**CARPATHIAN CELEBRATION IN NEW YORK**

“Midwinter Night: A Celebration From the Carpathians,” a world-class theater piece based on winter songs from the Carpathian Mountains in Eastern Europe, debuts at La MaMa Experimental Theater in Manhattan’s East Village, Dec. 27-30. It features traditional songs from celebrating the solstice and a Nutcracker ballet. Tickets include admission to a pre-show concert on Dec. 26. Visit: www.alpinagstaad.ch

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**Travel**

Visit Mystic Aquarium's WinterWaterland (Dec. 27-Jan. 1), WINTERWATERLAND IN MYSTIC, CONN. All rates include non-stopping, round trip transfers, all air and accommodations available at five Canyon Resorts properties, from $265. Canyonresort.com/ski_school_ultimatemtn_hp.html

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**WINTER WATERLAND IN MYSTIC, CONN.**

Visit Mystic Aquarium’s WinterWaterland (Dec. 27-Jan. 1). All rates include non-stopping, round trip transfers, all air and accommodations available at five Canyon Resorts properties, from $265. Canyonresort.com/ski_school_ultimatemtn_hp.html

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**HERE**

**MOMAPS 1, 22-25 Jackson Ave., Long Island City, Queens, 11101.**

A new easy-to-navigate website offers once-in-a-lifetime travel experiences across the world. Goviva curates unique packages in the areas of sporting events, entertainment, active lifestyle, food and wine, film, art, and music. Some experiences include celebrity hosts, such as cooking with chef Rick Bayless, checking in with Olympic marathon winner Meb Keflezighi, a private performance and dinner in the home of saxophonist David Sanborn, or visiting the studio of artist Peter Max. Your own “Goviva Experience Specialist” handles all the planning, both before and during your chosen experience, including recommendations for dining, shopping, and entertainment, arranging additional VIP privileges, and special requests. 877-550-1755, www.goviva.com

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**EVERYWHERE**

**One Happy Island**

**ARUBA4U**

Players Choice Tours, Inc.

860-572-5955, www.mysticaquarium.org

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**BOSTON HARBOR HOTEL WINE FESTIVAL**

Visit some of New England’s best wineries at the Boston Harbor Hotel’s 3rd Annual Boston Wine Festival, a 12-week-long series of intimate wine dinners, brunches, seminars, and receptions featuring winemakers from around the world. Participating restaurants kick off with a grand opening reception, Dec. 11, 7-10 p.m., where you can sample more than 50 wines and enjoy an elaborate buffet. Participating restaurants this year include SpottedSpoon Estate Vineyard and Winery, Ouyao One, Peter Michaud’s Long, Diamond Creek, Chateau de la Vie, and Caboledo Calle. Returning by popular demand is Daniel Bruce’s Tuftbli, and Restaurant. Ticket holders receive an exclusive Wine Fest Portland accommodation rate of $220 per night. Opening reception $100, other events $55-$235. 70 tickets per person. Accommodations available at five Canyon Resorts properties, from $265. 4000 Golf Resort Drive, Steam, www.steamcanyonsresort.com, 888-CANYONS, www.canyonsresort.com/ski_school_ultimatemtn_hp.html

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**5 STAR IN GSTAAD, SWITZERLAND**

Be pampered Swiss-style at Alpina Gstaad, the first five-star luxury hotel to open in Gstaad in 100 years. This property features 55 rooms and suites, all with floor-to-ceiling windows leading to terraces with views of the Alps, and three restaurants, including the first European outpost of Misul, a traditional Swiss-styled, and Restaurant Fusion with Michael-star chef Marcus Lüthi. Rooms include a full breakfast and a $323 credo in two adjoining 42, 43-58-988-0888, www.theguestofaguest.com

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**FIVE POINTS IN NY, NEW YORK City**

To evenly heat your baby’s bottle. Simply stick a warming wrap to your WarmZeBottle-Soother, slide it on your bottle, and in 30 seconds you to heat a bottle without needing electricity, hot water, or a car outlet charger. The WarmZe (formerly On The Fly) portable bottle warmer uses an air-activated warming wrap to evenly heat your baby’s bottle. Simply stick a warming wrap to your WarmZe, slide it on your bottle, and in 30 minutes you will have a perfectly tepid bottle. Available in standard and Califórnia. Starter kit 155, Warner pac10-35 877-693-5922, www.warmze.com

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**The List**

### AVOID COLDS WHILE FLYING

#### HAND FRIE

Pack hand sanitizer to protect yourself from the germ-covered airplane surfaces, especially when soap and water aren’t an option.

#### KILL GERMS

Wipe down tray tables, armrests, and seatback pockets on airplanes and in rental cars with a disinfectant.

#### DRINK HYDRATED

Stay hydrated and keep your immune system in check and prevent fatigue.

#### CLEAR THE AIR

Aim the air vent at your chest to direct the air away from you. Even better: Turn it off.

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**Five Points in NY**

Five Points is not your typical art gallery. Located in Long Island City, Queens, across the East River from Manhattan, it’s the block of graffiti visible from the subway. It’s a combination of things that look like they disappeared while flying. Graffiti offers these tips:

1. CREATE A BARRIER

New real antiseptic sprays, such as Halo (www.halosgherm defense.com), can kill cold and flu germs for up to six hours. Keep one in your pocket on a flight.

2. KILL GERMS

Wipe down tray tables, armrests, and seatback pockets on airplanes and in rental cars with a disinfectant.

3. HAND FREE

Pack hand sanitizer to protect yourself from the germ-covered airplane surfaces, especially when soap and water aren’t an option.

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**THE TIP**

### FIVE POINTS GRAFFITI BLOCK

The Journal of Environmental Health Research reports that you are up to 113 times more likely to catch a cold in-flight than on the ground. “In order to prevent the worst, airborne germs you have to understand how they flow,” said Dr. Mahmed Ghannoum, an infectious disease specialist. “It’s a combination of things that you can do while you are on a plane.”

#### HANDS FREE

Pack hand sanitizer to protect yourself from the germ-covered airplane surfaces, especially when soap and water aren’t an option.

#### KILL GERMS

Wipe down tray tables, armrests, and seatback pockets on airplanes and in rental cars with a disinfectant.

#### DRINK HYDRATED

Stay hydrated and keep your immune system in check and prevent fatigue.

#### CLEAR THE AIR

Aim the air vent at your chest to direct the air away from you. Even better: Turn it off.

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**New York**

Five Points is not your typical art gallery. Located in Long Island City, Queens, across the East River from Manhattan, it’s the block of graffiti visible from the subway. It’s a combination of things that look like they disappeared while flying. Graffiti offers these tips:

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2. KILL GERMS

Wipe down tray tables, armrests, and seatback pockets on airplanes and in rental cars with a disinfectant.

3. HANDS FREE

Pack hand sanitizer to protect yourself from the germ-covered airplane surfaces, especially when soap and water aren’t an option.

4. DRINK HYDRATED

Stay hydrated and keep your immune system in check and prevent fatigue.

5. CLEAR THE AIR

Aim the air vent at your chest to direct the air away from you. Even better: Turn it off.

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