

MELPARTICULARS

Volume 8, Number 8

E-Systems Melpar Division

December 1987

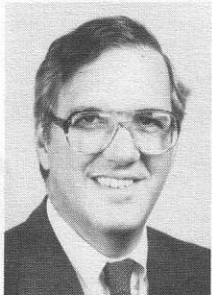


*Seasons Greetings
and
Best Wishes for the Coming Year
from your Melparticulars Staff*

Melpar as I see it...



Dear E-Teamers:



This year has been a difficult one for Melpar. We did not achieve the business goals we set, despite our hard work. 1987 presented problems that were greater than anticipated, including a flattening

of customer budgets, and some mistakes on our part. Thanks to your responsiveness and persistence, we have worked through many of our problems and are better positioned for the new year.

Our Strategic Business Development Plan projects a brighter business level for 1988. We are forecasting a significant upswing in bookings, sales, profit, and backlog. The first quarter of 1988 should also show an increase in our staffing as we regain our momentum.

Lingering uncertainties in the Department of Defense budget should clear up shortly, as Congress finalizes its budget work. Our hard work this past year has set the stage for renewed growth. While we will still need to be responsive to the challenges ahead, we fully expect our efforts to pay off in 1988.

We are about to share these holidays with our families and friends. When we return, refreshed and relaxed, we will find a challenging new year that can be very rewarding. Together, we will resume the growth we have worked for.

With all good wishes for a Joyous Holiday Season,

Talbot S. Huff

M



MELPARTICULARS

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LOCAL PRESS VISITS MELPAR



Engineering Manager Tim Harvey demonstrates Melpar's FFT receiver for Esther Smith, Publisher (center), and Carolyn Duffy, staff writer, for *Washington Technology*, a Washington D.C.-based newspaper. Smith and Duffy visited Melpar for a briefing on Melpar's VHSIC technology.

Security Spotlight...Going Abroad for the Holidays?

The Security Department is responsible for briefing all company employees before they travel overseas. Therefore, everyone who works for Melpar, including Type A consultants and temporary help supplier personnel, is required to inform the Security Department of their overseas travel plans, whether they are traveling on business or for personal reasons (this includes trips to Mexico, Canada, and the Caribbean area).

Prior to departure, employees are required to submit a copy of their travel itinerary to the Security Department (blank forms are available at the Security Education office). In addition, employees must attend a Defensive Security/Foreign Travel briefing, where they will be told about geographical areas that pose a possible terrorist threat. After the briefing, employees will be required to sign a statement attesting that they understand the responsibilities associated with safeguarding classified and technically sensitive information, and that all classified material in their custody is accounted for by Document Control. If an employee is planning to travel to or through a "designated" country, there are additional administrative requirements.

When an individual returns from an overseas trip, he/she must again noti-

fy the Security Department and advise them of any known or suspected attempts to solicit sensitive or classified information.

If you are planning a trip abroad during the upcoming holiday season, please notify the Security Department (Don Cork X4778 at Falls Church or Billy Olderidge X3876 at Fairfax), and schedule your Foreign Travel Briefing. Be sure to remember your security obligations during your travels, and have a safe trip.

*Designated Countries

Those countries whose policies are harmful to the interest of the United States:

Afghanistan, Albania, Angola, Ethiopia, Iran, Iraq, Nicaragua, South Yemen, Syria, Libya, Bulgaria, Kampuchea, People's Republic of China (Communist China including Tibet), Cuba, Czechoslovakia, Communist Korea (North Korea), German Democratic Republic (East Germany including the Soviet sector of Berlin), Hungary, Laos, Mongolian People's Republic (Outer Mongolia), Poland, Rumania, Union of Soviet Socialist Republic (USSR, includes Estonia, Latvia, Lithuania, and all other constituent republics), Kurile Islands and South Sakhalin (Karafuto), Vietnam, and Yugoslavia.

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UNITED WAY WRAP UP

Melpar's 1987 United Way Fund Drive was a big success! Together we contributed almost \$78,000 - that's an average increase of approximately \$6 per employee.

Leading this successful effort, for the third year in a row, was Campaign Chairman Dennis Krausman of Search and Analysis.

"I am really impressed with the support we received from the canvassers," said Krausman. "Their efforts in communicating the importance of contributing to the campaign made the difference. The fact that we raised over \$2,000 more than we did last year, with fewer employees, says it all."

Krausman's enthusiastic leadership for the last three United Way campaigns has resulted in donation increases of more than 15 percent each year. But Krausman insists that this year's success wouldn't have been possible without the help of his Vice Chairmen Bill Constantine and Al Jackson, the numerous campaign volunteers, and the many spirited E-Teamers who made the individual contributions.

Each year Krausman tries to encourage United Way participation by providing information and incentives. Highlighting this year's campaign were free blood pressure and diabetes screening provided by the American Red Cross and Juvenile Diabetes Foundation. The response to the screening was fantastic, and the long lines it generated gave agency representatives the opportunity to explain the role the United Way plays in their continued operation.

This year, Krausman is stepping down from his position as Chairman of Melpar's United Way Campaign. He is to be commended for his dedication to community service. On behalf of all of us, "Thank you, Dennis."

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START THE NEW YEAR RIGHT WITH GWU

The George Washington University School of Engineering and Applied Science will hold spring semester 1988 registration at Melpar immediately following the New Year weekend. Master of Engineering Administration (MEA) students will register in the Training Room at Falls Church on Tuesday, January 5, from 5:00 to 6:30 pm. Master of Science (MS) students in Communications (EE) and in Computer Science (CSci) will register in the Falls Church cafeteria on Wednesday, January 6, from 5:00 to 7:30 pm. Professor Pickholz will be on hand for academic counseling and may be contacted in advance on (202)994-6538.

The following course schedule is provided for your information:

MEA COURSES

- EAd 255 Administration of Research & Development
Thursdays: Jan. 21 - Apr. 21
- EAd 261 Economic Analysis in Engineering Planning
Tuesdays: Jan. 19 - Apr. 19

MS COURSES (EE & CSci):

- EE 204 Stochastic Signals and Noise
Mondays: Jan. 25 - May 2
- EE 241 Information Theory
Tuesdays: Jan. 19 - Apr. 19
- EE 244 Communication Theory II
Thursdays: Jan. 21 - Apr. 21
- EE 246 Digital Communications
Thursdays: Jan. 21 - Apr. 21
- EE 249 Computer Communication Networks II
Mondays: Jan. 25 - May 2

MS COURSES CONT.

- EE 251 Switched Telecommunication Networks
Wednesdays: Jan. 20 - Apr. 20
- CSci 216 Information Retrieval Systems
Mondays: Jan. 25 - May 2
- CSci 217 Computing Algorithms
Mondays: Jan. 25 - May 2
- CSci 224 Artificial Intelligence
Tuesdays: Jan. 19 - Apr. 19
- CSci 237 Computing Systems I
Wednesdays: Jan. 20 - Apr. 20
- CSci 267 Operating Systems I
Wednesdays: Jan. 20 - Apr. 20
- CSci 270 Introduction to Software Engineering
Tuesdays: Jan. 19 - Apr. 19

Each class meets one night per week from 6:00 pm to 9:00 pm. All courses carry three credits.

Tuition is \$1,080 per course and may be paid in full at registration, in installments, or by credit card (Mastercard or VISA). Books and all administrative forms will be available at registration.

For general assistance on administrative matters, please contact GWU Program Director Lee Martin at (202)994-7024.

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Becky Gladden and Mark Underwood of Electronic Systems took advantage of the free diabetes and blood pressure screening during this year's United Way fund drive. Representatives from the Juvenile Diabetes Foundation and the American Red Cross provided the testing to help increase awareness about the many different organizations that benefit from contributions to the United Way.



The Holiday Season is a special time for all of us...

Make your holiday safe!

*Remember...
driving and drinking
do not mix.*



MERIT REVIEWS TO MEASURE FRAUD, WASTE, AND ABUSE

The recent headlines concerning excessive prices and charges of fraud have caused the defense industry to re-examine its current methods of doing business with its U.S. Government customers.

Many of the major defense contractors have joined together in an effort to address current "ethics" issues and the public perception of the industry. E-Systems has joined this Defense Industry Initiative (DII) and has signed up to its provisions.

As a direct result of being a DII signatory, E-Systems has established a Code of Ethics entitled "Standards of Business Conduct and Ethics." Furthermore, to adhere to the provisions set forth by DII, beginning January 1, 1988, implementation of E-Systems Code of Business Ethics will be one of the performance standards by which all levels of supervision will be measured in their merit reviews.

To achieve the above objective, our merit review form has been changed to include a rating factor entitled Fraud, Waste, and Abuse. Specifically, all levels of supervision will be judged on how well they demonstrate awareness of what constitutes Waste, Fraud, and Abuse. How effectively supervisors communicate such awareness to employees, and how well they assure compliance with Melpar's "Standards of Business Conduct and Ethics" will also be considered in the ratings. Overall, supervisors will be rated on how well they create an environment in which employees are encouraged to surface or report suspected cases of Fraud, Waste, or Abuse.

To create such an environment, supervisors will be expected to use our open-door policy to encourage feedback on questionable issues, post the hotline number in their area, and encourage reporting of wrongdoing. To ensure that all employees are aware of Melpar's "Standards of Business Conduct and Ethics" and are familiar with the hotline procedure and number, supervisors are encouraged to discuss this material with their employees at regular staff meetings and to include this material in their new employee orientation, both for new hires and transfer employees.

A supervisor training program covering the new merit review for supervisors will be presented to all levels of supervision beginning the first week of December. **M**

Tax Law Provisions Repealed by 1986 Tax Reform Act

The Tax Reform Act of 1986 repealed many familiar provisions of tax law. Some of the most important are listed below:

Personal Exemptions for Age and Blindness. Starting in tax year 1987 there is no longer a special exemption for blindness or age. However, an additional standard deduction of \$600 is allowed for a married individual who is either blind or elderly, and \$1,200 if the individual is both blind and elderly, whether filing jointly or separately. The same additional standard deductions are allowed to a surviving spouse. An additional standard deduction of \$750 is allowed for an unmarried individual or a head of a household filer who is elderly or blind (\$1,500 if both). Also, for elderly and blind individuals only, the increased standard deduction amounts that are scheduled to take effect in tax year 1988 will take effect in 1987.

Personal Exemption for Dependents. If an individual qualifies to be claimed as a dependent on another person's income tax return, the dependent may not claim a personal exemption on his or her own return. This rule takes effect in 1987.

Two Earner Deduction. For 1987, there will no longer be a special adjustment to income when both the husband and wife have earned income.

Income Averaging. Income aver-

aging is repealed, effective for taxable years after 1986.

Unemployment Compensation. The former limited exclusion has been repealed. All unemployment compensation benefits are includable in gross income beginning in 1987.

Charitable Deduction for Non-Itemizers. The non-itemizer charitable deduction is terminated for contributions beginning in 1987.

Prizes and Awards. The present exclusion for certain prizes and awards for charitable, scientific, artistic and similar achievements is changed and will apply (beginning in 1987) only if the winner assigns the prize or award to charity.

State and Local Sales Taxes. The itemized deduction for state and local sales taxes is repealed, beginning in 1987. The deductions for state and local income, real estate, and personal property taxes are retained.

Dividend Exclusion. The \$100 dividend exclusion for individuals (\$200 for a joint return) is repealed, beginning with tax year 1987.

Political Contributions Credit. The tax credit for political contributions is repealed, beginning in 1987.

Investment Tax Credit. With certain exceptions, the new tax law repeals the regular Investment Tax Credit for property placed in service after December 31, 1985. **M**

Personal Interest Partly Deductible for 1987 Taxes

Tax planning is important to you every year, but particularly in 1987 when the new tax law takes effect. One popular itemized deduction of prior years - personal interest expenses - will be only partially available for 1987 and completely phased out by 1991.

Both personal and investment interests are affected. For 1987, you will be able to deduct only 65 percent of non-business interest as an itemized deduction.

Personal interest includes interest on such items as car loans and credit card balances. Personal interest on debt secured by your home or a second residence is fully deductible with certain restrictions. Basically, the debt must not exceed the purchase price of your home plus the cost of any improvements. Any excess interest is de-

ductible only for educational or medical expenses. The remaining excess interest is subject to the 65 percent limitation.

Investment interest includes interest on investment property and, starting in 1987, interest on activities, such as limited partnerships, where the taxpayer does not materially participate. Interest expenses up to net investment income (investment income less investment expenses) are fully deductible. If you have investment interest in 1987, it is subject to the 65 percent limitation. Excess investment interest not deducted in 1987 is carried forward to 1988 and treated as investment interest in that year.

More information is in free IRS Publication 553, *Highlights of 1986 Tax Changes*, which can be ordered by calling the IRS. **M**

COMFORTIZE YOUR HOME

Besides saving on your fuel bills, there's another good reason to keep your thermostat low this winter . . . you and your family will feel better and stay healthier.

Heating extracts moisture from the air and, in cold climates, home air can be drier than Death Valley. Skin dries and cracks. Throats become parched. Lips chap. Static electricity shocks you when you touch metal or another person. Worse, nasal passages dry out, destroying the first line of defense against invading cold and flu germs.

There are two things to do. First, keep daytime temperatures in the 60s rather than the 70s (never in the 80s), and lower nighttime temperatures to around 60°. Turn the thermostat down any time the house will be empty for 4 hours or more.

Second, use a humidifier. Adding moisture to the air is particularly important for people with lung ailments. An added benefit is that moist air feels warmer than dry air, enabling you to live more comfortably.

But, take care that the humidifier itself does not become a source of illness or allergy. This can happen when it turns into a cozy home for germs. Do not add bleach, Lysol, or other disinfectants to the water.

Cool mist vaporizers are less likely to attract germs than those that heat the water. Steam vaporizers are not a problem because organisms cannot grow in boiling water. **M**

GET INTO THE HOLIDAY SPIRIT!!

E-Teamers' annual drive to benefit the Children's Hospital National Medical Center will take place during the week of December 14-18. This year, employee donations will go towards the purchase of much needed bronchoscopy equipment.

This equipment is used primarily by surgeons and ear, nose, and throat specialists to view patients' bronchial tubes and stomachs. The equipment is of great assistance in the removal of tumors or ingested foreign objects. According to Children's Hospital Director of Special Projects Kate Schad, there are 12 operating suites at the hospital that could benefit from bronchoscopy units, but each unit costs about \$7,500. Hopefully, our contributions will ensure that at least one of these units can be purchased.

During the campaign week, E-Teamers will enjoy a special treat when the students of Graham Road Elementary School come a-caroling in the Falls Church and Fairfax cafeterias on Dec. 17 and Dec. 18, respectively. Also, special holiday greeting cards, designed by Sue Tien of Publications, will be in the main lobby at Fairfax and the North Door lobby at Falls Church throughout the campaign week. Please sign the card when you make your contribution!

Children's Hospital is one of the



Working on the posters for the Children's Hospital fund drive is Graphic Illustrator Sue Tien of the Publications Department.

best children's medical centers in the country and is recognized as such worldwide. Since its founding in 1870, the hospital has treated children from the area regardless of their parents' ability to pay. Because the cost of providing these services is handled entirely through private funding, the future of the Children's Hospital depends upon the generosity of people like us. As in the past, our contributions will help make this holiday a little better for the youngsters at Children's Hospital. **M**

GRADUATES OF THE HIGH RELIABILITY SOLDERING CLASS HELD IN FAIRFAX



Standing left to right are Edith Scarlett (instructor), Myrtle Lovett, Sheryl McDaniel, Tuong-Van Thai, Beverly Wisner, Karen Spriggs, Jackie Dougans, Jeannie Uda (inspector), Helen Lancelotte, Jacquelyn Thrailkill, Joyce Hooe, Myung Ja Hur, Cabrina Molinaro, and Bernice Hall. Kneeling in front are Inspectors A.E. Hilker, Jr., William Fleagle, and Gerald Roy. Missing from photo are Desiree Green (inspector), and B-Lien Pham.

RETIREES



Winifred Beattie
13 Years



Armentral Ross
5 Years

Credit Union News...

The holiday season is upon us. Remember that the Melpar Employees Federal Credit Union (MEFCU) can help with holiday and vacation loans. Also, Christmas Club accounts for 1988 are now open. Sign up and save for the 1988 gift season.

MEFCU extends BEST WISHES for a safe and happy holiday to all Melpar employees and their families. **M**

OFF THE BEATEN TRACK

Exercise is vital to a healthy life, but that does not mean that expensive, elaborate, excessively demanding sports activity is required. It does not mean you have to join a health club or find a sport in which you must actively participate.

The best exercise for you may be as natural as walking. Walking is not just a means of locomotion, but it is a healthful sport whether you walk alone, with friends, as part of an event, or in some formal competition.

The Walkways Center in downtown Washington publishes an almanac on walking as well as a newsletter and other material. They keep track of walking clubs (there are 2,500 of them in America) and walking events. For their members, they have an 800 number for obtaining information ranging from walking vacations to sources of equipment.

Consider these facts from their almanac and you may decide that walking is the wholesome, healthy activity for you. If you do, you will be among the estimated 90-100 million Americans the Walkways Center says walk for fitness or pleasure.

- The U.S. Army pace for long hikes is three miles per hour.
- The pace for most of us is 16 to 20 steps every 10 seconds.
- At that pace, a person burns up 215 calories in one hour; a 160 pounder, 285 calories; and a 200 pounder, 360 calories.
- Without reducing caloric intake, a brisk 45-minute walk each day could result in a weight loss in a year of 12 to 18 pounds.

The charm of walking as exercise is, of
Walk Cont. on page 8

PROMOTIONS - SEPTEMBER AND OCTOBER

FALLS CHURCH

C.G. Andrukonis
C.G. Angel
D.J. Barr
R.C. Benford
M.E. Berefsky
C.L. Bonebrake
C.L. Brabson
T.L. Carlson
J.R. Compton
D.E. Cook
G.M. Davis
S.F. Davis
H.D. Dong
G.H. Ellis
Y.M. Garner
T.D. Gilchrist
M.F. Griffin
T.D. Hauffe
R.C. Hochmuth
F.C. Holland, Jr.
K.E. Holmes
R.D. Hunter, Jr.
L.D. Jones
G.L. Kelley
C.A. McCue, Jr.
B.L. McManus
J.C. Moore
J.W. Nannen
W.S. Oakes
M.G. Parker II
F.A. Pope
S.J. Putek
P.E. Rhodes, Jr.
R.B. Rittler
K. L. Rolfe
G.E. Rudy
R.E. Russell
W.E. Saunders III
W.J. Sedlazeck
J. Springthorpe
D.K. Sutphin
M.T. Taylor
B.J. Tinner
J.M. Torma
M.C. Valdez
C.A. Wade
D.W. Weiss
L.G. Willard
J.L. Williams
B.C. Wright
FAIRFAX
C.A. Barker
T.R. Beigie
S.L. Bianco
F.B. Bruso
M.J. Deale
D.C. Johnson
K.M. Rowe
P.M. Storaci
M.W. Underwood

FROM

Sr S/W Analyst
Computer Oper
Prog Mgmt Asst
Elec Engr
Programmer
Sr Design Engr
Programmer
Elec Engr
Prin Mech Engr
Engr Tech
Mail Clerk Grp Ldr
Sr Security Asst
Programmer Asst
S/W Analyst
Assembler 1cl
Purchasing Asst
Assem Tech
Assoc Cost Analyst
Sr Fld Engr Tech
Elec Engr
Elec Engr
Elec Engr
Accountant
Assoc S/W Analyst
Fld Engr
Design Engr
Sr Design Engr
Program Spec
Elec Engr
Sr Oper Analyst
Computer Oper Tr
Sr Engr Tech
Exp Shop Mech
Programmer
Jr Cost Analyst
Program Spec
Sr Clerk Typist
S/W Analyst
Elec Engr
Sr Elec Engr
Sr Report Typist
EMI 1cl
Report Typist A
Logistics Spec
Security Clerk
Sr Dupl Mach Opr Grp Ldr
Assoc Elec Engr
Sr Engr Tech
Sr Test Tech
Sr S/W Analyst
Jr Cost Analyst
Line Insp 1cl
Text Processor
EMI
Programmer
Elec Engr
Sr S/W Analyst
S/W Analyst
Jr Test Engr

TO

S/W Engr Supv
Computer Oper A
Systems Spec
Sr Fld Elec Engr
S/W Analyst
Prin Design Engr
S/W Analyst
Sr Fld Elec Engr
Engr Supv
Sr Engr Tech
Mail Rm Spec
Security Spec
Programmer
S/W Engr Supv
Assemb Tech
Sr Purchasing Asst
Assem Tech Grp Ldr
Cost Analyst
Fld Design Engr
Sr Elec Engr
S/W Analyst
Sr Test Engr
Sr Accountant
S/W Analyst
Sr Fld Engr
Sr Design Engr
Drafting Supv
Assoc Program Mgr
Sr Elec Engr
Prin Oper Analyst
Computer Oper
Fld Design Engr
Mfg Design Asst
S/W Analyst
Cost Analyst
Sr Prog Spec
Secretary
Sr S/W Analyst
Sr Elec Engr
Prin Elec Engr
Jr Programmer
EMI Grp Ldr
Sr Report Typist
Sr Logistics Spec
Sr Security Clerk
Grp Ldr-Drwg Control
Elec Engr
Engr Design Asst
Sr Test Tech Grp Ldr
S/W Elec Spec
Cost Analyst
Electro Mech Insp
Sr Text Processor
EMI 1cl
S/W Analyst
Sr Elec Engr
S/W Engr Supv
Sr S/W Analyst
Assoc ATE Engr

IN MEMORIAM...

James H. Scott, Maintenance Assistant at the Fairfax facility, died on October 31, at the age of 57, following a long illness.

James joined Melpar in September 1964 as a porter. During his 23 years of service, he developed many friendships and earned the respect and admiration of his co-workers. He will be greatly missed.

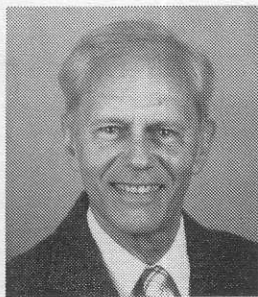
He is survived by four daughters, Marion M. Scott, Deborah A. Scott, and Elise Robinson of Manassas, and Christine V. Corum of Aldie; and three sons, James H. Scott, Jr. of Manassas, Ralph E. Scott of Washington, D.C., and David E. Scott of Manassas Park. **M**

1987 SERVICE AWARDS - FOURTH QUARTER

Thirty-Five Year Service:



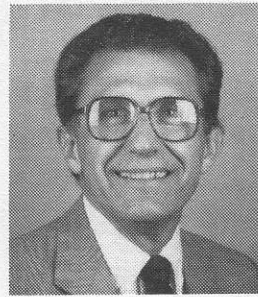
Jesse R. Baldwin



Redding L. Crafts



Marcus R. Artman



Rex M. Enos



Joan H. Grieve

Twenty-Five Year Service:

Ethel D. Lorenzo
 Ronald L. Michael
 Edward A. Rose, Jr.
 Howard P. Willis

Twenty Year Service:

Arthur L. Stewart
 Doug Wilson

Fifteen Year Service:

Edward K. Chan
 Anthony N. Hansberger
 Eileen M. Kehoe

Ten Year Service:

Dorothy M. Brand
 Daniel C. Davis
 Irvin P. Gillmer
 Nancy Miluszewski
 William H. Monroe
 Thomas W. Moyer
 Roger C. Strauss

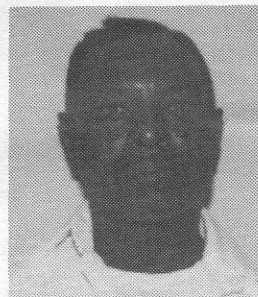
Five Year Service:

David A. Arentson
 Cheryl C. Ball

Thirty Year Service:

Five Year Service Cont:

Thomas E. Barber
 Charles L. Beldy, Jr.
 Clark E. Bowen
 Russell S. Brown
 Cheryl W. Brummell
 Billie J. Clark
 Stacea Deoudes
 Dale V. Edmonds
 Stephen J. Emmett
 David A. Freer
 Joseph A. Grieshaber
 Robert C. Hochmuth
 Teisuke Ito
 David W. Jennelle, Jr.
 Lawrence D. Jones
 Christine J. Kangas
 Joni L. Knox
 Carol R. Lalley
 Michael J. Lucas
 Eugene F. Neal
 Jean P. Osterwalder
 Eleanor P. Poole
 James T. Riley
 Sarah L. Russell
 Sharon T. Singletary
 Leonard G. Willard



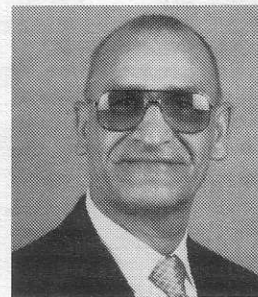
Ned Jackson



Harold LaPrad



Carty S. Lawson



George A. Marchaza

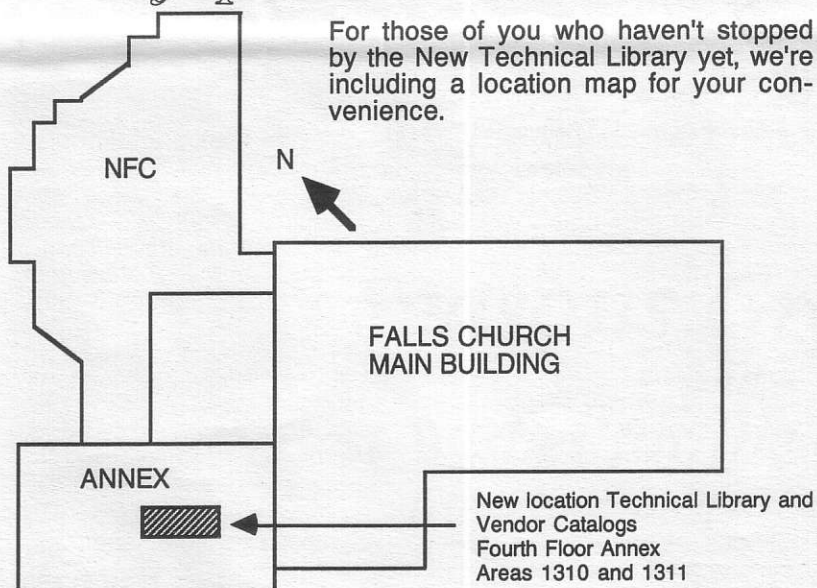


Elmer H. Marine



William B. Moore

Library Update...



THE EMPLOYEE RELATIONS STAFF
 EXTENDS
 A SPECIAL THANK YOU
 TO EVERYONE WHO ASSISTED
 WITH
 FLEXCOMP ENROLLMENT

THE BEST MEDICINE

How about a little pop quiz? What do Thomas Jefferson, Harry S. Truman, and William O. Douglas have in common? They held high public office, right? Yes, but there is more. They all walked for exercise. Jefferson wrote to his nephew, "Of all exercises, walking is the best."

Next question. What do William Wordsworth, Samuel Coleridge, and Percy Shelley have in common? You've probably guessed. They were all poets, of course, but great walkers, too. Wordsworth walked 14 miles a day whenever he could and calculated that he had walked 185,000 miles before old age slowed him down. Coleridge managed 10 miles a day and Shelley often walked 32 miles from Oxford to London.

Shelley, who spent part of his honeymoon in Switzerland, did so by walking six days to get there, with his bride alongside.

All of these people, poets and politicians alike, were simply following the lead of Hippocrates, the father of medicine, who, in the fifth century B.C., said, "Walking is the best medicine."

Modern medicine confirms both Hippocrates' and Jefferson's words. Walking is good aerobic exercise. A brisk mile walk will burn up about as many calories as jogging that same distance. It can help reduce stress, keep your heart in shape, and tone your muscles. And no matter what your age and virtually without regard to your physical condition, it is an exercise you can start with little or no preparation. So, what are you waiting for? **M**

Walk Cont. from page 6

course, that it can be done anywhere, as part of your daily routine wherever you live or part of a social activity with old friends or in finding new ones.

All that is required is proper footwear, although a serious walker would want to be sure to take good care of his or her feet and to start a walking routine sensibly without going too far too fast. Once you decide you enjoy walking, not only for its exercise value, but for the pleasure of what you see and learn, there are trails and groups and walking events all across America.

For more information, write:

The Walkways Center
733 15th Street, N.W.
Washington, D.C. 20005

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Sports Corner...TOPS IN TENNIS



Sporting their tennis trophies are (left to right) John Cole, Ramy Rizk, Tony Hansberger, Mark Barbato, Talbot Huff, Bob Dineen, Lynn Garland, Tim Harvey, Ruth Collins, Jim Menke, Molly Solomon, Mike Jensen, and Bob Braun.

November brings an end to the 1987 tennis season. This year, Melpar had an active and involved tennis program, with high participation.

The 1987 tournament play-offs were completed just in time for the annual scheduled awards ceremony and luncheon. Vice President and General Manager Talbot Huff presented awards to the following winners:

MEN'S A SINGLES. First place - Romy Rizk; second place - Tim Harvey; third place - Mark Barbato.

MEN'S B SINGLES. First place - Bob Dineen; second place - Mike Jensen; third place - Jim Menke.

WOMEN'S SINGLES. First place - Ruth Collins; second place - Lynn Garland; third place - Molly Solomon.

MEN'S DOUBLES. First place - Ramy Rizk and Tony Hansberger; Second place - Mark Barbato and Bob Braun.

WOMEN'S DOUBLES. First Place - Ruth Collins and Joanne Menke; second place - Lynn Garland and Carmen Benitez.

MIXED DOUBLES. First place - John Cole and Ruth Collins; second place - Ramy Rizk and Joanne Menke. **M**

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Falls Church, Virginia 22046
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