The NASA Goddard Space Flight Center and the University of Maryland, Eastern Shore (UMES) signed an agreement, Nov. 20, to provide collaborative activities leading to new educational opportunities for UMES students.

Arnold Torres, Director of Suborbital Projects and Operations said, “This agreement will lead the partnership that has existed between the institutions for nearly two decades another step into the next century. The opportunities provided by this agreement will enhance the learning experience for UMES students and help prepare them for their future.”

“The agreement between UMES and the NASA Goddard Space Flight Center extends ongoing relationships between the two agencies,” said UMES President Dolores R. Spikes. “It will provide valuable experiences for UMES students and help prepare them for their future.”

“Provide the faculty and students the opportunity to broaden their educational skills through practical experience relative to planning, designing and conducting scientific experiments,” according to the agreement.

A major emphasis will be placed on students using suborbital vehicles managed at Wallops. These vehicles include sounding rockets, scientific balloons and remotely piloted aircraft.

Through projects using these vehicles, students will gain experience in management; experiment design, fabrication, testing and calibration; data analysis; and documentation.

Torres said, “We are looking forward to working with UMES in educating and developing the next generation of scientists and engineers.”

**International Space Station Crews Named**

The first four crews to live and work onboard the International Space Station (ISS) were recently announced by the U.S. and Russian space agencies.

“This is an historic step in the evolution of the International Space Station,” said Randy Brinkley, manager of the International Space Station. “These assignments are a clear indication of the maturity of the space station and the exciting reality that the ISS will soon be operational.”

The first increment crew consists of American astronaut William M. Shepherd (Capt., USN), the expedition commander; Yuri Gidzenko (Col., Russian Air Force), the Soyuz vehicle commander; and cosmonaut Sergei Krikalev, the flight engineer. All three have previous space flight experience. The crew is training for an early 1999 launch on a Soyuz vehicle for a planned five-month mission on the ISS.

Shepherd, Gidzenko and Krikalev will be relieved in the summer of 1999, when the second incremental crew is scheduled to arrive aboard Space Shuttle Atlantis. That crew will be commanded by Russian Cosmonaut Yuri Usachev. He will be joined by American astronauts James S. Voss (Col., USA) and Susan J. Helms (Lt. Col., USAF). All three also have flown in space before.

The third will begin a two-month mission launching aboard a Soyuz spacecraft in late 1999. That crew will be commanded by American astronaut Kenneth D. Bowersox (Commander, USN), Russian cosmonauts Vladimir Dezhurov, (Lt. Col., Russian Air Force) the Soyuz vehicle commander, and Mikhail Turin, the flight engineer, will join Bowersox to complete the crew.

These crews will continue the on-orbit construction of the space station through a series of scheduled space walks throughout the course of the first four missions. They will perform flight tests of the station hardware, conduct internal and external maintenance tasks, and develop the capability of the station to support the addition of science experiments.

For information on the International Space Station, visit the space station home page at URL: [http://station.nasa.gov](http://station.nasa.gov)
Looking for a Ride - The Van Has Room

The Melfa van pool to Wallops was started in 1976 as a means of providing inexpensive transportation and convenience to NASA employees. In order to continue service, the Melfa van pool needs riders. The van is capable of carrying 14 riders plus the driver. At the present time, there are seven riders.

Stops are being made at Melfa and Four Corner Plaza, but can be made at any other convenient location along Route 13. The cost is $50 per month. For further information call Phil Lewis, x2434.

Weather the Winter by Dianne Hargrove, R.N.

It’s the cold and flu season. The only way to catch a cold is to pick up a virus through contact with someone who has a cold.

Cold viruses can survive up to three days on hard surfaces, on some types of fabric and even on the skin. Wash your hands frequently and keep them away from your eyes, nose and mouth.

No doubt you’ll get some temporary relief for a scratchy throat after drinking one of the new powdered flu/cold remedies that mix with a hot liquid. But would you be better off than you would with an over-the-counter cold pill and a cup of hot tea or a bowl of chicken soup?

Most of the powders contain a fever-reducing agent such as acetaminophen, a decongestant, an antihistamine and possibly a cough suppressant. While these ingredients relieve some common symptoms, none has any effect on cold or flu. Rather than taking compounds that contain drugs you may not need, try attacking each symptom separately.

Take aspirin, ibuprofen, or acetaminophen for aches and fever and a decongestant for congestion. Cough clears the airways, so take a cough suppressant only for a dry cough that prevents you from sleeping. If coughing up mucus, an expectorant may help loosen it. Avoid antihistamines which are for allergies, not colds and flu.

How much rest you need depends on how you feel. Staying home from work or school for a couple of days will prevent further spread of the infection to others. Remember that most flu/cold sufferers begin to feel better after three to four days. In the meantime, keep warm, curl up with a good book or video tape, and make a pot of the proven remedy — chicken soup.

Note: Do not give aspirin to children with a fever. Use acetaminophen or check with a pediatrician.

Open Season


For more information call x2394 or 66-8208.

Wanted -- Christmas Decorations

The Morale Activities Committee needs “goods” to use as decorations for the Wallops Christmas Open House.

The Decorations Committee needs two or three clear or frosted plastic balls that resemble the glass globes on old-fashioned street lights. They still need old toys such as — some wooden ones, like a child’s chair, a doll’s hi-chair, some BIG dolls, some large trucks and cars, a rocking horse, etc.

Thank you, BARBARA JUSTIS for the stuffed animals and KAREN EICHELBERGER for the old wooden window sashes!!!!

Contact Terry Ewell on x1133 or by E-mail: terry.ann.ewell.1@gsfc.nasa.gov

Happy Thanksgiving

Mike Bundick (Code 255.1) left, and Scott Webb (Code 228) center, talk to students during the Career Fair at Northampton Middle School, Machipongo, Va. on Nov. 19.

PAO Digital Photo

Sincere sympathy is extended to the family and friends of James J. Hunter who died Nov. 13 in Shore Memorial Hospital. Hunter retired in 1984 as a contract specialist in the Wallops Procurement Branch.

Note to Retirees................

The Wallops Retirees and Alumni Club will meet at noon on February 4 in the Williamsburg Room of the Cafeteria. Anyone planning to attend should call Darlene Floyd (757) 336-5662.

The next issue of Inside Wallops will be Dec. 8.