



The recent grabbing of an American tourist in Uganda could affect my future plans. I know they got her out safely, but rumors are that it cost a lot of ransom money. What do you suggest to avoid such things? *Mrs. EVR, Wildwood NJ*

A: Of course, these kidnappings are very isolated incidents. However, there are some basics that could help you keep safe. If your days of youthful wanderings are long past, apply the old saying that there's safety in numbers. Travel with a group. Also, if you go alone, keep up on the news. Stay away from areas with violent political, economic and other troubles.