The main goal of our talks is to raise interest in young people and adults in high technology," said Dr. Martynov, a space scientist who now heads the foreign relations department of the city of Korolev. "Our topics look at future projects for students when they graduate."

But the two men also bring a message of cooperation to their audiences in the United States.

"When you fly into space, these flights generally change philosophies and views of life here on Earth," said Mr. Volkov, a cosmonaut who spent about 15 months in space during three missions between 1985 and 1992. "When you fly around the earth and watch our planet through the portholes you cannot see any differences between nations. You start to love more the planet Earth and people on Earth."

While Mr. Volkov experienced the U.S.-Russia "race for space," his son, Sergei, is part of the new world order. Sergei is training with NASA in Houston and will be part of a bilingual team of Russians and Americans that will staff the International Space Station.

"From Mir to Mars" includes video footage of life in space and describes life on Mars as well as the proposed first human expedition to the Red Planet.

"We have the opinion that flights into space can help make life on earth more comfortable and secure," Dr. Martynov said. "They can help to solve future energy, food and ecological problems."

The two cited research in weightless situations that has promise for new medicines and new materials. They also said that Russia is working on rockets that can transport radioactive waste to the sun, where it would be consumed.

Tony Cooperrider, a Miami freshman from Columbus, said his astronomy professor told him about the Sunday lecture and it sounded interesting.

"You don't get a lot of chances to hear somebody with first-hand experience in space," Mr. Cooperrider said.