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Allergies—Nothing to Sneeze At

by Charlie Spence, Aviation Writer and IFA Member

Watery eyes, sneezing, coughing—is it just a cold or an allergy? To pilots, it makes a great deal of difference.

According to the U.S. Federal Air Surgeon's Bulletin: "Aside from being uncomfortable, the pilot with allergic rhinitis [clear watery nasal discharge] is more prone to barotraumas [pain or discomfort in the ear because of differences in air pressure inside the eardrum and outside the eardrum], changes in vision and cockpit distractions."

To control allergies, pilots may use certain approved medications. However, any approved medication a pilot uses must be reported to the examining physician at the next routine medical examination.

According to estimates, about one out of five people in the western hemisphere suffer from some form of allergy. Why some develop them and others do not is not yet known. Some medical personnel believe heredity plays a big role in their development but what causes reactions in children is not always the same as that which affects parents. Most reactions are not serious but cause discomfort and possibly flight distractions. Some can cause an inability to breathe, or a severe drop in blood pressure.

Allergies are grouped in general categories according to the type of substance that causes them: skin, respiratory, food, drug, and insect stings. Symptoms vary. Sneezing, nasal congestion, and coughing could indicate a respiratory allergy. Wheezing might indicate asthma.

How do you tell the difference between a cold and an allergy? With an allergy, most of the symptoms—sneezing, congestion, runny nose, headaches, fatigue—occur at the same time. With a cold, symptoms occur in sequence, usually beginning with sneezing, then a runny nose, followed by congestion. The length of time for the symptoms also differs. Duration for a cold usually is a week to ten days; allergy symptoms remain as long as the irritant that causes the allergy is present.

Writing for the Flight Safety Foundation, Stanley R. Mohler, M.D. says there are basically three general methods to help people with allergies. First, avoid the substances causing the reactions. This cannot easily be done for most people, but dehumidifiers can help. Injections and antihistamines or other medications are the other two treatments. If taking an injection, a pilot should wait a sufficient time to be sure there is no reaction.

Medications are the more common method of treatment. Some medicines are available over the counter and others require a prescription. Antihistamines have been in use for more

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Save Money With the IFA Aviation Insurance Program

One of the huge advantages of your IFA membership is access to the IFA Aviation Insurance Program, an easy-to-use, reliable, affordable and competitive resource for your aviation insurance needs – whether for your own aircraft or one that you might rent. IFA has partnered with a nationwide aviation insurance agency to offer insurance for all lines of aviation insurance risks—owners, renters, flight school operators, charter operators, airports (private and public), maintenance shops and hangar owners.

The IFA Non-Owner Aviation Insurance Program offers coverage for single-engine, multi-engine, experimental and LSA aircraft, all at very affordable premiums. The program specializes in the new Light Sport Aircraft with competitive rates and coverage for owners, renters and flight school operators.

The IFA Aviation Insurance Program offers financial protection for your employer when you fly on business, as well as financial protection for you and your family should an accident occur.

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FAYETTEVILLE, WV – A BIG LEAP INTO ADVENTURE

by *Charlie Spence, Aviation Writer and IFA Member*

Once a year, nearly 200,000 people converge on an area just outside Fayetteville, West Virginia, for the largest one-day extreme sports gathering in the world. While this event attracts world-wide attention, Fayetteville and the surrounding areas are interesting and exciting places to be in on any of the remaining 364 days.

That sporting event is known as Bridge Day. It is the time when adventurous and courageous men and women parachute off the New River Gorge Bridge, the second tallest bridge in the United States and the second longest single span bridge in the world. The bridge was opened to traffic in 1977 and the main span of the bridge is just a little more than 3,000 feet across and 876 feet above the rapids of the New River. Pedestrians are not permitted on the bridge, except on Bridge Day. The bridge cut the time of going from one side of the gorge to the other from about 45 minutes of dangerous driving over winding roads, to just a little more than a minute. The first Bridge Day was in November 1980, when two parachutists jumped from a plane onto the bridge and five others jumped from the bridge into the gorge. Since then, each year has seen more and more jumpers, more and more visitors, and greater attention from the world for this event. By 1986, four hundred jumpers had taken the plunge. Then came the bungee jumpers. Two hundred sixty five people rappelled from the bridge in 2000.

The rapids of the New River offer some of the adventures you can experience when you visit Fayetteville. Whitewater rafting, kayaking, and fishing are excellent along the river, which for miles north and south of the bridge is protected by the National Park Service. You will find more than 15 rafting companies along the New River. Its northern neighbor, the Gauley River, offers a recreation area providing boating opportunities to soak up much of the scenic beauty. Although the views are spectacular almost any time of the year, the fall time period around Bridge Day offers majestic beauty.

Rafting trips are available in all but the winter months. Classifications of rafting range from Class II to Class V. Spring is the time for experienced rafters, but if you are new to rafting, an early summer journey is suggested. Whatever your choice, you will find the locals more than willing to help and stores ready to provide the supplies you need.

Rafting along the river gives you excellent views of the miles of sandstone rock that is excellent for climbing. Climbing up the sheer cliffs will give you stunning views of the area ranging from dramatic waterfalls to a different perspective of the New River Bridge. The numerous businesses in the area provide guides, instructors, and safety sessions geared toward the level of experience – from novice to veteran. The climbing season generally runs from April through October.

So you're not the adventurous type looking for the exhilarating actions of riding the rapids or clinging to the cliffs. There is so much more to help you relax. Locals can show you some of the quiet spots along the river to enjoy hours of fly fishing, or take a quiet hike on any one of the more than 1,600 trails. To enjoy the beauty of the season without hiking along the trails, make it a pleasing journey on horseback, or go mountain biking on a guided tour through the scenic gorge. See some of the historic coal and timber camps. There are bike rentals and tours for all levels of peddlers. Of course, there is always golfing to either relax you or raise your temper, whichever might be your level of play.

Depending on the time of year you visit, it can be an ideal place for bird watching. Each spring, hundreds of species of birds make this area their temporary resting spot during their migration south. Many of these beauties are rare in some states.



Rafters under New River Gorge Bridge.

Photo courtesy of Southern West Virginia Convention & Visitors Bureau.

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IFA is here to help, whether you're in the market for financing or refinancing. For more information or to receive a no-obligation quote from the IFA Aircraft Finance Program, please visit www.iflyamerica.org/finance_bridge.asp or call 800-920-5190. ■

Aviation Accident Reports Available on IFA Website

Safe flying is the aim of all pilots and comes from training and experience. Accident reports provided by the National Transportation Safety Board are posted on the IFA website in the interest of safety by helping pilots learn from the experience (and often mistakes) of others. To view the reports, visit

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FAYETTEVILLE DETAILS

How to Get There

The nearest public use airport is Summersville, which is about 24 miles away. (There is an airport at Fayetteville, but it is private and needs advance permission to land.) Summersville Airport (SLX) has a single runway—4/22—asphalt, 3015 x 50. There is no landing fee but there is a tie down fee. Field elevation is 1820 MSL with traffic pattern 2820. Navaid approach is VOR. Rental cars are available.

The Charleston Airport (CRW) is about 60 miles northwest of Fayetteville. It has two runways; ILS, VOR, and GPS approaches. There are landing, ramp, parking, and hangar fees.

Where to Stay

Fayetteville and nearby communities have excellent bed and breakfast facilities and at least eight motels and there are two hotels at Oak Hill, which are only five minutes from Fayetteville. Facilities are crowded near Bridge Day, so it is wise to make your reservations in advance. Make your reservations before you go through IFA's Online Travel Booking Service at www.iflyamerica.org/travelservices/travelservices.asp. Significant hotel and car rental discounts may apply.

Where to Eat

Several restaurants are in Fayetteville, providing a fine taste of mountain cooking. Try the ribs at Dirty Ernie's Rib Pit, the Cajun food at Gumbos, or hometown cooking at Cowboys.

ON THE HORIZON

Air Shows

Representative air shows are listed below. We recommend that you contact the show to confirm the information as dates can change without prior notice. For a full air show listing and to link to air show websites, please visit www.iflyamerica.org/airshow_search.asp.

July 10-12

- Fly Iowa, IA
- Prairie Air Show, IL

July 11-12

- Gary Air Show, IN
- Thunder Over Red River, ND

- Geneseo Air Show, NY

July 17-18

- Northern Neighbors Day, ND

July 18

- Pensacola Beach Air Show, FL

July 18-19

- Air Expo, MN
- Vectren Dayton Air Show, OH

July 22

- Wyoming Air Nat'l. Guard Air Show, WI

July 24-26

- Over the River, WA

July 25-26

- Sioux Falls Air Show, SD
- World War II Weekend, PA

- Greater Milwaukee Air & Water Show, WI

July 27-August 2

- EAA Air Venture, WI

July 31-August 2

- Seafair/Keybank Air Show, WA

August 7-9

- California Int'l. Air Show, CA

August 8-9

- Thunder Over Michigan, MI

- Thunder Over The Valley, OH

Fayetteville, WV...

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You won't want to spend all your time amid the outdoor splendor. Take some time to visit the downtown area where you will find homey shops, galleries, and distinctive mountain items. You'll find works of local artists, sculptures, jewelry, and collectables to take back home for regular reminders of your visit. Drop into places like Water Stone

Outdoors for outdoor equipment, Gallery-Studio B for pottery, jewelry, and paintings, or find your souvenirs and gifts at Wisteria Gifts.

The city dates back to 1837, and has a rich history. It was originally named Valdalia for the revolutionary war hero and local farmer, Abraham Vandal. The name was changed in 1883 to honor another war hero, the Marquis de Lafayette. During the Civil War the town changed hands several times and much of it was destroyed. To soak up its heritage, take one of the guided tours through the downtown area.

Fayetteville is off the beaten track, but once you see its rustic beauty you will think of it as the gateway to the *New River Gorge-ous*. ■

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PILOT QUIZ

Biggest, best, fastest, first—all adjectives that are used by pilots all the time. Test yourself to see how many of these you can answer correctly.

1. What was the most widely used twin-engine transport in the Pacific Theater during WWII?
 - a. Cessna Bamboo Bomber
 - b. Martin 404
 - c. C-46
2. What was the most produced U.S. light bomber during WWII?
 - a. Douglas A-20
 - b. Martin A-26
 - c. Boeing B-1
3. An aircraft, considered to be the quietest ever built, cannot be heard if it is flying above 1,000 feet. Only 11 were built for the Vietnam conflict and one is still used by NASA. Name it.
 - a. Lockheed YO-3A
 - b. Bell 212
 - c. Boeing CH-46
4. What was the first helicopter to fly around the world?
 - a. Boeing CH-46
 - b. Bell 206
 - c. Sikorsky CH-53
5. In November 1929, what was the first aircraft that flew over the South Pole?
 - a. Curtiss NC-4
 - b. Douglas World Cruiser
 - c. Ford Trimotor
6. What aircraft was the first to fly faster than the speed of sound in level flight?
 - a. Bell X-1
 - b. MIG 19
 - c. Concorde
7. In 1986, what aircraft became the first to fly around the world non-stop, without refueling?
 - a. Rutan Voyager
 - b. Boeing 777
 - c. Dassault Mystere
8. What aircraft is still in production after 50 years, and is the most widely used military transport in the world?
 - a. C-46
 - b. C-130
 - c. C-10
9. What is the most heavily-armed current aircraft?
 - a. F-22
 - b. B-17
 - c. AC-30
10. What was the largest vehicle ever to fly?
 - a. Spruce Goose
 - b. LZ-129 Hindenburg
 - c. Antonov An-124

Key to Answers: 1c, 2a, 3a, 4b, 5c, 6a, 7a, 8b, 9c, 10b

Allergies...

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than a half-century. Some of the earlier ones often caused drowsiness, loss of coordination, loss of alertness, or other side effects. Newer types of medicines have fewer side effects. However, pilots should wait a period of time after taking the medication before operating an aircraft. Doctors prescribing the medication can give an indication about how long to wait to test for reactions.

The National Transportation Safety Board has cited anti-allergy drugs as the probable cause or contributing factor to at least 15 accidents that occurred between 1996 and 2000.

Different nations have different regulations concerning the use of antihistamines by pilots. Some restrict the time between taking the medication and flying and these times often differ, some limit the kinds of medication that can be taken and still pilot an aircraft. Pilots taking anti-allergy medications should check with their medical examiners. ■

Save Money with IFA Aviation Insurance Program...

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Aviation Accident Reports...

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www.iflyamerica.org/accidentinfo.asp.

The reports are sorted by aircraft model or by the type of accident: takeoff, landing, cruise, maneuvering, and taxiing.

There are over 90 accident reports posted that are sorted by phase of flight and over 80 accident reports that are posted by aircraft model. So whether you want to read about landing accidents or accidents involving the various Piper PA models, we have grouped the reports in an easy to navigate web page.

New reports are constantly being added, so be sure to visit www.iflyamerica.org/accidentinfo.asp often! ■