

Thursday, Oct. 24, 2002



Two orbiters in post-launch, prelaunch processing

KSC employees can get flu shots on Center



▲ **Shuttle Update: Columbia** – Processing continues in preparation for the research mission scheduled for no earlier than Jan. 16. Polishing, welding and cleaning on the flow-liners are complete. Shuttle main engine installation began Monday. **Atlantis** -- Post-flight inspections are in work to prepare the orbiter for its next mission to the International Space Station. Engineers continue to evaluate a problem that prevented the detonation of one of two sets of small explosives that release bolts that hold the Shuttle's solid rocket boosters to the launch platform and release ground connections to the external tank. This system did not operate as designed at liftoff of STS-112. A second redundant system fired normally and all pyrotechnic bolts were safely released. Engineers are checking systems on Atlantis, including the onboard Master Events Controller, wiring and connections related to the pyrotechnics as part of the investigation. Checks of related equipment on the Mobile Launcher Platform also are ongoing.

▲ **Influenza Immunizations Are Available:** The influenza season in Florida will be here in the next few months. You can be protected from the most likely causes of epidemic flu by being vaccinated. Influenza immunization is especially important to those people with known heart, lung, or kidney problems, diabetes, anemia or a reduced body resistance to infection. The schedule at the KSC clinics are as follows: **Occupational Health Facility** (KSC Industrial Area), Monday – Friday, 7 a.m. – 4:30 p.m.; **Launch Area Clinic** (KSC LC-39 Area, MFF Facility), Monday – Friday, 7 a.m. – 3 p.m.

◆ **SWE Meeting:** The Society of Women Engineers (SWE) is hosting their monthly meeting on Oct. 29 at Pumpnickel's Fest Haus in Titusville. Social hour starts

at 5:30 p.m. with dinner at 6 p.m. This SWE Space Coast Section has recently won six awards and two honorable mentions at the National Society of Women Engineers Convention held in Detroit last week. The monthly topic will be "Conflict Styles, and How To Use Them" presented by Jayne Proesel, a personal effectiveness trainer. Dinner is \$20, or \$10 for students. RSVP via e-mail to Connie McFadden at Connie.McFadden-1.ksc.nasa.gov no later than Oct. 23. More information about the meeting can be found at the new web site <http://www.swe-sc.org>. The SWE mission is to inform the community of opportunities open to women in engineering and to encourage women to enter and grow in engineering and the sciences.

◆ **Did You Know? How much water should you drink?** You've heard it a thousand times: To stay healthy, drink plenty of water. Getting enough water is crucial to your health. Your body cannot survive without it. Your body is one-half to four-fifths water, depending on your percentage of body fat. Water makes up more than 75 percent of your brain, 80 percent of your blood and 70 percent of lean muscle. Water helps to:

- Regulate body temperature
- Remove wastes
- Carry nutrients and oxygen to your cells
- Cushions your joints
- Helps prevent constipation
- Lessen the burdens on your kidneys and liver by helping to flush out toxins
- Dissolve vitamins, minerals and other nutrients to make them accessible to your body.

Make a conscious effort to keep yourself hydrated. Drink a glass of water with each meal and between each meal. Getting enough water just might buoy your health. ❖

KSC Countdown is published every Tuesday & Thursday.

Deadlines: 10 a.m. Mondays & Wednesdays. Send information, comments or questions to:

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Find KSC Countdown on the Internet at <http://www-pao.ksc.nasa.gov/kscpao/ksccount/2002.htm>