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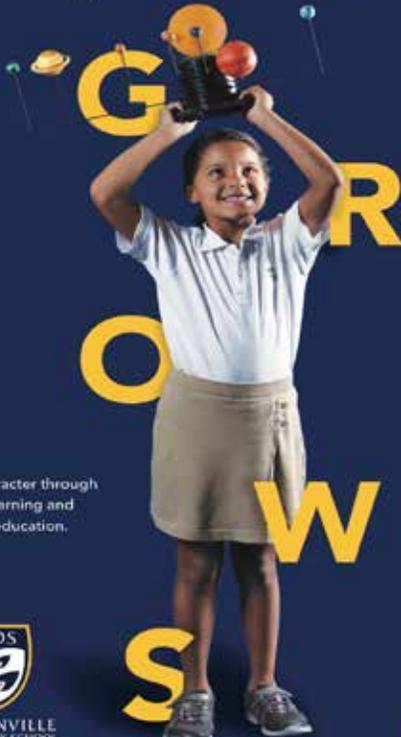
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The Best Chefs on Instagram to Follow During Lockdown

By Alex Martin, *elitetraveler.com*



Massimo Bottura is one of our best chefs on Instagram

The Covid-19 pandemic has forced restaurants to close their doors. Work has been whipped away from tens of thousands of talented chefs around the world. But with time on their hands, many chefs are sharing their gifts on social media. From live cooking sessions with Michelin-starred cooks to amazing images of delicious creations, we take a look at the best chefs on Instagram to follow during self-isolation.

Tim Hollingsworth

The LA-based chef is behind successful restaurants Otium and Barrel & Ashes and lends insight into his love for home cooking on his Instagram channel. Right now, he is offering tips on the most basic forms of cooking (like how to poach an egg) to daily updates on his very own chicken coup. Check out his daily Instagram stories for tips on how to transform leftovers into delicious meals and make the best use of old cupboard ingredients.

Jenner Tomaska

The Chicago chef shot to fame at Grant Achatz's restaurant Next as executive chef. He has since left that position and is now seen popping up across the city with new and exciting concepts, including a residency at the Michelin-starred Elizabeth in Lincoln Square. With the US in lockdown, Tomaska is sharing a ton of cookery tips on his Instagram page, such as how to debone a leg of lamb and then truss it properly. There is also a video on topping eggshells, a notoriously difficult skill.

Rene Redzepi

The chef and owner of the world-famous Copenhagen restaurant Noma has been at the forefront of experimental fine dining for over a decade. Although he is not as active on Instagram as some would like, he has an encyclopedia of stories for you to wander through, including his trips to Japan and even his failed experiments in the kitchen. He does post a delicious homely recipe from time to time as well.

David Chang

David Chang is nothing short of a culinary A-lister. The man behind the Momofuku brand and the excellent travel show Ugly Delicious provides an insight into his everyday life on Instagram. Right now he is more active than ever, providing detailed recipes on easy meals that you can make at home, such as tuna pasta salad and lasagne. He even offers insight into how he, a Michelin star chef, cooks his eggs in the morning (don't feel bad, even he breaks the yolks from time to time).

Massimo Bottura

The chef patron of three-Michelin-starred Osteria Francescana, Massimo Bottura, is widely regarded as the best chef in Italy. While he serves some of the world's greatest cuisine at his restaurant, he, like most other Italians, still relies on beautifully simple pasta dishes to get him through the day. Bottura has been upping his content throughout the Covid-19 lockdown and offers recipes so you can cook some delicious nonna-style cooking at home.

Best of 2020 Street Style

Thefashionmedley.com

This year I was away from the blog and from the fashion month, but thanks to Alyssa Coscarelli who wore our cowboy boots for a full day in NY, I was there spiritually. It was actually better than all my other fashion week experiences combined, to be part of a fashion week look and maybe inspire it – so now I'd like to share my favorite looks of the entire month (from NY, London, Milan and Paris) that will inspire my future looks and purchases.



From Yoga to CrossFit: The Best Online Home Workouts

Need to keep up an exercise routine – or start a new one – while working from home? Here’s a guide to the best free resources

By Joel Snape



With offices shutting down and more people working from home, it’s important to consider your physical fitness: exercise has proven benefits for mental wellbeing, and can be a welcome break from other daily stress. Also, bluntly, you may be about to have a lot more free time on your hands, so whether you have never trained before or you are a gym veteran looking to add some moves to your repertoire, there has never been a better time. We have assembled the best free online resources for at-home fitness for every level of dedication – so, whether you want to fix a dodgy hip or master your first handstand, now’s the time.

Gold Medal Bodies

GMB’s founders are gymnasts and martial artists with intimidating levels of coordination and bodily control, but their speciality is simplifying their expertise down into things that anyone can attempt – including mobility routines that will redress all the imbalances you have been cultivating from years of hunching over your phone. The larger programmes are paywalled, but resources such as the eight-move hip mobility routine are a fantastic way to make yourself more limber during even the most intense Boss Baby: Back in Business binge. If you are feeling more ambitious, there are programmes to start you down the path to (re)learning moves such as the handstand or cartwheel from the comfort of your home.

/r/bodyweightfitness

The quality of information on Reddit’s various communities is variable, but bodyweight fitness is one of the best, with a wiki that features FAQs and advice on technique, as well as progressions to nudge you towards tough exercises such as

the L-sit and single-leg squat. There’s also plenty of helpful discussion, with regular events such as Form Check Friday that let you upload your efforts via video for more experienced users to critique. Start with the Recommended Routine, which includes dynamic stretching, strength work and mobility – or, if you’re pushed for time, the Minimal Routine. A word of warning: if you don’t want to invest in a pull-up bar, you’ll probably want a sturdy kitchen table.

Ross Training

Old-school, but thoroughly modern. The boxing coach Ross Enamait has been banging the drum for DIY training since before YouTube was invented. Now in his 40s, he’s a chiselled living advert for training in a garage with gear that has been duct-taped together. His blog is full of inspiration for quick workouts – such as the infamous “deck of cards”, where you assign each card suit a movement and then run through them as fast as possible – but it’s also worth checking out his Instagram for inspiration on making your own sandbags and ab wheels. Watch him skipping in deep snow and forget about about every excuse you have ever even considered.

Cole Chance Yoga

YouTube has more aspiring yoga gurus than downtown Los Angeles – so the real trick is finding one that doesn’t want to make you dry-heave during your downward dog. Yoga empress Adriene Mishler is certainly worth a shot, but Cole Chance is the connoisseur’s pick, offering simple, useful routines and form advice alongside anatomical insight and just the occasional hint of dry humour. She also offers deeper tutorials on movements such as the crow pose or wild thing pose, so you will (hopefully) go back to your regular class ready to show off. The only downside? Being interrupted by cryptocurrency ads just when you are getting in the zone.

CrossFit.com

You’ve heard of CrossFit, of course – because the first rule of CrossFit is you have to talk about CrossFit – but with workouts increasingly involving rowing machines, barbells and shuttle runs, they are not always small-space suitable. Fortunately, the main site now offers an entry-level home alternative on training days – you will still need some outside water jugs – while spinoff sites such as WODwell.com allow you to search for workouts that use specific items of kit (kettlebells, say) or just your own bodyweight. The Hero WODs, named after deceased members of the uniformed services, are the toughest of all – worth a shot if you fancy a challenge, but make sure you do the approved warmup first.

MovNat

“Être fort pour être utile” – be strong to be useful – was the philosophy of the pioneering French physical educator Georges Hébert, the spiritual forefather of MovNat. It is something the modern iteration of his “méthode naturelle” certainly encourages. MovNat encourages instinctive, adaptable movement, with gimmicky animal-style drills ignored in favour of the sort of crawling, rolling and leaping we bipeds

find most efficient – and core skills such as efficient breathing, carrying and getting up off the ground covered before vaulting, climbing or heavy lifting. Some content is paid-for, but a free ebook gives you plenty of ground to cover before you will need to reach for your wallet. Bonus, extremely relevant fact: Hébert was originally inspired to create his system after being part of the rescue effort following a 1902 volcanic eruption, and cautioned that any athletic skill is useless if not paired with altruism.

Dewey Nielsen

Mobility expert Nielsen – active on YouTube and Instagram – is a specialist in snackable workouts, serving up short drills and skill practice soundtracked by soothing folk music. Your knees will twinge at some of his more advanced progressions – but moves such as the “house cleaning” drill and his squat series are the perfect antidote to three hours on the sofa playing Fifa, while his advanced quadrupedal patterns offer something to do with your eight-year-old when she’s bouncing off the walls after a week in the house. It’s also worth checking out his “valslide” series – use duster cloths or old socks for a more affordable version.

Redefining Strength

There are a lot of paid programs on Cori Lefkowitz’s relentlessly enthusiastic website, but drill a bit deeper than the homepage and she has put together some of the best free resources online. Even if you aren’t interested in outgrowing all your jeans, her bodyweight glute exercise series will

get those all-important rear engines firing, making you more efficient in everything from squats to running. And if you’re not averse to working up a sweat, she’s got HIIT workouts for every amount of commitment from five minutes to 30.

Athlean-X

The presentation isn’t going to be for everyone – do you really want a shirtless American promising you “pec-pulsing” moves on a grey March morning? – but get past the exclamation marks, and the terrifyingly ripped Jeff Cavaliere is a very informative coach, drawing on a background in physical therapy and athletics to offer science-backed training that doesn’t skimp on the tough stuff. Whizz through his Master Tip series to learn about the mistakes most people make in their training, then head to his bodyweight workouts to put it all into practice. Be honest, the first thing you click will be Abs Like Stallone!

Beast Skills

Need a serious project to take your mind off things in self isolation? Want to go back to work able to crank out a one-armed pull-up, or do a handstand while teetering on a chair? Beast Skills offers up the toughest challenges on this list, but breaks them down into entirely manageable progressions, theoretically allowing you to go from never-worked-out-in-dolence to your first muscle-up in ... well, however long this all takes. If you have got something suitable to hang them from, this might be the time to invest in a set of gymnastics rings – it will drastically increase your options, and might improve your shoulder health.



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Life After COVID-19: What Will Change?

Medicalfuturist.com

The news is ripe with information surrounding the COVID-19 pandemic. We saw the number of confirmed cases is plummeting in countries like South Korea. In a surprise move, Apple and Google teamed up to help track the virus. Some countries are even thinking of lifting their lockdowns altogether. Yes, that's the good news we're all looking forward to: when this will be finally behind us.

We will have a vaccine and new, approved treatments based on millions of patients' data. We will have new public health protocols too for how to prevent another calamity of this scale. These are for sure.

However, what's also for sure is that the life that we get back to will be significantly different from the one we had before the outbreak. From healthcare workers suffering from PTSD through new habits to a need for a shift in the point-of-care, we analyze how life will, can and should change post-COVID-19 in a medical point of view.

What will surely change

We've seen it all during this global public health crisis; overwhelmed hospitals forcing patients to sleep on the floor; mounting fear of being in proximity to others; but also the importance of a robust healthcare system. As a consequence of our collective and individual experiences throughout the pandemic, things will change in the healthcare landscape. Below we discuss three of the most significant changes we'll experience.

1. An unprecedented toll on healthcare workers

During this global tragedy, it's not only the economy or the population that are being affected but also the healthcare professionals on the frontlines. The latter are enduring extreme work conditions and sacrifices in order to help the infected. Despite a shortage of personal protective equipment (PPE), they show up to work using DIY-solutions like ski goggles and bin bags with a high risk of being infected. Many are working overtime and witness patient after patient succumb to the disease.



“The anxiety of knowing you might be at risk when you're doing your job can be very challenging for health care workers,” says Terri Rebmann, a nurse researcher and director of the Institute for Biosecurity at Saint Louis University. “It's physically and mentally draining.” This will lead to an inevitable spike in burnouts among the healthcare staff. Even before the novel coronavirus outbreak, some estimated nearly half of the world's 10 million physicians had symptoms of burnout. Now imagine after COVID-19...

Moreover, war-like scenarios where unclaimed victims are laid to rest in mass graves in New York are taking an additional toll on the medical personnel. More than burnouts, we will see frontliners with symptoms of post-traumatic stress disorder (PTSD). After this pandemic subsides, we will have to brace ourselves for the aftermath on medical professionals on the frontlines.

2. Diminishing trust in the globalized world

In the pre-pandemic globalized world, we enjoyed a certain level of trust we mostly took for granted. We could travel almost without limitations, meet people without restrictions and order products worldwide. This will simply change after billions of people had to stay indoors for weeks.



We will not be able to travel that freely or enjoy the supply chains of the world so easily. We will think twice before going somewhere or to meet someone. The pandemic is already exacerbating signs of social anxiety and agoraphobia. Regaining trust takes time and these trends will take place for months after lockdowns are lifted.

3. Focus on the healthcare system

It's tragic how the pandemic highlighted the shortcomings of healthcare systems worldwide. The overburdened hospitals need an upgrade on every level from their infrastructures to their processes. These will be needed to ensure a safe envi-

ronment for the personnel and patients, as well to better cope with any emergency situations.



For example, one of the reasons speculated for Germany's comparatively low death rate is its good intensive care situation. Digital health showed its aptitude to deal with such a crisis. We can expect to see many governments put more focus on healthcare. They can adopt similar strategies employed by other countries that better managed the crisis. As people in the frontlines of the fight witnessed, with inefficient healthcare systems, we will not be able to handle the next outbreak.

What can change

While we'll unfortunately witness the toll on our healthcare workers and face reduced trust, other changes could take place depending on countries, duration of lockdowns and even personal experiences. Here are three changes we could see emerge as a result:

1. Get your new travel document: the immunity passport

Such a passport will function in a similar way to how passports and visas work. If you are certified to be immune to the virus, you will get a pass to resume your daily routine, and if not, you will have to stay indoors. The U.K. government is already considering it and other countries might follow suit.

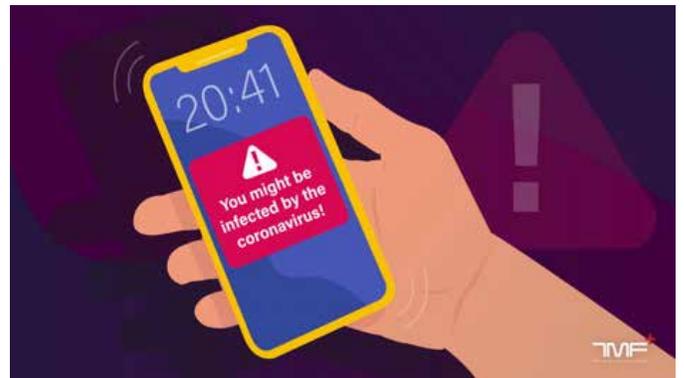
It might even become a requirement to travel to a country. As a matter of fact, it's already happening. In mid-April, Emirates Airline conducted rapid COVID-19 blood tests on passengers travelling to Tunisia from Dubai. "This will enable us to conduct on-site tests and provide immediate confirmation for Emirates passengers traveling to countries that require COVID-19 test certificates," reads a statement from the airline company.



This sounds a lot like a divide between the haves and the have-nots and is the subject of ongoing debates. Some might voluntarily go out to catch the virus in the hopes of gaining immunity to it. There will be the lingering fear of unemployment due to being forced to stay in isolation without such a passport. Moreover, testing for immunity will inevitably result in false positives (people incorrectly identified as immune), undermining the efficacy of such a passport altogether.

2. Surveillance as an ongoing public health measure

No one wants to be surveilled, but what if it's for greater good? That's what certain governments had to resort to in order to facilitate contact tracing. Countries from Germany through Israel to Singapore are using phone tracking data to locate and alert those who might be infected. South Korea went the extra mile by using CCTV footage and bank transactions in addition to phone use in its tracing process.



This could lead to certain governments, in particular totalitarian ones, to erase a layer of privacy from citizens' life. It brings a whole new dimension to privacy and ethics issues like we've seen in South Korea. But under the guise of another major public health crisis, such measures could become the norm.

3. Brand-new habits

Awareness for personal and public hygiene measures saw a surge thanks to the contagion. Health authorities are advocating for regular handwashing with soap for at least 20 seconds. Social distancing measures are in place. People are getting used to wearing facemasks for grocery shopping.



These new-formed habits could linger way after lockdowns are lifted, leading to overall better hygiene. We might see people wearing masks wherever they go and unintentionally be more cautious around our elderly. Dr. Fauci, the director of the National Institute of Allergy and Infectious Disease in the U.S., even thinks that we should never shake hands again. Vulcan salutation, anyone?

What should change

Even if things will change, not everything might change. Certain aspects of healthcare should change to better attend to our post-pandemic needs. Let's see three of the major changes we should see in order to make for a more compelling healthcare setting.

1. Artificial intelligence as a necessary tool

We have stressed the need to implement artificial intelligence in the healthcare setting for years, but the novel coronavirus' damage highlighted this need even more. We saw how an A.I. platform assisted in sending out the first alerts of the outbreak. Algorithms are used to help screen for those potentially affected. A.I. can help hospitals manage their resources. It's even in use to speed up vaccine research.



These developments go on to show that A.I. will help us better prepare for the next public health crisis. These algorithms aren't solutions in themselves but rather tools aiding professionals to perfect their craft.

2. A shift in the point-of-care

The importance of digital health solutions was made clear during these challenging times. They are ready-made options to bring healthcare to patients, rather than the other way round. Telemedicine's use skyrocketed. We have a whole article dedicated to digital health apps helping people during the pandemic. Devices like digital stethoscopes, portable ECG monitors and digital otoscopes can be used at home and the results shared remotely with doctors.



These eliminate doctor-patient visits whenever it's avoidable and also help reduce the risk of cross-contamination. Such devices should become commonplace, shifting the point-of-care to the patient.

3. Sustainable solutions

If this pandemic taught us anything, it's that our life (as it used to be) is not sustainable for our planet. We all had to experiment with digital solutions, be it virtual meetings for work, digital education for students and virtual events instead of in person conferences. These proved not only to be effective but also an environmentally-friendly way to operate in a connected world.



We are not saying everything is going digital, but it makes sense to make digital anything that's not more efficient in real life, if possible. Telemedicine and digital health tech already show their aptitude to make this a possibility. They just need to be adopted on a large scale.

There is light at the end of the coronavirus tunnel

The COVID-19 saga will come to an end without doubt. We will get back to our lives and visit the great outdoors. But that life will be significantly different. Moreover, reaching that point will depend on our current actions. We must respect social distancing measures and reduce the spread of the disease. Only then will we experience the post-pandemic world.



What You Should Know About Annuities

By Jon Castle, MSFS, CFP

As a financial advisor, one of the most common questions I get is “What do you think of annuities?” It’s almost as if the person asking the question somehow expects financial advisors to come down on one side of the table or the other as it applies to this often-misunderstood financial product.

Much has been written about annuities, and most of what you read would lead you to believe that, in general, investors should avoid them. And for most people, I would tend to agree. Annuities often come with a number of drawbacks, as listed below:

- In general, annuities tend to be expensive when compared to other investments – mostly because a portion of the annuity is an insurance premium. This can significantly reduce your returns on your investment.
- Annuities often come with surrender charges, which means the insurance company takes back some of your money if you withdraw it before the surrender charges expire.
- Annuities rules require that you keep your money tied up in the annuity until after age 59 ½, or pay a 10% early withdrawal tax penalty in addition to ordinary income tax due. Any surrender charge levied by the insurance company would be an additional expense you would have to pay.
- Annuities that you invest in with after-tax dollars change the tax treatment of any profits from the account from capital gains tax to income tax – which, while deferred on an annual basis, may still be more than the tax would be on other investments



Annuities also have the reputation of paying high commissions, which, of course, can be an incentive for commission-based financial advisors to recommend them more than may be prudent.

On the other hand – from the perspective of a fiduciary, fee only advisor (one who earns no commissions, so has not incentive to sell annuities), I find that occasionally an annuity IS appropriate – and particularly so for doctors or other medical professionals who may be at a higher risk than the norm for lawsuits.

So, to be even handed, what follows are distinct advantages of annuities:

- In most states, assets that are placed in an annuity are not subject to creditor risk; meaning that if you are sued, they cannot take your annuity.
- Most annuities can be turned into a pension income stream that you cannot outlive, and can also provide a guaranteed income stream to survivors that you designate.
- Money invested in an annuity grows tax deferred, similar to IRA and 403b accounts, if that is important to you.
- Some annuities – either through optional riders that you pay for – or inherent in the method of crediting returns – may have features that allow your accounts to grow during up markets, but “lock in” your account values and safeguard against losses in down markets.

Should you have an annuity? The answer may not be as simple as one would hope. My advice is to consult a comprehensive financial planner, and work through that question within the context of your overall financial plan. Remember that the insurance industry makes changes to their products frequently, and each company’s products are a little bit different and unique in their own way.

Annuities typically are sold with prospectuses, brochures, and fact sheets; so before investing in one, it is important that you fully understand exactly what the contract is offering, and exactly what role it plays in your overall, comprehensive financial plan. Often we see people invest in an annuity because the product itself “seems” like a good idea... in particular after periods of excess market volatility, or right before retirement when their financial stress levels are high.

Then... more often than not... they spend the next few years trying to work their financial plan around that annuity, kicking themselves for buying it in the first place, or having to pull off a relatively convoluted “annuity rescue” strategy.

Conversely, the people we see who are the happiest with their annuities are the ones that from the very beginning incorporated it into their financial plan, know exactly why they bought it and exactly what role it plays in their overall Wealth Management plan. In other words, it is a tool to be used within a larger context – not a product to be owned only because it “seems” like a good investment at the time.



Jonathan Castle, MSFS, CFP, is a Managing Partner and Chief Investment Officer for PARAGON Wealth Strategies, LLC. A proud member of MD Preferred PARAGON is a fee-only, fiduciary registered investment adviser that provides holistic wealth management for affluent professionals with a specialty in retirement optimization. <https://www.wealthguards.com/healthcare-professionals>

The Best 5 Wine Apps

By Tom Gearing, Owner & Managing Director of Cult Wines Ltd



Like a fine wine, we've got better with age and now wine apps are a thing. The world of wine can be overwhelming, intimidating and complex with 'vionology' confusing beginner wine enthusiasts wishing to learn more. Luckily, the experts at Cult Wines (www.wineinvestment.com) have put together a list of the best 5 wine apps to use when choosing your next drink.

Tom Gearing, the managing director of Cult Wines and runner up in Season Eight of the BBC's 'The Apprentice' notes 'wine apps are great for novice enthusiasts to get the closest they can to a conversation with a wine expert. Through apps you are able determine what key fragrances, tastes and regions you really like and that's a great starting point.' With over a decade of fine wine investment and collection management services to a global audience, it's safe to say they know a thing or two about wines. So here is a rundown of the best 5 wine apps to make buying a bottle easier.



1. Delectable (Android, iOS: Free)

It's the app of our dreams- the Instagram of wine. Delectable is renowned for one of the best wine label recognition features so it's easy to search a wine's age, tasting notes and reviews. Users can be

'verified' meaning you can decipher reliable, expert opinion from amateur wine connoisseurs. You also get an overall rating so you can learn which is the most popular, liked wine in case you're really stuck so overall, it's one of the best wine apps on the market.

What we like:

- A fun feed to allow easy navigation
- The social aspect - connect, chat and meet fellow wine enthusiasts!
- Fantastic label recognition software
- Verified user feature
- Category focus and trending labels makes finding popular wines easy

What we don't like:

- Niche, finer wines are sometimes missing from the app

2. Wine Searcher (Android, iOS: Free)

This is the best app for those on a budget. Wine searcher is an incredible app tool that allows you to scan over 55,000 global retailers to find the best price for your bottle. Naturally, the information surrounding wine regions and types of grapes is a cut above the rest and the app makes it easy to store this information for future use.

What we like:

- Budget friendly
- Daily articles to read
- Good links to underlying merchants
- Mobile friendly and easy to navigate

What we don't like

- The retailers listed bottle doesn't always mean it's still there. You may think you've found the perfect wine, but it could be out of stock!
- The free version of the app has no faults. However, some say that the annual subscription (\$70) is unreasonable as you can find the same information for free via a google search

3. Vivino (Android, iOS: Free)

Vivino offers information about wine to both novice and seasoned wine lovers. Not only does it tell you the region, tasting notes and ratings surrounding a specific wine, but it tells you how it ranks in comparison to other wines. This feature makes it easier for the user to purchase different brands with similar tasting notes to wines they have previously enjoyed. If the app is unable to find the vintage you are looking for, Vivino's customer service team is fantastic in manually identifying wines for their users.

What we like:

- A less personality focussed social feed. This may sound odd but for the user who couldn't care less about what other people are drinking, this is perfect.
- Includes winemakers notes and compares similar wines at different price points
- Great customer service team
- Great food pairing suggestions

What we don't like:

- The app sometimes does not find vintage wines, meaning the user must call customer service to get an answer
- The apps design. This may sound silly, but an all red app can become a little intense over time

4. Decanter Know Your Wine (iOS: Free)

An app dedicated to teaching its users about wine. Could we think of anything better? This learning app comes with 10 free modules for users to increase their knowledge about some of the world's best wine regions and grape varieties. This is not a cramming tool or a confusing quiz, but rather an app designed to help information sink in through a series of short bursts.

What we like:

- Uses highly efficient learning methods. For instance, spaced repetition is scientifically proven to help a person's long-term memory
- Questions are regularly added. There are over 600 wine questions broken down into 48 modules (over 10 of which are free)
- The app provides online quizzes for you to practice your learned knowledge.
- Provides a different, more proactive angle to learning about wine

What we don't like:

- Several glitches in the past. Whilst many of these have now been fixed, issues included users permanently losing their completed course data due to an upgrade, lagging speed of questions and payment issues when choosing to upgrade the app.
- Not compatible with Android devices.

5. Cellar Tracker (Android, iOS: Free)

A less visually aesthetic app but unsurprisingly, one of the most popular. With a database of over 2.1 million wines and 5.9 million

tasting notes from community and wine experts, Cellar Tracker's software quickly recognises and comments on wines once you enter or scan them in. One user reviewed 'once entered it is easy to keep track and the programme reminds you if a wine is in its drinking window or needs drinking up.' Basically, it's your best digital wine inventory.

What we like:

- Extremely large database
- Makes managing your wine collection easy and convenient
- Track your consumption history
- Reminds you if a wine is in its drinking window and shows the user the bottles current value

What we don't like:

- Clunky interface. Not visually pleasing and can make an easy app appear overwhelming
- Dated design. You are unable to slide across pages but must scroll up and down the page instead
- Nothing too different than Cellar Tracker's website which processes and offers information faster on a larger screen

Tom Gearing

Tom Gearing developed a keen interest in wine throughout his formative years whilst accompanying his father, Philip, on many trips to the Cote d'Or. Tom was displaying an eye for wine from an early age, and even upstaged the esteemed wine professionals at Christies at the age of 13 when he spotted that a 12 bottle case of Domaine de la Romanée-Conti, Romanée-Conti 1959 had actually been reconditioned and not sold in the condition stated at sale.



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These Virtual Tours are a Great Way to Explore the World Without Leaving Your Home

BLAKE SNOW, lonelyplanet.com

We live in an age of unprecedented access to digital technology – and with it, brand new ways of exploring the world around us.



One of the best parts of taking a virtual museum tour? No crowds or lines © Livio ANTICOLI / Contributor / Getty Images

While it's not quite the same as seeing, say, the Mona Lisa or Christ the Redeemer in person, some of the world's most popular and remote destinations have created libraries of on-line images and video, as well as 360 degree virtual tours that let you stroll remotely through galleries and even national parks.

Here a just a few of the digital tours that let you wander the world from wherever you may be social distancing.



Google has used its Street View technology not just to map roads, but also destinations like the Choijin Lama Museum in Ulan Bator, Mongolia © BYAMBASUREN BYAMBA-OCHIR / Getty Images

See the seven wonders of the world

If there's anything capable of whetting your appetite for

world travel, it is the new seven wonders of the world: the Great Wall of China, the ancient city of Petra, the Taj Mahal, the Colosseum, Machu Picchu, Christ the Redeemer, and Chichen Itza. Thankfully there are impressive virtual tours of each from The New York Times, AirPano, Google, and Panoramas.

With modern technology, you can even see the last standing wonder of the ancient world—The Pyramids of Giza. There are a few other wonders that might not make it into to the top seven but are still worth a digital peek, like the Alhambra, Seville's La Giralda, and even Easter Island.



Imagine having the Louvre all to yourself - almost an impossibility unless you go on a virtual museum tour © DEA / G. DAGLI ORTI / Contributor / Getty Images

Spend a day at the museum

In recent years, Google has partnered with over 2,500 art museums to upload high-resolution versions of millions of pieces of art. Highlights include New York's MoMA, DC's National Gallery of Art, Chicago's Art Institute, the Casa Batlló, and Amsterdam's Van Gogh Museum to name a few.

In addition, The Louvre offers a virtual tour, as do The Vatican Museums, many of the Smithsonian Museums, the Russian Museum, the top-rated British Museum, the Minneapolis Museum of Russian Art, and the Palace Museum in Beijing.

You may not be able to kiss the Blarney Stone right now, but you can tour the Blarney Castle from afar. You can also visit the Museum of Flight, the Museum of Science, the Museum of Natural History, the National Women's History Museum and Boston's History of Science Museum.

While museums are often an inherently visual experience, there's a lot to be learned from archives of past lectures and tours like the ones preserved online by Nashville's Frist Museum, the Hunter Museum of American Art in Chattanooga, Tennessee, the Smithsonian American Art Museum, the Frick, and others.



One of the advantages to virtual tours of national parks is not needing to worry about the weather © Meghan O'Dea / Lonely Planet

Explore national parks

While travel to National Parks is best avoided for the time being, you don't need to miss out on the scenery. Virtual Yosemite is absolutely stunning and one of the best, replete with audio. Both Yellowstone National Park and Mount Rushmore offer virtual tours as well.

Google has similar 360 degree audio-visual tours of five select national parks, including Kenai Fjords, Hawai'i Volcanos, Carlsbad Caverns, Bryce Canyon, and Dry Tortugas, as well as 31 more on Google Earth. You can also get an up-close look at almost 4,000 pieces of artwork, artifacts, and other treasures related to the history and culture of the national parks, and view online exhibits.



Kids especially will love the chance to view wildlife up close via virtual experiences like the penguin web cam at the Tennessee Aquarium © Meghan O'Dea / Lonely Planet

Go on a digital safari

Wildlife is a big draw for travelers, whether it's sighting some of the Big Five in Africa, glimpsing whales in North America, or introducing your children to new animals in person on a family safari. But if you're forays into the bush are grounded for now, many zoos and aquariums have created digital access to their habitats.

You can easily watch several live webcams of some of the nation's greatest zoos and aquariums, including the San Diego

Zoo, Houston Zoo, Zoo Atlanta, the Tennessee Aquarium, and the Georgia Aquarium. Additionally you can see Canadian farm animals doing their thing, or you could watch Stella the Dog jump endlessly into huge piles of Maine leaves.



The Grand Canyon is just a few keystrokes away, no matter where you live © SumikoPhoto/Getty Images

Take a virtual hike

Thanks to panoramic video, you can get a really good idea of what a hike looks like well before you arrive at the trailhead. For example, you can experience all of the following top-rated hikes right now from your computer or tablet: Bryce Canyon, Grand Canyon, GR20, Inca Trail, and the death-defying Angel's Landing. For even more great hikes, simply YouTube one of Lonely Planet's top 10 treks or any other hike that suits your fancy. Bonus points if you follow along during a workout to enhance the realism.

Observe other famous landmarks

You can visit many wonders of nature, including the Amazon Rainforest, Iguazu Falls, the Komodo Islands, or Table Mountain, using virtual tours. Or you can explore the Statue of Liberty, the Sahara Desert, Niagara Falls, or even a guided tour of the Eiffel Tower. For even more virtual tours, search your bucket list of adventures with AirPano, Google Earth, or YouTube.



Not everyone can be an astronaut, but you can follow along the original moonlanding online © NASA / Handout / Getty Images

Travel to outer space

The moon hasn't made it to Lonely Planet's Best In Travel list (yet!), and even without self-isolation and shelter-in-place measures for COVID-19, many of us may never travel to space. But thanks to technology, now is as good of a time as any to do so virtually. Before blasting off, considering touring some of NASA's offices first. Then relive the last lunar missions and moon walks in stunning HD. Or take a virtual tour of Mars with the help of Google.

10 Best Sites to Watch Free Movies

BY JESSICA LANMAN, KOMANDO.COM

Streaming makes watching movies at home easier than ever, but what if you could stream free movies online? We know a few sites where you can access free movies online right now, from your computer or laptop, and a few of them from streaming devices like a Roku or an Amazon Fire TV stick. Check out the list below to see the 10 best sites for watching movies free. Make sure to bookmark your favorites, so nights at home can be just as amazing as going out to the theater — while costing you nothing!

1. Kanopy

If you particularly love artsy or classic films, Kanopy is the best site for your free movie streaming purposes. With some gems from the Criterion Collection, as well as modern indie masterpieces, Kanopy does its best to get high-quality and critically-acclaimed cinema into people's living rooms, all at no cost to its users.

To use Kanopy, your local library, university or college needs to be connected to it. With a library card, or your college email login, you can access Kanopy's catalogue at any time. One warning: like with many of these sites, and many streaming sites in general, Kanopy's movie offerings change periodically, so if you really want to watch "Moonlight" or "Lady Bird," make sure to watch them while they're still listed. Movies come back to Kanopy, but it's not always clear when, so just keep that fact in mind when making your viewing selections.

2. Popcornflix

For those who prefer comedies, thrillers and more mainstream movies (popcorn flicks, if you will), Popcornflix is the perfect free streaming site. It gives you access to tons of movies and TV shows to choose from in exchange for playing ads while you watch.

If ads annoy you, this may not be your favorite site, but you won't be able to deny the selection is vast, covering a variety of film eras, along with recent releases.

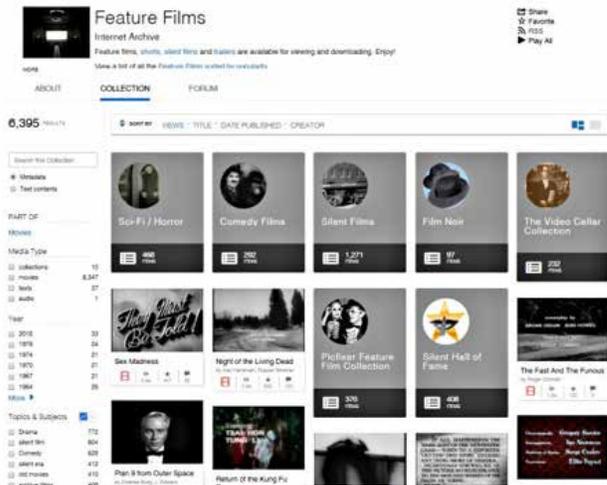
Popcornflix can be accessed through the web, but you can also download an app on Roku, Apple TV, Google Play, Amazon and Xbox to watch on a TV screen. We've recommended Popcornflix before, and we stand by that recommendation now.

3. Vimeo

Vimeo is a video platform like YouTube, allowing users to upload their own movies and clips to share in HD quality. You have to pay to watch some movies on the site, but many are free, particularly short films.

Vimeo exists as a website and as an iOS and Android app. You can watch movies through streaming, or download them for later, when you're not on Wi-Fi, so Vimeo gives you some great watching options at no cost.

4. Internet Archive



Do you love classic movies? Like the silent and black-and-white films, with the great stars of yore? Many of these movies now live at Internet Archive, a site that captures all media, like books and music in addition to film, that have entered the public domain.

When content is old enough, it is no longer subject to copyright laws, so it's free to utilize and watch. That's how Internet Archive can have feature length movies streaming for free — but it's also why many of them are from the 1920s and 1930s. For classic movie buffs, you can't find a better site.

5. Sony Crackle

Sony Crackle, formerly known as Crackle, is another great site to watch modern movies and TV shows for free, but like with Popcornflix, you do so with ads. We know ads can be very annoying, but that's the trade-off when you don't want to pay for the film.

If you really like action and thriller movies, and some older TV shows that are hard to find on other platforms, Sony Crackle certainly makes sitting through some ads worth it.

6. Vudu

Though primarily a platform for buying movies and TV episodes, Vudu also has many free feature-length movies and TV show episodes for you to watch — once again, possible thanks to ads. Vudu is really good at reporting how long movies will remain free (the catalog changes monthly) and it has a ton of modern movies, in addition to some beloved older dramas and comedies.

You can get Vudu on your computer, game consoles, streaming devices, smart TV, Blu-ray players, phones and tablets. You just have to sign up for a free Vudu account to use the apps and site.

7. IMDb TV

Working through IMDb.com or Amazon Fire products, IMDb TV is a way to watch critically acclaimed films free from the comfort of your home. Like most of these streaming sites, this one is ad-supported, but if you have Amazon Prime, you can watch movies free through Prime on IMDb TV without ads. To watch movies, you need an IMDb or an Amazon account, and you can watch to your heart's content. IMDb TV isn't the easiest to navigate or search through, but their "Top Rated" category allows you to find movies other users love, so you have a better chance of enjoying what you pick from there.

8. hoopla



Your library card can get you hoopla as well. hoopla is the digital service of Midwest Tape, a company that provides media products and services like DVDs, CDs and audio books to libraries.

Just sign up for hoopla with your email and library card, and you'll have access to tons of movies and TV seasons, plus the ability to use the hoopla app on your phone, tablet, Amazon Fire device, Roku, Chromecast, Apple TV and Android TV devices.

hoopla doesn't work with every library system, so make sure to ask the next time you're at your library. If you don't have access, ask what your library can do to get it. Free, streamable movies are a great offering, after all, so you could help yourself and your fellow library patrons by encouraging the signup.

9. The Roku Channel

If you have a Roku, you have access to The Roku Channel, which gets you free movie and TV content. You can stream live shows on the Roku channel, as well as watch an ever-changing catalog of movies and TV shows, all at no cost.

You can add your premium subscriptions to the Roku Channel, so you can watch things like HBO and Showtime all on one place on your Roku, but free content is available even without them, though you may find similar options on Pop-

cornflix, FilmRise, Vidmark, American Classics and YuYu.

For access to all of these libraries together in one place, the Roku Channel is worth adding to your Roku. But if you don't have a Roku, you can watch many of its options at the other places listed above.

10. YouTube

YouTube has its share of feature-length films uploaded illegally, and those tend to disappear quickly thanks to YouTube's algorithms. Users who attempt this are pretty silly, since YouTube actually offers many movies for free, in addition ones available for rent or purchase — you just have to be willing to watch ads with them.

Another way to see what free movies are available, just go to the Movies & Shows channel, available from the YouTube homepage, and click "View All" next to the "Free to watch" category. These free movies aren't the most critically acclaimed, but there are a few gems you might enjoy (particularly comedies), and tons of kid-friendly content if you have little ones you want to entertain.

Streaming has made movie-watching much more fun, even more when it's free. Fortunately, there are tons of free online movie streaming sites, and all you have to do is sign up for a free account or watch a few ads along the way.



The Best Meal Kit Delivery Services

CNET.com

These convenient meal kit services deliver weekly menus and preportioned ingredients to enthusiastic but time-poor home cooks. And with shelter-in-place lockdowns, they're more useful than ever.

With the prospects of heading to the grocery store growing less attractive by the day, a meal kit service just may be a fitting solution for healthy home-cooked meals.

Looking for the best meal kit delivery service in 2020? It seems like the field of options, for healthy eating and convenience, gets bigger with each passing month. But knowing the differences between all the options will help you make the best possible choices for your home meal kit needs.

If you live anywhere where it's even a little bit possible to glimpse the stoops of your neighbors, you've probably noticed cheerful boxes from the likes of Freshly, Home Chef, Sakara Life, Purple Carrot and Gobble making ever-more-frequent appearances on said stoops over the last several years. The age of the meal kit food delivery service is upon us. It's a type of convenience service that combines the efforts of chefs, nutritionists and personal shoppers, and delivers them into the hands of enthusiastic eaters or willing home kitchen cooks, with weekly menus and delicious, preportioned fresh ingredients for you to easily prepare. The breadth of options available today is just staggering, with everything from gluten-free meals to vegetarian options available and ready to ship. That means that people with special diets don't have to exclude themselves from reading further. It's time to find the best meal kit delivery service.

I once met one of the founders of Blue Apron, whose delivery box I'd become familiar with, thanks to the denizens of my apartment building. I mentioned that I thought the service sounded like a cool idea, but inundated him with a litany of reasons why such a thing didn't apply to me: I work in an industry where tasty meals are often provided, I'm rarely home, I'm culinary school-trained and so on. His counterargument was flawless: "Can I send you a free box?" I mean, duh.

Despite my protestations, the reasons I enjoyed the meal plan were plenty, and inspired me to continue my subscription with an occasional box of ingredients. Even with culinary school cred, I liked having ingredients I didn't know of or would rarely seek out put directly into my hands. I was especially moved by the concept of getting provided the single rib of celery that a recipe demanded, sparing me the heartache of watching an entire head of celery languish in my produce drawer when left to my own devices.

There are now dozens of meal kit delivery programs to choose from, like Sun Basket, Martha & Marley Spoon and Purple Carrot, with niche customizations, ingredients and menus to fit special diets like vegan gluten-free, vegetarian gluten-free,

plain old gluten-free, paleo, low-carb, vegetarian pescatarian, keto, a plant-based diet and just about anything else. You'll also often find promotional offers for new customers and convenient features like being able to skip weeks and cancel anytime. With limited or no commitment, if you're a calendar master and an account-management ninja, you can dabble in any or all of these services and choose, week-by-week, which best suits your circumstances.

Freshly

Best for those who crave home cooking but don't actually cook



Freshly

A few of these services provide fully cooked prepared meals to your doorstep, and Freshly is a good one if you desire wholesome, tasty comfort foods such as peppercorn steak, penne bolognese or chicken and rice pilaf. Meals are prepared right before delivery and are never frozen. With minimal reheating required by you, it's like having Mom cook dinner for you in your kitchen, without having Mom live with you. (Sorry, Mom.)

Subscription: \$8.99 to \$12.50 per serving, with up to 12 servings per week. Shipping is free.

Home Chef

Best for big appetites



Home Chef

Home Chef boasts over 38 meal kits to choose from in any given week, including the all-new grill packs and one-pan dinners. Meal kit examples include Chipotle Chimichurri Mini Pork Meatloaves with Roasted Sweet Potato and Garlic Peppercorn Salmon Scampi with Garlic Cream Gemelli and Broccolini. Plus, you can customize the protein in your meal choices, which makes Home Chef dishes stand out from the pack. For example, with some Home Chef recipes, you can order double the protein without doubling the overall

portions. With other Home Chef options, you can choose to order antibiotic-free protein instead of the standard version. Meal kits and ingredients are usually pretty standard in their offering (which is what keeps Home Chef efficient to the masses).

One new and unique offering from Home Chef is their oven-ready meals, which come with everything you'll need to make the meal including the cooking tray (no messy kitchen and no dishes).

Subscription: Starting at \$7.99 per serving with additional premium Home Chef recipes offered at market price.

EveryPlate

Best for those on a budget



At just \$4.99 per serving and with an emphasis on delicious, hearty meal options and generous portion sizes, EveryPlate is the best plan for those whose journey into meal kit delivery is based on affordability. It keeps its overhead low by offering eight easy recipes to choose from weekly, which does mostly exclude vegetarians and those on special diets, but the eight available meals are full of variety and flavor otherwise. Get 18 meals for only \$3.33 each, free shipping on your first order, plus the ability to skip or cancel anytime.

Subscription: Each serving is only \$4.99. Each weekly box includes three recipes with either two or four servings apiece.

Blue Apron

Best intro to meal kit delivery



Blue Apron

Blue Apron is largely accepted to be the granddad of meal kit delivery programs in the US. The eight menu choices available weekly range from simple pastas to delicious international options, with a seafood and vegetarian option always

available. Even the simplest recipes might include an unfamiliar component or two, and the website often highlights these ingredients as an educational opportunity. Recipes are tagged with helpful keywords such as "customer favorite," "quick and easy," "great for grilling" and so on. Occasional promotions include a menu from guest celebrity chefs, or recipes that highlight popular travel destinations. An optional wine pairing service is also offered.

Subscription: Price per serving ranges from \$7.49 to \$9.99, with options to prepare two to four recipes per week and two or four servings per recipe.

Sun Basket

Best for organic lovers



Chowhound

Healthy and fresh are common favorite meal kit descriptors, but Sun Basket goes a step further. Sun Basket is committed to organic, non-GMO, sustainably and responsibly raised products and ingredients, which it packages in 100 percent recyclable materials to boot. Basically, the box took the trip to the farmer's market for you. Sun Basket's recipes are developed by Justine Kelly, a San Francisco chef known for her work at the James Beard Award-winning Slanted Door restaurant, and for her appearance on Top Chef. All of her easy and delicious meals with organic ingredients are nutritionist-approved (500 to 800 calories per serving), and most meals take only about 30 minutes to prepare, with online Sun Basket tutorials available if you need a little extra guidance. You've got options too -- you'll be able to choose from a selection of six to 18 different organic meal recipes each week, including paleo, vegan meal, vegetarian and gluten free meals, so you'll always get what you want. Sun Basket delivery is available in 36 states, and Sun Basket shipments arrive on Tuesdays and Wednesdays between 8 a.m. and 9 p.m. For three Sun Basket meals each week, you'll pay \$74.93 for the two-person plan (or \$11.99 per serving) and \$143.87 for the four-person plan (\$10.99 per serving), with a \$5.99 shipping fee either way.

Subscription: For three Sun Basket meals each week, you'll pay \$74.93 for the two-person plan (or the \$11.99 price per serving) and \$143.87 for the four-person Sun Basket plan (\$10.99 per serving), with a \$5.99 shipping fee either way.

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Heartbreaking Pics of Overworked Doctors Are Going Viral, Proving That They Too Have Human Limits

Liucija Adomaite and Greta Jaruševičiūtė

As the number of people testing positive for coronavirus is skyrocketing around the globe, with more than 35K confirmed in the US alone, tragic milestones are hit daily. Death tolls in Italy have reached 5,476, while Spain has been hit with 1,813 losses. It's now clear that curbing the pandemic will take a full-blown battle.

And medical workers are now fighting on the front line. The heartbreaking pictures below serve as living proof of what's happening behind the emergency doors. From eternal shifts that leave their faces severely bruised to working without proper equipment and risking lives—the sacrifice is overwhelming. While you scroll through the pictures, take a moment to think about these heroes and thank them.

Face After 13 Hours ICU Work



“I don't love selfies. Yesterday, though, I took this photo. After 13 hours in ICU. I am not a hero. I am a normal person”

Nurse After Hours of Work In Intensive Care



#3 I've Been A Critical Care Nurse For 13 Years, And I've Never Seen Anything Like What Is Happening Now In Our Healthcare System. It Is Beyond Overwhelming



Faces Of Medical Workers After A Long Shift Of Treating Coronavirus Patients - A Czech Doctor



“We can’t anymore. We don’t sleep, we don’t eat”

This Is An Anesthesiologist, Dr. John Henao, Who Is Running Out Of Personal Protective Equipment At His Hospital



My Battle Scars



This Is My Mom. She’s 71 Years Old And Screening People From The Afternoon To Midnight. Thank The People That Expose Themselves And Go Through Hell Just To Make Sure People Are Safe



Dr. Joy Vink Is On The Frontline Of NYC's Battle With Covid-19, But Without Access To Proper Personal Protective Gear



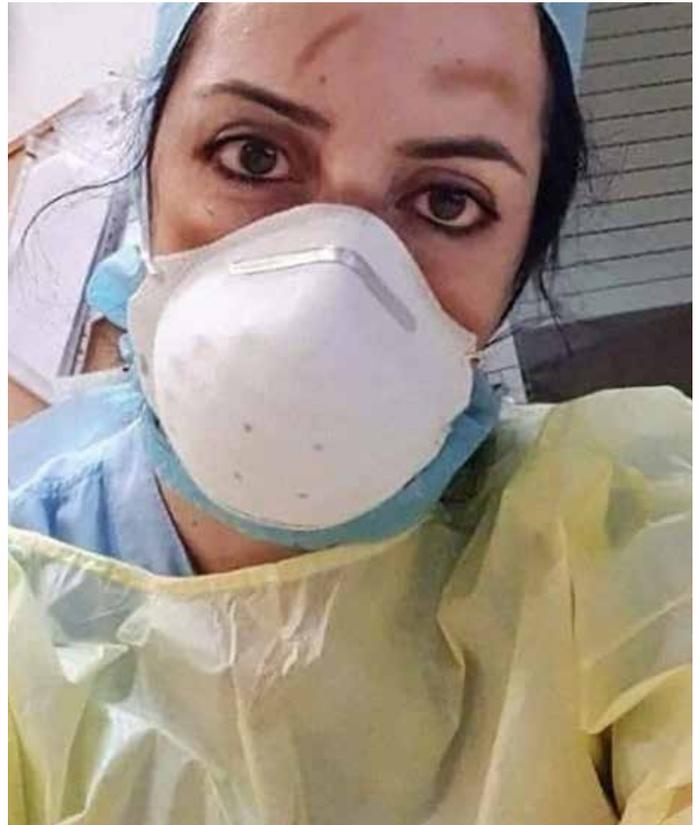
This Is My Mom. She's My Hero. She's A 60 Year Old Primary Care Physician Testing Patients For Covid-19



As Most Of The World Is Isolating, Shutting Down, And Running As Far A Away From The Virus This Guy, Will Be Running Into It. This Guy Is My Guy And He Is An Emergency Room Doctor



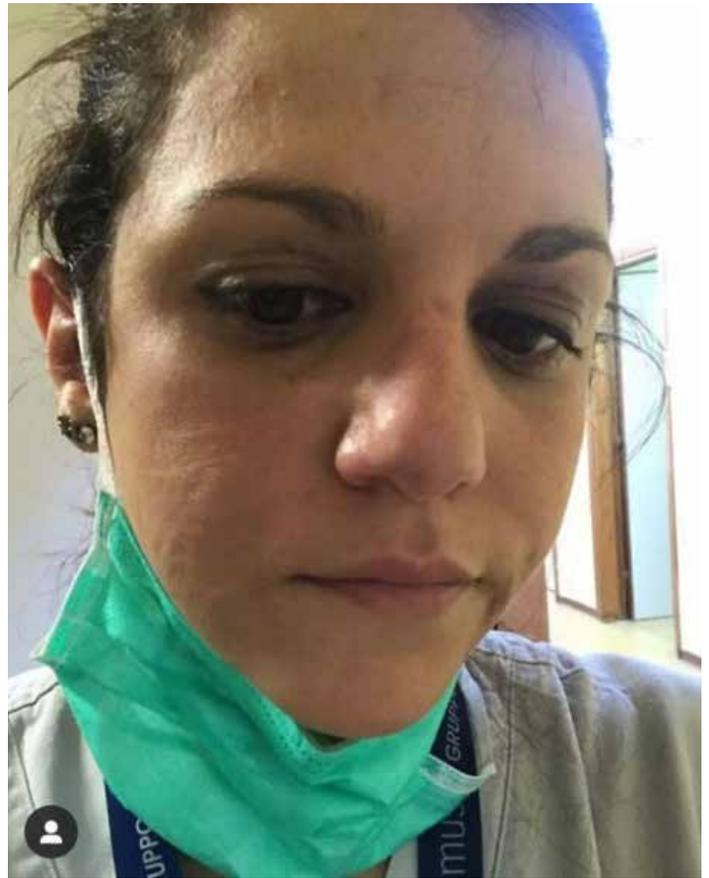
Much Tiredness, Fear And Concern In Addition To The Brands, Injuries And Heat Caused By Protective Equipment



Nurse Takes A Selfie To Show What Wearing A Mask Does To Her Face



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