



SPOT IT

WAI member CarolAnn Garratt and Carol Foy did, and the SPOT Personal Messenger allowed the two world-rounders to broadcast their location at regular intervals on their record-setting around the world jaunt to raise awareness and money for ALS during their "Dash for a Cure" last year.

If there had been a problem, they would have only had to touch the HELP or 911 buttons to broadcast a satellite distress signal, and rescuers would be on the way. Most people perceive the technology in the little orange box you can hold in your fist as expensive, or only for those who live out on the edge. But for \$269.88 (that includes one year of basic service that is typically \$99) it is hard to argue with satellite-based peace of mind. For more information go to www.findmespot.com or call (866) OK1-SPOT.



AquaVee Portable Swim System

Face it—swimming in a small hotel pool, or even the one you might have in your backyard, is not the best exercise in the world. The compact and portable AquaVee swim system promised to change that. So I gave it a try.



The kit consists of a couple of strong rubber suction cups, springy surgical tubing, and a buoyant swim belt. The Pilates Plus system has extra stretchy hand-pulls for more exercise. You attach the suction cups to the pool tile above the water line, strap on the belt, and swim against the tension.

And it works! You get far more of a workout than taking three strokes and turning, then taking three strokes again. The belt-and-tubing system stays out of your way, so you can swim any stroke. And when you're done, the whole contraction drips dry in a compact net bag that weighs just under one pound, and slides back into your carry-on. The AquaVee system starts at \$89.90 and is available from www.AquaVeeOnline.com or by calling (877) 331-7554. —A.L.



Touching History The Untold Story of the Drama that Unfolded in the Skies Over America on 9/11 by Lynn Spencer

The now nearly infamous 9/11 Commission would leave you believing that Americans had their heads in the sand on that fateful day at the beginning of this millennium, but airline pilot, flight instructor, and author Lynn Spencer's research proves otherwise. This gripping, historically-accurate drama is culled from hundreds of interviews undertaken by this WAI member over the course of several years. Go behind the scenes and see how those in the trenches worked in concert to stop the insanity and warn the world about what was happening, even when those in the bureaucracies they worked for sat in confusion. *Touching History* is tough to pick up because of its subject matter, but the tight prose will grab you, and you won't put this book down.

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