Earth Day Celebration -- April 22

From a Hybrid Car to Snakes and Sea Life It was a Great Day!

Wallops Shorts…………
Ed Parrott and Caroline Turner took part in the Earth Day Meet at Pemberton Park Elementary School on April 20.

David Lassiter, NASA Electrical Engineering Branch, was a judge for the Eastern Shore Science Fair held at Eastern Shore Community College on April 24.

Henry Cathy, Physical Science Laboratory, New Mexico State University (NMSU); Craig Stallings, Computer Sciences Corporation; and Magdi Said and Bernice Merritt, NASA Balloon Program Office participated in a Open House at the Suborbital Center of Excellence at NMSU on April 20. In addition to students from NMSU, Auburn University and Colorado Space Grant Consortium, approximately 600 middle and high school students from the local area attended.
Fitness walking gets the body out doors, relaxes the mind, restores the soul, strengthens bones and works the heart aerobically.

**Advantages of walking:**
- Proper shoes are the only equipment needed.
- Can be incorporated into ordinary routines.
- Less stress on joints than jogging.
- Injuries from walking are rare.
- Scenery can be enjoyed.
- Walking is less exhausting than running, especially in hot weather.
- Walking at an optimum pace can raise the heart rate to a target zone for ideal cardiovascular conditioning.

Join the lunch time bunch, walk for your physical and mental health!

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**Upcoming Training**

**Retirement Planning Workshop**

Civil Service -- CSRS/FERS

June 16-18

9 a.m. - 4 p.m.

Building E-2 Training Room

**Description**

Workshop topics consist of CSRS/ FERS, FEGLI, FEHBP, Disability, Deposit/Redeposit; TSP, Annual/Sick Leave, Annuity Calculation, Best Date to Retire, COLA’s, Survivor Benefits, etc.

CSRS/FERS Employees who are 3 - 5 years from retirement or retirement eligible and their spouses should attend. For more information visit: http://ohrcoursecatalog.gsfc.nasa.gov/search/description.cfm?course=981

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**EAP LUNCH & LEARN**

Happiness and the pursuit thereof: What does it mean and how do we achieve this lofty goal, but simple state of feeling?

Bring your lunch and join Tom Northern, Employee Assistance Program counselor, Tuesday, April 27 in the Williamsburg Room, Building E-2, from 11:30 a.m. to 12:30 p.m.

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**May Events at the NASA Visitor Center**

1 p.m., Saturday, May 1

**Model Rocket Launch**

A model rocket launch will be held at the Visitor Center. The launch will be canceled if it is raining or winds exceed 18 mph.

1 p.m., Saturday, May 8

**“Kite Flight”**

Learn all about the kites and how they fly! The kids will build and fly their own sled kite. The program lasts 45 minutes.

1 p.m., Saturday, May 15

**“Eye on the Ocean”**

With the use of satellites, we can obtain a better than “birds-eye” view of Earth’s oceans. During this 30-minute program, students will discover our blue planet in a new light.

1 p.m., Saturday, May 22

**“Earth Image Bingo”**

Discover NASA’s involvement in helping us understand and protect our home planet through a fun and interactive game of bingo. This program lasts 40 minutes.

1 p.m., Saturday, May 29

**“Up, Up and Away”**

NASA uses balloons to carry scientific experiments to the fringes of space. In this 30 minute program, children will learn about scientific balloons and make their own balloon assembly to lift cargo.

For further information call Deanna Shreves on x1148.

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**Inspire the Next Generation - Take Our Children to Work**

NASA Wallops Flight Facility, the Navy Surface Combat Systems Center, NOAA, the U.S. Coast Guard and The National Wildlife refuge Service joined forces on April 22 to provide students an opportunity to see women and men working together in professional work environments and exposed them to various careers in the Federal Government.

Approximately 90 students from the Eastern Shore of Maryland and Virginia in 4th through 12th grades visited the various facilities and took part in various activities and workshops. One popular activity was building and launching model rockets (above).

Thanks to Ed Parrott, NASA Public Affairs Office, Teacher-on-Loan, for chairing this year’s event as well as the Federal Woman’s Program and numerous volunteers who helped coordinate the activities and the parents and sponsors for participating with their children.

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**Cinco de Mayo Celebration**

Lotsa Food, Drink Specials

May 5

Building F-3

4:35 p.m. until

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**It’s Spring Celebrate By Walking**

Photo by Berit Bland