



FOCUS ON ERO:

The Early Retirement Opportunity

I believe the "Early Retirement Opportunity" is appropriately named. Dr. Heckert's video presentation describes this one-time modification to the company retirement plan as an opportunity for many employees to "begin their tomorrow today". Some have already greeted the announcement with enthusiasm and can't wait for April 8th. For others, it means careful financial analysis to determine if retirement is affordable. The rest of us may be more concerned with the future direction of our company, and more specifically, the future of the Brevard Plant.

As I see it, we should focus our thoughts on *opportunity*. Those electing to take retirement will not be replaced by new hires, and although the task may be difficult, this presents an opportunity to close ranks and find new and better ways to do our job. The company as a whole will improve its competitiveness world-wide by reducing operating costs and improving productivity, and the Brevard Plant will benefit from the same improvements at a time when our own business faces major challenges to reduce costs.

Every change presents an opportunity.

I believe this change, and others, will result in a stronger, more competitive organization which will continue to offer excellent opportunities to those who work within it.

John Golden

Our QUALITY is PICTURE PERFECT!



Photo: Mel Everingham



JEAN LYDA, Finishing "C" shift, is the Grand Prize winner in the Quality Slogan Contest. "OUR QUALITY IS PICTURE PERFECT" wins the \$100 top prize, but her check also includes \$25 for "Brevard—Our Film Is the Picture of Quality", a second place winner. The contest story is on page 6.



Photo: Mel Everingham

THE WINNING WORDSMITHS in the Quality Slogan contest are left to right: Jerry Salatino, Jerry Stephenson, Ken Lewis, Jean Lyda, Lee Guillebeau, John Garren, Don Messer, and Eddie Frost. Other winners are Bill Demer, Mel Everingham, and Mack Shuler.



"HEALTH HORIZONS" Coming To Brevard

by John Nolan

In the coming months, you will be hearing more about a program called "Health Horizons". This is an introduction to the program and what it can mean to you.

Health Horizons is a voluntary health improvement program that will be offered to Brevard Plant employees to help them reduce the risk of preventable illness while living a healthier and more productive life.

It is a fact that 2 out of 3 serious illnesses in the United States are attributable to personal choices we make regarding eating, drinking, smoking and physical fitness. Our "lifestyle" determines our energy level, health and life expectancy.

In du Pont, the major causes of disability and death are the same as for the general population of the U.S.: the number one cause of death for du Pont employees is cardiovascular illness such as stroke, heart attack and blood-pressure related problems. 55% of all employee and retiree deaths are due to these conditions; they also account for one out of five disabilities that last more than one week. The second leading cause of death is cancer, which accounts for 25% of employee and pensioner deaths. In the company, as in the nation, lung cancer is the most common form.

We have learned a great deal about the causes of cardiovascular disease in the last 20 years. We know that cigarette smoking, high blood pressure and elevated serum cholesterol levels are major contributors, along with sedentary lifestyle, obesity, diabetes, poor stress management and exces-

sive alcohol intake. Our understanding of certain cancers has also improved greatly.

Health Horizons is aimed at helping you reduce your risk of preventable illness and premature death. The program will be introduced in special group sessions around the end of March. The decision to participate is yours.

Those who choose to participate will be given a risk survey form with questions about lifestyle aspects which affect health and longevity. Some time later, you will receive a confidential Health Risk Appraisal based on your survey results. You will be advised of areas to focus on to improve your health. The plant medical staff has been specially trained to advise employees concerning the Health Risk Appraisal. This advice may include an offer of classes on such things as fitness, weight control, nutrition or help with breaking the smoking habit—whatever is needed to improve your health.

Some parts of the program are already in place, such as your subscription to "Your Health and Fitness" magazine, and the blood pressure monitor in the cafeteria.

Plans are to repeat the survey in two years to evaluate your progress toward more healthful living.

Du Pont wants to help you live a healthier, happier, more enjoyable life. The Health Horizons program is designed to help employees help themselves to that better life. If you participate, you may find that feeling better and living longer are just over the horizon for you.