

# Fear Of Flying Is Common Among Some

## YOUR WEEK AHEAD By DAMIS

Forecast Period: 1/7-1/13/80

Draw on past experience in handling a difficult task on the job.

Initiate a physical fitness program of benefit to the whole family.

Home becomes the base for some sort of creative expression, a beauty.

It might be wise to look into purchase of a new car, if there's a need.

Business enterprise brings financial rewards. You can do no wrong.

Health and vitality shows in your confident, positive action. You glow.

A subconscious desire to delve into life's hidden facets overcomes you.

Friends spur you into action and you are put in the position of leader.

Aggressive pursuit of professional advancement increases income.

Attention to detail puts a new perspective on philosophical studies.

Stay clear of gatherings where emotions might reach the boiling point.

One concerned for your well being prods you into action. Help yourself.

**ARIES** Mar. 21-Apr. 19  
**TAURUS** Apr. 20-May 20  
**GEMINI** May 21-June 20  
**CANCER** June 21-July 22  
**LEO** July 23-Aug. 22  
**VIRGO** Aug. 23-Sept. 22  
**LIBRA** Sept. 23-Oct. 22  
**SCORPIO** Oct. 23-Nov. 21  
**SAGITTARIUS** Nov. 22-Dec. 21  
**CAPRICORN** Dec. 22-Jan. 19  
**AQUARIUS** Jan. 20-Feb. 18  
**PISCES** Feb. 19-Mar. 20

There's no such thing as a friendly sky for those people who dread the thought of an airline flight.

But they can take comfort in knowing they have plenty of company. At least 25 million Americans fear flying, according to Capt. Truman W. Cummings.

A retired airline pilot, Cummings for the last five years has been giving a series of "Fearful Flyer" seminars around the country to help passengers get aloft without the aid of tranquilizers, liquid or otherwise.

White Knuckles  
 Many of those who force themselves aboard a jet without some support "white knuckle" it all the way, with their hands gripping the armrests of their seats. Others stare straight ahead, never daring to look out a window.

Then there are the people who lock themselves in the restroom for the duration of a flight or who can't travel alone because they need someone to cling to en route.

Most of them have something in common, says Cummings. "They blame their anxiety on the aircraft, but it's the future, it's what might happen that makes them miserable. That's why many fearful flyers will cancel a reservation on the day of a flight or even get as far as the airport and turn back."

In his seminars, Cummings stresses positive thinking and combines relaxation exercises, flight safety talks, and first-hand experiences to transform his earthworms into soaring hawks. As part of the course, students go to a nearby airport, visit air traffic control facilities, and tour a parked aircraft.

"A few are so apprehensive they're afraid to even touch the plane," said Cummings. "They circle warily around it, as if it were a horse about to kick out at them."

**Moment of Truth**  
 But the real moment of truth is the graduation flight, a round trip to a fairly distant city where diplomas are awarded. A fearful flyer in Washington, D. C., turned up for her journey wearing a lucky T-shirt and carrying a briefcase stocked with various drinks, a Bible, and enough cash to take the train back home. She graduated with honors and made the return without any trouble.

At least 90 percent of the people who attend all of Cummings' classes find the courage to make the graduation flight. "Wiggle your toes and join hands," he instructs them just before takeoff. The toe-wiggling routine is designed to relieve tension.

So far more than 2,000 people have been coaxed aloft by the guru of flight. Wrote one satisfied customer, "As long as I locked my fear up, it would threaten me and beat on the door. Finally, I opened the door and found a pussycat."

But perhaps the biggest success story belongs to a Texas woman whose husband complained that his wife, after taking Cummings' course, always seemed to be going somewhere. "Is there some way you could deprogram her?" he asked.

Few fearful flyers ever become quite so enthusiastic about leaving the ground. However, Cummings does have specific suggestions on how to make a flight as painless as possible:

Get to the airport early so you can relax instead of rush.

Bring along a diverting magazine or book to take your mind off the flight.

Expect and accept some nervousness and excitement. Counter with deep-breathing exercises while in the boarding lounge and after being seated in the aircraft.

Let the flight attendant know you are a fearful flyer when you board the plane. Ask to peek into the cockpit. Say hello to the crew members.

Sit near the front where it is usually quieter. Speak to the person seated next to you. Whether you are rebuffed or not, it's a distraction. Better still, convince a supportive friend to travel with you.

Lean back comfortably on takeoff and wiggle your toes.

As soon as the seat belt sign goes off, get up, stretch, move about. Talk with someone, read, or listen to a relaxation tape.

Put a layer of gravel on the top of window boxes to prevent rain from spattering dirt on windows.

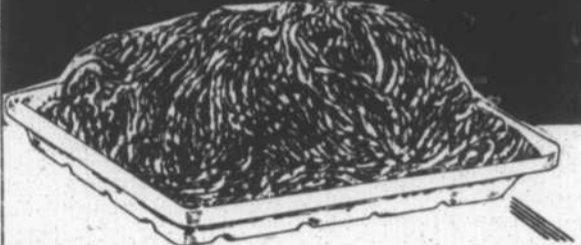


Few people realize that the U.S. Supreme Court in 1978 banned all future acquisition of radio or television stations by newspapers in the same community.



Put a layer of gravel on the top of window boxes to prevent rain from spattering dirt on windows.

**FRESH, LEAN**  
**GROUND BEEF**  
**1.29** LB.  
 3 POUND PACKAGE OR MORE



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 SMOKEHOUSE ALL MEAT  
**FRANKS** 12 OZ. **89¢**  
 REGULAR DINNER  
**FRANKS** 1 LB. PKG. **1.19**  
 SMOKEHOUSE  
**SLICED BOLOGNA**..... 1 LB. **1.29**  
 V.C.  
**SMOKED SAUSAGE**..... 1 LB. **89¢**

**TABLETITE**  
**SLICED BACON** LB. **1.09**



**CHOICE TABLETITE BONELESS**  
**BOTTOM ROUND STEAK** LB. **1.79**

**WEBB MILL GRADE A LARGE**  
**EGGS** **69¢** Doz.

**MEATY**  
**PORK RIBLETS** LB. **69¢**

**CUBED ROUND STEAK** LB. **1.89**

**EYE OF ROUND ROAST** LB. **2.09**

**EXTRA LEAN GROUND CHUCK** LB. **1.79**

**BONELESS RUMP ROAST** LB. **1.99**

**CHAMP DOG FOOD** 25 Lb. **3.29**

**SKINNED AND DEVEINED**  
**BEEF LIVER** LB. **1.39**

**WHOLE BONELESS**  
**BOTTOM ROUNDS** LB. **1.69**

**FRESH, MEATY**  
**NECK BONES** LB. **29¢**

**JAMESTOWN**  
 5 LB. BOX  
**FRANKS** **4.99**

**Banquet**  
 Thank Goodness for Banquet!  
**ASSORTED DINNERS**  
**2/99¢**  
 11 OZ.  
**BANQUET APPLE PIE**..... 20 OZ. **59¢**

**PET RITZ**  
**PIE SHELLS** 2 PAK **2/99¢**

**IGA SANDWICH BREAD** 1 1/2 LB. **3/1.09**  
**NEW! GRAIN BREAD** 2/1.09  
 1 1/2 LB. LOAF

**IGA BUTTERMILK BISCUITS**  
 4 PAK **59¢**  
**IGA CINNAMON ROLLS**..... 8 OZ. **2/99¢**

**TOPPING**  
**2/99¢**  
 10 OZ. CUP

**WAFFLES**  
**69¢**  
 12 OZ. PKG.

**WELCH'S GRAPE JELLY OR JAM**

**IGA CHEESE** 16 OZ. PKG. **1.59**

**Stokely**  
**ASSORTED CANNED VEGETABLES**  
 NO. 303 CAN  
 CREAMSTYLE OR WHOLE KERNEL CORN \* CUT GREEN BEANS \* FRENCH BEANS \* HONEY POD PEAS \* SLICED BEETS  
**3/\$1**

**Maxwell House**  
**COFFEE** 1 LB. BAG **3.09**

**CRISCO**  
**OIL** 38 OZ. **1.79**

**DIXIE CRYSTAL GRANULATED SUGAR**  
 LIMIT 1 WITH 7.50 ORDER OR MORE  
**1.09**  
 5 LB. BAG

**IBUNKER HILL** 15 OZ.  
**BEEF CHUNKS** **1.39**

**Pet**  
 NON-DAIRY  
**CREAMER** 16 OZ. **1.29**

**FRUIT** NO. 303 CAN  
**COCKTAIL** **2/99¢**

**WELCH'S** 40 OZ.  
**GRAPE JUICE** **1.39**

**PET**  
**EVAPORATED MILK**  
 TALL CANS **39¢**

**HI "C"**  
**DRINKS** **59¢**  
 ASSORTED FLAVORS  
 46 OZ.

**Baby Ruth or Butterfinger**  
**CANDY BARS** **4/\$1**

**BLUE RIBBON**  
**RICE** 3 LB. PKG. **99¢**

**APPLE** NO. 303 CAN  
**SAUCE...** **3/\$1**

**ASSORTED OR DECORATIVE**  
**PAPER TOWELS** **2/99¢**  
 BIG ROLL

**DOVE** **LIQUID**  
 32 OZ. BOTTLE **1.19**

**CLOROX**  
**BLEACH** **75¢**  
 GALLON JUG

**NORTHERN BATHROOM**  
**TISSUE** 4 ROLL PKG. **79¢**

**DIXIE CUP** 9 OZ.  
**COLD CUPS** BOX OF 80 **99¢**

**LYSOL SPRAY**  
**DISINFECTANT**, OZ. **99¢**

**LYSOL**  
**CLEANER** ... 15 OZ. **89¢**

**GENTLE TOUCH** 3 OZ.  
**SOAP** **4/\$1**

**DAWN**  
**DISHWASHING LIQUID** **1.19**  
 32 OZ. BOTTLE

**GOLDEN RIPE CHIQUITA BANANAS**..... 4 Lbs. **1.00**  
**FIRM WAXED RUTABAGAS**..... 2 Lbs. **29¢**  
**FRESH FLORIDA ORANGES**..... **4/27¢**  
**BRIGHT CELLO CARROTS**..... Pkg. **29¢**

**Listerine**  
**MOUTHWASH** 24 OZ. **1.69**

**Silkience**  
 SELF ADJUSTING CONDITIONER  
 Regular  
 Extra Body  
 7 OZ. **1.29**

**NEW**  
**DOUBLE PROTECTION**  
 Fights Cavities and Freshens Breath  
 2.7 Oz. **69¢**

**CHEER LAUNDRY**  
**DETERGENT** KING SIZE BOX **2.39**