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# MEN'S JOURNAL

SEPTEMBER/OCTOBER 2021 Vol. 30, No. 5

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EVERYMAN**

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Buh-bye, Love Boat. It's adventure vessel time.

**"THAT'S WHAT  
HAPPENS. YOU GET  
OLDER. NO SHIT!"**

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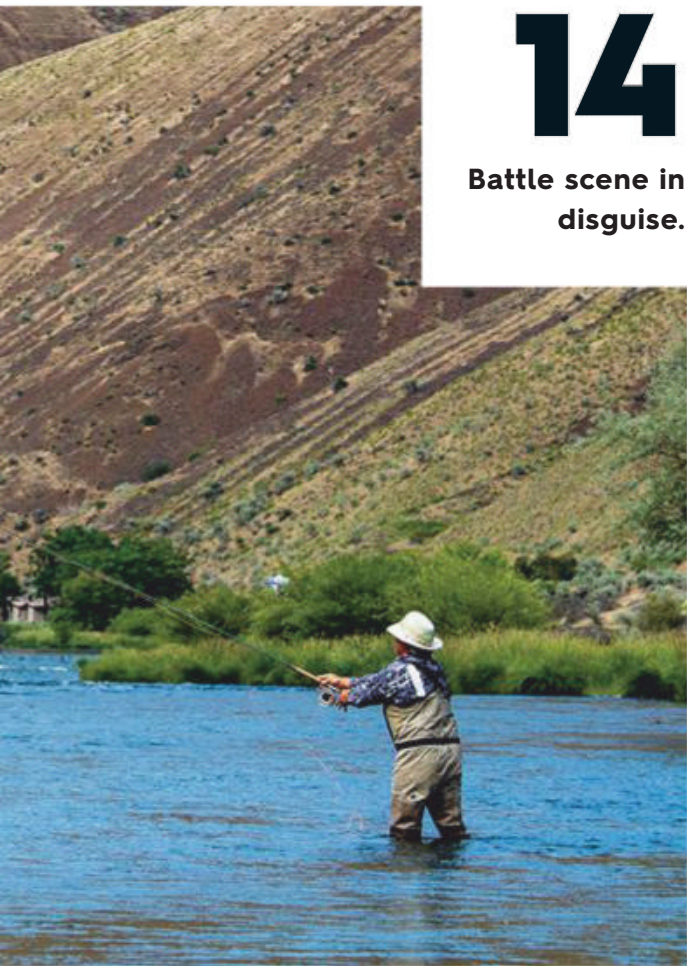
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Options shown. \*Ratings achieved using the required premium unleaded gasoline with an octane rating of 91 or higher. If premium fuel is not used, performance will decrease. ©2021 Lexus



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# Letter From the Editor

A

**S A RULE**, at parties, I'll never ask someone what they do for a living. But sometimes, when that awkward silence goes on a beat too long, it's a forgivable faux pas, especially if you've been asked first. This summer I chitchatted about work with a handful of strangers and, for the most part, they all had the usual snoozer jobs. Finance, real estate, marketing, supply chain analytics—whatever the hell that is. I did meet one guy who had had an amazing job in media, but he got canceled over a #MeToo incident that made national news.

Such is the state of my dismal social circle. Know what I would have loved to hear someone tell me? "I started an electric truck company." Check out the four-wheel monster-thingy on page 26. You know the guy—think it's safe to assume it's a guy—who started Alpha Motor Inc. has an interesting backstory that probably involves dynamite, climbing mountains and an unhealthy obsession with Hot Wheels.

"Me? I'm a physicist working on a fusion reactor. Yesterday we got that puppy up to 216 million degrees Fahrenheit." Didn't hear anyone say that, either, but many people well versed in that subject exist. Indeed, thousands of scientists from several countries, including the U.S. and China, are working together to finally deliver clean energy to the world. With the recent Intergovernmental Panel on Climate Change's apocalyptic

report on global warming, it's especially heartwarming to know a carbon and nuclear waste-free breakthrough could be some 10 years away. See page 60 for details.

Our "Cruising Attitude" features five of the coolest jobs in the world: boat captains from Vietnam to Alaska whose livelihoods are a daily adventure of cinematic proportions. It's enough to make you wonder why every college offers a major in Communications—whatever the hell that is—but not in Awesome Seagoing Escapades. When so many of us earn a living racing after rats, it's nice to know there are people in the world who aren't, and are willing to take the curious along on their journey, if only for a little while.

Josh Brolin tells us that he's able to move through his daily routine, for the most part, unrecognized. You believe that? I don't, given the fact his movies have hauled in close to \$6 billion worldwide and he's been in every single blockbuster ever made. It'd be amazing to meet him at a cocktail party, but how does one go about breaking the ice with a mega A-lister without looking like you care? "Hey, how 'bout them Mets?"



**JAMES HEIDENRY**  
Editorial Director

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# Notebook

DISPATCHES FROM A WILD WORLD

**Katmai grizzlies:**  
Finally, a fishing  
story we're actually  
interested in.



PHOTOGRAPH BY ADVENTURES/BRAD JOSEPHS



# FALL OF THE TITANS

Autumn is when grizzlies are at their grizzliest. You can snag a front-row seat.

**T**he best thing about fall isn't changing colors or changing clothes. It's the thinning of summer crowds in parks and backcountry trails that leave behind a landscape conducive to crowd-shy wildlife. But that's not the only reason fall is prime time for wildlife viewing. The shifting winds also mean more animals are on annual migrations, from

birds winging in coordinated flight patterns across the country to pronghorn antelope heading to winter ranges in the Greater Yellowstone Ecosystem to whales swimming along ocean coasts.

Many animals are heading to breeding grounds, like salmon muscling their way up rivers to spawn, while others are packing on calories for the cold season to come. The most spectacular example of the

**NEXT PAGE:**  
More roaring, more growling, more soaring, more prowling







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## DISPATCHES

convergence of these two annual miracles, and maybe North America's most coveted wildlife viewing experience, is watching grizzlies fish for salmon in the spawning streams of Alaska. The most reliable and photogenic place to do it is Katmai National Park.

Rather than a quick look and short hike back to the lodge, several Alaska tour operators offer immersion-style experiences that bring visitors—and you really do feel like an outsider here—into bear country for extended periods. That kind of contact, experts say, is key to helping us see bears not as Revenantial

predators that maul movie stars at any opportunity, but as integral parts of an intact ecosystem.

“Part of our guides’ mission on the Wild Alaska Grizzly Encounter is to help travelers get that deep understanding of what bears are like: behavior, psychology, life cycle, how they sustain themselves and why the pristine ecosystem we’re visiting is the perfect place where they can be so healthy,” says Wendy Redal of Natural Habitat Adventures, which runs bear-viewing trips throughout the fall in Katmai. *Natural Habitat Adventures: Wild Alaska Grizzly Encounter* (\$9,495 + air)

## CLICK BAIT

These guided wildlife outings will strain your shutter finger.

### Wolves

The reintroduction of wolves to America's oldest national park is one of the greatest re-wilding stories in history—but they can still be hard to spot. Yellowstone Wolf Tracker was founded by a pair of wildlife biologists who worked on the Yellowstone Wolf Restoration Project at its inception. They guide wolf treks through the expansive Lamar Valley and lesser-known parts of the park.

*Yellowstone Wolf Tracker: Wolf-watching day trips (from \$700)*

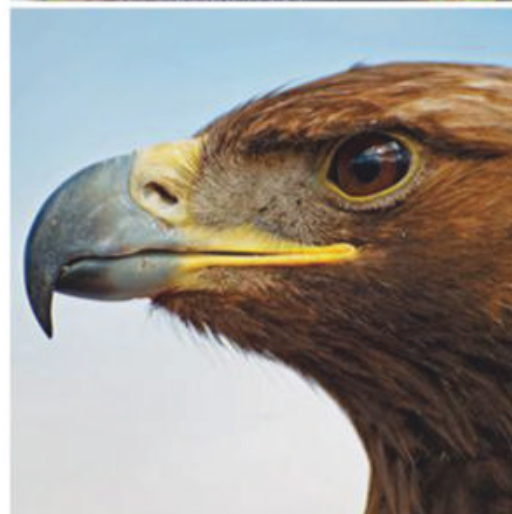
### Bears

The multiday Being Bear experience is based out of Heather Mountain Lodge, the only lodge on British Columbia's storied Rogers Pass on the doorstep of Glacier National Park. It's led by internationally renowned bear expert Reno Sommerhalder. He's logged more than 15,000 brown and black bear encounters around the world—all of them peaceful.

*Heather Mountain Lodge: Being Bear (\$1,461)*

### Raptors

Arizona-based WINGS takes birders on a 12-day tour of the sandstone canyonlands of Utah and Arizona. Golden eagles, prairie falcons, sage grouse and dozens of other birds are the quarry. Good shooters carry telephoto lenses; smart ones pack tripods. *WINGS: Fall Migration in the Canyonlands (\$4,500)*



JACOB W. FRANK/NPS (WOLF); CHASE DEKKER/WILD-LIFE IMAGES (BLACK BEAR); NEAL HERBERT/NPS (GOLDEN EAGLE)





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# HELLCAT'S HIGH-POWER HEAVEN

Cashing in another of its lives, Dodge's smash hit returns for a red-eyed victory lap.



**A** **FUNNYTHING** happened when the pandemic hit and the economy went into a free fall. Cars didn't stop selling—especially fast ones. Turns out contemplating mortality meant, for many of us, enjoying the visceral pleasures available to us while we still could. For some, that meant going out and buying the 2021 Dodge Charger Hellcat Redeye Widebody. After driving one, I tip my

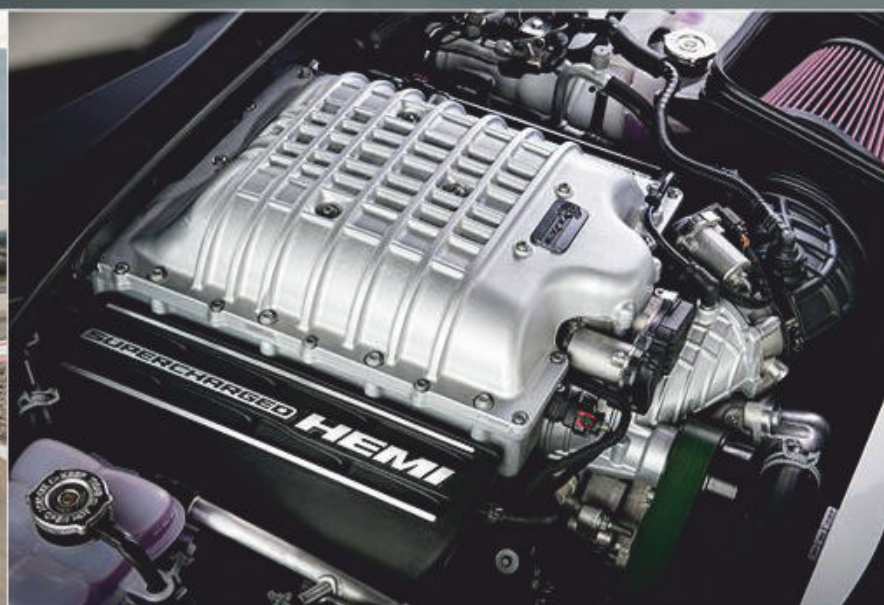
dopamine-soaked cap to those buyers. On an emotional scale of 1 to 10, the fastest mass-produced sedan in the world is somewhere in near-earth orbit. Jeff Bezos unloaded much more than the \$90,050 sticker price on our test car to get there.

The Hellcat at hand represents another chapter in an ongoing story. When Dodge unleashed the “Hellcat” name back in 2014 with the first iteration of its 6.2-liter, V-8-powered supercharged monster, it was

part of a bid to leave boring cars behind, ceding the everyday stuff to other brands. Apparently selling a 700-plus-horsepower machine to the masses was such a wild idea that it worked. Over 50,000 Hellcats have found driveways thus far, helped, in part, by hip-hop lyrics: it's shown up in bars from Chief Keef, Quavo, Lil Baby and many more.

Our tester made it easy to see why the thing's a pop culture hit. It wore a





With a face-wrinkling 797hp HEMI V8, the Hellcat is the world's fastest mass-produced sedan.



**“IT’S GOING TO BE THE MUSCLE CAR WAR ALL OVER AGAIN.”**

“Go Mango” paint job, which is a kind of orange, solar-plasma blast, and came with a speedometer that tops out at 220 mph. It looks unsubtle, and drives no differently. The freeway starts to feel like a strobing video game as the high whine of its supercharger adds hair-on-fire flare. A quarter mile passes by in the mid-ten seconds. You become friends with the 14-inch Brembo brakes. hilariously, a car seat fits in back just fine.

But here’s the thing—haven’t electric cars like the 1,020-horsepower Tesla Model S Plaid turned the fuel-sucking Hellcat into a dinosaur? I called Dodge CEO Tim Kuniskis to ask. He didn’t seem worried.

“The technology [of electrics] is amazing—you can have better control of acceleration and traction, you have instantaneous power,” he said. “Every mainstream product is going to go toward electrification. And when they do, and

we have economies of scale that make it more affordable, it’s going to be the muscle car war all over again.”

So, folks, the Hellcat might have a quieter, even faster, electric future. For now, enjoy this late-stage internal-combustion masterwork. At wide-open throttle, Dodge says the Charger Hellcat Redeye can drain its fuel tank in 11 minutes, using two dual-stage fuel pumps. We’re here for a good time, not a long time, right?



Oregon's Deschutes River is wild and scenic. That doesn't mean it's secure.

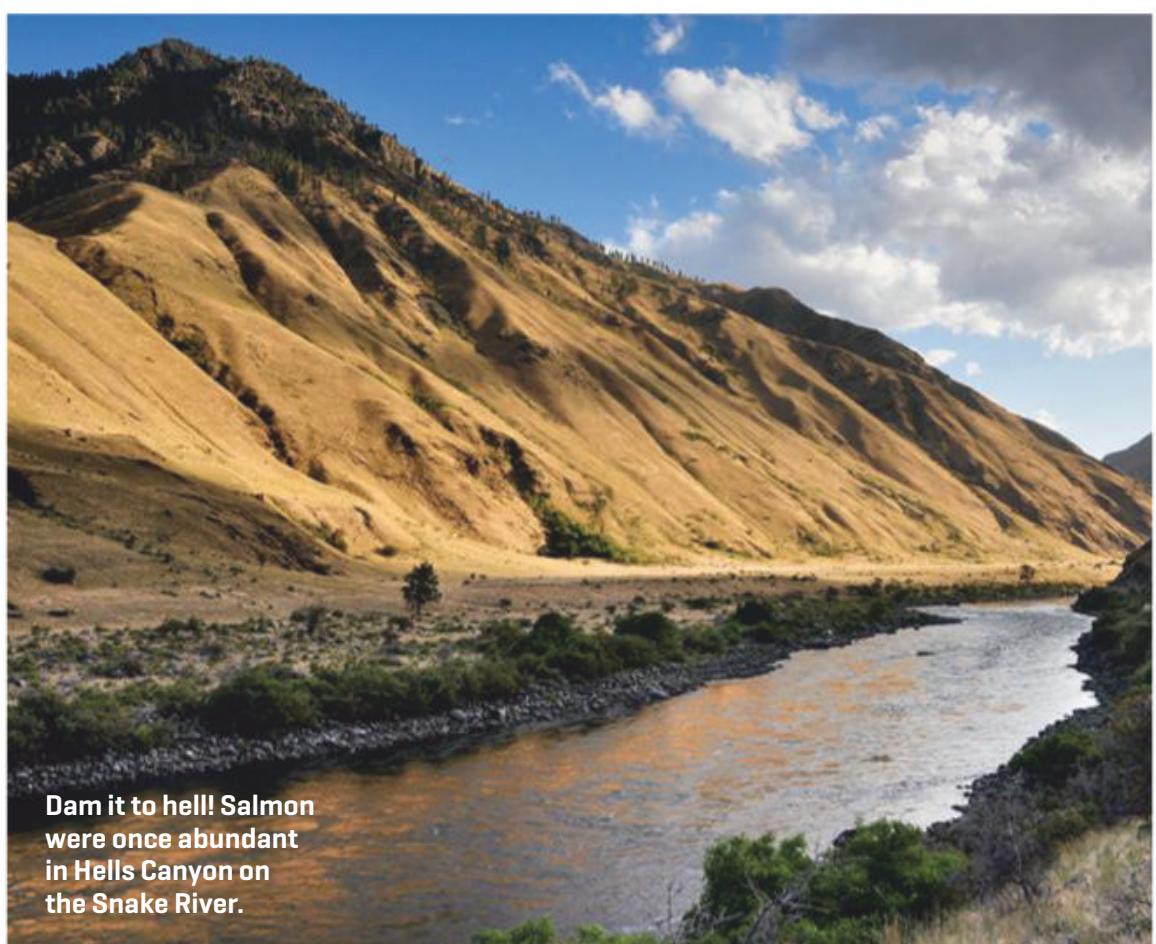
# IS 2021 THE YEAR OF THE RIVER?

As drought hammers the West, a slew of water protection measures suggests a shifting current.

**“W**E’RE POISED for real transformation, from investments in better, more equitable water infrastructure to the biggest river protection and restoration proposals in history,” says Tom Kiernan, the president of American Rivers, an advocacy group based in Washington, D.C. “This could be the year for historic wins.”

One notable effort is U.S. Rep. Mike Simpson’s plan to breach four dams on the lower Snake River in Washington state. Simpson’s proposal is a serious stab at resolving the Northwest’s “salmon wars,” as the Republican representative from Idaho calls them. When the four dams in question were built in the 1960s and ’70s they flooded 14,400 acres and decimated salmon and steelhead populations that migrate from the ocean to spawning habitats in the wilds of Idaho.

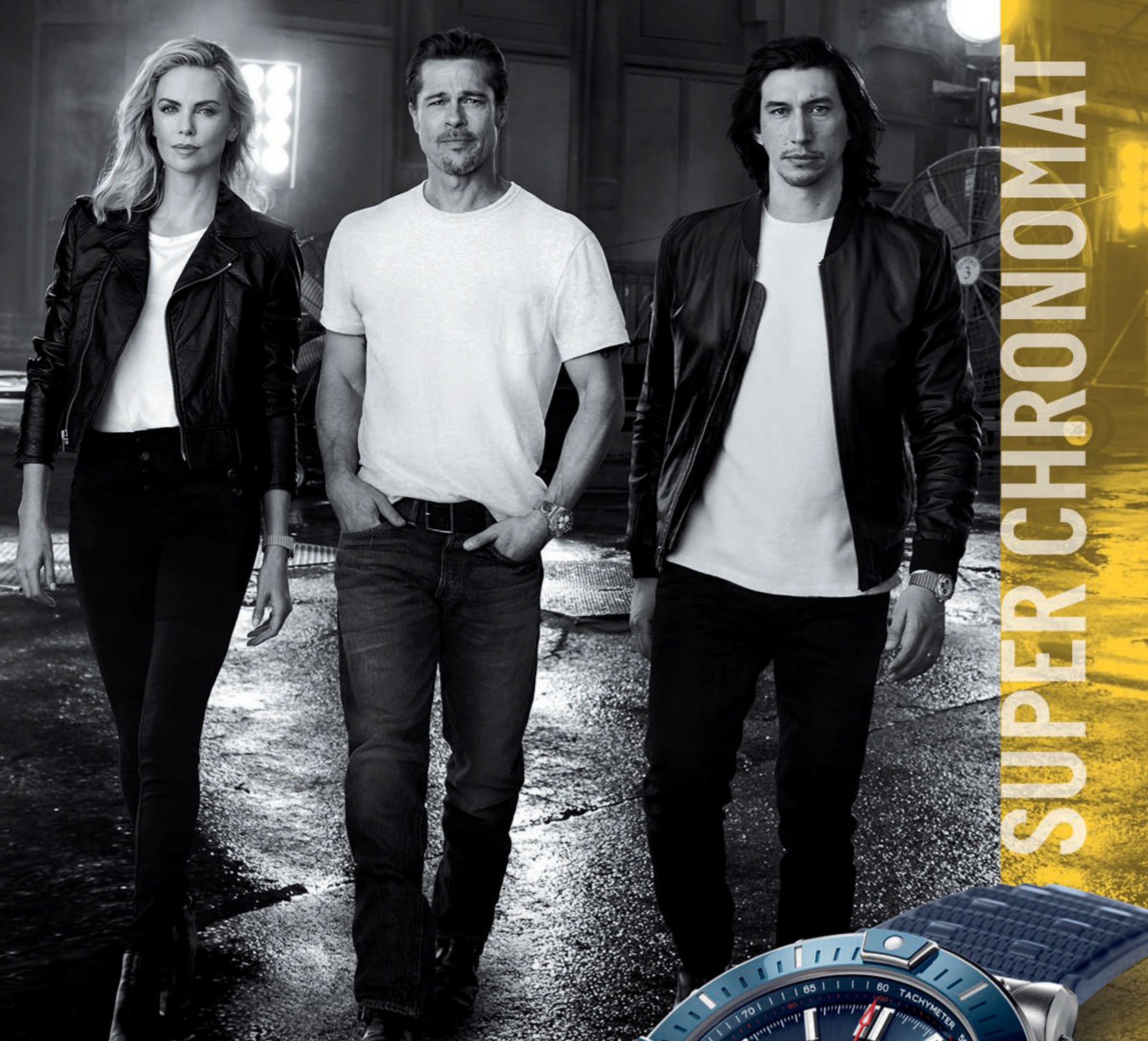
Simpson hopes to bundle his \$33.5 billion proposal into President Joe Biden’s



**Dam it to hell! Salmon were once abundant in Hells Canyon on the Snake River.**



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infrastructure bill. Admittedly, the plan faces an uphill battle with key senators in Washington state publicly rejecting the dam-breaching proposal.

But Simpson's bill doesn't stand alone. In Oregon, the proposed River Democracy Act would protect 4,600 miles of rivers under the Wild and Scenic River designation. Similar bills in Washington state and Montana would protect 464 and 336 river miles, respectively. And President Biden has pledged to conserve 30 percent of the nation's lands and waters by 2030.

What's behind all this concern? As the West enters its 21st year of drought, the value of water is becoming painfully clear. So is its looming scarcity. Reservoirs that millions depend on—Lake Mead for instance—are creeping closer and closer to acute shortages. By May this year, most of California had entered a “drought emergency.”

“Water quantity and flow is just increasingly becoming super important,” says Jerry White, the Spokane Riverkeeper in Washington state.

While it's hard to say whether 2021 is a unique year in the river advocacy world, it's obvious “threats to rivers are greater than ever,” says John DeVoe, executive director of Oregon-based WaterWatch. While that's dire news, DeVoe points to a note of hope. More “indigenous people are executing their rights in ways that

## BREACHING THE LOWER SNAKE RIVER DAMS IS AN ATTEMPT TO RESOLVE THE NORTHWEST'S “SALMON WARS.”

they didn't previously.”

Exactly right, says Shannon Wheeler, chairman of the Nez Perce Tribe, one of two tribes with treaty rights to the fish in the Snake River. In past decades the Nez Perce have poured millions of dollars into salmon recovery by growing hatchery fish and improving habitat. The tribe supports Simpson's ambitious proposal.

“We can change,” says Wheeler. “But can the salmon change?”



## OUR CAMPGROUNDS NEED AN OVERHAUL

With that \$2.8 billion, national parks ask: Can we please build some new campgrounds?

by **CHUCK THOMPSON**

**C**ALIFORNIA'S New Brighton State Beach broke me. With every campground around Big Basin redwoods full, I dropped \$35 for the park's last vacant site only to find myself “camping” behind someone's house in a residential subdivision. The glow from their TV, not my fire pit, lulled me to sleep.

California is extreme, but my experience illustrated a coast-to-coast crisis: We've outgrown our national and state parks campgrounds. The “Meinecke System” of public campgrounds—one-way loops with parking spurs—was laid out in the 1930s. In the 1950s, the National Park Service (NPS) undertook the \$2 billion “Mission 66” program to upgrade the system “to the new age of automobile tourism.” Since then? Zilch.

“Mission 66 was the last ‘consistent, ambitious, system-wide development program,’” reported the NPS in 2020. What's changed since the '50s? Start with RVs, trailers, trucks the size of toolsheds, generators, bikes, portable loungers, full kitchens and myriad apparatus produced by the \$890 billion camping industry that's buffaloeed the average camper's footprint beyond John Muir's worst nightmare.

Oh, yeah, people. According to an

NPS study, 2014 to 2018 saw a 22 percent increase in annual camping households and a 72 percent bump in those who camp more than three times a year. That was before the COVID-inspired surge in outdoor recreation. The NPS system spreads more than 6 million annual overnight visits across just 502 “front-country campgrounds” (i.e., car camps) with 16,648 campsites. More than 40 percent of those sites are located in six marquee parks (Yosemite, Glacier, et al.), leaving parks like Arches in Utah with just 50 sites. No wonder campgrounds have become such cheek-to-jowl zoos that 11 percent of people recently surveyed said they simply opted not to camp rather than face the hassles at NPS campgrounds.

The 2020 Great American Outdoors Act won't build new campgrounds—it's devoted to backlogged maintenance. President Biden has asked for \$2 trillion in infrastructure funds and in June proposed \$2.8 billion for outdoor recreation. Part of that should be used on a well-funded national program that isn't afraid to knock down a few trees on the way to expanding a 20th-century idea to meet 21st-century growth. Airports, highways, bridges? Absolutely. But while we're printing money, let's not neglect those places accessed by the roads less traveled.





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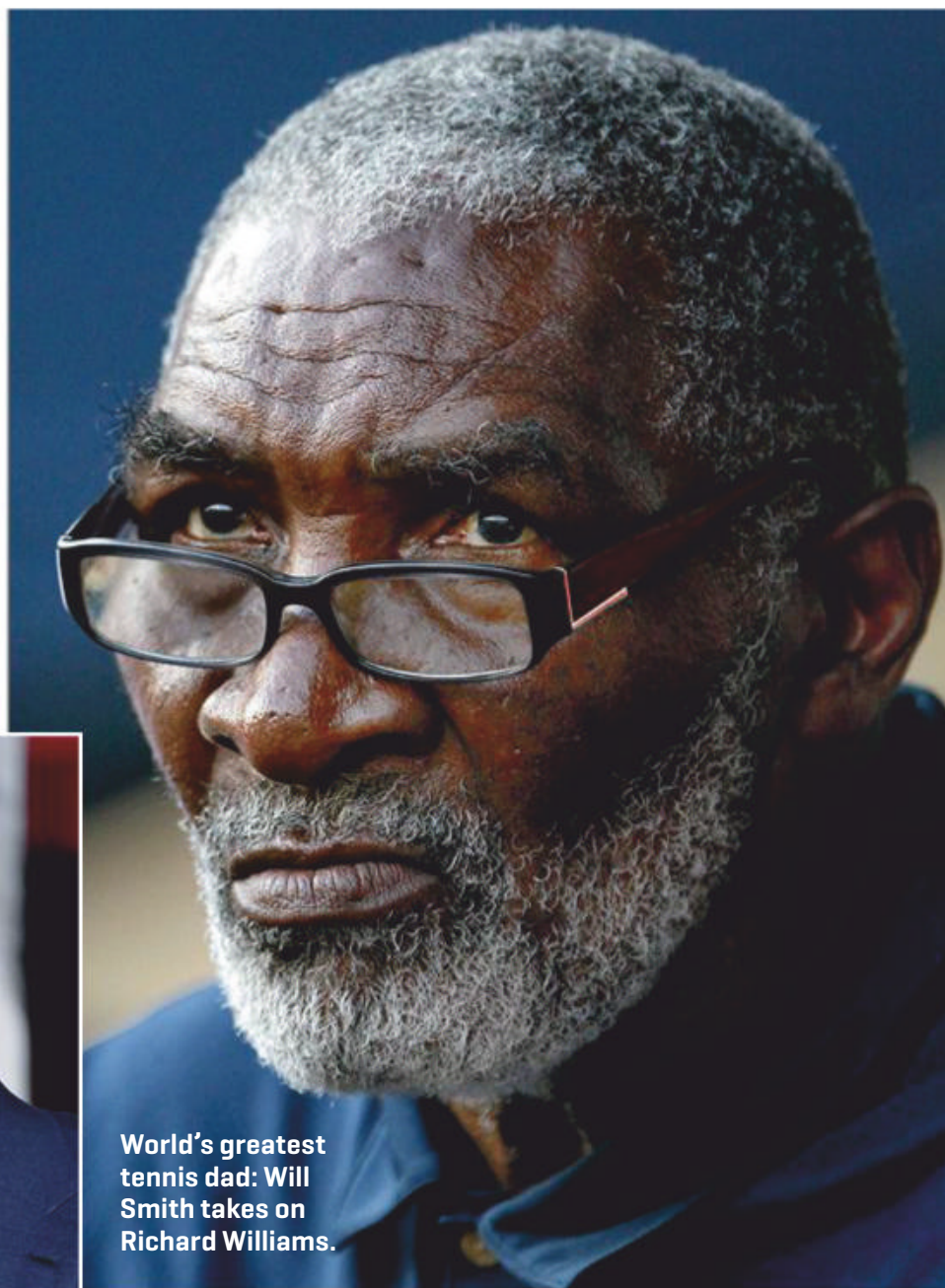
# HAIL TO THE UNDERDOGS!

Hollywood is serving up stories of long shots you probably forgot once were.

## KING RICHARD

A self-taught tennis player in Compton raises a daughter who becomes No. 1 in the world, gobbling up Grand Slam titles while earning millions. And her little sister turns out to be better. Venus and Serena Williams have been superstars for so long it's easy to forget how impossible their rise seemed, with their father daring to say he knew better than the tennis establishment and being proved correct. Indeed, dad dared to say a lot of stuff, from calling one Venus opponent a "big, tall, white turkey" to telling an interviewer his favorite player was, er, Steffi Graf. (He added, "Venus and Serena would be my second and third.") Richard has largely left the spotlight, but now he returns in the form of two-time Best Actor nominee Will Smith in the *King Richard* biopic.

**Release:** November (theatrical release and HBO Max)



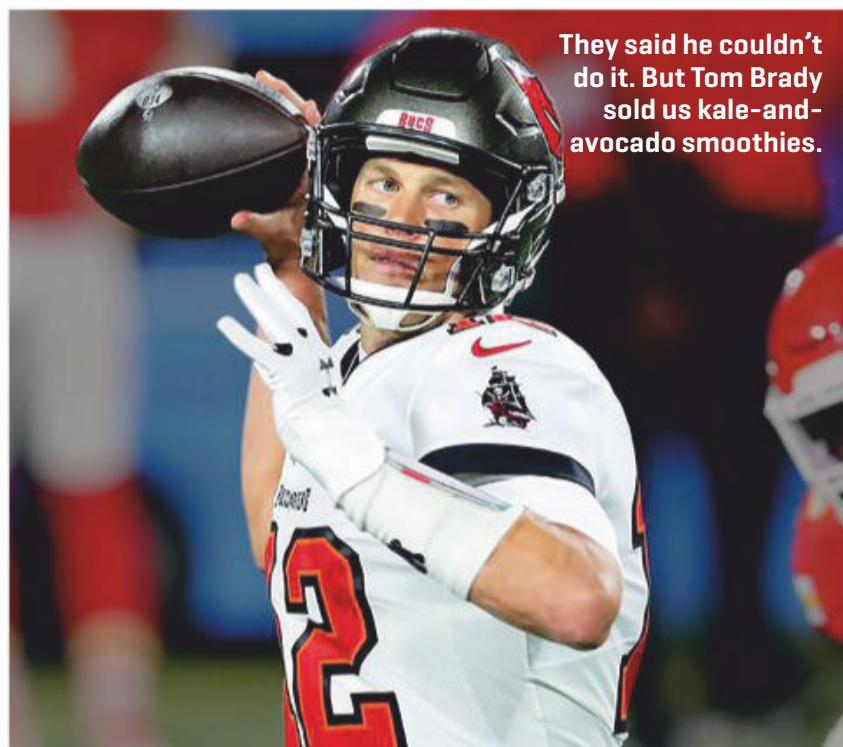
World's greatest tennis dad: Will Smith takes on Richard Williams.



Supermarket stocker and Super Bowl MVP Kurt Warner.

## AMERICAN UNDERDOG: THE KURT WARNER STORY

Kurt Warner took a typical path for an NFL quarterback: graduate college, go undrafted, don't make an NFL roster, stock shelves at a supermarket, play in pro football mecca Amsterdam, finally start in the NFL at age 28 and immediately win the MVP and Super Bowl MVP. Now his life takes another surreal twist as Zachary Levi of *Shazam!* fame portrays him in a movie offering the six sweetest words in the English language: "Dennis Quaid as Coach Dick Vermeil." **Release:** December (Lionsgate)



They said he couldn't do it. But Tom Brady sold us kale-and-avocado smoothies.

## MAN IN THE ARENA: TOM BRADY

Here's how good Brady is: ESPN made a nine-episode documentary covering all of his Super Bowl appearances ... and he immediately made it out of date by winning another title with Tampa Bay. (ESPN bills this as a look at Brady's New England Super Bowls.) The 199th overall draft pick in 2000 beat the odds by becoming a starting QB. How unlikely has his career been? Brady has five Super Bowl MVPs; 22 franchises don't have five Super Bowl appearances. **Release:** November (ESPN+)

GETTY IMAGES



A man with dark hair and a light beard is sitting on an ornate, patterned sofa. He is wearing a blue, red, and white plaid robe over a dark blue shirt with a white bird logo. He is also wearing dark blue trousers and black velvet loafers. The background features wood-paneled walls and a large, abstract painting in a gold frame. The floor is covered with a patterned rug and a tiled area.

PLUME

*by*

PETITE PLUME

PETITEPLUME.COM



# CAMPFIRE WHISKEY

The best camp bevs carry well. Some may double as kindling.

**FEW ARE THE SIMPLE** pleasures greater than passing a bottle of whiskey around a campfire. But who wants to lug a heavy hunk of glass up the trail and back? The key to these bold bottles is portability, along with taste that'll brighten the flames.

## COMPASS BOX: MALT WHISKY COLLECTION

Known for its think-out-of-the-barrel approach to blended malt whisky, Compass Box has gained a cult fan base. Ditch the designer cardboard and this trio of signature 50ml minis easily stuffs into a backpack side pocket. Its three blends include The Peat Monster (smoke) and The Spice Tree (toasted oak). \$20



## OAK & EDEN: THE FORRIE J. SMITH BOTTLE

You can name any old pastrami sandwich after a Hollywood star. Not so with whiskey. Oak & Eden's Anthro Series doesn't just stick a famous name on its lineup of canoe-friendly bottles; it has the honoree collaborate on its creation. The 116-proof bourbon co-crafted by cowboy, stuntman and actor Forrie J. Smith (you know him as Lloyd Pierce of *Yellowstone*) is finished with a hunk of seasoned oak in the bottle and infused with cold-brew coffee. \$84



## JOHNNIE WALKER BLACK LABEL: THE PAPER BOTTLE

"The Johnnie Walker paper-based bottle will change spirits packaging forever," proclaim the makers of the world's most popular blended Scotch whisky. Its first-ever plastic-free, sustainably sourced, food-safe, wood pulp-based booze receptacle is set for a limited-release Black Label debut later this year. Renewable, recyclable, 75 percent lighter than glass, the burning question is: Can a brilliant paper-based bottle of 12-year-aged Scotch do double duty as a hollow log?



## WILD TURKEY 101: THE PLASTIC BOTTLE

Bourbon in plastic? Dispensing with packaging snobbery means not having to shoulder 750ml glass anvils into the wild. With its iconic one-up proof point, Wild Turkey 101 inspires outlandish tasting notes by whiskey experts (e.g., "cigar-box sweetness"). Among the first serious whiskeys to tread into lightweight plastic packaging in everything from 375ml "travel packs" to 750ml bottles to 1.75 liter handles, the kickin' chicken hasn't lost an ounce of true grit. \$23 (750ml)



CHRIS DOUGLAS (FORRIE J. SMITH): COURTESY OF DIAGEO (JOHNNIE WALKER)





I LIKE MY MARTINIS DRY AND  
MY DOGS **ADOPTED.**

CRISTIN MILIOTI AND RUPERT, FOR ***PETA***



**Charm, offensive:** Ko's effortless versatility has put her in demand for a variety of roles.





WE'RE WITH HER

# CHRISTINE KO

From crying in Justin Bieber's arms while wearing a bald cap to deftly handling Taco Bell etiquette, *Dave's* eye-rolling secret weapon is suddenly everywhere all at once.

**On last season's *Dave*, starring rapper Lil Dicky, your character, Emma, tackled sexual taboos and wooden shirts. What's new in Season 2?**

This season is wild. Dave really went there; his life is insane. And we tap into Emma's backstory inspired by a friend from Dave's real-life job at an ad agency ... before he realized he was the greatest rapper alive. We also have musical guest stars whose songs I turned up the bass to in my car in college. Now these guys are acting across from me and asking if the scenes are OK.

**Did you hit them with an Emma clapback like, "Don't mistake my questions for me actually caring"?**

I freaking love playing Emma. She doesn't care what anybody thinks. When I first read the script I thought, "This girl is much cooler than me." Emma's what I wish I was like in high school. I would never be able to pull her lines off as myself but I love doing it for the show.

**Best Emma line from Season 2?**  
"A fish is most definitely an animal."

**What's the secret to landing that Emma attitude?**

I do big deadpan eyes. It's my way of silently saying, "I see you."

But I'm not listening or taking it in." Dave's character will say something sincere and I just look at him while groaning.

**How did you master villainy in Disney Plus's upcoming horror-comedy *Just Beyond*?**

I thought it would be harder! But villainy is all the things that you sometimes think and don't say because it's mean. I play Ms. Fausse, a high school substitute teacher to these sweet kids. I go in and just ruin their lives. There's no sensor when you're the villain. You take pleasure seeing people in pain.

**You calmly introduced a new chalupa shell made out of chicken. Talk about the Taco Bell ad that was on ESPN every 15 minutes.**

Ha! I had to master the technique of holding a chalupa and keeping the lettuce inside while not covering it with my hand. I had a lot of Naked Chicken Chalupas for that ad. I ate the first two because I was hungry and they're good. But after two ...

## THE BASICS

**Age**  
32

**Hometown:** Atlanta

**Lil Dicky's nickname for her:** Slug. "We text each other slug emojis."

**Past jobs:** Cocktail server. Waitress. Uber driver.

**Surreal celeb moment:**

"Justin sang *Toy Story's* 'You've Got a Friend in Me' between takes. I thought, 'How is this my job?'"

**You called for the spit bucket?**

I did.

**Any other fast-food go-tos?**

Arby's curly fries.

**Did Justin Bieber commit murder for you in the epic video *Hold On*?**

No. We play a married couple. And sometimes people do the wrong thing to save the one they love, cheesy as that sounds. The first time we met was when the director called "Action!" and the scene was Justin

seeing me find out I have terminal cancer. I'm wearing a bald cap and in tears and he's holding and kissing me. His ability to jump in was impressive. I also was excited because they wanted an Asian girl for their video, and I felt honored to do it.

**Attacks on Asian Americans spiked horrifically this year. How do you counter the haters?**

The world will always have something against you, no matter how you look. I surround myself with people that hopefully as a group are doing good work for the culture. The reason I like to play different characters is that for so long Asian American actors have been in this stereotypical box. And my favorite thing about my roles is that nobody can say any one is a Christine Ko type.

"BIG DEADPAN EYES. IT'S MY WAY OF SAYING, 'I SEE YOU. BUT I'M NOT LISTENING.'"



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**Inside  
Dwyane  
Wade's  
Post NBA  
Hustle**

# MAN ON A MISSION

**THE FORMER NBA STAR  
MAKES IT A PRIORITY  
TO STAY FIT**

**M**  
MISSION



**D**wyane Wade is busier than ever, but the ex-NBA Champion still makes it a priority to stay in tip-top shape. Wade knows the value of not only looking cool but staying cool and not letting heat get in the way of his grueling fitness regimen—it's what motivated him to become Co-Founder of **MISSION**, the leader in cooling and heat-relief innovations. The high-tech line offers an array of workout accessories that include hats, gaiters, towels and apparel. Wade believes that for any workout, "staying cool can make all the difference," so he makes sure to have MISSION gear on hand whenever he plans to break a sweat.



**MISSION Vented Performance Hat**



**MISSION Dual-Action Fitness Towel**



**For my first capsule collection with the brand, I wanted to blend MISSION's high-performance tech with my personal style to create fresh innovative designs"**

*—Dwyane Wade,  
MISSION Co-Founder  
& NBA Champion*



**MISSION Adjustable, Multi-Layered Sports Mask**



**MISSION 12-in-1 Gaiter**

MISSION's patented and proprietary cooling and heat-relief technologies are designed to keep you cool, comfortable and performing your best. Plus it's chemical-free and will never wash out.

## WORK OUT LIKE WADE

### THE PERFECT MEDICINE

Looking to carve your core? We've got the perfect workout buddy: a medicine ball. This simple piece of equipment makes basic moves more advanced, which helps if you need to increase the difficulty of your exercises. The ball is perfect for doing basic crunches, reverse crunches and Russian twists.



### WEIGHT IT OUT

No disrespect to cardio, but incorporating weights into your workout regimen is key to weight loss and muscle gains. Dumbbells, which are perfect for at-home workouts, are the most accessible free weights, so most people try these first.



### HIT THE GREENS

Wade recently picked up golf in his post-NBA life. Golf is known for being a super-competitive mental game, but one that's also accessible for all fitness levels. Not sure if it's for you? You can easily rent clubs, hit the driving range and give it a swing!



**MISSION PRODUCTS ARE AVAILABLE AT WALMART,  
THE HOME DEPOT AND MISSION.COM**



# STYLE &

THE MOST EYE-POPPING, AND LIFE-CHANGING, GEAR & GADGETS OF 2021





# DESIGN



## THE PLUG-IN MULTI-TOOL PICKUP

**WE ARE** entering the era of the electric pickup. And while the plug-in trucks announced so far smash the fossil-fueled paradigm, they conform to an ongoing trend: They're really big. But not every e-truck needs to be gargantuan. Such is the statement made by **Alpha Motor Inc.'s Wolf Electric Truck**. With dimensions akin to the midsize fun trucks of decades past—think '90s Japanese imports—the Wolf should be able to zip through modest-size ranch gates and regular-size parking spots with ease. That's about all

that's retro, though. Alpha plans to build the Wolf in the United States in single or dual motor (four-wheel drive) versions, and power it via a 75- to 85-kWh lithium-ion battery with up to 275 miles of range. Plans call for its own solar panel, and more add-on utility features than a Swiss Army knife. The California-based start-up hasn't yet produced an actual vehicle—but we have high hopes that the Wolf will signify a sweet spot for electric pickups moving forward. **From \$36,000; [alphamotorinc.com](http://alphamotorinc.com)**



# YEAR OF THE E-TRUCK



E-PICKUPS OFFER A SPARK OF INNOVATION FOR TRUCK LOVERS.

## ▲ PICKING UP THE FUTURE

Sometime in 2022, the **Tesla** assembly line in Texas will start populating American roads with the wildest-looking truck in decades. Though boss Elon Musk continues to tweak, the final production model should look (and perform) very similar to the stainless steel-sided, electric Armageddon-mobile we've all glimpsed. If it delivers on Musk's promises, the tri-motor **Cybertruck** will hit 60 mph in 2.9 seconds. [On Earth, that is. No numbers available for Mars.] **From \$39,900; [tesla.com](https://tesla.com)**



## ▲ KING OF THE (ELECTRIC) OFF-ROAD

Those looking to go off the grid while barely making a sound should consider the **Rivian R1T**, an all-electric pickup built to tackle tough trails. It will get there via an all-wheel-drive setup that relies on four electric motors—one for each wheel, along with 14 inches of ground clearance and a body capable of fording nearly 43 inches of water. It might look more conventional in form than the Cybertruck, but the R1T is loaded with cool, utilitarian design features, like a 65-inch gear tunnel, perfect for stashing a snowboard. **From \$67,500; [rivian.com](https://rivian.com)**



## ▲ THE NEW STANDARD

The all-electric **F-150 Lightning** might be the most revolutionary electric truck yet, as it rockets the perennial best-seller toward a greener future. In order to convert even the staunchest electric skeptics, **Ford** is building the fastest, and in many ways most capable, F-150 ever, with dual motors that produce up to 563 horsepower and 775 lb-ft of torque. Inside, there's a five-seat cabin with plenty of tech, and up front you'll find a giant frunk. The most surprising thing about the Lightning isn't that it's electric—it's how much of an F-150 it still is. **\$39,974; [ford.com](https://ford.com)**



# LIGHTWEIGHT COMFORTABLE BREATHABLE

Microfiber, padded tongue  
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Lightweight, maximum  
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**ULTRA GO**  
CUSHIONING

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Rubber outsole contact  
points for durability and  
traction.

Breathable, engineered  
mesh upper provides a  
snug and sock-like fit.

SKECHERS  
**MAX**  
CUSHIONING



## ▼ A CLEAN, SILENT SLED

The world's first electric snowmobile emits virtually no pollutants, purrs so quietly that riders can hear their skis slicing through snow—and rages from 0 to 60 mph in less than 3 seconds. The **Taiga Atlas's** 180-hp motor is unaffected by altitude, so it'll hit max speed (75 mph) at 1,000 or 10,000 feet. And the battery can maintain more than 95 percent of its 87-mile range at -22 degrees. **From \$15,000; taigamotors.ca**



## ▼ A BAND THAT AIDS

Upgraded sensors, a waterproof smart charger and new interchangeable bands make the smaller **WHOOP 4.0** the most functional 24/7 digital fitness and health coach on the market. WHOOP 4.0 unlocks WHOOP Body, a new line of technical apparel, for data collection at various body points. The sleek device tracks your sleep, recovery and training. **From \$18/month; whoop.com**



# ELECTRIC PERFORMANCE

RECHARGE YOUR STOKE WITH THESE SHOCKINGLY SLICK E-MACHINES.

## ▼ BIG WHEEL 2021

Fans of the addictive, original **Onewheel** will want to step up to its newest offering, the **Pint**, for quick and nimble around-town adventures. Though smaller than the standard XR, the Pint still packs the same powerful 750-watt brushless electric motor and can hit up to 16 mph with a max range of 8 miles. The narrower foot spacing and smaller, curvier tire allow for more agile carving on the road. And an integrated handle makes it the perfect commuter companion. **From \$950; onewheel.com**



## ▲ GENERATOR NEXT

A wheeled battery generator you juice with a plug-in car charger, **EcoFlow's Delta Pro** can power up to six days of home usage with up to 15 devices or appliances plugged in. Add-ons to the 3,600 Wh generator, like solar panels and a smart meter, boost its capacity and enhance energy management. Off grid, it also can power an RV like a gas generator—but without the noise. **\$3,599; ecoflow.com**

## ▼ JET SET

First appearing in 1965, jetboards didn't escape the far fringe until recently, and **Radinn's Freeride** is the smartest we've tested. Designed for both stability and agility, this modular board features a removable battery and jet pack for easy charging and maintenance, as well as a companion app. With a handheld remote and a magnetic ankle-leash kill switch, you can explore for an hour or so per charge, cutting through choppy surf as well as hitting up to 35 mph across glass-smooth lakes. **From \$9,950; radinn.com**







# THE LEGACY CONTINUES



## BRUT Classic.

A refined blend of fresh picked basil, aromatic lavender and oak moss create this iconic masculine fragrance.



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# CRAFTED

## ► FAST AND FUNCTIONAL

**Indian's** newly matured FTR lineup improves street performance with a lower seat, cooler idle temperature and better throttle response. But the top-line model, the **FTR R Carbon**, stands apart for its no-compromises build. In addition to ABS, wheelie control and touchscreen display, the tank, fenders and headlight housing are carbon fiber. It's enough to make your commute feel like a day at the track. **\$16,999**; [indianmotorcycle.com](http://indianmotorcycle.com)



IT'S A FACT: CARBON FIBER MAKES EVERYTHING BETTER (AND FASTER)!

## ▼ LITHE LAPTOP

Just in time for the return of travel, the Windows 11-ready **Porsche Design Acer Book RS** is a super-slim MacBook Air killer that's lighter (2.6 lbs) and sports a bigger 14-inch, full-HD touchscreen and state-of-the-art specs. It's also sleeker and more stylish thanks to an elegant 3K carbon fiber cover that offers a nice contrast to the rest of the antibacterial magnesium



## ▲ TRACTION HERO

At 25.5 ounces, **Salewa's Ortles Couloir** is the lightest crampon-compatible ice and mountaineering boot. Its hinged carbon exoskeleton provides ankle support and protection while staying flexible. The shock-absorbing midsole minimizes fatigue when making miles, and the water-proof outer protects the insulated inner for warm and dry feet. **\$999**; [salewa.com](http://salewa.com)

## ▼ TIME FOR TOUGHNESS

The **Casio G-Shock** watches are durable classics lauded for their rough-and-tumble reputation, but the recently released **GG-B100 Mudmaster** ups the tough construction with a carbon-resin chassis and carbon fiber bezel. It also boasts a bright LED backlight and Bluetooth for app-based functions. **\$380**; [gshock.com](http://gshock.com)





# CARBON



## ▲ BESPOKE BLADES

Design your own slim, versatile **Benchmade Bugout** knife using the online custom builder. We picked the carbon fiber handle and Damasteel ladder-patterned blade. Then, add thumb studs, laser markings and more. With 497,760 possible builds (no, we didn't check their math), your knife is almost guaranteed to be unique. **From \$175; benchmade.com**

## ◀ HEAD GAME

The magicians at **Sweet Protection** have made the **Grimnir 2Vi MIPS** ski/snowboard helmet better *and* 25 percent lighter. Improvements came in three places: refined, two-layer MIPS tech to dissipate rotational forces; internal ribs and padding to absorb impacts; and a carbon fiber shell tuned to be light, elastic and rigid. **\$400; sweetprotection.com**



## ▶ HOT TOPPER

Rooftop tents are all the rage in overlanding circles, but their lack of amenities can make hanging out on top of your rig a bore. The new **Redtail RTC** bucks that trend by being a lockable, insulated abode packed with features like dual pane windows, a diesel-powered heater, dimmable, LED lighting (inside and out!), USB and 110-volt outlets, and an exhaust fan. But that's not all: It all comes in a slim, clam-shell design that's made from light and strong carbon fiber. (This setup, right, was built specifically for *MJ* cover dude Jason Momoa's classic Land Rover Defender 110.) **From \$19,500; redtailoverland.com**





# OFF-ROAD



## THE GREATEST ALL-TERRAIN GEAR FOR OUT-OF-BOUNDS ACCESS.

### ▲ ENTER SAND, MAN

The new iteration of the retro-fantastic **Ducati Scrambler**, the **Desert Sled**, digs deep into the '80s Enduro vault with a blue metal flake front tin that blends into a red-white-and-blue tank, all set off by rad gold aluminum wheels. The light (460 lb) ripper uses Ducati's tried-and-true, fuel-injected 803cc twin (78 hp), so it performs just as well in the twisties as on the sand. **\$11,995; [ducati.com](https://www.ducati.com)**

### ► BACKCOUNTRY BADASS

**Can-Am's** redesigned 2021 **Commander Max XT** seamlessly merges the work/play realms into one awesome machine. The dumping cargo box and 2,000-pound towing capacity will manhandle the grunt work, and the 100-hp powerplant and performance suspension can tackle the toughest trails. With four seats, and the roof cargo rack, you can pack the family—and their stuff. **From \$21,199; [can-am.brp.com](https://www.can-am.brp.com)**







#### ▲ HABITABLE ZONE

**TAXA's** founding mission was to turn uninspiring, box-on-wheels travel trailers into extra-functional "habitats" crafted from superior materials. They succeeded with the **Cricket**, the sweet spot of three designs they offer—the 63-square-foot space has a slick pop-top that raises the interior height to a lofty 6'10". The burly, built-for-off-roading **Overland** model gives you all-terrain tires, an articulated hitch and a 4-inch lift. **From \$39,950; [taxaoutdoors.com](http://taxaoutdoors.com)**

#### ► THE REAL TOUGH MUDDER

The **Speedland SL:PDX** trail runners have 6mm wet-weather lugs that you can cut down for dry trails and a carbon fiber midsole plate for improving stability and energy return. A ratchet-and-strap closure system allows for quick adjustment while keeping pressure distributed evenly around your foot for superior comfort. **\$375; [runspeedland.com](http://runspeedland.com)**

#### ► TITANIUM DREAM

Up for ultimate bike status is the **Otso Warakin Ti**, a next-level gravel grinder fashioned from 3/2.5 titanium that's beautifully butted and seamlessly welded. With massive tire clearance built in (up to a 2.1-inch 29er or 700c x 50mm), it'll go almost anywhere, and the Tuning Chip rear dropout system lets you adjust the geometry to dial in your ride for smooth roads or rough trails. **From \$4,100; [otsocycles.com](http://otsocycles.com)**





# TRAVEL TOUGH

## UNBREAKABLE GOODS FOR DEMANDING TRANSIT.

### ▲ THE AIRSTREAM OF LUGGAGE

Made from extruded aircraft-grade aluminum, **Sterling Pacific's** distinctive **35L Cabin Travel Case** is a rugged carry-on built to survive James Bond-style travel thanks to patented, impact-bearing ridges. Outside, it has classy leather handles, rolls on dual recessed thru-axle wheels and latches shut with TSA double-combo locks. Inside, attached buckles secure gear against a subdued twill lining. **\$1,295; sterlingpacific.com**

### ▼ OVER ARMOR

Take a tumble off your Moto Guzzi in an ordinary jean jacket and you're going to rip more than cotton. Not so in the **Saint Denim Shearling Jacket**, woven in ultra-high-molecular-weight polyethylene that's five times stronger than Kevlar and 15 times stronger than steel. Sure, it packs serious style—but it can also save you from serious hurt. **\$500; us.saint.cc**



### ▲ SLEEKER TRACKER

Despite being a third thinner and lighter than the previous flagship, the **Suunto 9 Peak** still provides up to 170 hours of tracking per charge and an ultra-tough touchscreen. Plus, the built-in blood-oxygen sensor helps gauge your acclimation to altitude. **From \$569; suunto.com**

### ► BACKPACK TO THE FUTURE

**Osprey's Anti-Gravity 64 Backpack** integrates cutting-edge tech like 3D-printed lumbar support, dynamic load distribution, ripstop/thermoplastic fabric, and vacuum-formed polycarbonate framesheet. Other trick features include a clamshell opening and highly functional, removable hip pack. **\$700; osprey.com**



### ▲ SOLE STRENGTH

The dumpy, dad-shoe look of **Aether's Dalton Low-Top Sneaker** conceals its biggest secret: The midsole hides a plate of D30, a technical polymer that's pliable at rest but stiff on impact. Typically used for motorcycle armor, Aether added it to blunt the blow of each footstep. **\$295; aetherapparel.com**







## GET ALMOST 100 HOURS MORE **PROVEN QUALITY SLEEP** PER YEAR\*

Quality sleep is proven to help boost energy, recovery and improve wellbeing.

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## ▼ OUTWARD BOUND SOUND

Sized like a beer can, **Bang & Olufsen's Beosound Explore** is the audiophile favorite's first rugged portable speaker. Ideal around the campfire, the Bluetooth 5.2 device emits omnidirectional, 360-degree sound and is IP67-rated. A grippy design, attached strap and carabiner clip aid portability. **\$200; bang-olufsen.com**



# SOUND AND VISION



## ▲ FULL SPECTRUM

Using artificial intelligence, **Bollé** vetted 20 million light combinations, then took to the lab to perfect a pigment recipe to create the best color-enhancing lens. Made from rare-earth elements and noble-metal pigment compounds that clean up and amplify light waves in the eye's cone cells, the neutral **Volt +** sunglasses' lenses provide brilliant warm and cold colors, doubling the color enhancement of most other lenses without turning the world pink. **From \$110; bolle.com**



## ▲ TUBULAR TUNES

Make a musical statement with this gorgeous, two-channel amplifier from **McIntosh**, purveyors of lust-worthy audiophile gear. The **MHA200** uses four dual triode vacuum tubes—two to pump up the audio coming in and two to drive power out to your cans—for crystal clear, low distortion sound. Three connection options give you access to most types of headphones, and the polished stainless steel body accentuates the warm glow of the tubes. **\$2,500; mcintoshlabs.com**

## TREAT YOUR EYES AND EARS TO THE LATEST A/V.

### ► MIGHTY MINI

Waterproof down to 13 feet and smaller than a lighter, the oval-pill-shaped **Insta360 Go 2 Action Cam** is a minimalist multitasker, thanks to a cleverly designed suite of accessories. The case not only fully recharges the unit in 30 minutes, but also serves as a remote control and a tripod. **\$300; insta360.com**

### ► FIRST-PERSON FLYER

**DJI's FPV** is the only out-of-the-box, first-person view drone system made for all skill levels—three modes range from heavy handholding for novices to full manual for seasoned sky jockeys. The impressively imagined drone gives you a wide, 150-degree field of vision streamed at up to 120 fps into goggles for an immersive, real-time view of your flight. **From \$1,299; dji.com**





**The Complete Issue.  
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## ► MOD MIXER

Italian architect Michele de Lucchi—once the design director at Olivetti—created this stylish **Alessi Plissé Blender** that's simultaneously retro and unlike anything we've ever seen in a kitchen appliance before. Inspired by the fashions of the 1950s, the blender comes in three colors (black, gray and red), each of which contrasts the similarly crinkled clear thermoplastic mixer jug. The blender is the latest in the Plissé line, which also features a matching electric kettle, toaster and hand blender.

**\$183; [us.alessi.com](http://us.alessi.com)**



# HOMEFRONT

SPRUCE UP YOUR HOME WITH THESE MODERN MASTERPIECES.

## ▼ PUZZLE ME THIS

Add a little mid-century modern styling to your desk and video calls with this sage green **Lego Typewriter**. Make no mistake, this kit is no child's play: More than 2,000 pieces will keep you busy for hours, especially since most go into creating the working keys and scrolling paper carriage. It even accepts real paper. Once done, you'll have a story to tell your co-workers or kids of those crazy times before Google Docs and Ctrl+Alt+Delete. **\$200; [lego.com](http://lego.com)**



## ▲ THE DAILY GRIND

Looking to deliver a coffeehouse experience to the home-brewing enthusiast, the **Fellow Ode Brew Grinder** runs about as quiet as a fan and shuts off automatically when the hopper's empty. A magnetic catch holds the grind cup perfectly centered, while a spring-loaded knocker thumps clingy bean particles free before you pull it out. **\$299; [fellowproducts.com](http://fellowproducts.com)**

## ▼ A CLEVER COOKER

When he conceived of the **Spark One**, CEO Ben West relied on his experience bringing clean-burning cookstoves to places like Rwanda and Kenya. But this time he aimed to demystify charcoal grilling with an easy-to-use smart grill. Plug the grill into an outlet and turn the dial to 250 degrees for slow cooking, or up to 900 to sear. Or use the Briq charcoal slab, no chimney starter needed, for gas-grilling ease. **From \$899; [sparkgrills.com](http://sparkgrills.com)**





# SIGHTINGS

Must-have products, promotions and services to fuel an active lifestyle

**ZENITH**  
THE FUTURE OF SWISS WATCHMAKING SINCE 1865



## ZENITH'S NEW CHRONOMASTER ORIGINAL

The iconic Zenith A386, the first automatic high-frequency integrated chronograph, is reimagined in this new model featuring the latest El Primero movement boasting 1/10th of a second precision.

[zenith-watches.com](http://zenith-watches.com)



## BACK TO CIVILIZATION

The Rockwell 6C has six shave settings. To provide a clean and close shave. Even after many days of untamed growth. While enjoying your favorite outdoor activities

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

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# WHAT'S NEXT

IT'S BACK TO THE FUTURE AS RETRO IDEAS GET MODERN TWISTS.



## ▲ THE SWAPPABLE POWER TOOL

The designers at **HOLO** tackled the dreaded tool accumulation creep with the **Modul** concept. It combines three of the most-used power tools—drill, jigsaw, grinder—into one sexy shell that can house swappable units. Powered by proven Bosch tech, quickly switching between each unit would take seconds with the rotating locking mechanism. [holo-design.de](http://holo-design.de)



## ▲ THE DUNE CRAWLER

**Jeep** recently unveiled a handful of concept vehicles that we wish would be hitting the production line soon. Top of the list is this open-topped rig called the **Jeepster Beach Concept**. The skin from this tangerine dream comes from a 1968 Jeepster Commando. Underneath is a modern powertrain—it's essentially a 2020 Jeep Wrangler Rubicon. Another recent Jeep concept uses a zero-emission electric powertrain—perhaps a combo of the two concepts (impeccable retro looks, future-worthy performance) will point the way forward. [jeep.com](http://jeep.com)

## ◀ THE QUIRKY GAMING CONSOLE

If you're old enough to remember (and fondly miss) the Nintendo Game Boy, but can't see yourself ever going back to that dim, plodding experience, get ready for the retro-sexiness that is **Panic's Playdate**. The cheery yet very modern handheld gaming system (shown with the optional Stereo Dock) is set to ship next year and will offer rad features like WiFi, Bluetooth, high-contrast screen, 8-hour play life, quirky hand crank input and 24 original games. **\$179; [play.date](http://play.date)**



# FEAR IS THE MIND KILLER

How did Josh Brolin build one of Hollywood's coolest careers? By finding 'fuck it' mode.

by **JESSE WILL** | photography by **KATHRYN BOYD BROLIN**

JOSH'S '68 SHOVELHEAD BUILT BY RYAN MULHANEY @QUICKSPEEDSHOP









**J**OSH BROLIN holds his laptop askew off the balcony of his room above the plaza near La Fonda, an old adobe-walled hotel in Santa Fe. In the Zoom window on my computer screen, tourists amble around in the late Saturday afternoon light below the Gothic Revival spires of the Loretto Chapel. Brolin, in his scraggy-timbred voice, tells me he's spent the last hour in one of its pews. He says he's just been sitting. Not praying. Not meditating. Just sitting.

"I'm not particularly religious," says Brolin. "I'm just tired. Man, things get weird when you get tired."

Brolin says he worked all night and is

in the last week of a seven-month shoot where he's playing a Wyoming rancher on *Outer Range*, a mystery series set to premier next spring on Amazon.

Down at the church, he says he's gone unnoticed. This is not uncommon. Despite Brolin's very recognizable look—a topographic map of lines between his temples, a head that he's described as an "oversized vegetable" and a body detailed in one movie as having "Flintstone proportions"—he somehow manages, most of the time, to evade getting ID'd.

This seems difficult to fathom. In 2018 and 2019, movies Brolin starred in made a combined \$5.7 billion worldwide, including *Avengers: Endgame*, where

the actor completed the character arc of Thanos, the would-be destroyer of the Marvel Cinematic Universe.

"I can still kind of go everywhere I want. Part of the reason might be that in the biggest movie that ever was, I was the, y'know, 700-pound purple guy."

What exactly has the actor been up to in the time since the entertainment press dubbed 2018 the "Summer of Brolin," where three films he appeared in, including *Sicario*, *Avengers* and *Deadpool* sequels, took top spots on box-office charts? "I took a long break," he deadpans.

Brolin unplugged. He surfed. He ate. He relocated, for a while, to Atlanta, where Kathryn, his wife since 2016,





was raised. Then Covid hit.

“People dealt with it in one of two ways. You either went insane or you shifted into reprioritizing your life.” Brolin’s reprioritizing, in part, resulted in conceiving another kid. Chapel was born on Christmas Day 2020, joining Westlyn, now 2½.

It’s not Brolin’s first go-round at fatherhood. Now 53, he’s been a dad since age 20—essentially, his whole adult life. With first wife Alice Adair, an actress, he had Trevor, now 33, and Eden, now 27. This iteration of family life, Brolin says, has been a long time coming and very welcome.

“I’ve been with a lot of people in my chosen industry. A while back, something

shifted in me—like a psychic shift. And then I met this woman. She didn’t need me in any way.” Kathryn (she was once Brolin’s assistant) runs the boutique jeans brand Midheaven Denim and is a photographer. She took the shots here, in locations across New Mexico, from the Bisti Badlands to Georgia O’Keeffe’s Ghost Ranch.

### RIPPED AND READY

During his long break, Brolin said no to most projects. But after some cajoling, he was roused from the house to join the cast of *Dune*, Denis Villeneuve’s adaptation of Frank Herbert’s 1965 novel, slated to open in late October. It’s an epic, in every sense.

“I’m into sci-fi. I’ve been a big Isaac Asimov fan since I was a kid, and Ray Bradbury was a hero of mine. Of course I read *Dune*. It just had me,” says Brolin.

If you think Marvel has some fanboys, try listening to the feedback from acolytes of the best-selling sci-fi novel of all time. Roughly 80 trillion keystrokes have been expended opining about a new *Dune* adaptation since it was announced in October 2016. Brolin says he wasn’t concerned by the difficult conversion from page to screen, as he’d worked with Villeneuve on *Sicario*, and was familiar with his similarly ambitious *Blade Runner 2049*.

*Dune* is a stunner. A golden, gauzy space epic set to a throbbing Hans Zimmer score. It’s a visceral experience—you leave the theater with ringing ears and sand-stung nostrils. Villeneuve’s treatment of the desert planet Arrakis is replete with monstrous sandworms in serious need of an oversize ear trimmer. They seem to be highly interested in offing the protagonist, Paul Atreides (Timothée Chalamet). Brolin plays a war master named Gurney Halleck, responsible for training Paul in desert combat.

“The thing about *Dune* was that I had to get back in shape—and there wasn’t a cell in my body that had any interest in doing that,” he says. “Because of the baby, for one. I was in a different mode.” Brolin eventually returned to his old standby, Gold’s Gym, as a multimillionaire with plenty of options does.

The results of his efforts can be seen onscreen, where Halleck spars with Atreides. Despite his physical prowess, Halleck is trash-talked by Atreides’ version of the ultimate insult: “old man.” It’s kind of a shock to hear. Is that 17-year-old in the ripped sweatshirt and bandanna

## DIRECTOR’S PICK

Blockbusters aside, Brolin has logged many unforgettable roles with top auteur directors. “I’ve been fortunate to work with quite a few. The Coens are examples of that. And Denis [Villeneuve]. Playfulness with a massive lack of pretense and ego. A carnival where the members are growing—and I really like our piece of property.” Some of his chief collaborators:



**Quentin Tarantino**  
*Grindhouse* (2007)



**Ethan and Joel Coen**  
*No Country for Old Men* (2007); *True Grit* (2010); *Hail, Caesar!* (2016)



**Gus Van Sant**  
*Milk* (2008)



**P.T. Anderson**  
*Inherent Vice* (2014)



**Denis Villeneuve**  
*Sicario* (2015); *Dune* (2021)



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**“I DON’T WANT TO GET TOO FAR  
INTO THIS, BUT THE IDEA OF SAFETY  
SOUNDS LIKE DEATH TO ME.”**

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Shot on location at Ghost Ranch, New Mexico





from *The Goonies* really being called *old*?

“It’s just inevitable, man,” says Brolin, laughing. “It’s like, I’ll put up a photo on Instagram, and every time, somebody says, ‘You look old.’ I’m like, yeah, no shit! That’s what happens, man. You get older! I could care frickin’ less.”

### CHARACTER BUILDER

The universe of *Dune* is ruled by “spice,” an “awareness spectrum narcotic” that can provide intuitions to its user. It allows Atrides to peer into his future. Has Brolin, a former teen in a surf gang who has talked of experimenting with drugs, ever experienced psychedelic premonitions about his life to come?

“I did do psychedelics, yeah. But what I felt didn’t have anything to do with my future. For me it had to do with getting rid of the idea that you have to be a certain way in order to validate yourself. Not that I ever used psychedelics properly, but they did give me moments of revelation that all fear is self-created. None of it’s real. Those experiences kind of enabled me to get into ‘fuck it’ mode.”

Brolin’s post-*Goonies* career was slow going. He eventually landed a TV western called *The Young Riders* that ran on ABC from 1989 to 1992. “Afterward, I remember very clearly saying I’d rather not act than do that again. Some people like their life being consumed by acting and celebrity. But it felt like an infection to me.”

By the early 2000s, Brolin was spending more time studying stocks than reading scripts. He became a day trader, learning algorithms, mastering charts. “It was just another circus to learn,” he says.

Then came a call from the Coen brothers, and a career-remaking performance as Llewelyn Moss, a Vietnam vet on the run from a psychopathic hit man, in 2007’s neo-western-noir *No Country for Old Men*—which, Brolin says, “changed everything for me.”

*No Country* won four Oscars, including Best Picture, leading to Brolin’s Oscar-nominated role as a gay-hating murderer in Gus Van Sant’s *Milk* to the hilariously melancholic, banana-fellating cop in P.T. Anderson’s *Inherent Vice* to an unforgettable performance as a morally conflicted Hollywood studio fixer in the Coen’s *Hail, Caesar!*—played out in an impressively risky and rangy mix.

“I’m just a junkie at heart. You know what I mean? I don’t want to get too far into this, but the idea of safety sounds like death to me.”

Similarly, the fear of boredom is what led Brolin to go sober nearly eight years ago. “The philosophy that I came to is that it’s my responsibility to live bigger than my greatest romance of what drinking was to me before.”

### HEAVY METTLE

Sobriety has helped Brolin reflect on an improbable spectrum of life experiences. Just a smattering of them: His mother, Jane Cameron Agee, crashed into a tree and died on Josh’s 27th birthday, in 1995. She was an actress and wildlife activist who kept exotic pets. He recalls helping birth mountain lions and being woken up by bobcats nipping his face. Later on, there would be more resilience tests. Days before shooting *No Country*, Brolin broke his collarbone in a motorcycle accident, and thought he’d blown it all. A few years later, he came down with Bell’s palsy—a partial paralysis of the face—another possible career killer. “When you glance in the rearview, see your face hanging off your skull and don’t know if it’s coming back, that’s a shocking thing,” says Brolin.

Thumb through the @joshbrolin Instagram feed and it’s clear he’s still processing stuff, amid photos from old sets paired with free-associated musings about his past, shots of his wife and kids—plus some classic Josh Brolin Kodak moments: e.g., sipping coffee naked on a desert patio while seated on his kid’s training potty. All in character.

The pastiche approach to recording his life makes sense to Brolin, who, at 23, took a writing class with Allen Ginsberg. He’s been keeping journals since he was a teenager, and just had about 90 of them digitized. Some of his writing will soon find its way to print. On the set of *Dune*, director of photography Greig Fraser shot behind-the-scenes images using “fucked-up old flea market cameras.” Brolin wrote accompanying text passages for the selects—or what he calls “esoteric shit, some of it made up, whatever comes to mind.” The limited-edition collaborative book is due out in December.

Brolin’s approach to writing might just match his approach to work, and life, too: “I’m trying to describe this fucking bizarre circus labyrinth that we’re traveling through. I’m not so much trying to figure it out as I am just trying to not take anything too seriously.... Because this is all pretty ridiculous, isn’t it?” ■









Why did 21 runners die competing  
in an ultramarathon in China?  
Turns out, a freak weather  
event wasn't the only problem.

BY **RYAN HO KILPATRICK**

ILLUSTRATION BY **BRIAN STAUFFER**

# DEATH *in the* STONE FOREST





**A**t around 3 p.m. on May 22, Kong Ming received a phone call from the organizing committee of the Yellow River Stone Forest mountain race, a trail ultramarathon in a remote part of northwest China he was coordinating transportation for. The committee member on the other end of the line told him a runner had been injured around the third of the 100-kilometer course's nine checkpoints. The man asked Kong to bring some warm clothes and help the injured man down the mountain.

Checkpoint three (CP3), located at the summit of a brutal climb considered the race's hardest section, was the event's only unmanned checkpoint. It was also the only one not accessible by road.

As Kong neared the ridge crest, he spotted plumes of smoke coming from one of the small caves used as shelters by local shepherds. Inside, six runners huddled around a small fire, shaking uncontrollably. Their skin was turning blue.

A short, thin man in his 50s stepped out of an adjacent cave. A local shepherd, the man told Kong he'd helped five of the people in the cave down from the mountain. One had found his own way there. There were more uphill he couldn't help.

Kong began running through the

wind, rain and hail to the place where the shepherd had pointed. The sweat on his face began to freeze and his muscles cramped and froze as he picked his way up the slippery, muddy path. After half an hour Kong came upon a runner lying prone on the ground. He's exhausted and resting, Kong initially thought. But the runner's eyes were squeezed shut. He wasn't breathing.

Kong looked down at his bib: 001. Runner 001 was the favorite to win the race, just as he had been every other year—Liang Jing. A “god” in Chinese trail running circles, Liang's most recent triumph was placing first in a grueling 250-kilometer ultra across the Gobi Desert. In Gansu, he was just one of the 21 runners who died only a few hours into the race, after temperatures plummeted and rain, hail and gale-force winds lashed the exposed landscape.

Liang had proven he was capable of running over 150 kilometers within 12 hours, but after his body was recovered the GPS data on his watch revealed his slowest time on record: one kilometer in 57 minutes. This was his final kilometer, a frantic zigzag as he stumbled and crawled off-course in a desperate search for shelter.

### FATAL RISE

When news of the tragedy in Gansu Province made headlines around the world,

**Response to the tragedy was slow. But once the scope of the failure became apparent, blame was quickly assigned.**

many Chinese internet users were quick to lay blame at the feet of inexperienced runners chasing a new fad and getting in over their heads. It's a familiar news-cycle trope in China, which hosted 1,828 marathons in 2019—five years earlier it had held just 51.

The running boom has led to a particularly Chinese brand of tragicomedy that's occasionally veered into the absurd, like when thousands of novice runners fell ill during a marathon in Guangdong after they mistook scented soap in their swag bags for energy bars.

What made the Gansu tragedy exceptional, besides the devastating death toll, was how it seemed to pick off with murderous precision the most experienced and talented athletes in the sport. In addition to Liang Jing, there was Paralympic marathon champion Huang Guanjun; regional record-holder Cao Pengfei; professional trail racer Huang Yinbin; running group leader Lu Zhengyi; and veteran of over 100 marathons Duan Jihong. The threshold for competitors to enter the Gansu event meant everyone had run at least one prior ultra or two marathons, and it was the spearhead of front-runners that bore the brunt of the



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severe weather. If the extreme weather front had descended an hour or two later upon the main body of runners, said one anonymous volunteer, perhaps dozens more might have perished.

“People say the Yellow River Stone Forest ultra is the simplest 100-kilometer trail race in China,” said a participant who shared his story anonymously. “This is because the total elevation gain—less than 3,000 meters— isn’t that much compared to other races, and because most of the terrain isn’t that technical and can be run.”

However, the course has unique challenges. It begins at an elevation around 6,560 feet above sea level. After leaving an area known for sightseeing, the course tracks through barren, uninhabited areas. The eight kilometers between checkpoints two and three are the most challenging. This section features a near-vertical 1,000-meter scramble along a steep and narrow stone-and-sand path.

At the end of the climb no relief awaits runners. Because the section is inaccessible by vehicle, no supplies, food or water

The most difficult leg of the course was also inaccessible by road, slowing and limiting rescue efforts.



## GANSU WAS SHOCKING FOR THE WAY IT SEEMED TO PICK OFF THE SPORT’S BEST AND MOST EXPERIENCED ATHLETES.

are delivered to the summit, nor is there anywhere to shelter. Runners simply have to persevere for another 11 kilometers to reach checkpoint four.

It was on this stretch that the real trouble started. Rainfall that began as a few droplets turned into a dense downpour. As runners rounded a sharp corner after CP2 they were met with force-eight headwinds (over 40 mph) that pelted the rain—then hail—against their faces. As they squinted to see the ground in front of them, the temperature kept dropping.

As he was making the climb between CP2 and CP3, one competitor who shared his story using his online handle Wanderer in the South, passed another runner going in the other direction. He told Wanderer it was too cold up ahead, that he couldn’t bear it and that he was withdrawing from the race.

“At the time,” Wanderer says, “I thought to myself, ‘how can you give up the 1,600RMB [\$248] finishers’ prize just like that?’ Every time I think of that

now I want to smack myself.”

More runners passed Wanderer running downhill, even top competitors. By this time he was soaked, tired and couldn’t stand steady in the wind. He hid behind a stone and took out his emergency blanket, but it was instantly torn apart by the wind. By the time he broke out his walking poles and started the delicate descent back down the mountain, he’d lost feeling in his extremities.

“I didn’t care if I fell,” he says. “Even then I’d fall all the way down.”

Midway down the mountain he found shelter in a small wooden hut. About a dozen runners were already huddled inside. Soon there were around 50. Runners from ahead who later joined the group recounted what they’d seen on their retreat: runners unconscious, laying lifeless on the ground with white foam ringing their mouths. They wanted to help them but could barely save themselves.

“I was lucky I made the decision to go back down, right as I was on the verge of hypothermia,” Wanderer says now.

### RUNNING FOR THEIR LIVES

Gansu Province girds a narrow corridor of traversable and arable land sandwiched between the inhospitable Tibetan and Mongolian plateaus. It sits along the mighty, sediment-laden Yellow River, eulogized as “China’s Sorrow” for the vast amount of land it sweeps out to sea. For China’s imperial dynasties, its string of oasis settlements were one of the most important trade arteries in the empire, linking China proper to the western borderlands (present-day Xinjiang) for trade caravans and military incursions into Central Asia.

Despite its storied history, Gansu has become the poorest province in the country, with the lowest average income among all 31 provinces and regions when adjusted for purchasing power. The greatest claim to fame for Baiyin city, the host of the race, is as the prowling ground for modern China’s most prolific serial killer, the “Chinese Jack the Ripper” who killed 11 women between 1988 and 2002. Prestigious sporting events such as the Yellow River Stone Forest ultra hold out the promise of rescuing the area’s reputation and providing the local government with a much-needed revenue stream.

In this way, the fortunes of both the ground they ran on and the runners themselves were closely intertwined.

XINHUA VIA GETTY IMAGE



For no one was that more true than a 50-year-old local competitor named Zhang Fenglian.

Zhang worked as a doctor in the People's Provincial Hospital in the Gansu capital of Lanzhou, until she lost her job because she bore a second child, still forbidden at the time under China's one-child policy. After returning to the countryside she made a living by buying some 200 pounds of vegetables from a wholesale market each morning, then hauling it on foot to sell in surrounding villages. Her typical daily profit for up to 12 hours of grueling labor? Just under \$5.

In 2016, Zhang was handed a flyer for a half-marathon in Lanzhou. Seeing that the first 20 finishers would win 200RMB (\$31), she decided to sign up. As she began to join races across the province and then nationwide, Zhang became the main breadwinner of her family, making up to 40,000RMB (\$6,196) a year in prize money—enough to put both of her children through school. She made sure she finished every race in time to get home by evening, to avoid paying for a hotel room.

When her remains were recovered from the Yellow River Stone Forest race, she was still wearing the four-dollar pink shoes she'd bought five years earlier for that first half-marathon in Lanzhou—the only piece of running gear she ever purchased and didn't get free at a race.

Zhang was far from the only participant running for the money. Huang Guanjun, the hearing-impaired Paralympic champion, also relied on cash prizes for most of his income. "He lived for the prize money," said his friend, marathon runner Wei Jing. It was a living preferable to the string of odd jobs (waiter, food delivery driver) he relied on after dropping out of high school.

In Gansu, the first-place finisher stood to win 15,000RMB (\$2,324); second place, 12,000RMB (\$1,858); third place, 9,000RMB (\$1,394); at least 2,000RMB (\$310) for everyone in the top 10; and, crucially, 1,600RMB (\$247) for everyone who ran the 100 kilometers before the 20-hour cutoff time. For people like Zhang and Huang, and many other competitors, there was a fortune to be made. Despite the steep 1,000RMB (\$155) registration fee, they were still guaranteed a windfall as long as they pushed through, no matter what the race threw at them.

The centrality of the prize money thus produced perverse incentives on both

sides: for the runners, not to withdraw under any circumstance or else risk their livelihoods; for the organizers, the fewer finishers the less they'd have to dole out, and the more they could keep themselves—charitably, to pour into investment projects in the poor region, or, more cynically, to line their own pockets.

## FALLOUT

On June 9, the marathon claimed its 22nd life.

Li Zuobi, the Communist Party secretary of Jingtai County, where the course was set, jumped to his death from his high-rise apartment building after he was called in for questioning with the party's dreaded Central Commission for Discipline Inspection and fingered in an official circular as the one who should "bear the main responsibility of leadership."

In the days after the Gansu tragedy, an investigation was launched by the provincial government. It took just two weeks to release its findings and mete out punishments. When the investigation committee handed down administrative warnings and termination notices to 27 officials two days later, Li was posthumously exempted.

The punishments followed a familiar pattern in Chinese politics: When disasters occur, local officials invariably take the fall; heads roll swiftly and pitilessly throughout the provinces to ensure the central government in Beijing is never called into question.

It's a pattern that repeats itself every time a coal mine collapses, a river floods or a train derails. As 2019 rolled into 2020,

opacity of that same system, and the lack of a free press, also ensures Beijing isn't aware of the need for action until disaster strikes and local authorities can no longer hide the problem.

The warp-speed investigation and resolution after Gansu was in large part a product of this, but it also ensured that the tragedy didn't linger in headlines and sully the Chinese Communist Party's grand 100th birthday bash on July 1, which dominated the news through the early summer. Investigators blamed the deaths on a mix of unpredictable weather, "sub-standard" organization, "unprofessional" execution of duties and, in Party-speak, minor officials' "bureaucratism" and "formalism."

Closer inspection revealed a wide raft of safety oversights by local officials who hosted the race and the company they outsourced it to. These started long before the race itself did. Whereas other ultra trail marathons like the Ultra-Trail du Mont-Blanc and the Ultra-Trail Mt. Fuji require runners to carry an inventory of gear including a survival blanket, whistle, waterproof rain jacket with hood, rain pants, thermal underwear, a warm fleece shirt, full-length tights, gloves and a hat, the Stone Forest ultra's only piece of required equipment was a survival blanket. And since organizers didn't inspect runners' packs many did not even carry these.

In a sport where competitors will pack as light as possible to gain an advantage, and in an event in which livelihoods were at stake, it was a catastrophic mistake. Since the weather on race morning was relatively warm (in the low 50s), most started in shorts and T-shirts, expecting

## LU'S TIGHTLY CLENCHED FISTS REVEALED LAST DESPERATE MOMENTS IN WHICH HE TRIED TO CONSERVE BODY HEAT.

it was pattern that took on global ramifications when the coronavirus fanned out from its initial epicenter in Wuhan across the country and around the world. Rank and file cadres were blamed for the cover-up that had allowed it to spread unabated so that, in the Great Hall of the People, President Xi Jinping could bask in his "victory" over the virus.

The authoritarian nature of the Chinese state ensures that when action needs to be taken by the central government, it happens rapidly. But the conspiratorial

to pick up their cold-weather gear before nightfall at a later checkpoint.

The response, when disaster struck, was also shambolic. Rain began falling at around 11 a.m. and picked up suddenly at noon. Volunteers began wondering aloud if the race would still go ahead. It's unknown when the first call for help was privately communicated, but the first one known to the public came through at 12:17 p.m. in the form of videos posted online to a race group chat. By 1 p.m. people, including Wanderer, began piling into





the small hut for shelter. At 3 p.m., Kong Ming was ordered to help with a single injured runner. By now, temperatures had dropped into the upper 30s. Due to rain, hail and high winds, however, the apparent temperature for the barely clothed runners had plummeted to the low 20s.

The first report of casualties on the course, received just after 3 p.m., came not from organizers, but from Zhu Keming, the hero shepherd who rescued half a dozen runners by housing them in his cave. Half an hour later, the Baiyin municipal fire department received a phone call from race organizers and dispatched first responders. But with the nearest village fire station over an hour's drive away, the sky was already darkening by the time they arrived on scene. It had been more than five hours since the first confirmed distress call was sent. Hypothermia can kill in as little as one hour.

A large-scale rescue operation didn't begin until 7 p.m., around the same time provincial authorities found out what was happening. At 8:20 p.m., the last runner was finally taken off the course, 32 kilometers shy of the finish line. GPS data later retrieved from another runner, 32-year-old Wu Panrong from Guizhou, showed he was moving as late as midnight, pacing back and forth just off-course to stay warm as he awaited help that never came.

## FINISH LINE

In the early hours of the following morn-

ing, Lu Zhengyi's 21-year-old daughter began receiving videos on Douyin, China's TikTok, from friends and members of the running group her father headed in their native Guizhou, on China's southern frontier. "Doesn't this look like your dad?" they asked. The clip showed a runner crumpled on the earth with streams of white foam pouring from his mouth. They weren't wrong: It did look like Lu, so much so that his daughter and wife also thought it was him, until they found it was another victim of what had become the deadliest trail race in the sport's history. Their relief was short-lived. It turned out Lu had also died.

Both women boarded the next flight from subtropical Guizhou to the harsh, arid northwest. At a funeral home in Baiyin, they grieved alongside the families of other dead runners. Lu's daughter recalled the moment they saw his body, and how tightly clenched his fists were from his last desperate moments trying to conserve body heat. She began chronicling her experience online under the username Daddy, I'm Here to Warm Your Hands.

When others broke down in tears and the women went to console them, officials followed every step of the way, she wrote, insisting they call them if they had any concerns and preventing them from sharing contact information with each other directly. After their loved ones' remains were cremated, the families went

**Shepherd Zhu Keming emerged as a national hero for guiding half a dozen runners to this cave they used as shelter.**

their separate ways, returning the ashes home, their race finally over.

"Today the victims are all back home," Lu's daughter posted online. "The people over in Gansu can heave a sigh of relief and say they're finally rid of us. We're gone, but still waiting. You can monitor us and suppress our Weibo accounts and those of all the people helping us speak but you'll never stop our hearts awaiting justice."

Gansu was a wake-up call for China's booming marathon industry, whose rapid expansion has produced races like the Yellow River Stone Forest ultra that lack qualified staff and make no contingency plans for disasters. For Wanderer in the South, it was also a warning to runners: a reminder that trail ultramarathons, despite their growing popularity, are still an extreme sport. Whatever is on the gear list, at the end of the day runners can't rely on anyone but themselves for survival. Thinking back to that moment scrambling uphill when he almost traded his life for less than \$300 in prize money, he thinks his biggest mistake was thinking that the 100th kilometer was the ultimate goal, the only thing that mattered.

"The finish line," says Wanderer, "isn't until you make it back home." ■



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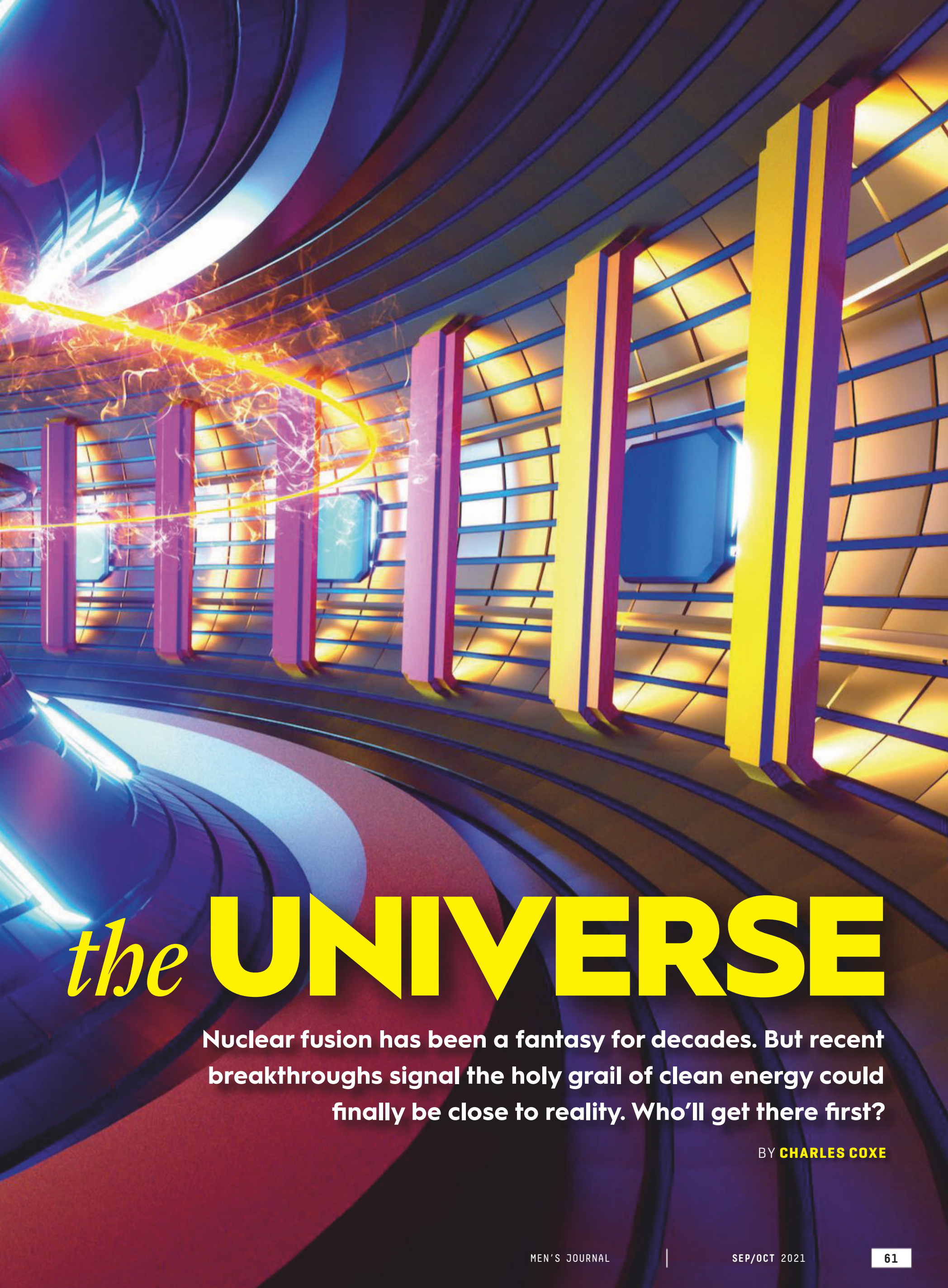




# MASTERING

RENDERING BY MARKO ALIASANDR/SHUTTERSTOCK



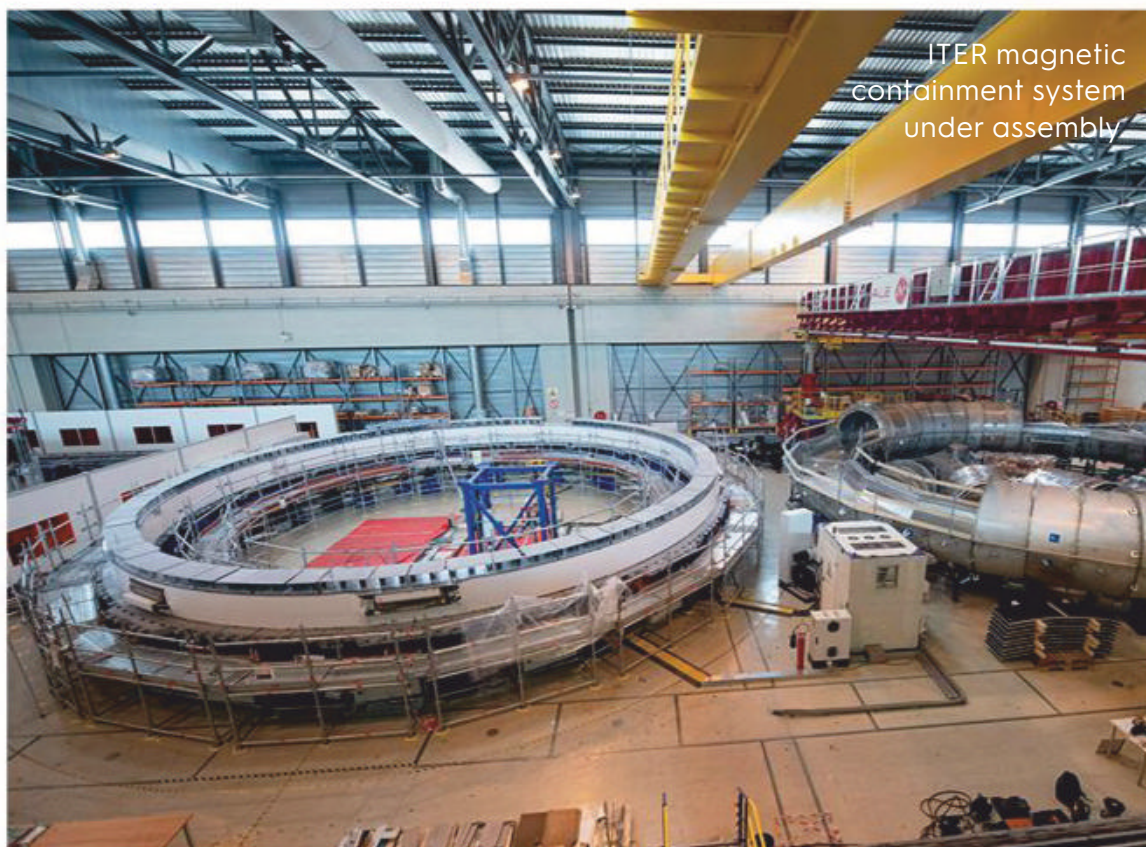


# *the* **UNIVERSE**

Nuclear fusion has been a fantasy for decades. But recent breakthroughs signal the holy grail of clean energy could finally be close to reality. Who'll get there first?

BY **CHARLES COXE**





## 21 SECONDS.

On May 30, 2021, a team of 300 nuclear scientists and engineers at the EAST (Experimental Advanced Superconducting Tokamak) reactor at China's Hefei Institutes of Physical Science, about halfway between Shanghai and Wuhan, accomplish something human beings have never done before. A new world record is established.

*30 seconds.*

They've created a small "artificial sun" that burns hotter—120 million degrees Celsius or 216 million degrees Fahrenheit, 15 times hotter than the core

of our actual Sun—than any temperature previously reached on Earth.

*40 seconds.*

Now the question is how long they can keep the reaction going.

*50 seconds.*

Superheated hydrogen plasma twists as it pushes around a circular path inside the reactor's doughnut-shaped metal tube.

*60 seconds.*

A series of superconducting toroidal and poloidal magnetic coils—an innovation unique to EAST—keeps the streams of superheated plasma from expanding outward or collapsing inward, whipping around the core.

*70 seconds.*

Crucially, the powerful magnetic field also contains the plasma's extreme temperatures, which would instantaneously melt any natural or man-made structure that attempted to hold it.

*80 seconds.*

At these extreme temperatures, hydrogen ions in the plasma smash into each other, fusing together to create helium and giving off enough energy that could facilitate a self-sustaining reaction.

*90 seconds.*

The team stands behind their computers in a room not unlike NASA's Mission Control, holding their collective breaths as they watch a reaction now almost five times as long as anyone has created before.

*101 seconds.*

And just like that the reaction collapses, like every attempt before it by every experimental fusion reactor on Earth. But that was expected. As incredible as the EAST team's achievement is, the going joke is that nuclear fusion is mere decades away—and always will be.

### UPWARDS TO THE VANGUARD

In principle, nuclear fusion is the same process that powers our Sun. Atoms (in the case of our Sun and most fusion reactors, hydrogen atoms) are pushed together with enough speed to overcome the natural repellent force of their protons, fusing them together. With hydrogen, this fusion produces larger atoms of harmless helium—as opposed

HUANG BOHAN/XINHUA VIA GETTY IMAGES (EAST REACTOR)

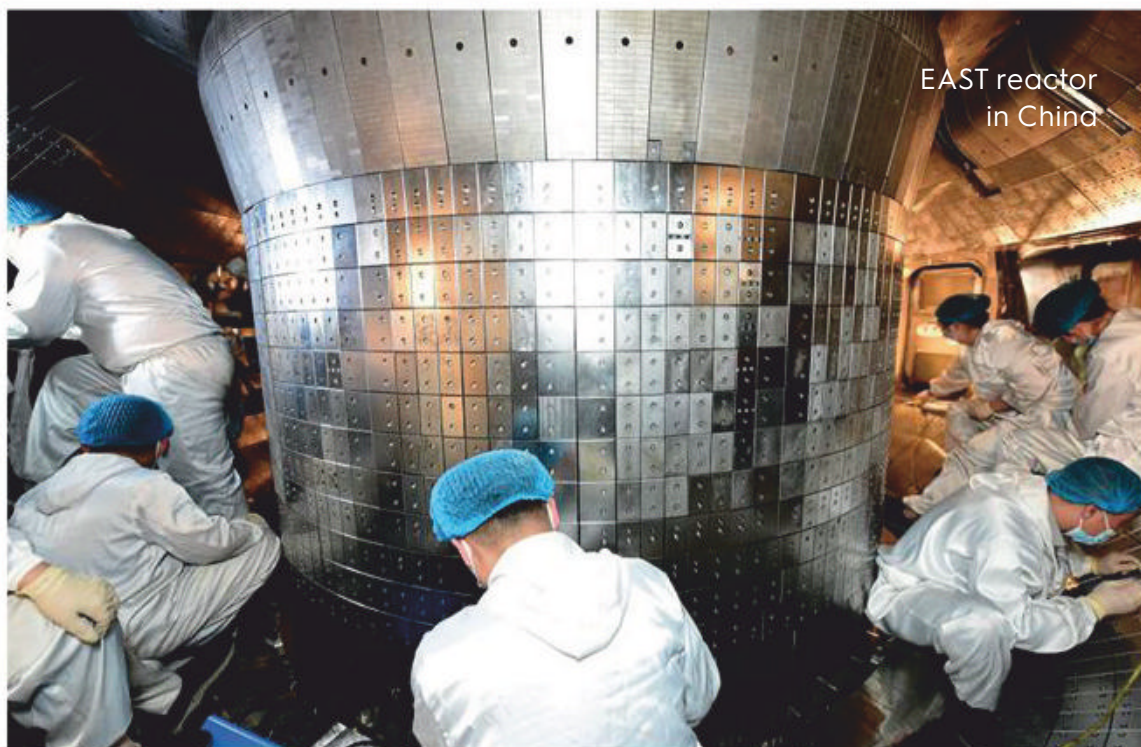
### ALT GRID: UNTIL FUSION IS VIABLE THESE ENERGY SOURCES WILL COMPETE FOR NEW POWER

SOLAR	WIND	PUMPED HYDRO
<p><b>PROS:</b> No emissions. Relatively cheap. Works on small scale. Technology still improving.</p> <p><b>CONS:</b> Costly to install. Dependent on sun. Clouds and enclosed cityscapes make power supply intermittent, requiring expensive and environmentally unfriendly battery systems for rainy days.</p> <p><b>LATEST:</b> All-in cost to build, operate and maintain solar power plants has dropped 87 percent since 2010, and is now cheaper than coal or other fossil fuels in China and India, countries that account for 62 percent of the world's coal-fired power.</p>	<p><b>PROS:</b> Supply effectively limitless. No greenhouse gases. Cheapest renewable energy source.</p> <p><b>CONS:</b> Plentiful but intermittent. Turbines expensive to build, effectively unrecyclable, typically require long transmission lines from wind locations to cities, deadly to birds and bats, eyesore to local residents.</p> <p><b>LATEST:</b> Advances have increased generation capacity of wind farms over 50 percent in past 20 years, dropped operational cost from \$55 per kilowatt hour in 1980 to 3¢ per kw/h today, making wind even more cost-effective than solar.</p>	<p><b>PROS:</b> No emissions, endlessly renewable. Works by storing large volume of water at high elevation then releasing it downhill through turbines to create power.</p> <p><b>CONS:</b> Water pumped uphill from lower source to higher-elevation reservoir requires energy. Costly, labor-intensive to build.</p> <p><b>LATEST:</b> Bill Gates-funded Quidnet developing underground spaces where water can be stored under pressure and released to generate power, making pumped storage feasible in flat sites without high/low elevation differences.</p>



to the more familiar technology of nuclear fission we currently use, which splits much heavier atoms like uranium or plutonium and creates problematic amounts of radioactive waste.

On Earth, scientists most often use the hydrogen isotope deuterium (H isotope) as the base fuel for fusion reactions, which works better than basic hydrogen in lab conditions. Deuterium (where the single proton in the atom's nucleus is joined by a neutron) is so common in nature that a single gallon of seawater theoretically could produce the same energy as 300 gallons of gasoline. As with nuclear fission, fusion also produces a massive amount of energy that can then be harnessed and converted into



EAST reactor  
in China

## THE MAGNETIC FORCE IS STRONG ENOUGH TO LIFT AN AIRCRAFT CARRIER OUT OF THE WATER.

electricity, although this is still often handled by using the resulting energy to heat water into steam to turn turbines, an inefficient process not far evolved beyond the centuries-old technology of waterwheels and windmills.

Beyond the absence of greenhouse gas emissions or horrendously dangerous waste products, fusion also has a pronounced advantage over nuclear fission when it comes to safety. In a standard nuclear reactor, a mishap always has

the possibility of unleashing an out-of-control reaction or meltdown—nuclear power experts say this scenario is highly unlikely, but we only have to look at Chernobyl for a lesson in human hubris regarding forces beyond our control. In a fusion reactor, a mishap results in the immediate collapse of the reaction itself—no radiation leak, no disaster.

The difficulty in making nuclear fusion viable is, fundamentally, that a reactor on Earth simply can't replicate the core of the Sun. Whereas the Sun's massive gravitational force is strong enough to force large numbers of hydrogen atoms to fuse together, Earth-bound reactors require much higher temperatures to produce the same result, and on a much smaller scale. These higher temperatures in turn require a massive amount of energy to produce—and no experiment since the first fusion efforts began in the 1950s has yet to come close to the so-called "break-even point," where the amount of energy it takes to start and sustain the reaction is equal to the energy it generates, which is still far from a level of efficiency that'd make the technology economically viable.

"The breakthrough is significant progress, but the ultimate goal should be keeping the temperature at a stable level for a long time," says EAST physicist Li Miao of China's Southern University of Science and Technology.

But as the team at EAST proved this

year—adding to their accolades, they were also able to reach 160 million degrees Celsius for 20 seconds—we're moving in the right direction. Quickly.

### MOST EXPENSIVE SCIENCE EXPERIMENT IN HISTORY

While the Chinese team at EAST was celebrating its breakthrough, on the opposite side of the globe a specialized 28-axle flatbed truck was slowly making its way from Southern California to Houston, traveling only at night to avoid traffic, carrying a key part of what could be the closest step yet to sustainable, efficient fusion. The cargo was the first of seven pieces that, after it's shipped to the under-construction ITER reactor in southern France and assembled there in its core, will make up a massive magnet called the central solenoid.

The largest magnet on Earth, ITER's central solenoid will be as tall as a six-story building. It will weigh over a thousand tons (requiring a special reinforced road to be built just to bring the pieces to the facility), contain 160 miles of coiled niobium-tin superconductors and produce a magnetic force strong enough to lift an aircraft carrier six feet out of the water—a force 280,000 times stronger than the Earth's own magnetic field, requiring a structure strong enough to withstand a force twice the liftoff thrust of the Space Shuttle.

Ten years in the making, the central solenoid is one of America's largest contributions to ITER, the International Thermonuclear Experimental Reactor, a collaborative scientific effort between countries as wide-ranging in national interests as the United States, Russia, China, India, Japan, South Korea, the

CLEMENT MAHOUDAU/AFP VIA GETTY IMAGES

## GEOTHERMAL

**PROS:** Limitless, emission-free energy source without intermittency problems—66 percent of Iceland's energy, which once relied on imported coal, is geothermal.

**CONS:** Plants expensive and site-specific, requiring near-surface magma. Like fracking, pumping water into the Earth believed to cause slight increase in earthquakes.

**LATEST:** Oil industry service players like Halliburton see renewable future in so-called Enhanced Geothermal Systems, which inject water into rock deep in Earth where it's naturally heated then extracted.



U.K. and the European Union. Although several of these countries are geopolitical rivals, they share a desperate need for a new source of reliable, unlimited, environmentally friendly energy that doesn't rely on other countries to supply. The project is well beyond schedule and stupendously over budget. With an estimated construction cost of \$45 to \$65 billion, ITER is the most expensive science experiment in human history.

"The ITER project is also the most complex scientific collaboration in history," says Dr. Bernard Bigot, director-general of the ITER Organization. "Very challenging, first-of-a-kind components are being manufactured on three continents over a nearly 10-year period. Without this global participation, ITER would not have been possible; but as a combined effort, each team leverages its investment by what it learns from the others."

Once complete, ITER will be the largest fusion reactor in the world by far, able to produce a much larger reaction than EAST (or any other fusion reactor on Earth up to now) with 10 times as much plasma, theoretically reaching higher temperatures for a longer period of time—perhaps even beyond the break-even point. ITER's goal is to produce 500 megawatts from an investment of only 50 megawatts.

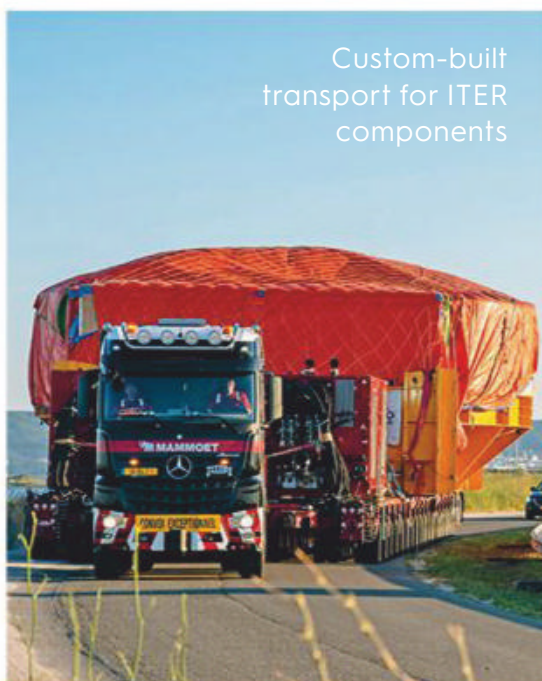
Although ITER is purely a research facility, with no ability to channel any energy produced into the electric grid, the goal is to test and perfect various aspects of reactor technology that can then be utilized by future functional fusion reactors in locations around the world. China's record-breaking EAST effort is actually testing technology and methods to be used on a larger scale at ITER.

If all goes according to plan with the piecemeal shipment of the central solenoid, ITER is expected to reach operational status and generate its first plasma reaction by 2026.

### LOCKED IN HEATED BATTLE

Although ITER represents the basket into which the world's leading scientific powers have put their most expensive Fabergé eggs, several smaller efforts are also showing promise—with a much more accessible price tag.

Funded by Jeff Bezos, Canadian start-up General Fusion announced last summer it's breaking ground on a fusion reactor at the UK Atomic Energy Authority's site near Oxford. General Fusion's approach is slightly different than ITER or EAST's. Utilizing technology developed by U.S.



Custom-built transport for ITER components

## A MAGNETIC FIELD CONTAINS THE PLASMA, WHICH WOULD INSTANTLY MELT ANYTHING BUILT TO HOLD IT.

and Russian militaries, its reactor will spin molten lithium and lead at high speed while pistons push it in from the outside, creating a sphere with a cavity in the center. Superheated hydrogen, contained by magnetic fields, will then be injected into the cavity to create the fusion reaction. This will then transmit heat through the molten metal to surrounding water, which will be converted to steam to drive turbines and create electricity.

"To re-create a piece of the Sun on Earth, as you can imagine, is very, very challenging," says General Fusion CEO Christofer Mowry. General Fusion's goal isn't to generate a lot of clean electricity just yet, but to test different methods and show the world that the technology works at an accessible level.

"That's really opened the door not just to being able to make fusion work but to make it work in a practical way," says Mowry. "You can think about it like building an engine and a transmission and a suspension system of a car, and now finally putting those pieces together and showing you can drive it down the road." General Fusion expects to be up and running by 2025.

But significant advancements may come even sooner. Lost in the hubbub over EAST's breakthrough was a small but important milestone reached less than a month later by Helion Energy in Everett, WA. On June 22, its smaller Trenta reactor passed a temperature of 100 million degrees Celsius, making

Helion the first private company to reach the mark required to enable a viable commercial fusion power plant.

"These achievements represent breakthroughs with major implications for how the world meets its expanding future electricity needs, while dramatically reducing climate impact on a relevant timescale," says Helion Energy founder and CEO David Kirtley, a onetime Navy brat who earned degrees in nuclear and aerospace engineering from the University of Michigan and has held fellowships with NASA and the National Science Foundation. Under his leadership, Helion has won multiple future clean energy pitch competitions

and funding from the Department of Energy and Y Combinator.

Compared with multinational efforts, Helion's approach uses a much smaller and simpler non-ignition pulsed fusion system that's designed to recover electricity directly, rather than inefficiently heating water to steam to turn turbines. Although it doesn't have the high profile of ITER and EAST, if it proves successful in sustaining a longer fusion reaction, Helion's method could make the technology much more viable.

### THE GOOD OF ALL MANKIND

Add to these efforts several other promising recent advances in the U.S., U.K., South Korea and other countries, and for the first time in history we have a scenario in which teams around the world are finding success working on the same problem with markedly different approaches.

In many ways this method of scientific competition between different groups, in which they also share breakthrough advances, holds the best hope for eventual success. Much like the competing teams working on the atomic bomb or the U.S. and Russia's space race, individual advances are usually only part of the puzzle. The eventual solution will likely cobble the best elements from different approaches. For something as huge as limitless, clean, safe, cheap energy through nuclear fusion, the price tag so far pales in comparison to the anticipated reward. ■



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# CRUISING ATTITUDE

The cruise is back, but don't settle for behemoth ships and all-you-can-gorge buffets. Instead, float your boat aboard these smaller, adventure-bound alt-cruises.

by STEVE RUSSELL

## ASIAN WATER WORLD

Ship: *Bhaya Legend*

*Halong Bay, Vietnam*

Emerald-green waters, towering limestone islands and secluded beaches make Vietnam's expansive Halong Bay a ringer for UNESCO World Heritage Site status. The best way to experience its surreal scenery is aboard a cruiser styled like the region's traditional wooden junks. Typical three-day Bhaya Cruises excursions include kayaking to floating fishing villages and going ashore to explore karst caves. Premium-level ships have no more than seven cabins; amazingly, a one- to

three-cabin Legend ship, complete with a chef, a butler and—oh yes—a captain can be privately chartered for less than the cost of a new laptop. From \$375–\$1,500, depending on ship size and tour duration.







Halong Bay delivers fresh sights around every island; on board the chef serves authentic meals.





## RAIN FOREST RANGER

Ship: *Delfin I*

.....  
*Amazon Basin, Peru*

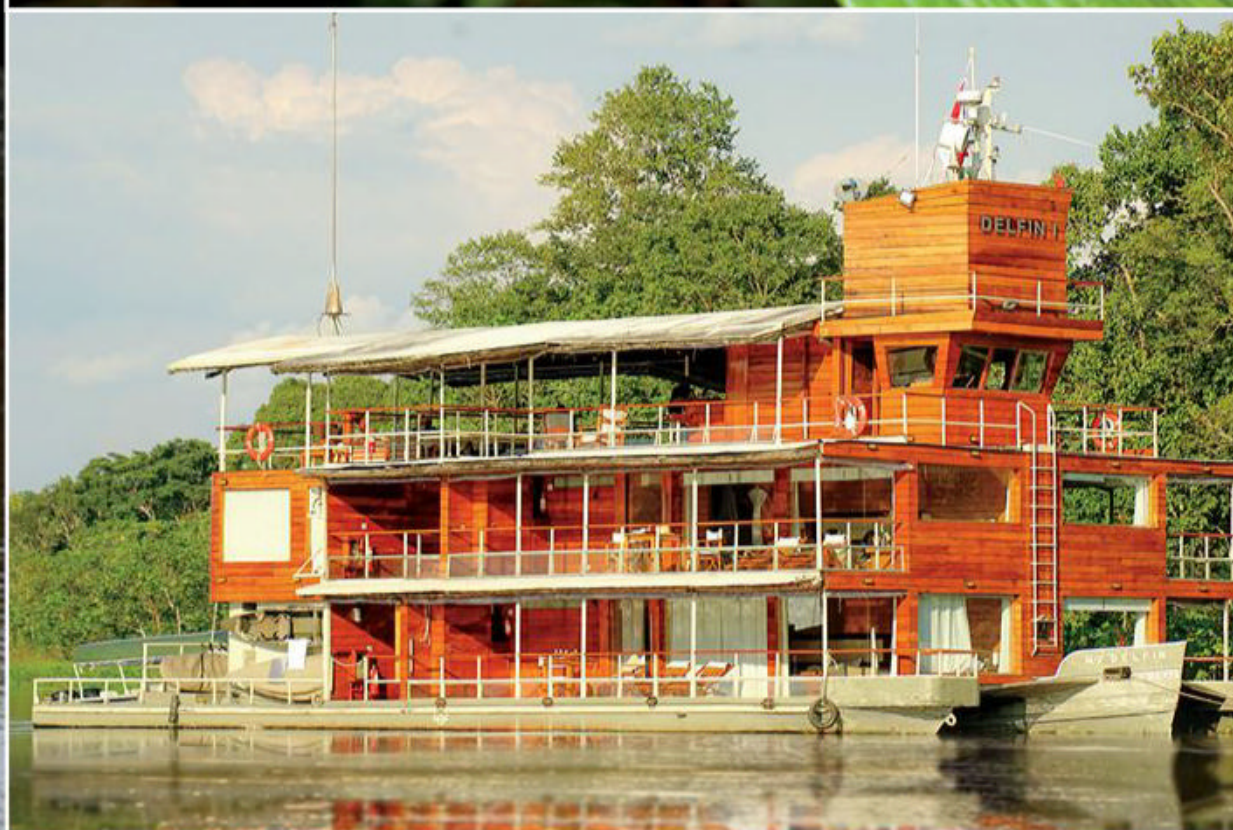
At first glance as it glides into Peru's flooded Pacaya Samiria National Reserve, the *Delfin I* looks like an eccentric, triple-decker houseboat—until you spy its quartet of spacious suites with floor-to-ceiling windows and private terraces. And then there's

the stylish topside observation lounge, from which a max of eight passengers can spot tropical birds, caimans, manatees and fabled pink river dolphins while imbibing a pisco sour (or two). Disembark for activities such as paddleboarding to meet local *ribereños* who live along the banks, traversing a walkway through rain forest treetops and fishing for—*zoinks!*—piranha at sunset. *From \$4,450 per person, depending on date and accommodation.*

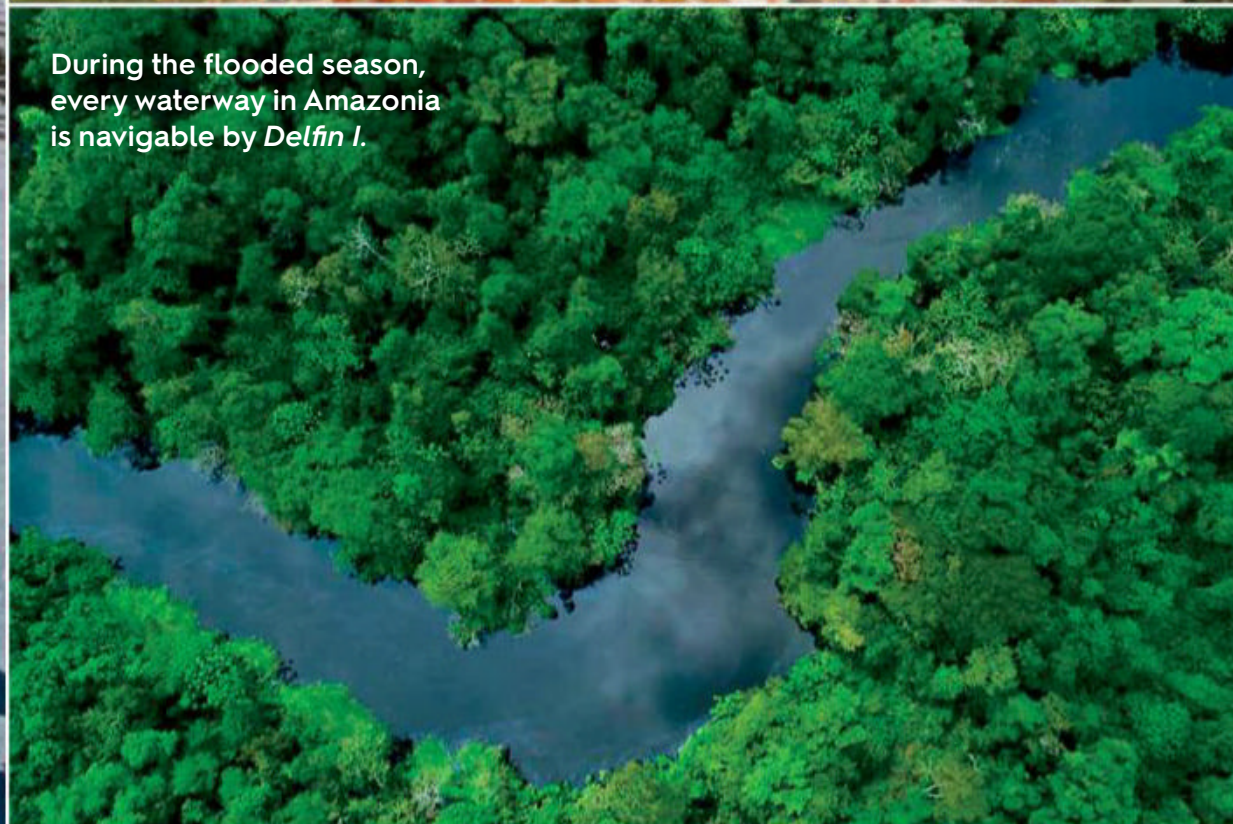
Don't worry about slipping off. Man-eating fish reside only in certain parts of the Amazon.







During the flooded season, every waterway in Amazonia is navigable by *Delfin I*.





## ADVENTURE TUG

### Ship: *MV Swell*

*Canada and Alaska*

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original crew didn't enjoy a lounge with panoramic windows, much less the aft hot tub. What's really special are the stunning places this small vessel can access, including journeys through British Columbia's Inside Passage (offering up-close views of grizzlies in the Great Bear Rainforest) or a summer-time navigation among Alaska's calving glaciers and humpback whales. *From about \$2,500, depending on destination and duration.*



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TUG PHOTO: JEFF REYNOLDS / MAPLE LEAF ADVENTURES



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## SACRED RIVER RUNNER

Ship: *Ganges Voyager II*

*Ganges River, India*

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Each of *Voyager II*'s 28 suites features hand-painted murals, high ceilings and river-facing windows.

to go ashore at a series of exotic sites, including the 18th-century Katra Mosque and the modern Temple of the Vedic Planetarium, aka the Cosmic Chandelier. The crew includes a resident yogi to assist with passenger wellness—or if you prefer, just prop up your feet on the shaded deck with a frosty Kingfisher in hand while the chef prepares another gourmet dinner. From \$7,500, depending on accommodation.





FULL SAIL

Ship: *Royal Clipper*

*Western Mediterranean*

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**Ports from Santorini to Venice pause to behold the regal approach of the *Royal Clipper*.**





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cabins.







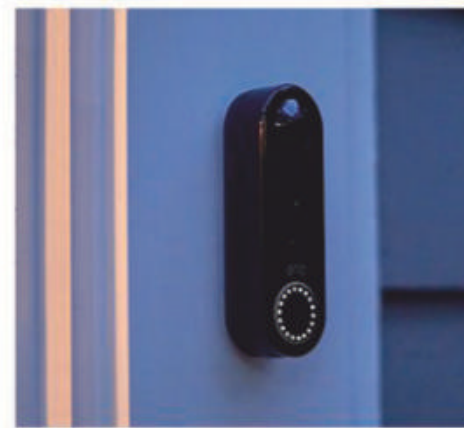
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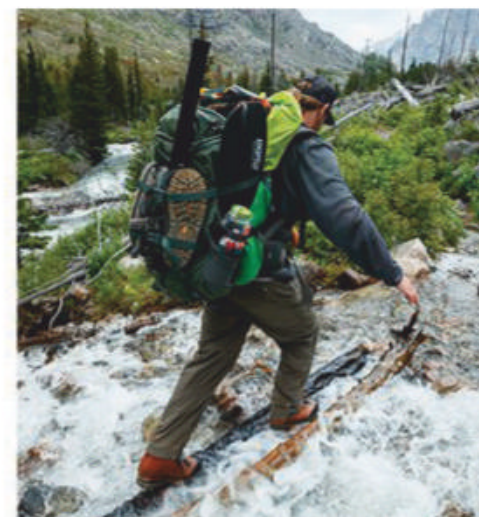
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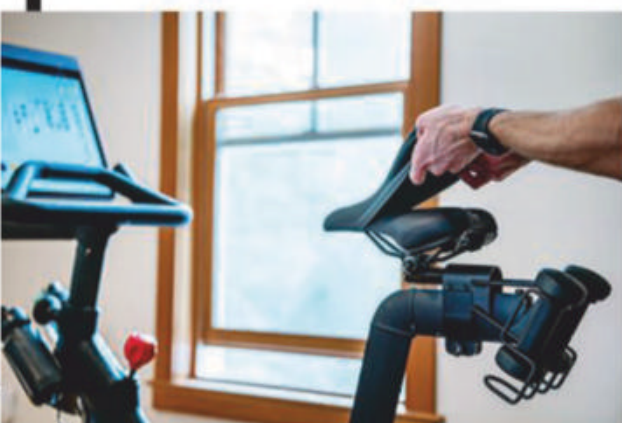
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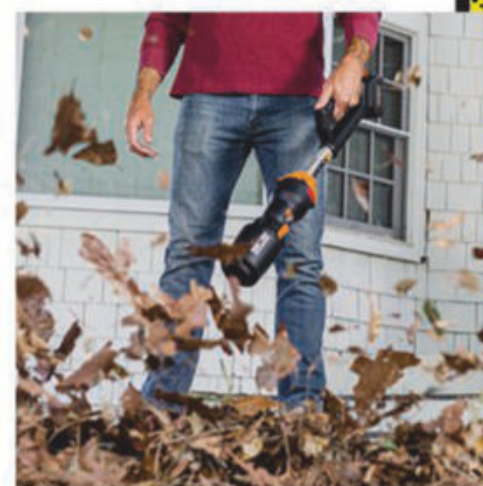
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# Style That

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A low-angle shot of a man with short dark hair, looking off to the side. He is wearing a dark quilted vest over a light-colored turtleneck sweater with a dark horizontal stripe. He is sitting on a brown horse, of which only the back and side are visible in the foreground. The background shows a cloudy sky and some green foliage.

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DIRECTED BY KEVIN BREEN | PHOTOGRAPHY BY KARL SIMONE









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Ermenegildo Zegna XXX Foliage  
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Boutiques*); Filson x Stetson  
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.com*).





A man with dark skin and short hair stands in a dense forest, looking down. He is wearing a long, tan-colored shearling coat with a thick white fur collar and cuffs. Underneath, he wears a quilted vest and tan overalls. He is surrounded by several goats of various colors (brown, white, and spotted) grazing on the forest floor. The background is filled with tall, thin trees and lush green foliage.

**Polo Ralph Lauren** Shearling Double Breasted Coat (\$4,498, [ralphlauren.com](http://ralphlauren.com)); **Eddie Bauer** Impact Insulated Overalls & Flannel Work Shirt (\$200 & \$118, [eddiebauer.com](http://eddiebauer.com)); **Brooks Brothers** Out Diamond Quilted Vest (\$298, [brooksbrothers.com](http://brooksbrothers.com)); **LaCrosse** Alpha Range Boot (\$130, [lacrossefootwear.com](http://lacrossefootwear.com)).



**Alexander McQueen** Funnel Neck  
Zip Through Cardigan [\$1,980,  
[alexandermcqueen.com](https://www.alexandermcqueen.com)].





A full-page photograph of a man standing in a field of tall, green grass and reeds. He is wearing a brown, knee-length coat with a large, shaggy collar, an orange turtleneck sweater, and dark jeans. He is looking off to the side with a slight smile. The background is a dense forest of trees.

**TOD'S** Riding Coat & Wool  
Turtleneck [\$1,995 & \$595,  
[www.tods.com](http://www.tods.com)]; **Brooks Brothers**  
Supima Denim Jeans [\$168,  
[brooksbrothers.com](http://brooksbrothers.com)].



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# Blueprint

FOR A LONGER, STRONGER LIFE

WORKOUT OF THE MONTH

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Forge the muscle endurance and strength needed to become a human pack mule.



Forget the deer-spotting stereotypes. Backcountry hunters trek for miles over rugged terrain only to retrace their steps while carrying hundreds of pounds of fresh meat on their backs. “Packing out an animal is hard,” says Dustin Diefenderfer, hunter, ultra-runner and founder of MTNTOUGH Fitness in Bozeman, MT. “You need a strong chassis, like an F-150.” Hunter or not, try his signature 45-70 heavy pack workout. It’s designed to build the muscle endurance and strength required for such a daunting task.

### DIRECTIONS

Load a multiday backpack that has a harness system with sandbags (or wrap free weights with towels) to approximate weight. Perform a descending/ascending ladder with the rep scheme: 30, 20, 10, 20, 30. Rest 2 to 5 minutes between sets. Repeat workout three times a week.



### 1. Curl to Press

Grab the pack on both ends, palms facing each other, standing tall with core engaged. Perform a hammer curl, bringing the pack from waist to chest, then immediately



push it overhead in a strict shoulder press. Slowly lower the pack to your chest, then waist without using momentum. Beginner: 25 lbs; intermediate: 35 lbs; elite: 45 lbs



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## 2. Deadlift

Stand with feet slightly wider than hip-width apart. Hinge at hips to grab pack on both ends, soft bend in knees so you feel hamstrings engage. Drive through heels and extend through hips as you lift pack

off the ground to stand. Squeeze glutes and slightly thrust hips forward at top of motion. Go slow and controlled on the descent, keeping a flat back. Beginner: 60 lbs; intermediate: 80 lbs; elite: 105 lbs



## 3. Mountain Climbers

Put the pack on your back, strapping the chest and belt harness tight so it's secure. Get into pushup position, hands directly under shoulders. Rather than moving explosively, slowly drive right knee to chest, hold for 2 seconds (aka tempo), then return to start. Next, bring left knee to chest and continue alternating. Beginner: 30 lbs; intermediate: 40 lbs; elite: 60 lbs



## 4. Bentover Row

Grab the pack on each end with feet shoulder-width apart. Bend over at a 45-degree angle, then row the pack to chest, squeezing shoulder blades at top of

motion. Move slowly as you lower the pack to make the move eccentric. Keep back straight and core engaged. Beginner: 35 lbs; intermediate: 45 lbs; elite: 60 lbs



## 5. Front Rack Forward Lunge

Grab the pack on both ends, then clean it to shoulders with weight resting on biceps. Keep elbows high so pack rests against collarbone, just below chin. Perform a traditional lunge, stepping forward and dropping back knee almost to the ground, creating 90-degree angles. Drive through front foot to stand. Alternate legs on each rep. Beginner: 20 lbs; intermediate: 30 lbs; elite: 40 lbs



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WHAT WORKS FOR ME

# EXTREME EXPEDITIONIST

South African-Swiss explorer Mike Horn has conquered both poles and the Amazon. Here's how he's built the fortitude to thrive in extreme environments.

as told to CHARLES THORP

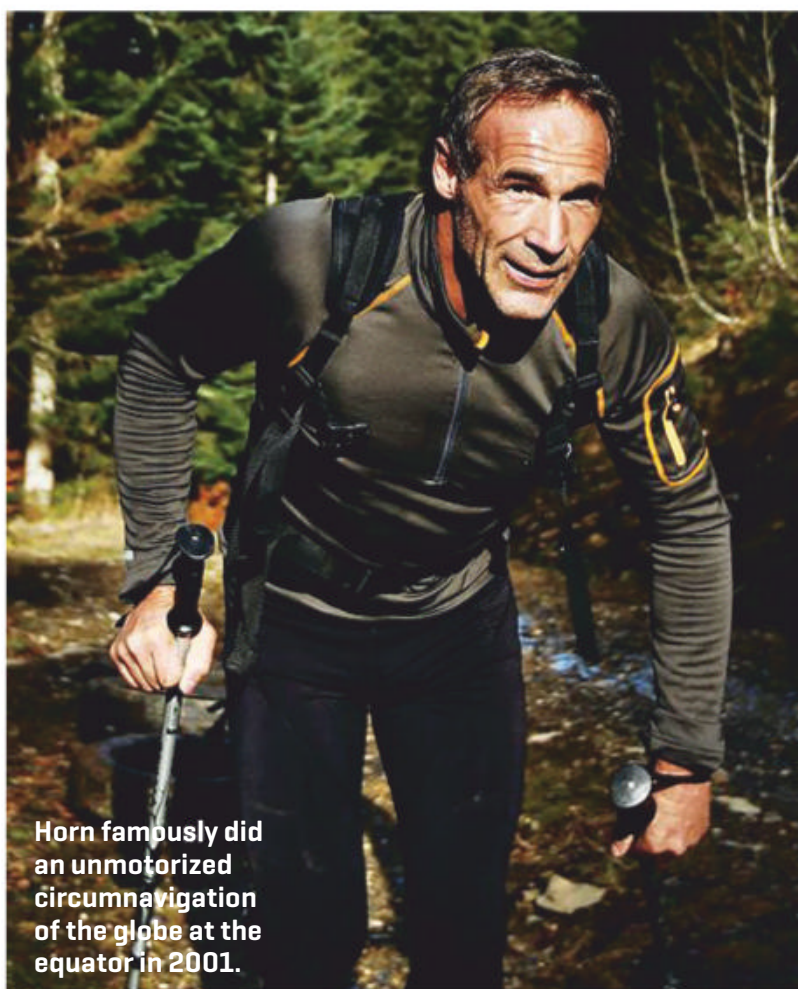
## Choose Your Idols Wisely

My father was a rugby player in South Africa. I was there in the locker room for the last game he played, and watched younger players show admiration. I was just a kid, but I thought if I could live a life where people talked like that about me, I'd succeeded. He woke up to go on a run every morning at six o'clock. As soon as I could, I went with him. He never slowed his pace to make it easier for me to keep up. The only option was for me to run faster. When I hit the point where I couldn't keep up, I'd draw a line on the pavement. The next day I'd try to beat that line. That's where my obsession with making goals started.

## Learn to Live

My country has compulsory military service, and I was selected for the South African Special Forces.

I spent two years at war, mostly fighting Russian insurgents who were crossing the border to cause terror. The mental and physical challenges of guerrilla warfare are extreme. I discovered two kinds of people—the ones who want to fight and the ones, like myself, who had a desire to survive. The will to live didn't mean I didn't accomplish the mission. It made me think more tactically. I brought those experiences into my adventures after, where winning the day meant coming back alive.



Horn famously did an unmotorized circumnavigation of the globe at the equator in 2001.

## Remove Doubt

During my first true expedition to navigate the Amazon River, I had an opportunity to train with the instructors at CIGS [Brazil Jungle Warfare Center]. The training was incredible, but at the end they handed me a bunch of reading material, and one of the most unnerving books described what snakes could and couldn't kill me. I flipped through the pages and found there were poisonous and nonpoisonous species that had the same exact coloring with slight head differences. I tore out

the pages with the nonpoisonous species, because when it comes to those critical moments, you don't want to be questioning yourself. I start my expeditions in the same way, by tearing the option of failure from the pages of my mind.

## Find Your Discipline

I believe people put too much worth on finding motivation. Instead, I've found pursuits that draw me in, then I focus on being as disciplined as possible. It isn't motivation that gets me out of the tent to pull a heavy sled when I'm in the Arctic where there are polar bears that can eat me. It's discipline. Even when not on an expedition, I practice that discipline every day by getting into a tub of water that's [35 degrees Fahrenheit] for at least 20 minutes.

## Stick to Bare Necessities

I spent days without food in the jungle, and that experience taught me its true value. I had to hunt, forage and fish for every bite. Back at home I eat everything, but I never overeat. Being in the wild, you can see how much better you move when your body doesn't have to digest a full stomach.

## Create Purpose

Near the end of my Amazon expedition, which took six months, I had to taste the water to know when I finally entered the Atlantic Ocean. After six days, I finally tasted salt and knew the task was complete. Surviving had taken everything I had. Once done, I felt empty. I was still swimming back when I decided I was going to follow the equator around the world. I always need a great goal on the horizon to keep my edge.

IT'S DISCIPLINE THAT GETS ME TO PULL A HEAVY SLED IN THE ARCTIC WHERE POLAR BEARS CAN EAT ME.







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Biowellness kits and wearables claim to help you hack your health—without ever seeing a doc.



## LEVELS: BEST FOR OPTIMIZING DIET

Glucose—which comes from carbs—is your body’s fastest, most accessible form of fuel. Head into a workout without enough in your system and you’re likely to bonk. This biowearable uses a small sensor [stuck on your upper arm] to monitor blood sugar levels 24/7 for two weeks at a time. Manually log workouts and meals via its app, and you’ll see live feedback as to how those impact your glucose so you can tweak habits to feel and perform your best. **\$399 for one month; [levelshealth.com](https://levelshealth.com)**



## INSIDE TRACKER: BEST FOR FITNESS AND PERFORMANCE INSIGHTS

This blood test [go to a lab or have a technician come to your home] analyzes up to 43 biomarkers involved with energy, metabolism, strength and endurance. Tack on the DNA test to see how 261 genetic markers influence your athletic potential. From there, the app flags problem areas and delivers custom interventions—“have one serving of probiotics each day” or “aim for three 20-minute HIIT workouts per week”—that can help you level up. **From \$179; [insidetracker.com](https://insidetracker.com)**



## EVERLYWELL: BEST FOR TESTOSTERONE

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## ROUTINE: BEST FOR NUTRIENT DEFICIENCY

Fill out a 10-minute online quiz about your health and fitness habits, then take an at-home DNA or blood test [or upload data from [ancestry.com](https://ancestry.com) or 23andMe]. Routine’s medical-grade genetics lab will analyze 52 genetic markers that have been shown in studies to impact how your body processes nutrients. Based on your genetic needs, the company will whip up a custom micronutrient formula with up to 18 vitamins and minerals. Just remember, supplements shouldn’t be used in place of healthy eating. **\$69 for one month; [routine.co](https://routine.co)**



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# SODAS LESS SINFUL

Can't kick the can? Reach for one of these innovative, fizzy bevs instead.

**YOU PROBABLY NEVER THOUGHT** you'd hear "soda" and "healthy" in the same sentence, unless there was "not" sandwiched between. We're not talking about Coca-Cola, which can catapult you into early-onset diabetes with 39g sugar per can. You can drop-kick that right out of your fridge, because the latest bev-

erage revolution is riding the coattails of healthified junk foods. New brands are prioritizing wellness, creating healthier sodas and sparkling beverages with less sugar and added benefits like probiotics and adaptogens. If you can't quit soda altogether, these are way more virtuous—and dare we say tastier.



## United Sodas of America

This Pantone-esque pop is reminiscent of your favorite sparkling water thanks to the lightly carbonated fizz and low-sugar content. Each caffeine-free can clocks in under 30 calories and has 6g sugar—organically sweetened with Stevia, sugar alcohol and a smidge of cane sugar. Surprising offerings like Blackberry Jam, Pear Elderflower and Toasted Coconut are derived entirely from natural flavors, colored with beta-carotene, fruit or vegetable juice, and pasteurized to retain freshness without the use of chemicals.

## Olipop

Prebiotics feed probiotics, the good bacteria in your gut, to aid digestion and benefit your immune system. Not only does this New Age fizzy tonic boast 9g prebiotic fiber, but it also contains plant fiber from the likes of antioxidant-rich nopal cactus and botanicals like calming calendula, a bright orange flower with healing properties to further promote digestive health. Cans contain 2g to 5g sugar (no fake stuff) and just 45 calories. Orange Squeeze has 160 percent of your daily vitamin C from citrus fruits and acerola cherry.

## Wave Soda

Composed of 85 percent sparkling water and 15 percent fruit juice, these retro-inspired sodas are as natural as it gets. While you won't get classic flavors like root beer or cream, these fruit-centric offerings have 25 calories and up to 6g sugar (no added sugars or sweeteners). Apple only contains apple and lemon juice concentrate, plus oils from fruit peels. Some flavors are gently caffeinated (42mg) with green coffee bean extract, so you get the natural buzz without the coffee taste, shaky hands or thumping heart rate.

## Culture Pop

With flavors like Orange Mango Chili & Lime, Pink Grapefruit Ginger & Juniper and Ginger Lemon & Turmeric, this is the craft cocktail of soda. The zesty blends have health benefits, too. Even though shelf stable, each can is brimming with billions of live probiotic and ground organic spices, like ginger and turmeric, which have powerful anti-inflammatory properties. It's sweetened with organic juices for a total of 9g sugar (the brand is phasing out the use of cane sugar—aka refined sugar) and comes in at 40 calories.

## Poppi

This is another prebiotic-fueled option to better your gut health—but it provides an added immunity boost with apple cider vinegar. Each can has roughly one tablespoon of the centuries-old homeopathic panacea, raw and unfiltered to maintain the "mother" (the murky bits in the bottle), which contains more healthy bacteria, yeast and proteins—plus polyphenols (antioxidant-rich micronutrients from plants) known to reduce the risk of chronic diseases. Classic and fruit flavors boast fewer than 25 calories and 5g sugar.



# Health News

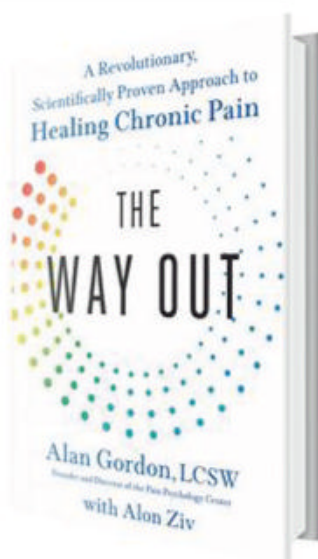
A roundup of discoveries, updates and advice to keep you living and feeling your best. **by JULIA SAVACOO**

## Early Risers Beat the Blues

Smacking the snooze button may hone your reflexes, but University of Colorado Boulder research suggests getting out of bed just an hour earlier every day can make you happier. Being a "morning person" corresponds to a 23 percent lower lifetime likelihood of experiencing major depressive disorder. So how do you turn a night owl into an early bird? Hit the sack 15 minutes earlier tonight and set your alarm (located across the room) 15 minutes earlier tomorrow. Stick with this for two days, then bump up your bed- and wake-time by another 15 minutes. Repeat the process until you've successfully trained your body to sleep and rise on a different schedule.

## A BETTER WAY TO MANAGE PAIN

More than 20 percent of Americans suffer from chronic pain at any given time, but few know how to manage it without medication. In his new book, *The Way Out*, psychotherapist Alan Gordon details a mind-body technique called Pain Reprocessing Therapy, in which pain is caused by the brain misinterpreting signals. "Neuroplastic pain is the result of this type of misunderstanding," he says. "The body is fine, but the brain creates pain anyway." That doesn't mean the discomfort isn't real, but "our brains have extraordinary power to affect where, when and how much pain we experience." PRT focuses on guided exercises like mindfulness and safety reappraisal to help patients identify negative expectations and rewire their brains. A study from the University of Colorado Boulder found 98 percent of patients improved by the end of treatment. *Available at Amazon, Barnes & Noble and other leading booksellers.*



## REFRESHER COURSE

If you struggle with parched skin year round, not just in the cooler months, lather up with Zest's new citrus-infused body washes. Blends like Lemon Peel & Agave, Lime Peel & Ananas, Orange Peel & Maqui and Grapefruit Peel & Guarana are packed with bioflavonoids and soothing fruit extracts native to Latin America. The patented formula nourishes and moisturizes dry skin for a clean that invigorates and energizes. It's the easiest form of self-care. **Available at HEB stores and heb.com**



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# BRETT GOLDSTEIN

The breakout star on *Ted Lasso* laces up and lets the expletives fly so people can finally have something to smile about.

## Congrats on all the Emmy noms!

It's mental. Truthfully, none of us expected anyone to watch the show. It feels like it's a prank and I keep waiting for people to go, "Only joking!"

## Why do you think *Ted Lasso* is so endearing to viewers?

I've thought about that a lot and think the show's success is a reaction to all the negative public discourse that's been all over our screens, in the media, in the news that's become so mean and unpleasant. People were proud of being horrible to each other and it was ugly and disturbing how normalized it had all become. So the success of *Ted Lasso* speaks to how starved we are to see people look out for each other, despite challenges in their own life. The show tapped into this need for decency.

## Your character, Roy Kent, could use some work on his manners....

Well, I love that character. We have a lot in common.

## How did you go from being a writer on the show to being cast as Roy?

I really understood him but I also knew that no one was thinking of me for the part. So I made a video of me doing five things as Roy and I emailed it to the producers, saying, "Look, if this is embarrassing or shit, you can just pretend you never got it. However, if you like it, I think I could play Roy." And then they just couldn't be bothered to keep looking, so I got the part.

## How close is Roy to your own self?

The only difference is he's a better footballer than I am and I'm probably a bit more emotionally articulate than him. And I have the gene that worries about what people will think of me if I'm rude, whereas Roy Kent doesn't have that. But the level of anger is the same. I just hide it better.



## When was the last time you got angry?

This morning. I'm angry all the time.

## Is Jason Sudeikis as positive as his character Ted Lasso?

I think the philosophies are the same, yeah. Ted's a slightly more exaggerated version of the real Jason.

## What's it like working with Jason?

I've learned a lot from him, how every line, every scene and every joke matters. Nothing is an accident. Fans write essays about different scenes, so that tells us that all the hard work was worth it.

## Have you taken Jason out for a proper session in London?

### REAL QUICK

#### Workout routine?

I exercise every day for at least half an hour and I do Pilates.

#### Favorite sporting moment?

When Lucas Moura brought his baby onto the pitch after scoring a hat trick.

#### Last vacation?

Greece.

#### Best advice?

You'll be dead soon, so you may as well do it.

Yes, we have! It was tricky because of Covid but we've had some fun. He held his own!

## Do you follow football?

Yes, I support Tottenham Hotspur, so I know the phrase, "It's the hope that kills you."

## So what happened in the Euro final?

England played really well. We deserved it as much as anyone and penalties are a fucking nightmare.

## You don't think it was a mistake to have a 19-year-old (Bukayo Saka) take the most important shot for

## England in the past 60 years?

No. You have no idea and anyone at any age could have missed that penalty. The reality of that kind of pressure is something you can't practice for. Well done to them all.

PHOTOGRAPHY BY AUSTIN HARGRAVE



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**Uzo Aduba**  
*Stand Up To Cancer  
Ambassador*



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