Twenty-six teachers from throughout the Northeastern United States spent last week at Wallops participating in the NASA Education Workshop (NEW). During the week, the teachers learned about research conducted at Wallops and discussed how this research can be applied to classroom curriculum. This is the fourth year Wallops has hosted a NEW group. Prior to coming to Wallops, the group spent a week at GSFC, Greenbelt.
**Weight Loss and Maintenance**

*Fit For A Lifetime*

- Losing weight is simply scientific: a person must burn up more calories than are taken in. This can be done by either eating less or exercising more.
- Combining diet and exercise is the most effective way to shed pounds.
- Exercise has more benefits than just burning calories. Exercise can decrease the appetite, make the dieter feel better and continue to burn calories at a higher rate for some time following the workout.
- Women face more of a challenge losing weight than men do. Women need fewer calories than men. So they must decrease caloric intake more than males just to lose the same amount of weight.
- Consult your physician before embarking on any weight loss or exercise program.
- Aim for a moderate weight loss of one to two pounds a week. Losses greater than this tend to be water and lean muscle tissue, not fat.
- Reduce portion sizes but maintain a balanced diet. Eat grains and cereals, fruits and vegetables, fish and lean meats with all fat removed before cooking and low- or non-fat dairy foods.
- Limit your intake of fats, sweets and high-calorie foods.
- Exercise regularly and as often as your doctor recommends.
- Count calories if it is helpful. Drink 6-8 glasses of water daily.
- Once your pounds are shed become aware of the eating habits that put on the weight. Stay with the foods you were eating on your diet, but make the portions a little larger. Continue to exercise regularly.

**Annual Beach Cleanup Set**

The annual beach cleanup on Wallops Island is scheduled for September 14. The activity is part of the U.S. Coastal Cleanup.

Material collected is classified and tabulated. This information goes to the Center for Marine Conservation, which monitors the health of the U.S. coastline.

The collection begins at 9:00 a.m. and takes about two hours. The Wallops Island beach cleanup is open to employees, family and friends that are U.S. citizens.

To register, call the Public Affairs Office on x1139 or email Elizabeth.B.Flowers.1@gsfc.nasa.gov by September 11.

**Construction Safety & Health Training**

- **Crane Operations & Rigging Safety Refresher**
  - Registration due date: August 28, 2002
  - Construction Safety & Health
  - September 17-20
  - 8 a.m. – 4 p.m.
  - Building E-2 Classroom

- **Crane Operations & Rigging Safety Refresher**
  - September 19
  - 8 a.m. – noon
  - Building E-2 Classroom

- **Construction Safety & Health**
  - The information in this course will help make construction activities safe and help comply with OSHA regulations.
  - Information covered includes an introduction to OSHA construction standards; hand and power tool; health hazards and personal protective equipment; electrical safety in construction; construction equipment; signs, signals, and barricades; steel erection; confined space entry; safety management programs; and new construction standards.

**Crane Operations & Rigging Safety Refresher**

This course promotes crane safety awareness and the understanding of industry, OSHA, and NASA standards and regulations pertaining to overhead crane operations. It serves as a refresher in overhead crane safety and awareness for operators, riggers, signalmen, supervisors and safety personnel. Areas of concentration include general safety in crane operations, testing, inspections, pre-lift plans and safe rigging.

These courses are offered at no cost to all NASA and contractor employees.

For information contact Dwayne Rye at: darye@pop800.gsfc.nasa.gov or call extension 1884.

**Aerobics Club News**

A new six-week session with the Wallops Aerobics Club is starting.

Come over to the Gym (Building D-10) and join in.

**Class Schedule**

- **Toning** on Monday and Wednesday
  - noon - 12:30 p.m.

- **Step Aerobics/Toning** on Monday and Wednesday
  - 5 – 6 p.m.

**Aerobics on Tuesday and Friday**

- **noon - 12:30 p.m.**

**Tailgate Sale**

August 14

11:30 a.m.

Flag Court Parking Lot

(across from the cafeteria)

If it rains, the Tailgate Sale will be held in the pavilion between Building F-10 and the softball fields.

**Mark your calendar**

**Wallops Flight Facility**

**American Heritage Week**

October 7 – 10, 2002

**Wallops Aerobics Club**

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**Wallops Morale Activities Committee**

**Lobster Fest**

6 p.m.

August 23

Building F-3

A few tickets are still available at $15 per person. Contact Karen in the Wallops Exchange on x2020.

**For Sale**

- Pug puppies - AKC registered, 7 weeks old, vet checked - first shots, father – DNA certified. Both parents can be seen. Call Sandy Bowden on (757) 824-0046 after 5 p.m.

- Wolff Portable Tanning Bed (i.e. one side only)
  - Type: 1000 SH; 110 V; 600 W. All bulbs are still available at $15 per person.
  - A few tickets are still available at $15 per person. Contact Karen in the Wallops Exchange on x2020.

- **Lobster Fest**
  - 6 p.m.
  - August 23
  - Building F-3

- **For Sale**
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- **Mark your calendar**
  - Wallops Flight Facility American Heritage Week
  - October 7 – 10, 2002