

# MELPARTICULARS

Volume 9, Number 11

E-Systems Melpar Division

October 1988

## CONGRESSIONAL CANDIDATE VISITS MELPAR

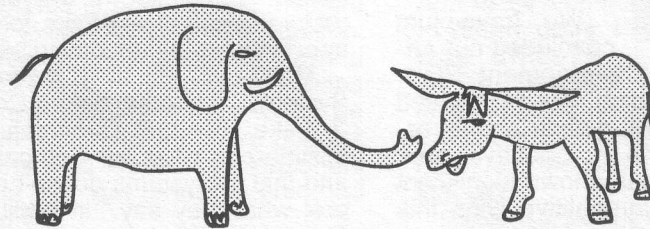
On September 28, Bob Weinberg, a Democratic candidate for Congress, came to the Falls Church facility and spoke to employees in the cafeteria. Weinberg, who has been involved in many activities of the Democratic party for the 10th Congressional District of Virginia, is running against Republican incumbent Frank Wolf.

Weinberg greeted employees lunching in the cafeteria and gave a short speech on his credentials and political stance. Several employees took the opportunity to pose questions to the candidate and inquire on his views. Transportation and the budget deficit were two of the topics Weinberg addressed.

Weinberg has held numerous positions of leadership including Chairman of the 10th District Democratic Committee. He is a graduate of the Yale Law School and earned his PhD in economics from the London School of Economics. He is currently working as a partner in the law firm of William and Connolly.

Bob Weinberg was the first of several candidates invited to come to Melpar as a result of Melpar Citizenship Week. The Melpar Political Action Committee has also extended invitations to Congressman Frank Wolf and the two U.S. Senate candidates from Virginia, Chuck Robb (D) and Pete Dawkins (R).

**M**



Democratic candidate Bob Weinberg.

## E-TEAMERS GEAR UP FOR THE ELECTION

As a result of the Political Action Committee's efforts, the Melpar Citizenship Week turned out to be a great success. The drive, which was designed to increase political awareness and participation, was held the week of September 12.

Representatives from the Fairfax County Registrar's Office came to both the Falls Church and Fairfax facilities to register Melpar employees and distribute information on absentee ballots and other items of interest. Altogether, about 200 Melpar employees registered to vote. Campaign literature was also provided.

The Melpar Political Action Committee (PAC) was created as part of E-Systems Citizenship Program. Our PAC provides a way for employees to combine their financial support for the candidates most likely to repre-

sent the interests of E-Systems. An employee may join the Melpar Political Action Committee on a voluntary basis. They may choose to contribute to political activities by requesting regular deductions from their paychecks. The voluntary contributions can be designated for a specific party or candidate, or for an undesignated PAC fund. Candidates or political parties that best represent the interests of E-Systems and its employees then receive the PAC funds.

The important thing now is to vote. Every vote is a valuable exercise of our individual liberty. To quote Dave Tacke, Chairman and Chief Executive Officer of E-Systems, "As citizens, we have a duty and a responsibility to improve this great country of ours . . . You can make a difference!"

**M**



Frank Wolf, the Republican incumbent.



## Melpar as I See It . . .



Bookings and backlog at Melpar have reached record high levels. The 1988 rejuvenation we have experienced has set the stage for further growth.

We have just concluded our annual Strategic Development Planning process, which was highlighted by our success in getting growth re-started. Melpar's competitive program/win ratio has shown significant improvement. Competitive wins this year include a new Army program called ETAC. We have also won three Ft. Meade programs (VOICE-CAST, PANTALON, and TOP-HUNTER). Another recent win was the Navy Communications Countermeasures Intercept Receiver Processor (CCIRP) award. The Tacit Rainbow Trade Study award also positions us on the edge of a new and large market. Additionally, we have won GOLDFINCH, a proprietary program.

This success is only the beginning. Our Strategic Plan shows that we have a firm base for existing long-running programs. This business foundation will support our continued expansion into new market niches. We will also be developing existing new technologies through funded R&D, supplemented by our independent R&D.

This resurgence presents many opportunities for each of us to also grow and develop professionally. Our task now is to turn in good work on the programs we have booked and continue our successful pursuit of new business.

We have shown that we can bounce back. By continuing to be smart, we can make our planned future growth a reality.

*Talbot S. Huff*

Melparticulars  
welcomes its new  
Editor,  
Tricia Reneau

To submit material for  
Melparticulars, please call ext. 2717

## REVELATIONS ON THE NOVEMBER ELECTION

The election this November promises to be the highlight of 1988. Whoever wins the presidency and whichever party controls the legislature will have profound effects on each and every one of us in our businesses and in our personal lives.

Melparticulars Editor Tricia Reneau visited Dave Matthews, E-Systems' Director of Legislative Affairs, for his perspectives on the upcoming elections.

Matthews' job is to represent E-Systems' interests before Congress. "I make sure that Congress doesn't misinterpret what our Company says, and that E-Systems doesn't misinterpret what they say." In addition, if a Congressional staffer or a member of Congress wishes to meet with someone at E-Systems to discuss a particular topic, Matthews ensures that the individual gets in touch with the right person within the Company.

If there is one thing you can say about Dave Matthews, it is that he knows his field inside and out. The following are excerpts from an enlightening discussion with him on the election and policy changes which might occur.

**Since your specialty lies primarily in legislative affairs, how will the elections impact the current Democratic Congress?**

— First of all, the interesting thing about the House of Representatives is that this year will mark the 36th consecutive year or the 18th consecutive Congress where the House will be controlled by the Democrats. Of the 435 House members, 78 percent have no opposition. That leaves only 100 or so that have any competition.

Special interest groups contribute so much money to the incumbents that the newcomers find it difficult to get the financial backing to compete effectively. There are, of course, other factors that contribute to an incumbent retaining his seat (e.g., franking privileges, constituent services, etc.).

In the case of the Senate, there are 33 seats open this year. However, I still don't think the Republicans will end up with a majority for much the same reasons as in the House.

**How will the next Congress affect the defense industry?**

— I don't think the next Congress will affect it in the direct sense. It's not

Congress, but the budget deficit that will have the greatest impact.

Under the Graham-Rudman-Hollings Act, the deficit next fiscal year has to be down by \$46 billion from FY 1989. Anything over the figure of \$100 billion must be sequestered, and 50 percent of the sequestration has to come out of defense. The deficit projection by the Congressional Budget Office is expected to exceed the \$100 billion cutoff by \$67 billion in FY 1990. The projection is revised as economic factors are affected throughout the fiscal year.

What this means is that DoD will have to cut outlays on a 3-to-1 basis. Theoretically, \$33 billion may have to be cut out of defense, and the remaining \$33 billion will come out of all the other executive departments.

**Who do you think Bush or Dukakis would appoint as Secretary of Defense?**

— If Dukakis wins the presidency, it's a good guess that he'll appoint Les Aspin, who is the current chairman of the House Armed Services Committee. However, with a Bush administration, the answer is not quite clear. Although there was some talk of John Lehman (former Secretary of the Navy), he may have difficulty because of the recent procurement controversy. Right now, there is a lot of speculation that former Senator John Tower of Texas will be appointed; but, as I have said, it's really not clear.

**In your view, who will win the presidential race?**

— I think Bush has the potential to win by 5 to 7 percent in the popular vote. One reason is that I feel the Pledge of Allegiance is a core issue outside Washington, D.C. Commentators make light of it, but they fail to realize that it's a different world beyond the Beltway. I also think Dukakis' pictures of malaise and gloom are turning a lot of people off. The misery index (a combination of unemployment, inflation, and interest rates used in the Carter-Ford presidential contest) is a good indicator of how the American people actually feel. Right now, the misery index is much better than when Carter left office. Bush is painting a more positive picture, and that seems to be more appealing to voters. **M**





## ABC's of HOW A PRESIDENT IS CHOSEN

### In simplest outline, how is a President chosen?

— First, a candidate campaigns within his party for nomination at a national convention. After the convention comes a period of competition with the nominee of the other major party and perhaps the nominees of minor parties. The showdown arrives on Election Day. The candidate must win more votes than any other nominee in enough states and the District of Columbia to give him a majority of the electoral votes. If he does all these things, he has won the right to the office of President of the United States.

### What qualifications does the Constitution lay down for those who would become President?

— A president must be at least 35 years old, must have lived within the U.S. for 14 years and must be a "natural-born citizen" — a term never legally defined as a presidential qualification. No person can be elected President more than twice. Nor can a President be elected more than once if he has served more than half the term to which another President was elected. For instance, since Gerald Ford assumed office in only the second year of Richard Nixon's four-year term, Ford could serve as President only one more term.

### Is the outcome of presidential elections influenced by public-opinion polls?

— Many voters, party professionals, and the nominees themselves follow the leading polls carefully. It is debatable, however, whether voters actually are swayed by the results of public-opinion polls. Most experts say they are not. But, though not infallible, the polls do give a fairly good idea of how the campaign is going.

### How is Election Day established?

— Federal law places it on the Tuesday immediately after the first Monday in November, in the fourth year after the previous election of a President. This year, Election Day comes on November 8.

### What role do the presidential electors play?

— When the voters go to the polls on Election Day, they will vote not only for President but for electors as well, and these later meet to elect the President and Vice President. For instance, the person who votes for the Democratic nominee really votes for the electors in his state who are selected by party leaders to vote later for the Democratic nominee. If a person votes for the Republican candi-

date, he is voting for a different set of electors. In some states, names of the electors are listed with the presidential and vice-presidential nominees on their ballots.

### Could a candidate win more popular votes in November than his opponents and still lose the election?

— Yes. That is because the electors vote by states. Assume this situation: The Democratic candidate carries some of the heavily populated states by narrow margins. It then would be possible for him to win more popular votes than his Republican opponent and yet not get enough electoral votes to win.

### How many electoral votes will it take to win in 1988?

— It will take 270, a bare majority of the total 538 electoral votes in the states and the District of Columbia. The same applies to electing a Vice President.

### Must an elector always vote for the presidential nominee of his party?

— No, but they almost always do. For instance, a Republican elector elected in November is personally committed to vote for the Republican presidential nominee. Some state laws even require that an elector vote for the nominee of his party. But if he votes for the nominee of another party — and this has happened — his ballot must be counted as he actually voted.

### How are electors allotted among the states?

— Each state gets a number of electors equal to its full delegation in Congress (the number of its members in the House of Representatives and its two senators).

### How is a President selected if no nominee gets a majority of the electoral votes?

— If no presidential nominee gets a majority in the Electoral College, then the decision is turned over to the House of Representatives. It chooses a President from among the three men with the most electoral votes. Each state delegation casts one vote. A majority of the members of each delegation determines how the state's single vote will be cast. If members of a delegation are evenly divided, then that state's one vote is not counted. A majority of all the states is needed for election. The District of Columbia's nonvoting delegate cannot take part.

### Has the House of Representatives ever decided an election?

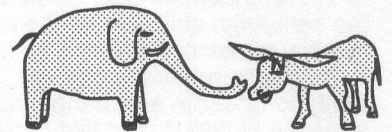
— Yes. The election of 1800 result-

ed in 73 electoral votes each for Thomas Jefferson and Aaron Burr. Jefferson won on the 36th ballot in the House. The election of 1824 gave Andrew Jackson 99 electoral votes, John Quincy Adams 84, William H. Crawford 41 and Henry Clay 37. Since no one received a majority, the election went to the House. Adams won on the first ballot.

### When does the new President take office?

— The present presidential term ends at noon on Jan. 20, 1989. The President-elect starts functioning as President the second he is sworn in that day. **M**

Source: U.S. News and World Report, 1980.



## E-SYSTEMS RECEIVES PATENT

E-Systems has patented a new technique designed to facilitate the splicing of digital audio data. The method was invented by Neil R. Davis, an engineering supervisor at the Fairfax facility.

The invention involves the editing of digital audio data stored on computer discs. When the audio is edited in order to remove or insert segments of material, splicing it back together in a way that will allow for smooth, continuous sound becomes difficult. Davis' method uses a cross-correlation technique to find the best splice point and then connects the first splice segment to the second splice segment. What results is an audio playback that sounds intelligible to the listener.

The new method for audio editing is currently being used in the Melpar product, IRSS. It is one of IRSS's many contributing features which have been successfully marketed. Says Davis, "Since implementation of this new technique, E-Systems has been awarded a number of contracts."

Davis has been with E-Systems for six years. He concentrates a lot of effort on system design and coordination for programs such as BGPHEs, the large Navy system. The patent idea was submitted to the U.S. Patent Office in 1983 and was awarded this past July. **M**



## UNITED WAY WRAP UP

Melpar ended its 1988 United Way Campaign with new highs in contributions and participation by our employees. Employee contributions totaled \$86,770, an increase of more than \$9,000 over 1987. Overall participation was also raised from last year.

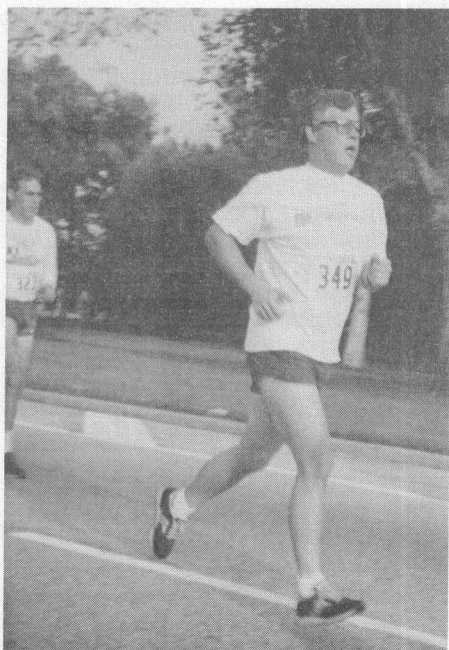
Bill Constantine of Systems Development led this year's successful fund raising effort as Campaign Chairman. He was assisted by Vice Chairmen Al Wavering and Tony Maestri, and Coordinators Susan Plumb and Debbie Sparks.

"I'm very pleased with the enthusiastic response to the 1988 Campaign," said Constantine. He pointed to the enthusiasm and dedication of the campaign solicitors as the real key to the success of this year's fund drive.

Melpar employees had an opportunity to observe and benefit from the services of two United Way agencies. Representatives from the Melwood Horticultural Training Center displayed plants and woodcrafts in the cafeteria. Later, the Washington Hearing and Speech Society provided free hearing tests.

Another highlight of the 1988 campaign was Melpar's team entry in the Ninth Annual United Way 10 K Race.

Chairman Bill Constantine expressed his thanks to all E-Teamers who participated in the Campaign. **M**



Dan Horvath, E-Systems' team captain in the United Way 10K Run, races past the one-mile marker. The team placed third out of six teams in the co-ed category. Other team members who ran included Bill Galbraith, Bruce Jerome, Wiley Peck, Joyce Smith, and Bob Yale. The event took place on Sunday, October 2, in scenic West Potomac Park in Washington, D.C.

## START THE NEW YEAR RIGHT WITH GWU

The George Washington University School of Engineering and Applied Science will hold spring semester 1989 registration at Melpar immediately following the New Year weekend. Master of Science (MS) students in Communications (EE) and in Computer Science (CSci) will register in the Falls Church cafeteria on Tuesday, January 3 from 5:00 to 7:30 pm. Professor Pickholtz 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.

### MS Courses (EE and CSci)

EE 204	Stochastic Signals and Noise. Mondays, Jan. 9 - Apr. 24	Thursdays, Jan. 12 - Apr. 20
EE 241	Information Theory. Thursdays, Jan. 12 - Apr. 20	CSci 224 Artificial Intelligence. Mondays, Jan. 9 - Apr. 24
EE 244	Communication Theory II. Wednesdays, Jan. 11 - Apr. 19	CSci 227 Management Information Systems and Database Management. Tuesdays, Jan. 10 - Apr. 18
EE 249	Computer Communication Networks II. Mondays, Jan. 9 - Apr. 24	CSci 229 Computer Security Systems (Professor Lance Hoffman, instructor). Tuesdays, Jan. 10 - Apr. 18
EE 258	Radio Communication Systems I. Tuesdays, Jan. 10 - Apr. 18	CSci 237 Computing Systems I. Thursdays, Jan. 12 - Apr. 20
EE 277	Satellite Communications Systems. Wednesdays, Jan. 11 - Apr. 19	CSci 267 Operating Systems I. Wednesdays, Jan. 11 - Apr. 19
CSci 217	Computing Algorithms.	

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

Tuition is \$1,173 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 John Williams at (202) 994-7029. **M**

## HealthTalk...

### Blood Cholesterol Levels — What Do the Numbers Say?

Everybody's talking about cholesterol these days — in TV commercials, on talk shows, in popular magazines, and in two current best-sellers.

Nearly all of us know that a high blood cholesterol level is one of the factors linked to heart disease. Most people also know that foods such as red meat, butter, cheese, and milk contain cholesterol. But there's much more to know about cholesterol... and acting on that knowledge may add years to your life.

According to Angela Hare, dietitian for the Fairfax Hospital Cardiac Therapy program, the amount of cholesterol in your diet is only one of the factors that causes elevated blood cholesterol levels. Because the liver produces cholesterol (an essential ingredient of many hormones), some people may be genetically predisposed to manufacturing too much cholesterol. Still, most people can reduce cholesterol levels by 30 percent simply by altering their diets. Hare recommends choosing foods that are low in both cholesterol and saturated fats.

"We need to be as concerned about the saturated fats we eat as we are about cholesterol," says Hare. Saturated fats are high in low-density lipoproteins (LDLs) and low in the high-density lipoproteins (HDLs) needed to remove cholesterol from the body. Many people, for instance, eliminate cream in their coffee only to substitute a non-dairy creamer made with palm oil and coconut oil, both of which are saturated fats.

Certain foods seem to have a special ability to help reduce blood cholesterol levels. These foods include whole bran, found in old-fashioned oatmeal, and oat bran, which can be made into muffins or eaten as a hot cereal. The Omega-3 fatty acids found in fish also reduce cholesterol, but Hare advises against taking fish oil capsules.



# Know Your Benefits...1989 FLEXCOMP MEDICAL COVERAGE

BLUE CROSS AND BLUE SHIELD					
	PLAN A	PLAN B+	PLAN B	PLAN C	KAISER
DEDUCTIBLE	0 — Basic \$100 — Major Medical Two Deductible Maximum	\$100 Deductible Two Deductible Maximum	\$150 Deductible Two Deductible Maximum	\$2,500 Deductible per Family	None
COVERAGE AFTER DEDUCTIBLE IS PAID	100% — Basic 80% — Major Medical	80%	80%	80%	No Deductible — 100% Coverage
PRESCRIPTION DRUGS	Covered at: 80%	Covered at: 80%	Covered at: 80%	Covered at: 80%	0-6 Plan \$0.00 — Kaiser Inhouse Pharmacy \$6.00 — Any Other Pharmacy
MAXIMUM OUT-OF-POCKET EXPENSES	\$100 Deductible plus 20% of Major Medical Charges	\$100 Deductible plus \$500 Out-of-Pocket Expenses	\$150 Deductible plus \$1000 Out-of-Pocket Expenses	\$2,500 plus 20% of Remaining Charges	\$3.00 per Prescription at Peoples Drug Store
MAXIMUM BENEFIT	Basic — No Maximum Major Medical — \$100,000	No Maximum	No Maximum	No Maximum	Copayments for Doctor, Urgent Care Center, or Emergency Room
PHYSICIAN/ LOCATION	Any Independent Practice	Any Independent Practice	Any Independent Practice	Any Independent Practice	Capital Care Participating Physician



## UNDERSTANDING THE CHANGES IN ESOP

Vesting changes will occur in E-Systems' Employee Stock Ownership Plan (ESOP) beginning January 1. These changes will affect shorter service employees slightly differently from longer service employees.

Under the old plan, employees were vested 10% for each year they worked until they became 100% vested in ten years. The new plan, however, fully vests employees in only seven years. After three years of employment, an employee will be vested 20%. Then, for each additional year, vesting will increase by 20% until 100% is reached in the seventh year.

If an employee has been with the company one year and is already 10% vested, do they lose their 10%, or will they have to wait until their third year to be vested 20%? The same question arises with the employee who has been with E-Systems for two years. The answer is no: current vesting is not lost.

Shirley Kissinger of Employee Relations has devised a table that explains how these situations work. "Basically, if you have already been here one, two, or even three years, you will stay on the old plan until your fourth year of employment. By your fourth year, you will be even with the new plan, since both the old and the new plans would have you 40% vested at your fourth year. At that point, those employees on the old plan would switch over to the new plan."

YEARS OF EMPLOYMENT	% CURRENT VESTING	% NEW VESTING
1	10	0
2	20	0
3	30	20
4	40	40
5	50	60
6	60	80
7	70	100
8	80	—
9	90	—
10	100	—

The advantage of the new stock ownership plan is that employees will be 100% vested in ESOP in only seven years as opposed to ten years. Thus, if you have been with E-Systems for seven years by January 1, 1989, you will be 100% vested in ESOP.

## E-SYSTEMS, INC. SALARIED RETIREMENT PLAN

E-Teamers will now be fully vested in the E-Systems, Inc. Salaried Retirement Plan after five years of service (as opposed to the ten-year requirement now in effect.) This is a real plus for many E-Teamers.

Cliff Vesting (five year vesting) means that you will be 100% vested as of your fifth anniversary with E-Systems. Currently, you are not vested until your tenth anniversary. If you are in your fourth year of employment, under the new plan you will be fully vested in the retirement plan in one more year (on your five year anniversary.) However, you have no vesting rights for the first five years of employment. If you have five or more years of service, you will be 100% vested.

### TERMINATION OF MEDICAL COVERAGE

Beginning in 1989, your medical coverage will stop on the last date that you are on the payroll. Currently, each participant is covered under the applicable plan until the end of the month in which termination occurs.

Retirees, however, have the option of extending their current coverage.

## T-CAP LOAN PROGRAM

Again by popular request, E-Teamers will be able to borrow funds from their Tax Advantaged Capital Accumulation Plan (T-CAP) account, beginning in January.

The amount of your loan can range from \$1,000 to \$50,000 depending upon the size of your T-CAP account. If you have more than one T-CAP account, you may select which account the funds should be drawn from. You may repay your loan into any of your T-CAP accounts.

More information about the loan program will be available during Flexcomp enrollment.

## EFFECTIVE 1/1/89 2nd SURGICAL OPINION REQUIREMENT DROPPED

E-Teamers will no longer be required to get a second surgical opinion. However, if you feel a second opinion is necessary, E-Systems will pay a portion of the expense in accordance with your medical plan coverage.

## BASIC LONG-TERM DISABILITY (LTD)

The Long-Term Disability Program provides a continuing income should you become disabled due to sickness or accident. The benefit is totally financed by the plan participants. E-Systems does not make any contributions to this program thus allowing E-Teamers to receive the benefits tax free. (Currently, LTD is paying out \$90,000 a month with 85 people drawing benefits.)

The contribution rate for the Basic LTD program, which pays based on 66 2/3% of the first \$50,000 of salary, has not increased since the inception of the self-funded plan in 1979. However, it is necessary to make a slight increase now in order to keep the LTD Program properly funded.

For 1989, your contribution will be increased by \$.10 bringing the rate to \$.48 per month per \$100 of salary. For example, if your salary is \$30,000/yr., your weekly contribution will increase from \$2.19 to \$2.76 per week. You may compute your new weekly premium by using the following formula: Weekly Salary ÷ \$100 = \_\_\_\_\_ x \$.48 = Weekly LTD Contribution.

If you elect the "no coverage" option when you are hired but later decide to apply for LTD coverage, you will have to provide proof of good health. This generally means having a physical examination and being approved by the corporate LTD committee. Applications are available through your division Benefits office.

This benefit, as all others, is purchased through payroll deduction.

## TENTATIVE FLEXCOMP SCHEDULE

**THURSDAY, 3 NOVEMBER** — 1988 Flexcomp Enrollment Kits distributed to all employees

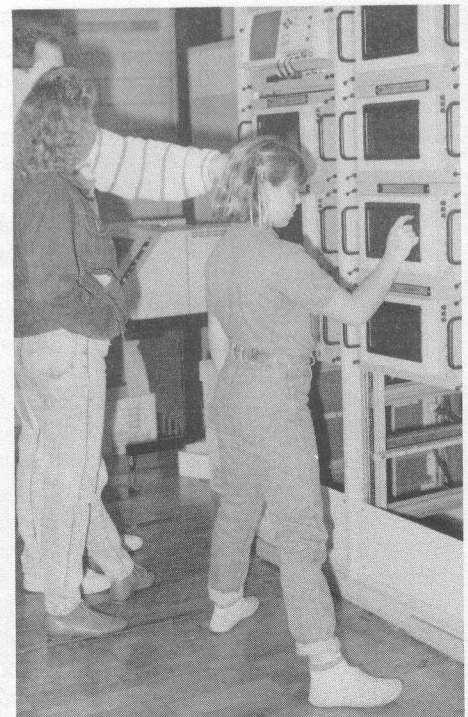
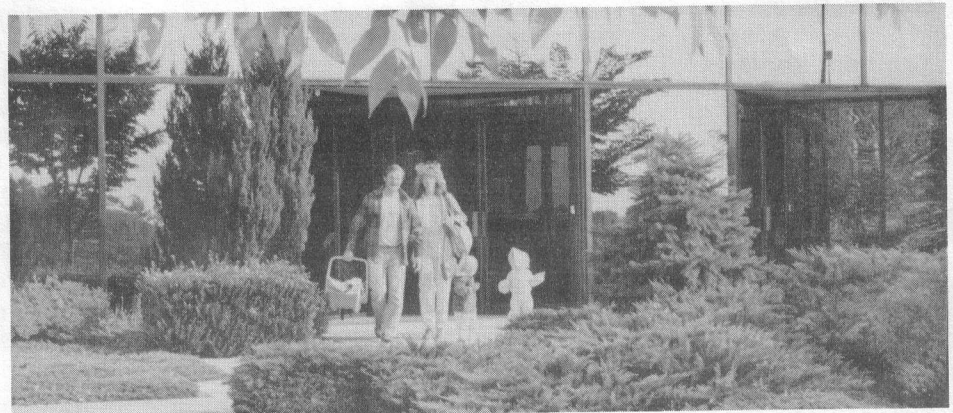
**4 through 7, NOVEMBER** — Flexcomp new hire briefings for all employees hired between 2 October 1987 and 1 October 1988

**THURSDAY, 10 NOVEMBER** — Due date for completed Flexcomp materials



# Melpar's OPEN HOUSE

The first Melpar open house in four years turned out to be a fun-filled day for the whole family. Employees of both the Fairfax and Falls Church facilities took the opportunity on Sunday, October 9, to show their families and friends where they work. Refreshments were served in the cafeterias, and many children and adults found the day to be full of learning experiences. **M**



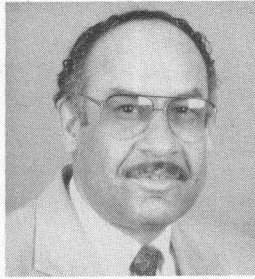


## 1988 SERVICE AWARDS — THIRD QUARTER

### Thirty Year Service:



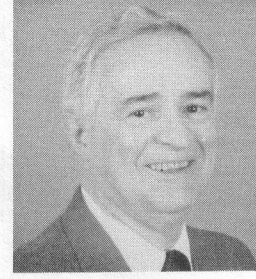
Charles B. Abbott, Jr.



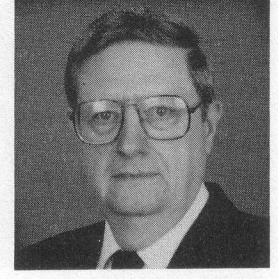
Allen F. Haley



Robert E. Kent



G. William Pierce, Jr.



Albert J. Wavering, Jr.

### Twenty-Five Year Service:

Mary F. Townsend

### Twenty Year Service:

Calvin L. Baker  
Elaine W. Knight  
William T. Mitchell  
Elaine L. Shaffer

### Fifteen Year Service:

Dieter V. Billick

### Ten Year Service:

Carol J. Chausse  
William H. Donnelly  
Michael P. Dutchak  
Arthur R. Ehscheid  
Nancy M. Henry  
Douglas B. Jaynes  
Shirley A. Kissinger  
Dennis Krausman  
Donald R. Lavalley  
Debra M. Moore  
Linda S. Robinson  
Sullivan Scott  
Leslie E. Sheppard  
Norman E. White

### Five Year Service:

Mardel E. Anderson  
Donnan F. Becker  
Glenn D. Boyer  
Robert J. Breinig  
Garry M. Brother  
Richard H. Brown  
Molly M. Bruster  
Christopher J. Bulinkis  
Carlos A. Burns  
Donald R. Cantner  
Sarah A. Chapman  
Michael L. Cooke  
Michael A. Curry  
Brenda K. Davidson  
Susan F. Davis  
Robert A. Dineen  
Hiep T. Dong  
Thamas C. Duncan  
Todd A. Gadomski  
Robert M. Garland

### Five Year Service Cont:

Timothy O. Grapes  
Ronald E. Grenier  
Dale A. Griffiths  
Gary C. Hallock  
Floyd B. Harding  
Henry C. Hodge  
Camile B. Howerton  
David E. Jackson  
Philip F. Joe  
Carl T. Johnson  
Daisy P. Jones  
Morris Kaplowitz  
Jason A. Krause  
Philip R. Lawrence  
Dung N. Le  
Tuan M. Le  
Barbara C. Lee  
Ann L. Leggio  
Martin L. Lemus  
Nancy P. Lindsay  
Lawrence P. Lipke  
Lapchi Lu  
Melanie A. May  
Carolyn A. McCaughan  
Christopher S. McConnell  
Carlos A. McCue, Jr.  
Linda A. Milton  
Frank G. Nadal  
William L. Norton  
Richard A. Olivar  
Khandu J. Patel  
Jacob Pendergrass  
Michael B. Rebak  
Dennis Robinson  
George E. Rudy  
James E. Sclater III  
Hugh L. Shoemaker  
Toni R. Stewart  
David C. Thoma  
Ruth M. Turner  
Michael L. Underwood  
Carol A. Wade  
Marcus T. Walker  
Donald G. Wesley  
Elizabeth G. White  
Sherri L. Winnik  
Callix M. Zenner  
Richard R. Zilka

## Credit Union News...

The Board of Directors is pleased to announce the start of our *Share Draft Checking Program* on November 1, 1988. We developed a program to fit your needs. Share Draft Checking is FREE for members who use *direct deposit* or who have an *average monthly balance of \$400*. The account will *earn interest* when you maintain a *minimum monthly balance of only \$100*. Do you earn interest on your checking account now? What service charge do you pay? Shop and compare. Your credit union can meet your savings and borrowing needs.

*May I direct deposit my check to MEFCU? Absolutely!!!* We can make payroll funds available to you Friday morning of each pay week. Why risk losing your check or making that extra trip after work? Direct your net pay to MEFCU. Forms are available at the credit union.

*May I deposit annuities or retirement funds to MEFCU? Positively!!!* We are now connected to the automated clearing house network and Federal Reserve for any automated deposits. Forms are available at our offices. **M**

### HEALTHTALK Cont. from page 4

How do you know if you need to reduce your blood cholesterol levels? Your basic blood cholesterol level can be checked by running a simple test on blood drawn from a finger prick. However, to get a breakdown of all fats in your blood, including HDLs, LDLs, very low-density lipoproteins, and triglycerides, a larger blood sample must be taken from the vein in your arm and subjected to a more complex lab test.

The National Institutes of Health (NIH) recently revised the guidelines for total cholesterol levels for all adults. These guidelines are:

- 200 or below — acceptable
- 200 to 239 — borderline (you should adopt a low-fat diet)
- 240 and above — high risk (you need to adopt a low-fat diet, preferably with the help of a registered dietitian)

If your cholesterol is more than 200 and you have other risk factors for heart disease (such as high blood pressure, obesity, smoking, or a family history of heart attacks), you might require a diet that restricts your total intake of fats to less than 10 percent of your daily calories.

"The goal is for people to do as much diet intervention as possible to reduce high cholesterol," says Sue Wingate, RN, coordinator of cardiac therapy. "We need to change our habits and the habits of our families, so that we

HEALTHTALK Cont. on page 7



## PROMOTIONS — THIRD QUARTER

**Falls Church**  
 D.M. Alexander  
 L.B. Altizer  
 A.J. Bartholic  
 B.D. Beam  
 A.M. Benedicto  
 R.J. Bergeron  
 T.L. Berona  
 R.S. Bonner  
 T.E. Bridgeman  
 G.M. Brother  
 G.W. Burroughs  
 M. Calloway  
 P.C. Carlson  
 D.B. Collier  
 M.A. Curry  
 R.S. Davis  
 A.G. Dawson  
 R.D. Edmondson  
 M.D. Figueroa  
 P.G. Finan  
 J.R. Finch  
 N.J. Francis  
 S.J. Frederick  
 G.L. Fuller  
 T.A. Gadowski  
 H.J. Gillespie  
 C.W. Granger  
 H.A. Hixson  
 T.C. Hobbs  
 B.D. Hughes  
 J.A. Jarrett  
 W.S. Jenkins, Jr.  
 T.L. Jensen  
 L. Kelly  
 D.J. Kirk  
 K.L. Kissinger  
 P.R. Lawrence  
 M.Y. Layne  
 T.M. Le  
 S.T. Mahon  
 B.J. Malaspino  
 D.L. Marcott  
 J.A. Martinowsky  
 P.L. McClung  
 J.T. Miley  
 G.J. Minor  
 T.W. Mosher  
 J.W. Nannen  
 R.T. Nelson  
 D.V. Nguyen  
 C. Ornstein  
 E.L. Peck  
 W.M. Peck  
 S.O. Peterson  
 W. Peterson  
 L.K. Pittman

**From:**  
 Jr Security Spec  
 Jr Prog Mgmt Asst  
 Prin Sys Engr  
 Assoc Test Engr  
 Plan Spec  
 Assem Tech  
 Clerk A  
 Planner  
 Assoc Fld Engr  
 S/W Analyst  
 Sr S/W Analyst  
 Assembler  
 Data Entry Op  
 Test Tech  
 Sr Elec Engr  
 Sr Cost Analyst  
 Clerk A  
 Programmer  
 Elec Engr  
 S/W Analyst  
 S/W QA Spec  
 Contract Spec  
 Assoc Elec Engr  
 Sr Elec Engr  
 S/W Analyst  
 Govt Property Adm  
 Sr Elec Engr  
 Logistics Aide  
 Prin S/W Analyst  
 Elec Engr  
 Test Tech  
 Design Engr  
 Sr Data Entry Op  
 Clerk /typist  
 Assoc Systems Engr  
 Engr Aide  
 S/W Analyst  
 Assem Tech Grp Ldr  
 Fld Elec Engr  
 Programmer  
 Mach B  
 Comp Opr Trainee  
 Report Secretary  
 Prog Spec  
 S/W Analyst  
 Dupl Mach Opr  
 Programmer  
 Assoc Prog Mgr  
 Material Bus Adm  
 Jr Drafter  
 S/W Quality Spec  
 Sr Elec Engr  
 Mech Engr  
 Programmer  
 Sr Tech Writer  
 Assoc Cost Analyst

**To:**  
 Security Spec  
 Prog Asst  
 Engr Supv  
 Test Engr  
 Assem Tech Grp Ldr  
 Assem Tech Grp Ldr  
 Sr Clerk A  
 Planning Spec  
 Fld Engr  
 Sr S/W Analyst  
 S/W Engr Supv  
 Assem 1 cl  
 Material Asst  
 Sr Test Tech  
 Prin Elec Engr  
 Material Contrl Supv  
 Clerk Typist  
 S/W Analyst  
 Sr Elec Engr  
 Sr S/W Analyst  
 Sr S/W QA Engr  
 Contract Adm  
 Elec Engr  
 Prin Elec Engr  
 Sr S/W Analyst  
 Govt Property Supv  
 Prin Design Engr  
 Report B Typist  
 S/W Engr Supv  
 Sr Elec Engr  
 Sr Test Tech  
 Elec Engr  
 Doc Release Spec  
 Material Req Asst  
 S/W Analyst  
 Sr Engr Aide  
 Sr S/W Analyst  
 Assem Supv  
 Sr Fld Elec Engr  
 S/W Analyst  
 Mach A  
 Comp Opr  
 Exec Secretary  
 Prog Analyst  
 Sr S/W Analyst  
 Drawing Contrl Tech  
 S/W Analyst  
 Asst Prog Mgr  
 Subcontract Adm  
 Drafter  
 Sr S/W QA Spec  
 Engr Supv  
 Sr Mech Engr  
 S/W Analyst  
 Grp Ldr Tech Writer  
 Cost Analyst

**Falls Church**  
 J.H. Radcliff  
 Y.K. Resnick  
 M.E. Richter  
 D.L. Riley  
 L.C. Robertson  
 K.L. Rolfes  
 A.S. Ross  
 T.R. Sammons, Jr.  
 E.T. Schoeneman  
 H.R. Scott  
 S.G. Scott, Jr.  
 A.J. Sinlock, Jr.  
 C.A. Smootz  
 C.A. Snyder  
 M.D. Speaks  
 L.E. Stein  
 R.A. Summers  
 J.S. Swanick  
 V.E. Switzer  
 G.S. Thomas  
 G.J. Trostle  
 P.L. Udell  
 M.A. Weigle  
 R.E. Whitney  
 J.V. Wilcox  
 K. Williams  
 K.W. Wood  
 F.M. Woods

**From:**  
 Plan Spec  
 Prin S/W Analyst  
 Accts Pay Clerk  
 Maint Mech  
 Driver  
 Cost Analyst  
 Tech Editor  
 Programmer  
 Jr Engr Asst  
 Sr Programmer  
 Programmer  
 Shtmtl Mech 2 cl  
 Assem Tech  
 Sr S/W Analyst  
 PC Fab Tech  
 Sr Elec Engr  
 Programmer  
 Jr Graphic Artist  
 Sr Payroll Clerk  
 Sr Logistics Asst  
 Cost Analyst  
 Sr Drafter  
 S/W Analyst  
 Programmer  
 Security Spec  
 Assembler  
 S/W Analyst  
 Programmer

**To:**  
 Mfg Project Coord  
 S/W Dev Supv  
 Sr Accts Pay Clerk  
 Maint Mech 1 cl  
 Driver 1 cl  
 Sr Cost Analyst  
 Sr Tech Editor  
 S/W Analyst  
 Engr Asst  
 Sr S/W Analyst  
 S/W Analyst  
 Shtmtl Mech 1 cl  
 Assem Tech Grp Ldr  
 S/W Engr Supv  
 Sr PC Fab Tech  
 Prin Engr  
 S/W Analyst  
 Graphic Artist  
 Jr Acctg Spec  
 PM Asst  
 Sr Cost Analyst  
 Design Engr  
 Sr S/W Analyst  
 Sr Programmer  
 Security Supv  
 Assem 1 cl  
 Sr S/W Analyst  
 S/W Analyst

**Fairfax**

W.L. Ahrens  
 D.T. Bailey  
 A.M. Beck  
 J.V. Bullett  
 S.F. Davis  
 G.L. Ehlers  
 B.D. English  
 C.H. Esche  
 B.S. Foster  
 D.A. Griffiths  
 S.D. Halbach  
 C.G. Holness  
 A.G. Hopke  
 E.E. Lucas  
 I.L. Moore  
 J.F. Morley  
 B.D. Oldridge  
 L.A. Partlow  
 W.A. Patten  
 C.E. Snyder, Jr.  
 L.S. Stofko  
 C.L. Stone  
 D.E. Thompson  
 M.C. Valdez  
 H.P. Willis

Sr Test Engr  
 Sr Engr Tech  
 Sr Engr Tech  
 Assem 1 cl  
 Job Security Spec  
 Elec Engr  
 Prin Engr  
 Sr Metrology Tech  
 Sr Test Tech  
 Facil Layout Tech  
 Facil Layout Tech  
 Assem 1 cl  
 Prin Engr  
 Jr Metr Asst  
 Dupl Mach Opr  
 Assem Tech  
 Security Adm  
 Jr Metr Engr  
 Elec Engr  
 Programmer  
 Assem 1 cl  
 Contract Adm  
 Programmer  
 Sr Security Clerk  
 Sr Design Engr

Prin Test Engr  
 Jr Fld Elec Engr  
 Jr Elec Engr  
 Assem Tech  
 Sr Security Spec  
 Sr Elec Engr  
 Engr Supv  
 Jr Metrology Engr  
 Jr Test Engr  
 Jr Architect  
 Jr Architect  
 Assem Tech  
 Engr Supv  
 Jr Metr Asst Grp Ldr  
 Drawing Contrl Tech  
 Sr Engr Tech  
 Security Supv  
 Assoc Metr Engr  
 Sr Elec Engr  
 S/W Analyst  
 Assem Tech  
 Sr Contract Adm  
 S/W Analyst  
 Security Asst  
 Prin Design Engr

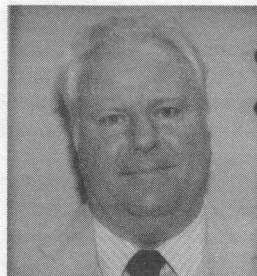
## RETIREES

## HEALTHTALK Cont from page 6

feel like it's normal to eat foods low in cholesterol and saturated fats," she says.

The changes may seem hard to get accustomed to at first. The good news is that making these changes will help reduce your risk of heart disease. "For every 1 percent that we decrease our overall cholesterol level, we decrease our risk of heart disease by 2 percent," says Wingate. **M**

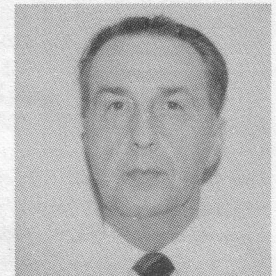
HealthTalk is a community service of Fairfax Hospital, Falls Church, Va.



Donald L. Fitzpatrick  
5 years



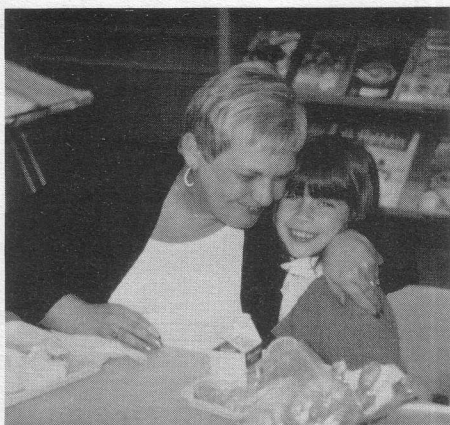
Natalie J. Gross  
3 years



James W. Osmer, Jr.  
10 years



## GRAHAM ROAD KIDS BACK IN ACTION



Betty Anne Hahn shares a happy moment with a student at Graham Road.

With the start of a new school year, the students at Graham Road are anxious to reestablish relations with the employees at Melpar. Last year's program was very successful, with several employees having lunch with the children every week and helping in the *English As A Second Language* (ESL) program. Tuan Le, a Melpar employee who volunteered a lot of his time, even took the initiative to put together a children's book on Christmas stories from around the world.

E-Systems formally "adopted" the school last year as a part of Fairfax County Public Schools' "Adopt-A-School" program. The program is designed to incorporate modern technology into the classroom and have local businesses sponsor the schools.

This year, Melpar wishes to continue the warm relationships established between its employees and the children at Graham Road. We are also seeking the participation of more employees. The children's enthusiasm for our support is really great this year.

The Lunch Pal Program, which couples a student with a Melpar employee once every other week, will continue this year. We will also begin a Pen Pal Program with the students. This is the kind of participation that will surely be to the delight of the students while taking a minimum amount of volunteer time from employees. There are many children at Graham Road who would like to have an E-Systems pal of their own, so the more volunteers the better. If you would like to volunteer or hear more about some of our programs with Graham Road Elementary School, call Larry Edwards, ext. 1606, or Tricia Reneau, ext. 2717. **M**

## Sports Corner

### WOMEN'S SOFTBALL TEAM COMES IN SECOND

Congratulations to the Melpar Stingers who finished their season in second place with a record of 15 wins, 5 losses, and 1 tie. With all of the players returning from last year, the consistency of strong hitting and defensive fielding resulted in more wins than in previous years. Most games were won by five or more runs.

Even when Jerry Coffey stepped down as coach and the games were played in 100 degree heat, the team never lost their competitive spirit. The Stingers went into the playoffs as the Division V favorites and tied for fifth out of 12 teams. On August 11, Loretta Thompson and Gina Thomas represented the team at the All-Star Game.

The Melpar Stingers includes Linda Andahazy, Billie Clark, Marlene McDaniel, Nancy McLaughlin, Maureen Murray, Gina Thomas, and Loretta McDaniel.

Although Linda could not participate this season, the team knew she was behind them all the way. Everyone dearly missed its devoted, high-spirited outfielder and friend, Linda Andahazy. Our trophy, which can be viewed in the Falls Church lobby, is dedicated to her and her family.

- Editor's note: Those women who are interested in playing for the Melpar Stingers next year should contact Billie Clark, ext. 2380. **M**

### MELPAR'S HOLIDAY CRAFT FAIR

Is the thought of Christmas shopping already giving you headaches? Are you having nightmares of fighting crowds and traffic in an endless search for the perfect gift? Well, take heart! This year, you can do your holiday shopping here at Melpar!

On Wednesday, November 16, Melpar employees will be privy to some of the finest crafts in the area as thirteen of our fellow E-Teamers display their goods at Melpar's Holiday Craft Fair. A partial list of the wares to be sold includes calico cats and teddy bears, decorative ceramics and woodworks to spruce up a home or office, various forms of paintings meticulously created by talented artists, and even hand-made wreaths and Christmas tree orna-

ments to help bring the holiday cheer into your home.

The Craft Fair will be held during lunchtime from 11:30 am to 1:00 pm in the cafeteria at Falls Church. This is your opportunity to save yourself some holiday shopping grief, so don't miss it! **M**

## MELPARTICULARS

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