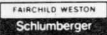




**FAIRCHILD WESTON  
SYSTEMS INC.**



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



VOL VIII, NO. 6

JUNE 1986

## DATA RECORDERS BOOKS MAJOR GRUMMAN ORDER

Recorders booked a significant order from Grumman Aerospace Corp., in Bethpage, N.Y., last month for 12 Model 15's and one ground reproduce system valued at over \$1.4 million.

These Instrumentation Recorders will be used for flight testing of the Navy's F-14 and A-6 aircraft. Grumman has update programs underway for these aircraft with the Navy.

As various subsystems on the aircraft are modified to new versions, each must undergo extensive testing in the aircraft. Each test calls for different data rates and formats. Therefore, a very versatile digital recording system is essential.

A new airborne Error Detection and Correction System, designed by our sister company, Enertec, has the versatility and ruggedized construction necessary to do this demanding task. Systems integration, test and the ground reproduce station will be done in Sarasota.

These systems will also incorporate state-of-the-art double bandwidth heads, to allow for double length record times -- very important to the Navy since it is impossible to change tapes in a fighter aircraft during maneuvers, explains Steve Hoff, Sales Manager for Instrumentation Recorders.

"As the test aircraft, with a Model 15 on board, are released to the various Navy Test facilities around the country, each will need our playback equipment. We expect this will add at least another \$1 million of FWSI-supplied equipment to this program by year-end," Hoff said.

Among the individuals who contributed to the successful effort to win this program were Dave Clark, Tom McCarthy, Chuck Warren, Jon Brown, Ellis Speicher, John Kerwin, Tom Papst, together with Chantel Brechon and Guy Lelandais, of Enertec, and our Sales Rep on Long Island, Tony Raia, who pursued this business opportunity for two years.

## CONGRATULATIONS, GRADUATES

It's time to give special recognition to our Graduates. Please turn to page 4.

## LATE BULLETIN

### VACATION LOANS AVAILABLE

Fairchild Sarasota Credit Union announces a new Vacation Loan available for the month of July, 1986 -- Vacation Loans for up to \$1,000 at 12% Annual Percentage Rate (APR), with a repayment schedule limited to six months or less. Call the Credit Union, Ext. 5535, for details.

### DONORS, YOU DID GOOD !

A SPECIAL THANK YOU to the 86 employees who gave blood during our Blood Drive on June 17. Once again the Florida Lower West Coast Blood Bank personnel have expressed their appreciation for the smooth-running campaign at Data Systems Division.

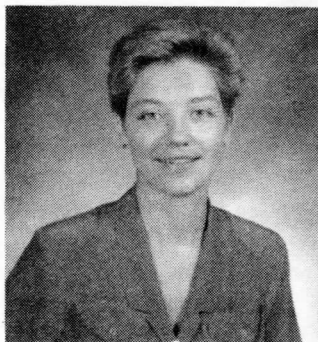
### OVER 530,000 HOURS ACHIEVED WITHOUT A LOST-TIME ACCIDENT

Congratulations to all employees who make safety awareness a way of life at Data Systems Division. You have achieved over half a million hours without a lost-time accident by mid-June!

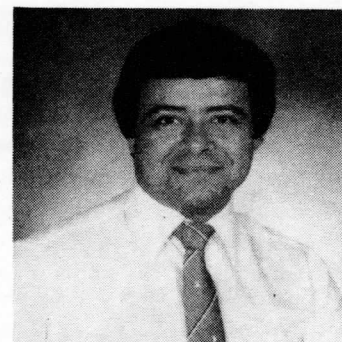
Safety awareness helps avoid painful injuries. Remember, accidents hurt. Safety feels good.

### WELCOME ABOARD TO OUR NEW FELLOW EMPLOYEES

Introducing a couple of our new colleagues who have joined us recently. Happy to have you with us, and we hope you will enjoy being part of Data Systems Division.



MARGARIDA A. KARAHALIOS  
Scientific Programmer  
Customer Support



RICK LAUFER  
Supervisor  
Plant Maintenance

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

## ANNIVERSARY GREETINGS ! EMPLOYEES REACH MAJOR SERVICE MILESTONES IN JUNE

Among the employees observing major service anniversaries this month are Barry Barton and Bill Hardman, both completing a quarter of a century of service with our company, and 20-year anniversaries are being celebrated by Jon Altenbernd and Bill Davis.

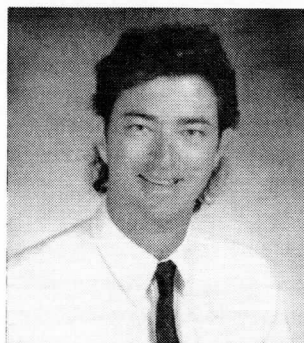
Congratulations to these and our other long-time colleagues, pictured here, who are marking June service anniversaries.



*Celebrating major service anniversaries, Barry Barton (25 years); Jon Altenbernd and Bill Davis (20 years); Bill Hardman (25 years).*



*Happy service anniversary to Cindy Buckles (15 years); Steve Jelemensky (10 years); Karen Peterson and Terry Cori, both with five years of service.*



*Rick Mitchell rounds out five years of service with our company during June.*

### ANDREA PERRYMAN CONDUCTS MCC WORKSHOP FOR WOMEN

Approximately 300 women from the Sarasota-Bradenton area attended Manatee Community College's first annual Women's Career Day on May 31. The Conference, entitled "1986 Women in Transition: New Roles - New Goals," featured 28 workshops, including one by our own Andrea Perryman.

Test Engineer Andrea Perryman, who has been in our Manufacturing organization since 1984, presented a workshop titled "Women in Engineering : Old Systems/New Opportunities." Andrea's subject matter included topics such as: What is Engineering? Who are Engineers? How do you become an Engineer? What do Engineers do? Economic opportunity. The perils of women in Engineering!

"Attendees were from a variety of backgrounds and appeared to find the workshop informative," Andrea reports. "All agreed that their understanding and interest in Engineering has been heightened, and it appears the Conference will become an annual event."

### PRERETIREMENT PLANNING WORKSHOPS ARE CONTINUING

Two more sessions in a series of Pre-Retirement Planning Workshops were held for employees on June 24 and 26. These meetings are being offered to employees who would like to plan ahead for future retirement, and involve discussions on adjusting to a new lifestyle, health concerns, financial planning, company benefits, social security, medicare, insurance, etc.

Invitations to these Pre-Retirement Planning sessions are initially being extended to those employees who are eligible for early retirement under the company's "Rule of 85" pension benefit. The workshops are planned to be an ongoing series of informative meetings.

"We hope that all employees will have an opportunity to participate before long," Personnel Director Rick Greenawalt said. "At first, however, we are sending invitations to those employees who have a more immediate need for this type of information. Later we hope to make this service available to all employees who wish to start their pre-retirement planning well in advance of retirement."

# INTRODUCING THE MEMBERS OF OUR CIRCLE GROUPS

## THURSDAY NOON LIVE CIRCLE

The Thursday Noon Live Circle represents the employees in our Sheet Metal Fabrication area. Eldon Andrews is Circle Leader.

ELDON ANDREWS has been with our company for 35 years. He transferred to Sarasota from Sangamo in Springfield, Illinois, nine years ago. His hobbies are bowling, fishing, and target shooting. "If I had it to do over again, I wouldn't change a thing," Eldon said.

BILL BURCHETTE joined Fairchild Weston eight years ago. Most of his free time is spent either at the YMCA or taking college courses at night. Bill and his wife enjoy the beaches on weekends.

HUTCH FERRUGIA has been with us since 1978. He is married and has two children. Hutch likes riding dirt bikes and playing basketball.

JIM HUFFMAN has worked in the Sheet Metal Fab Shop since 1978. Jim's main interests are his family and working with kids. He also enjoys bowling and fishing.

ED MORROW joined us in 1974 when the company was known as EMR Telemetry. Ed is married and enjoys swimming and reading.

MARK STONE has been employed at Fairchild Weston since 1977. His interests include raising cows and pigs, and horseback riding.

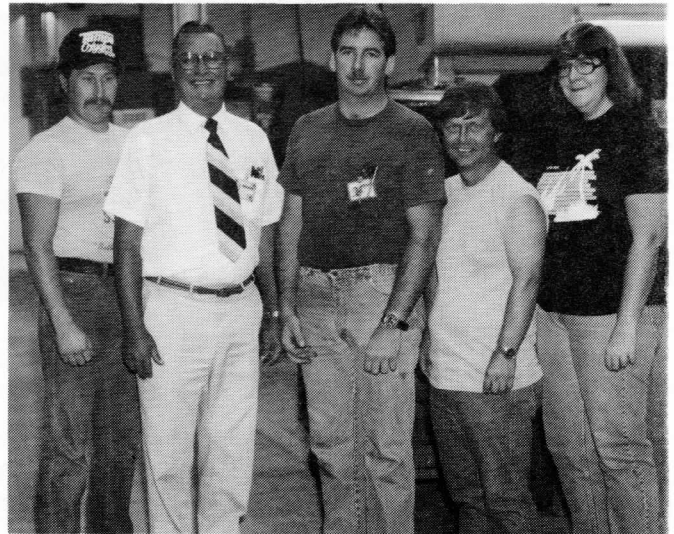
BECKY WHITE has been associated with our company for eight years, and has been a member of the Thursday Noon Live Circle for three years. Her hobbies include swimming, painting and drawing, photography, and various crafts. She also enjoys attending country music concerts.

## JOIN SARASOTA YMCA VIA EASY PAYROLL DEDUCTIONS

FWSI Sarasota employees and their families are eligible to join the Sarasota Family YMCA through Employee Group Rate, and via convenient weekly payroll deductions -- at a considerable savings. Even though the Y has announced an increase in membership prices effective July 1, the group rate is still very favorable. Membership is available for the Fitness Center, General Membership, and Racquetball, Membership on an individual or family basis. For details, please see Elaine Ellis in Personnel, Ext. 5251.



**JULY 4, 1986**  
**AMERICA CELEBRATES**  
*the New Face of Freedom*



*Thursday Noon Live Circle members are: Mark Stone, Eldon Andrews, Bill Burchette, Jim Huffman and Becky White. Missing from this photo are Hutch Ferrugia and Ed Morrow.*

## McCLELLAN AFB SYSTEM INSTALLATION GOES WELL

Installation and acceptance of a new Flight Data Acquisition and Processing System (FDAPS) at McClellan Air Force Base, Sacramento, Calif., has been completed, and the system is in operation, Jon Brown, of Program Management, reports.

"Now that the customer is processing flight test data on the faster system, the earlier FDAPS system is being upgraded to match the performance of the new system. After the upgrade takes place, both systems will be clustered so that the customer approaches twice the previous processing capability and at a higher rate," Jon Brown said.

At the same time, the ground checkout stations for the airborne equipment are being upgraded to include Model 9 Instrumentation Recorders and some added peripheral devices.

"Program Manager Kathy Thompson and Don Riker join me in expressing special thanks to the California employees in Customer Support who played a vital role in the success of this major on-site effort," Jon Brown said. The California personnel included Paul Fleischer, Darrel Forest, Tom Hayden, Lyle Head, Jeff Milburn and Scott Kellerman. Don Riker, who had system hardware engineering responsibility, spent several weeks in California on the installation, along with Program Manager Kathy Thompson and the California Support personnel.

"This is truly a team effort," Kathy Thompson said.

Two airborne systems are also scheduled for shipment later this year.



# CONGRATULATIONS, GRADUATES -- WE'RE PROUD OF YOU



**DEAN  
BECKER**

Once a year PULSE salutes our Graduates -- employees, and the sons and daughters of employees, who have achieved a significant milestone in their lives, after investing much time, hard work and study.

We join your family, friends and colleagues in saying, "Congratulations, Graduates -- well done! We're proud of you and wish you all the best as you continue your education or follow your chosen career."

DEAN BECKER, Principal Engineer in SPS, was awarded his Master of Science degree in Electrical Engineering recently by the University of South Florida in Tampa. Dean previously earned his BSEE from the University of Illinois, Champaign, IL in 1974, and has been with us since July, 1981.

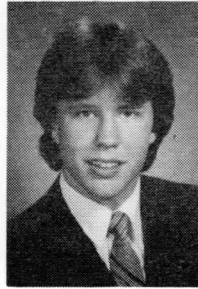
TAMMY BRINTON, daughter of Wayne Brinton (Quality Control), was in the graduating class of Bayshore High School, Bradenton, this month. Tammy plans to attend Manatee Community College and then transfer to the University of Florida to major in Business Administration.

KENDALL J. BROWN, son of Jon Brown (Program Management), was graduated from Sarasota High School on June 7. He plans to attend Manatee Community College and then the University of South Florida.

DALE RILEY COOK, son of Marian Cook (Telemetry Assembly), received his Bachelor's Degree in Business Administration from Eastern New Mexico University on May 16, 1986. Dale is an Electrical Engineer with General Dynamics in Clovis, N.M.



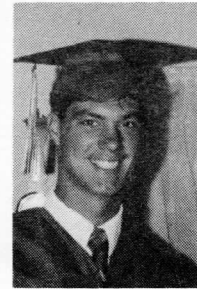
**TAMMY  
BRINTON**



**KENDALL J.  
BROWN**



**DALE RILEY  
COOK**



**ERIC L.  
DUNHAM**

ERIC L. DUNHAM, son of Larry Dunham (Final Quality Control), was awarded his diploma at the June 5 graduation ceremonies of Riverview High School. His plans include Manatee Community College and Florida State University to major in Business Administration.

CHUCK ELLIS, son of Elaine Ellis (Personnel), was graduated from Riverview High School on June 5. Chuck plans to attend Manatee Community College and major in Journalism.

CAROL LEE ENGLAND, daughter of Bill England (Telemetry Test), was a member of the June 2 graduating class at Fort Myers Senior High. She is planning to be married.

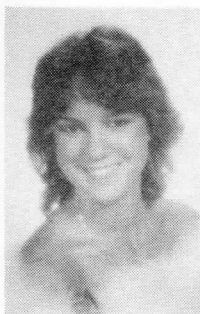
CINDY HUCKABY, daughter of Shirley Huckaby (PWB Assembly), received her diploma at Sarasota High School's commencement exercises on June 7. Cindy is employed by a law firm and plans to further her education.

TRACY JONES, daughter of Chuck Jones (Equipment Recorders Engineering), received her Associate of Arts degree from Manatee Community College in May. She is continuing her education at the University of South Florida's Sarasota Campus, majoring in Management Information Systems. Tracy is one of our Schlumberger Scholarship winners.

CATHERINE KELLER, daughter of General Manager Joe Keller, received her B.A. in Education at the University of South Florida on May 3. Catherine plans to attend USF graduate school.



**CAROL LEE  
ENGLAND**



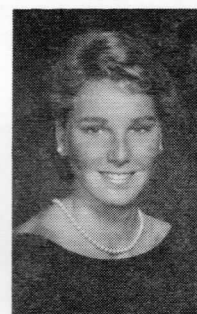
**CINDY  
HUCKABY**



**TRACY JONES**



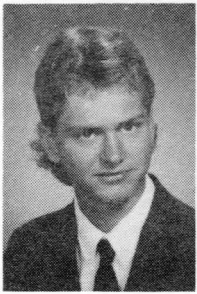
**CATHERINE  
KELLER**



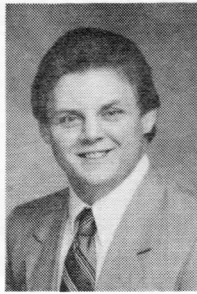
**PATRICIA  
KELLER**



# GRADUATION -- A MAJOR MILESTONE IN YOUR LIFE



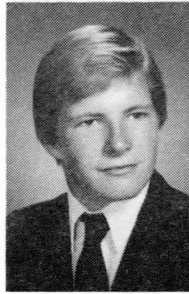
**KEVIN KLEIST**



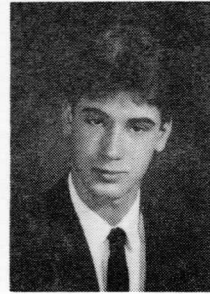
**GREGG  
LAWSON**



**JOSEPH  
LEHMANN JR.**



**KEN  
McPARTLIN**



**DAVID J.  
PALKOVICH**



**PAMELA ANN  
PARKER**

PATRICIA KELLER, daughter of General Manager Joe Keller, was in the June 5 graduating class at Riverview High School. She plans to attend the University of South Florida in Tampa to study International Business.

KEVIN KLEIST, son of Carolyn Kleist (Accounts Payable), was graduated from Sarasota High School on June 7. Kevin plans to enter the Navy in September.

GREGG LAWSON, son of Erwin Lawson (Telemetry Hardware Systems), received his Associate in Science degree in Hotel/Motel Management from Manatee Community College on May 4. He is employed by Holiday Inn in Sarasota.

JOSEPH LEHMANN, JR. son of Joe Lehmann (Telemetry Engineering), was graduated from Booker High School this month. He plans to attend the University of Florida in Gainesville.

KEN McPARTLIN, son of Ray McPartlin (Operations), was in Riverview High School's graduating class on June 5. He plans to attend Manatee Community College.

DAVID J. PALKOVICH, son of Carl Palkovich (Aviation Recorders Marketing), received his diploma on June 5 at Riverview High School's commencement exercises. He plans to attend Manatee Community College and then transfer to another college for his Bachelor's degree and graduate studies.

PAMELA ANN PARKER, daughter of Don Parker (Procurement), received her Bachelor's degree from the University of Central Florida on May 2. She plans to attend Florida State University Law School in Tallahassee, Fla.

DEBORAH JEAN PETERSEN, daughter of Gary Petersen (Production Control), was a member of the graduating class at Cardinal Mooney High School in May, 1986. She will attend Manatee Community College.

LOU POWELL, son of Darrell Powell (CADDs), was graduated from Southeast High School, Bradenton, June 7. He plans to attend Manatee Community College and then go on to Florida State University in Tallahassee.

MARIAN POWELL, daughter of Darrell Powell (CADDs) received her Bachelor of Arts degree in Music, cum laude, at Florida State University, Tallahassee, in April.

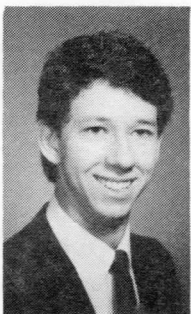
CARA LOUISE ROBERTS, daughter of Don Roberts (Customer Support), was graduated from Bayshore High School, Bradenton, on June 7. She plans to attend Manatee Community College to study fashion merchandising.

CAROL RUSSELL, daughter of Mike Russell (Aviation Recorders Engineering), received her Bachelor's degree from Warren Wilson College, Asheville, N.C. on May 17.

(Cont'd on Page 6)



**DEBORAH JEAN  
PETERSEN**



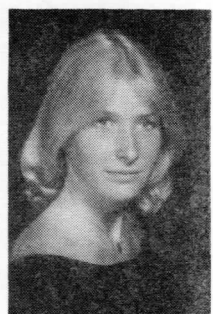
**LOU POWELL**



**MARIAN  
POWELL**

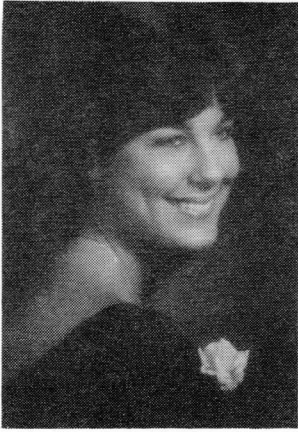


**CARA LOUISE  
ROBERTS**



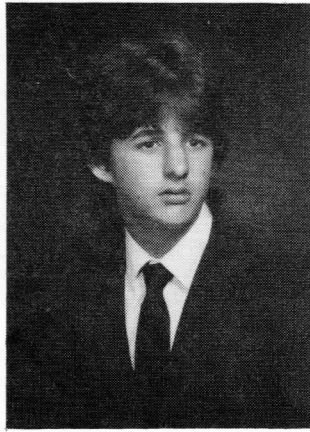
**CAROL  
RUSSELL**

# NICE GOING, GRADUATES -- AND MUCH GOOD LUCK TO YOU



**LAURA SACCO**

LAURA SACCO, daughter of Elaine Ellis (Personnel), will complete the requirements for her Associate of Arts degree in Business Administration at Manatee Community College in July. She plans to attend Florida State University to work toward her Master's degree in Accounting.



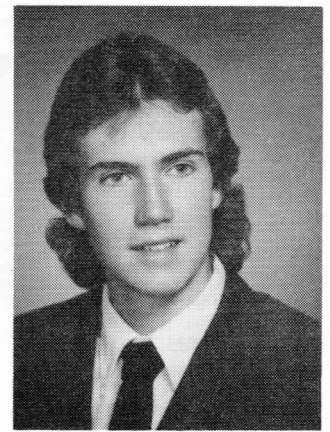
**DALE STUBBS**

DALE STUBBS, son of Jerry Stubbs (Customer Support), was a member of Sarasota High School's June 7 graduating class. He plans to work in underwater welding, construction and salvage.



**ASHLEY WARREN**

ASHLEY WARREN, daughter of Chuck Warren (Reliability), received her Associate in Science degree in Radiologic Technology from Manatee Community College in June. She is employed in the Radiology Department of Blake Memorial Hospital.



**DENNIS M. WELLS**

DENNIS M. WELLS, son of Larry Wells (Instrumentation Recorders Marketing), was a member of the Sarasota High School graduating class this month. He plans to enter Manatee Community College in the fall.

SUSAN M. TAYLOR (Training Department) received her Associate of Arts degree in General Education from Manatee Community College in May. Susan joined us in 1981.

RICK WILSON (Receiving Inspection) recently received his AA in Business Administration from Manatee Community College. Rick also earned his Associate in Science degree from MCC earlier. He plans to attend USF this fall, aiming toward his Bachelor's degree. Rick has been with us since 1984.

DEANNA VEIGEL, daughter of Richard Veigel (Tool & Die Room), was graduated from Venice High School on June 5. She plans to continue working at Beall's Department Store and will do volunteer work for her church.

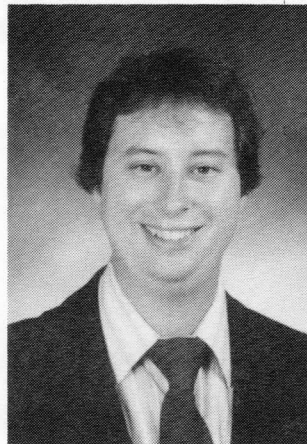
SANDRA K. WOODS (Recorders Test) was awarded her Associate in Science degree in Electronics Technology by Manatee Community College in May. She is enrolled at USF, Sarasota, and will work toward her Bachelor's degree in Engineering Technology. Sandra joined us in 1984.



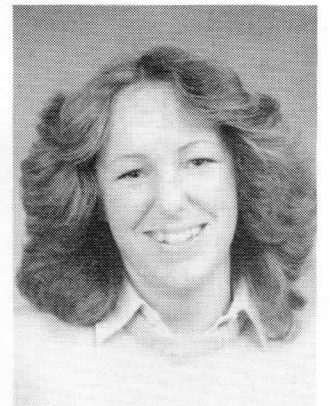
**SUSAN M. TAYLOR**



**DEANNE VEIGEL**



**RICK WILSON**



**SANDRA K. WOODS**



## EQUIPMENT DEMONSTRATED AT EUROPEAN CONFERENCE

Tim Gatton, of Applications Engineering, and Bud Thurmond, of Export Sales, demonstrated FWSI's new 8000 Series PCM equipment, Model 8385 Display Station, with the new MicroVAX II, and 5000 Series High Environment Data Acquisition products at the European Telemetry Conference in Germany, June 10-12.

Fairchild Weston Systems joined Enertec in a triple-wide booth that displayed products from FWSI and Enertec. In a separate, double-wide booth, Sangamo Electric GMBH, of Germany, displayed Model 9, Model 15 and Model 80 Instrumentation Recorders.

Telemetry customers from many countries in Europe attended the conference, where technical papers were presented. The ETC is similar to the International Telemetry Conference held in this country. This ETC was held in Garmisch-Partenkirchen, in the picturesque Bavarian Alps.

## CONGRATULATIONS !

SHERI ROBERTS (Systems Assembly) became Mrs. Terry Tipton on June 12 in an outdoor wedding ceremony at The Meadows, near the fountain.

BERENICE HENDERSON (Personnel) who serves as Editor of the newsletter for the Sara-Keys Chapter, Professional Secretaries International, has once again received a First Place award in the annual Florida Division competition for Chapter newsletters during May. This is the third award Berenice has won for her excellent newsletter.



*America*  
YOUR PRIDE  
IS SHOWING!

## CREDIT UNION LOWERS LOAN RATES ON CARS

Effective in June, the Fairchild Sarasota Credit Union has announced new reduced loan rates on used cars, trucks and vans, and continued a reduced loan rate on new (1986) untitled cars, trucks and vans.

USED CAR RATES ( on cars, trucks & vans) are scaled as follows:

1985 models	13% Annual Percentage Rate
1984 models	14% APR
All others	15% APR

NEW (UNTITLED) CAR LOAN RATES ( on cars, trucks & vans) are currently 11% through September 15th.

The Credit Union will only accept used cars as published in the N.A.D.A. Guide Book. For details, call Lillian Conway, Ext. 5535.

## CAROLYN SMITH ATTAINS CPIM

Carolyn Smith, Production Control Planner for Aviation products, has completed an intensive study and testing program to achieve CPIM (Certification in Production and Inventory Management) in accordance with the requirements of APICS (American Production and Inventory Control Society).

Carolyn passed four required tests to attain certification. The modules she completed are MRP, Production Activity, Capacity Management, and Master Planning. She is a member of the Gulf Coast Chapter of APICS in Sarasota and will formally be presented with her certificate at the September meeting of the group.

Here at Data Systems Division, Carolyn joins Valerie Fordham and Don Parker in achieving this APICS distinction.

## COMMODORE COMPUTER USERS STARTING NEW GROUP HERE

Some 15 employees have signed up to form a Commodore Computer Users Group here at Data Systems Division, according to Greg Sutton, of Telemetry Test. Users of VIC-20, C64, C64+, C128 and even Amiga owners are welcome to join. Call Greg, Ext. 5584, if you are interested. If you are thinking of buying a Commodore, Greg suggests that someone in the group might be able to help you by offering some tips on which computer system to select.

MAY THE  
*Torch of Freedom*  
BURN FOREVER

ENJOY YOUR LONG JULY 4 WEEKEND.  
TAKE CARE -- COME BACK SAFELY!

# CHARLEY FLATLEY REVIEWS 35 YEARS OF PROGRESS

When Senior Planner Charley Flatley joined Sangamo Electric in Springfield, Illinois, on April 23, 1951, he was going to work for the summer, and then go back to finish college.

"It's been a long summer," Charley commented recently, as he reviewed the past 35 years with our company and looks forward to retirement beginning in July.

"Sangamo Electric Company was incorporated in 1899 to engage in watt-hour meter manufacture. The company evolved from the Illinois Watch Company, and Sangamo Electric grew around the old Illinois Watch factory buildings in Springfield. The meter business flourished over the decades, and the product line expanded to include ampere-hour meters, capacitors, underwater sound (sonar) recorders, and defense-related instruments during World War II," Charley said.

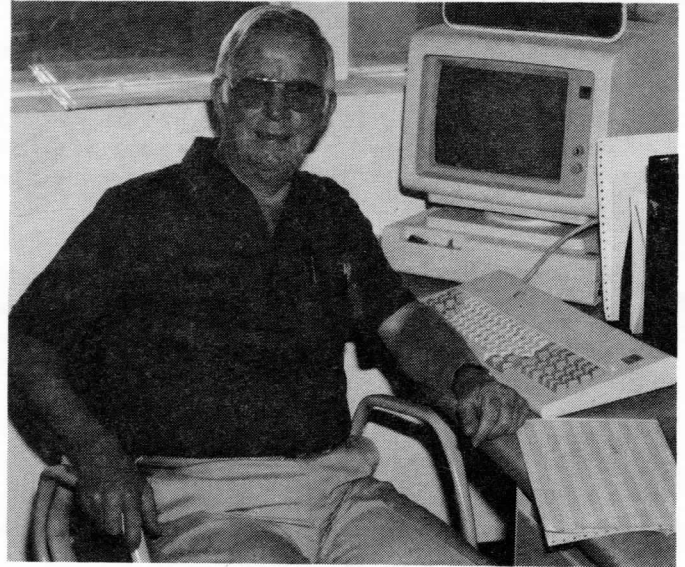
"Sangamo was also involved in time switches, tachographs and transformers, in addition to the other items. At one time, Sangamo employed over 5000 people, and Springfield was the corporate headquarters with plants in England, Canada, South Carolina and New Jersey," Charley explained.

"Data Recorders came into being when Sangamo decided to get out of the sonar business. The first Recorder I remember was the 470, which became the 4700, then the Model 4. The first portable machine was the 3500, then the 3570, which became the Model 3. The Model VI was starting in production in 1975 during a five month strike. That is when Schlumberger bought Sangamo," he recalls.

"In 1977 it was announced the company was moving out of Springfield, and segments of the business went to different locations. The Data Recorders product line was transferred to Sarasota, and 28 people were asked to move here," Charley recalls. "It wasn't easy to leave family and friends and go to a much smaller plant with a different system. But with the help of Val Fordham, of Production Control, I made it!"

Charley's Sangamo/Fairchild Weston career spanned numerous jobs -- window washing, repair and test of transformers and filters, assembling meters on conveyor, automatic screw machine operator, plating, model room, Foreman of two store rooms, production leader for new and special products, and Planner for Models 3, 4, 5, and 6. Recently, in Production Control Instrumentation Recorder Planning, Charley has been active on Model 10 planning and also assisting with Printed Wiring Board coordination.

"In the eight years I have been here, this facility has changed dramatically. It is a good place to work, and the people who work here are the best," Charley stated. "There will always be big challenges, but as long as we have such dedicated people as Val Fordham and many others, the



people will be not only willing but eager to meet any problem. I feel this company is moving forward and with these people has a bright future."

What will he miss? Charley is direct in his reply.

"I will not miss the panic situations and I have lived through thousands. I will not miss the frustration of not being able to control a situation where someone else has not done their job. I will miss, very much, the people here."

## VACATION NEWS --

### WHERE DID YOU GO ?

*Want to share your vacation fun with your fellow employees? Please give PULSE a call (Ext. 5401) -- or send a note -- and let us know about the travels and adventures you enjoyed on your vacation.*

MARIANNA CAMPBELL (PWB Assembly) and her husband Glenn were in Hawaii May 2-18. They spent nine days at the south end of Kauai and another seven days on the north end of the beautiful island, with a brief stopover in Honolulu to see Waikiki Beach.

JOHN INGRO (Customer Service, Albuquerque) and his wife Dilce visited Kauai and the Big Island of Hawaii May 21-31. In addition to enjoying relaxing, sightseeing, and boat trips, John also did some snorkeling.

ANN MONGILLO (Controller's Office) and ED MONGILLO (Procurement) have returned from an exciting trip to Spain, May 15-31. They flew from Tampa to New York to Madrid, and motored through Spain, visiting Madrid, Toledo, Aranjuez, Cordoba, Seville, Granada, Malaga and Torremolinos. The final three days of the trip were spent on Majorca.





**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.



## FUN IN THE SUN

Monday mornings at work in the dispensary are always interesting. In the summer season especially, Mondays always bring in the one or two of us who have enjoyed a weekend of too much sun. You've seen them and suffered with them. Lobster red, eyelids swollen, loose fitting tops, and sometimes glistening from various over-the-counter "sunburn" preparations.

The price we may be paying for that sought-after tan, may not only be the initial sunburn discomfort, but, we are paving the way to future skin cancer! Scientists assure us that when you have a severe sunburn, your chances of developing skin cancer in the future are improved by over 90%.

No one is immune. Melanin is a pigment in our skin that filters out the sun's ultraviolet rays. The amount of melanin in our skin, determines our skin tones. Blacks rarely develop skin cancer because they have sufficient melanin in their skin which protects them from the sun's rays. Note, I said Blacks RARELY develop skin cancers, not, never.

Overexposure to the sun's ultraviolet rays is the principal cause of skin cancers. Severe sunburn is defined as one where pain has persisted longer than 48 hours.

THERE ARE THREE TYPES OF SKIN CANCERS. THEY ARE CLASSIFIED ACCORDING TO THE CELLS INVOLVED.

BASAL CELL, SQUAMOUS CELL, and MELANOMA.

BASAL CELL cancer occurs frequently, grows slowly, rarely spreads, but must be treated. If not, it can spread to underlying bone.

SQUAMOUS CELL cancer occurs less often, but it is more dangerous because it spreads rapidly.

MELANOMA, is uncommon, spreads rapidly, and metastasizes quickly, which accounts for the poor survival rate for patients with this disease.

Melanoma, though uncommon, is becoming more common in the United States. It is thought that the idea of "tanning" as fashionable, may be the catalyst. Since the 1920's Americans have regarded a deep tan as the personification of healthy, handsome, and fit. About 15,000 Americans develop melanoma each year, and some 5,000 die annually from the disease.

## WHAT IS SKIN CANCER ?

It is a disease characterized by uncontrolled growth and spread of abnormal cells that make up our skin .Normally, the cells reproduce themselves in an orderly manner so that growth occurs, worn out tissues are replaced and injuries are repaired. Occasionally, certain cells grow into a mass of tissue called a tumor. Some tumors are benign (not cancerous) and others are malignant (cancerous).

Benign tumors may interfere with the body function and require surgical treatment but they do not invade neighboring tissue and seldom threaten life. Malignant tumors compress, invade and destroy normal tissue. By a process called metastasis, cells break away from a malignant tumor and spread through the body through the blood and lymphatic system to other parts of the body where they form new cancers. Sometimes cancer grows and spreads rapidly; sometimes the process may take years.

## WHAT DOES SKIN CANCER LOOK LIKE ?

Precancerous conditions are seen as scaly skin thickening in a small area ,usually the face, neck or hands. This is called an actinic (sun ray) keratosis. At this point it is benign, but must be observed for changes.

Basal cell and squamous cell skin cancers may develop from these pre-cancerous skin lesions. They also show up on the skin in one of two forms. A pale waxlike pearly nodule that may crust and ulcerate, or as a red scaly, sharply outlined patch. It is hard to distinguish (from outward appearances) basal cell skin cancer, from squamous cell skin cancer. A biopsy confirms the type tissue.

Malignant melanoma, which is so life threatening, is distinguished by a dark brown or black pigmentation. They look like moles ,grow in size, change color, can become ulcerated and bleed easily.

Moles need close inspection by you. This self-examination may tell you if the mole is changing. Detecting changes early in the process can catch many cases of malignant melanoma at a point where it is treatable.

Moles normally tend to grow imperceptibly, become darker, and develop a slightly raised surface. Some lose their color, and some slough off.

Be suspicious of a mole if it is changing noticeably. Be suspicious if you notice: an irregular border, a very uneven surface, a mixture of colors (especially black, gray or blue).

Carry your suspicions to your doctor if you detect these types of changes, or you have a sore that does not heal. He/she will then decide what is the next step.

**REMEMBER SELF-EXAMINATION IS A KEY TO SURVIVAL**

**EARLY DETECTION AND PROMPT TREATMENT SAVES LIVES**

## HOW DO I PROTECT MYSELF FROM "TOO MUCH SUN"

- Avoid repeated exposure to the sun---especially between 10 A.M. and 3 P.M.
- Use a sunscreen preparation to absorb ultraviolet rays
- Use a sunscreen block preparation to deflect ultraviolet rays
- Wear protective clothing---large rimmed hats, long sleeved shirts
- Seek shade whenever possible
- Limit exposure times to no more than 30 minutes
- Gradually tan; short exposures at non-peak sun hours
- Avoid tanning booths

90% of the skin cancers diagnosed in the United States are of the basal cell or squamous cell skin cancer types. Malignant melanoma, the most threatening, is the least common. All types of skin cancers can be treated effectively if diagnosed early. You are aware of your own body and its changes better than anyone else. Add regular skin examinations to your self-examination list and take charge of yourself.