

The Concierge

TIPS FOR TOURING HERE AND ABROAD

STAY HEALTHY IN FLIGHT



ADOBE STOCK

By Kate Silver

WASHINGTON POST

Quay Snyder flies more than 130 times a year on commercial flights. As an aerospace medicine specialist, pilot and flight instructor, he feels perfectly safe in the air. But after each flight, to put his wife's mind at ease, he'll call her to say he has arrived without incident. "I joke with my wife," he says. "I give her a call and I say: 'I'm starting the most dangerous part of my journey: I'm driving home.'"

His point: Commercial airline travel is rarely dangerous. One person has died in the United States on a commercial airline in the past nine years, compared with nearly 40,000 a year who die in vehicle crashes in this country. Snyder's job, in the field of aviation medicine, is to help people stay healthy while flying. As president and CEO of Aviation Medicine Advisory Service, based in Centennial, Colo., he assists pilots with health problems, advising them on how to be in top condition while in the air and on how to maintain their FAA medical certification. He shared this advice for travelers on how to make wellness a priority while flying.

Separate fact from fiction when it comes to contagion. Snyder is quick to point out that travelers are not more likely to get sick on an airplane than they are in other spaces.

In fact, he says, they may be less likely to catch a virus. That's because air is exchanged more frequently on the plane than it is in typical offices and school buildings, and filters on airplanes remove about 99 percent of germs from the air.

Choose a window seat. Snyder opts for the inside seat, when possible. He says that's because airplanes are designed so that the air flow comes down from the top of the cabin and exits from vents on the floor by the window, so when you choose the window seat you benefit from that air flow. "That's a relatively safer place, even though the overall environment is safe," he says.

Wipe down flat surfaces. Germaphobes cringe at the idea of touching a tray table that's been touched by countless passengers before them, and for good reason. Snyder advises travelers to pack wipes (with at least 62 percent alcohol) and use them to wipe down tray tables, arm rests and seat belt buckles.

Keep your medications — and a list of those drugs — handy. Your carry-on is the best place for toting any medications you might need during your trip. That way, even if your plane is delayed or your luggage is lost, you still have them close at hand.

Get moving. Deep-vein thrombosis can happen when a

blood clot forms within a vein. While airplane travel itself doesn't cause deep-vein thrombosis, sitting in one place for a long period of time can contribute to it. "If you were on a train for eight hours, you'd have the same risk," Snyder says. On long flights, he suggests walking up and down the aisle or doing exercises in your seat to move your toes up and down and flex your calf muscles.

Drink lots of liquids (except alcohol and coffee). Snyder says that the humidity level on an airplane is low, which is why travelers sometimes become dehydrated. Counteract it by increasing your water intake, and avoid drinking alcohol and caffeine, which are diuretics. He points out that dehydration isn't the only reason to avoid those little bottles of liquor on the plane. Altitude makes alcohol go to your head quickly, because less oxygen is getting to your brain. Alcohol can also disrupt sleep and worsen jet lag, Snyder says.

Use common sense. Before you travel, get a good night's sleep. Eat a healthy meal. Drink lots of water. Exercise. Manage your stress. All of the tips that physicians — and moms — give year-round are also the kind of advice you should heed before hitting the skies. Snyder also advises all travelers to wear their seat belts, listen to flight attendants during the safety briefing and read the safety card. He says that's something he does whenever he flies.

HERE

OLD STATE HOUSE EXHIBIT EXPLORES MEMORY AND HISTORY

History buffs won't want to miss the new exhibit debuting at the Old State House this summer. "Through the Keyhole" explores converging themes of memory and preservation, asking how the historical objects we preserve shape the stories we remember and tell. (Through Dec. 28.) In 1863, the demolition of the Hancock Mansion caused a massive public outcry that launched a preservation movement in New England. Today, the front door of John Hancock's Beacon Hill home is on display, set in a meticulous re-creation of its original surrounding entryway crafted by students from the North Bennet Street School. The exhibit also features items relating to the Hancock home, including oil paintings, the family Bible, and mementos made from timbers of the original house. In addition, specialized tours,

original programming, and community events enhance the experience, including "Cato & Dolly," a new 20-minute play by Patrick Gabrielle. The play offers a glimpse of everyday life through the eyes of Cato Hancock, an enslaved man in the Hancock household and Dolly Hancock, John Hancock's wife and first lady of Massachusetts. (Mondays, Wednesdays, and Saturdays through Sept. 29.) Programming included with admission. 617-720-1713, www.bostonhistory.org/keyhole

STYLISH RENOVATIONS AT VERMONT LUXURY RESORT

Fans of The Equinox Golf Resort & Spa will be pleased to learn the property's multi-phase, top-to-bottom renovations are now complete. Part of The Luxury Collection brand, the resort's 147 guest rooms and suites offer all new carpeting, draperies, couches, and lounge chairs in an updated color scheme of soft neutral colors with green accents, as well as new desks, tables with dark wooden bases and marble tops, and hardwood box frame beds. Public spaces, including the spa and meeting rooms, shine with new furnishings, as does the lobby, where guests can enjoy happy hour and mingle after check-in at a wine bar. A magnificent restored gas chandelier (from the 19th-century Opera House across the street) soars above the Great Room. Onsite restaurants Chop House, Marsh Tavern, and Falcon Bar



have been redesigned to compliment executive chef Daniel Black's cuisine, which features ingredients sourced from the resort's own garden and farm partners throughout Southern Vermont. A Renovation Package includes 15 percent savings off best available room rates, and \$25 resort credit. Rates from \$189 excluding taxes and resort fees. Book online or call and ask for rate plan RENO2018. 866-716-8136, www.equinoxresort.com

THERE

ADVENTURES WITH SALMON

You've heard of swimming with dolphins but what about salmon? Those looking for new adventures in the wild outdoors might consider the Swim With Salmon program offered by Fundy National Park in New Brunswick, Canada. On four Saturdays in September (8, 15, 22, 29), take the rare opportunity to connect with park biologists and Fort Folly First Nations experts on an approximately six-hour backcountry trip. Guests will be trained and outfitted to take part in a snorkeling expedition to monitor local popula-

tions of endangered Atlantic salmon using specialized equipment in the Black Hole, a research site for the endangered Inner Bay of Fundy Atlantic Salmon. All equipment is provided, as is a fresh field lunch and warm drinks after snorkeling in the chilly river. Maximum six to eight people per outing; age 12 and older. \$100 per person. www.pc.gc.ca/en/pn-np/nb/fundy/activ/decouverte-tours/saumon-salmon

GET ARTSY IN SARASOTA

Lovers of all things cultural will want to check out the recently opened Art Ovation Hotel, Autograph Collection in Sarasota, Fla. Located in the heart of downtown, between the Sarasota Opera and the Florida Studio Theatre, the hotel is steps away from dozens of art galleries, restaurants, and shops along Main Street. There's also plenty of art to see and experience without leaving the property. The 162 bright and airy guest rooms and suites boast specially selected artwork, floor-to-ceiling windows, state-of-the-art technology, and art-inspired extras include in-room instruments for private jam sessions (such as ukuleles, cellos, guitars, and more), and an artist sketch book for guest use during their stay. A

full-time cultural curator is on hand daily to coordinate noteworthy amenities and programming, including an artist in residence program, art-influenced rooftop yoga, improv comedy brunch and class, ukulele lessons, international wine and music pairings, ballroom dance lessons, VIP packages with exclusive access to area events, and more. Beach lovers needn't worry. The hotel is in close proximity to the Gulf Coast. Starting rates from \$143. 941-316-0808, artovationhotel.com/

EVERYWHERE

NEW PRODUCT REVIVES TIRED TRAVEL EYES

Let's face it: Travel may offer life-enriching experiences but it also can contribute to tired looking skin, and dark puffy circles under the eyes. Kiehl's has just released a new product, Youth Dose Eye Treatment, designed to brighten and hydrate the under-eye area. Formulated with a blend of Pro-Retinol (vitamin A), vitamin C, and red grape seed extract, the product revives the look and feel of the under-eye area instantly, and over time with continued use. The lightweight and creamy texture absorbs quickly and smoothly. The .05-ounce (15ml) size will easily sail through TSA screening. \$39, www.kiehls.com/skin-care/eye-care/youth-dose-eye-treatment/KHL232.html



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