MELPARTICULARS

Volume 9, Number 9

E-Systems Melpar Division

August 1988

BENITEZ AND OPPERMAN HONORED FOR EXCELLENCE

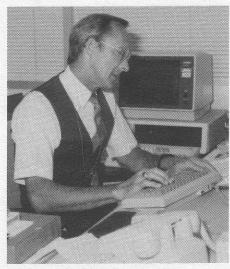
The Semi Annual management meeting and dinner, held in the Falls Church cafeteria, included an upbeat review of the Division's business performance. Highlighting the meeting was the presentation of the Awards for Technical and Administrative Excellence.

The Award for Technical Excellence was presented to Carmen Benitez, Senior Engineer of Search and Analysis, for her innovation, persistence, and follow-through in pursuing major improvements in our air-

borne SIGINT systems.

Among the long list of her accomplishments was her initiation of an IR&D program to develop a replacement for the aging Rolm processors in the PINE airborne system. She also developed a technical approach for incorporating the improved processor technology into the PINE airborne system. This approach set the stage for the Senior Glass SIGINT improvement program.

Benitez's reaction when presented with the award was one of surprise. "I had no idea I was even in the running for the award," Carmen said. "It is a real boost to your ego to know that people outside of your organization value your work enough to recognize it. It is quite an honor to



Administrative Excellence Award winner Jim Opperman at his computer doing what he does best.

receive this award."

Jim Opperman, Technical Assistant to the Director of Information Systems, was this year's recipient of the Administrative Excellence Award. Jim oversees Melpar's microcomputer implementation. He was recognized for his contributions in designing software systems that have dramatically improved Melpar's performance in several areas, including material



Technical Excellence Award winner Carmen Benitez practices persistence in striving for innovation.

pricing, security document tracking, personnel administration, and material commitments.

When asked what the award meant to him, Opperman replied, "The Administrative Award is one of the highest awards an E-Systems employee can receive. I feel like the user community truely recognizes the work I do for them," he said. "I am very proud that I got the award."

MELPAR CITIZENSHIP WEEK

The Melpar Political Action Committee (PAC) has planned a Citizenship Week for the week of 12 September. The goals for this event are to distribute information on political candidates, encourage voting, and increase campaign contributions through the PAC.

Voter registration will be available at both Falls Church and Fairfax. Literature from national and state candidates for public office will also be available throughout the week. Candidates for Virginia's open U.S. Senate seat and local U.S. Congressional candidates will be invited to address employees during lunchtime in the cafeterias. Eligible employees will also receive literature encouraging their membership in the Melpar PAC.

The E-Systems Citizenship Program was created in 1976 to provide E-Teamers with political information, encourage involvement in citizenship activities, and offer a means for convenient contributions through the creation of separate division PACs. Further details of Citizenship Week will be posted on the PAC Bulletin Boards.

SAVINGS BOND \$UCCE\$\$

Once again, Melpar's E-Teamers made the annual Savings Bond drive a big success, thanks to the tremendous effort put forth by this year's campaigners!

At the close of the campaign, participation reached 98.6 percent. Not quite as good as some of our fellow divisions (CAPA and Corporate achieved 100 percent), but we did well enough to push E-Systems' overall participation rate to a total of 99 percent. As a result, our Company retained the top position among major corporations nationwide. E-Systems has held this prestigious ranking for 16 years in a row!

SAVINGS BONDS Cont. on page 3

Master of Science in the Field

Melpar as I See It . . .



Melpar is having a great year in 1988. Now that we have passed the mid-year point, it is clear that Melpar has turned the corner. This June, we passed the booking's level that we did not

reach last year until mid-November.

Our competitive win ratio has noticeably improved. Recent competitive wins have brought us new customers and challenging development tasks. Programs like the Engineering and Technical Assistance Contract (U.S. Army, Center for Signal Warfare), TOPHUNTER, PANTA-LOON, VOICECAST, and the award of GAFECS (a large subcontract we are performing for the Greenville Division) will bring new technologies and interesting development work to Melpar. Combined with SENIOR GLASS and PINE airborne programs, we now have a large base of long running development work.

The TACIT RAINBOW Ground Launch Trade Study award is also an important step toward a very large development and production effort applying our seeker capabilities.

Added to this growing development base is an already healthy production backlog, including receivers, Cedar and IRSS-based programs. We further expect a large DAHLIA production award late this year. The BGPHES program is also on a path leading to a future production award.

We have a solid base of programs to perform on. We are adding staff and are on the move again.

Tallot S. Huff

GWU...BACK TO SCHOOL NIGHT

The George Washington University School of Engineering and Applied Science will hold fall registration at the Falls Church facility on Thursday, August 25, 1988, from 5:00 to 7:30 pm.

Students in the Master of Science programs offered by the Department of Electrical Engineering and Computer Science will be able to consult with Professor Pickholtz at that time and to speak with some of the course instructors about their plans for the semester.

Master of Science in the Field

The following schedule is provided for your information and planning.

of Communications		of Computer Science	
EE 204	Stochastic Signals and Noise (Prereq: ApSc 115 or equiv). Thursdays, Sept. 8 - Dec. 15	CSci 203	Microprocessors and Microcomputers (Prereq: CSci 147 and 154 or course director's permis-
EE 242	Coding Theory (Prereq: EE 204). Thursdays, Sept. 8 - Dec. 15	CSci 212	sion). Thursdays, Sept. 8 - Dec. 15 Discrete Analysis in
EE 243	Communication Theory 1 (Prereq: EE 204 or equiv). Wednesdays, Sept. 7 – Dec. 7		Computer Science (Prereq: CSci 161 or instructor's permission). Thursdays, Sept. 8 - Dec. 15
EE 248	Computer Communication Networks 1. Tuesdays, Sept. 6 - Dec. 6	CSci 222	Design of User-Computer Dialogues (Prereq: CSci 158, 159, or course
EE 252	Digital Signal Processing Techniques (Prereq: CSci 51 or equiv). Mon-		director's permission). Mondays, Sept. 12 - Dec. 15
EE 257	days, Sept. 12 - Dec. 12 Secure Communications (Prereq: EE 243). Wed- nesdays, Sept. 7- Dec. 7	CSci 232	Languages (Prereq: CSci 153, 158, 159, 161). Wednesdays,
Master of Engineering		CSci 258	Sept. 7 - Dec. 7 Advanced Programming

Master of Engineering Administration

Technology Issue Analy-EAd 288 sis. Mondays, Sept. 12 - Dec. 12

Sept. 6 - Dec. 6 Each class meets one night per week from 6:00 to 9:00 pm. Courses carry

three credits each. Tuition in the new academic year beginning fall semester is \$1,173 per course and may be paid in full at registration, in installments, or by credit card (VISA or MasterCard). Books and all administrative forms will be available at

With the exception of EE 248, all classes will be held at E-Systems Melpar, Falls Church. EE 248 will be taught at the Computer Sciences Corporation Virginia Technology Center, 3160 Fairview Park Drive, Falls Church.

For general assistance on administrative matters, please call GWU Program Director Lee Martin at (202) 994-7024. Calls will be taken by Professor Pickholz' office (202) 994-6538 for academic counseling.

Credit Union News...Membership

WHY JOIN A CREDIT UNION??? Millions of people around the world are finding credit unions a most pleasant form of banking.

Credit unions are cooperatives. Members own the credit union and have a democratic voice in the way it operates. Credit unions are not for profit, not for gain, but for service.

It is a good feeling to be called by your first name when you walk through a credit union's doors. A credit union is part of the family: helping you save, borrow, and keep abreast of the financial times.

In a credit union you make an important contribution. Annually, credit unions hold a meeting to elect officials for their Board of Directors and Credit Committees. As a result of your votes, officials are elected to serve as volunteers dedicated to establishing policy and formulating new pro-

Credit unions date back to 1849 when Friedrich Wilhelm Raffeisen of Germany helped his neighbors survive the aftermath of the Napoleonic Wars. Raffeisen reasoned that if they pooled their resources through small but regular savings, there would be money to lend at low interest rates. His idea was a success.

Languages (Prereq:

CSci 158, 159, 161).

Tuesdays,

WHY NOT JOIN TODAY AND BE PART OF THE MELPAR EMPLOY-EES FEDERAL CREDIT UNION FAM-ILY????

SAVINGS BONDS Cont. from page 1

DIVISION	% PARTICIPATION		
CAPA	100.0		
CMD	97.7		
Corporate	100.0		
ECI	99.9		
Garland	98.3		
Greenville	99.3		
Melpar	98.6		
Montek	99.6		

In the drawing for new and increased savers, Rick Folea, Paul Linden, Mark Montesano, and Darius Whittaker won \$100 Savings Bonds. All payroll participants were eligible for the drawing for "priviledged parking" spaces won by Vernon Joyner, Bill Mitchell, Joyce Smith, Tin Van, Steven Whitaker, and Marilyn Woodyatt. Donna Drzemiecki and Barbara Goble won the solicitor drawings for \$50 Savings Bonds.

The winner of the grand prize trip for two to the Presidential Inauguration was E-Teamer Vickie Lacey of Garland Division.

MOELLER AND VOLLERT PROMOTED TO DIRECTORS

Effective in June 1988, William G. Moeller and Warren M. Vollert were promoted to Directors.

Moeller, who came to Melpar as a Senior Contract Administrator in 1980, was named Financial Analysis Director reporting to Vice President of Finance and Administration Donald R. Gibbs.

In his new position, Moeller will be responsible for overseeing Melpar's cost estimating system to ensure that the procedures are consistently applied and are in compliance with government regulations.

Before coming to Melpar, Moeller was a Research Fellow at the Logistics Management Institute, a private not-for-profit research and consulting firm in Washington, D.C.

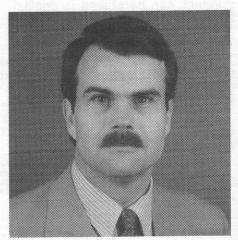
He holds a BS degree in Economics from Tufts University and an MS degree in Management from the Naval Postgraduate School. In addition, Moeller has attended and spoken at various conferences and symposia on contracting and major system acquisition in DoD.

Warren Vollert has been promoted to Director of Security and is also reporting to Vice President Donald Gibbs. In his new position, Vollert will be responsible for overall manage-

And The Winner Is. . . E-Systems, for having the largest percentage of Savings Bond participants for 16 years in a row!

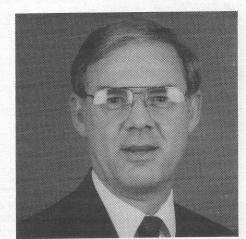


Dee Boysen (Melparticulars Editor) stands by as Talbot Huff draws the winning names for the Savings Bonds and the parking spaces.



William G. Moeller Director of Financial Analysis

ment and administration of the Division's industrial security program to ensure compliance with government and special customer security requirements.



Warren Vollert Director of Security

Vollert came to Melpar from the Department of Defense in 1984 as an Assistant to the Security Manager. He earned a BA degree from Davis DIRECTORS Cont. on page 8

TECHNICAL SERVICES . . . Service, Capability, and Technology

E-Systems is a major supplier of high technology defense electronics systems and products. Consequently, E-Teamers throughout our business must be innovative and responsive to changing technology and customer needs. One such need involves product documentation skills. How we present our products, communicate changes, and provide customer documentation is a key factor in obtaining new business and achieving a high level of customer satisfaction. This is where Melpar's Technical Services organization excels. The three departments — Drafting and Computer Aided Design (CAD), Technical Publications, and Configuration Management — are vital links in satisfying today's communication and documentation needs.

Technical Services is part of the Support Services organization headed by Vice President Al Wavering. Under the leadership of Director Ron Strout, Technical Services is introducing a new era of automation to support and pro-

mote Melpar's state-of-the-art products.

DRAFTING -

The Drafting department, managed by John Cerio, is responsible for developing drawings that communicate engineering ideas to customers and other internal organizations.

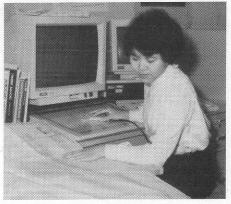
Cerio manages Drafting with the assistance of John Moore and Dave Ross in Drafting Design, John Hood in PC Design, and Carol Wade in Drawing Control. Drawing Control copies and stores all drawings and product lists on microfilm.

According to Cerio, Drafting has made "technological improvements" with the use of computer aided tools. "Until recently, most of the work was done manually on drawing boards," said Cerio. "Now, nearly all of the electrical drawings are created using VALID and Telesis computer systems. And, we just brought in two new systems, AutoCAD and McDonnell Douglas, which we will use for our mechanical drawings."

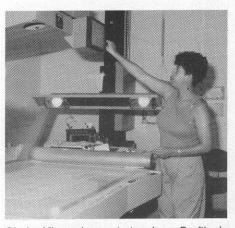
Speed and accuracy are obvious

advantages of computer automation, but, according to Cerio, the real benefit will be the capability to transfer data to manufacturing, and to interface directly with the engineering organizations' computer systems. For instance, the design of a mechanical part will be transferable from the engineering computer system directly to a computer which controls the machines in the fabrication shop.

"These new systems enable Drafting to produce documents with the same data base that the engineers use in design analysis so we don't have to redo what the engineers have already done," explained Cerio. "It's more of a joint operation." The greatest benefit to the Company will be the compression of schedules that results from multiple organizations sharing one data base. With the computer system, information/drawings can be shared in original form rather than re-created. The



Thai Vu of Drafting is working on the new AutoCAD system at Fairfax.



Gloria Minor demonstrates how Drafting's drawings are photocopied onto microfilm for storage.

overall production time is reduced, and we can deliver our products in a shorter amount of time. "I would estimate that we have already achieved a two-to-one productivity gain from the Mechanical CAD system, and we are still discovering new uses," said Drafting Manager John Cerio.

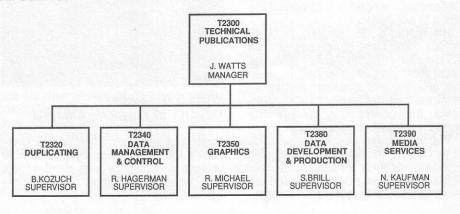
TECHNICAL PUBLICATIONS -

"Technical Publications is also seeking to adapt its services to the state-ofthe-art technology that is typical of Melpar's products. But, we are still dedicated to maintaining high efficiency in the traditional support services," said Manager of Technical Publications Jodi Watts.

Technical Publications is composed of five groups: Duplicating, Data Management and Control, Graphics, Data Development and Production, and Media Services.



Despite enormous time pressures, Doug Dreibelbis, shown operating the off-set press, meets his deadline.



TECHNICAL PUBLICATIONS Cont.

"The service orientation of our staff is a key component in the overall publications effort," said Watts.

Over the years, Betty Kozuch's duplicating staff has demonstrated that they can be depended upon to get the work out. Since they are the final step in the publishing process, they deal with deadline crunches on a daily basis. In fact, the employees have worked around the clock so often that working nights has come to be a symbol of the teamwork and get the job done" attitude of our duplicating staff.

The Data Management and Control group has sharpened its focus on cost efficiency. "There is no reason why Publications can't be a SERVICE organization that runs like a business," said Watts.

In order to help control costs and improve scheduling, Data Management and Control generates several automatic tracking reports for the department. With a glance, Richard Hagerman, Supervisor of Data Management and Control, can inform employees where Publications stands on cost, schedule, or manpower requirements. Publications can also forecast the cost of projects with greater precision than before, improving the accuracy of their bid-

One of the more recent innovations to the Publications department is the addition of a Macintosh computer graphics system. "This new system produces graphics faster,

more economically, and with greater accuracy than the manual 'paste-up' performed in the past," said Graphics Supervisor Ron Michael.

The Macintosh system both speeds the construction of most drawings and allows changes and revisions to be readily and speedily handled. Also, projects that require frequent updates retain their quality, because the end product is always an original copy. Eventually, Graphics will be able to produce color 35mm slides and color viewgraphs imaged from the Macintosh computers, a Graphics capability which to date has been a more time consuming and costly process.

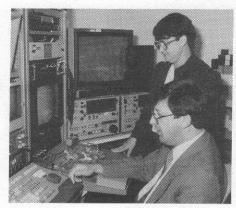
Data Development and Production is the core of the Publications department. Sharon Brill supervises the three separate functions of technical writing, technical editing, and

Two members of the Graphics staff, Estelle Fellman (seated) and Janice Seeger, concur about a project that is being created on a Macintosh II computer.

technical processing. These three groups are responsible for producing written material, whether it be proposals to win contracts or user manuals to accompany our products.

Media Services, run by Nancy Kaufman, is another exciting area of Publications. In addition to the photo lab, Media Services houses a complete video production facility to meet a variety of video marketing and educational needs.

Melpar's video group currently produces all of the video tapes for corporate-wide trade shows. They also produce training videos. "In the future we plan to produce additional internal training videos to capitalize on the skills of our experienced employees," said Kaufman. "We are also looking forward to developing external training tapes to support direct contract work.'



Producer Val Sapcariu (front) is a talented asset to Media Services Video Production facility. Val is shown reviewing a tape with Supervisor Nancy Kaufman.

CONFIGURATION MANAGEMENT --

The purpose of Configuration Management is to monitor the configuration of systems as they are built and shipped, and to assure that the changes to those systems are documented in proper format. It is also their responsibility to define the configuration of systems.

main work areas: Michael Kinslow, Configuration Management manag-

The department focuses on two



Librarians Philomena Weatherby (left) and Sandra Blumberg keep us informed with the resources at the Technical and Specifications Library.

er, oversees hardware configuration control, while Ben Bell supervises software configuration. In addition, the department maintains a document release group and a technical and specifications library.

Maintaining the Manufacturing Management System (MMS) is a major function of the department. This data base is undergoing a major upgrade as part of a division-wide shift by Information Systems to new IBM hardware and Oracle software. This new user friendly system will provide greater flexibility, faster processing, and expanded access.

'All of the Technical Services are critical for winning proposals. They help us present our products more effectively in today's competitive business environment," said Director Ron Strout.

TECHNICAL SERVICES' GOAL ...

The goal of Technical Services is to emphasize service and improve capabilities while controlling costs and improving bid techniques. Technical Services is executing a number of positive changes toward that goal: from improvement of personnel skills, to modification of processes, to the installation of state-of-the-art automation equipment. Technical Services is also developing improved standards for the delivered product through new standards manuals and style guides.

All of these improvements allow Technical Services to provide more efficient and timely support to Melpar's proposal and production efforts. This makes the Division more responsive to the market. The more in tune we are with the market, the better our chances of winning and retaining contracts — which means greater job security for all of us. Thank you Technical Services!

History's Corner. . . ELECTRONICS SUCCESS STORY

Reprinted from the April 13, 1957 issue of The Washington Post

Northern Virginia localities have decided that to prosper they must diversify.

Long dependent on Federal workers for municipal revenue, the area now is hunting light industry which will fit into the high-income res-

idential community.

For those who fear the influx, Virginia promoters have an ace in the hole. They point to Melpar, an electronics research firm in Fairfax County which did \$28 million worth of business and expects to do \$40 million this year.

Melpar's 10-year success story is evidence that local governments want to get along with big business and that light industry can profit from a suburban Washington location.

Melpar employed more than 2800 people in suburban Virginia last year, with a payroll of \$12 million. The 1957 payroll is estimated at

\$16.5 million.

Community leaders have tired of putting all their eggs in one basket. Incoming Federal employes are responsible for most of the explosive population growth of Northern Virginia since World War II. But their homes have failed to provide the big tax revenue to keep pace with demand for urban services.

Local civil and political leaders feel the answer lies in more private industry and business which will attract well-paid professional and skilled workers. Melpar has provided

a pattern.

In 1947 Melpar employed 50 people in an Alexandria warehouse. It was a struggling, post-war pioneer in the electronics research and de-

velopment field.

Today, the Company is overflowing a gleaming, modern plant with 265,000 square feet of floor space. Built in 1954 on a 44-acre wooded tract near Seven Corners on Route 50, the plant is considered an excellent example of how to harmonize industrial design with residential surroundings.

In November, 1952, the Fairfax Board of County Supervisors took the first major step in this area to attract desirable light industries, with passage of the "Melpar Ordinance."

The ordinance revamped zoning laws to allow "research laboratories" to locate in residential districts. Special safeguards were provided. The industrial building's floor space must be less than 20 per cent of the prop-

erty area. Buildings must be low and set back from streets and property lines. Plans, landscaping and exterior appearance are subject to county approval.

Restrictions have forced Melpar to locate additional facilities in rented quarters in Arlington and Bailey's Crossroads where they occupy a total of more than 200,000 square feet. But Company officials are sold on Northern Virginia and proud of their friendly working relationship with Fairfax County and their next-door neighbor, Pine Springs, a contemporary residential development.

The main plant on Route 50 is devoted entirely to research and development. Production is carried on at the Arlington facility in the Penta-

gon Industrial Center.

Much of the work is classified, and 98 per cent is by Government contract. Company officials predict expansion regardless of any leveling-off in general business. They base their forecast on the continued high level of defense spending.

Idea Specialists

Melpar has developed a multitude of electronic devices and is working on more. Among its achievements are sensitive direction finders, radar beacons for shipboard and airborne tracking, and flight simulators for training which can re-create every condition of a jet flight.

Melpar headquarters in Fairfax is a self-contained laboratory where an idea can be carried forward from the drawing board to the prototype model. Some 800 professional employes including engineers, chemists, physicists and analysts work there. Professional salaries range upward from \$100 a week.

Recruiters tour major cities and colleges. Company officials feel they are keeping up with the competition in a tight engineer-market.

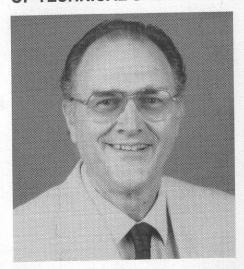
Melpar employes work a 45-hour, 5-day week. The long hours are blamed on a Nationwide shortage of

technical personnel.

In 1951 Melpar was purchased by Westinghouse Air Brake Co., an old-line railway equipment firm, as part of a diversification program. Founder Thomas Meloy has remained president of Melpar since it became a subsidiary of Westinghouse Air Brake. Melpar has its own board of directors.

Last year the Company paid

WHELCHEL PROMOTED TO SENIOR MEMBER OF TECHNICAL STAFF



John Whelchel has been promoted to Senior Member of the Technical Staff reporting to Dr. Dennis Krausman, Director of Search and Analysis.

In his new position, Whelchel will be involved in the development of signal processing parallel computation technology. He plans to participate in and direct the efforts of the IR&D program, and also to leverage the technology developed on IR&D into the acquisition of new business.

Before joining Melpar in 1983, Whelchel was a member of the technical staff at The Analytic Sciences Corporation (TASC), where he developed and performed simulation studies of signal collection systems. He has 26 years of experience in the application of engineering analysis, signal processing technology, and computer simulation to aerospace and electronic systems.

Whelchel holds a BS degree in Physics from Virginia Polytechnic Institute. He has also completed graduate work in Communication Theory and Mathematics at George Washington University (GWU) and American University, and he has completed the course work and passed the comprehensive examination for an MSEE at GWU. Whelchel has also published numerous technical papers.

about \$80,000 in county taxes. Northern Virginia leaders are willing to spend thousands on a selling program to attract more light industry and relieve the growing tax burden on property owners.

RETIREES



Atley Fristoe 33 years



Dorothy Gladden 10 years



Ernest Thompson 5 years

HealthTalk... "Doctor, I'm So Tired!"

Fatigue is one of the most common complaints family practitioners hear.

"Literally, every single day, someone comes into my office and says, 'Doctor, I'm so tired,' " said Chester W. Kessler, M.D., chairman of the Fairfax Hospital Department of Family Medicine.

Fatigue is not the ordinary tiredness that we all experience at the end of a busy day. It's a chronic, pervasive exhaustion that makes even the simplest tasks seem like too much. When a good night's sleep doesn't restore your pep, or when you find yourself completely drained in the middle of the afternoon, the chances are you're suffering from fatigue.

Determining the cause is not always easy. The first step is to have a complete physical examination to rule out physiological causes such as anemia, diabetes,

mononucleosis, or hypothyroidism.

But if the tests and examination turn up nothing specific, the patient may be suffering from low-level depression or anxiety, both of which are energy-draining. One of the ways a person can determine if fatigue has a psychological cause is to notice when the symptoms are worse. Waking up tired is often a symptom of depression, and psychological fatigue seldom is helped by rest or sleep. The fatigue brought on by depression, however, is only one symptom of a complex mood disorder. Clinical depression affects a person's entire outlook on life and often requires medical treatment.

In many cases, however, fatigue simply may be the body's response to stress and overwork, of pushing yourself beyond your limits. In today's fast-paced society, where over-achievers - especially women - are on a fast career track while trying to care for a family, fatigue might well result from not getting enough rest, not eating

properly, and overextending yourself mentally. If you smoke, drink large amounts of coffee, or take drugs or alcohol, you're putting further stresses on your body. If you work late all week, hoping to catch up on

HEALTHTALK Cont. on page 8

PROMOTIONS — MAY AND JUNE

FALLS CHURCH W.H. Alkire C.F. Benitez R.J. Bergeron T.W. Blosser E.J. Boris, Jr. M.E. Butler D.R. Caldine M.A. Cianciosi L. Collins, Jr.

R.C. Coogan D.E. Cook S.E. Decker M.J. Dorsett T.D. Dresdner

C.A. Eberhart M.A. Elsis A.M. Ewell

B.W. Flowers E.T. Gilsbach N.T. Goldberg S.W. Gross

H.M. Hine R.A. Jaskowiak S.A. Jones

J.B. Kinzler J.F. Kody K.E. Kuykendall R.A. Long

M.S. Machen J.F. Masiyowski

D.A. Mason P.S. McCullough J.C. Muhlenberg A.W. Nuti

J.P. O'Malley S.A. Patton E.F. Revnolds

J.L. Sastri D.R. Sisk J.A. Solomson

R.M. Stephens J.L. Stephenson P.L. Stoneback

RT Stratton P.V. Tate J.T. Thornton

H. Tunick

W.M. Vollert J.E. Whelchel, Jr.

FAIRFAX P.H. Clark

D.L. Drzemiecki M.A. Kokoszka W.G. Moeller R.H. Myers M.J. Robertson

C.S. Roen T.T. Vu

FROM

Prod Sched Coord Engr Supv Assembler 1cl Assoc Ind Engr Programmer Assembler 1cl Design Engr Sr Elec Engr **Business Analyst** Accountant Sr Engr Tech SW Analyst

Assoc Systems Engr Engr Tech Sr SW Analyst Electro Mech Insp 1cl Doc Control Clerk SW Analyst Quality Engr Sr SW Analyst Sr Accountant

Accountant Report Typist A Jr Mgmt Asst **Business Analyst** Programmer Programmer Sr Design Engr

Test Tech Elec Engr **Prog Specialist** Assoc Fac Engr Programmer

Elec Engr Sr Elec Engr Data Entry Op Engr Supv

Princ Systems Engr Stock Clerk SW Analyst Programmer

Assembler Data Entry Op Programmer

Shop Helper Assoc Elec Engr Procurement Coord Security Mgr

Mbr Tech Staff

Elec Engr Clerk Typist Sr Engr Aide Cont Admin Mgr Elec Engr Sr Engr Aide

Report Secretary Drafter

Master Scheduler Engr Mgr Assembler Tech Ind Engr SW Analyst Assembler Tech Assoc Elec Engr Principal Engr Data Network Spec Accounting Supv Jr Elec Engr Sr SW Analyst Systems Engr Sr Engr Tech Princ SW Analyst EMI 1cl Grp Ldr Security Asst Sr SW Analyst Sr Quality Engr Princ SW Analyst Accounting Supv Sr Accountant Report Secretary Prog Mgmt Asst Sr Bus Analyst SW Analyst SW Analyst Princ Design Engr Sr Test Tech Sr Elec Engr Assoc Prog Mgr Facilities Engr SW Analyst Sr Elec Engr Engr Supv Sr Data Entry Op Engr Mgr Member Tech Staff Store Keeper SW Supv SW Analyst Assembler 1cl Sr Logistics Asst SW Analyst Machinist B Field Elec Engr Sr Proc Coordinator Security Director Sr Mbr Tech Staff

Sr Elec Engr Sr Clerk Typist Jr Engr Asst Fin Analysis Dir Sr Elec Engr Jr Engr Asst Admin Asst Sr Drafter

BRING THE FAMILY to the MELPAR OPEN HOUSE

Sunday, October 9 — 2 pm to 4 pm

For the first time in 4 years, employees will have an opportunity to share our facility and their work areas with their families. The open house will feature exhibits, refreshments, and prizes. Children are welcome. Come and show your family where you work. Falls Church and Fairfax open houses will be held at the same time.



ATTENTION KIDS (and Parents)!! YOU COULD WIN A \$200 SHOPPING SPREE



The E-TEAM magazine is sponsoring a "Holiday Happenings" contest for boys and girls, kindergarten through sixth grade. The contest is open to all children and grandchildren of E-Teamers. All you have to do to enter is:

Create a picture (crayon, paints, etc.) that depicts the holidays — what they mean to you. Pictures should be submitted on 8 $1/2 \times 11$ " paper. Grades K — 3:

Write an essay (200 words or less) on what the holidays mean to you. Please use a pen Grades 4 — 6: and print or write very legibly.

Entries must be your original work - no help from anyone else - and should be sent to Dee Boysen in the Employee Relations Department. We will judge all the entries, and the best three in each category will be sent on to E-Systems Corporate office for the grand prize judging. The two grand prize winners will each receive a \$200 shopping spree at a local department store.

All entries must be turned in to Dee Boysen NO LATER THAN Monday, September 12.

The grand prize winners will be announced in early November, and the entries will be published in the holiday issue of E-TEAM Magazine. The winning artwork will appear on the cover of the magazine, and the winning essay will appear inside the issue. Good Luck!



CALLING ALL
CRAFTERS!
Whittlers
Weavers
Painters
Bakers
Potters...
Whatever your talent, we would like to invite you to come sell your "wares" at Melpar's Holiday Crafts Fair on Wednesday, November 16.
Anyone interested in participating in this Holiday extravaganza should contact Kathe Weinkam on ext. 2910.

DIRECTORS Cont. from page 3

and Elkins College. Subsequently, he graduated from numerous professional training courses, including Covert Security Operations, Inspectors Management School, Executive Protective Services/Counterterrorism School, Defense Language Institute, and the Air Force Office of Special Investigations Academy.

MELPARTICULARS

E-Systems Melpar Division 7700 Arlington Boulevard, Falls Church, VA 22046 Editor: Dee Boysen

Photographers: Jim Mattern, Lucy Murphy, Pete Piraneo

Production: Estelle Fellman Printing: Doug Dreibelbis Contributors: Pat Kimmel, Fred Wahl

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your sleep on the weekend, think again. Your body has trouble adjusting to the schedule changes, just as it does when you have jet lag.

If you're suffering from chronic fatigue but a physical examination turns up nothing specific, take a look at your lifestyle. Are you enjoying your work? Do you spend time each day with the people you love? Are you getting enough sleep and the right kind of food? All of these factors play an important role in making us feel like we can cope physically with each day's demands. If you have so many demands on your life that you don't take care of yourself in small ways, fatique will be your body's way

of signaling, "Enough!"

If you're spending most of your time grabbing quick meals as you race from one responsibility to the next, perhaps it's time to pause and make some changes. For fatigue that's not caused by illness, two simple changes can help tremendously.

First, make sure you're getting enough exercise. Its an energy builder and an excellent way to relieve stress. Second, take a little time for yourself each day - even if you have to schedule it in your appointment book!

> HealthTalk is a community service of Fairfax Hospital, Falls Church, Va.

E-Systems, Inc., Melpar Division 7700 Arlington Boulevard Falls Church, Virginia 22046 Forwarding and Address Correction Requested