

# NEWS



**FAIRCHILD WESTON  
SYSTEMS INC.**

FAIRCHILD WESTON  
Schlumberger

FAIRCHILD WESTON SYSTEMS, INC.  
DATA SYSTEMS DIVISION  
P.O. BOX 3041  
SARASOTA, FLORIDA 33578

VOL. VII NO. 3

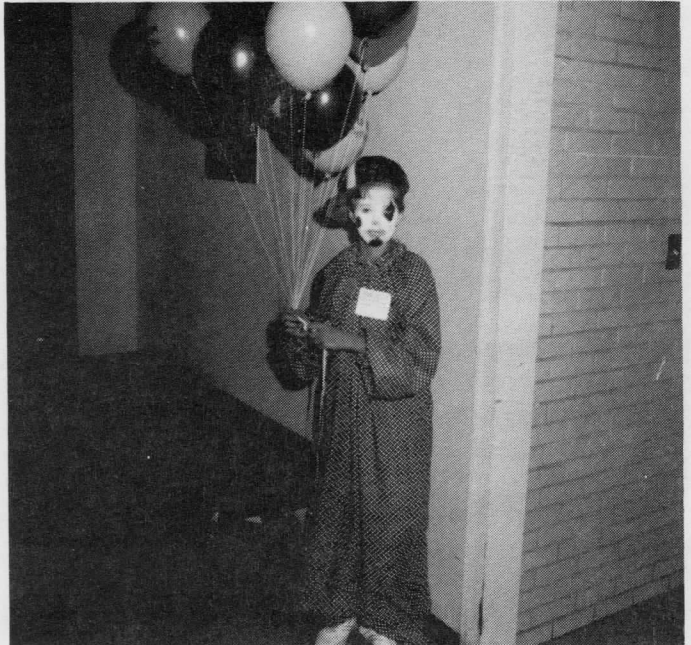
APRIL, 1985

## YOUNGSTERS & GROWN-UPS AGREE - IT WAS A GOOD OPEN HOUSE!

Whether you are young in years or young in spirit, the Data Systems Division Open House for employees and their families on March 24 seemed to have something for everyone. Over 1900 attended the event, saw demonstrations and displays in various work areas, and enjoyed gifts and refreshments.



This young person demonstrated the happy atmosphere of the day in his own light-hearted way. Photo by Herb Booth.



A special salute to our volunteer Clowns -- Stacy Ingle (daughter of Mary Gayle Ingle) and Kent Snavely (son of Ron Snavely) -- who distributed the balloons which added to the festive occasion.

To the many volunteers who helped to make the Open House a success, a sincere thank you.



**AN EQUAL OPPORTUNITY EMPLOYER M/F/H/V**

## **A NEW FEATURE FAIRCHILD WESTON IS PEOPLE...**

PULSE will be featuring some candid photos of employees around our Division doing their jobs. Photographer Herb Booth has a good eye for the faces and composition that make for a striking photograph. You will be seeing his pictures around our facility and in PULSE.



**FAIRCHILD WESTON IS PEOPLE  
WORKING TOGETHER** -- such as Olive P. Stone, Metal Fab Helper in Metal Fabrication. Ollie has been with Data Systems Division since 1976.

## **NEW T-46A JET TRAINER SYSTEM BEING INSTALLED**

Program Manager Bob Buell is at Edwards Air Force Base on the installation of the new Flight Test System for the Fairchild Republic T-46A Jet Trainer for the U.S. Air Force. The Data Systems Division system includes a VAX 11/730 plus color terminals, and our standard data acquisition and formatting packages, with real-time display and analysis packages as well. An existing EMR 2746 PCM Decommutator was integrated into this new system at the customer's request.

Members of our Flight Test System team included Gary Snyder, Mona Carter, Teresa Fannin, Jeff Kelley, Adam Leonard and Bob Buell. The system is called a Flight Test Telemetry Data Acquisition and Analysis System.

The T-46A Jet Trainer is designed to develop the basic student skills required to pilot the most advanced high performance aircraft. The customer says the T-46A will "fly faster, higher, farther, safer, and cost less to maintain than any jet trainer in U.S. Air Force history."

## **ABOUT YOUR BENEFITS**

### **IN HOSPITAL?**

Entering the hospital? Please remember that our current group insurance coverage calls for employees and covered dependents to complete the "Hospital Pre-Admission Certification Request Form" before you go into the hospital.

If an urgent or emergency hospital confinement begins on a weekend or holiday, telephone certification is required during the next business day. There is a toll free number. Handy forms and envelopes are available near the Cafeteria, in Personnel, and through our Benefits Office, Ext. 526. Please note that the form is contained in the LARGE ENVELOPE.

### **A BABY?**

Expecting an addition to the family? Share the good news with your Benefits Office. Please be sure to let the Insurance Office know when your new bundle of joy arrives, so that your new baby can be covered under our group insurance plan.

### **LIFE INSURANCE?**

Thinking about taking out some supplemental life insurance under our recently announced Supplemental Life Insurance program? If you have not signed up, all regular full-time employees will have an opportunity to decide annually if they wish to purchase supplemental life insurance. Each November you may sign up for the supplemental life insurance (strictly optional) and your new coverage would then be effective January 1. New employees are eligible to enroll in the supplemental life insurance plan one month from the date of employment.

This supplemental life insurance is in addition to the regular life insurance coverage on all full-time employees provided by the company. All full-time employees are automatically covered by life insurance equal to 1-1/2 times the employee's annual base wage, provided by the company as one of our employee benefits, at no cost to employees. All employees are automatically covered after one month of employment.

## **CREDIT UNION NEWS**

Changes in the administration of Credit Union loans have been announced effective April 1.

1. There will be an administrative fee of \$15 for each loan.
2. The borrower will be charged for loan life insurance at the rate of 1/2 of 1%, based on the total loan value.

These changes in the Fairchild Sarasota Credit Union loan procedures have become necessary due to increasing inflationary costs of processing loans. The Credit Union will continue to strive to offer members excellent service, and your cooperation is appreciated. Loans are vital to the success of the Credit Union, and ample funds are available for approved borrowers.

## TWO LONG-TIME EMPLOYEES CHOOSE EARLY RETIREMENT

Two long-time Data Systems Division employees joined our growing group of early retirees recently.

DOROTHY MARTIN SCOTT, of Magnetics in our Printed Wiring Assembly area, rounded out 22 years of service before saying good-bye to her friends here on March 15. Dorothy and her husband George are planning to continue their interests in square dancing and sailing, and will be traveling out West.

"But first I'll be awaiting the arrival of my new grandbaby," Dorothy noted. Dorothy is the mother of seven children, so family plays an important part in her life. Her associations in our company have included many years in subminiature assembly, magnetics, and an enjoyable time in the Recorders Head Room.

"I've made a lot of good friends here and will miss them," Dorothy said.



DOROTHY MARTIN SCOTT

ALICE ARMSTRONG

ALICE ARMSTRONG elected early retirement from Accounts Payable at the end of March. Her continuous service date goes back to February, 1967, but Alice had also been associated with our company for several years beginning in 1962. Her variety of activities within our Division ranged from Assembly to the Engineering Library, Mail Room, Technical Information Center, and more recently Accounts Payable.

Alice and her husband Steve are relocating to Dunnellan, Florida where they are starting a double retirement. There will be more time for travel, gardening, and enjoying their family of five children and eight grandchildren, all located in the Southeast.

"I know I'm going to miss the people here," Alice said.

To Dorothy and Alice, good luck from your many friends at Data Systems Division.

## TECHNOLOGY SEMINARS TO BE HELD ON A REGULAR BASIS

In-house Technology Seminars are now being held bi-monthly at Data Systems Division to facilitate the awareness of new technologies in the several product lines within our Division, according to Technical Director Bill Waggener.

The first in-house Technology Seminar was held on March 21, hosted by the Telemetry Product Line, and attended by about 50 Engineers representing our three Product Lines, the Operations Group and Quality Assurance. Seminars are conducted as a "mini" technical conference with technical presentations by members of the Division's technical staff.

"Each Product Line will host one seminar each year, with the remaining three seminars devoted to special topics," Bill Waggener explains. "The next seminar will be sponsored by the Signal Processing Product Line and will be held during the last week of May."

Technical papers presented at the first seminar were:

- "The EMR 732 TFE/SEL Computer Interface," by Jack Cain and Kevin Lewis of the Telemetry Systems Group.
- "Software for the Flight Data Acquisition and Processing Systems (FDAPS)" by Michael Hutchinson, Telemetry Systems.
- "Design of the 8000 Series Menu Driver Software" by Jon Mather and Karl Hahn, Telemetry R & D.
- "Design of a High-Speed Tape Formatting System," by Guy Ellis of Telemetry R & D.

## A NEW FEATURE FAIRCHILD WESTON IS PEOPLE..



FAIRCHILD WESTON IS PEOPLE WORKING TOGETHER --  
Simon A. Ford, Telemetry Test Technician, has been with our Division since June, 1968.

# VALUE ENGINEERING TEAMS STUDY WAYS T

In our complex business of designing and manufacturing sophisticated electronics equipment, there is an ongoing search for ways to "make it better." Value Engineering Teams at Data Systems Division are studying how to make certain units more "producible" in manufacturing.

Their goals are to reduce costs, improve quality, and make the units easier to manufacture -- while maintaining the integrity of the function of the product or system.

"We now have two Value Engineering Teams," reports Hank Zarnoski, Value Engineering Team Leader. "Team A started back in 1983, and concentrated on our Instrumentation Data Recorder product line, and our Cockpit Voice Recorders and Digital Flight Recorders. We have documented a conservative figure of \$350,000 in savings due to the Value Engineering Team approach."

Because of the success of the first V.E. Team, Team B was recently formed to work with our Telemetry product lines and Telemetry systems.

The newly-formed Value Engineering Team B includes Art Acosta, Dick Dungan, Tracey Hardy, Chris Lester, Al Marion, Tony Reali, Dave Walker, Ray Wilson, and Team Leader Hank Zarnoski.

Value Engineering Team A includes Eldon Andrews, Paul Coyas, Charlie Flatley, Don Cupicha, George Keegan, Chris Lester, Frank McGowan, Andrea Perryman, Tom Toler and Hank Zarnoski, Team Leader.

"We want to work as closely as possible with the Design Engineering group and the Project Engineers so that we can use cost avoidance techniques before product release, as well as cost reduction after the product has been released to Production," Hank explains.



*Value Engineering Team B includes (seated) Dave Walker, Tony Reali, Tracey Hardy and Ray Wilson; Standing: Al Marion, Art Acosta, Dick Dungan, Hank Zarnoski and Chris Lester.*



*Value Engineering Team A includes Charlie Flatley, Hank Zarnoski, Frank McGowan, Andrea Perryman, Paul Coyas, Don Cupicha, Eldon Andrews, George Keegan, Tom Toler, and Chris Lester.*

Value Engineering takes a disciplined approach. First the Team examines the unit in its present configuration. Then they attempt to reduce the number of parts, the cost of the component parts, make the unit easier to manufacture, and at the same time always try to improve the quality and reliability of the product.

In the V.E. process, great care is taken to protect the unit's performance, quality, maintainability, reliability and interchangeability.

The multidisciplinary Value Engineering Team follows a five-step process;

1. Information -- gathering information and analyzing the function of the piece part.
2. Creativity -- brainstorming; finding new ways to accomplish required functions.
3. Evaluation of new ideas.
4. Planning and implementation of new ideas.
5. Reporting of results.

When changes are recommended, the Project Engineer is consulted, and a prototype is built with excellent cooperation from many departments. New drawings, bills of materials, or Engineering Change Orders are required, and the improvement goes into the manufacturing cycle.

Sometimes a sudden problem crops up. Recently a vendor discontinued producing a certain chassis we need. The Value Engineering Team came up with a redesign. A prototype was made within a week. The new unit is easier

# MAKE IT BETTER

to handle, and saves overall assembly time. The outside purchased part cost \$239 each. Our in-house unit costs \$50. Thirteen units have been made to meet current customer requirements for immediate shipments.

The Value Engineering Teams meet once a week to analyze and assign tasks, and report on progress. Projects have included the Model 10 Reproduce & Record drawers and distribution box; Model 80 tension arms; EDAC system, and currently the RDU and ACU basic chassis. The B Team is working on several Telemetry products, including new 8300 series products.

That's the Value Engineering story -- always trying to "make it better."

## CONGRATULATIONS !

KEITH SMITH (Recorders Test) and Karen Wagner were married on April 13 in New Port Richey in a church wedding.

FRED KRASE (Machine Shop) and his wife Anne Marie are the happy parents of a baby girl, Heather Anne, born on February 7. Heather weighed in at 8 lb. 15 oz.

WAYNE SARNIE (Systems Products) and SALLY SARNIE (Receiving Inspection) announce the birth of their son Jason Wayne on March 27. He weighed 5 lb. 14 oz. at birth.

ART TACKMAN (Systems Engineering) and his wife Wendy welcomed their son, Michael Elliot, on March 2. He weighed 7 lb. 10 oz. at birth.

CARL KOCHMIT (Signal Processing) and his wife Barbara are the parents of a baby daughter, Linda Pauline, born on April 3, at 5 lb. 12 oz.

JIM MASSING (Signal Processing) and his wife Alice welcomed their son, Thomas Bain, on April 5. The baby weighed in at 6 lb. 12 oz.

FREDDIE MASSE (Quality Circle Facilitator) was elected to the Board of Directors of the Tampa Chapter of the International Association of Quality Circles on March 14.

## MORE AIRBORNE SYSTEMS SHIPPED TO McCLELLAN

More airborne systems have been shipped on our McClellan Air Force Base contract for the F-111 aircraft testing program. These airborne units are part of the McClellan add-on order, involving several million dollars worth of business. Completion of this order is expected in June, when the final airborne test system is scheduled to be shipped by our Systems Products area. Carlos Mileham is Project Engineer on this job with Technicians Milt Litwiller, Russ Phillips and Pervis Sanders assisting.

## REEL PROBLEMS CIRCLE GETS PROJECT GO-AHEAD

The REEL PROBLEMS Quality Circle recently made a second presentation about their CVR/DFR Burn-In Rack project. This follow-up presentation was made to obtain approval for the final designs and costs of the rack. (CVR stands for Cockpit Voice Recorder, and DFR for Digital Flight Recorder.)

The project has been enthusiastically received by the Advisory Committee, and final approval was granted at this presentation by Dave Clouse and Bob Wallace. Work is scheduled to begin shortly on the construction of the main framework for the CVR/DFR Burn-In Rack.



REEL PROBLEMS Quality Circle members, representing Recorders Test are: Mitchell Harris, Dewayne Yates, Circle Leader Joe Yourkoski, Scotte Kavanaugh, Tim Sorenson, Matthew Neelley, and Patrick Tatman.

## QUALITY CIRCLE NOTES

New Participants in existing Quality Circles include:

P.C. CHARGERS - Beverly Gill, Dorothy Berner, Cheryl Mnick.

INNOVATORS - Tony Reali, Andrea Perryman, Chris Lester and Rick Karow.

AVIATION FLYERS - Judy Tibbs

FLAMBOYANT NUTS & BOLTS - Brad Jones

TAPE ENGINEERING - Mike Russell

FINE LINERS - Carol Scheele, Della Dunlap, Jerry Sahagian

GREAT EXPECTATIONS - Valerie Fordham

"A number of employees have asked about joining an existing Circle, or starting Circles in their work area," Quality Circle Facilitator Freddie Masse reports. "We are very pleased with this interest, and will address this need during the second quarter. I hope that by June we will be able to expand our current Circle activities."

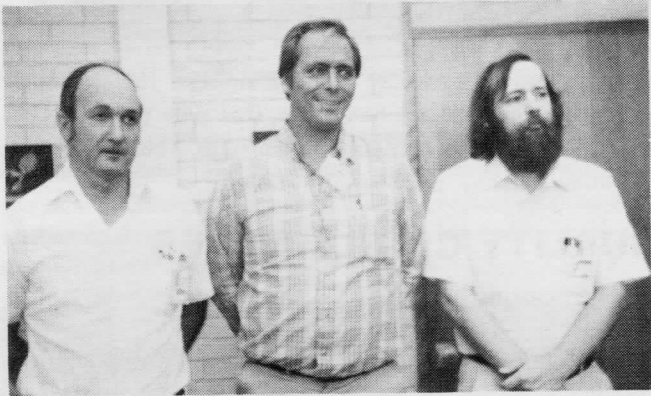
## HAPPY ANNIVERSARY!

Ten employees marked significant service anniversaries with our company during March and April. Especially noteworthy are the major milestones reached by Hans Napfel and Stan Baron.

Hans completed a quarter of a century with our company on March 25, and Stan's big 20th service anniversary was on April 12.



*Congratulations to: (foreground) Hans Napfel (25 years), Stan Baron (20 years), Michelle Crawford and Donna Roth (five years). In the background, marking five years of service are Jim Fulmele, Beth Jenkins and Patty Woolums.*



*Five-year service anniversaries were observed during March by Don Riker, Jay Boardman, and Chuck Arterton.*

## STARTING OVER, WITH SAFETY

Safety Awareness means working and playing safely, and avoiding painful injury. We are proud of our safety record which has, on several occasions, exceeded one million hours without a lost-time accident. If a lost-time accident occurs, it means an employee suffers painful injuries, and nobody enjoys pain. It also means starting over again in our safety hours count.

Our safety hours count is 33,000 hours without a lost-time accident. Let's watch it grow. And please take care of yourself, and others, by practicing safety, always.

## SUPERCOMPUTER INSTALLED AT OUR SISTER COMPANY

Schlumberger Doll Research Center, Ridgefield, Conn., became the only wireline company to own a supercomputer when a CRAY XMP model was installed recently.

The CRAY is one of only 60 or 70 supercomputers in the world, according to Bob Snow, Manager of Computing Resources at the Doll Research Center. Most of the others are in national laboratories, weather bureaus, and in energy companies such as Exxon and Shell.

"We are using the CRAY for computer modeling and simulation," Bob Snow said. "It is part of a commitment made several years ago to stop using physical models of tools and go strictly to computer synthesis."

The supercomputer's main advantage is speed, which Snow estimates at 40 times the power of VAX. "It has a 9½ nanosecond clock. Put in other terms, the CRAY executes about 40 million instructions per second, while the VAX executes about one million. The CRAY executes about 70 million floating point operations per second."

The CRAY also has two million words of memory, with 64-bit words. Cost is approximately \$7 million.

Because it will take far less time to run programs on the CRAY than the VAX, SDR scientists and engineers should realize productivity gains. Initially they will use existing computer terminals to link with the CRAY, but eventually SDR will integrate new work stations for more efficient interface.

Schlumberger Doll Research added heavy-duty floors and extra refrigeration to its computer room to accommodate the new CRAY supercomputer.

Thanks to our friends at SONDE OFF, Houston, and SDR, Ridgefield, for permission to reprint this story.

## SET A GOAL TODAY

Alice: "Which way do I go from here?"

Cat: "That depends on where you want to go."

Alice: "I don't know where I'm going."

Cat: "Then it doesn't matter which way you go."

This famous quote from Alice In Wonderland clearly makes the point that one must know where one is going.

A goal strengthens performance in three ways:

1. Provides focus
2. Provides framework for motivation
3. Provides a method of evaluation

Try it for yourself. Set an improvement goal today!

## HOW A QUALITY CIRCLE PRESENTATION COMES TOGETHER

When a Quality Circle presentation can offer solutions to an ongoing problem, effect improvements in a work area, please the employees working in that area, and prove to management that there is a considerable cost savings... that's progress!

And that's the story of the S.P.C.A. (Standard Products Committee in Action) Quality Circle presentation which was successfully completed recently. Bill England, Richard Healy, Phil Luquette, and Greg Sutton, of Telemetry Test, made a very effective Management Presentation on their Quality Circle Project. Their goal: create work stations, along with a department layout, that will increase efficiencies and give the Test Department a professional appearance, within a period of one year.

The project included developing a new work station design, finding satisfactory vendors, evaluating the advantages and disadvantages by the members of the Test Department, working with Manufacturing Engineering on a time study to prove savings, developing an improved department layout, and getting inputs from experts in-house on specific items.

"Our project involved input from many employees," Bill England explains. "All Department employees assisted in the evaluation. Don Parker helped find the vendors. George Phillips gave us advise on the racks. Eldon Andrews' group provided assistance in fabricating items in-house, and Van Stone worked on the time study. The result is a total estimated cost of \$88,300, but a well documented, conservative annual savings of \$44,000, a 42% return on investment."

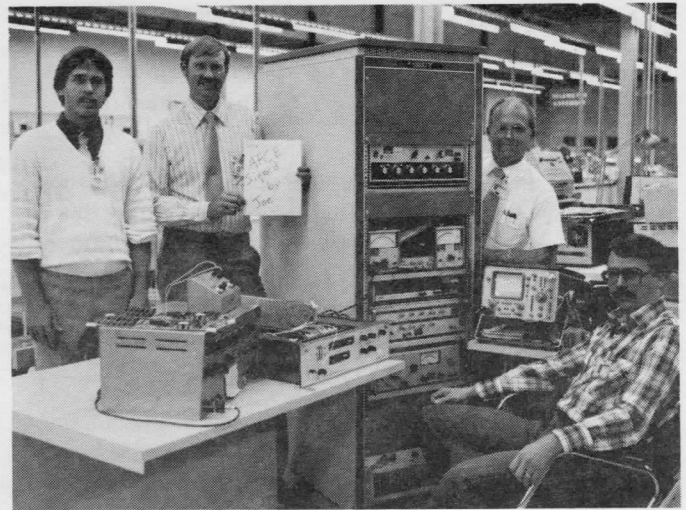
And there are many other intangible benefits -- improved appearance, pride in the work area, easier reaching, better utilization of space, etc.

Division management approved the idea at the presentation, but the funds to implement the project must be found. Such major capital expenditures need to be budgeted, justified and funded before purchases can be made.

The Circle members and Department employees are pleased to know they are on their way to a new look in Telemetry Test.

### SOFTBALL PLAY BEGINS

Members of the Fairchild Weston Men's Softball Team have launched into the new season with vigor. The team plays Monday, Wednesday or Friday evenings at either Fruitville Park or Bee Ridge Park. Check with the players or bulletin boards for their schedule. Team members include: Craig Bolger, Burt Boss, Paul Copen, Rick Greenawalt, Tom Greinke, Maurice Gritzman, Ray Joseph, Chris Lester, Rob McLendon, Rick Mowrey, Ralph Portuondo, Rob Ramey, Jim Robinson, Ray Shuford, Robin Speidel, Bruce Templeton, and Dan Toler.



*Greg Sutton, Bill England, Richard Healy, and Phil Luquette with proposed improved work station in Telemetry Test.*

## MS. WITS QUALITY CIRCLE PLANS DEPARTMENT LAYOUT

The Ms. Wits Quality Circle recently made a Management Presentation regarding their work area. Using problem identification and data collection techniques, the group determined that their present layout was not fully efficient and had some space shortage and potential safety problems.

Through their investigation and by working with Manufacturing Engineering, they have developed an improved layout utilizing the same space. The proposed layout will provide more efficient work flow, more storage space, and freer, safer aisles. Implementation of the new layout is expected to take place by July. Congratulations, MS.WITS!



*MS. WITS Quality Circle members Delta Wildermuth, Pat Wetjen, Rita Keen, Faye Bragg, Elizabeth Byrd, Sandra Bacon, Polly Smith, Pat Bowers (Circle Leader) and Mae Vann.*

## RENOVATIONS PROGRESSING THROUGHOUT OUR FACILITY

Renovations and moves are continuing throughout our facility, as the ongoing plant renovations program reaches various areas.

A large section (6000 square feet) of our original Production Building, overlooking the north parking lot, is now being completely redone. This refurbished area will house Production Control, Manufacturing Engineering, and Purchasing, and is expected to be a showcase area, with new ceilings, lighting, wall treatment, carpeting, and the latest "open office" concept room dividers.

In the southeast section of the center part of the building, the Engineering Document Center (EDC) will be moving to a temporary location in the old Data Recorders Test area, near Systems Integration. Eventually EDC will go to the south portion of the L Building. (This is the center of our facility, near Reprographics.) Also being relocated are a number of the Telemetry Systems Engineering people. They will occupy the East end of the area which formerly housed the Data Recorders Test group.

Our growing Signal Processing Group plans to absorb those portions of the Telemetry Systems Engineering and EDC areas being vacated.

A special tip of the hat to the employees who are hard at work on all of these renovations, and to our fearless colleagues who haven't let all the dust and construction noise interfere with their regular duties.

## FREE HEALTH SCREENING OFFERED TO EMPLOYEES AND RETIREES IN AREA

In cooperation with the Sarasota County Health Department, Data Systems Division is offering employees the opportunity for free health screening here at work between April 23 and May 8. Some 350 employees have signed up to take advantage of the benefit, which is part of our Division's ongoing Employee Wellness Program.

Tests include Glaucoma, Anemia, Diabetes, Hypertension, and Colo-Rectal. Occupational Health Nurse Debbie Graham has scheduled the appointments for employees, and is coordinating the program with Health Department personnel. She has also arranged for our Cafeteria personnel to offer the needed Test Meals for employees taking the Diabetes test.

As a special added benefit, Data Systems Division Retirees who live in the immediate area have been invited to participate in this Free Health Assessment program. A number of Retirees have already phoned to make appointments.

There are a few openings left. Just call Debbie, Ext. 559, for an appointment. Thank you for your cooperation in keeping your scheduled appointment -- and stay well!

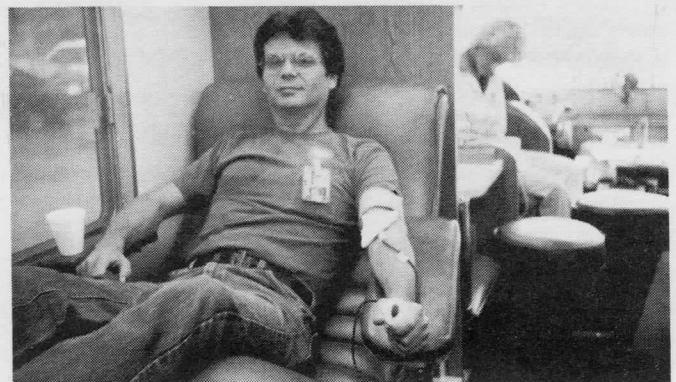
## MORE THAN 100 EMPLOYEES GAVE DURING BLOOD DRIVE

When it comes to helping others, Data Systems Division employees are right there. During our April 15 Blood Drive, 109 employees volunteered to become blood donors--the most ever for a one day drive.



The staff of the Lower West Coast Blood Bank Bloodmobile, which visits our plant twice a year, expressed great pleasure with the turn-out and the cooperation received at Fairchild Weston.

Thanks to you, many fellow employees, their families, our Retirees and families will have units of blood available through our Blood Bank Account. Call Debbie Graham, Ext. 559, whenever the need for blood arises. The units are then transferred to the patient's account.



## TELEMETRY SYSTEM SHIPPED OVERSEAS

In another recent shipment to a customer overseas, Data Systems Division delivered a computerized telemetry data processing station which will handle telemetry data in real-time and playback.

This system included our 8000 series telemetry front end (Models 8320, 8330 and 8350) with a DEC VAX 11/750 computer system. The contract is valued at over \$700,000.

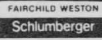
On the program team were: Program Manager Fred Paine, Software Engineers Kevin Lewis and Marvin Edgeworth; Project Technicians Bill Cox and Fuad Ali; R & D Engineers Jon Mather and Mark Gilmore, and Contract Administrator Rosemary Williams.





# NEW EMPLOYEE SUPPLEMENT

**FAIRCHILD WESTON  
SYSTEMS INC.**



FAIRCHILD WESTON SYSTEMS INC.  
DATA SYSTEMS DIVISION  
POST OFFICE BOX 3041  
SARASOTA, FL 33578

SPECIAL EDITION

APRIL, 1985

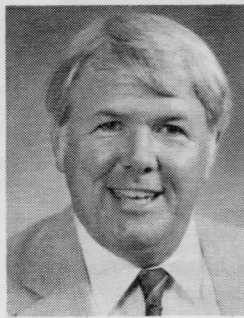
## WELCOME ABOARD TO OUR NEW FELLOW EMPLOYEES

As Data Systems Division's business continues to grow, we are pleased to welcome many new employees. To help us get better acquainted, here are some photos of our new colleagues who joined us during February and March, 1985.

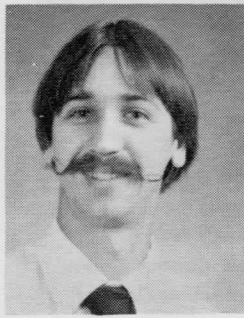
Welcome! We hope you will enjoy being part of the action at Fairchild Weston, as we work together to design and produce the high quality products, systems and service our customers need.



**LAURA L. BARNHART**  
*Technician  
Recorders Test*



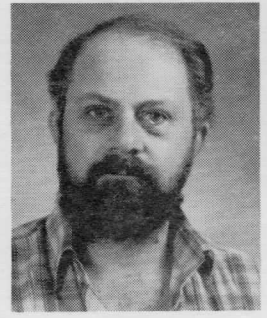
**JACK BAUDER**  
*Integrated Logistics Coord.  
Signal Processing*



**ENDRE M. BEREZ**  
*Engineer  
Equipment Recorders*



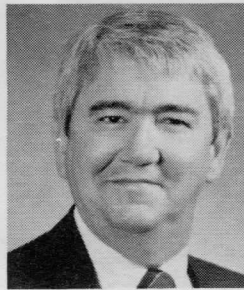
**BOB BLAZEK**  
*Section Mgr., Hardware  
Signal Processing*



**DENNIS BOOKER**  
*Machinist  
Machine Shop*



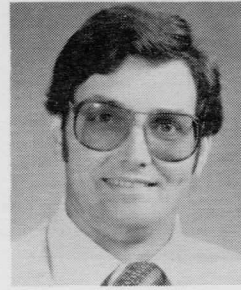
**BURT BOSS**  
*Mgr., Quality Eng.  
Quality Assurance*



**ELLIS M. BURNS**  
*Principal Engineer  
Signal Processing*



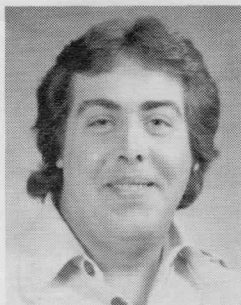
**JANET CAVE**  
*Secretary, Marketing  
Equipment Recorders*



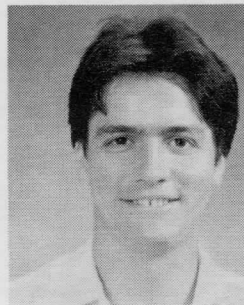
**DON E. CUPICHA**  
*Engineer  
Quality Assurance*



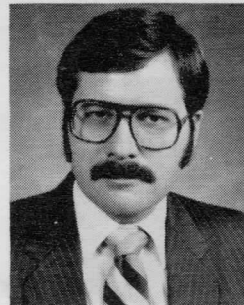
**SUSAN J. DEIBLER**  
*Technician  
Recorders Test*



**MARK J. DELROSE**  
*Draftsperson  
Design & Drafting*



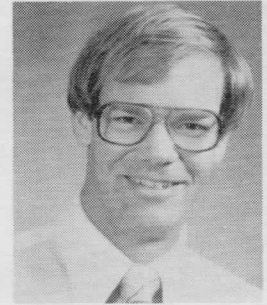
**RICHARD FARINA**  
*Technician  
Test Engineering*



**SCOTT R. HAVENS**  
*Technical Writer  
Telemetry*

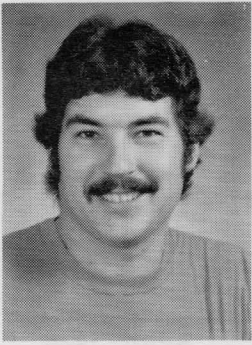


**GERALDINE HULL**  
*Draftsperson  
Signal Processing*



**DAVID A. JOHNSON**  
*Principal Engineer  
Telemetry R & D*

AN EQUAL OPPORTUNITY EMPLOYER M/F/H/V



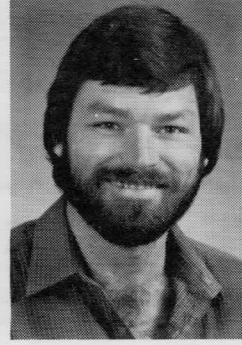
**BRAD JONES**  
Metal Fab Helper  
Machine Shop



**JOSEPH A KOSCIELNY**  
Paint Shop  
Fabrication



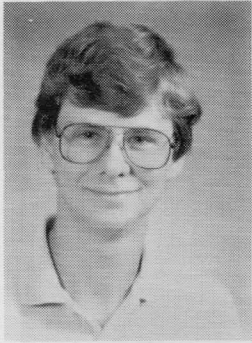
**FREDERICK J. KRASE**  
Machinist  
Machine Shop



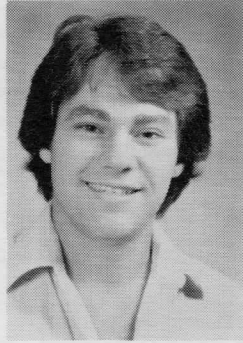
**GARY B. MAHAFFEY**  
Systems Analyst  
Test Engineering



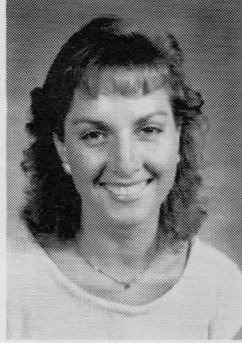
**BARBARA MARTIN**  
Illustrator  
Graphic Arts



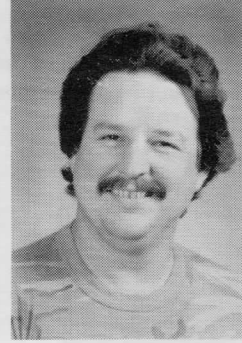
**KEMP A. MEDNICK**  
Technician  
Recorders Test



**TOM MELOCHE**  
Technician, Engineering  
Equipment Recorders



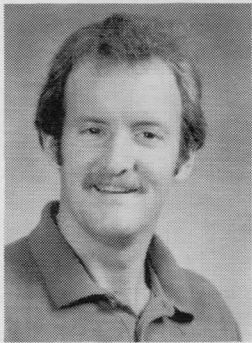
**MARCI MEWES**  
Prod. Control Clerk  
Production Control



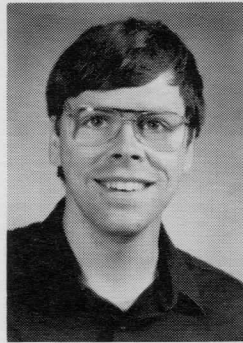
**GARY W. MILLS**  
Mat'l Attendant Helper  
Stockroom



**KATHY MILLS**  
Tech. Manual Prod. Asst.  
Signal Processing



**BARRY O'BRIEN**  
Technician  
Telemetry Test



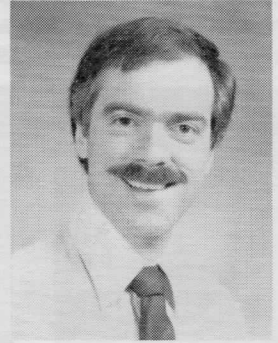
**GIL PELOWSKI**  
Technician  
Systems Products



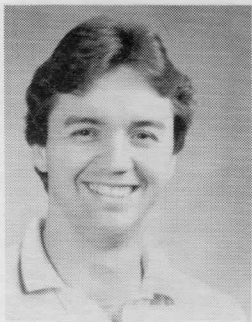
**DIANNE PERICCIOLI**  
Assembler, Instr.  
Recorders Assembly



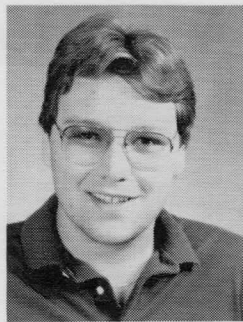
**SYBILLE SABBIDES**  
Assembler  
Printed Wiring Assembly



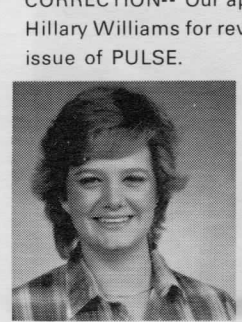
**GARY SIMMS**  
Sr. Cost Accountant  
Cost Accounting



**R. BRUCE SQUIRES**  
Technician  
Signal Processing



**JOHN H. VENNEMAN**  
P. C. Machinist  
Printed Circuit Fab.



**SHERI C. ROBERTS**  
Assembler  
Recorders Assembly

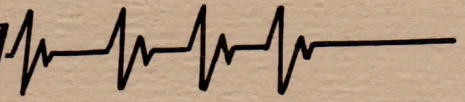
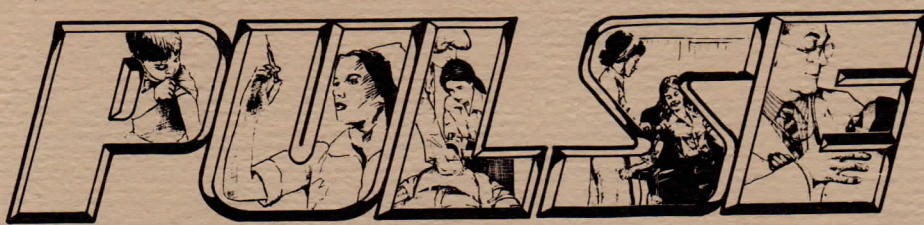


**HILLARY WILLIAMS**  
Assembler, Printed  
Wiring Assembly

CORRECTION-- Our apologies to Sheri Roberts and Hillary Williams for reversing their photos in the last issue of PULSE.

Missing photo of:

**JULIE A. ROBINSON**  
Technician  
Signal Processing



**FAIRCHILD WESTON SYSTEMS INC.**

FAIRCHILD WESTON SYSTEMS INC.  
DATA SYSTEMS DIVISION  
POST OFFICE BOX 3041  
SARASOTA, FL 33578

# HEALTH LINE

By **DEBBIE GRAHAM R.N., C.O.H.N.**

All of us want good health. But many of us do not know how to be as healthy as possible. Health experts now describe lifestyle as one of the most important factors affecting health. In fact, it is estimated that as many as seven of the ten leading causes of death could be reduced through common-sense changes in lifestyle. That's what this brief test, developed by the Public Health Service, is all about. Its

purpose is simply to tell you how well you are doing to stay healthy. The behavior covered in the test are recommended for most Americans. Some of them may not apply to persons with certain chronic diseases or handicaps, or to pregnant women. Such persons may require special instructions from their physicians.

**Cigarette Smoking**

If you never, enter a score of 10 for this section and go to the next section on Alcohol and Drugs.

- 1. I avoid smoking cigarettes. 2 1 0
- 2. I smoke only low tar and nicotine cigarettes or I smoke a pipe or cigars. 2 1 0

**Alcohol and Drugs**

- 1. I avoid drinking alcoholic beverages or I drink no more than 1 or 2 drinks a day. 4 1 0
- 2. I avoid using alcohol or other drugs (especially illegal drugs) as a way of handling stressful situations or the problems in my life. 2 1 0
- 3. I am careful not to drink alcohol when taking certain medicines (for example, medicine for sleeping, pain, colds, and allergies), or when pregnant. 2 1 0
- 4. I read and follow the label directions when using prescribed and over-the-counter drugs. 2 1 0

Alcohol and Drugs Score: \_\_\_\_\_

**Eating Habits**

- 1. I eat a variety of foods each day, such as fruits and vegetables, whole grain breads and cereals, lean meats, dairy products, dry peas and beans, and nuts and seeds. 4 1 0
- 2. I limit the amount of fat, saturated fat, and cholesterol I eat (including fat on meats, eggs, butter, cream, shortenings, and organ meats such as liver). 2 1 0
- 3. I limit the amount of salt I eat by cooking with only small amounts, not adding salt at the table, and avoiding salty snacks. 2 1 0
- 4. I avoid eating too much sugar (especially frequent snacks of sticky candy or soft drinks). 2 1 0

Eating Habits Score: \_\_\_\_\_

**Exercise/Fitness**

- 1. I maintain a desired weight, avoiding overweight and underweight. 3 1 0
- 2. I do vigorous exercises for 15-30 minutes at least 3 times a week (examples include running, swimming, brisk walking). 3 1 0
- 3. I do exercises that enhance my muscle tone for 15-30 minutes at least 3 times a week (examples include yoga and calisthenics). 2 1 0
- 4. I use part of my leisure time participating in individual, family, or team activities that increase my level of fitness (such as gardening, bowling, golf, and baseball). 2 1 0

Exercise/Fitness Score: \_\_\_\_\_

**Stress Control**

- 1. I have a job or do other work that I enjoy. 2 1 0
- 2. I find it easy to relax and express my feelings freely. 2 1 0
- 3. I recognize early, and prepare for, events or situations likely to be stressful for me. 2 1 0
- 4. I have close friends, relatives, or others whom I can talk to about personal matters and call on for help when needed. 2 1 0
- 5. I participate in group activities (such as church and community organizations) or hobbies that I enjoy. 2 1 0

Stress Control Score: \_\_\_\_\_

**Safety**

- 1. I wear a seat belt while riding in a car. 2 1 0
- 2. I avoid driving while under the influence of alcohol and other drugs. 2 1 0
- 3. I obey traffic rules and the speed limit when driving. 2 1 0
- 4. I am careful when using potentially harmful products or substances (such as household cleaners, poisons, and electrical devices). 2 1 0
- 5. I avoid smoking in bed. 2 1 0

Safety Score: \_\_\_\_\_

Almost Always  
Sometimes  
Almost Never

Almost Always  
Sometimes  
Almost Never

## What Your Scores Mean to YOU

### Scores of 9 and 10

Excellent! Your answers show that you are aware of the importance of this area to your health. More important, you are putting your knowledge to work for you by practicing good health habits. As long as you continue to do so, this area should not pose a serious health risk. It's likely that you are setting an example for your family and friends to follow. Since you got a very high test score on this part of the test, you may want to consider other areas where your scores indicate room for improvement.

### Scores of 6 to 8

Your health practices in this area are good, but there is room for improvement. Look again at the items you answered with a "Sometimes" or "Almost Never." What changes can you make to improve your score? Even a small change can often help you achieve better health.

### Scores of 3 to 5

Your health risks are showing! Would you like more information about the risks you are facing and about why it is important for you to change these behaviors. Perhaps you need help in deciding how to successfully make the changes you desire. In either case, help is available.

### Scores of 0 to 2

Obviously, you were concerned enough about your health to take the test, but your answers show that you may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. You can easily get the information and help you need to improve, if you wish. The next step is up to you.

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## YOU Can Start Right Now!

In the test you just completed were numerous suggestions to help you reduce your risk of disease and premature death. Here are some of the most significant:



Avoid cigarettes. Cigarette smoking is the single most important preventable cause of illness and early death. It is especially risky

for pregnant women and their unborn babies. Persons who stop smoking reduce their risk of getting heart disease and cancer. So if you're a cigarette smoker, think twice about lighting that next cigarette. If you choose to continue smoking, try decreasing the number of cigarettes you smoke and switching to a low tar and nicotine brand.



Eat sensibly. Overweight individuals are at greater risk for diabetes, gall bladder disease, and high blood pressure. So it makes good

sense to maintain proper weight. But good eating habits also mean holding down the amount of fat (especially saturated fat), cholesterol, sugar and salt in your diet. If you must snack, try nibbling on fresh fruits and vegetables. You'll feel better - and look better, too.



Learn to handle stress. Stress is a normal part of living; everyone faces it to some degree. The causes of stress can be good or bad, desirable or undesirable (such as a

promotion on the job or the loss of a spouse). Properly handled, stress need not be a problem. But unhealthy responses to stress - such as driving too fast or erratically, drinking too much, or prolonged anger or grief - can cause a variety of physical and mental problems. Even on a very busy day, find a few minutes to slow down and relax. Talking a problem with someone you trust can often help you find a satisfactory solution. Learn to distinguish between things that are "worth fighting about" and things that are less important.



Follow sensible drinking habits. Alcohol produces changes in mood and behavior. Most people who drink are able to control

their intake of alcohol and to avoid undesired, and often harmful, effects. Heavy, regular use of alcohol can lead to cirrhosis of the liver, a leading cause of death. Also, statistics clearly show that mixing drinking and driving is often the cause of fatal or crippling accidents. So if you drink, do it wisely and in moderation. Use care in taking drugs. Today's greater use of drugs - both legal and illegal - is one of our most serious health risks. Even some drugs prescribed by your doctor can be dangerous if taken when drinking alcohol or before driving. Excessive or continued use of tranquilizers (or "pep" pills) can cause physical and mental problems. Using or experimenting with illicit drugs such as marijuana, heroin, cocaine, and PCP may lead to a number of damaging effects or even death.



Exercise regularly. Almost everyone can benefit from exercise and there's some form of exercise almost everyone can do. (If you have any doubt,

check first with your doctor.) Usually, as little as 15-30 minutes of vigorous exercise three times a week will help you have a healthier heart, eliminate excess weight, tone up sagging muscles, and sleep better. Think how much difference all these improvements could make in the way you feel!



Be safety conscious. Think "safety first" at home, at work, at school, at play, and on the highway. Buckle seat belts and obey traffic rules.

Keep poisons and weapons out of the reach of children, and keep emergency numbers by your telephone. When the unexpected happens, you'll be prepared.