



Recently a commercial flight became frightful when the aircraft suddenly hit some heavy storm clouds. Passengers and loose articles went flying through the cabin. Several people were hurt. Such problems happen infrequently, but senior fliers should always be prepared for it.

Usually it's only a slight rocking, giving passengers time to get ready. It's the sudden unexpected shudders that often cause injuries. When it happens, even lightly, always anticipate it getting heavier. Stay in your seat and keep the belt fastened tightly. If you have dinner trays, cups and other loose items, secure them in the seat bag. Bundle up and keep hands, arms and legs close to your body. A bit of prayer may help ease your fears.