadium in a comet streak of powderized molecules, vanishing into the night sky. You've never heard such a satisfying *thock* as the sound of his bat connecting with a ball.



Alonso bashes balls so hard that they leave the stadium in a comet streak of powderized molecules, vanishing into the night sky.

A BITTER TRUTH about professional sports is that teammates don't always love it when some kid rookie comes in and makes all the veterans look washed up before he even unpacks his duffel bag. Right away, though, Alonso charmed everyone with his boisterous good cheer. He upgraded the Mets' traditional post-victory hashtag—#LGM (Let's Go Mets)—to something with a bit more bite—#LFGM. It caught on and now post-win #LFGMs are almost as ubiquitous as the safe-for-work version. The hashtag upgrade came after an early-season loss, a down moment when Alonso was flipping through Instagram and trying to fire up Mets fans, and himself.

"You know when you sit in bed and you get tons of thoughts in your head, stuff just kind of comes to mind?" he asks. "It was just kind of the mentality like, *Yeah, so what? We're just going to keep grinding.*"

In the second half of the season, when the Mets started piling up walk-off ninth-inning wins, he created a primal new victory celebration: chasing down the guy who delivered the winning hit and ripping the jersey off his body. (*Look, Ma, no wires!*)

By the time it was over, Alonso's first season with the Mets had earned its place in history as one of the franchise's Metsiest yet—a roller coaster of innard-stomping losses, delirious triumphs, hurled chairs, bullpen implosions, and a punch-drunk sprint to the playoffs that came up three games short. Night in and night out, it was a big, beautiful, bonkers year—the Year of the Polar Bear.

When 2020 began, things got even nuttier for the Mets. Most notably, in January, the Mets "mutually parted ways" with their new manager, Carlos Beltran, before he even managed a single game, owing to his role in the Houston Astros' sign-stealing operation. Suddenly, Alonso's comic turn playing a violin with his bat in the *Jimmy Kimmel Live!* sketch felt as if it happened in an alternate dimension.

This spring, once the Polar Bear comes out of hibernation from his fishing boat near Tampa, the Mets will need him to do more than bash home runs. They'll need him to help change the subject. They don't need him to hit 53 home runs again—or they better not, because almost no one ever has, at least not without cheating, like McGwire did.

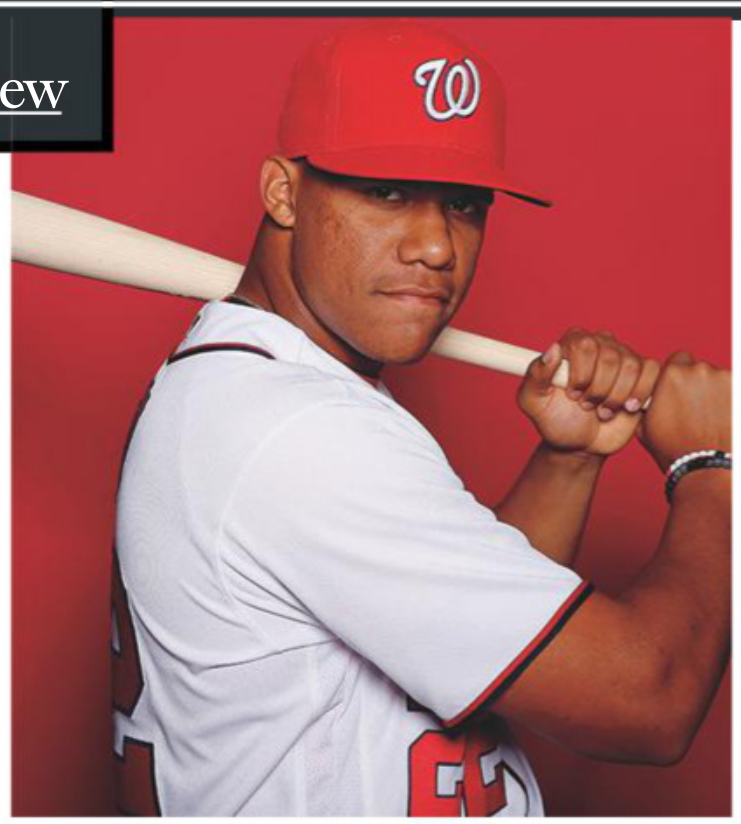
"If teams are pitching around, being more tentative at the zone," Alonso says, "then I'll take my walk and get on base and create damage another way."

He's supremely confident, though, that he'll continue to create damage his preferred way. It has little do with ego, and everything to do with physics.

"Home runs are supposed to be accidents," he says, but "for me, it's like, I'm a big, strong guy, and if I keep a short, compact swing and not try and do too much, if I hit the ball on the sweet spot, it's going to go very far." In other words, he just needs to keep it simple.

2

Juan Soto



The 21-year-old dynamo knows that everyone is after him. He isn't sweating it.

Baseball is saturated with numbers, but stat sheets can tell you only so much about a player. Last fall, 21-year-old Dominican outfielder Juan Soto helped carry the Nationals to their first World Series title by hitting three homers and becoming the first player 21 or younger since Mickey Mantle to have seven RBIs in a single Fall Classic. Those are big numbers. But you don't become a rising star like Soto just by putting up numbers. You have to make moments.

One of Soto's biggest came in Game 5 of the National League Division Series with the Dodgers, when he homered off Cy Young Award winner Clayton Kershaw—tying the game and sending it into extra innings. The Nats won off a Howie Kendrick grand slam. "Everything comes from when I was a kid," Soto explains. "I played a lot of tournaments representing the Dominican Republic. I just try to forget about the crowd and think about the pitcher and me. It's the same game I've always played."

That homer was a big moment, but Soto's most memorable one came in Game 6 of the World Series. The Astros' Alex Bregman celebrated an early homer by carrying his bat all the way to first base before handing it off—an übercocky move. In the fifth, Soto got revenge by smacking a homer, then carrying *his* bat to first. It was one of the "more creative troll jobs," a sportswriter later noted. But after the game, Soto said admiration, not fury, fueled the move. "I just thought it was pretty cool—I wanna do it too.'"

In just his second season, Soto managed to become the talk of baseball with game-changing turns at bat and mild controversy to boot. This season, he knows everybody will be coming for him and the Nats. He isn't worried, at least not at the moment. —*Matt Jussim*



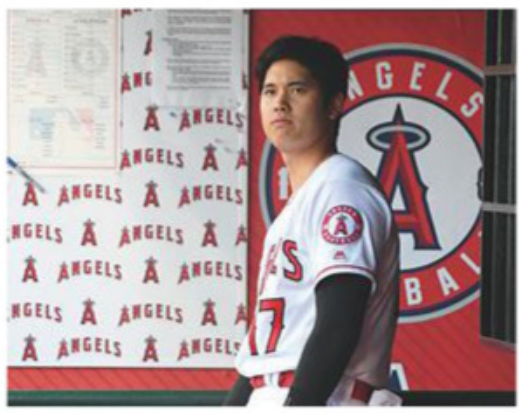
3 / GLEYBER TORRES
NEW YORK YANKEES
Second Base

In his first two seasons, Torres hit 62 home runs—which is impressive enough but downright staggering given he plays second base. For a middle infielder, that's a Hall of Fame–caliber start, which is exactly where the Yankees expect him to wind up. His performance puts him in rare statistical territory—the same as A-Rod. And he's got the chutzpah to match. The Yanks celebrated each win last season by awarding a "player of the game" belt. Before Game 1 of the ALCS against the Astros, Torres told teammate Aaron Judge that tonight's belt belonged to him. He was right. He drove in five runs. The Yankees won 7-0.



4 / SHANE BIEBER
CLEVELAND INDIANS
Pitcher

In 2019, this 24-year-old made Beliebers out of a Cleveland fan base bracing for the inevitable departure of ace Cory Kluber by striking out 10.9 batters per nine innings, winning the All Star game MVP award, and finishing fourth in the AL Cy Young race.



5 / SHOHEI OHTANI
LOS ANGELES ANGELS
Pitcher and Outfield

Two-way star Ohtani didn't set foot on the mound in his second season, owing to Tommy John surgery. But he did take a big step forward—as a hitter, putting up a .848 OPS and 18 home runs in just under 400 at-bats. In 2020, the complete Show-tani is back, and it'll be a two-act performance.



6 / RONALD ACUÑA JR.
ATLANTA BRAVES
Outfield

In just his second season, 22-year-old Acuña came just three steals shy of joining one of baseball's most exclusive groups—the 40/40 club. If he stays healthy in 2020, the club will have its fifth member, and the NL East will have a serious problem.

CLOCKWISE FROM TOP LEFT: MICHAEL REAVES/GETTY IMAGES; ALEX TRAUTWIG/MLB VIA GETTY IMAGES; JAYNE KAMIN-ONCEA/GETTY IMAGES; KYLE ROSS/ICON SPORTSWIRE VIA GETTY IMAGES; JIM MCISAAC/GETTY IMAGES. OPPOSITE PAGE FROM TOP: BOB LEVEY/GETTY IMAGES; BILLIE WEISS/BOSTON RED SOX/GETTY IMAGES; ANDY HAYT/SAN DIEGO PADRES/GETTY IMAGES



7 / YORDAN ALVAREZ
HOUSTON ASTROS
Outfield

After a midseason call-up, Alvarez might've been the American League's best hitter in the second half, homering a Pete Alonso–esque 27 times in 87 games, a smidge behind the Polar Bear's rookie record pace—but Alvarez also batted .313, more than a smidge better than the Polar Bear's .260. Look for the sluggers to settle who's better at this summer's Home Run Derby.

8 / RAFAEL DEVERS
BOSTON RED SOX
Third Base

In his first full season as the Sox's regular third baseman, Devers hit 32 home runs and batted .311, but the key number may have been his league-leading 54 doubles. Because doubles at age 22 tend to become homers by age 25, after all that baby fat turns into hard muscle.



9

Fernando Tatís Jr.

A baseball scion is eager for his first full season.

Dominican-bred Fernando Tatís Jr. comes from a long line of gifted power hitters, each one clawing a bit closer to the top of the sport than the one who came before. Tatís' grandfather never quite reached the pros, but his father, Fernando Tatís Sr., spent 12 years in the big leagues and was a lifetime .265 hitter. Now his 22-year-old namesake looks primed to eclipse him. In just 84 games in 2019, the Padres shortstop hit .317, with 22 home runs and 16 stolen bases. Those numbers could've competed with Pete Alonso's Rookie of the Year performance had Tatís not suffered a back injury that cut short his season by six weeks. (The injury did give Tatís a head start on his off-season side hustle as MLB's most promising young Instagram thirst trap.)



Despite Tatís' blistering rookie year, he still got an earful from his pops. "If I go one game without getting any hits," Tatís says, "he'll call me right after, like, *What happened? Why didn't you get any hits?* And I'm like, *Dad, it's hard to get hits.*" Tatís pauses. "We're on vacation now, so he's been OK." Tatís has two younger brothers, ages 18 and 13, both baseball prodigies. Maybe Dad will train his laser focus on them and leave his eldest in peace to dominate the National League? "Nah," Tatís says. "He'll just make a group chat. You can be sure we're all going to get it."

5

Biggest Questions of 2020

1. Are Houston's problems too big? No team in MLB history has crashed to Earth faster than the Astros. An odious incident of sexism and reputation smearing turned them into villains, then a sign-stealing scandal cost them their World Series–winning manager and GM. And their ace, Gerrit Cole, left for the Yankees. But they're still loaded. Don't sleep on them.

2. Is the robot (umpire) apocalypse upon us? Almost. Known as the automated ball-strike system, the robots will feed pitching calls to an ump's earbuds. They'll be in the minors this year, then MLB in 2021. Don't fear them: They work.

3. But there is a big rule change, yes? Yes! From now on, each new pitcher must either retire the side or face at least three hitters. Expect huge strategic changes.

4. Are the Yankees going to run away with this thing? Let's hope not but possibly. Gerrit Cole gives them the only thing they were missing—a true ace—so if he stays healthy, and the Yanks get even an ounce more of good fortune than in 2019, it's over.

5. So the Nationals have no chance to repeat? Actually, they do. They have waves of young talent, and their rotation still has its Scherzer-Strasbourg one-two punch. Losing third baseman Anthony Rendon will hurt, but they can withstand it. —*D.G.*

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WORKOUT OF THE MONTH

Becoming James Bond

Many actors have inhabited the role of 007, but Daniel Craig's physical transformation is unparalleled. In *No Time to Die,* Craig has outdone himself. This is how he got there.

by CHARLES THORP

photographs by **GREG WILLIAMS**



CRAIG AT THE WHEEL

It's **Daniel Craig**'s fifth go as Bond. He tells MJ the latest is as tough as the first.

Over the years, a lot of your roles have required physical prowess. What makes Bond different?

In my experience, training for a Bond movie is completely unique. If I can, I start a year before we begin shooting and build slowly. I try to avoid the "last-minute" thing. You get less injuries that way. Notice I say *less*!

Getting a glimpse at your workout regimen, it's incredibly intense. What's the hardest part for you?

The real challenge is just getting used to the routine. The day starts in the gym. Every day. It's a ball ache at first, but it does get easier.

What's your diet like when you're in the throes of heavy training?

Simple and very healthy. I do like to keep it as natural as possible, with natural ingredients when I can. I don't do a lot of shakes unless it's immediately after a workout.

Do you do a lot of your stunts?

I'm fortunate to be surrounded by the best stunt people in the business. They're the ones who take all the big risks. If there is a stunt I think I can do, then I will. Staying as supple as possible is the key—so no big weightlifting in the gym.

Everyone's obsessed with recovery these days. What's your philosophy on it?

It's simple. Plenty of sleep and a good diet. There are sadly no tricks or shortcuts. I have amazing people [like trainer Simon Waterson] around me to guide, and without them it would be impossible.

You've been Bond for 15 years. How has your approach to training changed?

As I get older, it definitely takes longer. But it's all about putting the work in, to be honest.

So peak fitness for you is preparing for a Bond picture. When you're not filming a movie, what's your gym routine?

It goes without saying that regular exercise is good for you, but you have to get your head into the gym as well! I think mental health is more important than physical health, because if your head is in the right place, a little exercise doesn't feel so bad. But for God's sake, don't listen to people like me. Walk your own path.

> THE DAY STARTS IN THE GYM. EVERY DAY. IT'S A BALL ACHE AT FIRST, BUT IT DOES GET EASIER.

THE MAN BEHIND THE MAN

From *Casino Royale* to *No Time to Die,* Daniel Craig wants only one trainer by his side.

IN 2005, just after being named the next James Bond, Daniel Craig was in his trailer on the set of a film he was wrapping up. That's when he got the knock.

"Daniel opened the door, breakfast sandwich in hand and a look of dread on his face," recalls Simon Waterson, who was standing on the other side. Waterson, 46, is the trainer hired to get Craig into shape for *Casino Royale*. As for the look of dread: "I think he started to realize what he signed up for, and he would have to earn those sandwiches now."

Craig, now 52, earned the sandwiches, and Waterson earned Craig's trust. Their partnership continued across all five movies, including *No Time to Die,* in theaters on April 10 and likely the actor's final bow as 007. Early rumors suggest the action rivals—if not eclipses—all previous films.

A BETTER BOND

In the evening after their introduction, over a couple of beers, Craig told Waterson that his vision for Bond was to raise the bar—which included doing a larger share of fight scenes and stunts than previous actors had. There was an early stipulation: Craig wanted a training partner, not a drill instructor. "Getting to hit the workouts together, and

FROM LEFT: NICOLA DOVE © 2020 DANJAQ, LLC AND MGM; GREG WILLIAMS

trade off while pushing each other, made the sessions more enjoyable," Waterson says.

Waterson had worked with Pierce Brosnan twice during his turn as Bond, so the trainer understood the preparation it took. Unlike a superhero role, where the goal is packing on muscle, the Bond physique is more nuanced. He's a secret agent who slips unseen across enemy lines, executes a mission—nabbing sensitive data, then blowing shit up—parkours off buildings/cranes/trains to escape, and cleans up in time for cocktail hour.

In 2006, *Casino Royale* introduced the world to a new Bond that film reviewers collectively call "brooding." Fast-forward to the infamous torture scene when Craig is tied to a chair naked, and you'd also say Bond is built.

For Craig, the goal for each Bond film since has never been to "get back into Bond shape" but rather to surpass the previous iteration.

"That isn't easy, because Daniel isn't getting any younger," Waterson says. "With each film, it takes more effort to get to the next level, but he shows up every time."

STICK TO THE SCRIPT

The training protocol is not easy, but *No Time to Die* is proof that it works. As with most action movies, Waterson got an early look at the script, then designed workouts that included classic functional movements with specialized drills tailored to the most physically demanding action sequences.

Waterson understood the physicality required because he'd done it in real life. He'd been a member of the 845 Naval Air Squadron—an elite special forces unit in the U.K.—which means he's uniquely qualified to train someone for any eventuality.

Preparation for *No Time to Die* began more than a year before the cameras rolled. Waterson came knocking again on Craig's door for two-week-long boot camps every month. First, they built a strength and conditioning foundation. (Waterson shares a version of his preshoot workout on the following pages.)

Later, Waterson fine-tuned the plan for specific activities Craig might do in the film, with a focus on agility. So they included soccer and rugby drills. Craig happens to be a former rugby player, and those sessions brought out the actor's competitive side. "He is a hard one to catch," Waterson says.

LIGHTS, CAMERA, ACTION

Once filming began, Craig's schedule was precise to the minute. After Craig got to set, he and Waterson spent 30 to 40 minutes doing stretching and muscle activation specific to the sequences scheduled to film that day. With 10 minutes to go, Waterson gave the chefs the go-ahead to cook Craig's breakfast of eggs, rye bread, avocado, kimchi, turmeric shots, and black coffee.

Then the workday began—10 hours of sprinting, fighting, and car chases. And something else to remember: except for highly choreographed scenes with pyrotechnics and one-and-done practical special effects, Craig was often made to do the same physical scene multiple times. And he can't seem winded. The 10th take should look like the first.

"I don't think people realize how demanding these productions are," Waterson says. "I am blown away that he is still standing half the time."

That dedication came with a price; Craig has been hurt on nearly every shoot—including *No Time to Die,* where he suffered a serious injury to his left ankle while filming an action scene in Jamaica.

And yet, at Craig's insistence, he was in the gym the next week, Waterson guiding him through an upper-body workout, mindful of the Aircast on his foot.

"I am constantly impressed with him and his mentality," Waterson says. "Our goals for this last round weren't just about the film. We also made personal goals. And my goal was to help him be the fittest 50-year-old on the planet. I think we got there."



Waterson incorporates ample stretching time to keep Craig limber.

NO TIME TO DIE DAILY DRILL

5:30 A.M.: Craig woke up at home in London and drove an hour to Pinewood Studios.

7 A.M.: Preshoot physical prep with Waterson, which included muscle activation and stretching.

8 A.M.: Craig ate an energy-filled, anti-inflammatory breakfast.

9 A.M. to 7 P.M.: Filming began, with periods of action and dialogue. There was a pause for lunch, two snack breaks, plus occasional 15- to 20-minute intermissions for Waterson to do recovery work (think stretching and using a percussive tool).

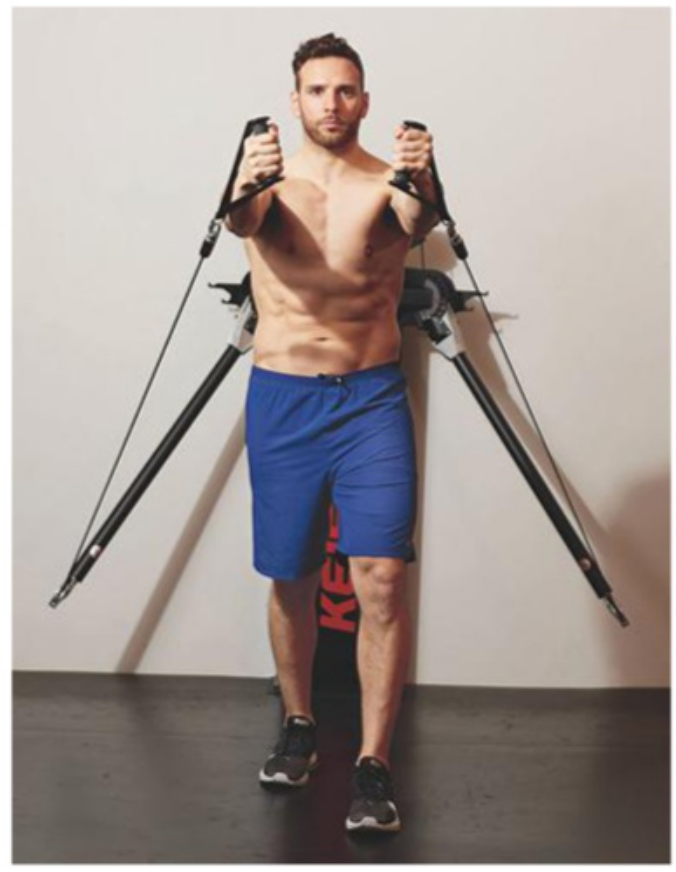
7:45 P.M.: Carb-heavy dinner and debrief before Craig returned to London.

10:30 P.M.: Last-minute script work, and bed. Rest and repeat.

THE JAMES BOND WORKOUT

THIS IS a pared-down version of Craig's preshoot conditioning routine; his included role-specific speed and agility work. But this will get you strong—especially among stabilizing core muscles. Do 10 minutes on a Wattbike or Assault AirBike, then do 12 to 20 reps of the moves in the first superset. Repeat the superset once or twice, and rest as needed. Continue with remaining supersets. Do this workout twice a week.

SUPERSET 1



Low Cable Chest Fly

Stand, with feet staggered, facing away from a cable pulley machine set near the floor. Put the weight resistance at medium (50 to 80 pounds to start). Grab handles, bend knees slightly, and push arms forward to start. Fly arms to the sides, bending elbows slightly, until fists are in line with chest. Return to start for 1 rep.

Abdominal Roll Out

Kneel, holding an ab roller or a barbell on the floor with weight plates on both ends. Maintaining tight abs and glutes, and with back slightly rounded and arms locked out, roll forward until biceps are near ears. Pause, then slowly reverse to start for 1 rep. If you can't go all the way down and still get up, make the roll out shallower.

SUPERSET 2

Bosu Mountain Climber

Start in a high plank, shoulder blades retracted, arms locked out, hands on a Bosu trainer (the half rubber ball affixed to a disk), a straight line between head and heels. Quickly draw left knee to left elbow, reverse, and repeat with right knee for 1 rep. This can also be done with hands on the floor and feet on the Bosu.

Traditional Pullup

Start in a dead hang on a pullup bar, torso tight, with legs locked out. Maintaining control throughout, pull up until chin is above the bar, then reverse for 1 rep. Do as many as you can in the first set; in subsequent sets, aim for that number minus 2. For a challenge, do them on gymnastic rings, or make it easier by flipping grip and doing chinups.

SUPERSET 3



Russian Twist

Sit on floor, holding a light to medium (10- to 15-pound) medicine ball, dumbbell, or kettlebell. Tuck chin slightly, engage abs, pull shoulder blades together, keep spine straight, bend knees, and hover feet to start. Rotate torso to move the weight to the left side of the body, and reverse to right side for 1 rep. If fatigue hits, drop heels to floor.

Kettlebell Side Obliques Bend

Stand, feet hip-width apart, holding a light to medium kettlebell (10 to 30 pounds) in left hand, right hand on right hip, to start. With left arm locked, bend to the left so kettlebell travels toward floor until left fist is near bottom of left thigh, then reverse to start for 1 rep. Switch sides on following set.

GROOMING BY SHARON BECKER FOR ENNIS INC. LOCATION PROVIDED BY PERFORMANCE LAB BY THE WRIGHT FIT

photographs by JUSTIN STEEKE

ALL THE ELECTROLYTES*

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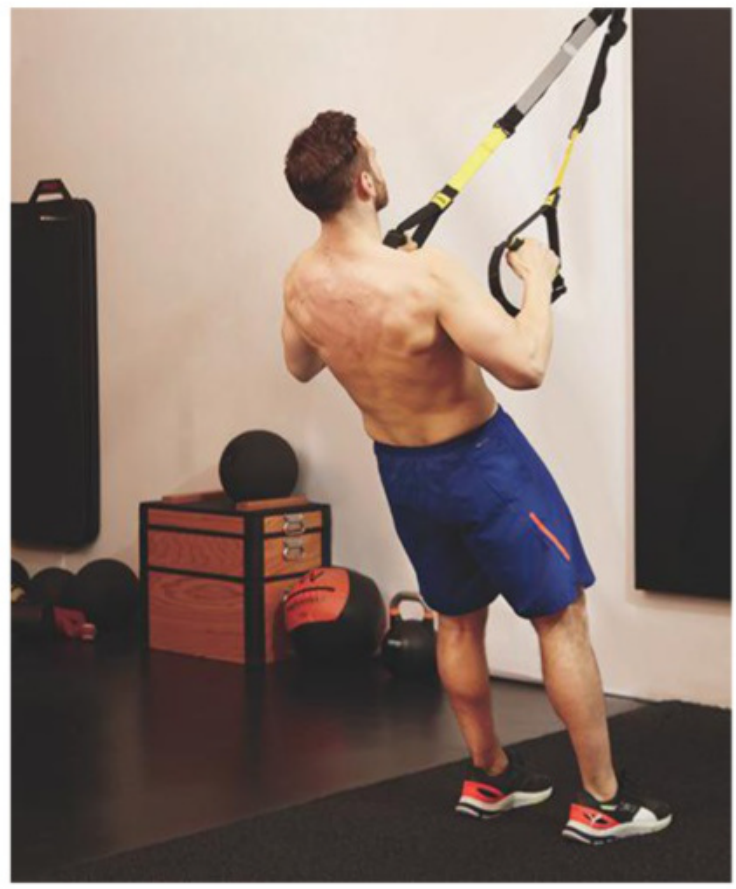
*Same electrolytes as regular Gatorade.
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EXPERT TIP

SECOND SESSION

After all this, at night you'll want to crash. Don't. Turn on an old Bond flick (*Skyfall*, perhaps), and do this recovery routine:
Relieve sore chest and lats by stretching and releasing a light resistance band, holding it both up and down and side to side.
Release shoulders, lats, legs, and back with a foam roller.
Reduce tightness in IT bands, hips, and glutes with a percussive massager.

SUPERSET 4



TRX Row, Curl, and Pistol Squat

Do 15 reps of each move on a TRX. For rows, maintain a straight line from head to heels, then row elbows past torso. Start in same position for curls, arms at sides, and pull fists to collarbone. For pistol squats, lift one leg parallel to floor, and bend other leg, dropping butt to floor.

Bodyweight Dip

At a dip station, or using two stacks of plyo boxes on either side, press up and tuck legs to start. Keeping chest slightly tipped forward, bend elbows to dip as low as you can, aiming for hands to be parallel to pecs. Reverse to start for 1 rep. To make it easier, place a looped resistance band around handles and put knees on it.

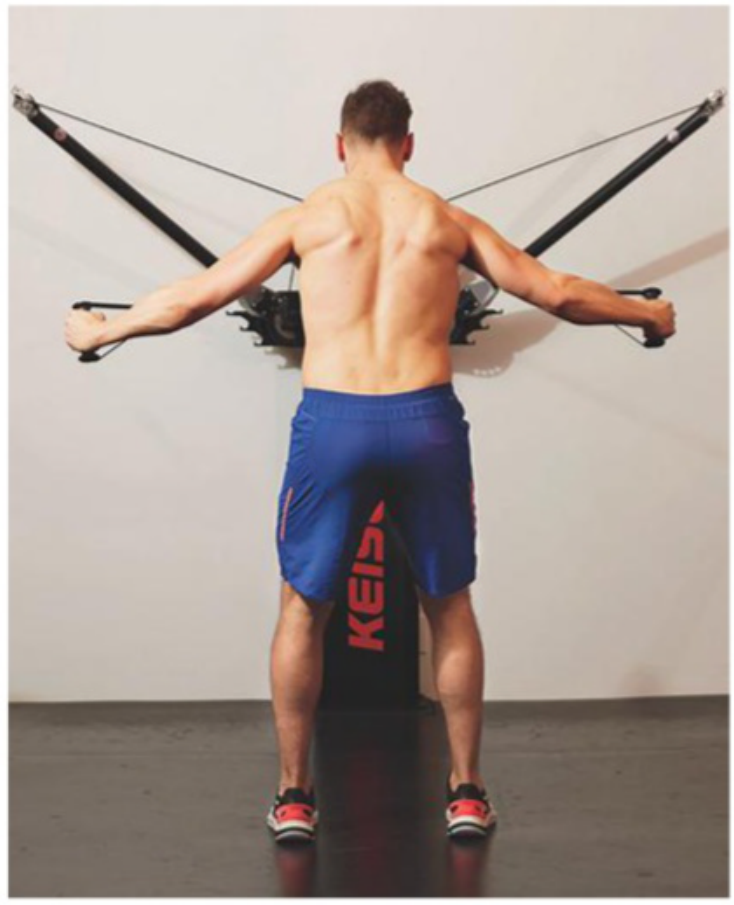
SUPERSET 5

Hanging Leg Raise and Windshield Wiper

Do 10 reps of each move. On a pullup bar, start in a dead hang, hands slightly wider than shoulder width apart. For the raises, keep legs together and draw knees toward chest; reverse for 1 rep. For windshield wipers, tuck knees, then engage core to rotate legs from side to side.

Reverse Cable Fly

Stand facing a cable pulley machine set high, so handles are at eye level. Set to medium resistance (around 50 to 80 pounds). Grab right handle in left hand and left handle in right, slight bend in arms, and start with knuckles close to each other. Fly arms to the sides, until fists are in line with chest. Hold for 3 seconds and reverse to start for 1 rep.



A SMARTER REFUEL

For Craig to put his 52-year-old body through such a grueling, yearlong physical preparation, he had to be smart about his nutrition. After workouts, if he wasn't having a meal, Craig refueled with a plant-based recovery shake using nut milk, plus protein and greens. He also had a shot of turmeric root juice, which is a natural anti-inflammatory, as well as a probiotic shot to bolster immunity.

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Tropical Vibes

Health food store denizens go gaga over coconut oil and guzzle its water on the reg. But they're missing the best part: the meat.

by MARJORIE KORN

IF THE LAST TIME you ate coconut was in a fun-size Mounds bar pulled from a trick-or-treat bowl, it's time to revisit the fruit.

As with avocados, the knock on coconuts was a high fat and calorie profile. Now we know that those are assets. "Coconut is a source of plant-based fat, and fat can promote satiety," says Katherine Patton, a registered dietitian with the Cleveland Clinic's Center for Human Nutrition.

And the meat contains MCT oil, or medium-chain triglycerides. That's the extract that people put in smoothies and coffee. MCT oil has unique benefits. It seems to lower two key hunger hormones, cueing a person to eat less, a study in the *European Journal of Clinical Nutrition* suggests. And MCTs convert more easily into energy compared with other sources of fat, like animal meat, so athletes consider it workout fuel.

Go to the trouble of eating the meat. Half a cup of shredded coconut has nearly four grams of insoluble fiber, which promotes gut health and blunts blood sugar spikes. And it has 30 percent of your day's needs for manganese—a key mineral for metabolism and bone formation. Top oatmeal or yogurt with shredded coconut, toss it in fruit salad, or make a treat of dried coconut strips and dark chocolate chips—add almonds if you feel like a nut. ■

JENN DAVIS/OFFSET

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BASIC MADE BETTER

Gamify Your Core Work

Holding a plank or banging out dozens of crunches gets monotonous. These variations make for a more fun abs routine (we swear)—while getting the brain to play along. **by MARJORIE KORN**

WHEN ATHLETES TRAIN, they multitask. Conditioning work may have a dose of hand-eye coordination. Agility drills challenge balance while strengthening the mind-body connection. These combinations aren't just a means to maximize gym time. "You're breaking up the monotony of training," says Ryan Hopkins, founder of Soho Strength Lab in New York City. So he invited us to his turf to run through some of his go-to drills for core strengthening—a famously boring part of a workout. Grab some pals to stoke some friendly competition, and try these games that make core work suck a little less. ■

1/ Cone Stacker

Start in a high plank, feet hip-width apart, a stack of five disk cones behind right hand. Squeeze glutes to maintain form and use right hand to transfer cones to right side (below), then do 5 pushups. Repeat on opposite side, transferring cones to the left.

2/ Ball Balance

Start in a high plank, feet hip-width apart, left hand on the floor, right hand on a small, hard medicine ball. Use right hand to orbit ball around left hand. Do a pushup, then switch sides so left hand is atop medicine ball, and repeat on left side.

3/ Tug-of-War

Start in a high plank, the end of a heavy rope (unattached to equipment) beside you. Pull rope with right hand until you reach other end. Reset and repeat on left side. Try it with a partner, racing on separate ropes to see who completes the pull fastest.

4/ Plate Perfect

Start in a high plank, a stack of 5 light (2.5 or 5 lb) weight plates under chest. Alternating hands, transfer plates one at a time from beneath chest to a foot forward. Align the stack perfectly. After stacking, do a set of side planks, then return plates to start.

This stacking move challenges shoulders laterally, adding to range of motion and joint stability.

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photograph by **JUSTIN STEELE**

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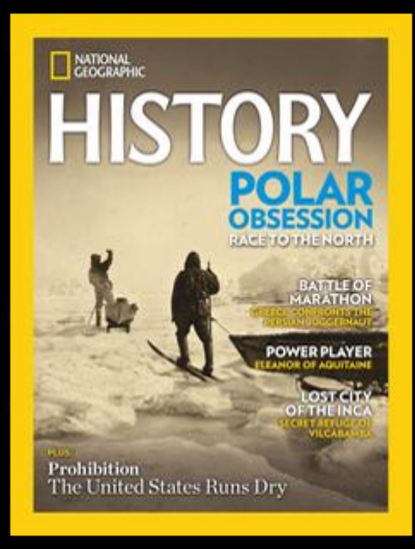








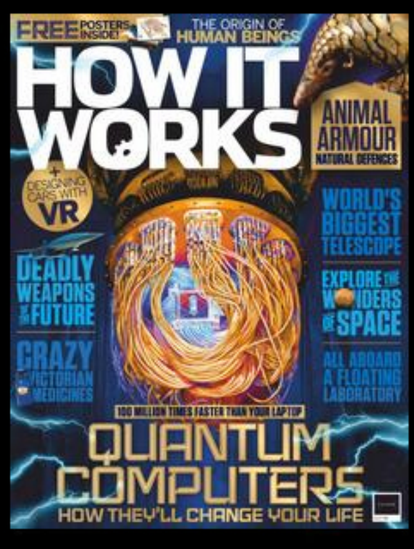












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An End to Fear?

Author Scott Carney has swum with sharks, dunked in icy water, and broiled in sweltering saunas—all in the service of quashing anxiety and stress. Here's what he's learned. **by MARJORIE KORN**

▲ Owing to Hof's tutelage, Carney grins like he's not submerged in icy water.

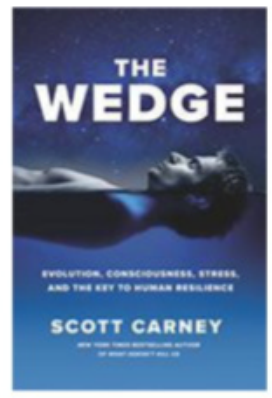
UNLESS YOU'RE a stuntman or mountain rescuer, your day-to-day likely doesn't require a test of extreme mental fortitude. So when life catches you by surprise—bad medical news, a plane in turbulence—the ensuing panic is the body's autonomic response. But there's a moment, contends author Scott Carney, between the stimulus and the body's reaction. *The Wedge* is that moment—and the title of Carney's new book. "It is about learning you have the ability to manifest some control about how you react to just about any situation," he says. This is a hard-earned revelation. Carney traveled the world, putting himself through acute stress with expert practitioners to learn how to control his body's autonomic response. And you can, too.

TRY THIS FREEZE YOUR BUTT OFF

This is a cornerstone of the Wim Hof Method. Hof, aka Iceman, teaches people to control their physiological response to stress and extremes. And cold-water immersion is the express way to achieve it. "Cold stimulates panic, and with exposure, you teach your body to respond differently," Carney says. The goal of cold exposure is to acknowledge that it's cold yet turn off your body's alarm—therefore controlling the body's autonomic reaction. Believe it or not, you can master it quickly. Every morning for a week, stand in a cold shower for 15 seconds, focusing on breathing and not panicking. On week two, go for 30 seconds. Ease into a one- to three-minute cold shower.

TRY THIS LET IT FLOW

On a trip to California, Carney discovered kettlebell tossing. It's just that: flinging a kettlebell to a partner who catches it by the handle, then tosses it back. Get out of sync and someone could break a bone. The lesson in it is about not thinking—just doing. "Kettlebell tossing puts you immediately into a flow state," Carney says. Flow is mentally locking into an activity. In a flow state, you're not processing each movement—it's being on autopilot. Practitioners say that it's beneficial to mental health, like a moving meditation. "Flow is about connecting your thoughts and actions with the world," Carney says. And you don't necessarily have to toss metal. There are many ways to find flow: casting a fly-fishing line; going on a long, easy bike ride; throwing pottery; or playing catch.



COURTESY OF SCOTT CARNEY

TRY THIS SCHVITZ IT OUT

Throughout the world, the sauna is a way of life. Carney and his wife spent five hours in a 180-degree sweatbox in Latvia while a shaman rubbed them with honey and hit them with branches—all to distract their bodies and minds from the heat. One common reaction to overheating is feeling claustrophobic. If you withstand a sauna or sweat lodge without giving in to panic, it'll help you in other situations when the body has an automatic reaction that prompts you to freak out. And research from Finland suggests spending time in saunas is good for mental health—a honey-wielding shaman is a bonus. ■

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Health News

A roundup of discoveries, updates, and advice to keep you living (and feeling) your best. by JULIA SAVACOOL

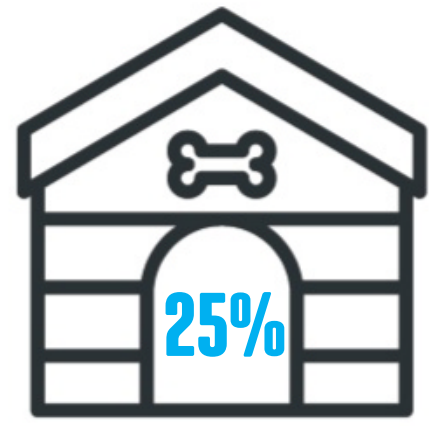
Once Is Enough

High-intensity interval workouts are a love-hate endeavor since the whole point is to exercise uncomfortably hard. The good news is that once a week is enough. A study in *Medicine & Science in Sports & Exercise* found that one 23-minute HIIT session a week for one month can lower body fat and boost aerobic capacity. In the study, 56 overweight guys did one of five protocols: either a thrice-weekly moderate-intensity workout; a HIIT three times, twice, or once a week; or zero exercise. For losing body fat, HIIT is better than moderate intensity, but surprisingly, once-a-week HIIT is nearly as good as three times. Plus, health markers like aerobic capacity and blood pressure also improved for the once-a-week HIIT group. For this to work, you can't half-ass it—you've got to push hard. Try their workout: one minute of shuttle runs at 90 percent of max heart rate, backing off to 70 percent for one minute, and repeating that 11 more times.

ANOTHER REASON FOR NIGHTTIME MUNCHIES

If you're hungrily staring into the fridge at 1 a.m., it may be a sign that you need to eat cleaner. University of Virginia researchers found that a diet filled with fat and sugar activates the "reward center" in your brain, where dopamine is released. The chemical affects neurons that moderate the body's clock, telling you when to eat. Consuming more energy-dense foods elevates dopamine activity and messes with the biological clock, signaling to the body it's always time to eat. Break the cycle. Opt for low-sugar, complex carbs, and if you do need a midnight snack, try a piece of fruit.





How much lower your risk of a schizophrenia diagnosis is if you grew up with a dog, a study in *PLOS One* reports. It's possible that flora in a dog's microbiome, which may have protective effects, gets passed to young kids. Sorry, cats don't offer the same perks.

FROM TOP: JUSTIN STEELE; GETTY IMAGES

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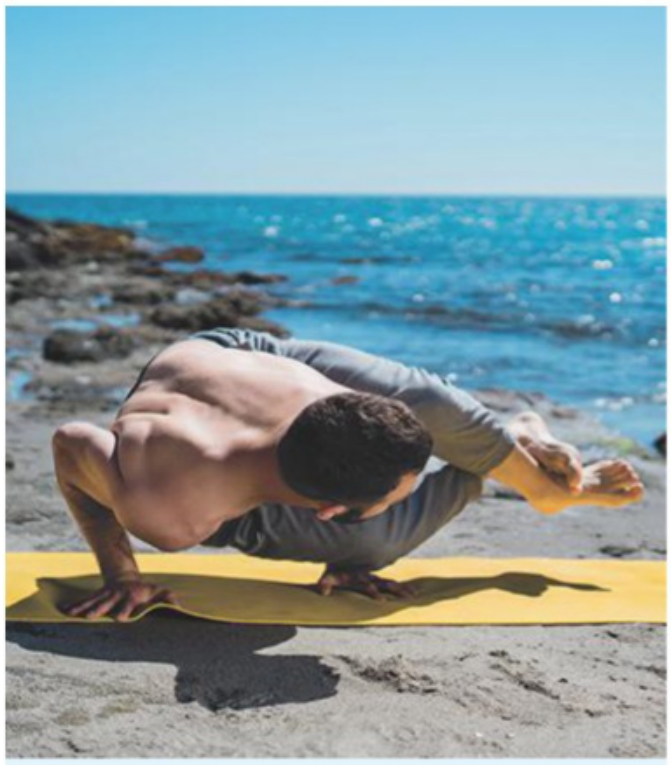
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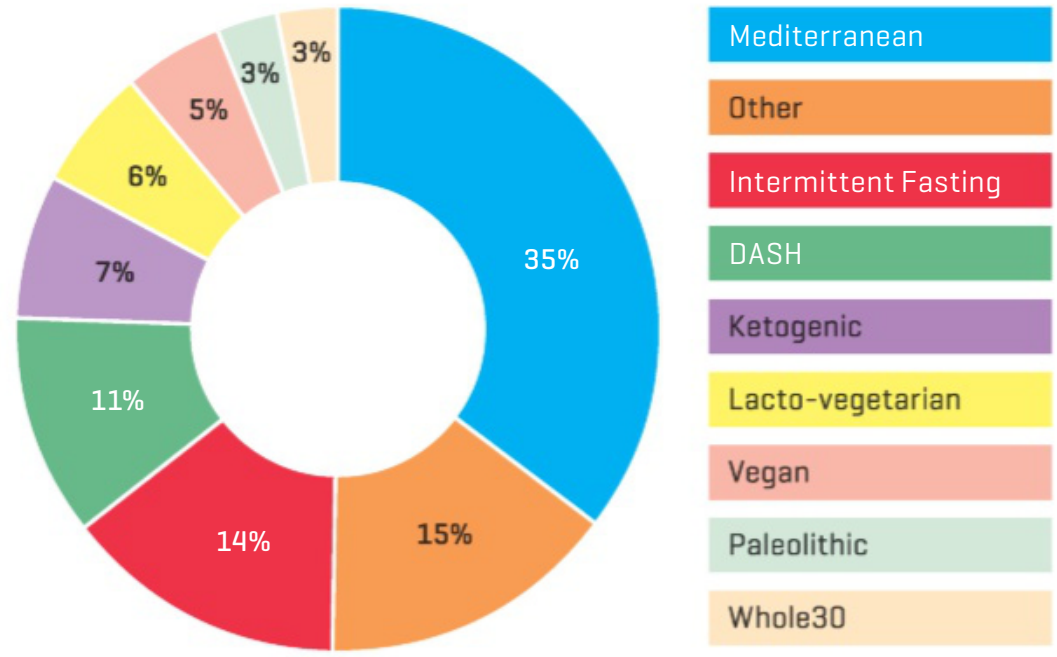


YOGA FOR THE MIND—AND BRAIN

There are athletes out there who think of yoga as a recovery day workout—and not a lot more. However, a University of Illinois review of research suggests the bendy practice impacts the same brain regions and networks as aerobic exercise, which is known to improve cognitive performance. The review of 11 studies on Hatha yoga found that, after as little as 10 weeks, people who did weekly yoga improved the parts of the brain responsible for tasks such as memory processing and decision-making. Hatha is a slow practice, so its benefits aren't due to increased heart rate or oxygen to the brain. "Yoga may work through other mechanisms, such as reducing anxiety and relaxing your body," says lead author of the study Neha Gothe, who studies kinesiology and neuroscience. "Our brain works better when we are less stressed. It is possible that yoga affects the brain through these emotional-regulation pathways." This may be a case in which more is more—the longer and more frequently you do it, the better it is for your noggin.

WHAT DIET DO DOCTORS FOLLOW?

Physicians dole out advice, but what do they do in their own lives? That's what a survey advised by Duke University and the University of North Carolina sought to uncover when they asked 515 doctors about diets: What did they recommend for short-term weight loss and for long-term health, and how did they themselves eat? The most popular choice across all three categories was the vegetable-and-whole-grain-heavy Mediterranean diet. For long-term health, keto fared just below vegan. Below is the breakdown of how docs feed their bodies.



HEMP HELP FOR ANXIETY

As the CBD market explodes—it could reach $20 billion by 2024—medicine is still learning how it acts on the body. One area of interest surrounds anxiety. A study in the *Journal of Psychopharmacology* found that people with Parkinson's disease who took CBD were more at ease—as measured by tremors—while public speaking than those who went without. For those who don't have PD, this finding is exciting since it's another clue to unraveling how CBD affects the brain, and if it can be used widely for anxiety.

NEXT TIME, ORDER A VENTI

Caffeine may have a hidden power: It seems to slow weight gain, a study in the *Journal of Functional Foods* suggests. A bunch of lab rats ate a fat-dense diet for a month, and a group of them got the equivalent of four cups of joe a day. They gained 16 percent less weight and 22 percent less body fat than caffeine abstainers.



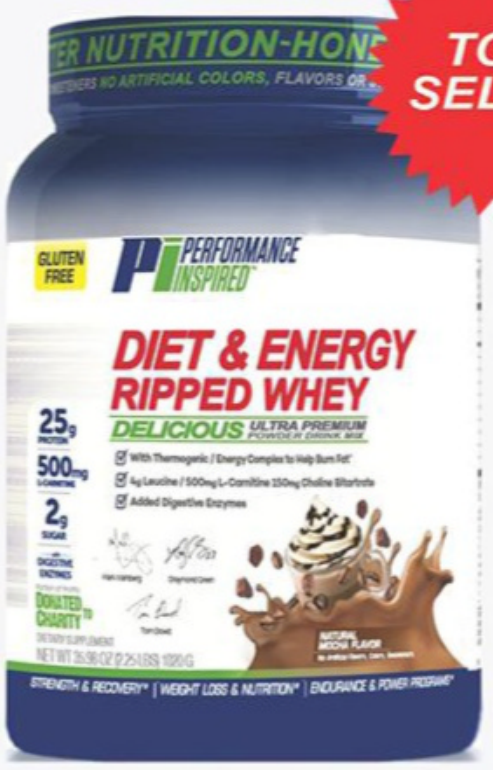
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Bill Maher

The acerbic host of HBO's *Real Time*... on how relationships are like airplanes, the most important thing he learned as a kid, and why he cannot look away from *Temptation Island*.



Who were your heroes growing up?

Anyone who was funny. And then as I got a little older, it was funny but also attractive to women. Like Dean Martin. I was too young to quite understand exactly what was going on, but I just knew that my mother *really* liked *The Dean Martin Show*. He was suave and great looking and tan and drunk—all the things I wanted to be when I grew up. So those were my heroes, before I began to understand how the world works.

How did that understanding change who you looked up to?

I look up to people who don't play for a team. I love people who are just, "Look, I'm on 'Team Me.' I'll tell you what I think and let the chips fall where they may." There are not that many people like that.

How should a man handle criticism?

With grace and humor. If you're good enough, you can laugh it off. I wish I was that person always. But I'm not.

How should a person handle regret?

I don't understand people who say they have no regrets. If you say you have no regrets, what you're saying is, "I'm not learning; I'm not growing as a person." Education always happens in the rearview mirror.

Who has been the biggest influence on your life?

This is so fucking corny, but my parents. They were traditional liberals; they loved John F. Kennedy because he finally insisted that America embrace the promises of the civil rights movement. Even though there were no blacks in our town, they let me know that this was the right thing to do—to treat all people with the same dignity.

What human quality do you most admire?

Honesty. People who I sense are just telling me what I want to hear make me nervous.

What human quality do you most deplore?

I hate anyone who is cruel to animals.

How should a man handle getting older?

Don't deny it.

What role should vanity play in a man's life?

If you are at all interested in being attractive to a woman, at any age, the most important thing is authenticity and confidence. And what undercuts that more than anything is trying to fool somebody. If you're the older guy who's got the rug, the girdle, the boner pills, the plastic surgery.... That's the worst thing.

What is your guiltiest pleasure?

Temptation Island. There's something so evil about it. There are only two emotions—horny and crying. I love it. And I feel terrible about it.

You've never been married. As an outsider, what's your view of the institution?

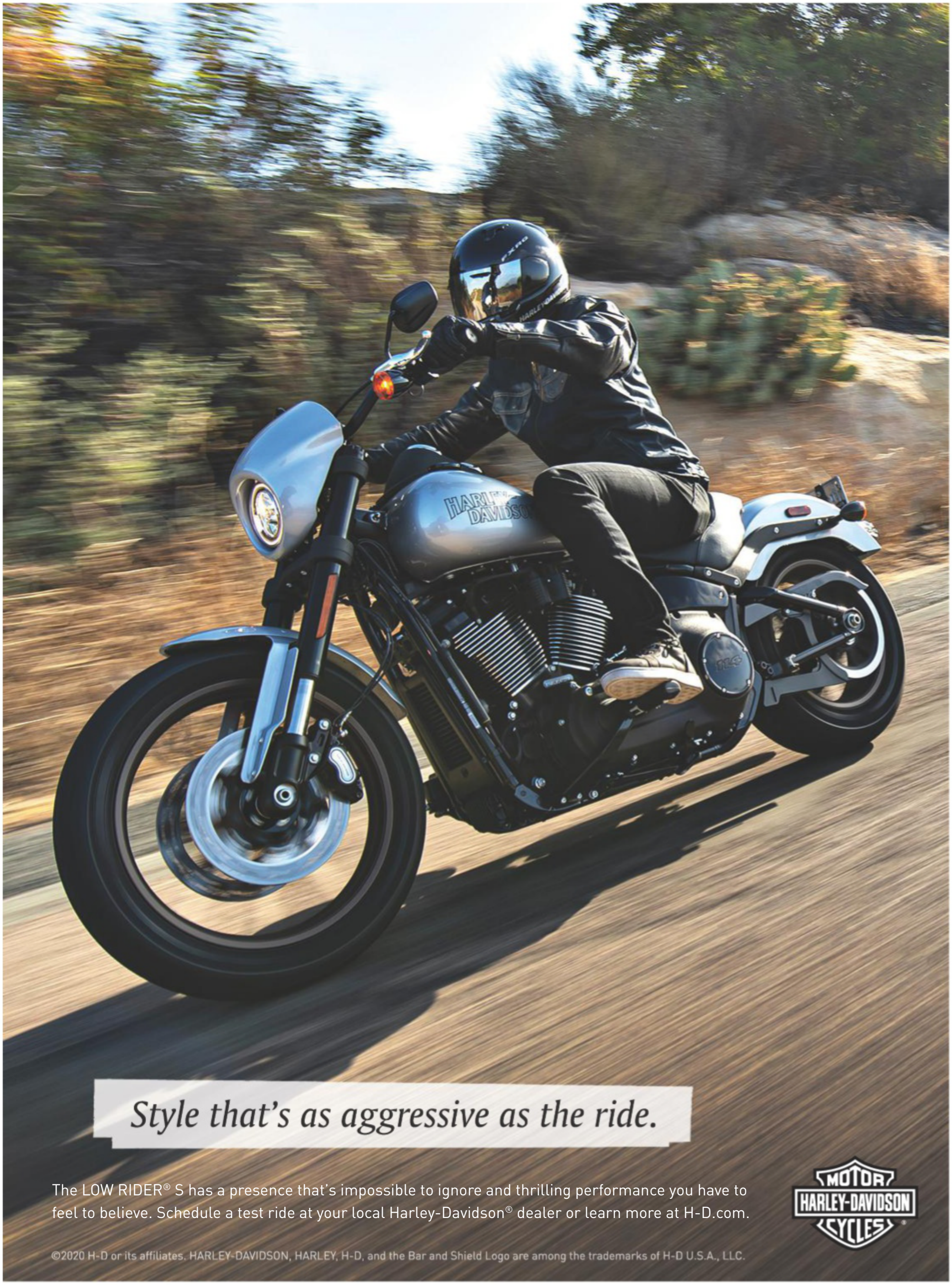
To me the analogy is: The relationship is the plane, and sex is the fuel, and when the plane runs out of fuel, it crashes. I remember saying this to a girl many years ago, and through tears streaming down her face, she said, "Love is my fuel." I felt about two inches tall. But what can I say?

How do you want to be remembered when you're gone?

As the guy who never pulled a punch.

—INTERVIEW BY LARRY KANTER

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