# Summer Travel Simplified



## DEAR PASSENGER:

As the summer travel season heats up, it's time for my annual plea to relax and enjoy your journey. You know in the great, grand scheme of human history, we belong to a very privileged class. The ability to

cross a continent in a matter of hours never ceases to amaze me when I consider the 19th-century settlers who walked from Missouri to Oregon, or the sailors who navigated the hazards of Cape Horn to get from New York City to San Francisco. How hard is it for us? We get to nap, or read or make a new friend. We are fortunate indeed. I know. It isn't always easy to keep that perspective when confronted with the occasional travel blips. However, I challenge you to focus on the benefits of air travel—the ease, the convenience and the opportunity you have to help someone else—especially families traveling with small children. Remember, you were a kid once too. Lend a hand if you can.

That said, might I also turn your attention to the fact that American industry is forever seeking ways to improve your travel experience? New products abound. Here are a few of our *SkyWest Magazine* summer favorites:

### Supersmile Professional Whitening Gum:

The Supersmile line of tooth whitening products caters to travelers with carry-on sizes of everything from toothpaste to Quikee no-brush, no-rinse whitener drops to little packets of powdered mouthwash, (just add to water and swish in the lavatory). The gum is my favorite. Developed by a cosmetic dentist—like all of Supersmile—it seems to live up to its claims to both whiten teeth and freshen breath. That's nice after an airborne nap. And it's sweetened by XYLITOL, billed as a natural cavity inhibitor. **Psi Bands:** I know acupressure bands have been around awhile, but they are so helpful for folks (like me) who suffer from serious motion sickness; I thought they deserved another shout-out. I can get seasick on a cruise liner, and I hate feeling drowsy. Psi Bands put pressure on the inside of the wrist and somehow improve internal balance. Besides benefiting queasy seafarers, they also work to alleviate nausea caused by pregnancy and chemotherapy. When traveling, I don't leave home without them.



**ArchPort Sandals**: This is one of those innovations that makes you want to slap your forehead and say "why didn't I think of that?" These durable, comfortable shoes have storage space in the soles. Ideal for river rafters, backcountry wanderers and hostel dwellers, they come with a mini-flashlight and utility tool and can easily accommodate a set of car keys and credit cards. Remember to leave the multi-purpose knife at home before going through airport security.

Oh, and just a couple more recommends. Remember to wear your sunscreen! And, smile! Life is an adventure. Enjoy where it takes you.

Happy Skies, Colleen

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