

# OVERWEIGHT PILOTS: BEWARE!

The “Nanny State” has you in its gunsight!

*Chunky pilots could lose their pilot certificates.*

We all have heard about the New [Bloomberg](#) trying to ban large soft successfully banning sugary drinks, salt in food, as well as prescribing drinking cups. Also we know of food suppliers and restaurants what should eat, or nagging you about how much sleep you should get and vegetables” and not eat sweet used to tell you and an example of what is called the [Nanny State](#) who knows what is best for you. Well, the Nanny State is now after your pilot certificate!



York City mayor (soon to be ex-mayor) drinks at restaurants as well as certain baking ingredients, the amount of what materials should be used to produce various Federal agencies telling you or type and how many french fries you what exercises you should do as well as also reminding you to “Eat your desserts. These are just what your Mama

In November the Federal Air Surgeon Dr. Fred Tilton had notified ([PDF](#)) Air Medical Examiners (AMEs) that they will soon be required to measure the body mass index ([BMI](#)) of all pilots and controllers during their medicals. [Anyone](#) with a BMI of 40 or more (up to 25 is normal) and with a neck circumference of 17 inches or more will automatically have to be evaluated for OSA by a doctor who is a "board certified sleep specialist." [Obstructive sleep apnea](#) (OSA) or simply [sleep apnea](#) is a common disorder in which you have one or more pauses in breathing while you sleep. Sleep apnea usually is a chronic (ongoing) condition that disrupts your sleep. When your breathing pauses or becomes shallow, you'll often move out of deep sleep and into light sleep. As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness. Dr. Tilton alleges that being overweight is directly linked to OSA (sleep apnea). Anyone who has OSA, or is alleged to possibly have sleep apnea, has to get it treated successfully before he or she can fly again because OSA is a disqualifying condition.

EAA ([link](#)) and AOPA ([PDF](#)) each wrote strongly worded letters to FAA Administrator Michael Huerta "demanding" that a new policy regarding sleep apnea in pilots and controllers be suspended (and ultimately killed) because it addresses a problem that hasn't been proven to exist, exceeds the Federal Flight Surgeon's mandate and could cost the pilot community as much as \$374 million in compliance costs. The two groups also noted that the policy was announced without notice or comment period. In its comment, AOPA says the FAA's own data estimates about 20 percent of pilots (127,000) are considered obese and obesity is common marker of sleep apnea. A night in a sleep clinic, necessary to determine a diagnosis of sleep apnea, costs anywhere from \$800 to \$3,500. However EAA says there's little evidence that sleep apnea is a primary or even contributory cause of pilots falling asleep in the cockpit, much less causing accidents.

Also, there is no valid research that the BMI calculations are any more true or “real” than putting a magnet on your gas line will improve gas mileage [an [urban myth](#)]. Steven Halls, MD, [writes](#) that BMI is educated guessing, based on a mix of scientific data and unproved assumptions. BMI criteria don't adjust for race or nationality differences. Also missing is an adjustment for muscularity, so that body builders or really fit pilots will get insulted when their BMI suggests they are overweight or obese. But, since AMEs will have to follow what they're told by the FAA, watch out for that third helping of apple pie or fourth drumstick during the holidays, especially if your pilot certificate is soon due to be renewed.



(Information adapted from [AvWebFlash](#) 11/18/13, [AOPA news](#) 11/18/13, [EAA.org](#) 11/19/13, [AvWeb FAA defends itself](#) 11/20/13, [JetWhine](#) 11/25/13, [AvwebFlash FAA moves forward](#) 11/28/13, [FAA BMI Calc](#) )

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## Fly-in at Monty Rast's on Saturday, December 28, 2013 10:00 AM to 4:00 PM

Monty Rast is a “Flying Farmer” - Cessna 182 - who lives about 11 miles NE of Orangeburg, SC. He has a large farm and specializes in peanuts, corn, and wheat. Two more farming ventures are Edisto Blueberries and Cannon Bridge Strawberries.

**He has invited us to a big “shindig” – barbecue fly-in at his private airstrip.**

**GPS Coordinates: [N 33° 36.940'](#) [W 080° 45.078'](#)**

**BBQ served at 12:30 PM so be in before noon! Call or e-mail him that you are coming (see below)**

His airstrip is 100' wide and 2800 feet long. Runway is 06/24 and is finely mowed grass. See the Google Map [HERE](#) (much color detail if you click “satellite” on the map). He asks that you call the UNICOM when you approach: 123.45 mhz  
If possible, land from the SW over Old State Rd. U.S. Hwy. 176. Powerlines at NE end of field. Here is an airport [diagram](#).

**You can contact Monty by calling 803-707-0771 or by e-mailing [edwardrast@windstream.net](mailto:edwardrast@windstream.net)**

He was the South Carolina “Farmer of the Year” in 2012 and an excellent [article](#) was written giving a lot of info about him.

## GPS SIGNALS MAY BE UNRELIABLE IN FLORIDA


(If you're flying or driving to, or through, this area using a GPS, you could inadvertently fly into a restricted area and/or Siri may not be accurate on your iPhone!)



The FAA has issued a flight advisory for potentially unreliable GPS signals in the area around Cape Canaveral, Florida, November 10 through December 13. See the [flight advisory](#) for details. Pilots are encouraged to report anomalies to the appropriate air route traffic control center to help determine the extent of signal degradation. Please share your reports with [AOPA](#). Notams will be published at least 24 hours in advance of any GPS test, but may change with little or no notice. The advisory indicates that within a 12 nm radius at 50 ft. AGL, from the Melbourne, Florida VOR (MLB), the GPS signal may be unreliable or unavailable. At 4,000 ft. AGL the GPS signal may be unreliable or unavailable for a radius of 68 nm from MLB. That includes Ormond Beach, Daytona Beach, Orlando, etc. ( Information from AOPA, FAA )

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### EAA 172 Extends its Condolences to the Family and Friends of [John "Sonny" Applewhite](#)



Mr. John M. "Sonny" Applewhite, 80, of Augusta entered into rest on Saturday, Nov. 23, 2013, at the Georgia War Veterans Home. Mr. Applewhite was the father of Cathy Brown, the wife of our club president Sid Brown. Mr. Applewhite graduated from Richmond Academy, Augusta Junior College, and The University of Georgia with a BS in physical education. He later obtained his master's degree in education from Georgia Southern University and certification in interior design from Augusta Technical College. He served in the U.S. Navy in communications during the Korean Conflict stateside and in the Azores and re-enlisted during the Vietnam Conflict serving in Guam. After leaving active duty, he served in the Naval Reserves in Atlanta, Charleston, SC, Homestead and Pensacola, FL, before retiring as Commander. He worked with his father at Applewhite's Custom Draperies and later continued the business on his own. He was a Christian and a member of National Hills Baptist Church. Some of his favorite moments on earth involved fishing and being with his grandchildren and family.

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### EAA 172 Extends its Condolences to the Family and Friends of [Richard Showalter](#)



Mr. Richard Showalter, 56, beloved husband of thirty-seven years to Susan Showalter, died Monday, November 25th, 2013, doing what he loved, flying his Piper Apache. Born in Baltimore, MD, he had been a resident of Culpeper, VA, prior to coming to Graniteville, SC, in 2009. His career as an Air Traffic Controller began in the United States Navy. Following his honorable discharge from the Navy, he went to work in the same capacity with the FAA. Richard had a passion for flying and enjoyed hunting and fishing. He and Susan enjoyed taking their four-legged child "Ziggy" for walks. Showalter, 56, was the only person aboard the 1958 Piper PA23-160 Apache when it crashed into some trees near the Twin Lakes Airport just after 6:00 pm on Monday, November 25, 2013.

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### Members' Items for Sale

EAA 172 member Dennis Allen still has this for sale for \$350 OBO:

**iFly 700a GPS unit, Yoke & Windshield mounts, Remote Control, AC adapter, Manual, Carrying case**

**Contact: cell: 706-829-2130 any time, Or EMAIL AT [dennispilot@bellsouth.net](mailto:dennispilot@bellsouth.net)**

For the full version of this ad click on: [For Sale: iFLY 700a GPS](#)

EAA 172 member Keith Robbins still has this for sale for \$12,000:

**Continental O-300-D engine with Airflow Performance injection.**

**Contact Keith Robbins by e-mail: [kcr83406@yahoo.com](mailto:kcr83406@yahoo.com)**

For the full version of this ad click on: [For Sale: Continental O-300-D engine](#)

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