

We want to congratulate all employees on a very busy and successful 1994. Your performance was exceptional. During the holidays, we ask you to take time and share the joys of the season with friends and family. May you all have happy holidays filled with peace, love and joy.

Director,
Suborbital Projects and Operations

Executive Officer,
Management Operations

Head,
Observational Science Branch

McGoogan Retiring

Joe McGoogan, Wallops senior manager and director of Suborbital Projects and Operations (Code 800), will retire effective January 3, 1995.

McGoogan has been Code 800 director since February 1989 and was the deputy director from 1985 to 1989. The directorate manages NASA's sounding rocket and large scientific balloon programs, several science aircraft, orbital tracking systems and a test range which includes a research airport, rocket launch range and tracking and data acquisition systems.

In 1990, he was awarded a Presidential Rank Award as a member



of the Senior Executive Service and this year he received a NASA outstanding leadership award.

Dr. John Klineberg, Director of the Goddard Space Flight Center, said "Joe McGoogan has provided tremendous leadership within Goddard and NASA in applying low cost methods for conducting scientific research. He has expertly guided Wallops through a changing NASA environment to continue to conduct world-class science missions."

McGoogan, a resident of Pocomoke City, Md., joined Wallops in 1960 in the Radar Systems Section and was section head until 1971. He was responsible for applying high precision radars to range instrumentation systems and to new uses for atmospheric measurements.

From 1971 to 1981, McGoogan was director of the Applied Sciences Directorate at Wallops. He received the NASA medal for Exceptional Scientific Achievement for a Skylab radar altimeter experiment for which he was the principal investigator.

Under his direction, Wallops personnel managed the radar altimeter and led the scientific

investigations of the GEOS-C satellite; developed aircraft lidar systems for detection of chlorophyll, ocean surface oils and bathymetry and atmospheric sensors for measuring meteorological parameters and chemical constituents; used ground-based radar systems to study the flight of birds and insects and developed laboratory space systems for modeling and measuring physical ocean conditions such as waves and currents.

In 1981, he became chief of the Instrument Systems Division. He was responsible for the development of a variety of optical and microwave sensors used in Earth remote sensing programs. He also chaired Goddard's Instrument Working Group, tasked to coordinate appropriate technology developments to meet program commitments.

McGoogan became chief of the Laboratory for Oceans in 1984. In this role, he was responsible for
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*Front and Back
Cover Credit
Photo by Rick Huey*

Make Healthy New Year's Resolutions

by Dianne B. Hargrove, R. N.

If you've stopped making resolutions because you find yourself making the same ones year after year, you may need to change your approach. Here are five safe and healthy goals for 1995.

1. Set realistic, attainable goals. People tend to set unreachable goals. When you start small, you build the muscle to handle bigger goals. Then build on your successes. Remember, everyone slips now and then.

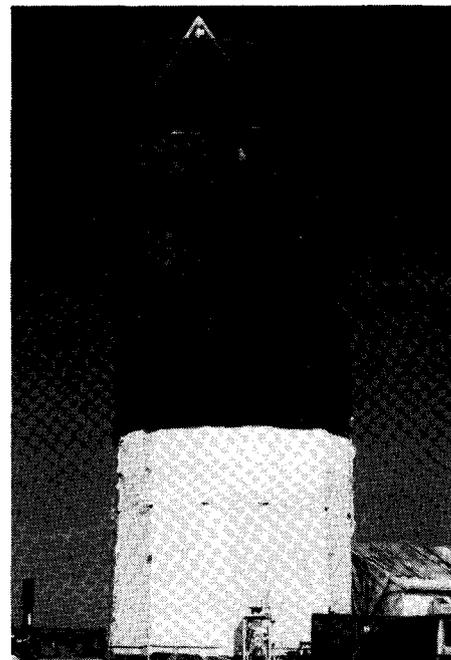
2. Make exercise a lifetime commitment. You don't need to belong to a health club to benefit from regular exercise, but you do need to make a commitment. A buddy system inspires motivation. Find a friend or group of friends who will strengthen and share your resolution to fitness. Exercise at least three times per week. Consult your doctor before you begin an exercise program.

3. Switch to a healthy, low-fat eating plan. To keep healthy, most of us need to incorporate new eating habits. Choose a low-fat, balanced eating plan and follow the USDA

eating right pyramid. The wider, bottom portion of the pyramid puts greater emphasis on breads, cereals, grains and pasta, along with fruits and vegetables. Milk, cheese, meat, poultry and eggs occupy the upper portion. Sweets are at the top of the pyramid and are labeled "use sparingly".

4. Strive for emotional well-being. Stress is the pressure we feel when we face a challenging situation. Family problems, money concerns and worries about children and aging parents can produce stress. Your first line of defense is to acknowledge the stress in your life: talk about it, get help, make changes, stay active, eat right, restrict stimulants and get enough rest.

5. Make yourself and your family safe through education and actions. Set your household in good order and eliminate hazards that you find in the house, yard and garage. Be a good consumer and shop with safety in mind. Read labels and directions before you use any household products or equipment. Teach safety skills to all age groups in the family. Children learn safety best by the personal examples their parents set.



The Space Range Radar (SPANDAR) on the Wallops Mainland recently underwent a facelift. During October and November, EG&G, from Hampton, Va., removed the exterior paint and applied industrial coatings to protect the radar against our coastal environment, according to Bob Reynolds (Code 229), project manager. Following the work, SPANDAR supported its first project on December 5. Photo by Tom Burton

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leading the development of the new laboratory, including organizing its goals, setting priorities, and enhancing its capabilities.

In the Pocomoke community, he helped organize the "Samaritan Shelter" for homeless people and served as chairman of its executive board of directors for two years. For the past three years he has served as president of Samaritan Properties, Inc., a board that owns and manages the Samaritan Shelter property. He also currently serves on the University of Maryland Eastern Shore advisory

board for their engineering and engineering technology programs.

He has served as an Elder and a Trustee of the Pitts Creek Presbyterian Church and has served on the New Castle Presbytery Committees for the self development of people for homes for the elderly. In the past he has served as a Scout leader, little league baseball and basketball coach and the president of the Pocomoke High School Athletic Boosters Club.

McGoogan received a bachelor's

degree in electrical engineering in 1959 from the Georgia Institute of Technology in Atlanta, Ga. He has been a member of the Institute of Electrical and Electronics Engineers and the American Geophysical Union.

He and his wife, Christine, have three sons, a daughter, and three grandchildren. McGoogan enjoys gardening and wood crafting and collects old carpentry tools. Currently, he is remodeling a vacation cabin near Brunswick, Ga., his and his wife's hometown.