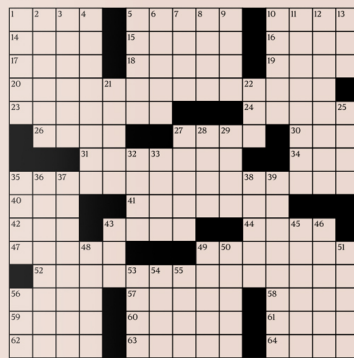


NEW DEVICES

Crossword:
Mark Halpin



ACROSS

- | | |
|---|--|
| 1. Sweeney out of control | 30. L.A. to Chicago dir. |
| 5. Usee Novocaine | 31. Yvonne of <i>The Munsters</i> |
| 10. Mars, Venus, etc. | 34. Nipper's co. |
| 14. It's carried by some performers | 35. NPR's Ira, acting as spokesperson for a new pest-control device? |
| 15. Egg producer | 40. Butter, sometimes |
| 16. Make "A V" more like "AV," perhaps | 41. "You understand what I'm sayin'?" |
| 17. Syria, in Biblical times | 42. A "I" area |
| 18. Got going | 43. 2007 Peace Prize recipient |
| 19. Pop star | 44. Put behind bars |
| 20. New device producing a wall (but rather a bland one)? | 47. Soak oneself |
| 23. Lyrical lamentations | 49. Utter quickly |
| 24. Namita's king | 52. New deep-thinking device (compact model)? |
| 26. Film that takes place inside a computer | 56. <i>Game of Thrones</i> heroine |
| 27. Hannukah coins | 57. Something that may be passed on |

- | | |
|----------------------------|--|
| 58. Cheering | 25. Close by |
| 59. Show surprise | 27. Carp |
| 60. Approximately | 28. Otherwise |
| 61. Exertion | 29. <i>The West Wing's</i> Rob |
| 62. Makes a selection | 32. Film set largely in the Land of the Dead |
| 63. The Four Seasons, e.g. | 33. Not at all close by |
| 64. Middle in the middle? | 35. Sette |
- DOWN
- | | |
|--|--|
| 1. Part of a barrel or song | 37. Violet hue |
| 2. On the <i>Road</i> journalist Charles | 38. PC character set |
| 3. More ridiculous | 39. "Most peculiar..." |
| 4. Achilles, Percy Jackson, et al. | 43. Come together |
| 5. Virtuous | 45. The Canadiens' Jacques Plante, for one |
| 6. One place to find irises | 46. Oregan or O'Neill |
| 7. Epiphany figures | 48. Quite a bit |
| 8. Maidenform merchandise | 49. Cake serving |
| 9. Bring into alignment | 50. Potpourri part |
| 10. The Joad family, among others | 51. Challenges |
| 11. "Danger! Danger!" | 53. Calamine lotion target |
| 12. Buda's bond | 54. Hanson or The Dixie Chicks |
| 13. Kate McKinnon's show, in brief | 55. Like some apples |
| 21. They may be queued or cued | 56. Prior to now |
| 22. Templeton, for one | |

CORRECTION

Words:
Katie Calautti

On the scary shortcomings of "fearless" philosophies.

Fighting fear is a lucrative industry. The US personal development market is projected to be worth over \$13 billion by 2022, and niche organizations focusing on fearless living and courage coaching have cropped up within it. "Master fear," these gurus advise. "Re-wire your fear-based habits."

But is the mastery of fear a worthwhile goal? Fear is a survival mechanism—a protection against the threat of physical violence, but also an internal GPS guiding us away from people and things that don't serve us and reminding us to live life to its fullest. So a healthy dose of fear can actually do a world of good.

On a basic level, fear reminds us that we're alive, and confronting it creates resilience. When we experience a threat, it's

followed by the euphoria of release when the danger passes. This is, in part, why some people love scary movies—they serve up the terror-relief cycle in a controlled environment. In fact, processing fear in a group setting has been shown to create bonds between people. Some studies reveal that short-term stress responses in small doses can boost our immune systems and increase mental performance.

Fear is a tough but fair teacher, drawing a big red circle around emotions or scenarios we've been avoiding that may be holding us back. In this way, it's more of a guiding light than a grease fire to snuff out. If we're afraid to confront that bullying boss or pushy friend, then it probably means we're supposed to: Fear can manifest as tension in a toxic work environment or as stress in an unhealthy relationship, acting as intuition on steroids. It can also be a powerful motivator—fear of

illness reminds us to take care of ourselves, fear of losing a loved one helps us appreciate and communicate with them.

Perhaps it'd be more apropos to be less "fearless," and instead live with an awareness of fear without giving in to its control.

(1) Actual fearlessness might reasonably be regarded as a brain disorder. In 2010, the journal *Current Biology* reported on a woman who, as a child, had experienced damage to her amygdala—a collection of cells near the base of the brain. Throughout her adult life, she had never experienced fear—even when she was held up by a man with a knife. "She tends to approach the very things she should be avoiding," a representative of the study told *Wired* at the time.



Photograph: G. M. Schatzkin

Photograph: Michael Heiser

LAST NIGHT

Words:
Bella Gladman



What did digital strategist JIAJIA FEI do with her evening?

Having previously led digital teams at institutions including New York's Guggenheim and the Jewish Museum, Jiajia Fei launched her own company last year, strategizing for museums, galleries and artists. Naturally, Fei's approach to pandemic living is also a master class in strategic leisure.

BELLA GLADMAN: What did you get up to last night?

JIAJIA FEI: Last night was not unlike any other evening lately. Every day, on the dot at 6 p.m., I work out virtually with my trainer. I've had an unexpected fitness transformation. Having never exercised, suddenly I can do 50 to 60 push-ups.

BG: And for relaxation?

JF: My daily bath, where I listen to the podcasts I would have listened to on my commute, like *The Daily* from *The New York Times*. After, I cook dinner. I hadn't previously been motivated to plan my meals—living in New York, it's really easy to avoid it. But now that I'm focusing on nutrition and fitness, I love a tofu

and vegetable stir-fry. Because I'm Chinese, it has to be accompanied by rice.

BG: How does this compare to life before the pandemic?

JF: I'd be at back-to-back events, from New York Fashion Week to dinners for art openings. Now, I don't have the fear of missing out: I'm secretly an introvert, performing as an extrovert. When things open up again, I'll only go to events that add value to my life, like dinner with friends, then dancing.

BG: Do you subscribe to the "no screens before bed" rule?

JF: I've tried, but it's difficult when you live in close proximity to screens. My solution is stepping outside. Biking in the city is my way to meditate—it's the only time I'm not looking at a screen. At the end of the day, I'll ride to the waterfront at Brooklyn Bridge Park.

BG: What's your bedtime routine?

JF: I do a face mask, and then switch on my Maji aroma diffuser—my favorite scent is called Happy. I've been collecting scents to zhuzh up my environment.