

THE

Pittsburgh International Airport Air Reserve Station, Pittsburgh Pa.



FLYOVER

Vol. 46 No. 01
January 2007

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- STEEL WARRIOR CHALLENGE
- HOW TO MAINTAIN A HEALTHY WEIGHT



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Commander

Col. Randal L. Bright

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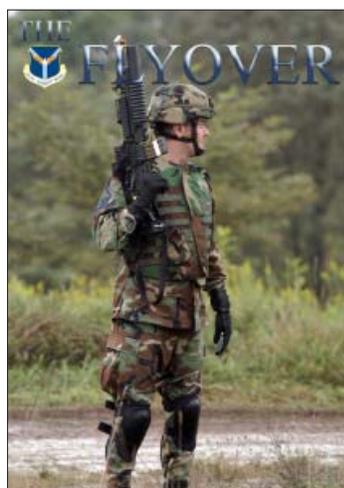
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If weight loss is this year's resolution, do it with diet and exercise

On the Cover

On Patrol...

Master Sgt. Shawn Denham, SFS stand ready during a recent joint training exercise with Soldiers from the Army's 99th Regional Readiness Command. The training occurred during the second phase of Operation Steel Hammer, which provided security forces Airmen with the training needed to operate in a battle environment.

(Photo by Master Sgt. Mark Winklosky)





Reflect on the past, welcome new challenges



Another year has come and gone and we welcome 2007 with all it has to offer and challenge us with. Looking back at the last year, we have several things to be thankful for and several great accomplishments. I encourage each of you to reflect on the past year and then to look forward to the challenges we have in the coming year.

You should be proud of this past year's accomplishments and look forward to tackling this year's challenges with the same level of integrity you have become known for throughout the years.

In January we will be getting an education and a boost to our Human Relations Development Council. Major Chris Damigella, a guest lecturer from Youngstown, Ohio, will teach our HRDC the improved basics to get us back on track to better serve you, our Air Force family.

Work with your commanders and first sergeants to bring forth your ideas for things that we need to address as we seek to make our HRDC more effective for you.

This year we have our annual Wings Over Pittsburgh Airshow, scheduled for June 16-17, 2007. The show will be highlighted by our own USAF Thunderbirds. In September the Aeromedical Staging Squadron welcomes their Air Force inspectors for a Health Services Inspection. These are just two of the significant events on the calendar at the moment.

As you read this *Flyover*, you will have already celebrated the holidays. However you choose to celebrate, I hope that your holiday season was safe, and that you took the time to enjoy family and friends. Many nations around the world do not allow their citizens the flexibility to celebrate the way they choose or to celebrate at all. We owe our thanks to you for preserving that right by defending this nation. I thank you and I am proud of you!

Amy and I would like to take this opportunity to wish all of you a Happy New Year and hope that you embrace it with the same level of vigor you have shown us you possess.

Again, thank you for the service that you provide for our nation and I am honored to be your commander.

A handwritten signature in black ink that reads "Randall L. Bright".

**RANDAL L. BRIGHT, Colonel, USAFR
Commander, 911th Airlift Wing**

Ever vigilant, always on the lookout

911th Office of Special Investigations

By Special Agent Mickel Howell
AFOSI Det. 325 OL-A

I am Special Agent Mickel Howell with the Air Force Office of Special Investigations. Throughout the past 21 months I have met with many of you. For those of you whom I have not met, this article describes what I am doing here in the Pittsburgh area.

AFOSI's mission encompasses the following areas: major criminal investigations, fraud investigations, and counterintelligence support to force protection.

If there is an instance where a major crime or fraudulent activity occurs, I will contact my AFOSI support unit and they in turn will send other agents to conduct the investigations.

Part of my CI mission is to provide base leadership with current threat information. I work closely with local, state, and federal law enforcement agencies to ascertain the existence (or non-existence) of threats

directed at our military installations and there respective personnel in the Pittsburgh area.

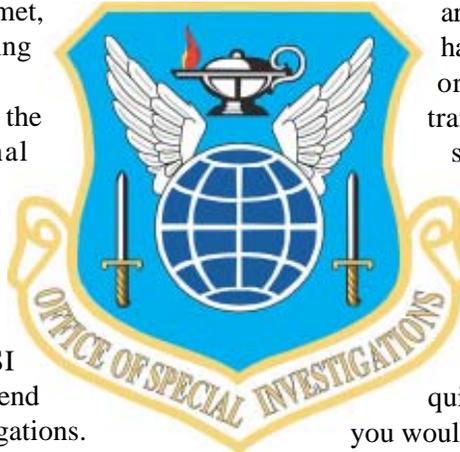
As everyone knows, the world we live in has changed dramatically over the past five years. What use to be "nothing" might now be considered "suspicious." This is where I need your support. If you observe a person or group of people acting suspiciously in the communities around our bases, please let me know.

As a Federal Agent, my investigative authority extends beyond the base fence line. If you

are downtown Pittsburgh, at the airport, having lunch in Robinson Town Center or on the way home from the unit training assembly and see something suspicious, please let me know as soon as possible. I can look into the matter further and coordinate with other law enforcement agencies that can assist in identifying or clarifying threat information.

By working together, we can quickly neutralize potential threats. If

you would like to report something in person, my office is in Building 127 or I can be reached via phone. My phone number is (412) 474-8824. You can also contact the Security Forces Law Enforcement Desk at (412) 474-8250 to report suspicious activities.



TOP 3 ELECTIONS



The 911th Airlift Wing Top 3 will hold elections immediately following the Wing Commander's call at the Moon Township Middle School on Jan. 7, 2007. For more information contact Senior Master Sgt. Barbara Creegan at 412-474-8284.

**THE 2007
911TH AIRLIFT WING
AWARDS BANQUET**
Saturday, March 3, 2007
at The Embassy Suites, Moon Twp.
5 PM - Cocktails • 6 PM - Dinner

Sponsored by:
911 AW First Sergeants Council
See your First Sergeant for Tickets
Formal/Semi-Formal Attire 3 March 2007

Amodeo assumes command of Ops Group

By Senior Airman Marc Nickens
911th Public Affairs

Lt. Col. Frank L. Amodeo, a 1996 Embry Riddle Aeronautical University graduate, assumed command of the 911th Airlift Wing Operations Group, Dec. 3, 2006 as Col. Randal L. Bright, 911th Airlift Wing commander, hosted the event.

Lt. Col. Amodeo comes to the 911th Airlift Wing from Westover Air Reserve Base, Mass. where he was the deputy Operations Group commander.

His other commands have included the C-130H evaluator aircraft commander, Niagara Falls Air Reserve Base, N.Y., MC-130H evaluator aircraft commander, Kirtland Air Force Base, N.M., and MC-130E evaluator aircraft commander, Kadena Air Base, Japan.

"To become and remain experts we have to safely make the most of every training situation," said Lt.



(Photo by Senior Airman Marc Nickens, 911th Public Affairs)

Lt. Col. Frank L. Amodeo speaks to the 911th Operations Group after taking reigns as their new commander during an Assumption of Command ceremony held Dec. 3, 2006. Lt. Col. Amodeo closed his comments with a special thanks to his family for all their support. Also pictured here are Tech. Sgt. Robert J. Mathe, a member of the group, and emcee for the ceremony, and Col. Randal L. Bright, commander of the 911th Airlift Wing and host of the event.

Col. Amodeo.

"Leaders and supervisors of the 911th Operations Group, I will call on you to set the right example and to groom the next generation of Air

Force leaders. As your commander, I will do what I can to provide you the leadership, tools and environment to succeed. As we continue to do our part to defend freedom and our way of life, I am honored to serve as your commander."

"I have to, from the bottom of my heart, thank my wife Lisa and my daughters Stephanie and Nicole," said Lt. Col. Amodeo.

"Thank you for your patience and love throughout my military career. I understand the sacrifices you have made as you supported me while I did my small part to serve our country," he said. "Nothing compares to the commitments you have kept, thank you for your unending support."

Col. Steve Clayton, who served as the OG commander since August 2004, returned to Dobbins Air Reserve Base, Ga., to assume duties as the 94th Operations Group commander.



(Photo by Tech. Sgt. Mary Haney, 911th CS)

Service before self

From left to right: Capt. Ann M. Pesta, 911th Maintenance Operations Flight commander; Lt. Col. Frank L. Amodeo, 911th Operations Group commander; and Lt. Col. Paul Dobracki, 911th Operations Support Flight commander serve the 2006 holiday meal to Reservists' during the December unit training assembly.

Team Knappster I crowned as first 'Steel Warrior'

**Story & photos by
Senior Airman Lou Burton
911th Public Affairs**

The first annual Steel Warriors Challenge Competition was held December 2, 2006. The event raised \$630 and all proceeds were donated to the Wounded Warriors program.

Wounded Warriors is an organization that provides support to military members and their families who have been wounded, injured or killed during combat operations, said Amy Bright, Advisor to the Pittsburgh Steel Warriors chapter.

From providing initial comfort aids like clothing and entertainment for those wounded to providing special retreats to help families enjoy their time together, the Wounded Warriors provides respite for those affected by tragedy.

"My step son was wounded in Iraq and as soon as Capt. Knapp brought up the project I agreed to help," said Mrs. Bright.

The event hosted an assortment of physical and team-building events which included team push-ups, an



Staff Sgt. Matthew J. Kaminski leads the civil engineering team through the synchronized stepping challenge.

obstacle course and a rock climbing wall.

The Key Spouse Group, a compilation of military husbands and wives who volunteer their support, were the nexus for developing the event, said Capt. Charles Knapp, commander of the Mission Support Flight.

"Both Services and Security Forces played a big part in making the challenge course happen as well," said Capt. Knapp.

The turnout for the event produced 64 participants who comprised 16 teams of four people. Participants received a variety of prizes, including T-shirts and coins provided by services, said Capt. Knapp.

The winner of the event was team 'Knappster I' which consisted of Capt. Charles Knapp, Tech. Sgt. Tim Crane, Staff Sgt. Shannon Hughes and Senior Airman James Abel of the Mission Support Flight. "The winning team received a large rotation trophy," said Capt. Knapp.

"We hope to make this an annual



Tech. Sgt. Donna Brown, MSF maintains concentration as she makes her way up the rock wall.

event. Everyone had a great time," said Capt. Knapp.

For more information on how to get involved or make a donation to the Wounded Warriors organization check out their website at www.woundedwarriors.org.



Senior Airman James C. Abel and Staff Sgt. Shannon Hughes of the Mission Support Flight's "Knappster I" team navigate their way through the crab walk obstacle portion of the Steel Warrior Challenge competition, Dec. 2, 2006.

Chronicles: Teresa James

WW II Aviator and Pittsburgh ARS Officer

By Tech. Sgt. Lorraine M. Jacobs,
911th Historian

Between 1942 and 1944, a group of brave young female aviators answered the call to duty and filled the critical need for pilots in noncombat roles.

The Women's Auxiliary Ferrying Squadron —28 women known as the "Originals"—and the Women's Flying Training Detachment merged to form the Women Air Force Service Pilots. Out of 25,000 applicants, 1,830 professional women pilots were accepted. They trained under austere conditions and arduous routines, receiving limited compensation for their efforts.

Only 1,074 candidates completed the training. Collectively, they flew more than 60 million miles in 78 different aircraft frames with a mission that included ferrying aircraft, instructing other pilots and towing targets for aerial gunnery. By the end of 1944, higher headquarters disbanded the WASP program; the women received neither a new assignment nor GI benefits.

One of the "Originals," Teresa D. James resided in the Pittsburgh area. Ms. James earned her private pilot license at the age of 19 and worked as

AIRCRAFT FLOWN			CROSS-COUNTRY		REMARKS OR INCIDENTS CERTIFICATE NUMBER	SIGNATURE RATING
MAKE AND MODEL	CERTIFICATE NUMBER	ENGINE	FROM	TO		
T-19B	4228555	R-175	Hagerstown to Lynchburg	VA		
			Lynchburg to	Charlottesville		

a stunt pilot and "barnstormer." She went on to earn her instructor's license at the age of 26 and her commercial license at the age of 27. By the time she received General "Hap" Arnold's call to join the WAFS in 1942; she had more than 2,000 flight hours.

For the next twenty-seven months, Ms. James gained experience on many WW II aircraft including T-19's, the P-47 Thunderbolt and the P-51 Mustang. She flew many missions as a flight leader and became famous when she was chosen as the pilot to ferry the 10,000th P-47, "Ten Grand," from the Republic factory to its embarkation point.

She remained in the WASP program until the U.S. Government disbanded the organization in December of 1944.

In 1950, the Air Force presented these aviators with the opportunity for a commission to the USAF Reserves in nonflying positions.

Teresa D. James accepted the commission to the permanent rank of Major. In 1952, she served with the Pittsburgh Air Reserve Station as a Public Information Officer and then as a Women's Air Force Training Director from 1953 to 1960.

From 1961 to 1965, she served in Elmendorf, Alaska as a Casualty Assistance Officer where she earned two commendation medals. Major James returned to the Pittsburgh Air Reserve Station in 1966 and faithfully served with the organization until she retired in 1976.

Among other accomplishments, Major James continued to fly as a hobby and volunteered time and talents toward gaining veteran's benefits for the Women Air Service Pilots. Major James logged more than 10,000 hours during her career—a lifetime that included many firsts for women as aviators and as members of Armed Services' organizations. She presently resides in Florida. (Acknowledgement for research contributions: Lt. Col. (ret.) M.J. Flaherty, USAFANG).



(Courtesy photos)

Visualize a wealthy future to guide financial decisions

10 percent saved today equals financial security in retirement

By 911th Family Support Office

In America we often look at building things from the foundation up. In other cultures they look at their vision and find the ingredients to reach the top. Budgeting, and little debt are foundation items to “avoid” problems. Visualizing a wealthy future will help guide your decisions.

One of the ancients’ keys to wealth building is not only to avoid “bad debt,” like today’s revolving credit accounts, but also to live on less than you earn.

Today we have far more opportunities to get a return on our investments than the ancients did. For example in the twentieth century compound interest was “invented” which allows us to obtain interest on the interest we earn. According to Albert Einstein that was the greatest



Rates of Return were updated on December 1, 2006.

Current Monthly Rates					
November 2006	G Fund	F Fund	C Fund	S Fund	I Fund
	0.43%	1.08%	1.91%	3.54%	2.96%
Last 12 Months* (12/1/2005 - 11/30/2006)	5.04%	5.96%	14.25%	15.61%	28.20%

November 2006	L 2040	L 2030	L 2020	L 2010	L Income
	2.32%	2.03%	1.78%	1.34%	0.79%
Last 12 Months (12/1/2005 - 11/30/2006)	16.54%	15.04%	13.65%	11.11%	7.55%

* Returns for the last 12 months assume unchanging balances (time-weighting) from month to month, and assume that earnings are compounded on a monthly basis.

Monthly Returns
Historical Rates of Return
Share Prices

The monthly G, F, C, S, and I Fund returns represent the change in their respective share prices for the month. The changes in share prices reflect net earnings after accrued TSP administrative expenses have been deducted. The F, C, S, and I Fund share prices also reflect the deduction of trading costs and accrued investment management fees.

invention of our last century.

If you set aside 10 percent of your income for savings and investment, you are likely to have a chance at great wealth if you have enough years to accumulate compounded interest. Here’s an example of how it works: A 19 year old male plans to retire at age 65. His goal is to have a million dollars. If he earns a 10 percent return compounded over time he needs to only invest \$2,000 per year in a tax deferred IRA for eight years to achieve that goal. On the

other hand, a 27 year-old who invests \$2000 per year until age 65 would only have a little over \$800,000 accumulated.

Both of the above scenarios are positive ones compared with the choices many Americans make as they mortgage their futures by heavy debt and a lack of savings or investing. As Reservist the Thrift Savings program is an easy to understand road to take to investing. Try their website at: <http://www.tsp.gov/> and learn more about your options.

Charles E. Kelly Commissary

Oakdale, Pa.
724-693-2463



	Normal	Early Bird
SUNDAY	CLOSED	
MONDAY	CLOSED	
TUESDAY	0900-1830	0830-0900
WEDNESDAY	0900-1830	0830-0900
THURSDAY	0900-1830	0830-0900
FRIDAY	0900-1830	0830-0900
SATURDAY	0900-1700	

EARLY BIRD SHOPPING HOURS - LIMITED SERVICES

PROMOTIONS

- 
Airman Antonio Y. Caro
Airman Timothy R. Woody
Airman Matthew O. Wolfe
- 
Airman 1st Class
Brett A. Schuring
- 
Senior Airman Emily R. Heim
Senior Airman Melanie A. Vilks
- 
Tech. Sgt. Chris B. Stotler

RESERVE PAY FOR 4 DRILLS

EFFECTIVE 1 JANUARY 2007

YEARS OF SERVICE

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
COMMISSIONED OFFICERS															
O-10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1821.20	1830.12	1868.16	1934.48
O-9	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1592.88	1615.80	1648.96	1706.84
O-8	1127.08	1163.96	1188.48	1195.32	1225.88	1276.96	1288.84	1337.36	1351.24	1393.04	1453.44	1509.20	1546.44	1546.44	1546.44
O-7	936.52	980.00	1000.16	1016.16	1045.12	1073.72	1106.84	1139.84	1172.96	1276.96	1364.80	1364.80	1364.80	1364.80	1371.72
O-6	694.16	762.56	812.60	812.60	815.68	850.68	855.28	855.28	903.88	989.84	1040.28	1090.68	1119.36	1148.40	1204.76
O-5	578.64	651.84	697.00	705.48	733.60	750.48	787.52	814.68	849.76	903.52	929.08	954.40	983.08	983.08	983.08
O-4	499.28	577.96	616.52	625.12	660.92	699.28	747.04	784.32	810.16	825.00	833.64	833.64	833.64	833.64	833.64
O-3	438.96	497.64	537.12	585.60	613.60	644.40	664.36	697.12	714.12	714.12	714.12	714.12	714.12	714.12	714.12
O-2	379.24	431.96	497.52	514.32	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88	524.88
O-1	329.24	342.64	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20	414.20
COMMISSIONED OFFICERS WITH OVER 4 YEARS ACTIVE DUTY SERVICE AS AN ENLISTED MEMBER OR WARRANT OFFICER															
O-3E	0.00	0.00	0.00	585.60	613.60	644.40	664.36	697.12	724.72	740.56	762.12	762.12	762.12	762.12	762.12
O-2E	0.00	0.00	0.00	514.32	524.88	541.60	569.80	591.60	607.84	607.84	607.84	607.84	607.84	607.84	607.84
O-1E	0.00	0.00	0.00	414.20	442.36	458.68	475.40	491.84	514.32	514.32	514.32	514.32	514.32	514.32	514.32
WARRANT OFFICERS															
W-5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	779.44	806.20	833.00	860.00
W-4	453.60	488.00	502.00	515.80	539.52	562.96	586.76	609.88	633.84	671.40	695.44	718.96	743.32	767.32	791.84
W-3	414.24	431.52	449.20	455.04	473.60	494.84	522.88	550.56	580.00	602.08	624.08	633.52	643.28	664.56	685.76
W-2	364.36	385.16	403.40	416.60	427.96	459.16	483.00	500.68	518.00	529.84	539.84	558.80	577.64	596.72	596.72
W-1	321.76	348.08	365.72	377.12	407.48	425.80	442.04	460.16	472.16	483.04	500.72	514.16	514.16	514.16	514.16
ENLISTED MEMBERS															
E-9	0.00	0.00	0.00	0.00	0.00	0.00	548.08	560.52	576.16	594.60	613.12	642.88	668.04	694.56	735.04
E-8	0.00	0.00	0.00	0.00	0.00	448.64	468.52	480.80	495.52	511.44	540.24	554.84	579.64	593.40	627.32
E-7	311.88	340.40	353.44	370.76	384.20	407.36	420.36	433.36	456.56	468.16	479.16	485.88	508.64	523.36	560.56
E-6	269.76	296.80	309.92	322.64	335.92	365.88	377.52	390.44	401.80	405.80	408.60	408.60	408.60	408.60	408.60
E-5	247.20	263.72	276.44	289.52	309.84	327.32	340.20	344.28	344.28	344.28	344.28	344.28	344.28	344.28	344.28
E-4	226.60	238.20	251.08	263.80	275.04	275.04	275.04	275.04	275.04	275.04	275.04	275.04	275.04	275.04	275.04
E-3	204.56	217.44	230.56	230.56	230.56	230.56	230.56	230.56	230.56	230.56	230.56	230.56	230.56	230.56	230.56
E-2	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52	194.52
E-1 >4	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52	173.52
E-1 <4	160.52	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

NOTE--BASIC PAY FOR O7-O10 IS LIMITED TO \$1,866.68
LEVEL II OF THE EXECUTIVE SCHEDULE
NOTE--BASIC PAY FOR O6 AND BELOW IS LIMITED TO \$1,513.32
LEVEL V OF THE EXECUTIVE SCHEDULE

FY2007, 2.2% Pay Raise Increase. Public Law No.109-364 National Defense Auth Act, signed into law on October 17, 2006.
FY2007, Increases cap on basic pay for general and flag officers (O7-O10) from Level III to Level II of the Executive Schedule. Level II and Level V increased by 1.7%.

USD/(PERSONNEL AND READINESS)

OFFICIAL

2007 Wings Over Pittsburgh Air Show Contest



Put your thinking caps on because the 911th Airlift Wing Vice Commander is looking for creative people to submit their ideas for this year's design of the patch, coin, shirt and poster for this year's air show. This year's theme is "Wings Over Pittsburgh Celebrates the 60th Anniversary of the United States Air Force." For more information contact Col. Thomas E. Kittler at 412-474-8040.

FITNESS CENTER HOURS

Monday to Friday
6:30 a.m. to 10 p.m.
UTA Friday
7:30 a.m. to 9 p.m.
UTA Saturday
8 a.m. to 8 p.m.
UTA Sunday
7 a.m. to 1 p.m.

For more information call
412-474-8245.

Potential for workplace fire is year-round

By 911th Safety Office

Recently an Army counterintelligence building on Fort George G. Meade, Md. was heavily damaged by a six-alarm fire that took three hours to contain and caused thousands of dollars in damage.

Fires are the sixth leading workplace killer. Even though modern buildings are made from fire resistant materials and use sophisticated suppression systems, fire can still be deadly. Most fires can easily be prevented. By being aware of and on the lookout for leading causes of fire, workplace fires can be eliminated.

The most effective way to fight a fire is to keep it from starting in the first place. Fires can only start when oxygen, heat and fuel are present. So basic fire prevention is to keep these elements apart. Here are some examples of what to look for at work:

Work Stations and Desks:

- Space heaters under desks and work stations located too close to combustible or poorly ventilated areas.
- Candles and incense being burned in the work area.
- Tangled cords, “multi-plugs,” extension cords and power strips without circuit protection.

Electrical Sources:

- Frayed, broken or missing wire insulation.
- Bypassed, missing or broken ground connections.
- Overloaded circuits, breakers, fuses, links and equipment.
- Flammable or combustible materials stored too close to electrical equipment.
- Dirty, greasy, worn or poorly maintained equipment and power tools.
- Dull bits, blades and cutters cause overloading.
- Flexible wiring used in place of permanent wiring.



(Photo courtesy of Fort Meade Public Affairs)

OSHA's statistics show that thousands of workers are killed or injured by workplace fires each year. A faulty piece of heating and air conditioning equipment caused the fire that severely damaged parts of Building 4554 recently on Fort George G. Meade, Md.

- Extension cords in poor condition.

Welding should be done out in areas free of combustibles and surrounded by fire protection screens. Keep a fire extinguisher handy.

Place smoke alarms and fire detectors in areas where fires may start. Test them monthly, and replace any batteries at least once a year. Keep escape routes and fire exits clear. Correct and report unsafe situations.

Don't smoke in NO SMOKING areas. The signs are there for a reason.

You should know:

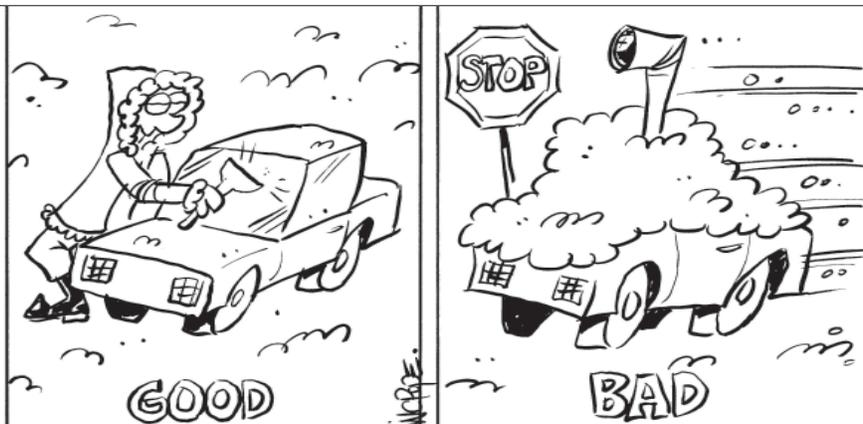
- The location of firefighting equipment and how to use it;
- Your fire evacuation procedures and escape route, and;
- Which equipment and operations to shut down before you leave your office.

Remember: Fire safety on the job is everyone's responsibility - especially yours!

Winter Parking

- Designated parking lot for overnight POV parking is either Parking Area “G” behind the VOQ or Parking Area “K” adjacent to the Civil Engineering compound.
- Parking between buildings 418 and 419 is no longer authorized.
- Vehicles found by Security Forces personnel to be in violation will be towed off base at the owner's expense.

(graphic by William Pope, Westover ARB, Mass.)



Achieving, maintaining a healthy weight in the New Year

By Mary Calvagna
Health Gate Data Corp.

You may have heard that losing weight is as easy as eating less and exercising more. Well it's true—taking in fewer calories than you use each day is the simplest way to lose weight. Never mind the fad diets, weight-loss pills, and zany herbal remedies—it all comes down to a balanced diet and a regular exercise program.

Using the Body Mass Index:

The first step is determining your current weight status: Are you underweight, normal weight, overweight, or obese?

A good measure for this is the Body Mass Index (BMI), a standardized method used by many health professionals to evaluate weight and body fat. BMI is calculated by dividing weight in kilograms by height in meters squared.

It gives you an indication of whether you are at risk of health problems that are related to being overweight or obese. If your BMI is 25 or higher, you are at risk for a number of serious health problems, including high blood pressure, high cholesterol, heart disease, stroke, type 2 diabetes, and osteoarthritis.

To find your weight in kilograms, multiply your weight in pounds by 0.45.

For example:

If your weight is 130 pounds: $130 \times 0.45 = 58.5$. Your weight in kilograms is 58.5.

To find your height in meters, multiply your height in inches by 0.0254. For example:

If your height is 5'6", that is 66 inches: $66 \times 0.0254 = 1.6764$. Your height in meters is 1.6764.

To square the number, multiply it by itself: $1.6764 \times 1.6764 = 2.81$

For the example above, the BMI is: 58.97 divided by $2.81 = 20.98$

BMI values are interpreted as follows:

- 18.4 or less = underweight
- 18.5 to 24.9 = normal weight
- 25 to 29.9 = overweight
- 30 and over = obese

Although this is a reliable method, it is not

foolproof. Because muscle tissue weighs more than fat tissue, heavily muscled people may fall into the obese range when they are not obese.

Eating a Healthful Diet:

To lose weight, you need to take in fewer calories than you use—this is where your diet comes in. It may be in need of an overhaul. But, you don't want to lower your calories at the expense of nutrition. To

learn more about developing a healthful diet that is right for you, read our article on the latest food guide pyramid: [Unlocking the Secrets of the New Food Pyramid](#).

Try not to think of your new eating habits as "going on a diet," instead, think of it as a lifestyle change. Adding more fruits, vegetables, and whole grains to your diet and cutting back on saturated fat and cholesterol are good for you no matter what your age. Creating a healthful diet that you can stick to throughout your life will help you achieve and maintain your desired weight.

Getting Regular Exercise:

To lose weight, you need to use more calories than you take in—this is where exercise comes in. Not only does regular exercise help you get to an ideal weight, it can help you stay there too. If you don't exercise already, it is time to get started. A good goal for many people to work up to is exercising 4 to 6 times a week for 30 to 60 minutes at a time. If you are not sure how to begin, read our tipsheet: [Starting a Regular](#)

[Exercise Program](#).

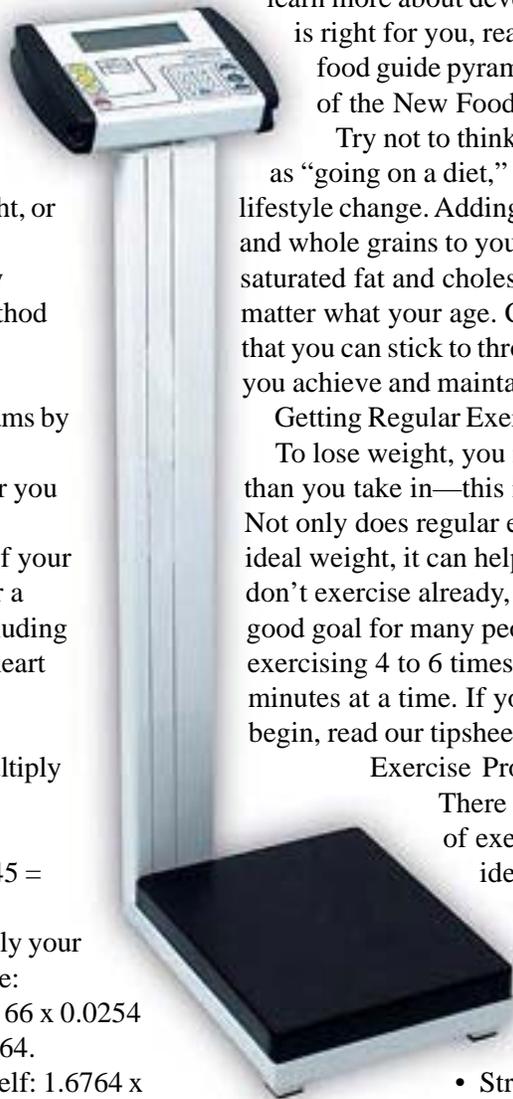
There are several different types of exercise that you can do. An ideal exercise program combines four types of exercise:

- Aerobic
- Weight-bearing
- Strength training
- Stretching

It is a good idea to talk with your doctor before beginning an exercise program.

No Time Like Today:

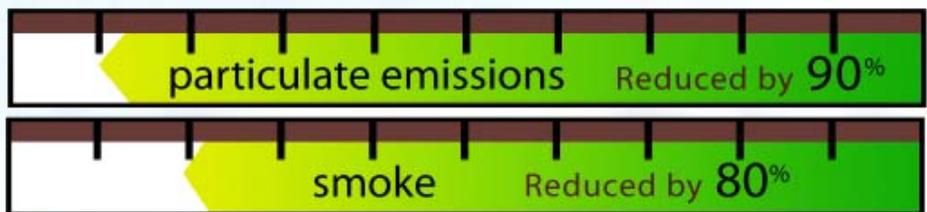
Now that you have the tools, getting started is up to you. Start slowly, have carrots or an apple for a snack, instead of a bag of chips. And take a walk around the block before or after work today. Just remember, the sooner you begin working toward your ideal weight, the sooner you can reap the healthful benefits.





AIR FORCE TESTING SYNTHETIC FUEL

Cleaner than regular fuel



On Sept. 19, 2006, an Air Force aircraft flew using synthetic fuel for the first time. A B-52 Stratofortress took off from Edwards AFB, Calif., which two of the bomber's eight engines used synthetic fuel.

On Dec. 15, 2006, B-52 Stratofortress flew all eight engines using synthetic fuel.

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