



National Aeronautics and Space Administration
Goddard Space Flight Center

Wallops Flight Facility, Wallops Island, Virginia

Inside Wallops

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Astronaut Alan Shepard Dies at Age 74

Mercury and Apollo Astronaut Alan B. Shepard, Jr., the first American to travel in space and only one of 12 humans who have walked on the Moon, died early July 22 at age 74.

A former Navy test pilot and one of the original seven Mercury astronauts named by NASA in 1959, Shepard died in his sleep at Community Hospital near Monterey, CA.

Shepard became the first American in space on May 5, 1961 riding a Redstone rocket on a 15-minute suborbital flight that took him and his Freedom 7 Mercury capsule 115 miles in altitude and 302 miles downrange from Cape Canaveral, FL.

Buoyed by the overwhelming response to Shepard's flight, President John F. Kennedy set the nation on a course to the Moon, declaring before a joint session of Congress just three weeks later, "I believe this nation should commit itself to achieving the goal, before the decade is out, of landing a man on the Moon and returning him safely to the Earth."

Over a three and a half-year period from July 1969 to December 1972, a dozen



Alan Shepard getting into the Mercury capsule Freedom 7 on May 5, 1961, carrying him on a suborbital flight which made him the first American in space.

Americans explored the lunar surface. Shepard was named to command the Apollo 14 mission and on Feb. 5, 1971 became the fifth man to walk on the Moon.

Only four of the original seven Mercury astronauts are now living: Walter Schirra, Gordon Cooper, Scott Carpenter, and John Glenn.

Wallops Shorts.....

Aircraft Office Chief Appointed

Arnold Torres, Director of Suborbital Projects and Operations, has announced the appointment of **John T. Riley** as Chief of the Aircraft Office (Code 830) effective June 21, 1998.

Balloon Launch

A 29.47 million cubic foot NASA scientific balloon was successfully launched July 18 from Palestine, TX. The 6 hour, 49 minute flight was an engineering test of TOPHAT launch procedures. The principal investigator was Erich Klein, National Scientific Balloon Facility.

Emergency Medical

Wallops Fire Department EMTs responded to two calls for mutual aid from Accomack County 911. On July 18 personnel responded with an ambulance to a residence on the Chincoteague Road to assist an asthma attack patient. EMTs responded to a call in Oak Hall for a patient with shortness of breath on July 19.

Nearby Star Cluster Yields Insights Into Early Universe

NASA's Hubble Space Telescope has taken a "family portrait" of young, ultra-bright stars nested in their embryonic cloud of glowing gases. The celestial maternity ward, called N81, is located 200,000 light-years away in the Small Magellanic Cloud. These are probably the youngest massive stars ever seen in the nearby galaxy.

The nebula offers a unique opportunity for a close-up glimpse of the "firestorm" accompanying the birth of extremely massive stars. Such galactic fireworks were much more common billions of years ago in the early universe, when most star formation took place.

"This is giving us new insights into the physical mechanisms governing star formation in far away galaxies that existed long ago," says Mohammad Heydari-Malayeri, head of the international team of astronomers who made the discovery using Hubble's Wide Field and Planetary Camera 2.

These observations show that massive stars may form in groups. "As a result, it is more likely some of these stars are members of double and multiple star systems," says Heydari-Malayeri. "The multiple systems will affect stellar evolution considerably by ejecting a great deal of matter into space."

NASA Administrator Daniel S. Goldin on the Death of Alan Shepard

"The entire NASA family is deeply saddened by the passing of Alan Shepard. NASA has lost one of its greatest pioneers; America has lost a shining star.

Alan Shepard will be remembered, always, for his accomplishments of the past: being one of the original seven Mercury astronauts, for being the first American to fly in space, and for being one of only 12 Americans ever to step on the Moon. He should also be remembered as someone who, even in his final days, never lost sight of the future.

On behalf of the space program Alan Shepard helped launch, and all those that space program has and will inspire, we send our deepest condolences to his wife Louise, their children, and the rest of the Shepard family.

Alan Shepard lived to explore the heavens. On this his final journey, we wish him Godspeed."

Maryland Firm Chosen To Provide Test Support

LB&B Associates, Inc. of Columbia, MD, a small, minority, woman-owned business, has been selected for award of a contract to provide test operations support for the Science and Engineering Directorate at Marshall Space Flight Center.

The contract will start with a one-year basic period, followed by four one-year options, which may be exercised at NASA's discretion. If all options are exercised, the contract would be worth as much as \$30,930,739.

The work to be performed under the contract includes technician support to operate and maintain test facilities in the propulsion laboratory at Marshall.

Proposals for this work were solicited nationally. The procurement was handled under the Small Business Administration program limiting competition to qualified small and disadvantaged businesses. These services were previously provided by Consolidated Industries Inc., Huntsville, AL.

A Word About Fats

by Dianne Hargrove, R. N.

Scientists are not certain that fats or cholesterol in foods raise blood pressure, but do know that dietary fats and cholesterol definitely affect your heart and blood vessels.

Fats, especially saturated fat, play a big role in increasing the cholesterol in your bloodstream. This increases your chance of developing heart disease.

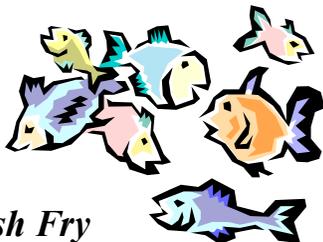


Saturated fat is often found in foods from animals. This includes fatty meats, the skin of poultry and whole-milk dairy products, such as butter, cheese, cream and ice cream. It also is in coconut, palm kernel and palm oils. These oils are found mostly in processed foods, such as baked goods, snack foods and crackers. If you use a food high in saturated fat, keep the amount small. Instead of butter, try tub or liquid margarine or liquid vegetable oils such as canola, corn, olive, peanut, safflower, sesame, soybean and sunflower.

Keep in mind, all fats have the same amount of calories. If you need to lose weight, limit the amount of fats you consume. Fat is the richest source of calories. Foods lower in fat also are more likely to be lower in calories, if you limit the serving size.

Research shows that eating a lot of fruits and vegetables and low fat dairy products can lower blood pressure as much as some medications. These foods supply plenty of potassium and calcium. Potassium is especially important for blood pressure.

**THRIFT SAVINGS PLAN
OPEN SEASON
ENDS JULY 31**



***Fish Fry
All-You-Can-Eat***

***August 14
4:30 p.m.
Building F-3***

Fried Fish, Corn-on-cob, String Beans, Hush Puppies, French Fries, Melons

\$7 per person (sodas 50 cents each).
Children under 12 - \$3.50.

Tickets are available from Dave Smith, x1316 or Nicole Turner, x1168 and at the Rocket Club.

Upcoming Training

Managing Personal Growth

Aug. 18-19, 1998
8:30 a.m. - 4:30 p.m.

This workshop provides an opportunity for employees to create personal development plans using detailed self-assessment and supervisor feedback data. Prior to the workshop, participants complete self-assessment instruments that yield important information about their work values, the perceived importance of various skills to their current job, their level of development in these skill areas and other performance variables. The employee's immediate supervisor provides external feedback. By comparing self-assessment and supervisory feedback data, participants can:

- Understand and manage the differing values that they, the organization, and their supervisor bring to the workplace
- Identify their personal strengths and improvement opportunities within the job skill matrix
- Discover possible sources of miscommunication between themselves and their supervisor
- Evaluate their current and future career path.

Note: Pre-work materials for the course will be distributed from the MEC. If you do not receive your pre-work at least 10 days prior to the start of the course, call Lisa Hickman, x1015.

Grammar and Punctuation Review

Sept. 28-30, 1998
9 a.m. - 4:30 p.m.

This workshop reviews basic rules of grammar and punctuation. It does not analyze all aspects of English usage; instead, it focuses on the most common troublesome problem areas (e.g., commas vs. semicolons, that vs. which, who vs. whom). Participants are, in part, responsible for determining course content by bringing samples of work-related documents to class.

Those planning to take "Effective Writing," or who need to refresh their understanding of grammar and punctuation, should attend this course.



Name That Tune

***July 29 — 7 p.m.
Building F-3***

***Prizes Will Be
Awarded***

Contact Jan Neville, x1526 or Bob Tittle, x1244

Reporting Information Technology Incidents

It is required that all incidents involving Information Technology (IT) resources used to process, store or transmit government information be reported. Incidents are to be reported through your Data Processing Installation Information Technology Security Official (DPI-ITSO) to the Center Information Technology Security (ITS) Manager.

The following must be reported as incidents.

- 1) all unauthorized access attempts (successful or not)
- 2) unauthorized user gaining root access
- 3) scanning or probing by any unauthorized user
- 4) unauthorized user gaining access to a user account
- 5) waste, fraud, damage, or loss (theft) of government (IT) resources
- 6) The discovery of a vulnerability, especially one that may affect other NASA IT resources.

The current list of DPI-ITSOs can be found at: <http://cne.gsfc.nasa.gov/security/dpi-itso.html>

The information required to be included in the incident report can be found at <http://cne.gsfc.nasa.gov/security/reporting-incidents.html>

For further information call Warren Williams, x1639.

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