

# Get Up & Go

## Senior Magazine Welcomes Aboard Stan Atkinson !

Senior Magazine is proud to introduce **Stan Atkinson** as our new travel writer. He officially begins writing the travel column, newly titled: **The Veteran Voyager, The Timely Traveler, Tripping Out**, next month, but wanted to say a few words to acquaint himself with all of you:

Do you remember? I sure do. That moment when you first evolved into becoming one of us? Perhaps it was for the first time noticing a copy of **Senior Magazine**. You picked it up, looked it over. You saw stuff that computed with the life you were living and wanted more. Opportunities and options to be enjoyed in 'Senior Dom'.

Like **travel**.

I love it. So much so, I often risked my life to do it. Of course that was a part of my job as a reporter. But it was to satisfy my curiosity as much as anything about other places and their people. And I've traveled a lot over the years. Same reasons whether for pleasure or the job.

So, I guess this makes sense, writing this column monthly for this magazine I've enjoyed reading for so long. I hope it'll work for you.

I'm in good company—friends for whom I have considerable respect.

They know what they write about here monthly. My former **Channel 13** colleague and health and pet maven, **Diana Penna**. **Frank LaRosa**, a kind man, always so patient with me on the golf course. And **Dr. Richard Meister**, who in tandem with optometrist **Dr. Randy Fuerst**, has given me eyesight so good I haven't had to wear glasses for 15 years.

I am very happy to be settling in here. Just wanted to say 'hello' and tell you what was up with this column. I'll start in earnest with the next issue in March: our annual travel issue. I promise to offer up some excellent bargains, tailored to us seniors and to places we want to go.

Right now **Mrs. A.** and I are off to **Asia** aboard **Royal Caribbean's 'Rhapsody of the Seas'** from **Hong Kong** to **Singapore**. I will report back on how it went.



*Pictured: Stan Atkinson, third from left in 1993, Mogadishu, Somalia, following Black Hawk Down.*

**Stan Atkinson retired in 1999 after 46 years as a TV news anchor, reporter and documentary producer—most of it at KCRA and KOVR. He covered much of the world's troubles in 22 countries between the 60's and 90's. Some tormented places more than once. His assignments have ranged from Afghanistan to El Salvador and Vietnam to Iraq. He has also enjoyed the benefits of safe and sane travel including 2 dozen cruises, often as a host.** SM

### Keeping Healthy While On The Go

**(NAPSA)**—Whether hitting the ski slopes, vacationing in a warmer climate or spending quality time with family and friends over the holidays, for many, winter is a time for travel.

Unfortunately, traveling by plane, train or even in the comfort of your own automobile can weaken your immune system. The good news is that there are practical steps you can take to help keep yourself healthy.

- **Wash your hands**—To keep your immune system strong, frequent hand washing is a necessity, especially after traveling in high-traffic areas such as airplanes and public transit. Wash your hands vigorously with soap and warm water for 10-15 seconds and try to use liquid soap along with disposable paper towels to dry.
- **Relax**—Let's face it, on top of traveling, the holidays are a high-stress and fast-paced time. Find some time to relax and make sure to get a full night's rest. Sleep deprivation reduces the activity of essential immune system cells by 30 percent.
- **Skip the borrowed bedding**—Bring your own blanket and pillow with you. There's no telling how long it's been since that airline blanket and pillow have been replaced or washed.
- **Strengthen your immune system with supplements**—To help keep your immune system working at peak performance, many people take nutritional supplements, such as vitamins and herbs.

For example, there's a product created by a schoolteacher to help boost her immune system.

Called **Airborne**, it contains 17 natural ingredients, including antioxidants, electrolytes, amino acids and herbal extracts. To make it even easier to take while traveling, it comes packaged in convenient, individually wrapped packets—**Airborne On-the-Go**. The powder can be poured into any size water bottle, is ideal for travel and can easily fit into a pocket, purse or briefcase.

For more information—and a free sample—visit the Web site at [www.airbornehealth.com](http://www.airbornehealth.com).



*There are a number of steps travelers can take to help keep their immune system strong.*

### Taking The Bumps Out Of Air Travel During The Holidays

**(NAPSA)**—If you're thinking of flying for your next trip, a little advance planning can help smooth out a lot of the bumps. The airline industry's on-time performance in the first seven months of 2007 was its worst since 1995, with only 74 percent of flights arriving on time, according to the **U.S. Department of Transportation**. Passengers should plan accordingly and be prepared in the case of flight delays, cancellations or lost baggage.

#### These travel tips can help ease the hassles of traveling:

- **Cover yourself**. Passengers can cover their holiday travel investment by purchasing a comprehensive travel insurance plan, like those sold on [www.travelguard.com](http://www.travelguard.com). **Travel Guard** plans, for example, cover everything from trip cancellation to lost baggage and medical expenses while traveling, as well as providing 24/7 travel assistance. Most plans can be purchased up to 24 hours before departure.

Also, in the event of a flight delay or cancellation, round-the-clock travel assistance provides help with things such as rebooking flights and arranging hotels and ground transportation, and travel insurance through **AIG Travel Guard** could reimburse the covered additional expenses.

*Continued on page 31*

# Get Up & Go (continued from previous page)

## Travel Doesn't Have To Be A Pain

**Travel Guard** has also just announced that children 17 and under are covered at no additional cost for each insured adult under the **ProtectAssist** plan.

- **Ship your gifts.** Travelers should not pack wrapped gifts or bring wrapped gifts to the security checkpoint at the airport. The **Transportation Security Administration (TSA)** may have to unwrap packages for security reasons.
- **Plan ahead.** TSA regulations determine what you can and cannot pack in your carry-on luggage. All liquids, gels and aerosols must be in three-ounce or smaller containers and all such containers must be placed in a single, quart-size, zip-top, clear plastic bag. For up-to-date carry-on information, visit [www.TSA.gov](http://www.TSA.gov).
- **Use the Internet to save time.** Check in and print your boarding passes online to bypass long lines at the airport.
- **Arrive early.** Always assume airport delays and plan to arrive at the airports at least two hours before your departure time for both outbound and inbound trips.
- **Bring your numbers.** Bring the phone numbers of your travel agent and the travel-assistance hotline of your travel-insurance provider. If you're staying at a hotel or renting a car, bring those contact numbers with you as well.

For more information, travelers can visit [www.travelguard.com](http://www.travelguard.com) or call **(800) 826-1300**.



*With air travel soaring, it's nice to know you're covered in case of a cancellation or lost luggage.*

### What to Do if a Migraine Strikes While Traveling

Because it may be difficult to avoid certain migraine triggers while traveling, Dr. Newman recommends packing a migraine-specific medicine in an easily accessible bag in case you need to use it while traveling or if your luggage is lost or stolen.

"A migraine attack can last several hours or longer," says Newman. "However, when taken at the first sign of a migraine, medicines like **Imitrex® Tablets** can start to relieve the pain within 30 minutes." Individual results may vary and patients should discuss treatment options with their healthcare provider.

If the diagnosis is migraine, then migraine-specific prescription therapies, like Imitrex, are available for the acute treatment of migraine attacks, with or without aura, in adults. Imitrex was the first prescription drug in a class of drugs called triptans to receive **U.S. Food and Drug Administration (FDA)** approval for the acute treatment of migraine in adults.

Patients should not take Imitrex if they have certain types of heart disease, history of stroke or TIAs, peripheral vascular disease, Raynaud syndrome, or blood pressure that is uncontrolled. Patients with risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes or smoking, should be evaluated by a doctor before taking **Imitrex**. Very rarely, certain people, even some without heart disease, have had serious heart-related problems. For further information, please consult complete Prescribing Information for Imitrex available at [www.imitrex.com](http://www.imitrex.com). 

### Travel Doesn't Have To Be A Pain

**(NAPSA)**—Many people look forward to leaving the pressures of daily life behind to go on vacation or visit with family and friends, but whether you are flying, driving or taking a train, getting there can be stressful.

While the stress of traveling can be tough for anyone, it can be more than just an inconvenience for the 29.5 million Americans who suffer from migraines. Some situations can actually trigger a migraine, such as loud noises, bright lights, a change in sleeping schedules or irregular meals.

The good news is that with some planning, you can minimize the chance that a migraine will ruin your holiday or vacation.

#### Know Your Triggers

"The first step is recognizing your migraine triggers so you can try to avoid them," says **Lawrence Newman, M.D.**, associate professor of Neurology at Albert Einstein College of Medicine and director of St. Luke's-Roosevelt and Beth Israel Medical Center's Headache Institute. "Migraines can be triggered by a number of stimuli while traveling, such as dehydration or air pressure changes."

**Dr. Newman** says it's important to be aware of what you eat while traveling, since caffeine and convenient snacks such as cheese, chocolate or nuts are common migraine triggers. If you're traveling by air, remember that airlines may not serve food or beverages on the plane, even if you are delayed several hours. Be sure to purchase a bottle of water once you are past security and before boarding the plane.

When traveling by car, bus or train, you can help ensure a comfortable trip by taking a few extra precautions. For instance, keep sunglasses with you, because bright sunlight and glare can trigger migraines.

Since stress in general can also trigger migraines, it also helps to have a travel plan to reduce stress. "Check with your airline on their recommended airport arrival time for passengers and allowed carry-on items," says travel expert and nationally syndicated columnist **Christopher Elliott**. "Give yourself at least one hour for domestic flights and two hours for international flights to check your luggage and get through security checkpoints without feeling rushed or stressed."

## GET THE EXTRA CASH YOU NEED WITH A REVERSE MORTGAGE!

If you're a homeowner, 62 or older, a reverse mortgage could supplement your retirement income.

Find out how your home can pay you back, by calling:  
**(916) 200-2000**

"Licensed by the California Department of Real Estate # 01190840"

**HERITAGE OAK**

MORTGAGE COMPANY

Integrating Technology with Personalized Service



### Benefits to you:

Tax-free money

No monthly payments

Use the extra cash any way you choose

Continue to own and live in your home

No income or credit qualifications

9900 Fair Oaks, Blvd.  
Fair Oaks, CA 95628  
(916) 200-2000 Office  
(916) 200-0044 Fax

