

Rave

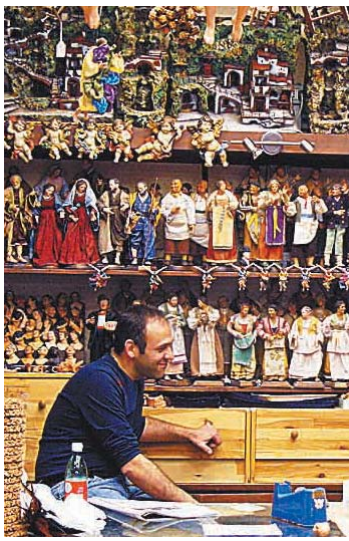
Nativity thrives on Naples street

NAPLES — It's Christmas every day on Via San Gregorio Armeno in the heart of the city's historic center. Although the tradition of Nativity scenes dates to the 13th century, Neapolitan artisans of the 18th century elevated the form to dramatic tableaux populated with saints, angels, animals, and figurines representing the trades. In the process, they launched a cottage industry that's still going strong.

The tradition of the "presepe," literally "crib," but meaning a representation of the entire Holy Family, is such a big business that an entire street is filled with artisans working year-round in anticipation of December.

In the small shop of Gambardella Pastori at No. 40, you're likely to find Daniele Gambardella at a bench either painting small terra-cotta figurines or assembling wooden stables and mangers. The third generation to work in his family shop, Gambardella admits that he has only one simple presepe in his home; fortunately for the artisans, more fanciful tastes prevail.

Those who follow the trends



PATRICIA HARRIS FOR THE BOSTON GLOBE

Neapolitan artisans craft "presepe" figures year-round.

can update the family heirloom set with literally thousands of nontraditional figures, including singers, movie stars, and politicians. Last year, figurines of Barack and Michelle Obama were especially hot items, eclipsing French President Nicholas Sarkozy and his wife, Carla Bruni.

In a sea of figures, each shop makes a bid to stand out. The shop Rosario e Gennaro Di Virgilio at No. 18-20 eschews the popular culture figures for a menagerie of sweetly rendered animals, including a beatific wild boar.

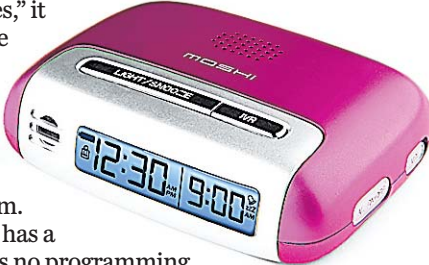
PATRICIA HARRIS

Gearing up

Making waking practically pleasant

I'm not a morning person, but I don't mind chatting with my alarm clock. "Snooze," I say when its bells start ringing, and the pocket-size device responds, "Snooze time, nine minutes." "Temperature?" I say. "The temperature is 66 degrees," it replies. The clever Moshi Voice Control Travel Alarm Clock responds to nine voice-activated commands, including time, set time, alarm, and set alarm, and has prevented me from flip-flopping a.m. and p.m. settings by mistake. The clock has a pleasant female voice, requires no programming, and works when you speak in a normal voice. It weighs less than 4 ounces when loaded with three AAA batteries, and has two brightness and three alarm settings. It is available in white, black, pink, and blue for \$24.99 from Moshi Lifestyle (877-556-6744, www.moshilifestyle.com), or from select Bed, Bath & Beyond stores.

KARI BODNARCHUK



Eat healthy, stay hydrated, and carry some diversions

► **TIPS**
Continued from Page M1

Administration screeners and gate agents to be scanned. Luddites: Bring the toll-free phone number of your airline to call in case your flight is delayed or canceled, which is likely to yield quicker results than standing in line at the counter.

ASK NICELY

Still no luck getting out of that row across from the loo? Seatguru founder Matt Daimler suggests politely making your case to the gate agent, who may have decent seats to dole out once those passengers who are upgraded are reassigned. As a last-ditch effort, talk with the flight attendant, but be prepared to be nickel-and-dimed: United Airlines, for one, has begun to up-sell "economy plus seating," with more legroom, even after the aircraft is boarded. Prices vary depending on the route.

BE ON TIME

Leave at least 30 minutes extra time to travel to the airport, suggests Phil Orlandella, Massport spokesman. He says finding parking at Logan International Airport won't be a problem, but public transportation will be crowded and cabs in high demand, especially on the peak travel days of Wednesday and next Monday, when more than 100,000 people are expected to travel through Logan.

LUGGAGE . . . UGHHH

Now that carriers, with the exception of JetBlue and Southwest, charge \$15 and up to check luggage, more passengers cram their belongings into a carry-on bag, leaving overhead space at a premium. Enforcement of size restrictions (not to exceed 22-



by-14-by-9 inches) is often lax on domestic flights, with checking at the gate (oddly free) offered as an alternative if your bag is deemed too unwieldy to stow in the cabin. Considerably less hassle than the carry-on free-for-all and checking bags — but pricier — is luggage delivery service. United, for instance, has partnered with FedEx Express to offer overnight baggage shipment starting at \$79 per bag.

BRING ABOARD

However your bags travel, don't forget the onboard essentials that will make those 30-plus inches of space tolerable for the duration of the flight. For Bryan Saltzburg, general manager of new initiatives at Newton-based TripAdvisor.com, who flies at least once a week, that means noise reduction headphones, iPod, cellphone charger, batteries, a laptop loaded with movies, a big bottle of water (purchased beyond security, of course), hand sanitizer, travel-size container of disinfectant wipes, and high-en-

ergy snacks, like nuts and protein bars. Other frequent fliers swear by padded eye masks, cashmimas, and a change of clothes, in case a checked bag goes missing. For children, think lots of snacks and entertainment, says Gabe Saglie, senior editor of Travelzoo.com, who just invested in a portable DVD player to pacify his 1- and 4-year-olds aloft.

YOU TOO WILL GET HUNGRY

You've made it to the airport without any huge hassles, and then you realize there's nothing but fast food between you and your destination, six hours away. Check out www.cheapflights.com/travel-tips for a rundown on the healthiest choices at standard airport eateries (the bean burrito, sans sour cream, is touted as the best option at Taco Bell). Just remember, the higher the altitude, the more the gas in our bodies expands, according to gastroenterologist Patricia Raymond, assistant professor of clinical internal medicine at Eastern Virginia Medical School. She rec-

Destinations

NIGHT LIFE

This is no blip on the screen



Masters of "chiptune" music and technology take over the Bell House in Brooklyn next month.

DEC. 17-19
BROOKLYN, N.Y.
Blip Festival: This annual Game Boy symphony allows those with a penchant for antiquated video game sounds to come together and create retro-electro concertos for similarly-minded music fans. You may have thought you were clever recycling your orange juice cartons, but the nearly 30 international artists who attend Blip create original music out of low-bit video game consoles that otherwise would have found their second life in the scrap heap. This style of music, known in the underground scene as chiptune, is anything but simple. In the hands of artists such as Random and Nullsleep, these toys create rousing, throbbing electronic music. The conference gives those who create the music a chance to tinker during the day. They then perform in the evening for the benefit of those who have never pulled apart their Nintendo. *The Bell House, 149 7th St., blipfestival.org*

DEC. 3-6
WHISTLER, BRITISH COLUMBIA
Whistler Film Festival: When they're working in Hollywood, Canadian celebrities are skilled at downplaying the "Canadian" and playing up the "celebrity." We're looking at you, Pamela Anderson. But at the Whistler Film Festival, Canadians are celebrated, without being cagey about their northern roots. The festival prides itself on drawing more than 60 percent of its films from Canada. This year, director-producer Ivan Reitman (yes, he is Canadian, too) will be attending the event, helping to judge the best new Canadian film. The good news is that if you don't find many films to your liking, there's always skiing, and lots of it. Passes for the festival start at \$38. *www.whistlerfilmfestival.com, 877-838-3456*

JAN. 1
MONTREAL
Resolution: Amateurs reserve their revelry for New Year's Eve alone. Here the party spills over to New Year's Day — and the day after. The aptly-named Resolution kicks off at 9:30 p.m. on Jan. 1 and keeps going until 10 the next morning. Your feet may resolve to quit the rest of your body if you participate for the entire evening. Mega star DJ Paul van Dyk headlines the party, which takes place at Bell Centre stadium. Tickets have already gone on sale, and will probably sell out by late December. Prices start around \$80. *1260 De la Gauchetiere West, bellcentre.ca*

DEC. 26-29
CANDOLIM, INDIA
Sunburn Festival: Early passes have sold out, but another round

of tickets for South Asia's original electronic music festival will go on sale soon. This year's Sunburn Festival features trance DJ luminaries Armin Van Buuren, Roger Sanchez, John "00" Fleming, Sanjay Dutta, and Dave Lee, along with live sets from Jalebee Cartel and Midival Punditz. Sunburn lives up to its name by staging massive dance parties on the beach in the warm and tropical state of Goa. This year the festival adds a Sunburn After Dark party for those who prefer to dance under the cloak of darkness. Three-day passes are available starting at \$55. *www.sunburn-festival.com*

PLAN AHEAD
JAN. 29-30
GEILO, NORWAY
Ice Music Festival: Halfway

between Oslo and Bergen this small town hosts its annual music festival where the instruments are made of ice and the vodka is always very, very cold. Ice sculptors create everything from ice harps to ice violins for musicians to play in the stunning, snowy setting. This year's performers include percussionist Terje Isungset and singers Lena Nyman and Helene Boksle. Local food and drink are served in an igloo (where else?) and it all takes place under a full moon. Festival dates are dictated by lunar cycles. *www.icefestival.no*

CHRISTOPHER MUTHER

Events are sometimes canceled, rescheduled, or sold out; check online. Christopher Muther can be reached at muther@globe.com.



LANE TURNER/GLOBE STAFF/FILE (LEFT); DAVID L. RYAN/GLOBE STAFF/FILE

► **100,000 STRONG**
Be one of the smart travelers at Logan; log on and check our list of tips at www.boston.com/travel.

ommends taking an over-the-counter activated charcoal capsule to avoid "jet bloat."

LAYOVER LOUNGE

If you've got a considerable layover, splurging on a day pass to an airport lounge can be well worth the tab. For about \$45 (or as little as \$29 if you prebook at LoungePass.com), you will have access to Wi-Fi, newspapers, up-to-date flight information, showers, snacks, and cocktails, depending on the lounge — not to mention peace and quiet. Plus, if your flight is delayed or canceled, the club staff may be in a better position to assist you with rebooking than the harried folks at the gate.

DOCTOR'S ADVICE
In a recent survey by TripAd-

visor, more than half the respondents polled admitted that they would fly with the flu to avoid paying a rebooking fee. Fortunately, more airlines, including Air Tran, are beginning to waive that fee for sick passengers — with a doctor's note — in the wake of the H1N1 influenza pandemic.

A crowded plane may seem like a veritable Petri dish, but it is no more perilous than other modes of public transportation, says Mark Gendreau, senior staff physician and vice chair of emergency medicine at Lahey Clinic in Burlington and assistant professor of emergency medicine at the Tufts School of Medicine. Not surprisingly, most of the bacteria on an aircraft are in the bathroom, especially the handles of the sink and the door. Swine flu, in particular, is transmitted by sneezing and coughing, which releases large droplets that can travel about three feet.

The good news is that the ventilation systems on planes — designed back when smoking was

Terminal A at Logan Airport offers more than a dozen dining options, including Jasper White's Summer Shack. A portable DVD player can allay boredom for youngsters and grownups alike on a long — or delayed — flight.

allowed — are surprisingly efficient, exchanging air flow about 15 times an hour. "If the ventilation is working correctly," Gendreau says, "it's doing a good job of minimizing the risk."

HANDS DOWN

Gendreau suggests regularly sanitizing hands, drinking plenty of water to stay hydrated, and avoiding touching your nose, eyes, and mouth, which is how most respiratory viruses are introduced. Chronic sinusitis sufferers can use saline nasal spray to stay hydrated.

Gendreau also recommends directing the flow of the air vent to slightly in front of your face. "That will create enough turbulence so if there is an offending droplet coming your way, it doesn't land on you."

And skip the airline-issue pillow and blanket, he says, "You don't know where it's been. Bring your own."

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