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 commit itself to achieving the goal, later, “I believe this nation should session of Congress just three weeks before the decade is out, of landing a man on the Moon, declaring before a joint

Kennedy set the nation on a course to

NASA's discretion. If all options are

The work to be performed under the

Maryland Firm Chosen To Provide Test Support

L&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 Engineer-

Nearby Star Cluster Yields Insights Into Early Universe

NASA’s Hubble Space Telescope has taken a “family portrait” of young, ultra-bright stars nesting 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.”
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.

A Word About Fats
by Dianne Hargrove, R. N.

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.

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.