

Friendly Skies

Q My fiancé has his heart set on a

Hawaiian honeymoon. I'd love to go there, but it would require a long airplane flight, and I'm afraid to fly. Are there any courses or books you could recommend for a nervous flyer?

A You're not alone in your flying fears. One out of every three Americans is afraid to fly. That means 50 million of us have either given up flying, fly with anxiety, or have never flown. But don't let fear paralyze you or place any limits on your honeymoon joy. There are books and courses available to help you. Try *The Fearless Flyer* by Cherry Hartman and Julie Sheldon Huffaker (The Eighth Mountain Press, \$10.95; to order, call Magellan's travel catalog, 800-962-4943). This book gives great coping tips on how to deal with typical flying problems such as stale cabin air, uncomfortable seating, noise, and ear pressure changes. It also helps calm your flying anxieties by offering aviation facts and therapeutic relaxation techniques. If you think your plane panic runs deeper than a little flying angst, you might want to contact a counselor who specializes in aerophobia (the fear of flying), or a therapist who handles anxiety disorders. You can also use interactive aerophobia audio tapes, such as those provided by Freedom from Fear of Flying Inc. Captain T.W. Cummings, a former pilot and director of this program, calls aerophobia "an easily overcome fear." The tapes, which cost \$28, take you through a typical flight experience. Call 305-261-7042. SOAR (Seminar on Aeroanxiety Relief) offers full aerophobia controlling courses on tape for \$390. Call 800-332-7359. Although these products may seem pricey, think what an investment they'll be for years of problem-free flying, long after your honeymoon flight experience.

Agent Affirmation

Q We don't have much time to plan our honeymoon and have thought of using a travel agent. Is it worth the extra money?

A Let's put it this way: If travel agents did cost extra, they'd still probably be

worth it. But, most won't charge you anything. Not a penny. Using a travel agent is a great idea for all honeymooners-to-be, whether you're pressed for planning time or have a year to get the details together. Most agents have done quite a bit of traveling themselves, and with all that globe-trotting knowledge they can give you ideas on special honeymoon possibilities you might not have imagined on your own. Also, once they've booked the perfect paradise for you, they can give you a native's eye view on everything from where to dine and unwind to where you'll find the best shopping. Want some more wallet-friendly news? With their special computer programs agents can usually find the best prices by calling up hundreds of rates to choose from. To find a qualified agent near you, call the American Society of Travel Agents (ASTA) at 800-965-ASTA. If you already know an agent you'd like to use, dial ASTA's consumer affairs line (703-739-8739) to make sure she is a member in good standing. Once you've found a suitable agent tell her exactly what type of heavenly hideaway you have in mind, then let her do all the leg work. Bliss!

Inoculation Information

Q We've booked an adventurous safari in Kenya for our honeymoon. What inoculations should we have before the trip and when should we get them?

A There's good news and bad news. First, the bad: Two to four weeks before your trip, you and your fiancé will

have to brave many shots to protect yourselves from hepatitis A, typhoid, meningococcal meningitis, rabies, cholera, and yellow fever, and take mefloquine (or an equivalent) to prevent malaria. And (yes, there's more) if your childhood immunizations—diphtheria, tetanus, and pertussis (DTP); measles, mumps, and rubella (MMR); and polio—are out of date, you could be in for even more needles. Whew! Now that you've suffered through all the bad news, on to the good: Recently many hospitals across the country have established travel clinics to make this experience if not more comfortable then at least more convenient. These clinics provide you with an informed staff, doctors who specialize in international infectious diseases, loads of information on health precautions you should take while abroad, and—gulp—all those shots. To find a travel clinic near you, call your state's department of health. Another excellent source of information on inoculations is the Centers for Disease Control and Prevention (CDC), in Atlanta. Check out their Web site (www.cdc.gov), and hotline (404-332-4565), through which you can receive free information. If you have a fax machine simply request these document numbers for Kenya health concerns: 220130 (for East Africa disease prevention information), 221001 (for meningococcal disease information), 221011 (for general malaria information), and 220003 (for various vaccine recommendations). And, after you've endured the pricks, pokes, and pills, enjoy all the beauty Kenya has to offer. ■

