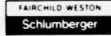




**FAIRCHILD WESTON
SYSTEMS INC.**



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

**BEGINNING OUR 31ST YEAR
OF PROGRESS IN SARASOTA**

VOL. X, No. 4

APRIL 1988

SHOULD YOU BE REVISING YOUR W-4 FORM?

The majority of taxpayers will receive a sizable refund for 1987. This tax refund means that they paid more than was owed to Uncle Sam during the year. This over payment was an interest-free loan to the Government.

Also many other taxpayers will pay larger amounts of taxes in 1987, and be in even worse shape in 1988. Beginning in 1988, taxpayers are required to prepay at least 90% of their current (1988) tax liability or 100% of the prior year's (1987) liability. If these prepayments are not met, harsh penalties will be handed out.

By increasing the number of withholding allowances you claim on your W-4, you can have less taxes withheld. You can have more taxes withheld by decreasing the number of withholding allowances on your W-4.

There are three approaches to figuring the proper amount of withholding. The first is to take your 1987 tax bill, subtract what has been withheld so far in 1988, then divide the balance by the number of pay periods left in the year. This will meet the requirement of prepaying the amount matching 100% of the 1987 tax liability.

The second approach will get closer to what the 1988 liability should be. Estimate the amount of tax that will be owed in 1988. Subtract the amount that has been withheld so far. Then divide the balance by the remaining number of pay periods in 1988.

The third approach would be to do the work sheet on the back of the W-4 form. For this you will need your wages, deductions, and credits for 1988.

If changes need to be made to the amount of withholding that is being taken, right now after calculating your taxes, is the time to do it. W-4 forms can be picked up in the Personnel or Payroll departments. If you know how much should be withheld each week, someone in the Payroll department can help you. As soon as you fill out a new W-4 form and turn it into the Payroll department, it will be in effect for the next payroll processing.

NEW IMAGE BRINGS YOU PULSE

The New Image Employee Involvement Team has taken responsibility for editing the Pulse for the months of April and May.

Any information or business news you would like to report for the upcoming edition should be directed to one of the following members:

CHECK YOUR PULSE--

IT'S GOT A NEW BEAT!

Baba Marrero
Karen Peterson
Julie Soderquist
Deborah Stilley
Debbie Sutor
Pat Zieschang

Judy Brewer
Cindy Cole
Terry Cori
Berenice Henderson
Carolyn Kleist
Chris Lawson

BENEFIT CHANGES FOR 1988

We have had a variety of benefit changes this year. To be certain everyone is aware of these changes they are briefly listed below. If there are any questions, please contact your supervisor or personnel.

Effective Date of Change and Benefit Change:

JANUARY 1: Pension benefit offered past age of 65.

FEBRUARY 2: \$2.00 PCS deductible option for generic drug.

MARCH 1: Cafeteria upgraded.

MARCH 1: One time open Dental Plan enrollment.

APRIL 1: Medical, Dental, and Company provided, Life Insurance, effective upon employment.

Benefit areas still under review are Employee Referral Bonus, Well Baby Care, and the current Sick Leave Policy.

FWSI EMPLOYEES MARK SERVICE ANNIVERSARIES IN APRIL

Sixteen FWSI employees will celebrate service anniversaries during the month of April, spanning five to 25 years. Roger Mort celebrates 20 years with

FWSI and Mary Frances Pless has a 25 year Service Anniversary this month.

HAPPY SERVICE ANNIVERSARY EVERYONE!



Back Row (left to right): Roger Mort (20 yrs.), Tom Hackett (5 yrs.), Joe Yourkoski (10 yrs.), Jud Strook (10 yrs.). Front Row: Mary Pless (25 yrs.), Mary Evans (10 yrs.), Clara Vann (5 yrs.), Becky White (5 yrs.).

Missing from this picture : R. J. Keller (15 yrs.), J. P. Richardson (10 yrs.), David Rice (10 yrs.), Linda Altice (10 yrs.), Joyce Koscielny (10 yrs.), Evelyn Christian (10 yrs.), Jeanne Ruth (5 yrs.), W. R. Tatman (10 yrs.).

A UNIQUE WELLNESS PROGRAM WEIGHT WATCHERS "AT WORK"

On Tuesday, April 12, Linda Stokes and JoAn Pillifant, Program Coordinators for Weight Watchers International held an open meeting at FWSI, in our cafeteria to survey employee interest in having Weight Watchers regular meetings held once a week during lunch, at our facility. The meeting was held at 4:00 p.m. to accommodate our staggered work hours.

Management, recognizing the need and appreciating the unique advantages of this type service has aided the effort by approving pay-roll deductions for this 10 week program.

Weight Watchers requested a minimum of 25 participants to start the program, and we had an enthusiastic response. Our first meeting was held on Thursday, April 21st. At the conclusion of this 10 week program, if additional employees want to participate in our Weight Watchers "At Work", and we are able to maintain 25 participants, we will continue the program at FWSI.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Available for information on:

Health Care
Child Care
Dealing with Stress
Confidential Counseling:
Legal
Financial
Individual and Family

CALL 953-1240 for appointment in Plant Tuesdays (8am-1pm) Ext. 5596 Room 103 (near lobby)
Second Tuesday of each month: (11:30 am-4:30 pm)

REMEMBER:

"Good Enough" quality is not always good enough for customer satisfaction and product reliability.

B.J. Mandakis

A SALUTE TO SECRETARIES

There are many hats they often wear,
it's part of the challenge they do bear.

A cheerful burst of energy,
backing up the powers that be.

At times they work on the run,
but their work always seems to get done.

So on this day we give a cheer,
for all our secretaries we hold so dear.

anonymous

Cartoons by Tom Crawford, Illustrations Group



CREDIT UNION NEWS

The Fairchild Sarasota Credit Union Board of Directors announced a dividend of 6% for the first quarter, the dividend amounted to \$12,171.00 .

This year as always our main goal is to serve you, the members. It is the function of a credit union to pool the savings of members and make it available as a loan to others. In the first quarter we are still experiencing a rapid growth in deposit accounts, thereby giving a large amount of money to lend.

We do invest in certificate of deposit from time to time, but our prime goal is "Loans to Members". If you are thinking of a loan, consider your credit union first, we need your support.

We offer you:

- 1) Low Rates
- 2) Easy and Convenient Terms
- 3) Payroll Deduction
- 4) Prepayment privilege (You can pay off your loan in part or in full without penalty)
- 5) Flexibility If unexpected events occur causing you difficulty in loan payments as agreed, stop by the office, every effort will be made to assist you with the problem. We are here to serve you.

RATE-LINE

SHARE SECURED	9.00%
New Van, Auto, Truck	
36 Months	9.00%
48 Months	10.00%
60 Months	11.00%
Used Auto	
1 to 5 years old	11.00% to 14.00%
Other vehicles	15.00%

TECHNICAL PAPER

(EUROCAE) the European Organization for Civil Aviation Electronics and Digital Flight Recorder (DFR) group held their fourth meeting on February 22 and 23rd in London.

Hans Napfel and Bill Hardman attended this European meeting.

Hans Napfel presented a technical paper on; "Data Compression - Why and How" with specific relationship to the aircraft application.

VACATION TRAVELS . . .

Call one of your PULSE people to share vacation adventures with your fellow employees.



The FAMILY TREE

EVERY TREE HAS PARTS OF IT THAT ARE NOT READILY VISIBLE BUT VERY ESSENTIAL TO THE GROWTH AND WELL-BEING OF THE TREE. I BELIEVE THIS HOLDS TRUE FOR A "FAMILY TREE" ALSO, THEREFORE, THE NEXT SEVERAL ARTICLES WILL BE DEDICATED TO THE MEN AND WOMEN OF FWSI WHO MAY OR MAY NOT BE KNOWN BUT THEIR COMBINED EFFORTS HAVE HELPED TO NOURISH OUR FAMILY TREE.

This will be the first in a series of articles on the many Service Departments of FWSI.

FWSI SALUTES THE MEN AND WOMEN OF THE GRAPHIC ARTS DEPARTMENT.....



GRAPHIC ARTS: *Jim Horvath, Manager.*

The Graphic Arts Department consists of Illustrations, Reprographics and Photography.

Jim Horvath is the Manager of the Graphic Arts Department. He has a very talented and dedicated group of people who report to him. Jim takes care of coordinating most of our Trade Shows. Our show booths have become very unique and professional looking during the past several years. He is always looking for new ways and new ideas of presenting our equipment to other companies who also display their equipment at these trade shows. Some of you may have seen these booths just before they were shipped out to the ITC Show last year.

Jim is always researching the industry finding new and better equipment for us to use. Our typesetting equipment, camera equipment and graphics tools are constantly being updated to keep us current and competitive in the marketplace.

The quality of our Technical Proposals has improved dramatically over the past several years. This group can now create a customized cover for our technical proposals, which when done are in color and quite impressive.



ILLUSTRATIONS (From left): *Steve Frayer (Sr. Illustrator), Joe Koscielny (Illustrator), Barbara Martin (Illustrator), Tom Crawford (Artist/Illustrator), Jon Wolf (Group Leader)*

Illustrations does most of the designing of our company forms. They design the sales literature and brochures for all of the product lines.

Most of the drawings and illustrations used for our in-plant and customer presentations are done by them.

In spite of how busy they are they have always made the time to come up with unique retirement and get well cards that we have given to our employees in the past.

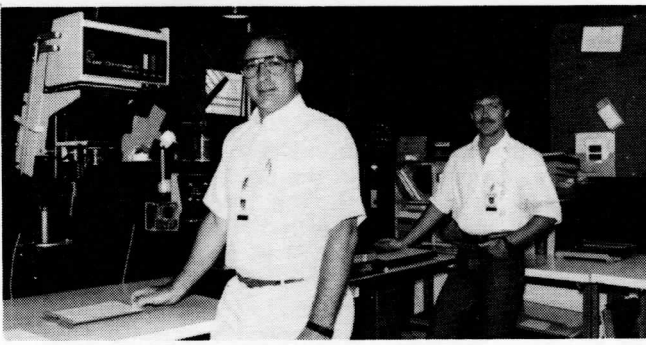
Illustrations is also involved with the publication of this company newspaper and all of the articles are keyed in on the CAP system.



PHOTO LAB: *Myron Klineschmidt (Photo Technician)*

Myron operates a huge W.A. Brown Camera. This camera does line drawings and can reduce or enlarge drawings. The camera can enlarge up to 200% the size of the original or reduce down to 16%.

Myron also does work on the Miller-Trojan Camera. This camera does all of the half-tones of photographs that go into our manuals, proposals and the issues of the Pulse.



PHOTOGRAPHY: *Bruce Biggs/Neil Plume*

Our two photographers, Bruce Biggs and Neil Plume have varied experience in their field and their charming personalities make them a joy to work with.

Bruce had been managing a photography studio in Sarasota before being hired here in February, 1987. He holds a degree from The Art Institute of Ft. Lauderdale, FL.

Neil Plume also worked in the same studio that Bruce did and was hired at Data Systems in June of last year. He has a degree from Lansing Community College in Michigan.

Both share the many duties required of them. They take product photos for advertising in magazines and Trade Shows, as well as brochures. They are responsible for employee badge pictures, parking stickers, and special event photos (retirement, service awards with management, board presentations, etc.) Bruce said, "a lot of the photography done this year, was for the 30 year celebration of Data Systems Division."

All of the processing is done in the lab. They have a film processor, a color print processor, 2 color enlargers (which also can do black & white photos). With this equipment they can make copies of photos and make duplicate or negatives of slides. According to Bruce, 75-80 percent of their work is done in the darkroom. Sometimes a picture is taken of a picture, by taking an existing photo of products and cutting & pasting them together in another photo, thereby creating a new one. Up to now, Bruce estimates they have made 1,000 prints per month on an average. The largest amount was 3,000 prints done in a month.



REPROGRAPHICS: *Betty Austill (Group Leader)*



Iris Thompson



Chantal Willis

Iris runs the Xerox 9900 at the main plant and the Xerox 9500 in SPS.

Millie runs the 9840 AB Dick Press which the Pulse is run on. In addition to this Millie also takes care of the daily maintenance for every Xerox machine in the company. She also does microfilming for Accounting and Purchasing.

Chantal and Janice help with the punching, binding, stapling, folding and cutting of the hundreds of documents that pass through this department. Sheila assists part-time in reprographics.



Janice Leonard



Sheila Briley



Millie Baublitz

Reprographics also maintains a very large amount of sales literature for all the product lines. Large amounts of brochures can be sent out by this department, all they require is a typed Shipper and Label, name of the brochure and amount and they will fill the order and mail it out.

The entire group runs, folds and collates the issues of the Pulse.

Most all of the proposals that are sent out are xeroxed and put together by this group.....most of the time this is done with very short notice....to meet a Federal Express deadline.

SPECIAL RECOGNITION DAYS IN APRIL

APRIL 11-15 NATIONAL DESIGN/DRAFTING WEEK

Purpose: To bring focal attention to the services provided by those in the profession of design & drafting. Sponsor: American Institute for Design & Drafting 966 Hungerford Dr., Suite 10B Rockville, MD 20850

APRIL 24 - 30 PROFESSIONAL SECRETARIES WEEK

Purpose: Acknowledgment of the contribution of all secretaries to the vital roles of business, industry, education, government and the professions. Sponsor: Professional Secretaries International 301 E. Armour Blvd. Kansas City, MO 64111

APRIL 27 PROFESSIONAL SECRETARIES DAY

P.S.D. started in April of 1952 by proclamation of the U.S. Secretary of Commerce encouraged by The Professional Secretaries International (formerly, The National Secretaries Association).

OTHERS IN APRIL:

APRIL 1-30 NATIONAL HUMOR MONTH

Purpose: To recognize and celebrate the importance of laughter and how it can reduce stress, improve job performance and enrich the quality of our lives. Begins April Fools' Day.

APRIL 24-30 READING IS FUN WEEK

Purpose: To highlight the importance of reading. Sponsor: Reading is Fundamental, Inc. 600 Maryland Ave. SW, Room 500, Washington, DC 20560

EXPLORE NATURE'S AQUARIUM, BECOME A CERTIFIED SCUBA DIVER

It's here! The big advantage of living in Florida is the warm sunny weather. I can't think of a better way to enjoy Florida than being in the water. Most people enjoy looking at a well done aquarium. Wouldn't it be great to get a real close look at marine life by being there with them. You can! As a certified SCUBA diver, you can experience a completely new realm as you mingle with hundreds of marine creatures in nature's own aquariums.

A number of Fairchild employees are certified divers and know the enjoyment that scuba diving gives. Three of our Fairchild family have gone on to become SCUBA instructors with Florida Down Under, and two others are on the FDU staff as assistants. Those of you not yet certified will have the opportunity. We are planning to teach another all-employee class at this Fairchild facility (if there is enough interest to make a class).

For further information on how you can increase your Fun-in-the-Sun call Dick Van Deusen (SPS) ext. 6726.

ASQC MEETING NOTICE

The May meeting of the American Society for Quality Control will be held on Wednesday, May 25, 1988. Frank Daley, a consultant in the field of circuit board cleanliness, will speak to the group on board cleanliness associated with Surface Mount Technology (SMT). Since FWSI is beginning to use this growing technology, this is a very timely program. All persons are invited. A special invitation goes out to Production Assembly, Production Test, and Production Engineering personnel. The meeting details are:

DATE: Wednesday, May 25, 1988

WHERE: Brenton's Reef, 3808 N. Tamiami Trail, Sarasota (approximately 1 mile south of Sarasota/Bradenton Airport).

TIME: 6:00 - 7:00 Social hour, 7:00 - 8:00 Dinner (details given later), 8:00 - 8:10 Business, 8:10 - 9:00 Program .

COST: \$13

RESERVATIONS: call Bill Mandakis, Ext. 6754 (no later than morning of May 18, 1988) , Bill is chairman of this association.

SARASOTA JUDO TEAM

Judo classes are being taught by Tim Palm (Reliability Engineering) at the Bee Ridge Park Recreation Center (corner of Lockwood Ridge Road & Wilkinson). These classes are on Tuesday and Thursday evenings from 7:15 p.m. to 8:45 p.m.

Fairchild Weston employees pay only \$15.00/month. Introductory price for May is \$10.00.

Tim states "Judo was devised by Dr. Jiguro Kano in 1896. It can be considered a 'safe' version of Jui Jitsu because the harmful techniques were left out."

What is Judo? It is not karate! Judo is to karate like wrestling is to boxing. Karate involves punches and kicks, judo involves throws, pinning techniques and specialized submission holds.

Come see what Judo is all about.

Should you desire further information, please contact Tim Palm at Ext. 5370.



SAFETY AWARENESS PAYS

Safety awareness and safe practices are your best bet to avoid painful injury. Accidents hurt. Be careful, and be safe!

CONGRATULATIONS!

KERRY SMITH (SPS) and Kim Halliday were married on Saturday, April 9, 1988, at the non-denominational Longboat Island Chapel in a Free Methodist Ceremony, on Longboat Key.

TODD R. WHITE (Configuration Data Management) and Shelly L. Forsyth were married on Saturday, April 9, 1988, at St. Paul Catholic Church in Grosse Pointe, Michigan. Todd and Shelly will be taking a cruise to the Caribbean.

SHELLY WALLER (Equipment Recorder Assembly) and Gary Blake were married on Saturday, April 23, 1988, 5:00 p.m., at the Holy Cross Lutheran Church. Shelly and Gary will be taking a cruise to Mexico.

JIM FILLION (Telemetry Research and Development) and Lisa Ford were married on Saturday, April 23, 1988, at the nondenominational Church on the Rock in Palmetto. Jim and Lisa are planning to sail on the Gulf of Mexico for their honeymoon.

CHERI HOTALEN (Production and Inventory Control) and Kenny Tyburczy were married on Saturday, April 23, 1988, 11:00 a.m. at the VFW Hall. Cheri and Kenny will be taking a trip to Orlando.

KATHY BOSSERT (Telemetry Software Engineering) and her husband Larry are the proud parents of their first baby. Their son, Jeffrey Allen arrived on April 11, 1988 and weighed in at 7 lb. 13-1/2 oz.

CAROL SCHEELE of Drafting was married to Mickey Bowser of Sarasota in a small family wedding on April 16, 1988 at Covenant Life Assembly in Bradenton.

FWSI MIXED GOLF LEAGUE

The Fairchild Weston Mixed Golf League is underway. This league is comprised of employee's, family members, retirees and friends. The league is played at Sarasota Golf Club every Tuesday evening and will last for 18 weeks. League Secretary is Debbie Sutor (Operations) and League President is Rick Mitchell (Software Engineering).

Anyone wishing to participate as a substitute in the league, please contact Debbie Sutor (Ext. 5507).

EQUIPMENT RECORDER BUSINESS UPDATES

Midway Airlines selected Fairchild Weston Systems, Inc. for 39 DFR's beginning June 1988 - 1989. They are also purchasing 13 DFR's & CVR's for new MD-87 aircraft.

Airborne Air Freight has selected Fairchild Weston Systems, Inc. to retrofit their old foil recorders (20) beginning January 1989 at 5 a month.

HEALTHY?

HELP OTHERS TO BE HEALTHY TOO.....

GIVE BLOOD



RECEIVE **FREE**
HEALTH CHECKS ✓
WHEN YOU DONATE:

- ✓ pulse
- ✓ temperature
- ✓ blood pressure
- ✓ hemoglobin

AND NOW **FREE**
CHOLESTEROL
TESTING

F. W. S. I.
FAIRCHILD WESTON SYSTEMS, INC.



LOWER WEST COAST BLOOD BANK, INC.

Main Center
1875 Arlington St.
Sarasota, FL 34239
(813) 955-2882

Gulf Gate Branch
7105 Curless Ave.
Sarasota, FL 34231
(813) 923-8366

DeSoto Memorial Branch
900 N. Robart Ave.
Arcadia, FL 33821
(813) 494-8418

BLOOD DRIVE RESULTS

Once again the good folks of FWSI bared their arms, opened their hearts and donated their blood to their fellow Sarasota County citizens.

On March 29th, approximately 90 employees answered the call for desperately needed blood donations. Earlier, in February, one of our own faced serious surgery, and when the call went out for blood, seven employees responded, donated and returned to work, all in the same day.

We have three drives a year at our plant and space them out to about one every four months. Blood can be safely donated every 8 weeks.

On our last drive something new was added: Cholesterol was tested on all donors. Another plus is that when you donate, your blood is also routinely tested for AIDS, hepatitis B, and syphilis. Your blood pressure, pulse, temperature, and hemacrit (% of red blood cells in your blood) is also tested. A type of mini-physical. These tests are done to protect the recipient of your blood and also to be sure that you are physically able to donate.

Our hats are off to those who unselfishly shared their gift of life so that others will benefit.

CLASSIFIED

CLASSIFIED

CLASSIFIED

FOR SALE.....

1977 Dodge Custom Van, Blue Cruise, A/C, P/B, P/S, Automatic Transmission, 318 Engine, 68,000 miles, recently braked, lifetime shocks and exhaust (Midas). AM/FM Cassette - needs minor body work.

Price: \$1,800.00 Call Sharon Key, Ext. 5363 or 371-2889

2-Story, 2-Bedroom, 2-Bath Loft Cedar Home in a deed restricted community. Pool, 650 sq./ft. of decking, privacy fence, arbor.

Price: \$83,000.00 Call Rick Mitchell, Ext. 6811 or 6838 or 371-2395

Sears Telecaption li Adapter (for hearing impaired) to view closed caption T.V. Unit is like new. I will also give instructions on use and hook-up.

Price: \$150.00 . Call Beverly Still, Ext. 6805

T.V. Set - 19" Motorola Portable, tube type, low usage, Hi E Zener probably out. SAM's schematics included.

Price: NO CHARGE Call Wayne Lockwood, Ext. 5103 or 924-3888

15 Volume Junior Encyclopedia Britannica.

Price: \$100.00 Call Chris Govaars, Ext. 5575 or 378-3909

Natural Rattan Sofa and Love Seat, very good condition cost \$949 4 years ago.

Price: \$350.00 Call Erwin Lawson, Ext. 5445

Condo, Large 2-Bedroom, 2-Bath, convenient location, many extras.

Price: \$75,000 call Ron Cheshire, Ext. 6798 or 922-4383 after 5 PM.

77 Corvette, low miles, white, Red Leather interior, excellent condition. Beautiful, one-of-a-kind, must sell!

Price: \$8,900.00 Call 955-8783 - leave message.

CLASSIFIED AD FORM

DUE INTO PULSE BY: MAY 5, 1988

Employees Name: _____ Tel. Ext. _____

Do you want this posted by the Cafeteria also? Yes _____ No _____

Mail to: Terry Cori M/S #17 or call Ext. 6720

NOTE: ADVERTISEMENTS WILL BE RUN ON A SPACE-AVAILABLE BASIS. ALL ADS THAT ARE NOT RUN IN THE PULSE ISSUE WILL BE POSTED ON THE BULLETIN BOARD BY THE CAFETERIA.



**FAIRCHILD WESTON
SYSTEMS INC.**

FAIRCHILD WESTON
Schlumberger

FAIRCHILD WESTON SYSTEMS INC.
DATA SYSTEMS DIVISION
POST OFFICE BOX 3041
SARASOTA, FL 34230

HEALTH LINE

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

LET'S TAKE A GOOD LOOK AT SMOKING

Let's face it, nowadays, Smokers are in the minority and the "norm" is the non-smoker. It isn't "hip" to smoke anymore. Remember how it used to be?

Glamorous movie stars, handsome strong athletes, and ads with pages of healthy young people "enjoying" a smoke. Well those of us that decided we wanted to be sophisticated, and cool, and decided to show our new maturity, really fell for those ads, hook line and sinker.

We started out LEARNING how to smoke. Remember? Cough, gag, and dizzy those first times? Remember how it was when we hadn't learned to inhale and we used to hold the smoke in our mouth for a long time and let it out slowly so nobody would be wise to us? Remember how "french inhaling" was the ultimate in sexy? Ha!

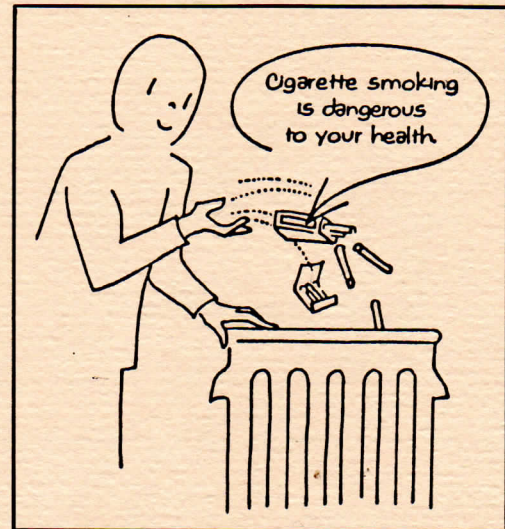
Of course nobody could afford to buy cigarettes in those days, so we usually "liberated" a few from Mom or Dad's supply because most of our parents, one or the other smoked. The only thing we used to hear was that smoking would "stunt our growth" or "you'll lose your wind".

Gosh, now every day in some way or another we are reminded how dangerous it is to be a smoker. The Surgeon General of the U.S. sounded the first alarm that was really taken seriously. Now every clear thinking person realizes that **SMOKING IS THE WORST HEALTH HABIT WE CAN HAVE.**

So, here we smokers are, addicted, looked down upon, and if truth be known wishing we could quit the stinking things. Lots of us like to smoke but wish we didn't, and hate other people telling us that we should. Some people sum up their feelings this way: I'd like to quit smoking because I have to, but I really don't want to.

THIS IS WHAT MAKES QUITTING SO HARD. KNOWING YOU SHOULD FOR ALL THE RIGHT REASONS, BUT HATING TO HAVE TO.

Well, here is some miscellaneous information that may help you to say to yourself, I'd really like to quit smoking, and I REALLY WANT TO. The experts tell us, that you have to REALLY WANT TO, if you are going to be successful. Let's examine some reasons to REALLY WANT TO.



SCARY STUFF

- Fires caused by cigarettes kill more than 2,300 men, women and children each year in the U.S. And each year, an additional 5,000 victims are burned in cigarette-induced fires.
- A recent study found that during a three year period, 39% of all cigarette caused fire deaths in residences were innocent victims.
- Unlike manufacturers of other consumer goods, cigarette companies are not required by any state or federal regulatory agency to disclose what is in their product. There are in addition to carbon monoxide, tar, and nicotine, a large number of chemical components in both the gas and particulate phases of cigarette smoke. Examples, toluene, which affects the central nervous system, vinyl chloride, which is a known liver carcinogen, and an additional 4,000 known compounds generated by burning cigarettes.
- Cancer death rates would have declined over the past three decades if it were not for an increase in lung cancer and other cancers related to smoking.
- The risk of developing lung cancer is 10 times greater for smokers. If you smoke 2 or more

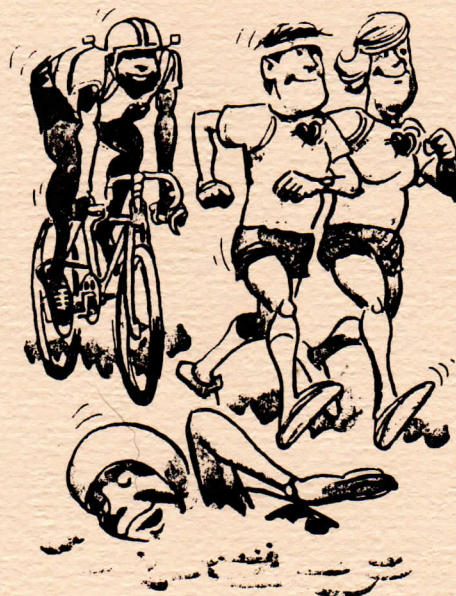
packs a day, you are 15 to 25 times more likely to die of lung cancer, a preventable disease. Lung cancer's survival rate is very low and cigarette smokers account for 83% of all cases. Lung cancer is the # 1 killer of men. But in the last 30 years there has been an increase of 300% in women's lung cancer rates. This year lung cancer is expected to be the #1 cancer killer of women. Cigarette smoking has been the cause of cancer of the mouth, pharynx, larynx, esophagus, bladder and pancreas. Cigar and pipe smokers have the same diseases.



- Men between the ages of 35 and 44 who smoke more than two packs of cigarettes per day, have a mortality rate that is 270% higher than non-smoking men.
- Smoking is specifically related to 80% of emphysema cases and 75% of chronic bronchitis cases.
- Non-smoking wives of smokers face up to **FOUR TIMES THE RISK OF LUNG CANCER**.

Phew! That kind of information scares me and I'm sure some of you smokers got a jolt, but then, some of us even though we are aware of the awesome risks, still don't like these facts and even reading them makes some of us angry. We are tired of hearing about all this stuff and we resent being reminded that we are really dumb to smoke and looked at as if we had some social disease.

O.K. LET'S LOOK AT SOME POSITIVE STUFF.



SOME POSITIVE STUFF

- Because smoking is recognized as an addiction, most people would go out of their way to help a smoker overcome the "weed" habit. Certainly any reformed smoker would put out a helping hand. Friends and relatives are probably as delighted and happy for you as you are for yourself if you succeed in quitting.

Kids can be a terrific influence. They know the hazards and kids worry, their scared that something awful could happen to their mom or dad, so quitting is the best gift you can give to them.. it's really a gift of yourself.

- Spouses worry too... may as well double the life insurance coverage on a spouse who smokes heavily... a young widow or widower... well... they'll need money to get along without you. Wouldn't it be great to run up a flight of steps, or dash after the dog, or whatever, without being out of breath?

- More than 320,000 Americans will die prematurely this year of diseases linked to smoking.
- The six American cigarette companies spend \$1.5 billion annually for advertising.
- IF YOU THINK THE CANCER RISKS ARE SCARY READ FURTHER.
- **SMOKERS:** Have **TWICE** the risk of dying of a heart attack
- **SMOKERS:** Die of strokes more than **THREE TIMES** that of nonsmokers.



SMOKERS: Increase the risk of miscarriage, lower birth weight, raises chances of complications at delivery and the likelihood of health problems during infancy.

- Cigarettes cost about \$11.00 per carton. If you smoked a carton a week, you would save \$572.00 a year. That would sure buy a great VCR, or T.V., or whatever.
- Wouldn't it be great to "know where the yellow went" on your teeth and fingers?
- Wouldn't it be great not to look older or feel older than you really are/ Cigarettes rob your body of oxygen and this creates wrinkles and fatigue.
- It would be terrific to go to a restaurant, or fly on an airplane or go to a party and not to have to have to feel like a social outcast when you "light up".
- But, wouldn't the best feeling in the world be to say "I'M NOT A SLAVE TO CIGARETTES ANYMORE! THAT FEELING OF SELF ESTEEM AND PERSONAL PRIDE DOESN'T HAVE ANY KICK THAT'S ANY BETTER."

SOME QUITTING TIPS

WE'VE GOT TO QUIT FOR OURSELVES, not, for anybody else. It's our body and we are the only ones who are responsible for it. (And it's the only one we're going to have).

QUITTING IS TOUGH. If you've never smoked you can't imagine how tough it is. Remember smoking is an addiction, physical and psychological, and heavy smokers have an increased tolerance to nicotine which makes it even harder.

So, what's new'? If it were easy, we probably would have quit a long time ago.

We may fail the first time, but we'll have learned a few tricks along the way - tricks that apply just to us, or maybe we can learn a few from others who have failed before. O.K., now we know it isn't easy, and we know it may take a couple of tries - but no big deal if we just aren't too hard on ourselves.

HOW?

There are two ways to go about this ... Cold Turkey or tapering off. There are pros and cons for both systems. We have to find which one is best for us.

Remember now, what might work well for someone else, may not work well for us, and experts say that it might take several tries before we get it right.

COLD TURKEY

This means just what it implies. Quitting on the spot! Just throwing away all your cigarettes, ashtrays, pipe paraphernalia, cigar cutters, etc., and never smoking again.

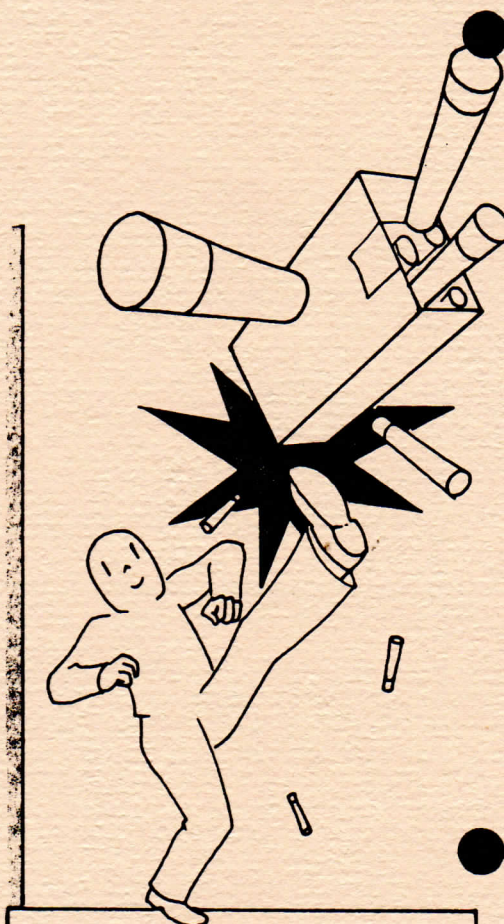
Most of us who want to quit have thought about quitting for a long time and when we are mentally ready, this method can be effective. Sometimes

we come home from a Doctor's visit, have heard some news that isn't good, and realize that we now have no choice, we have to quit because it is killing us to continue.

But... Cold turkey is not for everyone. Tapering off, using a planned approach is another method that has had good success.

TAPERING OFF

How many of us have rationed cigarettes? Well, I'll only have one each hour, or I won't smoke after 8:00 P.M., or I'll just buy one pack and make it last two days, and so on....



KNOW HOW TO COPE WITH NICOTINE WITHDRAWAL

- DRINK LOTS OF WATER and fruit juices.
- BREATHE DEEPLY, to relax and to fight the urge to smoke.
- GET MORE EXERCISE (consult a physician before beginning an exercise program).
- REMEMBER that withdrawal symptoms are really signs of recovery!

How many, of us, have purchased a pack of brand X that we know tastes terrible in the hopes that they will be so bad, we'll smoke less.

How many of us have decided to count each cigarette and write down each one that we smoked so that we could keep a diary of our smoking habits?

These are all good ways to taper off gradually, but , only if we stick to them. Some people substitute carrot sticks, chewing gum, or sour balls for cigarettes. These are also good ways to taper off.

Many of us feel that we can't do it on our own. We need help from an expert or, we need support from a group.

There are many qualified professionals and many committed health care groups that are willing to assist people to quit smoking. The list is endless. Some of these programs are very expensive, but in the long run, much less costly than buying cigarettes, or becoming ill from cigarettes. Some of these programs are free. For example, the American Cancer Society has a fine program of group support that is free. The American Lung Association has a group program

that is very inexpensive. SmokeEnders, Smoke Free, hypnotists accupuncturists and psychotherapists all charge varying sums from a little bit to a whole lot.

Some programs guarantee success or your money back, or guarantee success because you can continue to get their help until you are free of the smoking habit.

I have loads of information in the dispensary regarding the hazards of smoking, programs to quit smoking, and places to get additional information. But, if you are like me, reading about it, doesn't make it happen.

Let's think about getting committed to a smoke free life, THAT'S THE FIRST STEP. Let's find out all the information we can about how good it is to be smoke free, and give it lots of serious consideration. Let's put away our fears about trying and failing, we can try again, and again. This is another big step. Let's think about a target date to get going, start something, try anything and pick our method to quit. Let's enlist the aid of a good friend and ask them to "adopt us" and help to encourage us to take the steps necessary to quit. LET'S THINK ABOUT DOING THIS FOR OURSELVES. AFTER ALL, WE'RE WORTH IT!

DO YOU WANT TO MAKE A COMMITMENT TO "QUIT" NOW?

Give it some serious thought, and consider a target date in May and prepare to attend the American Cancer Society's "Fresh Start" Program on smoking cessation.

If you or a family member thinks that the time is NOW, keep May 17th as an open date. Meet with your friends in the cafeteria at FWSI, at 7:00 PM, and join a COST FREE program to quit smoking. Details and further information are available in the dispensary. Please call Ext. 5559 to join the "smart" crowd.

RESOURCES

These organizations have excellent programs to help you quit smoking:

American Lung Association
American Cancer Society
American Heart Association (Information only)

Other groups and methods:

Hypnotists - individual or group
Smoke Enders
Smoke-Free Clinics
Accupuncture
Nicorette Gum
Special Filters
Personal Physicians