

## Shannon Lucid - Astronaut

Shannon Lucid spent 188 days on the Russian space station Mir(meer). She and two Russian cosmonauts made over 3,000 trips around the earth. She sent e-mail to her family every day.

Mrs. Lucid was born in Shanghai, China, where her parents were missionaries. In 1949, the family settled in Oklahoma, where Shannon grew up. Since childhood she had wanted to explore space. She learned to fly a plane, and she studied science in college. These skills helped her become one of the first group of women astronauts.

Being weightless for a long time can make bones brittle and muscles weak. After a long time in space, astronauts are weak for a while. Some have to be carried off the shuttle. Lucid's project on the Mir was to exercise. She exercised for a couple of hours every day. Doctors wanted to see if this would help keep her body strong. She was wobbly, but able to walk off the shuttle. Lucid will have check-ups over the next few years. Doctors want to see if there are any long-term changes in her bones and muscles from her time in space.

And what does Shannon Lucid want to do next?

She says she'd like to go to Mars.